## Pennsylvania ANÆMIA CAN BE CURED

PHILADELPHIA AND ERIE RAIL ROAD DIVISION.

PHILADELPHIA AND ERIE RAIL ROAD DIVISION.

In effect May 28, 1905.

TRAINS LEAVE EMPORIUM EASTWARD 8 10 A. M.—Sundays only for Renovo and Week days for Sundays only for Renovo and Week days for Sundays only for Renovo and Hazleton, Pottsville, Harrisburg and intermediatestations, arriving at Philadelp ii a 6.23 P. M., New York 9.30 P. M., Baltimore 6 00 P. M., Washington 7.15 P. M. Pu'lman Parlor car from Wilnamsport to Philadelphia and passenger coaches from Kene to Philadelphia and Williamsport to Baltimore and Washington.

12:25 P. M. (Emporium Junction) daily for Sunbury, Harrisburg and principal intermediate stations, arriving at Philadelphia, 7:32 p. m.; New York, 10:23 p. m.; Baltimore, 7:30 p. m.; Washington, 8:35, p. m. Vestibuled Parlor cars and passenger coaches, Buffalo to Philadelphia and Washington.

20 P. M.—daily for Nestibuled Parlor cars and passenger coaches, Buffalo to Philadelphia and Washington.

20 P. M.—daily for Harrisburg and intended the stations, arriving at Philadelphia and Washington.

3:30 P. M.—daily for Sunbury, Harrisburgo Philadelphia and New York. Philadelphia passengerscan remainin sleeper undisturbed until 7:30 A. M.

10:30 P. M.—Daily for Sunbury, Harrisburg and intermediate stations arriving at Philadelphia 7:1A. M., New York 9:33 A. M., weekdays, (10:38 A. M. Sunday;) Baltimore 7:15 A. M., Washington, Sandays, Gallephia and Williamsport to Washington. Passenger cars from Erie to Philadelphia and Williamsport to Washington. Passenger cars from Erie to Philadelphia and Williamsport to Baltimore, 7:25 a. m.; Washington, 3:37 A. m., weekdays, (10:38 A. M. Sunday;) Baltimore 7:15 A. M., Westbuled Buffalo, Williamsport to Washington. Passenger cars from Erie to Philadelphia and Washington. Passenger cars from Erie and week days (10:38 Sundays); Baltimor

RIDGWAY AND CLEARFIELD R. R. CON-NECTIONS. (Week days.)

SOUTHWARD.			· Stations.			NORTHWARD				
P. M	A. M.	A. M.			P.	м.	Р. М.	Ρ.	M.	
	9 00	4 02		Renovo	1	28		11	45	
	9 50	4 411		Driftwood	12	50		11	65	
	10 25	5 10	Er	nporium June	12	15		10	35	
	11 13	5 53		Renovo Driftwood nporium Junc .St. Marys	11	26		9	53	
	10 10	5 55		Kane	112	25	3 00			
5 06	10 31	6 10		Wilcox	12	02	2 40			
5 20	11 38	6 25	J	Kane Wilcox ohnsonburg	11	47	2 28		• • •	
<b>5</b> 40	11 55	6 50		Ridgway,	9	20	2 10	8	25	
			1	Mill Haven						
6 00	12 15	7 10]		Croyland	9	00	1 49	8	04	
	12 19	7 15	8	shorts Mills		55	-		00	
6 07	12 23	7 19		Blue Rock		51			56	
	12 26	7 23	·	Carrier	8	47		7	52 42	
	12 36 12 40	7 32	. В	Lance Mille	8	37	1 27		38	
6 30		7 41	M	eMinns Sm't	0	30		7	34	
	12 49	7 45	H	rockwayville. Lanes Mills. cMinns Sm't. arveys Run.	8	25		7	30	
	12 55	7 50		Falls Creek	8	20			25	
	1 25	8 03		. DuBois			12 55		10	
7 42	1 15	7 551	1	Falls Creek eynoldsville Brookville w Bethlehem Red Bank	1 6	53	1 15	6	30	
7 58	1 29	8 08	R	eynoldsville	6	39	12 52	6	15	
8 30	1 56	8 35		Brookville	6	05	12 24	5	39	
9 30	2 38	9 20	Ne	w Bethlehem	5	20	11 44	4	50	
• • • • •	8 20	10 02		Red Bank		• • •	11 05	4	05	
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Brad	ford,	Olean	ar	nd Buffalo, con	ne	cti	ng at	B	uf-	
falo	forpo	ints E	as	t and West.						
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LOW	GRA	DE D	IVISI	ON.			
	EAS	TBOU	ND.				
STATIONS.	109	113	101	105	107	951	
Pittsburg, Lv. Red Bank, Lawsonham New Bethle'm Broskville, Reynoldsville, Falls Creek DuBois, Sabula, Pennfield, Bennezette, Drittwood, via P. & E. Diy Oriftwood, Lv. Emporium, Ar.	7 12 7 30 8 04 †8 40 †9 50 †10 30	†6 22 9 30 9 42 10 20 11 10 11 42 11 57 †12 05	12 24 12 52 1 15 1 25 1 37 1 55 2 29 †3 05 †4 10	†130 4 05 4 18 4 50 5 39 6 15 6 30 6 40 7 17 7 35 8 09 8 45	*505 7 55 8 07 8 37 9 22 9 50 1005 1015	1 1 20	
	-	TBOU		P. M	P. M	P. M	
STATIONS.	108	106	102	114	110	952	
Via P. & E. Div Emporium, Lv. Driftwood, Ar., Via L. G. Div Driftwood, Lv. Bennezette, Pennfiell, Sabula, DuBois, Falls Creek Reynoldsville,		†5 50 6 25 7 00 7 18 7 30	†8 10 †9 04 †1110 11 45 12 20		†3 2 †4 0 †5 5 7 0 7 2 7 3	00 50 25 94 83 85 ‡4 0 12 4 0	

\*Daily, †Jany except Sunday. [Sunday only, §Flag Stop.
On Sunday only train leaves Driftwood 8:20 a, m., arrives at DuBois, 10:00 a, m. Returning leaves DuBois, 2:00 p. m., arrives at Driftwood, 2:40 p. m., stopping at intermediate stations. For Time Tables and further information, apply 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 Passenger Service Between st. Marys, Brockwayville, 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.

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p.m.)

ARRIVE.

11.65 A. M. From Brockwayville, Shawmut
6.50 P. M. Ebon, Kersey and Byrnedale.
1.45 P. M. From Wayland, Hornelisville, Can
aseraga, Angelice, Friendship, Bolivar, Buffaio, Bradford, Olean Eldred, Smethport
and Clermont.
All trains daily except Sunday.
A. M. LANE, C. J. RENWICK,
Gen'l Supt.

St. Marys, Penna.

Kodol Byspepsia Curo

Dr. Williams' Pink Pills Make New Blood and Strike Straight at the Root of Disease.

Anæmia is just the doctor's name for bloodlessness. Dr. Williams' Pink Pills actually make new blood. They cure anæmia just as food cures hunger. They cured Mrs. Thos. J. McGann, of 17 Lincoln Place, Plainfield, N.J., and they can do as much for any other pale, weak,

ailing, bloodless person.

"In the spring of 1903 I did my usual house cleaning," says Mrs. McGann, "and soon afterward I began to have the most terrible headaches. My heart "and soon afterward I began to have the most terrible headaches. My heart would beat so irregularly that it was painful and there came a morning when I could not get up. My doctor said I had anæmia and he was surprised that I had continued to live in the condition I was in. I was confined to my bed for nearly two months, the doctor coming every day for the first few weeks, but I did not improve to amount to anything.

day for the first few weeks, but I did not improve to amount to anything.

"Altogether I was sick for nearly two years. I was as weak as a rag, had headaches, irregular heart beats, loss of appetite, cramps in the limbs and was unable to get a good night's sleep. My legs and feet were so swollen that I feared they would burst.

"One day, while I was wondering how long I could live, feeling as I did, I received a booklet telling about Dr. Williams' Pink Pills for Pale People. I read it and told my husband to get me some of the pills. Before the first box was gone I felt a change for the better. I have taken about twelve boxes and although I was as near the grave as I could I have taken about twelve boxes and although I was as near the grave as I could be, I now feel as if I had a new lease of life. I have no more headache, the heart beats regularly, my cheeks are pink and I feel ten years younger. I feel that I have been cured very cheaply and I have recommended Dr. Williams' Pink Pills to lots of my friends."

For further information address the Dr. Williams Medicine Co., Schenectady, N. Y.

tady, N. Y.

#### IN MEDICAL CIRCLES.

Austrian and German physicians have fixed on coffee as one of the causes of epilepsy.

Many cases of deafness now under treatment by London physicians are attributable by them to influenza.

Apparently healthy persons frequently carry diphtheria germs in the mouth, thereby infecting eating and drinking utensils, and in this way they may be instrumental in spreading the disease

Dr. Koch, the famous German scientist, is to take charge of an expedi-tion to investigate the sleeping sickness in German East Africa. The German colonial department has, it is said, given a great sum of money to-ward the expenses of the expedition.

When the floor of the operating theater of the old hospital at Canterbury, England, was torn up the other day the rings were discovered through which were passed the cords for tying patients down on the operating table Prior to the discovery of anesthetics.

An application has been made by the Japanese government to the British General Medical council, asking it to recognize the degrees of Japanese medical practitioners in various parts of the British empire. It is in the Straits Settlements that the Japanese doctors particularly wish leave to practice at present.

A member of the British Royal College of Veterinary Surgeons says: The growth of quack dog doctors and bogus medicines during the last few years has been simply appalling. These "dog specialists," as they call themselves, are usually dog dealers with good knowledge of canine habits but absolute ignorance of medicine."

A Japanese scientist named Matsura has been studying the effects of discases and the varying physical state of the body upon the growth and thickness of the hair. He finds that hair, especially in the case of persons whose hair is of coarse structure, is so sensitive to bodily condition that it contains a veritable history of the state of the individual to whom it belongs, for the period covered by its growth.

In the rabies treatment of Tizzoni

and Bongiovanni. Italian physicians. radium has had effective action both upon the virus and the animals. Exposure to radium rays has converted e virus into very active vacine, protecting animals against deadly inoculations with virus; and exposures of several hours daily for six days, begun from ten to 100 hours after inochave reduced the fever and caused the recovery of the animals experimented upon, while all untreated animals similarly inoculated soon

#### BOY'S BREAKFAST.

There's a Natural Food That Makes Its Own Way.

There's a boy up in Hoosick Falls, N. Y., who is growing into sturdy man-hood on Grape-Nuts breakfasts. It might have been different with him, as his mother explains:

"My 11-year-old boy is large, well developed and active, and has been made so by his fondness for Grape-Nuts food. At five years he was a very nervous child and was subject to fre quent attacks of indigestion which used to rob him of his strength and were very troublesome to deal with. He never seemed to care for anything for his breakfast until I tried Grape-Nuts, and I have never had to change from that. He makes his entire breakfast of Grape-Nuts food. It is always relished by him and he says that it satisfies him better than the ordinary kind of a meal.

"Better than all, he is no longer troubled with indigestion or nervousness, and has got to be a splendidly developed fellow since he began to use Grape-Nuts food." Name given by Postum Co., Battle Creek, Mich.



### \*\*\*\*\* WASHINGTON CONSTRUCTIVE **PATRIOT**

By KATHERINE POPE

Some men support the interests of their country by defending the land they love. Washington was both de-fender and builder, soldier and states-Let us dwell on his work as builder. Naturally conservative, Washington

was not in favor of courting trouble and issued form a proud part of American history. Those were the papers and that the congress of which memorable speech on the removal of upon them realization of the four memorable speech on the removal of upon them realization of the four troops from Boston, January 20, 1775, things essential to the existence and said: "When your lordships look at the papers transmitted to us from America, when you consider their destates under one federal head; second, search research the supplier terms of the four things essential to the existence and well-being of the United States: cency, firmness and wisdom, you can- a sacred regard to public justice; not but respect their cause, and wish third, the adoption of a proper peace to make it your own. For myself I establishment; and, fourth, the prevamust declare and avow that in all my lence of that pacific and friendly dismust declare and avow that in all my reading and observation—and it has been my favorite study—I have read the my favorite study—I have read the master statesmen of the world—that for solidity of reasoning, force of sagacity, and wisdom of conclusion, under such a complication of difficult circumstances, no nation or body of men can stand in preference the generals at Philadel. to the general congress at Philadel- lars on which the glorious fabric phia.' The precise part taken by our independency and national char-Washington within the closed doors acter must rest." of Carpenter's hall is nowhere record- In such perfect sympathy with the ed, but the testimony of one of its idea of conferring greater powers on most distinguished members cannot be the federal government, he consented forgotten. When Patrick Henry reto head the delegates from Virginia urned home from the meeting and to the Philadelphia was asked whom he considered the May 14, 1787, and was unanimously greatest man at that congress, he replied: 'If you speak of eloquence, It closed September 17, on which date Mr. Rutledge, of South Carolina, is by Washington, as one of his biographers far the greatest orator; but if you phrases it, had the supreme satisfac-speak of solid information and sound tion of addressing a letter to congress judgment, Col. Washington is unquestionably the greatest man on that stitution of the United States.

Washington was also delegate to all our deliberations on the subject, the second continental congress, the we kept steadily in our view that one which unanimously elected him which appears to us the greatest intercommander in chief of the continental forces and the one where he declared solidation of our union-in which is capacity." compare the modesty that characterized Washington throughout his life with the egotism looked upon as forgivable, essential part of a force was inaugurated. His wisdom and

personality of the present distinguished patriotism on the bo be disbanded making provision for meeting the just claims of the troops. Both officers Hamilton used this persuasion: and men began to distrust a republican form of government. Matters nothing materially mischievous is to ton and make suggestion that he assume the title of king and give the make a further sacrifice of your tranmet with a severe rebuke; this Washington's answer to the suggestion: of my conduct could have given en-couragement to an address which to people should remember the hero was

chief that can befall my country. If I am not deceived in the knowledge of myself, you could not have found a person to whom your schemes are more disagreeable. . . . Let me conjure you, then, if you have any regard for your country, concern for youself posterity, or respect for me, to banish these thoughts from your mind, and never communicate, from yourself or anyone else, a sentiment of like nature.'

The discontent and apprehension continued, a meeting of officers was arranged and there were issued the "Newburg Addresses," intended to arouse the army to resentment. Washington, uninvited, attended the meeting and made an address, in which he declared the claims of the army would not be disregarded, and begged his as aggression followed one after another, realized submission had ceased to be a virtue. When the first continental congress met in 1774 other, realized submission had ceased to be a virtue. When the first continental congress met, in 1774, he accepted election as delegate, and in company with Patrick Henry set out for Philadelphia. "That congress sat in Carpenter's hall with closed doors, lyticow work and the properties of the man who wishes, under any specious pretenses, to overturn the liberties of our country, and who wickedly attempts to open the floodgates of civil discord and deluge our rising empire in blood." The result of his appeal, resolution work and the properties of the man who wishes, under any specious pretenses, to overturn the liberties of our country, and who wickedly attempts to open the floodgates of civil discord and deluge our rising empire in blood." The result of his appeal, resolution work and the properties of the pro in Carpenter's hall with closed doors, but the great papers that it prepared lutions were unanimously adopted con-

Shortly before the dissolution of the army Washington addressed a letter Chatham in the house of lords, in his to the governors of the states, urging

announcing the adoption of the conquote directly from the letter: est of every true American-the the position a "trust too great for my involved our prosperity, our safety,

On the 6th of April, 1789, Washingday. firmness carried the ship of state safe-The two years lapsing between Cornwallis' surrender and the treaty of though the waters of were troubled. Peace was a period marked by more At the close of the first term he desired to withdraw to private life, but of Washington and by his political was urged that duty to the country wisdom and foresight. The country demanded he continue in public servas in a most troubled state, officers ice. Jefferson wrote: "The confidence and men suspicious that the army was of the whole country is centered in without congress you. North and south will hang together if they have you to hang on." went so far, an army colonel was be apprehended. If you quit much is to sent to communicate with Washing- be dreaded. . . . I trust, and I pray God, that you will determine to country a firm government. The agent quillity and happiness to the public good.

To us it is pleasing to and perhaps our national existence.'

Washington the soldier, to whom "I am at a loss to conceive what part proud Cornwallis made surrender, au-There's a reason. Read the little couragement to an address which to people should remember the hero was book, "The Road to Wellville," in pkgs. me seems big with the greatest mis-



TO CURE THE GRIP IN ONE DAY ANT-GRIPINE

# ANTI-GRIP

IS GUARANTEED TO CURE GRIP, BAD COLD, HEADACHE AND NEURALGIA. I won't sell Anti-Gripine to a dealer who won't Guarantes It. Call for your MONEY BACK IF IT DON'T CUEE. F. W. Diemer, M. D., Manufacturer, Springfield, Mo.

BITS AND BREVITIES.

The dog known as a Manchester black-and-tan is the latest London at a football game. canine fashion. Good specimens are quoted at \$500.

Living under the same roof at Kokomo, Ind., there are a 16-year-old mother, a 32-year-old grandmother and a 52-year-old great-great-grandmother. According to La Tribuna di Roma, one of the gaiters worn by Garibaldi when he was wounded in the battle of Aspromonte August 28, 1862, has been presented to the mayor of Rome.

The area devoted to corn in Kansas in 1905 was 6,799,755 acres, an increase over that of 1904 of 305,597 acres, or 4.7 per cent. The average yield to the acre for the entire state was 28 bushels.

Referring to the transition stage of the orient, Bishop Hamilton said to the Church Extension Society of the Methodist Episcopal church, in San Francisco, the other day: "We are to see the future history of the world through the Golden Gate."

Baseball has found a foothold in the City of Mexico, and is to gain further interest from the opening of grounds devoted to this sport at Chapultepec. There is the famous castle where President Diaz is at home, as well as the military academy of Mexico. On holidays and Sundays very large crowds resort thither to hear the band concerts. Finance Minister Limantour is ready to give a concession on grounds there for 20 years, provided \$20,000 is expended in improvements, eral. LITTLE LAUGHS.

A Denver girl sprained her ankle Gee, she must have a deep voice!

Palm-Do men usually give accord≈ ing to their means? Pepper-No; according to their mean-

Orange-Has he an interest in the

business? Lemon-Only a slight curiosity, I believe.

Plum-Why do they call an auto she?"

Prunes-It's so hard to manage, and so expensive.

Emmeline-I pity the man that mare rics you. Eleanor-I'd do the same for the

man that marries you, only I know there'll never be any such man.

She-I'll learn you to find fault with my temper. When we married you took me for better or worse.

He -Yes, Martha, but did I hope there would have been something like an average.

Favored American.

The most favored man in the kingdom of Siam is an American named Strobel. He is the king's counsel, and his majesty takes no important ster without consulting his attorney gen-

# 31 Boxes of Gold

300 Boxes of Greenbacks

For the most words made up from these letters

# Y - I - O - Grape - Nuts

331 people will earn these prizes.

20 people making the greatest number of words will each receive a little box containing a \$10.00 gold piece. 10 people will each win one box containing a \$5.00 gold piece.

300 people will each win a box containing \$1.00 in paper money and one person who makes the highest number of words over all contestants will receive

It is really a most fascinating bit of evening and see how many words can be added.

a box containing \$100.00 in gold.

A few rules are necessary for absolute

Any word authorized by Webster's dictionary will be counted, but no name of person. Both the singular and plural can be used, as for instance "grape" and 'grapes

The letters in "Y-I-O-Grape-Nuts" may be repeated in the same word. Geographical names authorized by

Webster will be counted. Arrange the words in alphabetical classes, all those beginning with A to-gether and those beginning with E to

come under E, etc. When you are writing down the words leave some spaces, in the A, E, and other columns to fill in later as new words come to you, for they will spring into mind every evening.

It is almost certain that some contestwill tie with others. In such cases ants will de withouters. In a prize identical in value and character with that offered in that class shall be awarded to each. Each one will be requested to send with the list of words a plainly written letter describing the advantages of Grape-Nuts, but the contest-ant is not required to purchase a pkg. These letters are not to contain poetry, or fancy flourishes, but simple, truthful statements of fact. For illustration: A statements of fact. For Industration. A person may have experienced some incipient or chronic ails traceable to unwise selection of food that failed to give the body and brain the energy, health and power desired. Seeking better conditions change in food is made and Grape-Nuts and cream used in place of the former diet. Suppose one quits the meat, fried potatoes, starchy, sticky messes of halfooked oats or wheat and cuts out the

Around the fireside or about the well- | amateur says: "A man would faint away Around the freside of about the wenighted family reading table during the winter evenings the children and grown-ups can play with their wits and see how many words can be made.

20 people making the greatest number

20 people making the greatest number had on the old diet.

Suppose, if you have never really made a move for absolutely clean health that pushes you along each day with a spring in your step and a reserve vigor in muscle and brain that makes the doing of things a pleasure, you join the army of "plain old common sense" and start in now. Then after you have been 2 or 3 weeks on the Grape-Nuts training you write a statement of how you used to be and how you are now. The simple facts will interest others and surprise yourself. We never publish names except on permission, but we often tell the facts in the newspapers and when requested give the names by private letter.

There is plenty of time to get personal experience with Grape-Nuts and write a sensible, truthful letter to be sent in with sensine, truth letter to be sent in white the list of words, as the contest does not close until April 30th, 1906. So start in as soon as you like to building words, and start in using Grape-Nuts. Cut this statement out and keep the letters Y-1-O-Grape-Nuts before you and when you write your letter you will have reason to write on the subject "Why I Owe Grape-Nuts."

Remember 331 persons will win prizes, which will be awarded in an exact and just manner as soon as the list can be counted after April 30th, 1906. Every contestant will be sent a printed list of names and addresses of winners on application, in order to tare proof that the prizes are sent as agreed. The company is well known all over the world for abis well known all over the world for absolute fidelity to its agreements and every single one of the 331 winners may, depend on receiving the prize won.

Many persons might feel it useless to contest, but when one remembers the great number of prizes—(331)—the curiosity of seeing how many words can real bolly discount and any worth and the good, natural fun and education in the competition, it seems worth the trial; there is no cost, nothing to lose and a fine opportunity to win one of the many boxes of gold or greenbacks.

We make the prediction that some who win a prize of gold or greenbacks, will also win back health and strength worth more to them than a wagon full of money prizes.

There are no preliminaries, cut out this statement and go at it, and send in the list and letter before April 30th, 1906, coffee. Try, say, for breakfast, a bit of fruit, a dish of Grape-Nuts and cream, two soft-boiled eggs, a slice of hard toast and a cup of Postum Food Coffee. Some plainly written.