



# CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature

of

*Dr. J. C. Fletcher*

In Use For Over

Thirty Years

# CASTORIA

THE CENTAUR COMPANY, NEW YORK, N.Y.

## HEALTH COLUMN.

### Hints in Health Matters.

With the advent of warm weather, water, considering our source of supply, is not likely to be all that it should be. Unless one is absolutely sure the water one drinks is pure and wholesome, it should be boiled.

Nature never intended the human race to suffer; we make, in great measure, our troubles, and especially those of ill-health.

Don't expect the stomach to do the work of the teeth; the stomach can stand a lot of abuse, but in time, like the worm, will turn.

Chew your food until you really feel like swallowing it, but don't swallow it until it is thoroughly masticated.

The physician whom you consulted in regards your illness or indisposition gave you the right advice; but you will not see nor feel the benefit of this advice if you are going to again do that which produced the trouble.

If one's hand is placed in a flame, will cause pain; keep away from the flame.

Heredity is a factor, in some instances, which plays a part in one's life that is sad; some of us should have been treated before we were born. The necessity of a healthy father and mother is obvious.

Morbid and unhealthy thoughts are not conducive to a healthy state of affairs; try to smile more and look on life as really worth while and see the difference.

Don't tell the other fellow he looks badly or that he is sick. Do just the opposite. If a dozen friends would meet you and hand over that package about "how badly, etc." you will soon be handing a dollar to some doctor.

Physicians are like undertakers insofar that we must have them; but don't punish them by getting them out at night unne-

essarily. Let them have the needed rest; they will be better prepared the next day for work.

Avoid the occasion of diseases, and in all likelihood you will not have disease. If all that stuff in the back yard is still there you are surely not as careful as you should be. The garbage carts will not charge you a cent to take it away. Why not have it ready for them Monday morning?

Clean up and keep clean; you will have good reasons for being glad you are living.

### How to Keep Your Baby Well.

1. Nurse your baby. Ten babies on the bottle die to one on breast.
2. Nurse your baby by the clock. The new baby every two hours; the 3 months' baby every 3 hours. Nurse him only once at night.
3. Nurse your baby until he is ten months old. Then ask the doctor how to prepare milk. Do not wean him sooner unless the doctor says you must.
4. The bottles should be emptied and washed after each feeding, and stood on end. They should be boiled once a day.
5. Wash the nipples after each feeding and keep them in a covered cup of water into which you have put one-half teaspoonful of baking soda. Do not use an old nipple with a large hole; the milk chokes the baby.
6. Give the baby at least a tablespoonful of cool boiled water 3 times a day. He can have as much more as he will take. Never give him ice water.
7. Do not give your baby paregoric, soothing syrup, or any medicine unless the doctor tells you to.
8. Do not give him tea, coffee, or anything to eat or drink except breast milk. If he cries, see if he needs your care. (Dry him

- and change his position, or give him water, but do not nurse him unless it is his feeding time.
9. Do not use a pacifier.
  10. Give the baby a tub bath every day. Whenever you change the diaper, wash him. Use sweet oil if the skin looks red. Put the used diaper in a covered pail of water.
  11. In hot weather, dress him in a clean shirt, diaper and slip; and bathe him twice a day.
  12. Give your baby fresh air night and day. Keep him out of doors every day. Keep fly netting over him. Do not let a fly touch your baby.
  13. Do not expose your baby's eyes to the direct sunlight. If his eyes become reddened and discharge matter within a few days after birth, call your doctor at once; delay may mean blindness.
  14. If the baby does not gain weight, if he vomits, or has green movements, do not feed him, but send at once for the doctor.

**Whooping Cough.**  
Carried, probably, only by direct contact. Develops gradually—seems at first only a slight cold. Cough appears in about ten days or two weeks. One coughing spell may be followed immediately by another. Vomiting during spells is common. Breathing apparatus becomes congested. The danger of pneumonia is great. To prevent spread, keep patient from contact with other children. A good physician, fresh air, and nourishing food are reliable means of relief. Whooping cough kills more than 6,000 children in America every year.

### Care of Eyes.

There are over 300,000 blind people in the United States, many of whom would not have become blind if their eyes had been examined and treated while they were children. It costs about \$15,000,000 to care for these unfortunates.

Many children would escape blindness if at birth a few drops of a 2 per cent solution of nitrate of silver were dropped into the eyes of all new-born babies. Every nurse and doctor should make this an invariable rule. If inflammation of the eyes of a baby appears, a doctor should be consulted at once. Even if the unfortunate disease does not exist, nurses and mothers, should exercise the greatest care of the baby's eyes by bathing them frequently in war weather. Eyes of infants should be protected from glaring lights and objects should not be held close to the face.

There should be constant thought on the part of teachers and mothers to prevent injury to eyes of children of school age. No child should be seated with the face to the light; it should come over the left shoulder. Artificial light should be white and steady; opaque globes should be used, preferably green on the outside.

Children should not be allowed to read lying down; the strain on the muscles make it injurious. While convalescing, reading should not be permitted. If headache is frequent, or a habit of squinting develops, examination of the eyes should be had at once. Suitable glasses, well-fitted, often prevent the development of serious defects.—La. State Board of Health Bulletin.

### OLDER BUT STRONGER

To be healthy at seventy, prepare at forty, is sound advice, because in the strength of middle life we too often forget that neglected colds, or careless treatment of slight aches and pains, simply undermine strength and bring chronic weakness for later years.

To be stronger when older, keep your blood pure and rich and active with the strength-building and blood-nourishing properties of Scott's Emulsion which is a food, a tonic and a medicine to keep your blood rich, alleviate rheumatism and avoid sickness. No alcohol in Scott's.

Scott & Bowne, Bloomfield, N. J.

When a boy learns to blow cigarette smoke rings from his nose he thinks he is qualified to take the next step towards citizenship, "cussing" and making silly remarks about girls.—Ruston Leader.

### Indigestion and Constipation.

"About five years ago I began taking Chamberlain's Tablets after suffering from indigestion and constipation for years without finding anything to relieve me. Chamberlain's Tablets helped me at once and by using them for several weeks I was cured of the complaint," writes Mrs. Mary E. McMullen, Phelps, N. Y. For sale by all dealers.

When you feel "Blue" Half Sick, Out of Sorts, and everything seems to go wrong, you can blame it on the Liver, as that organ is usually at fault.

For a Torpid Liver You Need

# HERBINE

The Remedy That Puts New Life in the Liver and Regulates the Bowels.

A liver that is torpid exercises a demoralizing influence all through the body. It hampers the kidneys in their work, clogs up the bowels, throws bilious impurities into the blood and interferes with digestion. A person in this condition is pale, sallow and discouraged, feels bad, looks bad and in general condition is bad. Food digests poorly, bowels mostly constipated, suffers from dizzy spells, occasional headaches and prefers to sit around and do nothing in place of his usual hustling energy and cheerfulness.

Herbine changes all this by starting the internal machinery into activity again. Its reviving effect on the Torpid Liver is prompt and thorough. The Stomach and Kidneys feel its stimulating influence. The Bowels are purged of clogging conditions and regular daily operations re-established. As a result of this general scouring of the interior, functional activity is resumed everywhere and the purified blood goes coursing through veins, carrying new life and energy to every part.

Sold at Drug Stores, Price 50c per Bottle.

JAMES F. BALLARD PROPRIETOR ST. LOUIS, MO.

For Sore Eyes, Granulated Lids, Redness of the Eyeball, Weak Sight, Smarting Sensations in the Eye, use Stephens Eye Salve. It is a remedy of proven merit.

SOLD AND RECOMMENDED BY ESTORGE DRUG CO. New Iberia

### WILSON DETERMINED TO MAINTAIN POLICY.

Washington, June 3.—President Wilson worked most of today on the new note to Germany.

Despite the visit of Ambassador Bernstorff to the President yesterday, which was believed likely to enlighten Berlin on the attitude of the United States, it became increasingly evident that the American government was unshaken in its decision to determine promptly whether German submarine commanders will hereafter respect the principles of international law.

The facts on which Germany asked information, it is now practically certain, will be treated by the new note as irrelevant with one exception. It is understood that the note will restate that the Lusitania was unarmed.

The purpose of the United States in the new note will be to discover whether Germany will, in the future, on encountering unarmed vessels of any nationality, transfer passengers and crew to places of safety before any attack is made.

"It was reiterated at the State Department today that while affidavits filed there by the German embassy contending that the Lusitania was armed had been considered carefully, the proof of the United States that the Lusitania was unarmed was beyond question.

Had there been explosives aboard the Lusitania officials say clearance would have been refused.

Count Bernstorff conferred briefly with Secretary Bryan today and would not discuss his visit.

A feeling of hopefulness pervaded the embassy, where the conference was regarded as satisfactory. The ambassador himself expressed the belief that the

communication he had sent to his government conveying the viewpoint of the President himself would enlighten the German foreign office accurately as to the American government's viewpoint and pave the way to a better understanding.

Hon. Aladin Vincent of Calcasieu parish, a senator in the Louisiana legislature, declares that Louisiana has a rice milling trust "as dangerous to us as the American sugar trust is to the sugar growers," and he demands that the anti-trust bills now before the Louisiana legislature be so framed as to hit the alleged rice milling trust. A representative in the Louisiana legislature from Abbeville, which is also in the rice belt, has expressed similar sentiments on the floor of the lower house. Louisiana rice farmers, however, like Texas rice farmers, are taking the shorter cut to combating any possible combination of rice millers. They are themselves combining, and their combination is more effective than any possible legislative action could be. The combination of Louisiana, Texas and Arkansas rice farmers known as the Southern Rice Growers' association has been investigated by the federal department of justice and nothing has come of the investigation, so it may reasonably be assumed that combination is not illegal. If there were a rice millers' combination in Louisiana or in any other state, it would be illegal, although such a combination by producers is not illegal.—Beaumont Enterprise.

**SHERIFF SALE.**  
D. DELCAMPRE & COMPANY VS. GORDON A. SANDOZ  
State of Louisiana, Parish of Iberia, 19th Judicial District Court. Notice is hereby given that by virtue

of a writ of fieri facias, issued above entitled and numbered as to me directed, I, George Henderson, Sheriff, through J. F. Breaz, Sheriff, duly sworn and qualified for Iberia Parish, La., have now will offer for sale and will sell at AUCTION for CASH to the highest bidder, at front door of Parish Court House in the City of Iberia, La., between legal hours.

**SATURDAY, JUNE 19th, 1915.**  
The following described property: One Corn Shelter, building in a warehouse situated at 804 on the I. & V. Railroad in the Ward, Iberia Parish, La., and the Press.

To pay and satisfy the sum of one hundred and four 39-100 dollars legal interest from February 2nd until paid and the sum of fourteen dollars and all costs of these proceedings. Given officially this 15th day of 1915.

**GEORGE HENDERSON,** Sheriff J. F. Breaz, D. Y.

### SHERIFF SALE.

MADISON LEBLANC VS. MARTEL LEBLANC  
State of Louisiana, Parish of Iberia, Judicial District Court.

Notice is hereby given that by virtue of a writ of fieri facias issued above entitled and numbered as to me directed, I, George Henderson, Sheriff through J. F. Breaz, D. Y., duly sworn and qualified in Iberia Parish of Iberia, La., have now will offer for sale and will sell at AUCTION to the last and highest bidder FOR CASH, at the front door of Court House in the City of Iberia, La., between legal sale hours.

**ON SATURDAY, JUNE 19th, 1915,** the following described property: One buggy, one Hack and one mare.

To pay and satisfy a judgment rendered on the 27th day of May, 1915, signed on the 27th day of May, 1915, in favor of Martel LeBlanc and against Madison LeBlanc for the sum of \$45.00 dollars, and the further fifty one dollars and seventy cents as Clerk costs and all costs of these proceedings. Given officially this 5th day of A. D. 1915.

**GEORGE HENDERSON,** Sheriff J. F. Breaz, D. Y.

### Children Cry FOR FLETCHER'S CASTORIA

Just the Meat Of the Corn==  
Not the tough outer husk nor the germ--  
Goes to make

# Post Toasties

Skilful cooking develops the real corn flavour—the nourishment and sweetness of the true sweet meat of the kernels. The corn is then seasoned with sugar and salt, rolled and toasted to appetizing, golden-brown flakes.

They tumble from the big ovens, pass directly into the familiar big yellow cartons, and are sealed in germ-proof, dust-proof wax wrapping. You get Post Toasties, factory-fresh, as crisp, pure and wholesome as when they leave the ovens.

After you have known the true goodness of these sweet meats of the corn, you'll realize why folks everywhere are demanding the

## Superior Corn Flakes

and Post Toasties cost no more than the ordinary brands of "corn flakes." To get the best—insist upon the distinctive brand—Post Toasties.

—sold by Grocers everywhere.

## WHERE WOMEN CAN SAVE MONEY

Every woman in this community can save money if she wants to. She can save it by doing her trading right here at this store. She can save it because we sell everything in this store at the closest margin of profit of any store in the community. She can save it because we take advantage of every discount known to the wholesale market and give our customers the advantage of that discount. She can save it because we are making these close prices in order to retain permanently the patronage and good will of the people of this community.

SEE US FOR COAL AND WOOD.

# DEBLANC & LANDRY,

PHONE 143. NEW IBERIA, LA.