

Pennsylvania RAILROAD.

PHILADELPHIA AND ERIE RAIL ROAD DIVISION.

In effect Nov. 27, 1904. TRAINS LEAVE EMPORIUM EASTWARD

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

12 25 P. M.—Emporium Junction daily for Sunbury, Harrisburg and principal intermediate stations...

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

12 25 P. M.—Emporium Junction daily for Sunbury, Harrisburg and principal intermediate stations...

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

12 25 P. M.—Emporium Junction daily for Sunbury, Harrisburg and principal intermediate stations...

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

12 25 P. M.—Emporium Junction daily for Sunbury, Harrisburg and principal intermediate stations...

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

12 25 P. M.—Emporium Junction daily for Sunbury, Harrisburg and principal intermediate stations...

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

12 25 P. M.—Emporium Junction daily for Sunbury, Harrisburg and principal intermediate stations...

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

12 25 P. M.—Emporium Junction daily for Sunbury, Harrisburg and principal intermediate stations...

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

12 25 P. M.—Emporium Junction daily for Sunbury, Harrisburg and principal intermediate stations...

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

12 25 P. M.—Emporium Junction daily for Sunbury, Harrisburg and principal intermediate stations...

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

12 25 P. M.—Emporium Junction daily for Sunbury, Harrisburg and principal intermediate stations...

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

12 25 P. M.—Emporium Junction daily for Sunbury, Harrisburg and principal intermediate stations...

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

12 25 P. M.—Emporium Junction daily for Sunbury, Harrisburg and principal intermediate stations...

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

12 25 P. M.—Emporium Junction daily for Sunbury, Harrisburg and principal intermediate stations...

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

12 25 P. M.—Emporium Junction daily for Sunbury, Harrisburg and principal intermediate stations...

10 30 P. M.—Daily for Sunbury, Harrisburg and principal intermediate stations...

Crying Need. When a man in Holland wants the police to stop an automobile that is going too fast...

Men are so hungry for office in this country that occasionally one turns up who really wants to be pension commissioner...

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

Backache Quickly Cured by Dodd's Kidney Pills—Mrs. W. H. Ambrose Tells How Her Pains Vanished...

Backache is the kidneys' first notice that they are out of order and need help...

It Cures While You Walk. Allen's Foot-Ease is a certain cure for hot, swollen, aching, and swollen, aching feet...

To Cure a Cold in One Day. Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure...

FOR ENGLISH CONSUMPTION. Kind of Stories Related About America at Some of the London Luncheons.

At a recent dinner in London the conversation turned on the subject of lynchings in the United States...

"Oh, do tell us about a lynching you have seen yourself," broke in a half a dozen voices...

"The night before I sailed for England," said the American, "I was giving a dinner to a party of intimate friends...

People who never flatter themselves are in little danger of being spoiled by flattery...

READS THE BOOK. "The Road to Wellville" Pointed the Way.

Down at Hot Springs, Ark., the visitors have all sorts of complaints, but it is a subject of remark that the great majority of them have some trouble with stomach and bowels...

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...

He went to Hot Springs for rheumatism, and his stomach trouble got worse. One day at breakfast the waiter, knowing his condition, suggested he try Grape-Nuts and cream...

After the second day he began to sleep peacefully at night, different than he had for years. The perfect digestion 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 interest 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 pounds in spite of hot baths 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."

ADVICE ABOUT TEETH

CONCERNING THEIR STRUCTURE AND CARE NECESSARY FOR PRESERVATION.

AN ANTISEPTIC POWDER. Tooth a Living Structure—Decay Due to Micro-Organisms in the Mouth...

BY OLIVE G. SMITHSON, M. D. (Chicago College of Medicine and Surgery.) Many people have the idea that a tooth is a solid bone without life...

The cause of the decay of teeth is indirectly due to micro-organisms, bacteria which are always present in the mouth. You may dislike this idea, but they are there, nevertheless...

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 composition...

A bathroom fitted out in all white and nickel, with the ceiling and walls painted an enamel tint down as far as the white tile wainscot, will come pretty close to realizing the ideal conditions...

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...

GOWN OF DOTTED NET. An Evening Dress for a Young Girl Made of Thin Material and Simply Trimmed.

An ideally simple and charming girl's frock is made of spotted net, which may be obtained with spots of various sizes. This particular cream net has rather a big spot on a soft Brussels net over a cream oriental satin foundation...

There is a simple practice that has long been followed by the Irish, that anyone can adopt with benefit. It is to clean the teeth and gums occasionally with common salt, rubbed gently into the gums above and below with a piece of soft muslin...

Teeth powders and tooth pastes seek to combine the polishing effect of finely-divided substances with antiseptic qualities. Tooth washes are simply for antiseptic purposes, and for rendering the mouth and breath fragrant...

In conclusion, let me say just a word about the use of the so-called "breath perfumes" which are on the market. This practice is an extremely vulgar one, indeed...

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...

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 in most cases much damage has been done.

A Toothsome Dish. After sweet potatoes have been par-boiled 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...

The fashions of the present moment are most possible for these gowns. The full skirts and long loose coats will hide many deficiencies, and holding out the hem of the skirt with a bone is of great service...

The Enterprising Housekeeper. A valuable little book of 200 tested recipes and kitchen hints, mailed to anyone for its postage.

BATHROOM FURNISHINGS.

Fittings Should Be Very Simple and Everything Selected with Reference to Cleanliness.

Simplicity is the keynote of the up-to-date 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.

To meet the demand for plain fixtures an almost endless variety of small novelties has been introduced for the convenience of the toilet.

A bathroom fitted out in all white and nickel, with the ceiling and walls painted an enamel tint down as far as the white tile wainscot, will come pretty close to realizing the ideal conditions...

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...

GOWN OF DOTTED NET. An Evening Dress for a Young Girl Made of Thin Material and Simply Trimmed.

An ideally simple and charming girl's frock is made of spotted net, which may be obtained with spots of various sizes. This particular cream net has rather a big spot on a soft Brussels net over a cream oriental satin foundation...

There is a simple practice that has long been followed by the Irish, that anyone can adopt with benefit. It is to clean the teeth and gums occasionally with common salt, rubbed gently into the gums above and below with a piece of soft muslin...

Teeth powders and tooth pastes seek to combine the polishing effect of finely-divided substances with antiseptic qualities. Tooth washes are simply for antiseptic purposes, and for rendering the mouth and breath fragrant...

In conclusion, let me say just a word about the use of the so-called "breath perfumes" which are on the market. This practice is an extremely vulgar one, indeed...

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...

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 in most cases much damage has been done.

A Toothsome Dish. After sweet potatoes have been par-boiled 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...

The fashions of the present moment are most possible for these gowns. The full skirts and long loose coats will hide many deficiencies, and holding out the hem of the skirt with a bone is of great service...

The Enterprising Housekeeper. A valuable little book of 200 tested recipes and kitchen hints, mailed to anyone for its postage.

Health of American Women

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



Mrs. T.C. Willadsen Miss Mattie Henry

At the New York State Assembly of Mothers, a prominent New York doctor told the 500 women present that healthy American women were so rare as to be almost extinct.

This seems to be a sweeping statement of the condition of American women. Yet how many do you know who are perfectly well and do not have some trouble arising from a derangement of the female organism...

Such testimony as the following should be convincing. Mrs. T. C. Willadsen, of Manning, Ia., writes: Dear Mrs. Pinkham—

"I can truly say that you have saved my life and I cannot express my gratitude to you in words. For two years I spent lots of money in doctoring without any benefit for menstrual irregularities and I had given up all hopes of ever being well again, but I was persuaded to try Lydia E. Pinkham's Vegetable Compound and three bottles have restored me to perfect health."

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

YOU'RE NEEDED. The section traversed by the Missouri, Kansas & Texas Ry. is very comprehensive. From St. Louis, Hannibal or Kansas City to Galveston or San Antonio is a stretch of over one thousand miles of territory...

THE OPPORTUNITY IS NOW. The M. K. & T. has no lands for sale, we are simply interested in the rebuilding of the country. We believe in the southwest, and know that with its present needs and opportunities, the prospects are brighter and the future more hopeful than in the older and more densely populated states.

\$15 For the Round Trip. On February 7th and 21st and March 7th and 21st, the M. K. & T. Ry. will sell excursion tickets from St. Louis, Hannibal and Kansas City to Indian Territory, Oklahoma and Central and Eastern Texas, at

Free Book ON DEFORMITIES AND PARALYSIS. will be sent free, postpaid, upon request. This book is of a hundred pages, handsomely illustrated throughout and is the result of over thirty years in the treatment of Crooked Feet, Spinal Deformities, Infantile Paralysis, Hip Disease, Deformed Limbs and Joints, Etc.

WET WEATHER WISDOM. THE ORIGINAL 1902 TOWER'S FISH BRAND SLICKER. WILL KEEP YOU DRY NOTHING ELSE WILL TAKE NO SUBSTITUTES.

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN. A Certain Cure for Feverishness, Constipation, Headache, Stomach Troubles, Teething Disturbances, Worms. They Break up Cold Coughs in 24 hours.

"CREMO" YOU GET THE BEST 5-CENT CIGAR IN AMERICA. "The World's Largest Seller!"

PATENTS 48-page book FREE. SEND STAMP. Get description of 48 patents, forms to Ohio H. N. Bancroft, Jefferson, O. 10.

PISO'S CURE FOR CONSUMPTION. CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in Time. Sold by druggists.

Foley's Kidney Cure makes kidneys and bladder right.