

Habitual Constipation

May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial laxative remedy, **Syrup of Figs and Elixir of Senna**, which enables one to form regular habits daily so that assistance to nature may be dispensed with when no longer needed as the best of remedies, when required, are to assist nature and not to supplant the natural functions, which must depend ultimately upon proper nourishment, proper effort and right living generally. To get its beneficial effects, always buy the genuine

Syrup of Figs and Elixir of Senna manufactured by the **CALIFORNIA FIG SYRUP CO. ONLY** SOLD BY ALL LEADING DRUGGISTS one size only, regular price 50¢ per bottle

NOTABLE DATES.



First violin made, 1440.

EYESIGHT WAS IN DANGER

From Terrible Eczema—Baby's Head a Mass of Itching Rash and Sores—Disease Cured by Cuticura.

"Our little girl was two months old when she got a rash on her face and within five days her face and head were all one sore. We used different remedies but it got worse instead of better and we thought she would turn blind and that her ears would fall off. She suffered terribly, and would scratch until the blood came. This went on until she was five months old, then I had her under our family doctor's care, but she continued to grow worse. He said it was eczema. When she was seven months old I started to use the Cuticura Remedies and in two months our baby was a different girl. You could not see a sign of a sore and she was as fat as a newborn baby. She has not had a sign of the eczema since." Mrs. H. F. Buckle, LeSueur, Minn., Apr. 15 and May 2, '07.

Oh, Persian!

One of the consuls to Persia, during a recent visit home, said at a dinner in Chicago:

"The present shah will never be the equal of his predecessor. What a character the late shah was. He never opened his mouth without saying something worth repeating."

"Lady Drummond Wolfe once got permission to visit the shah's harem. She took a friend with her, a Miss Blank, who was about to be married. The two English women wandered over the splendid palace, among the hundreds of beautiful girls, and presently the shah encountered them."

"Come here," he said to Miss Blank, in his crude French.

"She approached. He looked closely at her.

"You are about to be married?" he said.

"Yes, your highness."

"It's late!"

A New Woman's Marriage.

Mrs. Ellnor Glyn, the English novelist, who attempts in her little books, to shock in the French manner, decided the "new woman" at a dinner in New York.

"These new women, with their clubs and their fierce chins," she said, "make me think of a conversation I heard once at a dance."

"So your sister, the senior wrangler," one girl said to another, "is very happily married, is he not?"

"Indeed she is," the other girl answered. "She is most happily married. Her husband doesn't open his mouth in her presence."

MUSIC STUDENTS

Should Have Steady Nerves.

The nervous system of the musician is often very sensitive and any habit like coffee drinking may so upset the nerves as to make regular and necessary daily practice next to impossible.

"I practice from seven to eight hours a day and study Harmony two hours," writes a Michigan student. "Last September I was so nervous I could only practice a few minutes at a time, and mother said I would have to drop my music for a year."

"This was terribly discouraging as I couldn't bear the thought of losing a whole year of study. Becoming convinced that my nervousness was caused largely by coffee, and seeing Postum so highly spoken of, I decided I would try it for a while."

"Mother followed the directions carefully and I thought I had never tasted such a delicious drink. We drank Postum every morning instead of coffee, and by November I felt more like myself than for years, and was ready to resume my music."

"I now practice as usual, do my studying and when my day's work is finished I am not any more nervous than when I began."

"I cannot too highly recommend Postum to musicians who practice all day. My father is a pianist and recommends Postum to his patients. Words cannot express my appreciation for this most valuable health beverage, and experience has proved its superiority over all others." "There's a Reason."

Name given by Postum Co., O. Box 2, Creek, Mich. Read "The Reason" in "Wellville," in pica.

PEDDLERS OF ROME

PUMPKIN SEEDS STILL SOLD AS IN ANCIENT TIMES.

Onions and Garlic, Hot Roast Peas and Apples, and Water for the Bride—Whole Families Among the Venders.

Rome—The majority of the lower classes in Rome do most of their marketing and shopping in the streets, and this custom accounts for the large number of peddlers, hucksters and itinerant venders who crowd the city.

These street merchants are divided into two classes, those who cater to the foreigner and sell mosaics, old coins and fragments of marble of dubious authenticity, flowers, bits of brocade, shawls of Roman silk, picture post cards and even alleged Turkish carpets, and the others, who are more numerous and whose wares are for the exclusive use of the native householder.

To the latter class, for instance, belongs the buccollano, or seller of dried pumpkin seeds, which are greatly relished by the Romans, who are in the habit of eating them during the long waits between the acts in the theaters and in the public parks while the band plays, as well as in the wine shops, where their sale is encouraged by the host, who knows full well their thirst increasing property.

The origin of the custom is said to date back to classic times, when pumpkin seeds were sold during the gladiatorial games in the Circus Maximus and Coliseum.

A frequent sight in the streets of Rome is that of men, and very often boys, with strings of plaited onions and garlic slung over their shoulders, who cry their wares with the full force of southern lungs. They come from Naples and the Abruzzi, and if you question them they assure you that they are selling the produce of their own little farms.

But no genuine Roman will believe such a statement, as the conviction prevails, based probably on the cheapness of the price, that the onions and garlic sold in the streets of Rome have been purloined.

Although summer is the season of the itinerant vender who travels about from street to street calling on the passerby to buy his wares, which he carries on a wooden tray strapped to his shoulders, still there are certain men who only come in winter. On

the first chilly evening of November a sad insistent cry is heard at dusk by the dwellers in the old parts of Rome. Its sound is muffled and indistinct; it begins in a high monotone, dying down to a prolonged sigh.

To the uninitiated it sounds like a cry for help. One rushes to open the window and the cry becomes clearer. The word "Petrai" is distinguished. Then you see in the distance a man with a huge brass kettle slung over his shoulders. He sells hot roast peas and apples, and "Petrai" stands for "pere eotte," which are greatly relished by the cabbies and newsboys.

Just as the apple man appears with the night, the seller of a native mineral water arrives at the first peep of dawn. His stock is water from a spring outside the Porta del Popolo, celebrated with the Romans from time immemorial. "Acqua Acetosa buona per la sposa" (Acetosa water good for the bride) is his shrill cry as, seated on a small cart loaded with straw-covered flasks filled with the water and drawn by a sleepy donkey, he slowly goes through the streets of Rome.

Every good citizen realizes when he hears the familiar cry that there is still time for another short nap. The acetosario is the early bird of Roman life.

Peddling is a very profitable trade, as both shop rent and taxes are saved provided the seller keeps moving. Hence the country people are more successful in this line than the city bred. Being used to walking over the rough country roads an entire day on the move through Rome does not tire them.

Whole families from the Abruzzi mountains are in the business. The father will perhaps sell native hand-made lace and embroidery, the mother will probably be an bustina, or corset seller, with a gay collection of brightly colored wares, following closely in her husband's wake but never with him; the son will hawk handkerchiefs, pins, buttons, shoe laces, while another member of the family sells brooms and brushes.

Each one is a specialist in the wares he sells and each has his own clients for whom he makes special prices, thus saving them the trouble of haggling. Of the occasional customer he asks double the price, but is willing to sell for much less provided the purchaser has the time and patience to bargain with him.

Good Training.

"I wonder how expert oarsmen keep in trim during the winter?"

"I know one who keeps in trim by sleeping with his little boy."

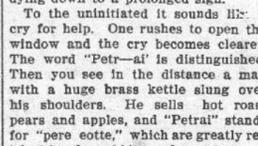
"By sleeping with his little boy?"

"Yes, his little boy kicks the covers off at intervals of half a minute all night and every night the oarsman reaches to the foot of the bed for them and pulls them up to his chin."

How About It?

If you buy tea in a tea room, why buy a check room; or hire a room?

Onion and Garlic Sellers.



HOW TO KNOW PURE PAINT.

A Way in Which It May Be Identified Before Using.

After a building has been painted long enough for a weather test, it is easy to tell if the paint used was made of pure White Lead or not. But such belated knowledge comes like locking the barn after the colt is stolen.

What one wants is a test that will tell the quality of the paint before it and the labor of putting it on are paid for.

Nature has provided a way in which genuine White Lead may be positively distinguished from adulterated or fake White Lead before you spend a cent on your painting.

Pure White Lead is made from metallic lead, and, under intense heat, such as is produced by a blow-pipe, pure White Lead will resolve itself back into metallic lead. If, however, it is not genuine White Lead, or if it contains the slightest trace of adulteration, the change will not take place. Therefore the "blow-pipe" test is an absolute and final one.

The National Lead Company are urging everyone interested in painting to make this test of paint before using it, and they guarantee that the pure White Lead sold under their "Dutch Boy Painter" trade-mark will always prove absolutely pure under the "blow-pipe" or any other test. To make it easy for you to perform the experiment they will send you free upon request a blow-pipe and everything necessary for you to make the test, together with a valuable booklet on paint. Address, National Lead Company, Woodbridge Building, New York City.

IN MANY LINES OF BUSINESS.

Witness Evidently Was a Man of Unusual Qualifications.

S. T. Jocelyn of Wichita was court stenographer for Judge Hancock of Oklahoma for several years. One time a case was being tried before Judge Hancock and they were endeavoring to find out through a witness whether there had been any liquor sold.

"What is your business?" asked the lawyer. "My business?" repeated the witness laconically. "Oh, I have lots of business." "Answer the question," said the lawyer. "What is your business?" "Must I tell all my business?" insisted the witness again. "Answer the question," interposed the judge severely.

"Well," replied he cheerfully, "I'm deputy sheriff and city marshal for Guiner, janitor of the church and bartender of the El Paso saloon."—Kansas City Times.

COMPULSORY EDUCATION.

The Parson (during a lecture to Tommy on the evils of spurr)—How do you spell "injurious?"

Tommy—I don't spell it at all.

The Parson—What did you go to school for?

Tommy—Because I had to.

LUMBAGO

This is really Rheumatism of the Muscles of the Loins and is characterized by a severe, at times, agonizing pain in the small of the back, allowing the sufferer scarcely a moment's rest, while the ailment is at its worst. It can come from cold, exposure to draft, from getting wet feet or wearing wet or damp clothing. It causes acute suffering, and if allowed to become chronic it may permanently disable the sufferer. The way to secure quickest relief is to redden the skin over the painful part by rubbing with a flesh brush or piece of flannel rag, and then apply ST. JACOBS OIL by gentle friction with the hand.

John Lawrence Toole, the most popular low comedian of his day, once gave a supper to 80 of his friends, and wrote a note to each of them privately beforehand, asking him whether he would be so good as to say grace, as no clergyman would be present. It is said that the faces of those 80 men as they rose in a body when Toole tapped on the table, as a signal for grace, was a sight which will never be forgotten.

Best of All.

R. J. Mayher, No. 406 South Clark St., Chicago, writes as follows: "I have kept and used your Hunt's Lightning Oil for the last ten years in my family. It is the only kind to have and the best of all."

It cures Cuts, Burns, Bruises, Sprains, Aches, Pains, Stings and Bites. It kills Chiggers, too.

Out to Be Some Special Place.

On the way across the Styx a dispute as to precedence arose.

"I used to put pig iron into life preservers," declared one shade.

"I made rotten fire hose," said the other.

"Dump 'em both overboard, Charon," yelled Satan. "I don't want 'em."—Louisville Courier-Journal.

Every Lady Should Take Advantage

of this invitation to write for free samples and prices if they are in need of white goods of exceptional quality at exceedingly low prices. The Aspinet Mills, 650 Ninth Ave., New York, are desirous of extending their trade in white goods to this section and invite correspondence.

Artful Scheme.

Mrs. Knicker—That little Jones boy has such beautiful table manners.

Mrs. Bocker—Yes, his mother always feeds him at home before he is invited out.

Pettit's Eye Salve 100 Years Old,

relieves tired eyes, quickly cures eye aches, inflamed, sore, watery or ulcerated eyes. All druggists or Howard Bros., Buffalo, N.Y.

A wife is either the making of a man or the unmaking of him.

WHAT CAUSES HEADACHE.

From October to May, Colds are the most frequent cause of Headache. LAXATIVE BROMO QUININE removes cause. E. W. Grove on box 55c

A beauty sleep is likely as bad to be mit de mout open.

A good way to keep well is to take Gardol Tea frequently; it purifies the blood, insures good digestion and good health!

Many a man seems to have the courage of a cow.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Men make houses, but women make homes.—Danish.

There is Only One "Bromo Quinine"

That is Laxative Bromo Quinine

USE THE WORLD OVER TO CURE A COLD IN ONE DAY.

Always remember the full name. Look for this signature on every box. 25c.

TEN YEARS OF BACKACHE.

Thousands of Women Suffer in the Same Way.

Mrs. Thomas Dunn, 153 Vine St., Columbus, Ohio, says: "For more than ten years I was in misery with backache. The simplest household completely exhausted me. I had no strength or ambition and suffered headache and dizzy spells. After these years of pain I was despairing of ever being cured when Doan's Kidney Pills came to my notice and their use brought quick relief and a permanent cure. I am very grateful."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

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AIDS CHICORY INDUSTRY.

United States Government Seeks to Interest Farmers in Its Cultivation.

An increasing chieory as a coffee addition has caused the United States Government to make a special effort to induce American farmers to grow the plant. (See Bulletin 15, U. S. Department of Agriculture.)

Since then chieory has been something like the best of carrots, and has been used as a food in various ways for centuries. More than a hundred years ago during the Napoleonic wars, the continent of Europe was cut off from the outside world, and coffee, of which the Dutch in particular are very fond, became scarce and high in price.

It was found that the chieory root, dried, roasted and ground, made a most excellent substitute for coffee. Soon mixing drinking it entirely, while others mixed it with a certain proportion of genuine coffee.

These people found that it gave the coffee a richer, fuller flavor, and that the injurious effects which pure coffee has on many were entirely overcome.

Since then chieory has been extensively used by coffee merchants, and the preparation of it as an addition to coffee has become a large business, giving employment to thousands of men. Many large factories in Europe and several in America are manufacturing thousands of tons annually.

Being as necessary an addition to coffee as salt is to soup, chieory has come into great demand, and to supply this demand the government is interesting itself. It promises an entirely new and profitable field of endeavor for the American farmer.

Tooie's Practical Joke.

John Lawrence Toole, the most popular low comedian of his day, once gave a supper to 80 of his friends, and wrote a note to each of them privately beforehand, asking him whether he would be so good as to say grace, as no clergyman would be present. It is said that the faces of those 80 men as they rose in a body when Toole tapped on the table, as a signal for grace, was a sight which will never be forgotten.

Do You Itch?

The cup of human misery is never quite full until some form of itching skin disease is added. Then it overflows. Hunt's Cure is a specific for any itching trouble ever known. One application relieves. One box is guaranteed to cure any one case.

Your Very Own.

There's one thing that seems to me funny. When the state of a bank becomes runny, you're supposed to go back. And sit down. It's a fact. They get mad if you ask for your money. —Lippincott's.

"Brown's Bronchial Troches"

have a direct influence on the throat, relieving Coughs, Hoarseness and Throat troubles. Free from opiates.

Grapes are squeezed six times in making champagne, yielding wine of different qualities.

ALABASTINE CO.

NEW YORK CITY - GRAND RAPIDS, MICH.

Something New Under the Sun.

A lady in Illinois sent us 12c a year ago for our remarkable collection of vegetable and flower seeds and sold \$37.76 worth therefrom, or made 314%. That's new. Just send this notice with 12c and receive the most original seed and plant catalog published and

- 1 pkg. "Quick Quick" Carrot..... \$.10
- 1 pkg. Earliest "Epe" Cabbage..... .10
- 1 pkg. Earliest Emerald Cucumber..... .15
- 1 pkg. La Crosse Market Lettuce..... .15
- 1 pkg. Early Dinner Onion..... .10
- 1 pkg. Strawberry Muskmelon..... .15
- 1 pkg. Thirteen Day Radish..... .10
- 1,000 kernels gloriously beautiful flower seed..... .15

Total \$1.00 Above is sufficient seed to grow 35 bu. of rarest vegetables and thousands of brilliant flowers and all is mailed to you POSTPAID FOR 12c.

or if you send 16c, we will add a package of Berliner Earliest Cauliflower. John A. Salzer Seed Co., La Crosse, Wis. K. & W.

Result of Business Growth.

Recently a livery firm in a southern town built a one-story frame addition to its stable for the accommodation of wagons, etc. Jerry, the night watchman, whose long service has convinced him that he is proprietor of the concern was overheard explaining the matter to a couple of inmates in this wise:

"Yes, our business done increased so dat we's been obliged to build dis hyar substantial in de reah!"

It's Fine.

C. M. Johnson, Louisville, Ky., writes: "I have used your Hunt's Cure, and it is fine."

We have many similar letters. Hunt's Cure is a strictly guaranteed remedy for any variety of skin diseases. It stops itching instantaneously.

Didn't Deny It.

"That sharp-tongued Miss Redpepp has been saying some mighty mean things about you and your wife."

"What, for instance?"

"Says you picked her up at a bargain counter."

"Great Scott, I did! She was the prettiest girl that ever stood behind one."

ALABASTINE CO.

NEW YORK CITY - GRAND RAPIDS, MICH.

THE ONLY Sanitary Durable WALL COATING

Never rubs off when the wall is wiped down.

Alabastine colors are soft, beautiful and velvety; never fade and never flake off. Alabastine is thoroughly sanitary, never moulds nor mildews on the wall.

Alabastine is carefully packed, properly labeled and is made in sixteen different tints, also white. Each package will cover from 300 to 450 square feet of surface.

Write for Special Color Schemes for your rooms. They are FREE!

Ask your dealer, if he does not have Alabastine write for beautiful color cards free to

ALABASTINE CO.

NEW YORK CITY - GRAND RAPIDS, MICH.

READERS of this paper desiring to buy anything advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations.

PARKER'S HAIR BALM

Changes and beautifies the hair. Promotes a luxuriant growth. Prevents itching, dandruff, itching scalp, itching head, itching neck, itching face, itching ears, itching eyes, itching nose, itching throat, itching chest, itching stomach, itching bowels, itching anus, itching vagina, itching vulva, itching clitoris, itching penis, itching testicles, itching scrotum, itching perineum, itching rectum, itching anus, itching vagina, itching vulva, itching clitoris, itching penis, itching testicles, itching scrotum, itching perineum, itching rectum, itching anus.

Thompson's Eye Water

Best for all eye troubles. Sold by all druggists.

DEFIANCE STARCH

Best for all starching purposes. Sold by all druggists.

900 DROPS

CASTORIA

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

of

Wm. A. Stearns

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Alabastine

THE ONLY Sanitary Durable WALL COATING

Never rubs off when the wall is wiped down.

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ALABASTINE CO.

NEW YORK CITY - GRAND RAPIDS, MICH.

Tonsilitis

is swelling and inflammation of the glands at the side of the throat.

Sloan's Liniment

used as a gargle and applied to the outside of the throat reduces the swelling and gives instant relief.

For Croup, Quinzy Sore Throat, Bronchitis, Asthma, Pain in Chest or Lungs this liniment is unsurpassed.

Sloan's Liniment is indispensable when travelling because it is penetrating, warming, soothing, healing and antiseptic.

Price 25¢, 50¢ & \$1.00

Dr. Earl S. Sloan, Boston, Mass. U.S.A.

NO MORE MUSTARD PLASTERS TO BLISTER

THE SCIENTIFIC AND MODERN EXTERNAL COUNTER-IRRITANT.

Capsicum-Vaseline.

EXTRACT OF THE CAYENNE PEPPER PLANT TAKEN DIRECTLY IN VASELINE

DON'T WAIT TILL THE PAIN COMES—KEEP A TUBE HANDY

A QUICK, SURE, SAFE AND ALWAYS READY CURE FOR PAIN—PRICE 15c.—IN COLLEGE TUBES MADE OF PURE TIN—AT ALL DRUGGISTS AND DEALERS, OR BY MAIL ON RECEIPT OF 15c. IN POSTAGE STAMPS. A substitute for and superior to mustard or any other plaster, and will blister the most delicate skin. The pain-alleviating