

HOME HEALTH CLUB.

AUTO INTOXICATION: (CONTINUED) Comprehensively few people understand anything about the chemistry of foods and the chemical phenomena which take place in the body during digestion.

Digestion begins in the mouth (if enough time is given by thoroughly chewing and masticating the food) and when the food is thoroughly chewed and mixed with the saliva, particles of it are absorbed before it is swallowed into the stomach.

Starchy foods and sugar are acted upon, that is, partially digested, by the saliva and by some of the digestive juices of the stomach for a period of 15 to 30 minutes after they are taken into the stomach, then their digestion ceases.

Starchy and sweet foods are meant to be eaten before they are taken into the stomach, then their digestion ceases, to be taken up again in the intestines.

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World-Famous Coffee of Old French Market

Can Now Be Had in Your Own Home!

Think of it! Identically the same delicious, aromatic French coffee that has been famous for over a century at the quaint old French Market of New Orleans!

The coffee that Andrew Jackson loved, and Henry Clay insisted on! Coffee of which the secret blend came from Paris before your grandfather was born!

French Market Coffee

This coffee that you can drink at midnight! That is as different from ordinary coffee as day from night! That comes to you in hermetically-sealed cans, fresh and aromatic from the roasters. Try it TODAY!

Roasted by our unique hygienic process.



FRENCH MARKET MILLS

(New Orleans Coffee Co., Ltd., Proprietors) NEW ORLEANS

FEEDING YOUNG TURKEYS.

My first feed for the poults is state feed soaked in sweet milk and squeezed dry with the milk. I mix fine grit and a little pulverized charcoal with this and feed it for several days, after which I bake corn bread or johnnycake, made of corn meal mixed with sweet skim milk or water and a very little salt added, and thoroughly baked. This is moistened with milk and mixed with grit or sand and charcoal and given for several days.

At the end of two weeks, says A. E. Vandervort in Farm and Home, I begin to feed cracked wheat and oat groats, but still continue the baked corn meal, alternating the two. Grit is in every feed, whether moistened or dry, and charcoal at least once a day.

When the young poults begin to get their long light feathers, they require extra care and attention. These seem to grow so rapidly sometimes as to sap their vitality, and when they begin to walk around with wings drooped I pull out these flight feathers.

By this time the poults are six weeks old and weigh 1.2 to two pounds. They are fed more liberally on grain and I also keep before them cottage cheese in which I put onion tops chopped fine. This makes a very good feed.

After they "shoot the red," at which time most of our troubles are over, I place clabbered milk where they can get it whenever they want it. It is an excellent feed and they eat large quantities of it. From this time on

they are practically given their liberty to roam over field and woods, receiving a light feed of grain at night just before they are shut up. This induces them to return without any trouble. The first four weeks of their lives are the most critical.

Few, if any, medicines, have met with the uniform success that has attended the use of Chamberlain's Colic, Cholera and Diarrhoea Remedy. The remarkable cures of colic and diarrhoea which it has effected in almost every neighborhood have given it a wide reputation. For sale by all dealers.

The designation of September 30 by the railroads as Rice day and the plan to serve rice on all the dining cars on that day is commendable, but it is not to be compared with the good that would be done if the dining cars, restaurants, hotels and boarding houses would serve rice in a palatable form every day in the year.—Enterprise.

Millions in the air. Think of it.—Every time you open your mouth, in goes a whole menagerie of microbes, germs and bacteria. When the liver, stomach and bowels are active, these germs are harmless. If they are torpid it is just the condition needed to set up disease; which at this season is generally of a malarial nature. The moral is—Use HERBINE to keep the liver, stomach and bowels in a state of health and activity. It cures indigestion and constipation. Price 50c. Sold by Estorge Drug Co.

THESE SIX LETTERS

From New England Women

Prove that Lydia E. Pinkham's Vegetable Compound Does Restore the Health of Ailing Women.

Boston, Mass.—"I was passing through the Change of Life and suffered from hemorrhages (sometimes lasting for weeks), and could get nothing to check them. I began taking Lydia E. Pinkham's Vegetable Compound (tablet form) on Tuesday, and the following Saturday morning the hemorrhages stopped. I have taken them regularly ever since and am steadily gaining."

"I certainly think that every one who is troubled as I was should give your Compound Tablets a faithful trial, and they will find relief."—Mrs. GEORGE JURY, 903 Fifth Street, South Boston, Mass.

Letter from Mrs. Julia King, Phenix, R.I. Phenix, R.I.—"I worked steady in the mill from the time I was 13 years old until I had been married a year, and I think that caused my bad feelings. I had soreness in my side near my left hip that went around to my back, and sometimes I would have to lie in bed for two or three days. I was not able to do my housework."

"Lydia E. Pinkham's Vegetable Compound has helped me wonderfully in every way. You may use my letter for the good of others. I am only too glad to do anything within my power to recommend your medicine."—Mrs. JULIA KING, Box 385, Phenix, R.I.

Letter from Mrs. Etta Donovan, Willimantic, Conn. Willimantic, Conn.—"For five years I suffered untold agony from female troubles causing backache, irregularities, dizziness, and nervous prostration. It was impossible for me to walk up stairs without stopping on the way. I was all run down in every way."

"I tried three doctors and each told me something different. I received no benefit from any of them but seemed to suffer more. The last doctor said it was no use for me to take anything as nothing would restore me to health again. So I began taking Lydia E. Pinkham's Vegetable Compound to see what it would do, and by taking seven bottles of the Compound and other treatment you advised, I am restored to my natural health."—Mrs. BETTA DONOVAN, 703 Main Street, Willimantic, Conn.

Letter from Mrs. Winfield Dana, Augusta, Me. Augusta, Me.—"Lydia E. Pinkham's Vegetable Compound has cured the backache, headache, and the bad pain I had in my right side, and I am perfectly well."—Mrs. WINFIELD DANA, R.F.D. No. 3, Augusta, Me.

Letter from Mrs. J. A. Thompson, Newport, Vt. Newport, Vt.—"I thank you for the great benefit Lydia E. Pinkham's Vegetable Compound has done me. I took eight bottles and it did wonders for me, as I was a nervous wreck when I began taking it. I shall always speak a good word for it to my friends."—Mrs. J. A. THOMPSON, Box 3, Newport Center, Vermont.

Letter from Miss Grace Dodds, Bethlehem, N.H. Bethlehem, N.H.—"By working very hard, sweeping carpets, washing, ironing, lifting heavy baskets of clothes, etc., I got all run down. I was sick in bed every month, and each time I felt like another girl. I am regular and do not have the pains that I did, and do not have to go to bed. I will tell all my friends what the Compound is doing for me."—Miss GRACE B. DODDS, Box 118, Bethlehem, N.H.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's ailments should fail to try this famous medicine, made from roots and herbs, it has restored so many suffering women to health.

Write to LYDIA E. PINKHAM MEDICINE CO., CONFIDENTIAL LYON, MASS., for advice. Your letter will be answered. Full name and address of a woman and hold in strict confidence.

Abbott, La., Sept. 24.—The new steel and concrete refinery plant of the Vermilion Sugar Company is nearing completion. The contractors expect to raise steam Oct. 30, and be ready to receive

Weather Forecast. Cooler with rains causing Rheumatic pains. Hunt's Lightning Oil stops all aches and pains whether from Rheumatism, Neuralgia, Cuts, Burns or Bruises. The Jumbo Liniment known. 25c and 50c bottles. All druggists.

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It is not as easy for us to live as it used to be. Our money will not buy as much. High wages, even when we can get them, yield us no great comfort. We used to be better off with less, because a dollar could buy so much more. The majority of us have been disturbed to find our selves growing poorer, even though our earnings were slowly increasing. Prices climb faster than we can push our earnings up.—Governor Wilson.

HERBINE is the medicine that cures biliousness, malaria and constipation. The first dose makes you feel better, a few additional doses cures completely. Price 50c. Sold by Estorge Drug Co.

Col. Roosevelt, the exterminator of race suicide, received during his Vermont tour an invitation to a cowboy's wedding in Texas.

Col. Roosevelt of course could not attend the wedding ceremony, but he sent an interesting and characteristic telegram to the cowboy bride and groom: "Congratulations! And may your only troubles be little ones."

The implicit confidence that many people have in Chamberlain's Colic, Cholera and Diarrhoea Remedy is founded on their experience in the use of that remedy and their knowledge of the many remarkable cures of colic, diarrhoea and dysentery that it has effected. For sale by all dealers.

A large tree fully leaved out and with its branches alive with birds of gay plumage floated in the sea 100 miles from any land, according to officers and passengers of the steamer Limon, just arrived in Boston from Jamaica.

The tree was encountered off the west coast of Cuba. About 30 feet of it clear above the water line and it stood upright as if embedded in the ocean bottom.

The officers of the steamer were of the opinion that the tree went afloat in a cave—in some short line and retained in its roots to serve as ballast.

To prevent pneumonia a cold settled in the lungs should be attended to at once. Put a HERBINE'S RED PEPPER POROUS PLASTER on the chest and take BALLARD'S HOREHOUND SYRUP internally. It's a winning combination. Buy the odd-size Horehound Syrup; you get a porous plaster free with each bottle. Sold by Estorge Drug Co.

The Fort Wayne News tells a horrible tale about a young girl who thoughtlessly jerked back her head so suddenly to keep from being kissed that it broke her neck. This will be a warning to girls not to jerk back in fact it would better to lean a little forward—Argonaut.

Resolution of Police Jury. Whereas, the Police Jury of Iberia Parish has inaugurated a policy of building, constructing and maintaining a system of improved Highways throughout the limits of the Parish, and whereas, with a view of carrying out this contemplated project, it becomes necessary and imperative, to provide the funds required therefor, and to be levied now without ready means, THEREFORE,

Be it resolved and ordained by the Police Jury of Iberia Parish, in regular session assembled, that there be and there is hereby set aside by this Jury and anticipated from the revenues of the years 1913, 1914, 1915, 1916, and 1917 inclusive, the sum of ten thousand dollars in each year, out of such revenues that are in excess of and above all statutory, necessary and usual charges to carry out the purposes hereinbefore mentioned.

Be it further resolved and ordained that the President of the Police Jury and the Secretary be and they are hereby authorized and empowered to issue certificates of indebtedness against said revenues hereinafter appropriated in such amounts and denominations as may be required, and at such time as may be needed, the said certificates of indebtedness not to exceed the amounts anticipated in each year, such amount of said revenues as shall be necessary to pay the interest on said certificates which is hereby fixed at five per centum per year.

Be it further resolved and ordained that this ordinance and resolution be and the same is hereby declared to be operative after being advertised in the Official Journal for a period of thirty days.

H. A. KING, President. W. L. BURKE, Secretary.

Dissolution of Partnership. New Iberia, La., Sept. 16th, 1912. The public is hereby notified that the law firm of Haecker and Muller has this day been dissolved by mutual consent.

L. O. HAECKER, ANTHONY N. MULLER, Treasurers No. 100.

New Iberia, La., Sept. 21, 1912. Notice is hereby given that any party or parties found hunting or in any wise trespassing upon my farm property in the 8th Ward of Iberia Parish will be fully prosecuted according to the law.

R. S. McMAHON.

A BEER FOR FAMILY TRADE SELECT BREW

in pints bottles, three dozen to the case for \$2.25

15c a dozen allowed for the returned empty bottles.

New Orleans Brewing Co. DeBLANC & LANDRY, DISTRIBUTORS, New Iberia, La.

Constipation

"For many years I was troubled, in spite of all so-called remedies I used. At last I found quick relief and cure in those mild, yet thorough and really wonderful."

DR. KING'S New Life Pills

Adolph Schlegel, Buffalo, N. Y. 25 CENTS PER BOTTLE AT ALL DRUGGISTS.

COME TO THE LOUISIANA STATE FAIR OCT. 30 - NOV. 6TH SHREVEPORT, LA. - 8 DAYS

\$25,000 IN PREMIUMS AND PURSES.

GREAT AGRICULTURAL AND LIVESTOCK FAIR—BOYS' CORN AND PIG CLUB—ALSO GIRLS' TOMATO CLUB EXHIBITS.

WONDERFUL AMUSEMENT PROGRAM

SEE LOUIS DISBROW IN HIS 290 hp JIC AUTOMOBILE IN HORSE RACES—5 DAYS—AUTOMOBILE RACES—3 DAYS—NOV. 3-5-6 OCT 30-31-NOV. 1-2-4.

SHREVEPORT BRASS BAND GOOD SHOWS ON THE GLADWAY FIREWORKS DISPLAY HORSE SHOW IN THE COLISEUM AT NIGHT

ADMISSION—DAY—50¢—AT NIGHT AFTER 6 P.M.—FREE—

EXCURSIONS ON ALL RAILROADS

LOUIS N. BRUEGGERHOFF, SECY.

WRITE FOR CATALOG.

FOR BARGAINS

REAL ESTATE

SEE

ROBT. A. JACOB, Phone 366. Box 277

ANHEUSER-BUSCH BREWING ASSOCIATION

ST. LOUIS LAGER BEER

FOR SALE

Farm of 164 Acres, 5 Male Cane Wagons and farm implements. Residence of 7 rooms, tenant house, and stables. Two miles South of New Iberia. Perfect drainage. R. H. MORRELL.

Notice.

New Iberia, La., Sept. 12th, 1912. To the Stockholders of the New Iberia, Lafayette & Northwestern Railroad: You are hereby notified that the annual meeting of the stockholders of the New Iberia, Lafayette & Northwestern Railroad Company, for the election of a Board of Directors to serve for the ensuing year, and for transaction of any other business that may be brought to the attention of the meeting, will be held at the office of the company on Monday the 7th day of October, at two P. M.

EDWARD ESTORGE, Secretary-Treasurer.

Succession Sale.

SUCCESSION OF LOUIS PRINCE AND OF HIS WIFE AURELIA GRANGER BOTH DECEASED.

19th Judicial District Court of Louisiana, Parish of Iberia. No. 1710.

By virtue of a commission issued unto me, the undersigned Administrator, out of the above said Court, under an order granted on the 12th day of September, 1912, there will be sold by the undersigned or a duly authorized Public Auctioneer, FOR CASH, (for the purpose of realizing proceeds to pay debts of the above said succession) at Public Auction, on the last and highest bidder, on SATURDAY the 19th DAY OF OCTOBER, 1912, between legal sale hours, at the late residence of the deceased in the 2nd Ward of Iberia Parish, the property belonging to the above said succession, and described as follows to wit:

"A certain tract of land and improvements situated in the Parish of Iberia, State of Louisiana, in the second ward of Iberia Parish, containing thirty five arpents in area and bounded as follows: North by the property of Ozme Bonin, South by that of Jules Olivier, East by that of Duperron Broussard, and West by that of Joseph Labiche, being the property purchased by the deceased Louis Prince during the existence of the matrimonial community which existed between him and his deceased wife Aurelia Granger."

"All improvements on said land, except those claimed by the Administrator as belonging to him."

OCTAVE PRINCE, Administrator Succession of Louis Prince and of his wife Aurelia Granger, both deceased. Haecker and Muller, Attorneys.

PARISH PROPERTY FOR SALE

The Police Jury of Iberia Parish invites bids for the purchase of the Parish Property known as Circuit Court Building situated on corner of Weeks and St. Peter Sts. under the following conditions:

No bids of less than \$5000.00 will be considered.

Property to be sold for a cash consideration and purchaser agreeing to accept deed when Parish is authorized by State Legislature (Session 1914) to sell same. In event of failure of Legislature to ratify sale, the purchase price to be returned, without interest.

H. A. KING, President Police Jury. W. L. BURKE, Secretary.

KILL THE GOUGH AND CURE THE LUNGS

WITH Dr. King's New Discovery

FOR COUGHS AND ALL THROAT AND LUNG TROUBLES. GUARANTEED TO BRING YOU TO YOUR FEET OR MONEY REFUNDED.

THE SOUTH'S GREATEST SCHOOL OF BUSINESS. SOULE COLLEGE. NEW ORLEANS, LA.

Should be given the best training for success in business. Through the Personal Instruction, Business Department, Commercial Department, and the Board of Business Men of the College.

No misrepresentations to be made. Through the success of 25,000 former students, Soule is recognized everywhere as a school of business. Practical, Popular and successful. GEO. SOULE, President.

Popular and Classical Sheet Music

Having made arrangements with the McKinley Music Company, I have on hand all the popular and Classical Music published by that Company. Your choice for Ten Cents.

Why send off and pay 25 and 50 Cents for Music when you can buy same at home for Ten Cents. Catalogue free on application.

Have also on hand Musical Instruments, Violins, Flutes, Guitars, Banjos, Mandolins, Accordions, Harmonicas, Violin and Guitar Strings. Instruction Books.

E. J. CARSTENS, New Iberia, La.

W. B. SHARP. S. O. NUCKOLLS.

SHARP & NUCKOLLS

GENERAL INSURANCE.

Life, Accident, Marine, Fire, Tornado and Live Stock Insurance.

REAL ESTATE.

MORTGAGE LOANS A SPECIALTY.

Office: Enterprise Building.

THE SAFEST AND QUICKEST WAY TO TRANSFER MONEY

IS BY LONG DISTANCE TELEPHONE

FOR RATED APPLY TO LOCAL MANAGER

SUMBERLAND TELEPHONE & TELEGRAPH CO.

FRED W. BAUMAN

General Fire Insurance, Notary Public, Public Auctioneer, Public Stenographer in Office.

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your Girl

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