

Health Hints and Rules of Hygiene

Suggestions That May Save You Many a Doctor's Bill.

WISDOM FOR THE HOUSEHOLD

These Hints Don't Cost Much, Are Not Copyrighted, and if They Don't Do You Any Good, They'll Not Do You Any Harm.

With la grippe again mildly in evidence in certain quarters it may be well to bear in mind the following cautions prescribed by Dr. Judson Daland, of the University of Pennsylvania, a famous authority: "One cannot be over-careful in avoiding colds at this season of the year. Their effect is always depressing, hence one's resisting powers are lessened and the system is rendered more liable to shock. When pneumonia attacks the aged it is particularly fatal and they especially should avoid exposure in cold weather. As I tell my students--the aged are ready to die; that is, I mean that their system is in a condition to be attacked by disease and pneumonia is a favorite form of death. La grippe, or influenza, or, as it is sometimes called, catarrhal fever, is prevalent now to a considerable extent also. The best and only way to escape these diseases is by keeping the system toned up to its fullest resisting capacity; dress warmly and avoid exposure. Many colds are contracted by people walking rapidly, thereby getting into a warm perspiration and then getting into a car and sitting in a draught. The open trolley cars are particularly dangerous for that very reason, and are to be avoided." But the same is true of draughts of any kind. Keep warm, keep clean and keep healthy.

If it be profitable for New York, Philadelphia and Chicago to establish municipal institutions for the study of disease germs and the manufacture of anti-toxins, the new cure for diphtheria, why would it not be profitable for Scranton to do this, also? Lives are just as valuable here as elsewhere. Speaking of this improvement the Philadelphia Press recently said: "Diphtheria germs can be carried about in a person's throat for days and yet that person may be immunized from the danger of suffering from the disease. Some constitutions are able to repel the disease. The slight person may give the germs to another, who will take the disease and suffer. A child may recover from diphtheria and yet the germs may be in its throat. Those germs may be transmitted in a school room soon the disease may break out in families. By the aid of blood serum, the presence of the germ can be detected. The child will be quarantined, then, until all danger is passed. A sick room may be fumigated, and yet so imperfectly that disease still lurks. A bacteriological examination will prove whether germs remain in the room. In New York the bacteriological system has reduced the danger to a minimum. The utmost care is taken. Diphtheria is insidious. The germ may be in incubation a day or two or a week or two. Pathologists say that bacteriological examinations are the most effective precaution against epidemics." It is time to think of applying these remarks locally.

Pale-faced children and bilious-yellow, cold-blooded women need sunbathing. There are two ways of taking it, facetiously remarks the Philadelphia Record--on foot and horseback. A best is the saddle, but unfortunately, horseflesh is too precious for beggars to ride. Given the opportunity, any able-bodied child will play its little self and pretty any woman who wishes can walk in beauty. It is only a question of will. A walk from 5 a. m. to 7 a. m. will hurt the feet and the doctors. Many, many times to walk home will do the tired bread-winner more good than the tired dinner, for the physical fatigue will produce deep sleep, and the prophetic, centuries ago: "Sleep is as good as a fast."

Dr. Laura Liebhart thinks women bicyclist ride on saddles that are too low, and that this is responsible for cramping of the chest, straining the back, and impeding full action of the muscles of the leg. There results a constant tension of the muscles above the knee, which gives a short awkward stroke, as the reach is too short. The seat should be simply high for the entire leg to be extended, and give to these muscles a second of relaxation on the downward stroke of the pedal. The knee must have perfect freedom, and in this respect a woman finds herself particularly handicapped, as she is unable to make the entire stroke with the action of the knee limited by a dress skirt. Wheelwomen also subject themselves to needless jars by jumping instead of gliding from the wheel. They should be taught to mount and dismount from either side as men are wont to do. Corrects on the wheel, as elsewhere, should, says Dr. Liebhart, be denounced in the strongest terms, although nearly one-half of all wheelwomen tie up their muscles in this barbaric fashion. Two-thirds of all women who ride wheels foolishly incur great risks by riding during certain periods, even to the extent of hill climbing, when they should never mount a wheel, except for short distances, or preferably, not at all.

HEALTH FOR THE MILLION: Ten drops of the tincture of nux vomica, in a wineglassful of water after each meal, for three or four weeks, will often relieve dizziness. The sub-gallate of bismuth has given excellent results in the treatment of fermentative dyspepsia; the dose is five grains after each meal. Cosmoine rubbed into the scalp night and morning for a number of weeks will thicken and promote the growth of the hair. It sometimes darkens the color of the hair.

Dr. W. H. Thompson, an acknowledged authority on dietetics, while advocating a milk diet for people with impaired digestion, believes it should be diluted, particularly for adults. Bathe the chest with cold water night and morning and rub dry with a rough towel; this will prevent catching "cold on the breast" and "hardens" and strengthens the muscles of the chest. To be benefited by bathing with cold water one must feel invigorated after he is dried. He should be red and glowing. If one be chilly and look blue and feel tired, cold bathing does him harm. Often tight shoes cause the feet to become cold by interfering with free circulation of the blood. Lack of outdoor exercise is another very common cause of cold feet. Walk two miles every day.

How to Prepare Kidneys. Kidneys often have an unpleasant taste because they are not properly prepared. When they come from the sedentary should have the white part and the tubes removed, then be scalded and skinned. Afterward throw them into cold water and heat to the boiling point. Repeat this part of the process three or four times, until the water is free from odor.

Do not let the kidneys boil. Remember, the secret is: Bring the water to the boiling point.

HOUSEHOLD AFFAIRS.

Some Suggestions That the Prudent Housewife Will Readily Appreciate and Put to Good Use.

Ladies wishing a smooth skin made without harm can obtain it by purchasing 10 cents worth of tincture of benzoin. Dissolve a pint of wine, and use on the face at night. The face should first be washed with pure and fine soap, and then rinsed off in clear, cold water. The benzoin can be dissolved in water, but wine is preferable. Soft and flabby skin gains firmness of texture by the use of cold water, to which has been added a little common salt. Vinegar and spirits of any kind used as a wash about twice a week help to keep the skin firm.

To remove moth patches wash them with a solution of common bicarbonate of soda and water several times during the day for two days, or until the patches are removed, which will usually be in 48 hours. After this process wash with some nice toilet soap, and the skin will be left clean and free from patches. Peroxide of hydrogen rubbed on the face two or three times a day for ten days will also free the skin of any discoloration.

Now that general house-cleaning time is at hand suggestions as to renovating are of special value. We all know how leather will gather wrinkles, and it is sometimes called, catarrhal fever, is prevalent now to a considerable extent also. The best and only way to escape these diseases is by keeping the system toned up to its fullest resisting capacity; dress warmly and avoid exposure. Many colds are contracted by people walking rapidly, thereby getting into a warm perspiration and then getting into a car and sitting in a draught. The open trolley cars are particularly dangerous for that very reason, and are to be avoided." But the same is true of draughts of any kind. Keep warm, keep clean and keep healthy.

If the top of your oven insists on being too hot for your pastry or bread, put a pan of water on the grate above the bread that is baking too brown. If the grate has been removed to make room for a big sheet of the common brown wrapping paper, fold it and lay over the bread or pie or whatever it may be. If that is not at hand use a newspaper. Fold it to as many thicknesses as necessary. The thicker it is the more protection it will afford from the too hot oven. Of course, it will brown and crisp, but you have only to be careful about slipping it out when it has answered its purpose.

Choice relishes for a Sunday night's tea are pate de foie gras sandwiches made from bread fried a light brown in deep fat. Cut the bread in small slices about half an inch thick, trim off the crust, hollow a little in the middle, and fry; or put a little perfectly sweet salad-oil over each slice and brown in a quick oven. Fill the hollow in each slice with a teaspoonful of the meat mixture. It comes in little earthen jars and also in small cans.

Mrs. Rorer, it is evident, does not believe in a Thanksgiving turkey filled with bread stuffing, as she says that the bread acts as a sponge and draws out the juices and flavors. "Of course it gives some taste to the bread," she adds, "but the bread is the most indigestible thing one can eat, and the turkey itself would be delicious if it were not stuffed."

MENUS FOR BABY.

First--Milk to drink. Half a saucer of oatmeal, with a little butter and salt. Half a saucer of oatmeal, with cream and sugar. A few teaspoonfuls of strained prunes juice.

Second--Thoroughly mashed potato, with a little butter, cream and salt. A thick strip of rare beefsteak to suck (should be allowed only the juice). A few teaspoonfuls of finely scraped apple. Milk to drink.

Third--Half a soft boiled egg. Milk toast. Baby tea--made of milk and warm water in equal proportions, with sugar and a drop of vanilla.

Fourth--Bread and milk. A few teaspoonfuls fine grained apple sauce. Half slice of bread with beefsteak gravy.

Fifth--Half saucer rice, with butter and salt. Half saucer rice, with cream and sugar. Two or three teaspoonfuls of orange juice. Milk to drink.

Sixth--Half teaspoonful of beef tea. Crackers and milk. Third of a slice bread, with pure maple syrup.

Seventh--A little strained fig syrup if of tropic makes in a hand of sugar in water with sugar. Mush and milk. Small slice of bread and butter without crust.

Eighth--A teaspoonful of the breast of chicken or turkey minced very fine. Toast and milk. Small lump of sugar for dessert.

Ninth--Oatmeal, crackers and milk. Baked potato, cream and salt. Whipped cream, sweetened and flavored.

DAYS GONE BY.

Oh, the days gone by! Oh, the days gone by! The apple in the orchard, and the path-way through the rye; The chirrup of the robin and the whistle of the quail.

As he pined across the meadows sweet as any nightingale; When the bloom was on the clover, and the blue was in the sky, And my happy heart brimmed over, in the days gone by.

In the days gone by, when my naked feet were tripped; By the water lilies' tangles, where the water lilies dripped, And the ripple of the river lipped the moss along the brink.

When the pluck-eyed and lazy-footed cattle came to drink; And the titling snipe stood fearless of the triant's wayward cry, And the splashing of the swimmer, in the days gone by.

Oh, the days gone by! Oh, the days gone by! The music of the laughing lip, the lustrous of the eye; The childish faith in fairies, and Aladdin's magic ring.

The simple, self-reposing, glad belief in everything; When life was like a story, holding neither sob nor sigh, In the olden, golden glory of the days gone by.

—James Whitcomb Riley.

ALKAZAR.

Dreamer, say, will you dream for me A wild, sweet dream of a foreign land, Whose border seas of a foaming sea, Whose waves of iron and silver sand.

Where warm winds roll on the shady leas; Or love the meadows in the fearful mist? The great wild waves of the breaker sweep O'er oranges of opal and amethyst?

Some Facts About Ancient Quebec

Famous in History and Interesting in Its Natural Environment.

EARLY SETTLERS' STRUGGLES

Quaint Old Streets That Recall Memories of a Bloody Pioneer Time--An Odd but Characteristic Method of Transportation.

Quebec, Oct. 30. Every American should visit this old and picturesque city, though quaint in every aspect. It is the most interesting of all the cities of the new world. It is called the "Gibraltar of America," the "Sentinel City of the St. Lawrence," its grim citadel and strong fortifications have truly earned for it these titles. It guards the entrance of the great inland waterways of the continent, our great American lakes--and in the stronghold of British power in America. Here is not a spot on this western hemisphere richer in historic treasure, or more lavishly endowed by nature in the beauty, grandeur and splendor of its surroundings than the quaint old walled City of Quebec. Every foot of land here is historic--the very air breathes of deeds of valor, which the now peaceful aspect and business hum and bustle of the city fail to remove. Quebec has seen more war probably, than any other place on this continent, up to the time of the great rebellion of the Southern states. Deeds of heroism, of religious fervor, of obstinate defense are her pride and glory. A brief history of its founding, its settlement, its environs, its fortresses, its wars, its commanding views, its churches, convents, colleges and "habitants," may be of interest.

Its Early History.

It is 259 years (September, 1535), since Jacques Cartier, the first European who sailed up the St. Lawrence, anchored off what was called the great lake (Stadacom) and in the name of the King of France, claimed this entire territory for his sovereign. His three small vessels--the Grande Hermine, 120 tons; the Petite Hermine, 60 tons; the Emerillon, 40 tons--a total of 229 tons burden, formed his flotilla, a strong fleet then, but how insignificant in comparison to the English Leviathan, the Great Eastern of 22,500 tons visiting here in 1890--or Her Majesty's cruiser Blake, now lying at anchor off Point Levis, in Quebec's commodious harbor. This was the first wave of foreign invasion into the Indian wigwams of the Huron or Huron tribe, which occupied the plateau on which Quebec now stands. Here Cartier spent the winter of the Great Eastern of 22,500 tons visiting here in 1890--or Her Majesty's cruiser Blake, now lying at anchor off Point Levis, in Quebec's commodious harbor. This was the first wave of foreign invasion into the Indian wigwams of the Huron or Huron tribe, which occupied the plateau on which Quebec now stands.

The French, the English, the American, and the aboriginal Indian have all played their parts in the stirring drama whose scenes were laid around this "fortress walled rock." The first century above the half (1695-1759) was under French rule, the final struggle for Canada, between the French and English, which closed Sept. 13, 1759, on the heights of Abraham, (where stood the writer) a little beyond the St. Louis Gate, and where Wolf fell victorious, saw the end of France in the northern half of the English regime, which has resulted in the self-governing liberty which Canada now enjoys.

Its Unique Location. Quebec occupies a position naturally created for the site of a great city. Even the Indians seemed to appreciate its advantages centuries ago, long before the era of civilization. The city is unique--a walled fortress of unrivaled strength and of magnificent situation. It is perched on a high terraced bluff, or rocky promontory, at the confluence of the St. Lawrence and St. Charles rivers, called Cape Diamond, so called from the glittering crystals found on its summit, the rock being of dark slate, in which are limpid quartz crystals.

On its highest point is the Citadelle--about 350 feet nearly perpendicular above the St. Lawrence river--any some fifty feet higher than Irving Cliff, Honduras. From this bluff is a lengthened stretch of elevated table lands, stretching to the southwest. Everywhere around are battlements, fortresses, castles, convents, monasteries and towering walls.

This old fortress city, covering both the base and summit of this lofty crag, or precipitous promontory, is built in the form of a triangle, bounded by the two rivers, and the "Plains of Abraham." Nature no less than art has divided the city into an Upper Town and Lower Town--the latter on its eastern front being wedged between the base of the cliffs and the St. Lawrence river. On the west it is flanked by the valley and river St. Charles, which forms a junction here, making a commodious harbor capable of receiving the largest fleets of the world. The city has room for expansion only to the southwestward, across the historic "Plains of Abraham."

Superior Water Front. A wide range of wharves jut out from its water front and furnishes ample accommodation for its large shipping trade. The Lower Town is given up chiefly to trade and commerce, and since our first visit here in 1834, we find it has intruded into the upper town, where are the better class of stores, as well as residences; but owing to the more progressive British and American

element in Montreal its trade and commerce have been seriously encroached upon by the latter city, and since the lumber and shipping trade of the city have declined, many enterprising factories have been established here. The chief interest of Quebec, however, lies not in its commerce, but in its historical attractions. In passing through the quaint and narrow streets one feels that he is treading on a strange and weird world, wholly at variance with the rest of our continent. The streets are narrow, crooked and often very steep, winding up and down almost mountainous declivities, and the houses generally are built of cut stone in a style of severe simplicity. The quaint buildings crowding along the water's edge and perching on the very mountain side, its massive walls and battlements rising, tier upon tier, to the famous citadel, crowning the mountain top, dominating the magnificent landscape for many miles around, plainly tell of a place and a people with a history.

All about this ancient stronghold, first of the French and then of the English, every height and hill side has been the scene of desperately fought battles. Here the French made their last fight for empire in America in the ever memorable battle in which Wolfe an Englishman fell. But peace has prevailed for a hundred years--the fortifications are giving place to warehouses, manufactories, hotels and universities and the great new docks of massive masonry, located on the St. Charles, and also opposite the city at Point Levis, besides other harbor improvements, indicate that Quebec is about to re-enter the contest with Montreal for commercial supremacy in Canada; and the capacious hotel, "The Chateau Frontenac," built by the Canadian Pacific railroad officials, occupying on Dufferin terrace one of the most magnificent sites in the world, is the latest great step in this direction.

Entering the City. We have set before our readers the special feature of Quebec as seen from the river and opposite shore before entering the city. Now let us land and view in detail, however brief, the most striking monuments, military, ecclesiastical and civil, of this matchless Mecca of tourists. As one puts foot on this historic soil, the ancient and foreign aspect of the city impresses you. One writer says: "The quaint picturesque figures of the inhabitants, their alien speech, their primitive vehicles of locomotion, the fantastic French houses huddled together and poised up high on the edge of the cliff, the enwalled citadel and menacing fortifications, the narrow, crooked streets and winding steep ascent to the Upper Town, recall some of the most capital, a survival of mediæval times."

New Use for the 'Phone Button

ARRANGEMENT IS AUTOMATIC

Description of the Ingenious Method Which Promises to Do Away with the Force of Employes Now Needed at Telephone Exchanges.

A Philadelphia exchange contains the following concerning the manner in which the automatic telephones, which are being introduced in this city, are operated: "The reporter was shown the automatic telephone instrument in the office of the company, and saw that the receiver was an ordinary one, but the transmitter was of porcelain and metal and of different shape from the ordinary one. Beneath the transmitter box was a small keyboard with four black keys above, the first being designated by the word, 'hundreds,' the next 'tens,' the third, 'units' and the last, 'release.' "The system is very simple," remarked one of the company's officials. "You make your own connection with this keyboard, and are thus entirely independent of any central exchange operator. The first key here is hundreds, and you press it once, if the number wanted is of three figures. You press the tens and units for the others. Observe now, I will call 161, which is the president's office. You see I press the hundreds key once, the tens six times and the units four times, and then I have the connection. Then I ring the bell and call up the subscriber I want. No delay and no possibility of mistake unless I make it, and then it is instantly corrected. Unless connected the bell does not ring. That is how you can know that the subscriber called is busy. You can then call him again and again until you get him. You observe we have only four keys here, but more can be added. Thus for four figures we will put on a 'thousands' key. Then you would push that once and your hundreds and other keys as many times as required to get your connection. Switchboards are automatic. "We have an exchange, but no operators, as the switchboards are automatic." The switchboard differs materially from that of the ordinary telephone, and perhaps the use of the word board in connection with it is hardly proper; but it will do. In this system there is an automatic switch for each subscriber. This is operated by two pairs of magnets and armatures and the corresponding levers with one shaft and ratchet wheels. The essential part of the switch is four and one half inches long, four inches high and one and one-quarter inches wide. There is no complicated machinery to get out of order, and its action is sure and accurate.

"Do you see the possibilities of this automatic switch?" queried the electrician, and added: "They are many, and as I said before, we can give any kind of service desired. Each subscriber has his own switch, which can only be manipulated by his own telephone. As you say at the telephone there is a 'release' key. This is to disconnect, and you see when the line is in use the bell does not ring. A subscriber who does not wish to be bothered for any reason can disconnect his telephone so that he cannot be called until he so desires. He can also talk as long as he pleases without any interruption for no one, central employer or others, can call him until he connects again. "If for any particular reason a subscriber objects to any particular subscriber calling him he can be entirely disconnected, while at the same time keeping his other connections. Thus each subscriber is entirely independent of the company in the use of his telephone. He has his own keyboard on his telephone and operates his own automatic switch in the exchange. There is simply an attendant there to see that the switches work all right. "In what does the transmitter you use differ from that of the ordinary telephone?"

Points of Difference. It is a magneto telephone, similar to the long distance, and requires no battery. The only battery used by the automatic is at the central in operating the automatic switches. The transmitter is the same all the time, and never rattles like the Bell, which uses the microphone with a battery. In our telephone you can talk as loud or as close as you please. The louder you talk the better you can be heard, and every word is distinct, no matter what tone you use. You are not compelled to talk loud, you understand, but what I mean is that you can't talk so loud that you cannot be heard distinctly. Every telephone has a metallic circuit, thus preventing outside induction, and can assure you that the automatic is the coming system."

Not a Dozen Democrats. From the Philadelphia Inquirer. There will not be a dozen Democrats in the next house from all the north put together outside of New York. Five unknown Democrats have pulled through there, and these five will be equal to one-half the strength of the rest of the Democratic representatives of this side of Mason and Dixon's line. "What a fall was there, my countrymen!"

HER BEAUTIFUL EYES. O her beautiful eyes! they are as blue as the sky; On the bloom when the morning is new; And the light of their love is the gleam of the dew. O'er the meadows of spring where the quick shadows run, As the moon shifts the mists and the clouds from the skies-- So I stand in the dawn of her beautiful eyes.

And her beautiful eyes are as midday to me; When the lily-bell bends with the weight of the bee, And the throat of the thrush is a pulse in the heat, And the senses are drugged with the subtle and sweet, And delicious breaths of the air's lullabies-- So I dream in the noon of her beautiful eyes.

O her beautiful eyes! they have smitten mine own; As a fiery glance down from the glare of the throne; And I reel, and I falter and fall, as afar, Fell the shepherds that looked on the mountainside.

So I grope through the night of her beautiful eyes. —James Whitcomb Riley.

NOVEMBER. No sun--no moon! No morn--no noon! No dawn--no dusk--no proper time of day! No sky--no earthly view! No distance looking blue! No road--no street--no "cother side the way!"

No nod to any row--No indications where the Crescents go No top to any steepie--No recognition of familiar people--No courtesies for showing "em--No knowing 'em! No travelling at all--no locomotion--No inking of the way--no notation--No 'R's'--no 'B's'--no 'O's'--No 'm's'--no 'p's'--No news from any foreign coast--No park--no ring--no afternoon gentility--No company--no nothings--No warmth, no cheerfulness, no healthful ease, No comfortable feel in any member--No shade, no shine, no butterflies, no bees, No fruits, no flowers, no leaves, no birds, November! —Thomas Hood.

Gilmore's Aromatic Wine --A tonic for ladies. If you are suffering from weakness, and feel exhausted and nervous; are getting thin and all run down; Gilmore's Aromatic Wine will bring roses to your cheeks and restore you to flesh and plumpness. Mothers, use it for your daughters. It is the best regulator and corrector for ailments peculiar to womanhood. It promotes digestion, enriches the blood and gives lasting strength. Sold by Matthews Bros., Scranton.

Complexion Preserved DR. HERRA'S VIOLA CREAM

Remove Freckles, Pimples, Liver - Spots, Blackheads, Rash, and all skin blemishes. Restores the skin to its original condition, producing clear and healthy complexion. Superior to all face preparations and perfectly harmless. At all druggists, or mailed for 50c. Send for Circular.

DR. CLARKE'S ROPIE TREATMENT. Perfected in many years practice. Cures all Writings or Pains. Stomach, Bowels, Headache, Rheumatism, Gout, Gravel, etc. No Opium, No Alcohol, No Mercury, No Dangerous Ingredients. Price within reach of all. Write today. Positive proofs and testimonials.

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FAT PEOPLE. YOU can reduce your weight permanently, without fasting, without dieting, without using any medicine, by the use of DR. CLARKE'S ROPIE TREATMENT.

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Miscellaneous stocks of Mine Rails, Mine Ties, Mine Props and Mine Supplies in general.

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The great remedy for nervous prostration and all nervous diseases of the generative organs of either sex, such as Nervous Prostration, Fatigue, Loss of Manhood, Impotency, Nightly Emissions, Mental Exhaustion, Mental Weakness, etc. etc. etc. which lead to Consumption and Insanity. With every 85 order we give a written assurance of our reliability. Sold at 50c per bottle. 6 bottles for \$3.00. DR. MOTT'S CHEMICAL CO., Cleveland, Ohio.

EVERY WOMAN Sometimes needs a reliable, monthly, regulating medicine. Only harmless and Dr. Peal's Pennyroyal Pills

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Beecham's pills are for biliousness, bilious headache, dyspepsia, heartburn, torpid liver, dizziness, sick headache, bad taste in the mouth, coated tongue, loss of appetite, sallowness, and constipation is the most frequent cause of all of them.

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