

HOW TO FIGHT SPANISH INFLUENZA

By DR. L. W. BOWERS.

Avoid crowds, coughs and colds, but fear neither Germans nor English. Keep the system in good order, take plenty of exercise in the fresh air, had practice cleanliness. Bunches of a clean mouth, a clean skin, and clean bowels are a protecting armour against disease. To keep the liver and bowels regular and to carry away the poisons within, it is best to take a vegetable pill every other day, made up of May-apple, aloe, jalap, and sugar-coated. It has had a most drug store, known as Dr. Pierce's Pleasant Pellets. If there is a sudden onset of what appears like a hard cold, one should go to bed, wrap warm, take a hot mustard foot-bath and drink copiously of hot lemonade. If pain develops in head, or back, ask the druggist for Anuric (anti-uric) tablets. These will flush the bladder and kidneys and carry off poisonous germs. To control the pains and aches take one Anuric tablet every two hours, with frequent drinks of lemonade. The pneumonia appears in a most treacherous way, when the influenza victim is apparently recovering and anxious to leave his bed. In recovering from a bad attack of influenza or pneumonia the system should be built up with a good herbal tonic, such as Dr. Pierce's Golden Medical Discovery, made without alcohol from the roots and barks of American forest trees, or his Iron-Tonic Tablets, which can be obtained at most drug stores, or sent 10c. to Dr. Pierce's Invalid Hotel, Buffalo, N. Y., for trial package.

PATENTS

Whitson E. Coleman, D. C. Advice and books free. Reasonable. Highest references. See advertisement.

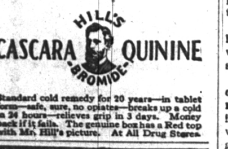
Relieved the Tension.
A little boy at school said his teacher was faint and full. In the confusion it was impossible to keep so many heads cool, and the little ones flocked round the prostrate lady and her sympathetic colleagues. But this small boy kept both his color and his coolness.
Standing on a bench and raising his hand, he exclaimed: "Please, teacher, can I run and fetch father? He makes coffins. The peal of laughter which greeted this unconscious humor roused the teacher from her short trance, and nobody enjoyed the youngster's saying more than she did when the circumstances were explained to her afterward."

Catarth Cannot Be Cured
By LOCAL APPLICATIONS, as they cannot reach the seat of the disease. CATARth is a local disease, locally induced by constitutional conditions. HALL'S CATARth MEDICINE will cure it. It is taken internally and acts through the blood on the seat of the disease. It is composed of some of the best known, combined with some of the best purified. The perfect combination of the ingredients in HALL'S CATARth MEDICINE is what produces such wonderful results in catarrhal conditions. Druggists 7c. Testimonials free. F. J. Cheney & Co., Proprs., Toledo, O.

Days of Lavishness.
"When I was a boy we used to cut up pumpkins to make Jack-o'-lanterns."
"Yes. You wouldn't dare treat a perfectly edible pumpkin in that way now."

United States keeps a three-months supply of army food in France.

Influenza and kindred diseases start with a cold. Don't trifle with it. At the first shiver or sneeze, take



CASCARA QUININE
Standard cold remedy for 30 years—in tablet form—safe, sure, no opiate—breaks up a cold in 24 hours—relieves a headache—keeps the bowels in health. The genuine comes in a Red Top with Mrs. Hill's picture. At All Drug Stores.

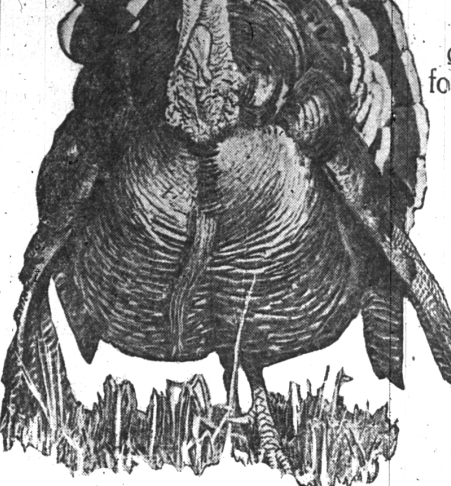
Carter's Little Liver Pills
For Constipation
Carter's Little Liver Pills will set you right over night.
Purely Vegetable.
Small Pill, Small Dose, Small Price.

Carter's Iron Pills
Will restore color to the faces of those who lack iron in the blood, as most pale-faced people do.

Persistent Coughs
are dangerous. Get prompt relief from Dr. Ross' Whooping Cough Syrup and see for young and old. No opiate in any form.

Pain

How Turkey Accomplishes Himself as Food



ENOR DON TURKEY played a brilliant part in history even before the Spaniards discovered him, along with Mexico, in 1518. Long before that he had been worshipped by Aztecs. Later, when his religious usage was abandoned, he was given honorable mention as a bird of honor at the marriage banquet of a king. So superior a viand was he considered when first introduced to Europe that in a "constitution" set forth by Cramer in 1541 turkey is named as one of the greater fowls, of which an ecclesiastic was to "have but one in a dish." But he speedily multiplied to such an extent that no later than 1555 two turkeys and four turkey chicks were served at a feast of the sergeants at arms in London.

Turkeys at that period were mentioned in connection with dranes and swans as important and rich items of a banquet. A little later, in 1573, turkeys were used on the tables of English husbandmen for the Christmas feast. In the meantime they were more than plentiful in their home land, where turkeys continued to sell for about six cents apiece as late as the nineteenth century. For six cents in those good old days a turkey weighing about twelve pounds could be bought by a good shopper. If the family needed a turkey weighing twenty-five or thirty pounds it was necessary to pay as much as a quarter. But it must be remembered that six cents in those days counted a good deal more than it does in this.
The turkey that the Aztecs worshipped was probably either the Mexican wild turkey, which is known by the white touches on its tail covers and quills, or, more appropriately, the ocellated turkey of Honduras and other parts of South America, whose brilliant plumage, spotted almost as gloriously with vivid colors as a peacock, somehow allies it particularly with that vivid bird. The turkey which strode out of the forests of New England and furnished so marvellous a banquet for our Puritan forefathers was a handsome bird that of Mexico, in the opinion of some lovers of beauty, but not so brilliant a one as the Honduras turkey.
The American wild turkey, which really belongs to Thanksgiving, is the North American wild turkey found throughout the eastern United States and Canada. Scientifically it is known as the Meleagris Americana. Its plumage is black, shaded with bronze. In the rays of the sun the bird glazes in a beautiful harmony of black, copper, gold and bronze. And the turkey likes the rays of the sun. He hates damp weather, not alone because it is bad for his general health, but because it obscures his beauty.

It is generally believed at present that all the turkeys of the world have descended from the three forms known as the North American bird, which has just been described; the Mexican bird and the ocellated bird of the West Indies. The turkey which was first introduced into Europe may have been carried there by the Spaniards from Mexico or the Jesuits may have taken it back across the waters from one of their scattered stations in the great woods of Canada. In any event, one of its representatives figured at the marriage of Charles IX and was regarded as of sufficient importance to be mentioned in the reports of that festivity.

The Mexican turkey is the wild bird of Mexico, which also came over the line into the southern part of the United States. Meleagris Gallopava is the name that is generally employed to describe this turkey. It is somewhat shorter in the shank than the northern species. Its body color is a metallic black, shaded with bronze. This is thought to be the species that the early navigators first bore back to Spain and England. The white tips of its plumage also have suggested that it is this bird rather than to the wild turkey of North America that most of the domestic fowls owe their origin.
The ocellated turkey, Meleagris Ocellata, which is smaller than the others, has a bare head and neck. Its body plumage is bronze and green, banded with gold and varied with spots or eyes of brilliant colors—blue, red and brilliant black.
Why the turkey is called turkey when its origin is admittedly purely accidental is a subject that has puzzled many persons. There are several reasons given by those who have delved deeply into this problem, and one is privileged to take his choice. In the first place, it is stated that the turkey was originally supposed to have come from Asia. Thus at a time when a great stretch of territory on the Asiatic continent was called "Turkey," the bird derived its name from its supposed origin. Another speculative chronicler records that the Indians called the bird "turkey" and that from this its common name was created. Then, again, it is somewhat generally believed that the bird named itself by its peculiar utterances, which are translated as "turk-turk-turkey." Again, still more subtle philosophers have traced the naming of the bird to its kinship in the matter of polygamous habits with the Turks over the water. Certainly no turbaned subject of the sultan, even in the days when harems were considered an article of the true religion, was ever more tenacious of his privileges in this regard than the turkey cock of the harem of the forest. Turkey's were also at one time supposed to have come from Africa and they were confused with gnuities. The errors in their scientific naming are due to this confusion.

When, in 1621, after making their first harvest, the pilgrims deemed that there should be a "three days' festival, which was really the first Thanksgiving, with all the turkey known as a delicious food, and they furnished the mainstay of the feast. The old pilgrims weren't so badly off, it seems, in some ways as we have been led to imagine, for although they were deprived of the joys of tinned meats and vegetables and cold storage and similar blessings, turkeys were so plentiful that it is recorded it was customary to refer to them as bread. Another chronicler sets forth the fact that the breast of the wild turkey when cooked in butter was considered by even the epicures among the explorers. But in spite of their abundance and the way they were regarded with favor even by the red men, if one is to judge by the following prayer which they uttered:

"O Great Being, I thank thee that I have obtained the use of my legs again, so that I am able to walk about among all turkeys."
It was not alone in early New England that the bird was regarded with such favor as an edible. Isaac De Rasieries in 1627 writes a description of

None Should Blame Thanks-giving Bird for Mental Incapacity for All of His Efforts Go Toward the Development of Flavor

the turkey and details the method of hunting them in the New Netherlands: "These are also very large turkeys running wild. They have very long legs and run so extraordinarily fast that generally they escape when we go to hunt them, for when one has deprived them of the power of flying, they yet run so fast that we cannot catch them unless their legs are hurt also."
Turkeys have been called the greatest game bird of this country, and the method of taking them have been many. John Hunter, who was captured by the Indians and taken into captivity, in his memoirs, written in 1824, tells how the Indians made a decoy bird from the skin of a turkey, following the turkey tracks until they came upon a flock and then partially displaying their decoy and imitating the gobbling noise made by the cock, drew off first one and then another of the flock, who being socially inclined, came along to investigate the newcomers.

Among the Indians the children were expected to kill turkeys with their blow guns. These were hollow reeds, in which arrows were placed and blown out with such force that, being directed at the eye of the creature, they often brought him down. Children as young as eight years were successful at this sort of shooting. Adrian Van der Donck says that turkeys were sometimes caught by dogs in the snow during the winter of 1698, but generally they were shot at night from the tops of trees. The turkey was often selected for the same spot many nights in succession. At other times the Indians would lay traps of which the turkeys were fond in small streams and take the birds as they were in the act of getting these streams.

In Virginia the trap or pen was much used. This trap was built in the forest and leading to it was a long train of corn. The trap was a simple affair built of logs and laid one upon another and having rough rails laid across the pen. This trench corn was scattered and the turkey following the trail of this delicacy for some distance would finally come to the trench, which seemed to be quite providentially strewn with an unusually rich supply. He would follow the great bright path of rich food to his destruction. The turkey's why a great many Americans have not been as thrifty with Benjamin Franklin's idea that the turkey and not the eagle should be the bird of our country.
A writer, describing the shooting of turkeys in the latter half of the nineteenth century, speaks of the use of the hollow bone of the turkey wing, which in the mouth of an expert can be made to reproduce perfectly the piping of a turkey hen. Sometimes also turkeys were hunted on horseback. In Virginia, according to an old writer, this was not uncommon. He says:

"Though we galloped our horses we could not overtake them [the turkeys], although they run nearly two hundred and twenty yards before they took flight." The constant practice of our forefathers in shooting game developed a great many fine turkey shots, and it is recorded that in the latter half of the seventeenth century "a man was thought a bad shot if he missed the very head of a wild turkey on top of the highest tree with a single ball."
To "put hunting" and to the practice of luring the turkeys by imitating the call of the hen in the spring, Sylvester D. Judd of the biological survey of the United States department of agriculture largely attributes the extermination of the turkey in many parts of the United States where formerly it was especially abundant. Trapping the turkeys in pens also helped along the extermination.

Although the turkey is, generally speaking, not a particularly hardy bird, being subject to various forms of indigestion, etc., he is varied in his diet and usually has a good appetite. Some of the things which the wild turkey hoppers, crows, juncos, small lizards, garden seeds and snails. One turkey which was examined by a scientist was found to have partaken of a meal including the following viands:

One harvest spider, one centipede, one thousand-legs, one ichneumon fly, two yellow jackets, one grasshopper, three katydids, wild cherries, grapes, a few old cabbages and the sorghum, two chestnuts, twenty-five whole acorns, a few old cabbages and five hundred seeds of tick trefoil. The domestic turkey's habit of hunting grasshoppers and worming tobacco shows that his delight in the primitive pleasures of the table has not altered in his more carefully provided for existence.
The chicks both of the wild and the domestic turkey are delicate and especially must be protected during the damp weather. A. Audubon says that the mother bird smokes the wild turkey thoroughly understands the delicacy of her offspring and that when it is wet she feeds the chicks birds from the spice bush with medicinal intent exactly as the mother of a brood of youngsters prescribes doses of quinine when influenza has taken the family in its clutches. As soon as the young birds can fly well enough to take their place in the mother's flock, it is thought to be over.

But, according to a successful turkey farmer, the poulters are three months old before they can be taught anything. They are then taught that they should roost high so as to keep out of the way of night prowlers. Turkeys retain so much of their wild nature that they do not like roosting inside a house, and, indeed, they do not even roost in any part that has been especially constructed for them. This characteristic renders them especially easy victims for night raiders. In addition to the human desperados of this description there are the coyotes and hawks always to be guarded against in some parts of the country.

In addition to illnesses which come from digestive disorders, colds, the terrible scourge of blackheads, etc., and the derangements of the night raiders, the turkey farmer always has to consider also the feud among the chickens of his flock, which frequently rage high. Nevertheless, the careful turkey rancher has found it possible to conserve his birds and make a large profit from them. A woman turkey rancher, who has had good experience in the business, lost in one season only twelve birds out of a flock of 1,500.

At first the young turkeys are fed on bread and milk, hard-boiled yolk of egg and perhaps some chopped alfalfa. Later they are fed cracked grain but as soon as they are able to take to the range it is no longer necessary to feed them. The range supplies all that they need, both green and dry, and bappy is the householder who is able to purchase for his table turkeys whose health has been an oak forest. Nothing is more delicious than a turkey which has fed freely on acorns.
Although there are many great turkey ranches and whole communities which live principally upon the raising of turkeys for market, such as Cuern, Tex., whose annual turkey trade preceding Thanksgiving includes thousands of turkeys bound for the New York markets, as a rule turkeys are raised in small groups on farms which are interested in other commodities. They are often the sole produce of the farmer's wife for other uses who may be producers were Missouri, Illinois, Iowa, Ohio and Indiana. The state of Rhode Island, noted as it is for its turkeys, produced only 5,000. But the quality of the Rhode Island turkeys always has been excellent and they usually bring prices vastly in excess of those from other parts of the country.
And the only one to be enough about turkeys to get up a pretty good appetite for Thursday's dinner:

THAT CHANGE IN WOMAN'S LIFE

Mrs. Godden Tells How It May Be Passed in Safety and Comfort.

Fremont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—head flashes, nervousness, and was in a general run down condition, so that I was unable to do my work. Lydia E. Finckham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GODDEN, 925 Napoleon St., Fremont, Ohio.
Such annoying symptoms as heat flashes, nervousness, headache, irritability and "the blues," may be speedily overcome and the system restored to normal conditions by this famous root and herb remedy Lydia E. Finckham's Vegetable Compound. Finckham's complications present themselves write the Finckham Medicine Co., Lynn, Mass., for suggestions how to overcome them. The result of forty years experience is at your service and your letter held in strict confidence.

SELDOM SEE ABSORBINE

A big knee like this, but your horse may have a bunch or bruise on his ankle, hock, side, knee or throat. TRADE MARK REG. U. S. PAT. OFF. will clean it off without laying up the horse. No blister, no hair gone. Concentrated—only a few drops required at an application. \$2.50 per bottle. For sale by all druggists. See Book # 8 free. ABSORBINE, JR., the anti-rheumatic, non-toxic, non-drowsy, non-damaging, non-injurious, non-toxic, non-drowsy, non-damaging, non-injurious. Price \$1.25 a bottle at druggists or direct. Liberal trial bottles sent free. W. F. YOUNG, P. O. F. 310 Temple St., Springfield, Mass.



Cuticura Stops Itching and Saves the Hair

RUBBING IT IN ON EMPIRE
How Finnish Fan Led Autocrat of the Diamond to Assist at His Own Discomfiture.
Gus Axelson, veteran Chicago baseball scribe, tells this one:
"By the National league there was an umpire named Harrison. He was having a rotten day of it at the Cubs laying and, while standing back of third base, heard a fan cry, 'Hey, ump, ree! Reuben Youngstown?'
"Harrison, who comes from Youngstown, was tickled to hear at least one friendly voice, and waved to the fan, nodding that he did remember the dear old town."
"Remember the old Todd house?" cried the fan.
"With a grin on his face, Harrison shouted, 'Sure do.'"
"It sure was," rejoined Harrison, who was dumfounded when the fan fairly roared:
"Well, your worse!"
"Their Location."
"It don't see why people are down on grade crossings."
"Why not?"
"They are strictly on the level, aren't they?"
It costs a merchant lots of money not to advertise.

Nervous People who drink coffee find substantial relief when they change to POSTUM

This pure, wholesome table drink does not contain caffeine or any other harmful, nerve disturbing ingredient. "There's a Reason"