

A Happy New Year.

Old earth may be clad in a mantle of snow, For this fair season when fresh warmth glow; This sweetly is ringing, in tones fresh and clear, The glad salutation: "A Happy New Year."

From neighbor to neighbor we catch the refrain, As joyously back it is wafted again; And hearts that are sorrowing brighten and cheer, When they kindly are greeted, "Happy New Year."

TWO NEW YEAR'S EVES.

December thirty-first, 18— will be remembered in some portions of the west as one of the oldest, stormiest days of an exceptionally cold winter. I have good reasons to remember it, for on that day I came very near losing my life as the result of my own carelessness.

The day before I arrived at the little frontier town of S—, where I had business, proposing to drive there next day to H—, forty miles distant, where I intended to spend New Year's day with friends whom I had not seen for several years.

I had confidently expected to reach H— without difficulty, and surprise my friends—who had always made it a custom to usher in the New Year with much jolly ceremony—by appearing in their midst late on New Year's eve. I was, therefore, much vexed, when I arose in the morning to find that a heavy snow had fallen during the night, and that the weather had turned much cooler, with a heavy wind blowing from the north.

I was fully resolved to go, providing I could find anyone who was willing to undertake the drive. But there was no regular stage line, and no one seemed willing to trust himself and his team to the possible chances of a hard "nor'wester," and, after trying several places without success, I returned to the hotel in a very disagreeable mood.

As I was expressing my disgust to the landlord, with whom I was well acquainted, a man whom I had noticed on the train the evening before, and who was now sitting by the stove reading, looked up and remarked: "I am very anxious to get to H— myself, but there seems to be no chance of getting away from here."

"Perhaps," I suggested, intending to be humorous, "perhaps we might buy a team and go anyway."

"I don't know whether you would be willing or not, or whether we could get a team; but why not try to get one to go with, on the understanding that we pay for any damage done to the horses or conveyance—or pay a fair price for the animals in case they should not pull through alive?"

"The very thing!" I agreed. "We can try, anyway."

The landlord and others tried to dissuade us from our purpose, but we were firm, and the result was that in a short time we secured a team of horses and a cutter, leaving with the landlord a deposit sufficient to cover their value in case we did not return them in good condition, and, in a half hour or so, we were on our way to H—, well bundled in robes and furs, and feeling quite cheerful over the prospect of reaching H— after all.

The first twelve or thirteen miles of our route was over a good road, and, as we glided along at a merry pace, I had opportunity to take note of my companion's appearance.

talked to me as we passed on to the house where he saw the light, I knew no more until several hours later I found myself on a bunk in a rude, one-room cabin, with Mr. Brown and another man, apparently the cabin's owner, standing over me.

"Suddenly Mr. Brown drew out his watch and looked at it. "A quarter of twelve," he remarked gravely—almost sadly, I thought. I noticed our host cast a quick, keen glance at the other's face. Mr. Brown continued looking dreamily into the roaring flames in the big open fireplace. "I don't know why I should become confidential or communicative; it is not my way. But to-night, the eve of the New Year, is the saddest night of the year for me; and there has never an old year died, in the last eleven, that has not found me longing for human companionship and sympathy. If I had neither I should go mad, I think."

"He paused for a few moments and seemed restless in painful thought. Then he continued: "Twelve years ago to-night, I became an original and an undisciplined performer. No, you need not look incredulous; it is true. Shall I go on?"

"Yes," said the other man, and I thought he seemed oddly eager for the rest of the story, and deeply interested in it. "Twelve years ago, there was, in a certain city in Ohio, one of the happiest families that ever lived. To-day they are scattered far and near, and I am the cause of it."

"My father and mother were both living then, and on Christmas eve, New Year's there was always a merry gathering of children and grandchildren at the old home. There were five children of us—three girls, all married, my younger brother Sidney, and myself."

"That year we were all gathered as usual under the home roof for the last time, as it happened. "I need not make a long story of it. On New Year's eve it was discovered that a certain sum of money that had been in the safe at my father's office was missing—money that had been left there for safe-keeping by a friend, who called for it late in the afternoon; father leaving the house and going down to the office to get it."

"That the money had been taken there was no doubt, and when my father learned that Sidney had looked the safe and left the office last, that forenoon, he was terribly shocked. Sidney, like many impulsive, kind-hearted, affectionate lads, was a bit wild, and somehow, it seemed natural that suspicion should pass by me, the sober, steady one, and attach to him, the headstrong and thoughtless. My father did not know that I, on whose honesty and integrity of all persons he most depended, was the real thief—that I had gambled and speculated until exposure and ruin stared me in the face; and in a moment of weakness I had stooped to common theft to hide my tracks."

"Sidney did not come to dinner that evening, and we saw nothing of him until nearly twelve o'clock, when he came in somewhat flushed with champagne. My father drew him into the library, and in the softest way men of much honor and family can often have asked him about the missing money. Of course Sidney knew nothing of it, and said so. If he had suspected, he was not the one to tell them; and the result was that there was a scene, in the midst of which Sidney kissed his mother and sisters and left the house. He has never entered it since, and stayed in the city only long enough to say good-by to his sweethearts—a dear, lovely girl, who was nearly broken-hearted. She has never married, but is still waiting for Sidney to return and clear himself."

"Soon after that my mother died of a broken heart. Sidney was her youngest, and oldest, and his years, by far, and broken with sorrow."

"Since that night I have known no peace. I left home soon after and have been wandering ever since; but the thought of my double crime has pursued me ceaselessly, until, sometimes, I have been seeking almost necessarily for some trace of Sidney, but to no purpose. On New Year's nights his face haunts me. I see it as it looked when he went out of the door, leaving home and friends and all that makes life worth living behind."

"He is not dead—something tells me so. I shall find him yet, I know. I only pray it may be soon. It is all a torture out of the money I stole; it is all for Sidney, when I find him. Do you do you think that when I find him—and that back in Ohio the girl he swore never to see again until he had a clear name to offer her is still waiting for him—he will feel like forgiving and trying to forget?"

"I could not understand the man to thus nuboom himself to strangers—and there was an appealing weakness in his tone, as he finished, that contrasted markedly with his strong personality. I looked at him wondrously, as he sat with his face bowed in his hands."

"The other man rose, and staggered over to where his guest sat, and whispered: "I know he will—I know it!" he said chokingly. "And I knew you'd come, sometime—Harry!"

"Brown started to his feet with a wild cry: "Sid! Sid!"

And there, in the little miner's cabin, out in the wilderness, with the storm howling outside, the New Year and I witnessed as glad a reunion as either of us ever saw. R. L. Ketchum.

"Sit" and "set." Many of the agricultural journals are sorely troubled to know whether a hen "sits" or "sets." If some editor of dignity would set the hen on the nest and the little editors would let her sit, it would be well for the world. Now, a man, or a woman at either, can set a hen although they cannot "sit" her; neither can they "set" on her, although the old hen might "sit" on them by the hour if they would allow it. A man cannot "set" on the wash tub, but he can "set" the basin on it, and neither the basin nor the grammarian would object. He could "sit" on a dog's tail, if the dog was willing, or he might "set" his foot on it. But if he should "set" on the forehead tail or "sit" his foot there, the grammarians, as well as the dog, would howl. And yes, strange as it may seem, the man might "set" the tail aside and then "sit" down, and neither be assailed by the dog nor the grammarians.

Trust Has Farmers By The Throat.

Farming implement dealers and country storekeepers throughout the West are up in arms against the recent action of the International Harvester Company to attempt to prevent the sale of farm implements except those of its own manufacture. This action is the culmination of a series of steps which have been taken since the International Harvester Company otherwise known as the Farm Machinery Trust, was promoted by J. P. Morgan & Co. some ten years ago.

Until the formation of the trust the farmers benefited by the keen competition between the implement manufacturing companies, which kept down prices, but now all this is being changed, and the situation controls the farmers and the country dealers of either accepting the terms imposed by the trust or making an effort to combine and fight.

The same problem was presented to farmers by the Grain Elevator Trust when they were confronted with a choice of either selling their grain at whatever price the elevator Trust chose to offer or of finding some other way to get it to market and the other way was effectively closed by the grain elevator people standing in with the railroad men and discriminating against individual farmers shipments.

This situation became so oppressive that the farmers combined among themselves to build their own grain elevators, and then when the railroad refused side-track privileges and locations along the tracks the farmers went to the Legislatures of the Granger States and compelled legislation which gave them at least nominally equal rights with the railroads.

The Farm Machinery Trust was formed by a combination of the Deering Harvester Company, the Plano Manufacturing Company, the Wanderer, Bushnell & Glessner Company, the Milwaukee Harvester Company and the well-known McCormick Company, of Chicago. These were capitalized under the auspices of J. P. Morgan & Co. at \$120,000,000. A New Jersey charter was taken in the name of the International Harvester Company.

There was one Western and three Eastern farmers who refused to enter the trust, and one of these concerns had a large amount of paper from different farmers discounted by the banks.

Through its ramifications and banking connections the Farm Machinery Trust obtained control of this paper, indorsed by its principal competitors, and insisted on immediate payment, and as a result the independent concern had the choice of going into a receivers hands or of accepting the terms offered and selling out to the trust. Although perfectly solvent and having almost \$2,000,000 in assets more than its liabilities, it could not raise the cash required to pay all its floating indebtedness, and was forced to sell out to the trust proposition to sell out. Two smaller competitors were then easily bought out.

Then having put itself in the position where it was the only concern in the United States which manufactured all kinds of farm implements the International Harvester Company, the Wanderer, Bushnell & Glessner Company, the Milwaukee Harvester Company and the well-known McCormick Company, will drive every other implement manufacturer out of business and will give the International Harvester company a monopoly of the hundreds of millions of dollars spent on farm machinery and implements used throughout the United States.

This 1905 contract which every dealer and store keeper must sign or be allowed to handle any of the trust's goods, provides that if the dealer is in any way interested in the sale of other implements than those manufactured by the International Harvester company, either directly or indirectly, he shall pay to the International Harvester company liquidated damages in the amount stated in the contract. This sweeping provision applies in case of the employees, agents or partners, or any one acting for the dealers, sells or handles implements manufactured by any one outside the trust.

In order to avoid the Sherman law and prevent prosecution for a combination in restraint of trade, the International Harvester Company of New Jersey does not itself deal directly with the retail trade. There has been incorporated in Wisconsin a corporation with \$1,000,000 capital known as the International Harvester Company, America. This Wisconsin company buys the product of the New Jersey company. The New Jersey company does not do business throughout the United States and the Wisconsin company does. The Wisconsin company, so far as appears, has no visible assets. The factories, patents and the manufactured product are owned by the New Jersey company. It is by this shift that the trust seeks to avoid prosecution or legal responsibility for these monopolistic contracts.

The trust also controls the binding twine, of which millions of dollars worth are annually used by harvesters and binders. When the independent twine manufacturers who had sold their product for 1903 to the trust tried to sell their twine in 1904 to the independent dealers they found that the trust had already forced the independent dealers to sign the trust's contract and the independent twine manufacturers could find no market for their product, except at a lower price. This accord drove out of business many independent twine manufacturers.

The independent implement manufacturers have another grievance besides the monopolistic contract which the trust forces the retailers to sign. Their other troubles is their difficulty in getting steel. One of the promoters of the International Harvester Company is E. H. Gary, Chairman of the Executive Committee of the Steel Trust. Through his connection with both the farm machinery trust and the steel trust each works in with the other.—Clarion Democrat.

A Race of a Hundred a Night. A prominent actor told of a supper who went to the manager of a successful play after it had been having a long metropolitan run and demanded a raise in salary. "Sir," he said, "I have been playing my part for a hundred consecutive nights with the utmost zeal and care. Don't you think I should have a raise?" "What part do you play?" asked the manager. "I am in the third act," replied the actor, apparently astonished at the question. "I have to stake \$100 in the gambling scene."

"Your claim is just," replied the manager. "Beginning tonight you may stake \$200."

Rimer.—Do you really prefer to have long poems sent in to you rather than short ones? Editor.—Yes. When they're long, you see, I don't have to think up any other excuse for rejecting them.

1905.

The clocks were on the stroke of twelve, The night was bitter cold, I saw upon the avenue A figure gray and old: An ancient man with silver hair, Who carried on his back, Bent double with the weight of age, A lean and empty sack.

But even as he passed away Across the frozen snow, A youth came striding into view, His smooth young cheeks aglow, His shoulders bore a bulging sack, And music-box as well. I hailed him as he hurried by—"Pray tell me what you sell?" He smiled and sent the answer back Along the snowy street—"Blue violets and daffodils, And apple blossoms sweet, And all the songs of happy birds, That ever charmed the ear, And perfumes from a thousand fields—I am the glad New Year."

—Mama Trina, in Leslie's Weekly.

Don't Do Just Enough to Earn Your Pay.

Among the young men who are fond of making sarcastic references to Fate because they have not been more successful this expression is very common: "I'm earning all the money I'm getting. I don't intend to do any more work than I'm paid for."

This rule a great many men follow very carefully. They estimate what they think they ought to do to earn their salaries, and they do that and no more. They feel that they are absolutely just to their employers because they are conscientious in their effort to earn exactly what is paid for.

This logic may be sound, although usually a man's estimate of what his work is worth is not very accurate; but it is about as dangerous a mental attitude as a wage earner well can take. If a man is not worth more than he is getting, it stands to reason that he will never get more.

As long as he is earning his present salary, his employers have no object in paying him one which he does not earn. When a man who owns a business raises a salary, he does it because he finds it profitable to himself to do so. There is very little sentiment concerned in the transaction.

The employer doesn't pay a lazy man any more money in the hope to make him industrious. That hope would never be realized. He does not advance the salary of a man in the expectation that the man will be more conscientious than he is, or that he will wear out his brains in order to make another man's fortune.

They will always continue to work for pay, day, and their envelopes at the end of each week will always contain the same amount of money—or less; for when a man lacks interest in what he is doing he soon comes to feel off in his earning power. Meanwhile the men who keep interested who are not afraid of doing more work than they are paid for, and who are not so much worried about wearing out their brains as they are about using them too little, are the men whose wages are advanced.

Employers learn that such men steadily earn more than they are paid, and while their salaries may never keep pace with their value—there would be no profit in employing them if such was the case—they at least are progressing, and soon will leave their pessimistic young friends far behind.

Another thing which the man who goes out after success soon learns is that when he does another man's work he must do it better than his predecessor did. If one book-keeper or clerk takes the place of another, he will attract no attention as long as he does the work exactly as it was done before.

If he does not do it as well, he will not be likely to last very long in his new position. But if he does it better, he will be noticed and will stand an excellent chance of promotion.

In any business runs are soon formed and the man who takes the place of another finds it easier to get into the same rut, and plod steadily along there, satisfied if he brings down upon himself no criticism. He is usually sorrowful because he is not paid as much as the other man. He does the same work, he says, and he ought to get the same pay.

But the man who is doing the paying is not looking for that kind of substitutes. He is a rut himself, and the fact that everything is going on as formerly makes no particular impression on him.

But if the new man comes out of the rut, and does things that the man whose place he took could or did not do, then he begins to be noticed and marked out for advancement.

All young men are naturally anxious to earn more money, to get, somehow or other, that valuable and useful thing which is known as success.

Unhappily the systems of employment in use by the great corporations limit the opportunities of vast numbers of their employees, and make it necessary for many of them to work for far less than their services are worth; but the men who do adapt themselves to those who are the most careful to do only that for which they are paid.

And big corporations, as well as individual employers, are alive to the value of men who can learn to be worth more, and that is the kind of men who get the big salaries and the big respect. It is not their position and experience which enable them, some day to get into business for themselves and become employers on their own account.—Chicago American.

The Necrology of 1904.

The dead of last year form a notable roll. For this State, of course, it begins with Senator Quay, and with him may be mentioned Senators Hanna and Hoar—three of the most prominent figures in the Senate. Ex-Senator Vest, who had but recently retired from public life, also died last year. Philadelphia's losses were heavy. Journalism lost Mr. Clark Davis, editor of the Public Ledger, and Mr. Watson Ambruster, editor of the Evening Telegraph. With these may be mentioned Mr. E. F. Abell, of the Baltimore Sun. Other distinguished dead of this city are ex-Governor Pattison, Mr. John Lowber Welsh, Mr. William Weightman and Professor Maxwell Somerville. Pittsburg lost Mr. W. H. Oliver and Commodore William J. Konitz. Other deceasents of the State are Justin B. Bradley, one of the pioneer oil producers; President Drown, of Lehigh University; B. M. Everhart, botanist; Arthur Kirk, known as the "father of good roads"; ex-Congressmen Morrison and Powell; General Hickenlooper and R. W. Davenport, metallurgist.

Notable churchmen who died were Archbishop Elder of Cincinnati, Catholic; Bishop Huntington, of Central New York, and Dudley of Kentucky, Protestant Episcopal; Dr. E. Winchester Donald, rector of Trinity Church, Boston; Professor C. W. Shields, of Princeton, and Dr. George C. Lorimer, of New York.

Two of the most prominent Confederate commanders, Generals Longstreet and Gordon; two former presidents of the Baltimore & Ohio Railroad, John K. Cowen and Charles F. Mayer, and Samuel R. Calhoun, recently president of the New York Central are among the dead.

Of artists and literary men there were Erastus Dow Palmer, a pioneer American sculptor, and John Rogers, who, if not a great was certainly a popular sculptor, and E. S. Crenshaw, one of our greatest sculptors; Lawrence Huston, Parks Goodwin and Professor von Holst, who was America by his studies and by a part of his professional career.

Other notable deaths were those of Postmaster General Payne, ex-Secretary Whitman, ex-Secretary Charles Foster, Mayor of New York; Wilson Barrett, Judge Kirkpatrick, of the Federal bench in New Jersey; Colonel D. R. Anthony, of Kansas; Chief Joseph, of the Nez Perces, and George Francois Train.

The most distinguished foreigner who died was Paul Kruger, of the Transvaal. Others were Sir William Vernon Harcourt, Sir Henry M. Stanley, Theodor Hertz, the Zionist; George Frederick Watts, English, and Gerome, French painter; Sir Edwin Arnold, Miss Frances Power Cobbe, Samuel Smiles, Sir Leslie Stephen, and George L. Watson, English Yacht designer.—Philadelphia Record.

Honorable Labor.

There are some people who seem to regard labor as dishonorable and beneath their proper dignity. They are mistaken in this estimate, for God has ordered that men should labor. A Puritan minister once said, coming upon a Christian brother who was busily employed in his work as tanner, clad in the begrimed and filthy garments appropriate to his calling, gave him with his salutation a friendly slap upon the shoulder. The tanner looked back and said to the minister:

"Oh, sir, I am ashamed that you should find me in this way."

"My friend," said the minister, "may the Saviour when he comes find me doing just so."

"What?" said the tanner, "doing such dirty work?"

"Yes," said the minister, "faithfully performing the duties of my calling."

Dry work sometimes makes a clean money and no man has a right to be ashamed of faithfully following an honest calling.

Years ago a student from one of the Southern States came to attend the Theological Seminary at Andover. When winter set in he purchased a cord of wood for his stove. But how to prepare it for his fire was the difficulty. He could find no extra hand to chop it for him. There were no circular saws and steam wood-splitting works going then. In his perplexity he went to Professor Stuart to advise him. The learned professor who knew how to use his hands as well as his head, made short work of the matter.

"Young man," said he, "I am in want of a job myself, and if you have no objection, I will saw the wood for you, and split it up."

The student concluded that he would not trouble Professor Stuart to saw the wood for him, but preferred to do it himself.

A story is told of a young gentleman who purchased some provisions in a Boston market, and when looking around for someone to carry home his purchase, he at last found a quiet man who was willing to do it. He was so pleased with his conversation and appearance, that, thinking he might be glad to employ him again, he asked his name. After some questioning, he found out that the man who had served him so satisfactorily was "Billy Gray," the merchant prince of Boston, the sails of whose ships whitened every sea, and who perhaps could have bought out a hundred such men as the one whom he had consented to serve.

Are there other examples? Yes, "for the Son of Man came not to be ministered unto, but to minister, and to give his life a ransom for many." Let him be our pattern and example.—Young People's Paper.

Pike Attractions Were Profitable.

The gross receipts from concessions at the St. Louis Fair will reach over \$10,000,000. This statement was made last week by one of the officials familiar with the figures. Of this sum the Exposition Co. will receive in the neighborhood of \$2,500,000 as its percentage. The Intramural Railroad has been a paying proposition. Its receipts are not figured in the total, although it has earned as high as \$3,000 per day. It is the property of the fair, into whose treasury its gross receipts will fall. Other concessions, not on the Pike or its tributary branches, will bring the total gross receipts up to a high figure. The full list of Pike concessions and the amount in gross each one has taken in during the seven months of the fair is as follows: For six months the aggregate amount was ascertained. The several months' receipts are estimated.

Some of the receipts taken in were as follows: Creation, \$366 181; Chinese Village, \$67 460; Boer War, \$624,955; Moorish Palace \$34,230; Fair Japan, \$900,000; Naval Exhibit, \$94,763; Cairo, \$144,809; Chief dwellers, \$49,535; Hereafter, \$137,320; Battle Abbey, \$55,607; Show the Chutes, \$117,803; Asia, \$176 430; Irish Village, 436,211; Paris \$233 436; Under and Over the Sea, \$99,389; Siberia, \$56,220; Galveston Flood, \$205,712; automobiles, \$186,018; gondolas and lanchettes, \$245,264; Tyrolean Alps, \$1,087,187; Hagenbeck's, \$397,775; roller chairs, 122,792; Fire Fighters, \$337,930; Ferris Wheel \$271,753; Palais du Costume, \$74 946; Sonnie Railway, \$317 690; Jerusalem, \$167 135; the Inside Inn, \$1,636,315.

Many of the attractions in the list did not make a cent. Others did fairly well, while still others did a good business. All the concessionaires were figuring on an attendance of 30,000,000. That some of them were disappointed in receipts naturally follows. The Inside Inn is said to have made good money, while the Tyrolean Alps, which comes next in receipts, is said to have lost money, owing to its expensive installation and heavy operating expenses. The Boer War did not make a great deal for its proprietors, although it was one of the big drawing cards at the fair.

Uncle Sam's Deficit for 1904 is \$23,000,000.

WASHINGTON, Dec. 30.—A deficit of \$23,000,000 for the calendar year 1904 is shown by the Treasury Department review of its operations, issued to-day. The six months remaining of the fiscal year are expected to reduce the deficit, as receipts show a tendency to increase.

Treasury receipts for the calendar year 1904 were \$540,000,000 and the expenditures, including the \$50,000,000 Panama payment, \$562,000,000. As compared with the previous calendar year, the receipts show a falling off of \$8,000,000 and the expenditures an increase of \$50,000,000. The decrease in customs receipts was \$9,000,000.

Dry work and miscellaneous expenditures increased \$15,000,000; War Department, \$9,000,000; Navy Department, \$23,000,000; pensions, \$2,000,000, and interest, \$1,000,000. The increase in interest is due to the fact that a portion of the interest of 1903 was anticipated in 1902.

Imports for the first eleven months of 1904 were \$329,000,000, an increase over the corresponding period in 1903 of \$23,000,000. Imports free of duty, for the same period, increased \$42,000,000, while dutiable imports decreased \$20,000,000.

In 1903 43 per cent. of the imports were free of duty. Almost the entire increase in free imports was in three articles, coffee, India rubber and raw silk.

The Wheat Map.

Vermont was once the granary of New York city. It now produces only one bushel of wheat for more than 200 in Minnesota, the banner State.

Rochester was once known as the "Flour City." Now it is called the "Flour City." But New York still raises as much wheat as Wisconsin. Maryland produces more than either, Texas nearly twice as much and Pennsylvania three times as much. Only eight States surpass Pennsylvania in wheat-raising.

Kansas produces nearly as much wheat as both the Dakotas, which are much more often mentioned as wheat States.

Only a trifle more than half of the wheat crop grows west of the Mississippi. Illinois, Indiana and Ohio still produce 80,000,000 bushels, which is more than any Far Western State, and over one-eighth of the whole crop.

Little Delaware raises more wheat than all New England, Virginia, West Virginia, Kentucky, Tennessee and North Carolina raise 35,000,000 bushels.

New York is the second flour-milling center in the United States, though far behind Minneapolis, which can grind 82,000 barrels a day to New York's 14,000.—New York World.

Bathing and Health.

Benefit to Be Derived from Cold Water and Rubbing. A cold bath—we might as well get at the straight of the thing—is not really a matter of cleanliness so much as a matter of getting the skin lived up and the capillaries and veins next to the surface full of blood. Ice cold water or scalding hot water will do that, but tepid water—no, no!

The skin is almost exactly the same kind of an excreting organ as the lungs. The same products seep through the pores as are carried off in the breath, and the air purifies the blood in the same way. But the greater part of the skin is smothered up in clothes day and night. What the cold water of the bath dissolves is matter well away. And the rubbing dry is pretty vigorous exercise if you want to know. Any rubbing is bound to push the blood along toward the heart and help the circulation, because there are valves in the veins which prevent the blood from going in any other direction the toward the heart. Whatever loose flakes of outer cuticle are rubbed off we need not worry about; plenty more where they came from. The extra food the increased appetite demands will make good that trifling loss.—Eugene Wood in Everybody's Magazine.

VIN-TE-NA for Depressed Feeling, Exhausted Nerves, Nervous Debility and Diseases Requiring a Tonic Strengthening Medicine. It cures quickly by making Pure Red Blood and replenishing the Blood Supply. Benefit Guaranteed or money refunded. All druggists.