LAXATIVE FOR WOMEN FREE

There is a great difference in the purposes to which a laxative should be put. Tablets and pills, salts, etc., are usually violent purgatives or cathartics, and altogether too powerful for the average person.

A woman at all times needs only a mild laxative—in fact, none other is needed by anyone, weak or strong though they may be, for the object is simply to move the bowels, and if a gentle laxative will do it, what is the use of a violent one?

Dr. Caldwell's Syrup Pepsin has earned a well-deserved vogue among women and children and old folks—people who must necessarily be careful of what they take.

It is a liquid laxative tonic and adjustity the greatest stomach, liver and bowel remedy before the American people. The price is only 50 cents or $1 a bottle, as it comes in both sizes, and all druggists sell it. Its pleasant taste and gentle action make it an ideal remedy for women in constipation, torpid liver, sour stomach, sick headache, heartburn and such like digestive complaints. Its use for a short time will remove the trouble entirely so that future medication will be unnecessary. Its tonic properties build up the stomach and intestinal muscles so that they act naturally again. That this is so is the experience of many heads of families, like Mrs. Brannan, of Alvarado, Va., Mrs. K. L. Stout, of Louisville, Ky., and numerous others; in fact, way out in Williams, Cal., as Mrs. J. E. Blackmore, of that place, writes, the whole town seems to be using it.

If the remedy is new to you and you want to make a trial of it before buying, send your name to the doctor's address as below and a free test bottle will be sent you. Then, if results are satisfactory you can buy it of your druggist.

If there is anything about your ailment that you don't understand, or if you want any medical advice, write to the doctor, and he will answer you fully. There is no charge for this service. The address is Dr. W. B. Caldwell, 201 Caldwell bldg., Monticello, Ill.

UNPLEASANT OUTLOOK.

"I hope it don't rain; it'll take all de starch out of my dress."

"Yes, and if maw sees you in your best dress she'll take de starch out of you!"

Impending Strife.

"I want to buy a clarionet," said the man with a steely look in his eye.

"Ah," said the dealer in musical wares, "here is a perfect instrument, absolutely true in tone."

"I don't want it. I want one that'll produce nothing but blue notes. There's a man next door who is studying the trombone. I'm going to play the clarionet in self-defense."

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all druggists.

Take Hall's Family Pills for constipation.

One Point Settled.

"They say the new Mrs. Bangs is a very good plain cook."

"I don't know about the excellence of the cookery, but she's plain all right."

It's Pettit's Eye Salve,

that gives instant relief to eyes irritated from dust, heat, sun or wind. 25c. All druggists or Howard Bros., Buffalo, N. Y.

A man with a roving disposition is not necessarily inconsiderate.

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Two is company; three a soulless corporation.

DODD'S KIDNEY PILLS

FOR ALL KIDNEY DISEASES

FOR RHEUMATISM, BRIGHT'S DISEASE, DIABETES, BACKACHE

375 "Guaranteed"

SICK HEADACHE

CARTER'S LITTLE LIVER PILLS.

Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.

CARTER'S LITTLE LIVER PILLS. Genuine Must Bear Fac-Simile Signature Brent Good

REFUSE SUBSTITUTES.

Interesting Facts

The only effective and reliable remedy known for Gout, Dyspepsia, Jaundice, Kidney and Bladder troubles, Constipation, Headache, Biliousness and all disorder of the bowels is

DR. D. JAYNE'S SANATIVE PILLS

For several generations they have been a household necessity for relieving and curing complaints of this kind. They are safe and sure in every instance. As a laxative, purgative and cathartic they are unexcelled.

Sold by druggists everywhere in 25c and 10c boxes

SAVE WASTE WATER BY INSTALLING POWER PLANTS

Millions of Gallons of Water on Farms Can Be Harnessed and Power Utilized; Plans Showing Plant—By R. M. Winans.

The only obstruction to universally installed individual water-power plants on the farm is that not every farm is blessed with running water to furnish the power. But there are thousands of farms in the United States which have running water that can be harnessed and made to work.

The government has been taking a census of the available water power in the union, and a report will be issued in the course of a few months showing that there is at present going to waste something over 50,000,000 horse power that might be developed from the streams and fields of the country, exclusive of Niagara. Some of this, of course, is available to the farms that are near the streams entering into the calculations, but little, if any, account is taken of the minor streams, the babbling brooks and rapid-flowing creeks that run through thousands of farms uninterrupted on their idle way to the sea.

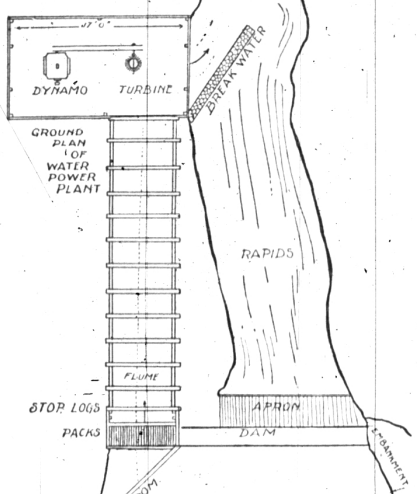


Fig. 1.—Ground Plan of Plant.

It does not require the thunderous rush and swirl of a Niagara to drive a turbine large enough to furnish power for the use of a farm. The most innocent-looking, spring-fed brooklet having the proper fall will be ample to serve the purpose of meeting every power requirement of the average farm, providing, of course, that it can be suitably dammed and a sufficient head given to the penned-up water in the reservoir. From three to six feet will give a working head of water to drive a turbine that will furnish an electrical generator.

On hundreds of farms with which the writer is acquainted in a number of states of uneven topography there are many streams with volume and fall sufficient to drive a turbine of from 50 to 200 horse power, and where the power plants could be installed at relatively small expense. And the first expense is practically the only expense in generations to come, except one counts the cost of oil for the bearings and the renewal of brushes (which are cheap) on the generator once a year.

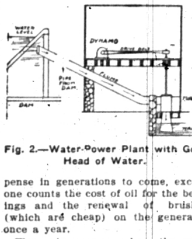


Fig. 2.—Water-Power Plant with Good Head of Water.

The main expense, where the work is done by contract or by specially hired labor, is that of grading, of excavating and filling; and the farmer is at an advantage in this, that he often has idle teams and labor that could not be better employed during the "slack" seasons, when most, if not all, of this work may be done. The cost of concrete for the dam may be largely eliminated by the use of timbers and plank in its construction, merely using enough concrete in which to embed the timbers and cover the planking, to protect from decay. In some sections where small timber is available and in some cases desirable to remove from the land, the dam may be built of logs very cheaply and substantially.

The gasoline engine was probably the pioneer in furnishing light power for the farm; yet it has been conclusively proved by farm water-power plants recently installed that where small, even very small, water powers are available, the gasoline engine is not to be compared to them in the matter of economy, practicability and perfect convenience, to say nothing of the matter of care and operation of the engine, or the facility with which the electric power from the turbine dynamo may be transmitted to various buildings and points on the farm for use at the same time.

Fig. 1 shows the ground plan of a plant located near the dam and connected with an open wooden flume and with a vertical turbine. This is an excellent plan where the fall is from three to six feet with a good supply of water. With this type of turbine the generator or dynamo may be placed overhead and driven by a bevel gear. The foundation of the power house should be of stone or concrete, with heavy timber bases for the turbine and dynamo, to insure steady running without jar or vibration.

A breakwater must be built at the power house to prevent ice and debris gathering or lodging across the outlet or tail race. The dam should have an apron of concrete or planks protected with concrete, to prevent wearing and washing by the flow over the spillway. A heavy boom is placed across the entrance to the racks, to guard against floating rubbish, and close-barred racks must be built at the entrance to the flume, to catch leaves and small stuff that might clog the wheel. A heavy gate or stop log is set inside the racks, to regulate the flow of water or to cut it off entirely.

Where there is the opportunity to get a good head of water, the plant and connection may be cheaply built, as shown in Fig. 2. The flume in this case may be of sewer pipe of the proper size, or a square wooden flume heavily coated with some wood preservative may be used instead. This drawing shows a vertical turbine with a direct belt drive, which is cheaper than the bevel gear. With the closed-flume arrangement the power house may be located at any reasonable distance from the dam or head of water.

Give Pigs Salt.—Do not wait till the pig is dead before you give him salt. He should have salt every day in his life and then some rubbed in after he is dead.

LITTLE FEAR FOR HOG MARKET

Winter Season Satisfactory Both to Grower and Packer.

Little apprehension is now felt in growing circles as to the status of the summer hog market. The winter season has been satisfactory to the grower, if not to the packer. The latter has accumulated a stock of provisions of considerable proportions at an average cost of around six cents for live hogs. He is naturally interested in merchandising this stock at a profit and the larger the profit the better he will be satisfied. Of a market he has no doubt. During the winter middlemen, both here and abroad, have been sparing purchasers. Their policy has been delay. As a middleman said recently: "We can buy at high cost any time and there never has been a time this year when hog product looked cheap."

Southern trade will be broad all through the spring and summer months, consumption of hog produce has received impetus on account of the high price of beef and mutton, foreign dealers are becoming alert and will be good buyers right along while the populous east is calling on the west for more hogs than last year for fresh meat purposes, despite the fact that prices have ruled two dollars per hundredweight higher, says the Breeders' Gazette. Packers have felt the pulse of trade and are not advertising bargain sales. Seventeen cent hogs are dear but they are possible. Probably the buyer will continue his policy of economy by taking light stuff, but this is no handicap to the grower, as the hog he markets short of maturity was made cheaply. In trade opinion cashing hogs as fast as they are decently fit for market is good policy, but nobody believes delay will be at the expense of financial results. It is merely a question of economy in production.

A real clever woman makes it a business to appear dense at times.

For the Street

The first costume is both smart and useful and is a style well-suited to serge. Our model is in navy blue. The plaited skirt is cut in comfortable walking length, and has the plaits stitched down about halfway. White cloth is used for the waistcoat fastened down the center by small buttons and bulletholes. The fronts of coat are cut away and semi-fitting, fine braiding completely edges coat, while buttons and cords add further trimming. The sleeves are elbow length and quite loose, they are trimmed to match. Hat of stretched satin, trimmed with beads and feathers.

Materials required: 8 yards serge 48 inches wide, 3 dozen buttons, 1 dozen yards cord, 4 yards cord braiding.

The second is a princess shape; cloth or serge might either be used, straps of material trim the front of skirt part, two box plaits are arranged under the strap in front. Braiding trims the back and sides of bodice part, also the revers and cuffs, which are of some light cloth, the buttons are of the same. Hat of light felt trimmed with ribbon and roses.

Materials required: 6 yards cloth, 46 inches wide, 4 buttons, 4 yards lining, 1 dozen yards braid.

HIGH COLLARS ARE HARMFUL

Permanent Dark Mark Made if the Neck Garniture Is Worn Too High.

The fad of wearing extremely high collars will have a hurtful effect upon the flesh of the throat unless special care is given to prevent it, because through stoppage of circulation, a condition brought about by high collars, a permanent dark mark comes, and some remedy to obviate the trouble must be employed. It is not expected that a girl will select a neck dressing that is a misfit. But she may take the happy medium of one that is not too close to her throat. For example, if 13 is the usual size, it is the part of wisdom to take 13½ when the height of the linen is excessive. It is precisely the same theory that causes one to wear longer boots when the toes are excessively pointed.

In order to preserve its roundness and softness the throat must have some air and freedom of movement. Undoubtedly an aid to freshness is occasionally to change the style of collar worn and for a day to use one that is not extreme. This relaxes and tones muscles that may have become cramped.

SKIRTS WIDER AT THE HEM.

Are a Distinct Improvement on the Tight Garment That Extremists Favored.

The absurdly narrow skirt that one could hardly step in and that was only worn by the extremists, fashionable or otherwise, has had its day. All the new skirts have width at the hem. Even the street ones are three and four yards wide, and the house ones are from six to seven yards at the hem.

They are not lined or stiffened or worn over petticoats, but they have a graceful fullness. They are not held back by elastics, and give no appearance of the grotesque.

They are quite ample, easy to walk in and more graceful on every figure than the extra tight ones.

There are all sorts of rumors that the new skirt at the Paris races will be ten yards wide, but if one listened to all rumors these days no one would buy a gown with any feeling of security.

To Keep Rugs Flat.

Girls who have a habit of shuffling their feet, thereby incurring frequent scoldings for kicking up rugs, will find life pleasanter if they cut triangles of medium weight cardboard, and sew them on the under side of rugs at each corner.

The Linen Bag.

This summer milady will carry a linen handbag to match or correspond with each of her gowns.

Those already seen are of white or daintily colored linen, beautified by charming designs soutached and hand-embroidered. Plaited soutache forms pretty and wear-well handles.

An ingenious woman could easily design one of these. She could pattern it over one of the new leather handbags and use the frame of a discarded bag for a foundation.

These handbags are easily laundered and are exceedingly good looking.

Even the Veils Have Fringe.

The craze for fringe has reached veils, and all the big new ones are heavily bordered, sometimes with one row and sometimes with two. If the veil is of the changeable chiffon a stunning effect in color is produced by the border of fringe having precisely the same hues. On the trafler net veils, which cover a wide range in color, the fringe matches in shade.

Overdresses of one sort or another are seen everywhere on the more elaborate gowns.

ALTERING AN EVENING GOWN.

Scheme Very Much in Fashion and One That Is Quite Easy to Carry Out.

If the girl who indulged in a scanty slimly cut sheath gown last winter wants to change it a bit to give more of the classic suggestion, she can do this by using two veils as drapery.

The idea is very much in fashion and is easy to carry out. The veils themselves are often used by high-priced dressmakers instead of buying chiffon cloth and hemming it. The veils have a selvage which makes them quite effective.

One of the attractive ways of draping them is to catch one at each shoulder, drawing it up under the arm and fastening on top with a paste buckle. The edges lower down may be lightly caught together over the arm a little above the elbow. This gives flimy but straight drapery from shoulder to hem which puts one in the picture this season.

Again, an extra long veil is drooped across the back and caught at the back of each shoulder with a buckle and the ends left to hang straight.

SUITABLE IN MANY MATERIALS

Cashmere, serge or any cloth, as long as it is the same as used for skirt, would make up well for the overbodice. Three tucks are made on each shoulder both back and front; they are stitched down a few inches. A material strap stitched at each edge and trimmed with embroidered spots edges the opening and is also taken down the front over the fastenings. The oversleeve is trimmed in the same way.

Materials required: 1¾ yards 46 inches wide, 2 buttons.

Linen and Canvas for Book Covers.

Attractive adjuncts to the living room are magazine covers made from heavy linens and crafteman's canvas. For the postcard albums the latter fabric is preferred. Both materials can be had in a variety of colors, and an applique of cretonne is a popular form of decoration.

Book covers in a cool gray linen, adorned with a spray of purple orchids cut from cretonne, are pretty, and so are those in terra cotta crafteman's canvas, displaying a swastika cross cut from cretonne in dull oriental colorings.

The Shirred Hat.

The shirred hats will claim attention. There are models with shirred crowns, and others with shirred brims, and again there are hats which are all shirring. Finally, the big ribbon bow, or rather the bunch of drooping ribbon loops that fall under the brim in the back of the hat is a conspicuous millinery feature that will figure on many of the simpler hats for outings and practical purposes generally.

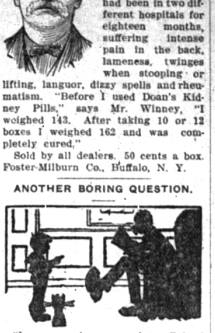
PROOF FOR TWO CENTS.

If You Suffer with Your Kidneys and Back, Write to This Man.

G. W. Winney, Medina, N. Y., invites kidney sufferers to write to him. To all who enclose postage he will reply, telling how Doan's Kidney Pills cured him after he had doctored and had been in two different hospitals for eighteen months, suffering intense pain in the back, lameness, twinges when stooping or lifting, languor, dizzy spells and rheumatism. "Before I used Doan's Kidney Pills," says Mr. Winney, "I weighed 143. After taking 10 or 12 boxes I weighed 162 and was completely cured."

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

ANOTHER BORING QUESTION.



"I say, pa, is a man from Poland called a Pole?"

"Yes, my son."

"Then, pa, why isn't a man from Holland called a Hole?"

Practical Gain.

Teacher—Lennie, if you were to take your father's razor and leave the steel blade open out in the grass overnight, what would happen?

Learned Lennie—It would get as rust oxidation of the steel or what is commonly called rust.

Teacher—Quite right. Now, Willie, if you would put your mother's diamond ring in the fire, what result would you get?

Wise Willie—I'd get a lickin'.

Shake into Your Shoes

Allen's Foot-Ease, a powder for your feet. It cures painful, swollen, smarting, sweating feet. Makes new shoes easy. Sold by all Druggists and Shoe Stores. Don't accept any substitute. Sample FREE. Address A. S. Olmsted, LeRoy, N. Y.

A Natural Doubt.

"Do you think that pallist is a practical man?"

"Why shouldn't he be?"

"Because of his business. Doesn't he go in for eye deals?"

WANTED. Beech plane stocks. State price. Gage Tool Co., Vineland, N. J.

"Who cares if a duck of a girl is feather-headed?

DOCTOR ADVISED OPERATION

Cured by Lydia E. Pinkham's Vegetable Compound

Paw Paw, Mich.—"I suffered terribly from female ills, including inflammation and congestion, for several years. My doctor said there was no hope for me but an operation. I began taking Lydia E. Pinkham's Vegetable Compound, and I can now say I am a well woman."—EMMA DRAPER.

Another Operation Avoided.

Chicago, Ill.—"I want women to know what that wonderful medicine, Lydia E. Pinkham's Vegetable Compound, has done for me. Two of the best doctors in Chicago said I would die if I did not have an operation, and I never thought of seeing a well day again. I had a small tumor and female troubles so that I suffered day and night. A friend recommended Lydia E. Pinkham's Vegetable Compound, and it made me a well woman."—Mrs. ALVENA SPERLING, 11 Langdon St., Chicago, Ill.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has proved to be the most successful remedy for curing the worst forms of female ills, including displacements, inflammation, fibroid tumors, irregularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion, and nervous prostration. It costs but a trifle to try it, and the result has been worth millions to many suffering women.

FITS

If you suffer from Fits, Falling Sickness, Spasms or have children or friends that do so, my New Discovery will relieve them and all you are asked to do is send for a FREE Bottle of Dr. May's Epileptic Cure.

It has cured thousands where everything else failed. Sent free with Directions. Express Prepaid. Guaranteed by May Medical Laboratory, under the National Food and Drugs Act, June 30th, 1906. Guaranty No. 18971. Please give AGE and full address.

DR. W. H. MAY, 548 Pearl Street, New York City.

KNOWN SINCE 1836 AS RELIABLE. TRADE MARK. PLANTEN'S C & C OR BLACK CAPSULES. SUPERIOR REMEDY FOR URINARY DISCHARGES. DRUGGISTS OR BY MAIL ON RECEIPT OF 50c. H. PLANTEN & SON, 93 HENRY ST. BROOKLYN, N. Y.

GALL STONES or any LIVER DISEASE. Write me AAA about it. Will tell of cure free. Address C. COVEY, R. D. 5, Lansing, Mich.

If afflicted with sore eyes, use Thompson's Eye Water

Your Jeweler Knows a Good Watch

He knows how to properly adjust one to your individual requirements—so it will be accurate under all conditions. That's the only way to buy a watch—never by mail.

A South Bend Watch

Frozen in Solid Ice Keeps Perfect Time

A watch, no matter how good, cannot be accurate unless adjusted to the person who is to carry it. A South Bend Watch—acknowledged superior in every grade—couldn't keep perfect time unless individually adjusted.

Ask your jeweler to show you a South Bend Watch. Write us for our free book—showing how a South Bend Watch keeps accurate time in any temperature.

South Bend Watch Co., South Bend, Ind.

FOR OUT DOOR WORK IN THE WETTEST WEATHER NOTHING EQUALS TOWER'S FISH BRAND SLICKER WATERPROOF OILED GARMENTS. THEY LOOK WELL—WEAR WELL AND WILL NOT LEAK. LONG COATS $3.00 $3.50 SUITS $3.00. 1909 EVERYWHERE CATALOG FREE. A. J. TOWER CO. BOSTON, U.S.A. TOWER CANADIAN CO. LIMITED TORONTO, CAN.

320 Acres of Wheat Land IN WESTERN CANADA WILL MAKE YOU RICH

160 ACRE FARMS IN WESTERN CANADA FREE

Fifty bushels per acre have been grown. General average greater than in any other part of the continent. Under new regulations it is possible to secure a homestead of 160 acres free, and additional 160 acres at $3 per acre.

"The development of the country has made marvelous strides. It is a revelation, a record of conquest by settlement that is remarkable."—*Extract from correspondence of a National Editor, who visited Canada in August last.*

The grain crop of 1908 will net many farmers $20.00 to $25.00 per acre. Grain-raising, mixed farming and dairying are the principal industries. Climate is excellent; social conditions the best; railway advantages unequalled; schools, churches and markets close at hand. Land may also be purchased from railway and land companies.

For "Last Best West" pamphlets, maps and information as to how to secure lowest railway rates, apply to Superintendent of Immigration, Ottawa, Canada, or the authorized Canadian Government agent.

M. V. McINNES, 176 Jefferson Avenue, Detroit, Michigan; or C. A. LAURIER, Sault Ste. Marie, Mich.

Paxtine TOILET ANTISEPTIC

NOTHING LIKE IT FOR

THE TEETH Paxtine excels any dentifrice in cleansing, whitening and removing tartar from the teeth, bender destroying all germs of decay and disease which ordinary tooth preparations cannot do.

THE MOUTH Paxtine used as a mouth-wash disinfects the mouth and throat, purifies the breath, and kills the germs which collect in the mouth, causing sore throat, bad teeth, bad breath, grippe, and much sickness.

THE EYES When inflamed, tired, ache and burn, may be instantly relieved and strengthened by Paxtine.

CATARRH Paxtine will destroy the germs that cause catarrh, heal the inflammation and stop the discharge. It is a sure remedy for uterine catarrh.

Paxtine is a harmless yet powerful germicide, disinfectant and deodorizer. Used in bathing it destroys odors and leaves the body antiseptically clean.

FOR SALE AT DRUG STORES, 50c. OR POSTPAID BY MAIL.

LARGE SAMPLE FREE!

THE PAXTON TOILET CO., BOSTON, MASS.

This Trade-mark Eliminates All Uncertainty

In the purchase of paint materials. It is an absolute guarantee of purity and quality. For your own protection, see that it is on the side of every keg of white lead you buy.

NATIONAL LEAD COMPANY, 1902 Trinity Building, New York

WHAT'S Your Health Worth?

You start sickness by mistreating nature and it generally shows first in the bowels and liver. A 10c box (week's treatment) of CASCARETS will help nature help you. They will do more—using them regularly as you need them—than any medicine on Earth. Get a box today; take a CASCARET tonight. Better in the morning. It's the result that makes millions take them.

CASCARETS 10c a box for a week's treatment, all druggists. Biggest seller in the world. Million boxes a month.

THE GILLETTE SAFETY RAZOR Used by More Than Two Million Men NO STROPPING NO HONING Gillette KNOWS THE WORLD OVER

PARKER'S HAIR BALSAM Cleanses and beautifies the hair. Promotes a luxuriant growth. Never fails to restore Gray Hair to its Youthful Color. 50c. and $1.00 at Druggists.

HAMLIN'S WIZARD OIL GREAT FOR PAIN THE OIL THAT PENETRATES