ADVICE ABOUT

fumes.

CONCERNING THEIR STRUCTURE

AND CARE NECESSARY FOR

PRESERVATION.

AN ANTISEPTIC POWDER.

Tooth a Living Structure-Decay Due

-Tartar Causes Gums to Recede-

-Tooth Powders and Breath Per-

ly. In explaining this process of the

The presence of tartar on the teeth

causes a recession of the gums. Tar-

tar is composed chiefly of irritating

the mouth. Klebs, a high authority on the subject, found with the micro-scope that it is full of bacteria, which

may be injurious to the teeth, and In cleaning the teeth, no matter with what you may clean them, whether an instrument or a cleansing

substance, remember that they should be cleaned inside as well as outside.

The deposit of tartar is apt to be much

A vertical movement of the brush re-moves many particles of food from

Red, spongy gums, which bleed readily, are the symptoms of some consti-tutional disease, about which one should consult the dentist and phy-

.

There is a simple practice that has

clean the teeth and gums occasionally

with common salt, rubbed gently into

the gums above and below with a piece of soft muslin. This is valuable in

destroying both micro-organisms and other injurious deposits. Pulverized charcoal, although very antiseptic and

purifying, is rather too harsh a sub-

stance, even in the finely divided state, to be used habitually on the

Tooth powders and tooth pastes seek

to combine the polishing effect of fine-

greater inside the teeth.

Eician.

teeth

salts, derived from the secretions

## PHILADELPHIA AND ERIE RAIL ROAD DIVISION.

PHILADELPHIA AND ERIE RAIL ROAD
 DIVISION.
 In effect Nov. 27, 1964.
 TRAINS LEAVE EMPORIUM EASTWARD
 IO A. M.-Week days for Sunbury, Wilkesbare, Scranton, Hazieton, Potisive Multimus and passenger coaches from Kane to Philadelphia and Williamsport to Philadelphia and Williamsport to Philadelphia and Williamsport to Philadelphia, 752 p. M., Swey York 9.30 P. M. Camporium Junction) daily for Surbury, Harrisburg and principal intermediate stations, surviving at Philadelphia, 752 p. M. (Emporium Junction) daily for Surbury, Harrisburg and principal intermediate stations, surviving at Philadelphia, 752 p. M. (Emporium Junction) daily for Surbury, Harrisburg and principal intermediate stations, surviving at Philadelphia, 752 p. M. (Emporium Junction) daily for Surbury, Harrisburg and intermediate stations, arriving and intermediate stations, arriving at Philadelphia, 320 A. M. Baltimore, 220 A. M. Washington, 320 A. M. Pullman Beleping cars from Harrisburg and intermediate stations, arriving at Philadelphia pas-sengerscan remainin sleeper undisturbed und til 730 A. M. (Deport Sunbury, Harrisburg on Marcisburg Context)
 Banekache Quickly Curvice A. M. Subarting ton, 200 A. M. (Sanbury), Harrisburg on the subarting ton, 200 A. M. (Sanbury), Harrisburg and intermediate stations, arriving at Philadelphia pas-sengerscan remainin sleeper undisturbed undisturbe

SOUTHWARD.		Stations.	NORTHWARD				
P. M A. M.	A . M.		P. M.	р. М.	P. M.		
9 00 9 50 10 25 11 13	5 10 E	Renovo Driftwood Imporium Junc St. Marys		5 00     4 00     3 23     2 35	$\begin{array}{c} 11 & 45 \\ 11 & 05 \\ 10 & 35 \\ 9 & 53 \end{array}$		
$egin{array}{cccccccc} 3 & 20 & 11 & 05 \\ 3 & 36 & 11 & 23 \\ 3 & 48 & 11 & 38 \end{array}$	6 10 .	Kane Wilcox .Johnsonburg	12 02	$     \begin{array}{c}       3 & 00 \\       2 & 40 \\       2 & 28 \\       \dots \\      \dots \\       \dots \\       \dots \\       \dots \\       \dots \\      \dots \\       \dots \\      \dots \\       \dots \\       \dots \\       \dots \\       \dots \\       \dots \\       \dots \\       \dots \\       \dots \\       \dots \\       \dots \\       \dots \\       \dots \\       \dots \\       \dots \\       \dots \\       \dots \\      \dots $			
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BUFFALO & ALLEGHENY VALLEY DIVISION.

DVIBION. DVIBION. Leave Emporium Junction for Port Allegany, Olean, Arcade, East Aurora and Buffalo. Train No. 107, daily. Train No. 107, daily. Train No. 107, daily. Train No. 107, daily. Train No. 101, well duffalo, connecting at Buf-falo for points East and West. Train No. 101, week days. Train No. 103, week days. Train No. 103, week days. Train No. 103, well duffalo, for Allegany, Bradford, Salamanca, Warren, Oil City and Pittsburg.

LOW	GRA	DE D	IVISI	ON.		
		TBOU				
STATIONS.	109	113	101	105	107	951
Pittsburg, Lv. Red Bank, Lawsonham, New Bethle'm. Brookville, Brookville, Babula, Pennfield, Bennezette, Driftwood, via P, & E. Diu Driftwood, Emporium, Ar.	7 12 7 30 8 04 18 40 19 50 10 35	$\begin{array}{c} +6 & 22 \\ 9 & 30 \\ 9 & 47 \\ 10 & 20 \\ 11 & 10 \\ 11 & 42 \\ 11 & 57 \\ +12 & 05 \end{array}$	$\begin{array}{c}1 & 25\\1 & 37\\1 & 55\\2 & 29\\13 & 05\\13 & 45\\14 & 10\end{array}$	+130 4 05 4 18 4 50 5 39 6 15 6 30 6 40 6 53 7 15 7 47 8 20	*505 7 55 8 07 8 37 9 22 9 50 1005 1015	A. M. \$\$ 9 00 10 55 11 08 11 40 12 26 1 14 \$\$ 1 20 P. M.
	WES	TBOU	ND.			
STATIONS,	108	106	102	114	110	952
Via P. & E. Div Emporium, Lv. Driftwood, Ar Via L. G. Div Driftwood, Lv. Bennezette, Pennfield, Sabula, DuBois, Falls Creek Reynoldsville, Brookriville,	A. M.	+5 50 6 25 7 00 7 18	+1110 11 45 12 20 12 39 12 55 1 15 1 29	5 00 5 10 5 27	$\begin{array}{c} +3 & 20 \\ +4 & 00 \\ +5 & 50 \\ 6 & 21 \\ 7 & 01 \\ 7 & 23 \\ 7 & 35 \\ 7 & 58 \\ 7 & 58 \end{array}$	$ \begin{array}{c}         \\         \\         \\         $

Crying Need.

Crying Need. When a man in Holland wants the police to stop an automobile that is going too fast—if anything goes fast in Holland— the machine is away across the border before he has finished the sentence, for the name of the automobile in Dutch is snell-pa are lo oszoondezenspoorwegpitroolrijtung. There ought to be a cry among the auto-bubble owners of: "Stop the language!"— Brooklyn Eagle.

Men are so hungry for office in this country that occasionally one turns up who really wants to be pension commis-sioner.—Kansas City Journal.

There are men who finally consent to go to work when they can't make a living in any other way.—Philadelphia Record.

OF ALL WOMEN.

# Backache Quickly Cured by Dodd's Kidney Pills-Mrs. W. H. Ambrose Tells How Her Pains Vanished Never to Return When She Used the Great American

Alter and intermediate stations.
Baitimore, 220 A. M.
Builtimore, 220 A. M.
Builtimore,

#### It Cures While You Walk.

Allen's Foot-Ease is a certain cure for hot, sweating, callous, and swollen, aching feet. Sold by all Druggists. Price 25c. Don't acceptany substitute. Trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y. decay of teeth, we have also explained the necessity for keeping the teeth clean and free from food particles.

Girls will be girls, all right, but the trouble is so few of them ever realize an age limit.—Chicago Chronicle.~

### To Cure a Cold in One Day

Take Laxative Bromo Quinine Tablets, All druggists refund the money if it fails to cure, E. W. Grove's signature is on each box. 25c.

#### FOR ENGLISH CONSUMPTION

#### Kind of Stories Related About America at Some of the London Luncheons.

At a recent dinner in London the con-versation turned on the subject of lynch-ings in the United States. It was the general opinion that a rope was the chief end of a man in America. Finally, relates Modern Society, the hostess turned to an American, who had taken no part in the conversation, and said: "You, sir, must often have seen these affairs."

"You, sir, must often have seen under affairs." Yes," he replied, "we take a kind of municipal pride in seeing which city can show the greatest number of lynchings yearly." "Oh, do tell us about a lynching you have seen yourself," broke in a half **a** 

have seen yourself," broke in a half a dozen voices at once. "The night before I sailed for Eng-land," said the American, "I was giving a dinner to a party of intimate friends, when a colored waiter spilled a plate of soup over the gown of a lady at an ad-joining table. The gown was utterly ruined, and the gentlemen of her party at once seized the waiter, tied a rope around his neck, and, at a signal from the injured lady, swung him into the air." "Horrible!" said the hostess, with a shudder.

long been followed by the Irish, that anyone can adopt with benefit. It is to And did you actually see this your-

''Well, no,'' said the American, apologet-eally. ''Just at that time I was down-stairs killing the chef for putting mustard n the blanemange.''

People who never flatter themselves are in little danger of being spoiled by flat-tery.—Puck.

A man often shows his wisdom by keep-ing his wit to himself.—Chicago Tribune.

## READS THE BOOK.

#### "The Road to Wellville" Pointed the Way.

775.1 be partly attributed to the heavy med-

#### BATHROOM FURNISHINGS. Fittings Sould Be Very Simple and Everything Selected with Reference to Cleanliness

Simplicity is the keynote of the up-todate bathroom—the less elaborate the fittings the easier it is to detect the first

signs of dirt. The cost of many of the articles that go toward the equipment of a first-class bathroom leaves little or no excuse for the retention of obsolete fixtures. Fifty cents will huy a metal towel rack or a to Micro-Organisms in the Mouth fine nickel scap dish. The finest towel rack or a fine nickel scap dish. The finest towel racks are those of the glass rod type, but any of the metal contrivances— either the rings, the folding bars with knobs or the straight rode—are cauchly Cleaning of the Teeth-Use of Salt

knobs or the straight rods-are equally anitary and a great deal cheaper sanitary and a great deal cheaper. To meet the demand for plain fixtures an almost endless variety of small nov-elties has been introduced for the con-venience of the toilet. These are mostly in the line of methications as a source n the line of combinations, as a soap cup and toothbrush rack combined. The rack shown in the accompanying illusration is known as a "triad," and is one of the most complete fixtures among the ess expensive sorts. There is also a arge assortment of fixtures with combinations for shaving sets. In the more elaborateline of nickelwarefor the bathroom cut glass tumblers are furnished, et it is a question whether these are half so effective as the white porcelain ugs and receptacles.

The tendency in all fittings is toward pure white effects. There are to be had white chairs and stools in a heavy enamel finish that is a celluloid compoition and you can also buy mirrors, cirular or oval, with frames of this mas erial A bathroom fitted out in all white and

nickel, with the ceiling and walls paintd an enamel tint down as far as the white tile wainscot, will come pretty close to realizing the ideal conditions, even though each individual article may not be the most expensive of its kind. The quality of the material very often emains the same in the cheaper articles, he difference being that the ornamentation is less.

The best way for persons of limited means to furnish a bathroom is to purchase one article at a time, and to have that article the best. In the course of a year you will be surprised to find that all your old fixtures have been superseded by bright, new ones and that the

operation has not been attended with any financial effort. GOWN OF DOTTED NET.

The teeth should be brushed up and down, as well as across their surfaces. An Evening Dress for a Young Girl Made of Thin Material and Simply Trimmed.

between the teeth which could not otherwise be gotten rid of. A piece of An ideally simple and charming girl's silk twist pushed between the teeth will remove shreds of food which canfrock is made of spotted net, which may be obtained with spots of various sizes. not be reached with the brush. In using the brush, the circulation of the This particular cream net has rather a big spot on a soft Brussels net over a cream oriental satin foundation. This gums should be gently stimulated by friction, and for this reason it is best can be full and softly plaited in at the always to use a moderately stiff brush.



## ly-divided substances with antiseptic qualities. Tooth washes are simply Down at Hot Springs, Ark., the vis-itors have all sorts of complaints, but it is at subject of remark that the great majority of them have some trouble waist and further trimmed at the knees with festoons of ribbon and rows of the same at the hem. This would be very

## Health of American Women

A Subject Much Discussed at Women's Clubs-The Future of a Country Depends on the Health of Its Women.



At the New York State Assembly of Mothers, a prominent New York dotability and the 500 women present that healths balm. This seems to be a sweeping state women. Yet how many do you know who are perfectly well and do nothaw women to the condition of American women for the condition of American the female organism which and tests itself in headaches, back heads, nervousness, that bearing-down who are perfectly well and to not have remedy for all these allments by for the remule organism which at the world. It regulates the strengthens and cures diseases of the for thirty years it has been curing the organism as nothing else dan the worst forms of female constrained by many for the tword for the strengthenes, not when you need the bloating, or thirty years it has been curing the remedy for all these allments by the the world. It regulates the the world of the female constrained by the bearing down feeling, inflamma-tion the world of the strengthenes, backache, bloating, or thirty years it has been curing the many sentime of the female constrained by the bearing down feeling, the strengthenes and cures diseases of the for thirty years it has been curing the remedy for all these allments by for thirty years it has been curing the remedy for all these allows the the world has restored more the the the world has restored more American the worst forms of female const the worst forms of female const the main set or the distance of the the strengthenes and there remedy the the world has restored the two the the world has restored to the the world has restored to the strengthenes. No other medicine in the world has received such the the world has restored to be stored to the st

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fall.



trated inroughout and tells of an experience of over thirty years in the treatment of Croaked Feet, Spinal Deformities, Infantile Paralysis, Hip Disease, Deformed Limbs and Joints, Etc. It tells of the only theroughly equipode Santing in the sound is considered.

\*Daily. †Daily except Sunday. ;Sunday only. (Flag Stor. On Sunday only train leaves Driftwood 8:2) a. m. arrives at DuBois, 10:00 a. m. Ecturning leaves DuIois, 2000 p. m.; arrives at Driftwood, 3:40 p. m., stopping at intermediate stations. For Time Tables and further information, ap-ply to Ticket Agent.

J. R. WOOD, Pass'gr Traffic Mgr. W. W. ATTERBURY, GEO. W. BOYD, General Manager, Gen'l Passenger Agt

#### THE PITTSBURG, SHAWMUT & NORTHERN R. R.

Through Fassenger Service Between **St. Marys, Brockwayille, Shawmut, Smethport** Olean, Friendship, Angelica, Hornellsville, Wayland, Buffalo, and New York.

Effective Sunday, May 29, 190 + Eastern Standard Time Time of Trains at St. Marys.

#### DEPART.

- DEPART.
  7.35 A. M. --ForKersey (Arr. 8.14 ä. m.), Byrne dale (Arr. 8.56 a. m.) Weedville (Arr. 9.03 a. m.) Elbon (Arr. 8.46 a. m.) Shawmut (Arr. 9.08 a. m.) Brockwayville (Arr. 9.42 a. m.)
  7.38 P. M., -For Clermont (Arr. 1.37 p. m.) Smethpori (Arr. 2.30 p. m., 1014 (Arr. 7.39 p. m.), Connecting for Bradford (Arr. 3.30 p. m., 1014 (Arr. 7.33 p. m., 1016 (Arr. 7.30 p. m.), Eldred (Arr. 7.33 p. m.), Olean (Arr. 3.40 p. m.), Connecting for Bradford (Arr. 3.40 p. m.), Connecting for Bradford (Arr. 3.40 p. m.), Bort (Arr. 7.33 p. m.), Connecting for Bradford (Arr. 3.40 p. m.), Bort (Arr. 6.10 p. m.), Wayland (Arr. 7.23 p. m.), Connecting at Wayland with D. L. & W. R. R. and at Hornelisville with Erie R. R., for all pointe East and Wet.
  7.40 P. M. --For Kersey (Arr. 3.26 p. m.), Elbon (Arr. 6.40 p. m., 105 Mawmut (Arr. 4.22 p. m.), Brockwasville (Arr. 6.25 p. m.) Elbon (Arr. 6.40 p. m.), and Pittsburg (Arr. 9.30 p. m.) ARRIVE.

(Afr. 5.50 p. m.,) and ratiosurg (Afr. 5.50 p. m.).
ARRIVE. **11.05** A. M. J From Brockwayville, Shawmut 650 p. M. (= Elbon, Kersey and Byrnedaie. **1.45** P. M. — Prom Wayland, Hornellsville, Can aseraga, Angelea, Friendship, Bolivar, Butandirord, Olean Eldired, Snethport and Chradiord, Olean Eldired, Snethport and Urains daily except Sunday. **A.** M. LANS, C. J. RENWICK, Gen. Pass. Agent St. Marys, Penna.

Foley's Kidney Cure makes kidneys and bladder right.

Naturally, under the conditions, the question of food is very prominent. A young man states that he had suffered for nine years from stomach and bowel trouble, had two operations which did not cure, and was at last threatened with appendicitis.

He went to Hot Springs for rheum-atism, and his stomach trouble got worse. One day at breakfast the wait er, knowing his condition, suggested he try Grape-Nuts and cream, which he did, and found the food agreed with him perfectly.

After the second day he began to sleep peacefully at night, different than he had for years. The perfect diges-tion of the food quieted his nervous

system and made sleep possible. He says: "The next morning I was astonished to find my condition of constipation had disappeared. I could not believe it true after suffering for so many years; then I took more inter-est in the food, read the little book 'The Road to Wellville,' and started following the simple directions.

"I have met with such results that in the last five weeks I have gained eight nounds in spite of hot haths which take away the flesh from anyone

"A friend of mine has been entirely cured of a bad case of indigestion and stomach trouble by using Grape-Nuts Food and cream alone for breakfast.

"There is one thing in particular-I have noticed a great change in my mental condition. Formerly I could hardly remember anything, and now the mind seems unusually acute and retentive. I can memorize practically anything I desire." Name given by Postum Co., Battle Creek, Mich.

are extremely injurious to the sub-stance teeth. It is always best to use its puffed sleeves are also trimmed with only those preparations recommended loops of ribbon, and a prettily shaped by one's dentist. The following pre- band of the same encircles the waist scription makes a simple and effective tooth powder, recommended for general use by an eminent French dentist: Brush the teeth with a moderately stiff brush, dipped in this, which will

> \* \* -

In conclusion, let me say just a word about the use of the so-called "breath about the solution of the solution of the market. This practice is an extremely vulgar one, indeed. An unpleasant odor of the breath, in the absence of decayed or unclean teeth, is usually due to some digestive disturbances. It may also be one of the symptoms of grave diseases of the lungs or upper sir pas-sages. Always seek the advice of a physician regarding the cause of this condition.

It should be the practice of every one to have the teeth thoroughly examined by a reliable dentist at least twice a year. The decay of a tooth is at first such a slow and quiet process that we do not know of it until most cases much damage has been done.

#### A Toothsome Dish.

After sweet potatoes have been parboiled and sliced lengthwise they should be sprinkled lightly with white pepper, given a dash of salt and placed in the oven for a few moments. Then they are to have a dressing of egg and breadc"umbs poured over them and put below the fiame of a gas range where they can broil. Minced parsley is to be shired skirts are good, and waists and strewn over them just before they are jackets, with long straight fronts are sent to the table.

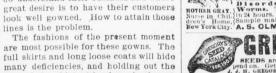
Another way of making these spotted nets look smart is by an arrangement of bright colored chine ribbon swathed round the bodice until it almost makes a whole corsage. This ribbon is looped up in the middle of the back and with long sash ends either to flow behind on else be crossed over to form another fichu for the front.

ABOUT MATERNITY GOWNS.

Present Modes Follow Long Lines and Loose Styles After Which These Robes Should Be Fashioned.

The problem of maternity gowns has always been and always will be a most important one. Naturally, a woman wants to look her best and to avoid the appearance of an invalid, but it is an extremely difficult task to choose materials, colors and styles that will be be-coming when the skin is sallow and the lines of the figure require to be concealed rather than defined, especially when it is absolutely necessary to health that the clothes be loose and comfortable. "Lines," "long lines"—how often is this repeated by the oracles of dress the competent dressmakers who really do understand their business and whose great desire is to have their customers ook well gowned. How to attain those lines is the problem.

l an excellent style.



hem of the skirt with a bone is of great The Enterprising Housekeeper

Br

1 -

ATTA

A valuable little book of 200 tested recipes and kitchen helps. Sells for 25c. Mailed to anyone for 4c postage. ENTERPRISE MFG. CO., Phila., Pa.

will be sent free, postpoid, upon request.

