

TO GET ITS BENEFICIAL EFFECTS
ALWAYS BUY THE ORIGINAL AND GENUINE

SYRUP OF FIGS

AND
ELIXIR OF SENNA

MANUFACTURED BY THE
CALIFORNIA FIG SYRUP CO.

The original and genuine Syrup of Figs and Elixir of Senna, known throughout the world as the best of family laxatives, for men, women and children, always has the full name of the California Fig Syrup Co. printed on the front of every package. It is for sale by all leading druggists everywhere, one size only, regular price 50 cents per bottle. The imitations sometimes offered are of inferior quality and do not give satisfaction; therefore, should be declined.

EXERCISE FREELY IF FORTY OR OVER.

Men of This Age, Says Dr. Coughlin, Should Go In For Sports and Be Active.

Men beyond their fortieth year are earnestly advised by Dr. Robert E. Coughlin, of Brooklyn, writing in the current number of the Medical Record, to take abundant exercise in order to keep their systems in repair.

"Such men," writes the physician in a complimentary strain, "are a community's greatest asset. They are at the head of all great enterprises; they are the individuals with big ideas and who put through big schemes; they are our engineers, inventors, bankers, incorporators, professors and successful professional men. We as physicians should try to study this subject so that we may prolong these valuable lives instead of allowing ordinary laymen to direct men regarding their health."

"Who has not heard of our great statesmen putting themselves in the hands of crude trainers and former trainers of prize fighters without medical knowledge and training. The general results cannot be good, except for the fact that these men need exercise, and need it badly."

"One noted athlete has lately made the following statement regarding life in office: 'The New Yorker wants bottled stuff to cure him; he has not time for exercise. Let a physician tell a man to exercise to cure his rheumatism or his gout or his neurasthenia, or any of his ills that the golden drug brings on, and he will call the doctor a fool and demand pills or bottled drugs that will cure him while he sleeps. It would take too much time away from his desk or store to exercise.'"

Dr. Coughlin especially warns men who have been athletes in their younger years against getting out of condition.

"From the twenty-first year to the fortieth," he continues, "little may be said, as most young men have by this time passed out of athletic life and gone into their chosen vocations. The eagerness to make a living and the desire to succeed in life compel them to be up and doing. As a rule degenerative changes are not so apparent until middle life is reached. This is the time, however, when habits of life are formed. The enlarged heart may call upon the former athlete for some stimulation, and instead of exercising he takes to drink. One athletically inclined always athletically bent would be a good rule."

Speaking of men well on in years who have dropped their exercise, Dr. Coughlin declares that there was something sadly significant in the death of William Blake, a Harvard athlete in his youth, who took no exercise in the last year of his life, and thus paved the way for the fatal stroke of apoplexy which took his life.

"After forty," writes the physician in conclusion, "degenerative changes are the most likely sequence to an early active life, especially if, as occurs often, the individual becomes sedentary in his habits. As a rule men more than forty do not exercise sufficiently to keep up metabolism. One should be on the lookout for high blood pressure at this time."

Dr. Coughlin advises the following of nearly any kind of good sport, but considers walking in good style as the best exercise.

A Package Mailed Free on Request of

MUNYON'S PAW-PAW PILLS

The best Stomach and Liver Pills known and a positive and speedy cure for Constipation, Indigestion, Jaundice, Biliousness, Sour Stomach, Headache, and all ailments arising from a disordered stomach or sluggish liver. They contain in concentrated form all the virtues and values of Munyon's Paw-Paw Tonic and are made from the juice of the Paw-Paw fruit. I unhesitatingly recommend these pills as being the best laxative and cathartic ever compounded. Send us postal or letter, requesting a free package of Munyon's Celebrated Paw-Paw Laxative Pills, and we will mail same free of charge. MUNYON'S HOMOOPATHIC HOME REMEDY CO., 530 and Jefferson Sts., Philadelphia, Pa.

PROVED.

"How can you prove that the ultimate consumer is a myth?" asked one statesman.

"Easily," replied the other. "The gods on high Olympus indulged in banquets, showing that a myth is an ultimate consumer; therefore the ultimate consumer must be a myth; Q. E. D."—Washington Evening Star.

In the course of a year over 1,377,600,000 passengers are carried by the local railways, tramways and principal omnibus companies of London.

IT WEARS YOU OUT.

Kidney Troubles Lower the Vitality of the Whole Body.

Don't wait for serious illness; begin using Donnan's Kidney Pills when you first feel backache or notice urinary disorders. W. W. Gordon, 711 1/2 E. Marshall St., Richmond, Va., says: "My doctor said I had inflammation of the bladder. My limbs swelled to twice their real size and it seemed as if there were thousands of needles sticking into them. I had been bedfast for three months when I began using Donnan's Kidney Pills. Soon I was in better health than in years."

Remember the name—Donnan's. For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

From coal-tar Professor Remsen derived saccharin. Already other chemists had made coal-tar the basis for the manufacture of innumerable dyes and perfumes and flavors and drugs. It was reserved for Dr. Remsen to find that coal-tar contained within it the possibility of a sweetening material of six hundred times the power of ordinary cane-sugar. An almost infinitesimal amount of saccharin will sweeten a cup of coffee.

The surface of the earth is said to be 195,971,934 square miles.

Dr. Pierce's Pellets, small, sugar-coated, easy to take as candy, regulate and invigorate stomach, liver and bowels and cure constipation.

With the Funny fellows

Living in a Glass House.

Allice and Nick and a few poodle dogs Were seated at home last night; The flames burst forth from the crackling logs

And their glare was warm and bright, "Daddy is after those naughty, French," cried Alice in delight; "It's good for them, too; they have no defences."

And her pride was a pretty sight, "Race suicide is a terrible thing," As Daddy has often said; Her eye was clear, her voice had a ring— Then Nicholas raised his head. He laid down his paper, then took it up, His words had a meaning sting; For he said, as he kicked the nearest pup: "Yes, it's a terrible thing."

—Theodore C. Ditrich, in New York American.

Feminine Amenities.

Violet—"I wouldn't want to stand in your shoes."

Miss Smallfoot (cooly)—"You couldn't."—Brooklyn Life.

Power of Suggestion.

Angry Man (at the telephone)—"You go hang yourself, Snither! (After a pause) Do you hear me?"

Central—"Your party hung up!"

—Puck.

Thump! Thump! Thump!

Mrs. Heck—"Your carpets are so fresh and bright looking. What do you use to clean them?"

Mrs. Peck—"My husband."—Boston Transcript.

Unsatisfactory.

"Have you seen the Washington Monument?"

"Yes," replied the New Yorker. "It's a pretty tall building, but what's the good of it without an office for rent?"—Washington Star.

For the Asking.

"Pardon me, Governor," began the interviewee, "I—"

"Certainly, certainly," replied the Tennessee Executive, reaching for a blank. "What are you guilty of?"—Philadelphia Public Ledger.

Unreasonable.

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What Ails You?

Do you feel weak, tired, despondent, have frequent headaches, coated tongue, bitter or bad taste in morning, "heart-burn," belching of gas, acid risings in throat after eating, stomach gnaw or burn, foul breath, dizzy spells, poor or variable appetite, nausea at times and kindred symptoms?

If you have any considerable number of the above symptoms you are suffering from biliousness, torpid liver with indigestion, or dyspepsia. Dr. Pierce's Golden Medical Discovery is made up of the most valuable medicinal principles known to medical science for the permanent cure of such abnormal conditions. It is a most efficient liver invigorator, stomach tonic, bowel regulator and nerve strengthener.

The "Golden Medical Discovery" is not a patent medicine or secret nostrum, a full list of its ingredients being printed on its bottle-wrapper and attested under oath. A glance at these will show that it contains no alcohol, or harmful habit-forming drugs. It is a fluid extract made with pure, triple-refined glycerine, of proper strength, from the roots of native American medicinal forest plants. World's Dispensary Medical Association, Props., Buffalo, N. Y.



No Heat Except Where Needed

Dishes hot—food well cooked—kitchen cool. No underdone food—no overheated kitchen in summer. Everything hot when wanted. Heat under perfect control and concentrated.

The blue flame is all heat—no smoke—no odor—no dirt. These are some of the advantages in using the



New Perfection Oil Cook-stove

It has a Cabinet Top with shelf for keeping plates and foot rest. Drop shelves for the coffee pot or saucepans, and nicked towel racks.

It has long turquoise-blue enamel chimneys. The nickel finish, with the bright blue of the chimneys, makes the stove very attractive and invites cleanliness. Made with 1, 2 and 3 burners—the 2 and 3-burner stoves can be had with or without Cabinet.

CAUTIONARY NOTE: Be sure you get this stove—see that the name-plate reads "NEW PERFECTION." Every dealer everywhere; if not at yours, write for Descriptive Circular to the nearest agency of the

Standard Oil Company
(Incorporated)

MAPLEINE

We know what we are, but know not what we may be.—Shakespeare.

People Talk About Good Things.

Sixteen years ago few people knew of such a preparation as a Powder or the Tea. To-day after its genuine merits of Allen's Foot-Ease have been told year after year by grateful persons, it is inappreciable to millions. It is clean, wholesome, healing and antiseptic and gives rest and relief to tired aching feet.

It cures while you walk. It is a testimonial. It makes you pay the dealer a larger profit otherwise you would never be offered a substitute for Allen's Foot-Ease, the original foot powder. Ask for Allen's Foot-Ease, and see that you get it.

A friend may well be reckoned the masterpiece of nature.—Emerson.

FOR HEADACHE—RICKS' CAPSICUM

Whether from Colds, Head, Stomach or Nervous Troubles Capsicum will relieve it's liquid-pleasant to take—acts immediately. Try it. 10c, 25c and 50c at drug stores.

Best "sandpaper" is made from powdered wine bottles.

Buy "BATTLE AXE" SHOES.

In calling attention to Trinidad as a popular cooling station, Consul Franklin D. Hale says that the bunkering business, especially with steamers trading between North and South America, is increasing at a rate which shows the excellent facilities available at Port of Spain.

AFTER SUFFERING ONE YEAR

Cured by Lydia E. Pinkham's Vegetable Compound

Milwaukee, Wis.—"Lydia E. Pinkham's Vegetable Compound has made me a well woman, and I would like to tell the whole world of it. I suffered from female troubles and fearful pains in my back. I had the best doctors and they all decided that I had a tumor in addition to my female trouble, and advised an operation. Lydia E. Pinkham's Vegetable Compound made me a well woman and I have no more backache. I hope I can help others by telling them what Lydia E. Pinkham's Vegetable Compound has done for me."—Mrs. EMMA LIME, 833 First St., Milwaukee, Wis.

The above is only one of the thousands of grateful letters which are constantly being received by the Pinkham Medicine Company of Lynn, Mass., which prove beyond a doubt that Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, actually does cure these obstinate diseases of women after all other means have failed, and that every such suffering woman owes it to herself to at least try Lydia E. Pinkham's Vegetable Compound a trial before submitting to an operation, or giving up hope of recovery.

Mrs. Pinkham, of Lynn, Mass., invites all sick women to write her for advice. She has guided thousands to health and her advice is free.

Buy "BATTLE AXE" SHOES

BLAIR'S PILLS.
CELEBRATED ENGLISH REMEDY FOR COLIC AND BRUISES. SAFE AND RELIABLE. AT YOUR DRUGGIST.

WANT to Buy Farm and get in well done as part pay. Furnished house for rent or lease. J. O. Bishop, Owner, Grand Rapids, N. O.

PATENTS. Watson & Coleman, Washington, D. C. Books free. Write for references. Post return.

DAISY FLY KILLER. Good against house flies, mosquitoes, etc. Kills all insects. Made of salt, sugar and water. No harm to children. Sold by all druggists. 10c. Write for catalogue. 1000000000

Buy "BATTLE AXE" SHOES

This Has Reached London.

While spending the winter in Georgia, before his inauguration as President, Mr. Taft went to the city of Athens to deliver an address to the students of the University of Georgia. He met a member of the faculty—a staunch Democrat—who said, "Judge, I voted the Democratic ticket, but wanted to see you win."

"Judge Taft replied, 'You remind me of the story of Brer Jasper and Brer Johnson, who were both deacons in the Shilo Baptist Church, although avowed enemies. Brer Jasper died, and the other deacons told Brer Johnson that he must say something good about the deceased on Sunday night. At first he declined, but finally consented. Sunday night, when the time for the eulogy arrived, he arose slowly and said: 'Brethren and Sisters, I promised to say sumpin' good 'bout Deacon Jasper tonight, an' I will say we all hopes he's gone where we knows he ain't.'—London Tit-Bits.

Buy "BATTLE AXE" SHOES.

The city of Frankfurt has not only established a municipal fish market, but supplies housewives with a fish cookery book free of charge.

Lavender and rose perfumes are said to be fatal to microbes.

Baby's Scalp All Crusted Over.

"Our little daughter, when three months old, began to break out on the head, and we had the best doctors to treat her, but they did not do her any good. It was a solid scale all over. The burning and itching was so severe that she could not rest, day or night. We had about given up all hopes when we read of the Cuticura Remedies. We at once got a cake of Cuticura Soap, a box of Cuticura Ointment and one bottle of Cuticura Resolvent, and followed directions carefully. After the first dose of the Cuticura Resolvent, we used the Cuticura Soap freely and applied the Cuticura Ointment. Then she began to improve rapidly and in two weeks the scale came off her head and new hair began to grow. In a very short time she was well. She is now sixteen years of age and a picture of health. We used the Cuticura Remedies about five weeks, regularly, and then we could not tell she had been affected by the disease. We used no other treatments after we found out what the Cuticura Remedies would do for her. J. Fish and Ella M. Fish, Mt. Vernon, Ky., Oct. 12, 1909."

An acre of growing wheat needs 60 tons of water a month.

FOR COLDS AND GRIP.

Hick's CAPSICUM is the best remedy—relieves the aching and feverishness—cures the cold and restores normal conditions. 10c, 25c and 50c, at drug stores.

Great men are never sufficiently shown in struggles.—Burke.

For Red, Itching Eyelids, Cysts, Styes, Falling Eyelashes and All that Need Care. Try Marine Eye Salve. Aseptic Tubes, Trial Size, 25c. Ask Your Druggist or Write Marine Eye Remedy Co., Chicago.

Educating Royalty.

Divinity may or may not hedge a king. If we think it does, it does; if we think it doesn't, it doesn't. The German people hold one opinion; Colonel Roosevelt, a strenuous and aggressive minority, holds another. Between these divergent opinions the German Emperor is having the time of his life.

Europe lives in a hothouse atmosphere of convention. It is Colonel Roosevelt's office to smash a few panes and let in the fresh air. He has smashed a number at Berlin, as at other places, and the stiding grandees so far from resenting it, rather rally to it.

To ignore vain ceremonial, to brush aside empty forms, to come down to the bedrock of essential fact and to appraise the value of the reality behind the trappings and the show—all this is a service that only an American can perform for an old society. The German Emperor is as little likely to suffer from this direct approach and clean-cut method as any other man in Europe—a fact which helps explain the friendship which has been struck up within the past few days.—Chicago Record-Herald.

Traits Of The Trade.

"Tell me all about it," said the woman who was ill and couldn't attend the wedding.

"'Twasn't much," said her husband. "There was no best man and the bridegroom forgot the ring and had to go back home for it."

"Lucky girl!" she exclaimed, with woman's intuition. "She is marrying a plumber."

Mejum Cordial.

When Mrs. Washington Clarmore Adams had persuaded her son to go court Miss Florinda Jefferson, she awaited his home-coming with high hopes. When he entered the house on his return, she waited eagerly for him to speak.

"Well, boy," she said, impatiently, "is she done receive you cordial, or how is she done?"

"She done receive me kind of mejum," said young Lafayette Wesley, as he unbound his muffer with great deliberation.

"What did you mean by dat, boy?" demanded his mother.

"I mean jes' what I say," replied the son, calmly. "She done invite me in cordial, but 'less I'd been thin as a sheet o' paper I couldn't 'a got in de crack she held de do' open. So den I resorted de toe ob my boot in de crack, an' kin' o' worked it round an' worked it round 'till de crack was some bigger, an' den 'say, 'I'm 'traid you cotch cold, Miss Florinda. Hadn't you better close de do' a little mo'?"

"And she kind o' laugh an' say, 'dere seems to be some kind ob 'struction to its closing; so den I say, 'Let me see, 'an' she open de do' wide and let me in, an' den it close wid no' trouble, an' she say, 'Seems like it works all right now you's inside, Mr. Lafayette.'"

"So I calls her mejum cordial, on de while."—Youth's Companion.

Musical Sense of Insects.

Interesting facts with regard to the musical perceptions of the water flea were mentioned at the Royal Society's meeting yesterday afternoon by F. J. Cole.

The insect is particularly sensitive to certain notes on the tenor trombone. When imprisoned in a microscope live box it preserves a stolid indifference to most musical sounds. It is only when the B flat below the middle C of the trombone is in full blast that it expresses its displeasure by "fixing its first pair of antennae under its body."

One isolated specimen, however, was evidently irritated by every note of the instrument, while many appear to have been entirely tone deaf.—London Daily Mail.

Japanese Police.

Japan's police force was originally the most aristocratic body of the kind in the world. Its establishment was almost coincident with the Emperor's decree forbidding the wearing of swords. By a stroke of the imperial pen the samurai were deprived of cherished weapons by which the gentlemen of Japan had been accustomed from immemorial times to advertise their rank. So they went into the police, where it is still possible to carry a sword. And a very formidable weapon it was, being of the handed variety.—Chicago News.

Particular People

Find positive pleasure in

Post Toasties

a crisp, appetizing, dainty food for breakfast, lunch or supper. Always ready to serve right from the package with cream or milk and always enjoyed.

"The Memory Lingers"

Pkgs. 10c and 15c
Sold by Grocers.

Postum Cereal Co., Ltd.
Battle Creek, Mich.

Libby's Food Products

Libby's Sterilized Milk

Contains double the nutriment and none of the impurities so often found in so-called fresh or raw milk.

The use of Libby's insures pure, rich, wholesome, healthful milk that is superior in flavor and economical in cost.

Libby's Evaporated Milk is the purest, freshest high grade milk, obtained from selected, carefully fed cows. It is pasteurized and then evaporated (the water taken out), filled into bright, new tins, sterilized and sealed air tight until you need it.

Use Libby's and tell your friends how good it is.

Libby, McNeill & Libby
Chicago

Buy "BATTLE AXE" SHOES

DROPSY NEW DISCOVERY.
Cures all kinds of swellings and dropsy. Write for price list.

WE BUY WOOL HIDES AND FURS

Being Dealers, we can do better for you than a pawn or cash—don't overcharge. Reference: any bank in Louisville. We furnish Wool Bags Free to our shippers. Write for price list.

N. SABEL & SONS
Manufacturers
Louisville, Ky.

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Find positive pleasure in

Post Toasties

a crisp, appetizing, dainty food for breakfast, lunch or supper. Always ready to serve right from the package with cream or milk and always enjoyed.

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