

Syrup of Figs and Elixir of Senna

Cleanses the System Effectually; Disperses colds and Headaches due to Constipation; Acts naturally, acts truly as a Laxative.

Best for Men, Women and Children—Young and Old.

To get its beneficial effects always buy the Genuine, manufactured by the

CALIFORNIA FIG SYRUP CO.

SOLD BY ALL LEADING DRUGGISTS one size only, regular price 50¢ per bottle.

THEIR WEDDING JOURNEY.



"Waiter, when are you going to bring us that roast chicken?"
"Why, you've already eaten your dinner, sir!"
"Then bring me the check!"
"But you've already paid, sir!"

SAVE THIS RECIPE FOR COLDS

Mix half pint of good whiskey with two ounces of glycerine and add one-half ounce Concentrated pine compound. The bottle is to be well shaken each time and used in doses of a teaspoonful to a tablespoonful every four hours. Any druggist has these ingredients or he will get them from his wholesale house. The Concentrated pine is a special pine product and comes only in half ounce bottles, each enclosed in an air-tight case, but be sure it is labeled "Concentrated." This is one of the best and quickest remedies known to science.

Stated in Cold Figures.

It costs on an average about \$250 to cure an incontinent consumptive or to care for an advanced case of tuberculosis until death. If he is left in destitute circumstances without proper attention he will surely infect with his disease at least two other persons, and possibly more. Considering that the average life is worth to society in dollars and cents about \$1,500, the net loss which would accrue to a community by not treating its poor consumptives in proper institutions would be, for each case, including those who are unnecessarily infected, at the very lowest figure, \$4,250. On this basis, if the poor consumptives in the United States who are now sick were segregated from their families, and either kept in institutions until they died, or else cured of their disease, the saving to the country would be the enormous sum of \$1,275,000,000.

Fishing Extraordinary.

Representative Flood of Virginia tells a good story in which one of the characters was Gen. Reuben Lindsay Walker of the confederate army. On one occasion the general was waiting for his breakfast, and his faithful negro servant had gone to catch some fish for the feast. When the servant was away an unusually long time the general called to him impatiently: "Why don't you come here with that fish, Sam?"
Sam in the meantime had caught a founder, which is white on one side, with a whiteness that looks like raw fish meat.
"All right, Massa Reuben!" called out Sam. "Ise comin' des ez soon ez I ketch de uvver half of dis here fish."—Washington Times

Now and Then.

He is a capitalist now in an Ohio town, but he was not always thus. He has progressed along various lines, and one mark of his progress is the open-back shirt, a comparatively modern invention. To this he is yet new, and recently commented upon to a friend who was in his room while he was dressing.
"Look at me," he said, sticking his head through the shirt, "when I came to this town I hadn't a shirt to my back, and now—now, I haven't a back to my shirt."

HABIT'S CHAIN

Certain Habits Unconsciously Formed and Hard to Break.

An ingenious philosopher estimates that the amount of will power necessary to break a life-long habit would, if it could be transformed, lift a weight of many tons.
It sometimes requires a higher degree of heroism to break the chains of a pernicious habit than to lead a forlorn hope in a bloody battle. A lady writes from an Indiana town:
"From my earliest childhood I was a lover of coffee. Before I was out of my teens I was a miserable dyspeptic, suffering terribly at times with my stomach."
"I was convinced that it was coffee that was causing the trouble and yet I could not deny myself a cup for breakfast. At the age of 36 I was in very poor health, indeed. My sister told me I was in danger of becoming a coffee drunkard."
"But I never could give up drinking coffee for breakfast, although it kept me constantly ill, until I tried Postum. I learned to make it properly according to directions, and now we can hardly do without Postum for breakfast, and care nothing for coffee."
"I am no longer troubled with dyspepsia, do not have spells of suffering with my stomach that used to trouble me so when I drank coffee."
"Look in pkgs. for the little book, 'The Road to Wellville.' 'There's a Reason.'"
"Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest."

LEAVE THEIR FARMS

City Jobs and Pleasures Lure Farmers from Country.

Idle Land in New York, Pennsylvania and Ohio Can Be Made Productive if Modern Methods Are Carefully Followed.

Washington.—Of interest to the farmers of northern Pennsylvania will be a report on soil conditions in that section which has just been issued by the department of agriculture. M. E. Carr of the bureau of soils has just completed a survey of soils in these states and he deals with the management of farms and the problems confronting farmers.

The district covered by this report comprises the section through which for 25 years there has been a steady decrease in the farm population and a marked decrease in the value of farm lands and improvements. The report shows conclusively that these changes are not due to any necessary deterioration in the crop-producing power of the soils, but has been brought about by changes in the economic conditions surrounding farm practice in the section, and principally by the steady drift of the farming population toward city employment and city pleasures.

It contrasts sharply the deserted, abandoned farms of each community with other farms, frequently within sight, which are well tilled, well cared for and are furnishing their owners not only good rate of interest on the capital invested, but also a good living and good wages for the time expended in the cultivation of land.

The report analyzes the agricultural conditions of the section and makes suggestions from the experience of practical, successful farmers in meeting the conditions which have been thrust upon the agricultural hill country of western New York, northern Pennsylvania and northeastern Ohio. The conditions and the proper remedies are briefly summarized as follows:

The soils of the Volusia series are not "worn out" in any proper sense of the word, but so far as the mineral matter of the soil is concerned are abundantly supplied with the plant food elements for the production of good crops. The difficulties encountered in crop production upon the Volusia soils arise chiefly from lack of drainage, poor physical conditions and a depletion of organic matter.

The proper management and tillage of these soils require the drainage over considerable areas of the more clayey soil types, plowing to depths varying with the character of crop to be planted and the existence or non-existence of hard pan, plowing only when both surface soil and subsoil are sufficiently dry to prevent puddling.

ROMANCE OF HERMIT

Recluse of Peaked Mountain in Maine Tells His Secret.

Worked Hard for Three Years to Provide Home for Bride and on Arrival at Her Home Found Sweetheart Just Died.

Bangor, Me.—Far up the valley of Crooked river, in Washington county, beyond the limits of the logging camps, lives Jack Wilber, the hermit of Peaked mountain, who for 13 years has dwelt in solitude in a log hut.

Something of a mystery has always surrounded this slender, pale faced recluse, whose physique did not seem strong enough to stand the hardships of a winter in the Maine woods, and who in every way appeared unfitted for the life which he had chosen to lead.

It was known that Wilber had to his credit \$90,000 in a local bank, and this made his conduct all the more inexplicable to those who knew of his lonely existence.

The explanation has, however, been provided by two lumbermen who returned to Machias from a trip through the Crooked river valley, and who partook one night of the hospitality of the hermit.

"My home was in the west," said Wilber, "and when I was yet a young man my parents died and I was entrusted to the care of an uncle and aunt, who lived in Montana. My new guardians seemed to resent the additional burden which had been thrust upon them, and my life with them was not pleasant."

"As I became older the slights became still more unbearable, and had it not been for the growing attachment between myself and their daughter, Mary Stoningham, I would have long before started out to find some enjoyment, and, if possible, a less irksome existence."

Hardware in His Stomach

Autopsy on Philadelphia Man Reveals Pins, Wire Nails, Can Opener and Chain Links.

Philadelphia.—An autopsy performed on a patient who died at the Philadelphia hospital after suffering for a long time with a malady the physicians could not define, disclosed one of the most remarkable cases on record.

In his stomach was found a collection of hardware that ranged from a pin to a can opener.

The case was the subject of a report made to the Pathological Society of Philadelphia at its meeting in the College of Physicians' hall. The case was reported to Dr. F. A. Case, who performed the autopsy, and Dr. W. W. Hawke, resident physician of the insane department at the Philadelphia hospital.

According to their report, the man with the ostrich stomach was an electrician, and was committed to their

KING EDWARD IN A HOSPITAL WARD.



After opening the new jubilee extension wards of the National Hospital for Paralyzed and Epileptic at Bloomsbury the British monarch inspected the institution. He stopped at the cots of the ill and chatted pleasantly with the patients.

the addition of organic matter in the form of stable manure or green crops plowed under and the application of lime, particularly on the Volusia silt loam, prior to seeding down to grass, especially to clover.

The soils of the Volusia series are well suited to dairying, stock raising and sheep raising, which should be undertaken both for the sake of profit and for the sake of the soil. Irish potatoes can be advantageously produced on the Volusia silt loam and Volusia loam and constitute the best "money crops" to supplement the animal industry.

The so-called "clover sickness" through the region occupied by the Volusia soils is a soil problem and not a plant problem. To secure good stands of red clover on the soils of this series, thorough drainage, good mechanical preparation of the land, the application of stable manure and the application of lime at the rate of about 2,000 pounds to the acre are required.

While corn cannot be grown for grain production at the highest eleva-

tions, silage corn can be produced at all elevations on all types of the series. Where corn for grain cannot be produced to advantage, Canada field peas and oats can be sown as a substitute.

Apple orcharding on a commercial scale is practicable on well drained areas of the Volusia loam and Volusia stony loam and over a considerable portion of the Volusia silt loam in situations with favorable climatic conditions. These soils constitute some of the cheapest farm lands now in the market in the United States, and their selling price in the majority of cases is below their agricultural value.

Wealth Sold for Trifle.

Albany, N. Y.—Andrew Klein and Joseph Boltz, local merchants, the other day purchased jointly for \$2.75 an old trunk at an auction sale of effects of murderers, suicides and victims of accidents, and found it contained 50 bonds of a French traction line. They have received word that the bonds are believed to be worth \$95 each, with accrued interest since 1903.

Stoningham, with whom I had been in constant communication.

"When I arrived at the little town where she had lived with her parents I deposited my money in a bank and then started for Mary's home."

"On the way I met a funeral procession. I asked a former acquaintance who was dead. His reply shattered in a moment the air castles which I had been building, for he told me that my sweetheart had died two days before."

"My money now seemed valueless to me. All the charm of life had gone. I did not feel I could meet my uncle and aunt, so I immediately withdrew my money from the bank and took the first train east. I kept on in that direction until I came to the wilds of Washington county, in Maine, in the eastern part of the country, and here I erected my log hut. Here is where I shall always stay."

"When I go it shall be to meet Mary, and until then the loneliest place is none too lonely for me."

Dye Leather Clear Through

Antelope Hide Best for Manufacturing It, But Animals Are Said to Be Growing Scarce.

London.—Among the novelties of the shoe and leather fair at the Agricultural hall are several new types of leather.

A Leicester firm has patented a method of dyeing leather right through. The result is a supple, velvety material which is the same color and texture on both sides. The colors, which range through every shade from white to black, are guaranteed neither to fade nor wash out. Antelope is one of the hides that gives the best results, and so great has been the demand that the supplies are running short.

France and Germany are sending us orders which we cannot cope with," said a member of the firm which makes the leather, "and we are scouring the world for antelope skins. The inventor of the process is an Eng-

lishman who has been in our employ for many years, and a new two-acre factory is solely engaged in turning out the material."

Another firm is exhibiting a golden leather in which the kid is covered with pure gold leaf. By a process known only to this firm leather can be dyed in variegated colors, resembling the pattern of brocaded stuffs.

A new white kid for athletic shoes which can be washed with warm water and soap also makes its first appearance at the exhibition this year.

Farmers Like School.

Austin, Tex.—Farmers of Texas in all sections are still clamoring for farmers' institutes, and Commissioner of Agriculture Kone and his corps of assistants are unable to keep up with the demand for the organization of these institutes. Commissioner Kone has returned from a trip on which he and his assistants organized upward of a dozen institutes in the central and western section of the state.

HUNT WILD CATS WITH RIFLE

Massachusetts Man Took Three Dogs Along and All Had to Beat Hasty Retreat.

Springfield, Mass.—The town of Longmeadow, a suburb of Springfield, adjoining Forest Park, is terrorized by a wild cat which has taken up its abode in the Bliss road. Children are kept indoors and men and women come and go from the trolley cars in trepidation.

Nathan Webster, town blacksmith, started out with three dogs to run the wild cat down. The dogs had little difficulty in following the scent, but stopped abruptly when they came in sight of the object of their quest, crouching menacingly on a limb of a tree.

Mr. Webster was unarmed, and, when he beat a retreat for some distance, the cat followed, seemingly debating the advisability of attacking the three dogs and a man.

Long hair and a short tongue seldom travel together.

LUNCHEON TIT-BITS

DELICACIES A LITTLE OUT OF THE ORDINARY.

Will Give Distinctive Feature to Entertainment—Color Scheme a Chief Part of the Ideas That Are Set Forth.

Green Mayonnaise for a green luncheon: Take leaves of chevril, tarragon, chives, parsley and spinach, lettuce, or water cress and pound them in a mortar with a teaspoon of lemon juice. Express the juice from this mixture and add it to the mayonnaise. In this form it is called Ravigote sauce. For deeper coloring add mashed green peas.

Halibut Timbales for a white luncheon: Take a half pound of halibut, cut it into fine pieces and pound them in a mortar until they can be passed through a sieve. Mix a cup of white bread crumbs, and a half cup of milk. Stir these over the fire to a smooth paste. Then remove from the fire and mix with the fish, adding a half teaspoon of salt and a dash of paprika. Beat lightly the whites of five eggs, and add to the mixture. Fill a buttered tinned mold, or the individual molds as preferred, and set them in a pan of hot water in a moderate oven. Bake 20 minutes, and serve with a white sauce.

Pistache cake for a green tea: Make a three-layer cake with the whites of nine eggs, two cups of granulated sugar, three heaping cups of flour sifted several times, one cup of butter, one cup of milk, two teaspoons of baking powder, and one teaspoon of lemon juice. Between the layers put a cream filling made of the yolks of five eggs, a half cup of sugar, one teaspoonful of corn starch, and two cups of boiling milk. Stir over the fire until thick, then flavor with orange flower water and bitter almonds, to give it a pistache flavor and color a delicate green with confectioner's color. Tint the icing also green and sprinkle with chopped pistache nuts.

Fruit Salad: Select a pineapple, if possible with the green tufts at the end. Cut it off horizontally one-third from the top and scoop out the greater part of the inside. Peel three nectarine oranges and cut them in small pieces; in like manner peel and cut four bananas. Peel and take the seeds out of two pounds of Muscat and California grapes. Put all these in a bowl. Take another bowl and squeeze into it the juice of two oranges, and add a half-pound of powdered sugar, a half-pint of maraschino, a gill of brandy, and three tablespoons of crushed ice. Mix well and having filled the pineapple with the fruit, pour over the dressing, cover with whipped cream and decorate with grapes.

Chestnut Salad: Boil until tender Italian, French or Spanish chestnuts, remove the shells and skins and rub them through a sieve. Pile them in a light powdery heap in a glass dish. Pour over them a wine glass of sherry or Marsala, and cover with whipped cream.

Mexican Sugar Candy.

Have ready a half pint of pecan meats. Put a cup of granulated sugar into an iron saucepan and stir until it melts. Do not let it burn. Take from the fire, and when slightly cooled add a cup of milk, a cup of sugar and stir over the fire until the mixture forms a ball when dropped into cold water. Take from the fire, add the nuts and stir until the mixture granulates. Turn into shallow greased pans, and when cold break into irregular pieces.

Cayenne Pepper Vinegar.

This is an enemy to microbes, and has been sent to many of the soldiers in the Philippines. The ingredients called for are one pint cider vinegar, one-half ounce cayenne pepper, two teaspoonfuls walnut catsup, a clove of garlic and cochineal to color. Slice the garlic and put the rest of the ingredients in a large glass, can or bottle. Allow it to infuse for a month, strain, bottle and seal.

Salmon Baked in Milk.

A most delicious way to bake salmon is to place your fish in a deep pan, pour in enough scalded milk, say an inch deep, and add milk as it boils away until done; baste the fish with the milk and when done thicken the gravy, not too thick; season with pepper and salt and serve. You will never bake your salmon any other way.

Velvet Cream.

One pint cream, whipped stiff, add one and one-half teaspoonfuls of gelatin. Soak the gelatin in a little hot water until dissolved. One teaspoonful of vanilla, sugar to taste, one-half ounce of chopped pecans, one-half ounce of candied pineapple cut up, one-half cupful candied cherries chopped. Stir all together and mold.

Corn Soup.

Open a can of corn, empty into a saucepan and cover with water. Let come to a boil, add plenty of sweet milk and cream and let stand until thoroughly heated, then pour through a colander to remove the coarse part of the corn. Return to the fire, season with salt, pepper and butter and serve with crackers or wafers.

Diamonds.

When you make lemon pies and have some filling left, perhaps you could make "diamonds" of it. Roll pie crust until one-eighth of an inch thick and cut into diamonds and bake. When done put together with the remainder of the filling. They are very nice with a cup of tea when one is tired.

The Cold Joint.

Any boiled or roasted meat that can be eaten cold should be cooled in its gravy or liquor, and a boiled ham should always be cooled before skinning, and in its liquor; the taste is altogether different, and the meat does not dry nearly so much.

Handkerchiefs.

Drop the handkerchiefs, before washing, into cold water to which has been added a little borax and plenty of soap. Boil thoroughly. Rinse in two waters. They will be white as snow and perfectly clean.

Every Man, Woman and Child Can SEE!
—THAT IS WHY—
Electric Lights Talk
You can have them at little cost. THEY TALK BUSINESS and are pleasure and convenience in YOUR HOME.
St. Tammany Ice and Manufacturing Co. LIMITED.

P. J. Lacroix, General Merchandise,
Dry Goods, Feed, Furniture and Tinware.
FANCY GROCERIES
HATS AND CLOTHING. BOOTS AND SHOES.
Highest Market Price Paid for Country Produce.
Phone 123. Free Delivery.

F. F. PLANCHE
...Is Ready to Furnish You all Kinds of...
Stove and Fire Wood
—CUT TO ANY LENGTH—
DELIVERED IN TOWN. TELEPHONE NO. 92

E. V. RICHARD
(Successor to RICHARD & BARRERE.)
Real Estate and Rental Agent
Next to the City Drug Store.
Phone 300. COVINGTON, LA.

JUNE LACROIX
COVINGTON, LOUISIANA.
Practical Painter, Hard Oil Finishing, Calsomine
Dealer in Real Estate

AUGUSTE VERGEZ
Blacksmith,
Wheelwright and Gunsmith
CARRIAGE PAINTING A SPECIALTY.
HORSE-SHOEING.
Repairing Neatly and Promptly Done. Prices Moderate.
Phone 192. P. O. Box 154.

C. W. SCHMIDT'S
GENERAL MERCHANDISE STORE
The only first-class establishment in ABITA SPRINGS. Get re if you want goods at the CHEAPEST PRICES. OUR STOCK IS ALWAYS FRESH.
HAMILTON-BROWN SHOES
LATEST STYLES in DRY GOODS and NOTIONS.

LEON HEBERT,
GENERAL LINE OF
Groceries, Feed, Fruits and Vegetables.
EGGS ALWAYS ON HAND.
Fish Every Wednesday, Friday and Sunday
Telephone No. 1. Free Delivery.

Let Us Be Your Waiter
We never tire of helping others when they ask for good job printing. We can tickle the most exacting typographic appetite. People who have partaken of our excellent service come back for a second serving. Our prices are the most reasonable, too, and you can always depend on us giving your orders the most prompt and careful attention. Call at this office and look over our samples.