HOT-WEATHER LAXATIVE FREE

At no other time of the year is the tendency to constipation greater than during the summer months, and this is especially the time that it is most important to keep the bowels open. The heat taints food, there are germs in the water, and even fruit has its dangers. For a dozen and one reasons the bowels should be kept open—you should have at least one good passage a day, and in the case of children and young people, two a day is better. The best way to obtain such relief, and to thoroughly regulate the stomach, liver and bowels, is by the use of DR. CALDWELL'S SYRUP PEPSIN, the great laxative tonic. It is not a temporary relief like salts and purgative waters, and it does not gripe, like tablets and pills. It is so pleasant to take, and so gentle in action, that children prefer it to any other laxative. It is the children's ideal remedy for their stomach, liver and bowel troubles. Use it for constipation, indigestion, sick headache, biliousness, loss of appetite and sleep, drowsiness after eating, diarrhoea, "Summer Complaint," gas or wind on the stomach, etc. A bottle can be obtained of any druggist at 50 cents or $1.00. Thousands of families keep it regularly in the house because a laxative may be needed at any moment, and those who once use DR. CALDWELL'S SYRUP PEPSIN always prefer it thereafter.

Those who have never yet used DR. CALDWELL'S SYRUP PEPSIN and would like to make a test of it before buying in the regular way from their druggist, can obtain a FREE SAMPLE BOTTLE either for themselves or any member of their family, by sending name and address to the Doctor. The sample will be sent to your home free of charge. In this way you can find out what it will do without cost. Also, if the case presents difficulties that doctors and other remedies seem unable to overcome, write a letter to Dr. Caldwell explaining how the person suffers and he will give you his best MEDICAL ADVICE, based on half a century of experience in stomach, liver and bowel diseases, without charge. Women who have children should send for "SUMMER SUGGESTIONS TO MOTHERS," containing the doctor's advice on diet, hygiene, etc., in hot weather—a very important subject. The address is

DR. W. B. CALDWELL
525 Caldwell Bldg., Monticello, Illinois

FOR SALE BY ALL DRUGGISTS.

PALISADES PARK SAVED TO PEOPLE

It Is Dedicated Today, Principal Speeches Being Made by Governors Hughes and Fort.

New York, Sept. 28.—Fourteen years of unremitting efforts to save the beautiful palisades of the west bank of the Hudson river from destruction by blasting were crowned with success yesterday when the completion of the purchase of the entire strip of palisades from Fort Log, N. J., to Piermont, N. Y., was announced. This strip of land and precipitous cliff, fourteen miles long, constitutes one of the most picturesque bits of scenery in the state, and under the plan by which the work of redemption has been accomplished it will become the Palisades Interstate park.

It comprises 100 acres of level land giving opportunity for a beautiful boulevard drive along the base of the cliff and splendid opportunities for camping and other recreation to the millions of persons huddled in the tenements of New York and nearby cities. One of the achievements remaining to be accomplished is the building of this proposed drive along the river ledge at the base of the cliff, connecting New York by the Fort Lee ferry with the good roads of the west bank of the Hudson.

Cost About $627,000.

The cost of this park is about $627,000 of which $502,000 was paid by the states of New York and New Jersey and $125,000 by contribution of J. Pierpont Morgan.

The acquisition of the property composing the park and the discontinuance of the work of destruction by blasting which was rapidly in progress has been accomplished by a commission of which George W. Perkins of New York, was president. Mr. Perkins today, in making his report, said that the first tangible attempt to save the palisades was made in 1895, when the United States government was asked to take them for military purposes. This plan failed, but the New Jersey State Federation of Women's Clubs took up the fight with enthusiasm, and the result of their active campaigning was the appointment of committees by Governors Roosevelt of New York and Voorhees of New Jersey to investigate the oportunities of protecting the palisades.

These committees recommended, and the legislatures of New York and New Jersey authorized in 1900, a permanent interstate park commission. As appointed by the governors named the commission was composed of: George W. Perkins, J. Du Pratt White, Ralph Trautman, D. McNeely Stauffer and Nathan F. Barrett, representing New York; and Abram S. Hewitt, Edwin K. Stevens, Franklin W. Hopkins, William A. Linn and Abram De Ronde, representing New Jersey. The places left vacant by the deaths of Mr. Hewitt and Trautmann were filled by the appointment of William B. Dana and William H. Porter.

Got Control of Quarries.

For expenses the two states gave the commission when first appointed $15,000. The commissioner found its most difficult problem at the outset was to stop the work of destruction. Wisely it determined to pay $10,000 of its expense fund for options on the quarries which were destroying the beauty of the palisades and then to attempt to purchase the quarries outright for an additional $125,000. This sum was to be raised by popular subscription, and after that the commission estimated that the 700 acres of level land at the base of the cliffs could be purchased at an expenditure by the two states of $500,000. Today the commission had the pleasure of reporting that it had accomplished its object within the estimated sum.

With the payment of the option all blasting ceased on Christmas eve of 1900. The $125,000 necessary to buy the quarries was offered as a voluntary contribution by J. Pierpont Morgan and gratefully accepted. The legislature of New York appropriated $50,000 and that of New Jersey $50,000 for the purchase of the land. Since then New York has given for expenses $20,000 and New Jersey $17,000. This has been spent in the actual work of acquiring and improving the property. The personal expenses of the commissioners have amounted to $457.

The commission, however, would not have been able to announce the completion of the purchase at this time had it not been for the gift by Hamilton McK. Twombley of 60 acres of land and riparian rights valued at $56,000, which had been used as a recreation spot for the poor of New York, which use will continue under the agreement of the commission. Valuable gifts of land and money were also made by Mrs. Lydia G. Lawrence and Cleveland H. Dodge.

In commemoration of the work for palisades preservation accomplished by the Federation of Women's clubs of New Jersey and in honor of the public spirited men and women of both states in this cause a reservation has been preserved on a commanding bluff for the erection of a monument from funds contributed by their friends.

During the years which have elapsed while the property was being acquired the increasing value of the palisades park as a recreation ground for the people of New York and neighboring cities has been shown by the growing number of permits to camp on the park lands issued by the commissioners. Last summer about 2000 campers enjoyed these privileges.

Will Develop It.

Mr. Perkins, in summing up the work of the commission today said: "Now that the task of saving and acquiring the palisades has been accomplished the commissioners intend to devote their efforts, with the permission of their respective states and the public, to a fuller development of the park. There are now driveways down the cliffs at Englewood and Alpine. There should be a driveway the entire length of the base of the cliffs, from Fort Lee to Piermont. This would make the park accessible from all points for all classes and would make the most natural and perfect outlet from the city of New York to the good roads that are being laid out in the state of New York.

"The surveys and sketches which the commission has had made in this connection show that a driveway of this kind could be built that, for picturesqueness, could scarcely be equaled anywhere in the world.

"Here within actual sight of our great throbbing city is a little world of almost virgin nature—many parts of which have never been trodden by the foot of men. Nature has done everything for this unique strip of land. Man can do no more than preserve its natural grandeur and make the park accessible to one and all, and to this end the commission respectfully asks the support of the public and the governors of the respective states, who are our honored guests at the dedication of this park today."

Palisades park, dedicated today as one of the features of the Hudson-Fulton ceremonies, thus becomes with the exception of the memorial monument to Henry Hudson at Spuyton Duyvil, the only permanent reminder of the explorer and an evidence of the intention of the people to preserve for themselves forever the most striking feature of the river he discovered.

There's mighty little use in being so good that everybody will wish you were a horse thief so you could be tolerated.

When a girl will let you tie her shoe string she knew it was going to happen and dressed for it.

A woman can keep on believing in her husband just to be able to hope some day it will come true.

The Food Route

is the safest way to steady health.

Many people are kept ill because they do not know how to select food that their own particular bodies will take up and build upon.

What will answer for one will not do for another.

If one is ailing it is safe to change food entirely and go on a plain, simple diet—say,

Cooked Fruit,
Saucer of Grape-Nuts and Cream.
Soft Boiled Eggs,
Slice of Toast,
Cup of Postum.

That's enough.

Such a diet makes one feel good after a few days

The most perfectly made food for human use is

Grape-Nuts

"There's a Reason"

Get the little book, "The Road to Wellville," in pkgs.

POSTUM CEREAL CO., LTD., Battle Creek, Mich, U. S. A.

JUVENILE COURT A GREAT SUCCESS

Judge Andrew Wilson of New Orleans Court Talks Interestingly of His Work.

Judge Andrew H. Wilson of the New Orleans Juvenile court, who has been spending some weeks near Canton, arrived in Asheville Saturday accompanied by Mrs. Wilson and they are guests at Miss Mattie Harris' on Church street for a few days before returning to New Orleans.

For a number of years Judge Wilson has been a member of the New Orleans school board; later he was president of that board, and since the establishment of the Juvenile court has been its judge. He talked interestingly of the work of the Juvenile court to a Gazette-News man this morning. The court in New Orleans, Judge Wilson said, is an improvement over the original one in Denver, as it has a much greater jurisdiction. Judge Wilson not only has jurisdiction over all offenses of children, but also has the right of trial of all cases of adults against children. In this way a great many cases are much better and more speedily disposed of than by the old way. In this court offenses ranging from murder down to such slight offenses as jumping on and off a street car are disposed of. The number of cases to comes up averages about 200 per month.

Days for Whites and for Negroes.

One interesting thing in regard to the court is the fact that certain days are set apart for the trial of cases against white persons, others, of those against blacks, thus eliminating many obpectionable features. Since the establishment of the court, about nine months ago, many examples of the good work resulting from its operation are told by Judge Wilson.

The effects of a prison are really not felt by the boys and girls who are brought before the court. They are cared for in a home near the court room until the cases are disposed of, and with the first offense, the child is usually admonished, and put on probation, and if old enough for employment, it is usually found. Should the boy continue to go wrong, he is given some kind of punishment, usually sent to the reformatory for a short time; and there his energies are employed along useful lines until such a time as it is deemed he will be able to control himself when he is liberated on probation. Judge Wilson stated that in very few cases had he found that the boys would not do all right after they had been before him, and in many cases boys who have formerly been regarded as hard to handle have entirely changed and are now well employed.

All Cities Will Take it Up.

"It will not be long," said the judge, "until all the cities will recognize its value and will adopt juvenile courts. It is a reform which is necessary, and one which all humane people are beginning to realize is the best method of dealing with wayward boys. When a boy is sent to jail, it is very rare that he ever gets over it; the stigma of prison remains with him, and he soon becomes a criminal. I find that the boys I am dealing with are the average boys, and many of them can be appealed to, and can be saved and are making useful citizens, whereas under the old system, if sent to prison, they will likely never get over it.

"Another valuable feature of the juvenile court is the fact that street waifs and orphan children are taken in and cared for in the home in connection with the court until they can be located with some family, or can find employment. Thurs the loafing of small boys in the streets is prevented, and one of the greatest hatcheries of the law breaker is disrupted."

A Matter in Which Asheville is Interested.

The visit of Judge Wilson to this city, brings to mind the great interest of the people of Asheville in juvenile courts, and the effort made some years ago for the establishment of such a court in Asheville. At that time Judge J. C. Pritchard, Judge Thomas A. Jones and Locke Craig were appointed on a committee to draft a law establishing such a court here. The committee modeled a bill on the Denver court and the juvenile courts of Georgia, but for political reasons it failed to pass the North Carolina legislature. Only recently, the subject was discussed in Asheville before the Pen and Plate club, when Rev. R. F. Campbell, D. D., read a paper on juvenile courts, and Judge Pritchard responded. The paper was published recently in The Gazette-News and was a valuable exposition of the juvenile court.

It is more than probable that an effort will be made in the near future to have a law passed giving Asheville such a court as many of the best citizens of the city are interesting themselves in this greatly improved method of dealing with children. Already North Carolina has taken a step forward in the matter by the establishment of the Jackson Training school near Concord, and while the school has only been running a short while, the good effects are plainly visible.

Mr. Bryan and Texas Democracy.

Houston Post.

The people of Texas—the Democratic people, we mean—quickly caught the purport of Mr. Bryan's speech in Dallas last Tuesday night. The very announcement that he was to challenge the declared tariff views of the Texas Democracy resulted in their spontaneous call upon the Beau Sabreur of Democratic knighthood and, as always, he responded. The great demonstration in Dallas last night and the complete answer Senator Bailey made to Mr. Bryan's fallacies are epochal in Texas Democratic history, and Bryan will ascertain the further he goes into the controversy that he has both underestimated the intelligence of the Texas Democracy and overestimated his capacity to pull or drive it from the fundamental principles upon which the party is established.

If a man has a good reputation and tries to live up to it his neighbors are likely to consider him a hypocrite.

FOREST IS IMPORTANT IN THE NATION'S LIFE

And the Realization of This Importance Has Become Widespread—Summary of Year's Effort.

"More thorough knowledge of actual forest conditions has brought a wide realization of the importance of the forest in the life of the nation," says Treadwell Cleveland, jr., in speaking of the progress of forestry for the last year in the Year Book of the department of agriculture.

"Enough is now known to make imperative a complete change in the methods of forest use, and the ways in which this change may best be brought about are discussed with equal interest by the specialist and the man in the street.

"National welfare, as well as individual comfort, is seen to be dependent upon forest conservation. To this better knowledge and surer insight is mainly due the progress which forestry has made in the past year.

"Unprecedented forest fires served a similar purpose, so that the lesson which they taught, in spite of its terrific cost, will probably pay for itself. With a unanimity never before paralleled the people of the country are demanding that a stay be put to forest waste and destruction.

"The more striking lines of advancement in forestry in 1908 were the following:

"1. Through appropriate educational channels, public interest in forest problems was secured more directly and effectively than ever before. Especially valuable was the work began in the schools, from the primary grades to the colleges. The press aided materially in making clear the need and purpose of forest conservation.

"2. The management of the national forests was more scientific, and at thy same time more satisfactory from a business point of view and more useful to the public than ever before.

"3. The states displayed a keener interest and a livelier activity in forest matters, and State legislatures either passed or considered bills in which advanced provisions were made for forest protection from fire and unjust taxation and for regulating the use of private forest property in the interest of the public welfare.

"4. A partial census taken among private forest owners furnished proof that the practice of private forestry is extending more rapidly than was supposed, particularly among those who in their businesses are themselves users of forest products."

BOARD OF APPRAISERS IS TO REPORT MONDAY

Completed by Selection of J. E. Rankin, and Will at Once Take up Work of Fixing Value of Auditorium.

The board of appraisers, whose duty it will be to fix the value of the Auditorium property under the plan devised for the amicable transfer of the property to the city, is now complete and the board will at once go carefully into the matter that it may be ready to report to the Auditorium company stockholders' meeting next Monday evening. The last member of the board of appraisers chosen was J. E. Rankin, cashier of the Battery Park bank. Mr. Rankin was selected yesterday afternoon at a meeting of the four appraisers, selected one respectively from the board of trade, board of aldermen, Retail Merchants association and Auditorium company.

Under the plan of appraising the value of the Auditorium it was decided that these four bodies select one man each and that the four thus selected choose the fifth. This has now been done and the board is composed of George S. Powell from the board of trade, F. Stikeleather from the Auditorium company, Arch Nichols from the Retail Merchants association, J. Frazier Glenn from the board of aldermen, and Mr. Rankin.

MUCH EXCITED ABOUT CASE

Mrs. Justice Refuses to Allow Operation and is Relieved by Cardui, the Woman's Tonic.

Pedro, O., Sept. 28.—"I suffered for 35 years with weakness and female troubles, and nothing has done me so much good as Cardui," writes Mrs. Martin B. Justice, of Pedro, O. "Before I took Cardui, the woman's tonic, I became so bad that my son, who is a physician, wanted to have me operated on, but I refused and gave Cardui a trial. I had been so weak I could scarcely stand on my feet, but had taken Cardui only a few days when I became so much stronger. I had prolapse and became very much excited, but was greatly relieved as soon as I began to take Cardui. I thank you again and again."

Cardui is a pure vegetable extract, of special benefit to women, at the times when they need a tonic. For over half a century it has been in use by those who have known of its beneficial effects, and is today in use in thousands of home, where it relieves and prevents pain and bring back strength and ambition. Safe, reliable, scientific, successful.

Try Cardui, the woman's tonic.

NOTE.—The Cardui Home Treatment for Women, consists of Cardui (1), Thedford's Black-Draught (25c), or Velvo (50c), for the liver, and Cardui Antiseptic (50c). These remedies may be taken singly, by themselves, if desired, or three together, as a complete treatment for women's ills. Write to: Ladies' Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn., for Special Instructions, and 64-page book, "Home Treatment for Women," sent in plain wrapper, on request.

Piles And Purgatory

Begin With the Same Letter and There Are Other Resemblances.

Suffer? Oh, no! "Suffer" don't express it, but there is the PYRAMID PILE CURE. It's a Cure that comes to stay and gives one a fresh grip on things.

IT PROMISES TO CURE

and keeps its word. Even to the last letter. It is made that way. This is why. And it is not expensive—within the easy reach of every one. Only 50 cents a box at your druggist, and a box goes a long way.

YOURS IS THE WORST

kind and of long standing? Already tried everything you ever heard of? Discouraged? Well, rather. But the PYRAMID PILE CURE was made for just such cases. Yours is not a bit worse than hundreds of other cases that the Yyramid Pile Cure has cured.

SKEPTICAL? NO FAITH?

No wonder. But listen. We are so sure that our remedy will cure you that we will send you a Free Treatment. This will begin to show you what enough of it will do and then you can go to your drug store and get as much as you need. It won't be more than a box or so.

DON'T PUT OFF

getting rid of this terrible trouble. Of itself it is hard enough to endure, but it leads to things worse. In truth it badly disarranges the entire lower bowel tract; creates ulcers, abscesses and a series of evils any one of which can easily prove fatal.

DON'T PUT OFF

sending for the free trial package. We send this to show how great our faith is in this cure. If we did not believe in it, we would not make this offer. Today is the best day you will ever have to send for it. Do your writing plainly, so there will be no mistake. Fill out coupon; it won't take a minute's time and mail it to us.

FREE PACKAGE COUPON.

Fill out the blank lines below with your name and address, cut out coupon and mail to the PYRAMID DRUG COMPANY, 216 Pyramid Bldg., Marshall, Mich. A trial package of the great Pyramid Pile Cure will then be sent you at once by mail, FREE in plain wrapper.

Name .....

Street .....

City and State .....

A CAR LOAD OF ASSORTED FRUIT

Just received, containing:
Concord Grapes.....20c basket
Niagara Grapes .....20 basket
Delaware Grapes .....20c basket
Bananas.. .. ..10 to 15c doz.
Cocoanuts.. .. ..5c to 10c each.
Fancy Peaches, Sickle Pears, etc.

CHARLIE MASCARI,

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Stylish Fall and Winter Suits

Made of Good Material at Reasonable Prices

$1500, $18.50, $20.00, $22.50, $25.00 to $35.00. Alterations Free of Charge and a perfect fit guaranteed.

"BEST POUND CAKE EVER USED."

That's what a lady said yesterday about our forty-cent pound cakes. Let us send you one of them. Phone 622.

ASHEVILLE STEAM BAKERY : : : : Phone 622

Try Gazette-News Want Ad.

$12.00

$12 $12

Is Your Wife Contented?

to run her sewing machine by foot or hand-power?

Why not lighten her labor by the use of a little

General Electric Motor?

It is ever ready, runs from a convenient electric light socket, and costs but a trifle for current.

Asheville Electric Co. Phone 69

500,000 WOMEN SAY

"We can't keep house without THE LADIES' WORLD."

That sounds extravagant, doesn't it?

But—

Thousands of American women have written us repeating that phrase.

Think for a moment what it means—

It means that in a half million homes THE LADIES' WORLD has become an absolute necessity in housekeeping.

That's the point—it's as necessary as salt.

In 500,000 homes the real "head of the house" turns to THE LADIES' WORLD for ideas when a new gown is in the planning.

When an unexpected guest arrives it is THE LADIES' WORLD that answers the culinary question.

500,000 women find it indispensable in building and furnishing the new house.

The rest time after work is brightened by its absorbing stories.

It is the woman's magazine with a plan—never slipshod—never careless—always practical—always practicable.

Its policy and its plan are the work of the best known editor of woman's publications in the country—Charles Dwyer.

Buy a copy—read it—

Then you will see the reason why

You can't keep house without THE LADIES' WORLD.

THE LADIES' WORLD is on your newsdealer's stand to-day and its price is always a bargain—5c.

5c.—everywhere—5c

50c. to your newsdealer or the publisher gives it to you for a year.

THE LADIES' WORLD
NEW YORK

Have you a boy or girl in school? Then don't miss what Dr. Maxwell (you know who he is) has to say in the October issue.