

Calumet Baking Powder

Moderate Price

IN BEDTIME HOURS
SHORT DISCOURSE ON PROPER METHODS OF SLEEP.

Writer Declares the Human Race Does Not Know How Properly to Sleep

"Nature's Sweet Restorer"
Beware the Snorer.

Man is the only animal that sleeps on his back, says the New York Press. Most animals sleep on their sides, but man sleeps prone—that is, face down. Dogs never dream, but man invariably do so when asleep on his side. All of us from the country have been hung, bound, chained, fettered in sleep, and animal would be perfectly helpless if it slept on its back. And so is man helpless in that position.

Dr. J. Allen Bishop wants a fortune let him invent a pillow that will allow a man or woman or child to sleep face down without having to twist the neck nearly out of joint. He has invented the "back-up cure" and introduced it in all homes. There is no excuse for lying on the back and keeping the spine hot all night, while the rest of the body—the abdomen, the stomach, the chest, the throat, etc.—is allowed to become chilled. A hot spine is a disease generator. And on the other hand, a cold spine is a death.

Snoring is an infernal nuisance to every one except the snorer. People who sleep on their fronts never snore. Those who sleep on their backs invariably do. The palate as we know it is the root of the snore and the floor of the nose. Some style it the hard palate. Back near the throat is the soft palate. When you sleep on your back this gets down about the breathing apparatus and you snore. Some snorers are worse than the mid-night howl of a hyena. Never marry a woman that snores. And if she snores you propose if she is addicted to snoring, and if she says "yes" avoid her.

It is much easier to relax when sleeping on the front than when sleeping on your back. And what we all need after touching the bed at night is relaxation. It is a billion times that some scientist cannot teach the art of relaxing. Our strenuous life, of course, is not blameless in this matter. We go to bed in excitement, and the next morning we are tired. That is to say, we go to bed in full tone, like a piano, and cannot possibly let the strings down. Therefore we do not rest. Could we rest we could sleep four or five hours and arise refreshed; but as we cannot relax, we groan and dream and sweat and roll over and have returned after eight or nine hours, and get up with a swollen head.

Every man and woman in this country was brought up with the notion that if the feet were higher than the head in sleeping all the blood would rush to the head and cause strangulation. This is the notion that most advanced physicians now advocate the elevated feet for the cure of insomnia. Raise your legs on the end of the bed, get rid of your pillow, and go to sleep like an infant. You are on your feet all day and half the night. Stand on your heels all night and you will let the blood circulate the other way. Maybe your brain needs it.

The Prudent Piper.
Thomas F. Ryan, the noted financier, was talking about music in the smoke room of the Deutschland.
"I like all music," he replied, "except such native and special sorts as the tom-tom, the babbages, or the Indian huffs give off."
"Speaking of babbages, did you ever notice how a piper prances up and down as he pipes? He never sits, he never stands still, but up and down, round and round, and to fro he struts continually."
"A little boy, listening to the weird strains of bagpipes of a street performer, once said to another:
"Father, why does the piper keep on the move all the time he plays?"
"I can't say, my boy," the father answered, "unless it is to stay out of one's getting the range with a cobble stone."

Sympathy Leads to Legs.
—There is an appeal to charity that is sure to be to the aid of a philanthropist. "That is a regular old-fashioned artificial leg. Legs, somehow, are warmly appreciated by the general public, and the fellow who has to scrape along without one is the object of sincere commiseration. During my 15 years' experience in philanthropic work I have issued applications to people at large on behalf of persons who wanted various parts of their anatomy replaced. Some wanted teeth, some an eye, others a hook, and so on. Captain Cuttle's Physical Deficiency, of that kind aroused but little interest, but just let a man advertise the fact that he was in need of a leg, and enough money was quickly forthcoming to fit him out with three or four pairs of legs."

For Reclaiming Alkali Lands.
Experiments have been conducted by the department of agriculture at Fresno, Cal., with a view to reclaiming alkali lands by drainage. Operations are now being conducted in a large vineyard near Fresno where alkali has come rapidly to the surface. It is hoped, says the Scientific American, that immense tracts which have long lain waste may be reclaimed in this title. There are many thousands of acres of these alkali plains in Fresno county, California, which are now useless, but it is believed that some use could be easily accomplished through the use of electric power for pumping purposes.

Seeks National Independence.
The success of Norway in setting up as an independent nation has excited Iceland, which has a party that also seeks national independence from the mother state, Denmark. King Christian's early visit to the island is designed to quiet the secession spirit. Iceland might become the model independent republic if given the opportunity. In any event, observes the Springfield Republican, it would be an interesting study compared with the little republics of the tropics. The relation between political science and the weather would be illuminated.

Accident Insurance For 25c.

A box of Wonderful Dream Salve in your home ready for immediate use in case of accident, is worth its weight in gold.

If your baby is burned or scalded, or any member of the family should seriously injure themselves, do you want them to suffer until you go to the druggist for a box or send for the doctor? Guard against possible accident. Get a box of Wonderful Dream Salve today, or the first time you are a drug store. It's the best accident insurance you can get and it only costs you 25c.

Remember there is nothing that will draw sores from a wound and heal it quicker than Wonderful Dream Salve. It has been known as the "greatest healer on earth" for over fifty years.

There is nothing better for Eczema, Salt-rheum, Chapped hands, Boils, Frost-bites and Sores of any kind. It is a guaranteed cure for Piles.

If you live on a farm, keep a box handy in the stable all the time. It will quickly cure all sorts of Scatches, Galls, Corns, Caked bag, Sore teats, etc.

If you write us, we will send you a free trial box of Wonderful Dream Salve containing 300 doses and their meaning.

WONDERFUL DREAM SALVE CO., Detroit, Mich.

Accident Insurance For 25c.

There are plenty of women who would be glad to get you, he said. "Very likely," she replied pointedly; "but none of them would care to keep you after they had got you."

Grand Trunk Railway System

West-bound from Birmingham
No. 19—Grand Rapids Local..... 7 47 a. m.
No. 10—Grand Rapids Local..... 8 12 a. m.
No. 11—Grand Rapids Local..... 8 37 a. m.
East-bound from Birmingham
No. 16—Detroit Local..... 7 41 a. m.
No. 12—Detroit Local..... 8 11 a. m.
No. 13—Detroit Local..... 8 36 a. m.
No. 14—Detroit Local..... 9 06 a. m.
No. 15—Detroit Local..... 9 36 a. m.
Cars are operated to New York and Philadelphia via Niagara Falls by the Grand Trunk-Loch Valley Route.
Daily..... Daily except Sunday.
7 Shows on signal. M. T. CRANE, Agent.

AUCTION

H. M. BLUNT, Auctioneer

FREE LUNCH SERVED AT NOON

Having decided to quit farming, the undersigned will sell at public auction to the highest bidder, on the premises known as the JOHN McLELLAND FARM, 23 miles west of Woodstock Avenue on the 10-mile road, 6 miles south of Birmingham, on

Thursday, Dec. 5

At 10:00 o'clock a. m. sharp, the following described property:

- Two-horse Corn Planter
- Spring-tooth Harrow
- Keystone Hay Loader
- 2 Oliver Chilled Plows
- 2 sets Double Harrows
- One-horse Cultivator
- Platform Truck Wagon
- 3 sets Double Harrows
- Set of Three-horse Whiffletrees
- Set of Horse Clippers
- Iron Roller
- 2 Neck Yokes
- 2 Sugar Beet Forks
- 6 acres Corn in shock
- Coal Stove
- Hay Trolley
- and other articles too numerous to mention.

TERMS: All sums of \$10 and under, cash; all sums over \$10 12-months time given on approved indorsed bankable notes, with interest at 6 per cent per annum.

Arthur McClelland, Prop.

Harold (leated on father's knee in crowded tramcar, has been told to always give up his seat to a lady who is standing)—Will you take my seat, lady?

Joy.
She's awfully thin.
The sweet little miss:
But the style's coming in.
To be awfully thin.
It is her time to win.
Oh, rapture! Oh, bliss!
She is awfully thin.
"What a fortunate miss—
Detroit Free Press."

Use the Michigan State Telephone Because

It stands for all that is best in telephony. Every improvement in the art is taken advantage of to improve its product.

Call Phone 11

KILL THE COUGH AND CURE THE LUNGS

WITH Dr. King's New Discovery FOR COUGHS AND ALL BRONCHITIS AND LUNG TROUBLES. GUARANTEED SATISFACTORY OR MONEY REFUNDED.

Are You Going to Build?

I will be pleased to have you call and inspect my stock of Lumber, Lath, Shingles, etc. Builders' Hardware a specialty. Estimates furnished. My Hobby: "A Satisfied Builder."

J. M. LAWSON ROYAL OAK

Grinding Again

Having made full and complete repairs the Custom Mill is again doing business on Tuesday, Thursday and Saturday of each week. On and after December 1, 1907, Daily Service will be offered to patrons.

W. E. SMITH

Near the Railroad, Birmingham

Depended.
"What kind of a city government have you out here?" asked the tenderfoot in Dead Man's Gulch of Plute Pete, as they poured out their poison. "Well, stranger," began Plute Pete, "that depends. Sometimes we have the best government on earth, and then again we haven't."

Why isn't it always the same?" queried the tenderfoot. "Because," replied Plute Pete, "it all depends on the kind of liquor our mayor's been drinking."—Milwaukee Sentinel.

It Wouldn't Go.
"Sobbing!"—We will have to break off our intended marriage.
Sutor (dismayed)—What on earth is the matter?
Widow—I told my daughter this morning I was going to get married again, and she objected.
Sutor—What did she say?
Widow—She said the idea made her tired—so tired, that she could not go to a step-father.—Baltimore American.

The Exception.
"Blow and sure," remarked the man with the quotation habit, "is a good motto."
"But," protested the thoughtful thinker, "there is one thing that can never be blow and sure."
"What's that?" queried the quotation dispenser.
"A watch," replied the T. L.—Chicago Daily News.

FOLEY'S HONEY AND TAR

The original LAXATIVE cough remedy.

For coughs, colds, throat and lung troubles. No opiates. Non-alcoholic. Good for everybody. Sold everywhere.

The genuine FOLEY'S HONEY AND TAR is in a yellow package. Refuse substitutes.

Prepared only by Foleys & Company, Chicago.

MEATS

Vegetables and Poultry

I Sell the Very Best Oysters—Bulk or Can

Bring in your Sausage Meat and let us fix you up. Satisfaction guaranteed. Goods delivered promptly in the village.

J. L. HALSEY.

See for Yourself

The best way to prove the excellence of our work is to see the work itself. We are specially equipped for laundering gentlemen's fine shirts. We give them a clean, satisfactory finish without polishing the life out of the fabric. We do them right—that's why so many men like our work.

BIRMINGHAM STEAM LAUNDRY L. G. Green Prop.

EXCLUSIVE DEALERS
Builders' Hardware
Contractors' Supplies
Corbin Locks a Specialty

If you are contemplating building, our prices will interest you.
48 Cadillac Square and 43 Congress Street East, DETROIT, Mich.

GRANITE ROOFING

60 YEARS' EXPERIENCE

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A handsomely illustrated weekly. Largest circulation of any scientific journal. Published weekly, four months, \$1. Sold by all newspapers. MUNN & Co. 37 Broadway, New York

THE GRAND TRUNK RAILWAY SYSTEM

INTERNATIONAL LIVE STOCK EXPOSITION

CHICAGO, ILL.

Nov. 30 to Dec. 7

1 1/2 Fare FOR ROUND TRIP CHILDREN HALF FARE

See Ticket Agent at Depot for further particulars.

M. T. CRANE, Agt

Auction Sale!

M. H. BLUNT, Auctioneer

Saturday, Dec. 7

At 1 o'clock p. m. sharp, the following described property:

- Bay Mare, 9 years old, weighs 1,300
- Black Aorse, 11 years, weighs 1,100
- 20 Pigs
- Spruce Wagon
- Phaeton
- Corn Cultivator
- One-horse Cultivator
- 6-horse Plow
- Spring-tooth Drag
- 60-60th Harrow
- Superior Grain Drill
- 5-H. P. Fairbanks-Morse Gasoline Engine, with Belts, Pulleys & Shafting
- Two-horse Corn Shelter
- Cutting Box, with elevator
- Cutting Box, hand or Power
- Mann Green Bone Cutter
- 3 sets Corn in shock
- Combination Rip and Cut-off Saw Table, with Circular Saws
- Caldon Kettle
- 2 Iron Beds
- McCormick Binder
- Cupboard
- 2300-lb. Hay
- 120-egg Cylindrical Incubator
- 7100-chick Indoor Brooders
- 100 lb. of Ouzlet Netting
- Barrel Sisy Pump
- 150-ft Hay Rope and Carrier
- 2 Coal or Wood Stoves
- and other articles too numerous to mention.

TERMS—All sums of \$10 and under, cash; all sums over \$10, 12-months credit with approved indorsed bankable notes, with interest at 6 per cent per annum.

W. A. WEBBER, Executor.

Royal Oak Savings Bank

Of Royal Oak, Mich.

Solicits Your Patronage

NO DELAY IN WITHDRAWING YOUR MONEY

4 Per Cent Interest paid on deposits

We credit the interest to your account twice a year.

A little personal talk with the Cashier will clear any doubtful points that you may have.

M. I. BRUBB, President. JACOB ERB, Vice-President.
GEO. J. BAKER, Cashier.

BLACK'S WATCHES

Elgin Waltham

Gentleman's Watch, similar to cut. Hand-engraved Case, guaranteed for twenty years. Choice of Waltham or Elgin movement. Written guarantee with each and every Watch.

\$9.75

Black's Fifty-seven Years in Detroit.

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See Ticket Agent at Depot for further particulars.

M. T. CRANE, Agt

TERMS

W. A. WEBBER, Executor.

AUCTION!

Henry G. Kyle, Auctioneer

Because of ill health and going West, the undersigned will sell at public auction to the highest bidder, on the premises known as the T. G. MCKINNEY FARM, 1 1/2 miles south and 3 mile east of Franklin, on

Tuesday, Dec. 3, '07

At 10 o'clock a. m. sharp, the following described property:

- 3 Bay Mares, 10 years, weight 1,350
- Brown Mare, 10 years, weight 1,350
- 2 Percheron Cols, 18 months old
- 3 Full-blooded Holstein Cows, 3 years
- 3 All these Cows due in March
- Holstein Heifer, 8 months old
- 100 Ram-bouillie Ewes (bred) 15
- 15 Lams
- O. L. C. Sows
- Champion Grain Binder
- Comstock Grain Dresser
- Deering Mower
- Empire Drill
- and other articles too numerous to mention.

FREE LUNCH SERVED AT NOON

TERMS—All sums of \$25 and under, cash; all sums over \$25, 12-months credit with approved indorsed bankable notes, with interest at 12 per cent per annum, less 1 per cent for cash.

FRANK W. ADAMS, Prop.

Men's.... Fine Footwear

New Fall and Winter Shoes

All the new styles in Patent, Colt, Dull Leathers, Vici Kid, Box Calf, Venour, Craif, and Oordovan. New pointed toes, swing last. Round toes, broad foot-form last. Blucher cut, lace or button, light or heavy soles. Dozens of different styles.

Ralston Health Shoes, \$4.00
Packard Shoes, \$3.50, \$3.75, \$4.00
Beacon Shoes, \$3.00

MERRITT'S SHOE STORE

PONTIAC

The Eccentric

25c For 3 Months