Gains From Regul r Stabits. An English rejentific philosopher lately made a half-playful, half-serious defense of the routine life of the man of

"regular babits."

He insisted that in this busy age, when so many duties press upon an active man and there are so many things which unavoidably call for the exercise of attentien, judgment and decision every day, it is the part of wisdom-a real conservation of energy and nervous force-tosettle as many as possible of the routine matters by a fixed habit of life.

There seems to be some in the suggestion. Why should a man with anything important to do in the world tax the gray matter of his brain newly every day to decide what he will ent or drink or wear, what his pleasures shall be and what his recreation, when he shall go to bed and when get up? Having arrived at years of discretion and discrimination, why can be not so order his life as to have these and kindred things come and go in a somewhat settled neder?

To eat at regular hours the things he "finds good of," according to Bacon's rule, abstaining from those that disagree with him: to rise, bathe, dress, exercise, work, rest, recreate and sleep after a regular order, is not to make a treadmill of life. It is to lay out a smooth road for journeying with the least possible friction and waste. "To choose time is to save time." A considerable proportion of the worry and waste of life comes from a needless jumbling of work and clashing of duties.

Whatever we may think of the method, the large majority of men who accomplish great things and live to a good old age are men of regular habits. may be encouraging to such to know there is a scientific basis for their sticking to the ruts .- New York World.

A Mother's Story was 1% years of age, a fall lisease, which gradually grew



a he could not walk. months at the Children's when he came home he tors said nothing could be done. Ib proved at once. The 14

ly well, lively as any boy," Mas, Exma V. Duer, Wallpole, Mass.

HOOD'S PILLS do not purge, pain or gripe out act promptly, easily and effectually. Zi couts,

R. R. R.

Colds, Coughs, Sore Throat, Influenza, Bronchitis, Pneumonia, Swelling of the Joints, Lumbago, Inflammations, Rheumatism, Neuralgia, Frostbites, Chilblains, Headache, Toothache, Asthma.

DIFFICULT BREATHING. tissment peed any on SUPER WITH PAIR
Radwny's Ready Relief is a Sure Cure for
Every Pain, Sprains, Braises, Pains in
The Back, Chest or Limbs, It was the
First and is the Only PAIR

That instantly stops the most exeruciating pains, allays inflammation, and curse Congestions, whether of the Lungs, Stormach, Howels or other glands or organs, by one application. of the Lings, Mornach, Rowert of a fumbler of water gans, by one application.

A half to a temperourful in holf a fumbler of water will in a few minutes core Cramps, Spaams, Sour Mornach, Hearthura, Newminness, Sleephesiness, Sick Headache, Diarrhoes, Preentery, Jolic, Flatulency and all internal pains.

Bilious and other fevers, aided by RADWAY'S PILIS, so quick as RADWAY'S READY RELIEF, Fifty cents per bottle. Sold by Druggists.

. BE SURE TO GET RADWAY'S. PENSION Washington, B. C. Successfully Prosecutes Claims, Late Principal Examiner U. S. Pension Biffeau



MRS. P. J. CROMWELL, WORLD OF JOY IN FOUR WORDS!

Two Bottles Cured Me!" ANA SARSAPAHILLA CO.:
NAM SUM - For pure 1 have been tempted in Historical Market and Market by Trouble. Noting second to help no managing until 3 ried.

DANA'S SARSAPARILLA

This certifies that I know the above Mrs. P. J.

This certifies that I know the above Mrs. P. J.

Those were I your care vely in

The work I will be above of the Peace.

L. McKelk, distinct of the Peace. Dana Sarasparilla Co., Belfast Males.

CHILD BIRTH ... · · · MADE EASY!

" MOTHERS' FRIEND " Is a scientifically prepared Liniment, every ingredient of recognized value and in constant use by the medical profession. These ingredients are combined in a manner hitherto unknown

WILL DO all that is claimed for HAND MORE. It Shortens Labor, Lessens Pain; Diminishes Danger to Life of Mother and Child. Book to "Morness" mailed FREE, containing valuable information and voluntary testimonials,

Sent by expression receipt of price \$1.50 per bottle BRADFIELD REGULATOR CO., Atlanta, Ca. SOLD BY ALL DRUGGISTR



It is very common to hear dairy exbounders advocating making land very rich to grow cow food. Now it is within our experience that corn is about the only plant that can feed grossly on heavily manured ground, and who bring away a certain amount of the waste or rankness from the manure, so that a cow well fed otherwise will not refuse to taste it. Take grass grown on very rich ground and only the half starved cow will eat it. On the contrary she likes the short, sweet grass that grows on rolling hills kissed by the sun, without shade or manure to assist it .- New York Inde-

ATTENTION TO DETAILS.

Careful attention to details very often is the turning point between a profit and This is more noticeable where a loss. competition is strong in the farming line, while prices are low and fluctuat ing. Hence make the best use of each Have the men do some work that tells to advantage. Do not let crops go to waste, but secure them promptly when matured, look after the stock while at pasture, give the work animals healthy food, feed regularly, and do not water when too warm. If the harness, vehicles or machinery have any weak points, repair in time and do not wait until a break occurs that may cause hours of lost time in a busy season. Keep the fences n good repair, thereby saving your own crops and keeping on good terms with your neighbors. Sell crops and stock when a fair price can be obtained. If a neighbor has stock for sale cheap and you have the pasture, or feed, to still further add to its value, then make a deal. Trading sharpens the wits, and makes one more observant of honest opportunities .- Americau Agriculturist.

It is never out of place nor a waste of time or money to drain wet land. Without proper dramage there can be no surely successful agriculture; and in very many cases too much dependence is placed upon natural drainage. It is doubtful if there is any soil that cannot be somewhat benefited by under draining. If dry, the drains let in the air, from which the cooler earth abstracts the moisture to the benefit of the crop; if wet, they furnish an outlet for the surplus mois-ture and this benefits the crop. For it is an undeniable fact that either too little or too much moisture is injurious. If too little, there is no circulation of water in the soil and the plant not only suffers from thirst, but starves for want of liquid containing available food; if too much, the plant takes up too much water and it is too weak in nutriment to furnish sufficient food, so the plant literally both drowns and starves. Hitherto very little attention has been paid to the circulation of water in the soil, but it is found that this is one of the most important considerations in the growing of a crop and is beginning to receive earnest attention from leading scientists .- Mirror

ECONOMY IN PERDING CORN.

The science of feeding has made greater progress during the past twentyfive years than has been made in any other department of science. There is no kind of feed of which this is more than of corn. There is much less waste of corn now, and the ration is merely to be so balanced with other foods as to produce the best results. is hardly too much to say that of the old-time corn feeding fully half was either wasted, or worst still, was so fed as to do quite as much harm as it did good. We have often heard of young pigs stunted and their digestion ruined for life by too early and exclusive feeding of corn. Probably one reason why breeding sows so as to let them farrow in the spring has become popular, was because at this season corn was apt to scurce and not fed so liberal as in the fall. With a whole summer's run in the pasture and fed on swill with little corn, the pigs by the time they were six or seven months old could be fed freely

with corn without injury. By feeding more wheat bran and milk feed to all young animals, a considerable proportion of corn may be given with great advantage. Both are much better for all animals than either alone. It is often thought that full-grown fattening hogs do bast with nothing except corp. If laying on fat to be converted into grease or lard be the object this may be true. But a much better quality of pork for the present demand is made by giving even to fattening hogs a small proportion of bran or middlings and also a few roots. These will be cateu as a change of feed. Appetite will thus be kept up, and perhaps as much corn eaten or even more than if it were an exclusive diet.

The effect of a large feeding of corn to much cows in causing a tendency to fatten rather than to give milk is well understood. But it is none the less true that some corn meal may be fel every day to cows that have a large proportion of succulent food with good results both in amount and quality of milk. Much sowed or drilled corn when put in too thickly to ear is not rich enough without reinforcement with corn to furnish carbon and fat, and also more of the strength-giving elements than are found in cornstalks alone. As often made from stalks of sowed or drilled corn the ensilage is too watery and unnutritious. More corn either in the sile or added to the silage when fed is the cheapest and easiest way to correct this deficiency. This is especially important in cold in weather, when succutent food of any kind is apt to become a cold mass, chilling the stomach and needing the addition of extra carbon to maintain

mimal heat .- Boston Cultivator.

POULTRY KEEPING FOR BEGINNERS. Where the premises are limited, a house six by eight feet inside, may accommidate ten or twelve fowls, and a yard ten feet square will do, in connection with it, but a larger house and a targer yard are much better wherever they can be provided. Both house and and commeal made into a much with yard must be kept clean, there must be sunshine in the house, and both sunshine and shade in the yard. An earth | each meal,

WHER RICH LAND IS NOT RECESSARY. | floor is best for the house, but if a board of cement floor is used, keep it covered an inch deep with sandy earth, renewing the same every four weeks in summer, and two or three times during the winter. Cover the sides of the house inside with tar paper, such as is used for roofing, or else if board sides are used, a cost of whitewash is necessary at least twice a

Nest boxes should be put in a dark corner, and an excellent way to make them is of wood covered entirely with tar paper tacked on. Put fresh straw into the nests every two weeks in summer, and every month in winter. The perches should be of wood two inches wide, covered entirely with tar paper, and hung from wires overhead. The object of using tar paper and the wire hangers is to lessen the number of harboring laces for lice; they will never be found where tar paper is freely used.

Sprinkle with dry lime, dust the floor of the house, the nests and perches once in two or three weeks in summer, and two or three times during the winter. Also sprinkle the yards with lime about once a month during the summer. Lime is also an excellent powder to rub into the feathers of the fowls, if, in spite of all precautions, they become infested with vermin. Lastly, lime being an Important element in the composition of egg shells, it can be thus constantly and readily obtained by the hens. Soft shelled eggs will be almost unknown, if lime is used as above directed. The occasional use of a little kerosene oil on the perches, and in the nest boxes, will add to their freedom from lice-kerosene is also a tolerably sure cure for scales on the legs. If a fowl is thus afflicted, have some one hold it by the wings, then hold the leg out and slightly upward, by the toe nail, and pour kerssene all over the foot and leg from the toes to the body.

Yards used by fowls must be spaded up about once a month in the summer. Also, at least twice a year, the earth in the yard, and in the house-if it has an earth floor-should be removed to a depth of six inches, and fresh earth substituted. If fowls are practically confined in yards all the time, they must be supplied with plenty of fresh green food, such as weeds, grass, vegetable tops, etc. If possible, let them out for an hour or two each day for a run in an adjoining grass plat during the summer. Fowls, having a free range over a pasture, or other land, witl do fully as well if kept confined in the yard until nearly noon each day, letting them out for the rest

of the time. Fowls will eat all table refuse, grains, meal mush scalded and mixed with other foods, various kinds of green stuff, in fact, almost everything that can be eaten by any living creature. If they are confined in the yard nearly all day and every day, they should have in summer a morning ration made of two parts of bran meal to one of wheat, wheat screenings, cracked corn, oats, oatmeal, corn meal, etc., varying the mixture as much as possible from day to day. A little salt, red pepper and powdered charcoal in this feed will be greatly beneficial. About four quarts of this mixed feed will do for twelve to fiftuen fowls. During the middle of the day give the table refuse in several installments, if possi-ble. Before sundown give a light feed of corn, oats, wheat, barley, or whatever grain may be convenient. In the winter, feed more of it, serving the breakfast bot.

In summer give fresh water at least twice a day, if the fowls have not access to a running stream. In winter they should have fresh water at least three times a day, as it soon freezes. Use shallow pans, with but a small portion of the pan inside their yard fence, the rest being outside, and all covered from the sun. All vessels used for food or water must be kept substantially clean. -American Agriculturist.

FARM AND GARDEN NOTES. The successful dairyman keeps no cows except those of good age.

A new variety of beekeepers is needed more than a new variety of bees.

Activity devoted to the useful honey bee is a good definition of happiness. The truly scientific boekeeper is modest. He is aware how little is positively

The nearer a man gets to his bees the less reason there is for his being afraid of them.

At no time should fowls be fed more than they will eat up clean in a few minutes.

He who tries to solve all the problems of beckeeping will find it takes a little longer than a lifetime.

Ensilage fed with a grain ration makes the kind of butter for which the public are willing to pay for.

The stuff made from cream by the use of black pepsin is a fraud. It will not keep. It will kill your butter trade. It is the opinion of a good many dairy-

men that ensilage is just as good for milk and butter as the best pasturage. As raised on the average farm, it will cost little, if any, more to raise turkeys per pound, than pigs, while the turkeys, whether sold alive or dressed, will bring

several cents more per pound. An experience of over twenty years in fattening sheep convinces Professor Roberts that it pays to have a regular system, to be followed as nearly as possible, in both feeding and marketing

Corn fodder is one of the most digestlble of plants used for cattle food. In careful experiments seventy-two per cent, of the dry, organic matter has been digested, as against sixty per cent. of timothy.

The feed of the turkeys should be gradually increased now, especially all those intended for market. In selling weight is an important item, and good feeding some time in advance is necessary to secure this.

When desired to fatten poultry quickly, nothing is better than feeding all the corn, whole, that they will cat at night sweet milk during the day, being care-ful to give them all that they will cut at

TEMPERANCE.

HE LOVED HIS PRELOW MAN.

Beside a flusty road that follows the Swannance River in North Carolina is a gate that
opens on a path learing to a spring that has
been walled with brick and protected by a
canopy. Beside the gate is a marble slab
bearing the picture of a drinking oup and
the following inscription:
Rein up, ye thirsty passer by.
As you are now, so once was i;
Stop short, alight, you're not the first.
Who at this spring has quenched his thirst,
Gird up your loina, drink once, drink twice;
Pass on and think of John S., sities,
For thirsty man be walled this spring,
And then for heaven did plums his wing;
He asks no thanks—his life's long span
Proves that he loved his fellow man.

A FATHER'S INFLUENCE. Some years ago a young man had become addicted to the use of strong drink; his father also drank. A neighbor, who had become interested in the boy, labored with the father, suggesting that for the son's make the father replied. "What, shall I deny myself for that cuss!"

for that caiss? Some weeks ago I visited the son, now an old man. I found him ill, in bed, a mere wreck of what was once a strong body and a bright intellect. When I asked if he did not want a Saviour in his illness he replied, "I have often wanted a Saviour when in health."

I prayed with him.

He said "amen" that seemed to come from a hungering and thirsting soul, but one agonizing in the embrace of Hendish arms to whose care a father had committed this son in early and tender years, -Rev. G. F. Durgin.

Writing o. the physiology of tears in the Ascieplod Dr. h. W. Richardson sayst of Fears have their value in the life of mankind; they are of value not as tears, although their actual flow gives reliaf, but as signs that the grief courses are being relieved of their sensibility, and the nervous organization is being fitted to bear up against sorrow. Change of some, mental diversion and outdoor life are the best remajones for the teartu, but an opiate judiciously prescribed is often the sovereign remedy. Other narcotics are injurious. Alcohol, se often resorted to, is fearfully injurious. It disturbs and unbalances the nervous system, keeps up a maudin and pitiful sentimentality, and sustains the vell. Alcohol is the mother of sorrow. There are other narcotics which as similar the process of the resorted to. ALCOHOL VS, TRARS. the mother of sorrow. There are other par-cotics which are similar in effect, notably chloral; but an opiate given at night time, under necessity, not only soothes, but con-trols, and when prescribed so that the use of it shall not pass into habit, is a divine remedy.

FIVE ACTS OF THE BUS TRAGEDY. Rev. Dr. Talmage gives very concisely the five acts of the rum tragedy as follows:
Act L.—Young man starting from home.
Parents and sisters weeping to have him go.
Wagon pusses over the hills. Farewell kiss
thrown back. Ring the bell and let the cur-

Wagon prises over the hills. Farewell his thrown back. Ring the bell and let the curtain drop.

Act II — Marriage altar. Bright lights. Fail organ played. White veil trailing the aisle. Prayer and congraturations and excamations of "how well she looks." Ring the beil and let the curtain drop.

Act III.—Mi inight. Woman waiting for staggering steps. Old garmants stuck into the orosen win low-gane. Many marks of nardship on the face. Biting the nails of bloodless fingers. Neglect, crustry, disgrace. Ring the bell and let the curtain drop.

Act IV.—Tares graves in a very dark place. Grave of a calid who died from lack of malicine. Grave of a calid who died from lack of malicine. Grave of a wife wao diet of a brozen heart. Grave of instant and father who diel of dissinstion. Plenty of weeds, but no flowers. Oh, what a biasted heath with three graves! Ring the bell and let the curtain drop.

Act V.—A destroyed soul's eternity! No light, no music, no hope! Despair coiling around the heart with nautterable anguish. Biacaness of darkness forever!

Blackness of darkness forever!

HOW ALCOHOL APPECIS THE BRAIN. Alcohol affects specifically the brain. Alcohol affects specifically the brain John A. Holisiday, of Troy, N. Y., writes of being present at the auto sy of a noted cid "rounder" of that city, a few weeks ago. The dead man was about sixty years old, and had been a dransard for forty years. He says: "When the surgeon's saw had cut off the man's skull the olor of alcohol that filled the room was strong enough to sicken one. Then one of the surgeons struck a match and held it close to the brain. Immediately a bine flame enveloped the entire portion of the cereoral organ exposed and portion of the cereoral organ exposed and the quivering fish sizzled as if on a grid-iron." He aids: "That experiment and disclosure set me to very seriously thinking about the error of my ways. I am not a temperaral lecture me. emperance lecturer nor a prohibition poli-

tician, but I must most respectfully and firmly decline your invitation to have something. I don't want my brain to float around in a sea of alcohol, as did that or the poor old town drunkard of Teoy." Such an object teem object-lesson, ghastly and startling may well suffice to make any one thoughtful con-cerning the use of alcoho!. Of course the case cited is extreme and unusual, but there is no doubt that alcohol has a special affinity for the human brain, and that the beyerage use of it is always attended with danger proportionate to the quantity and frequency —National Temperance Advocate.

TEMPERANCE GROWING.

Higher up in society it is a noticeable fact that on occasions of great public excitement, as at political conventions, horse races and other meetings where both sexes mingle and spirits are used freely, intox-cated women are rarely seen. The same is true in society, on the street, at the theatre and other public places.

Within a few years wines have been gradually disappearing from the social boards and society begins to frown ou any excess manifest in public. These and other facts sustain the belief that American women are becoming more and more temperate.

it is the common observation of both specialists and family physicians that ineurists women are concealed often as skeletons in the households, and that strong efforts are constantly made to cover up their personality. Associated with the use of spirits is an increasing dread of exposure and a shrinking from society, and even from relatives and friends, and also a disposition to retreat behind the mask of various nervous diseases.

When spirits are used for any length of time the disorder takes on a periodical form in which hysteria and other emotional symptoms are prominent. It may be said to be a rule, to which the exception brings ample proof, that the use of alcohol in women very soon merges into drug tasing, and the spirits are abandoned."—New York Journal. it is the common observation of both

TIMPERANCE NEWS AND NOTES. Rum is made from the refuse of sugar,

Many a man has been betrayed by a kiss after taking a drink of whisky. About 6200 intoxcints of different kinds are known to custom house officials. In the southern provinces of Russia a drink resembling brandy is obtained by dis-tilling the juice of water melons.

In ten years Russia produced ever sight million gallous of pure alcohol. The twenty million bushess of grain used for this would have prevented the territols families and bestilence which has devastated that countered the countered of the countered that the countered of the cou The liquor dealers of Waltham, Mass

have decided to with low all their funds, amounting to about \$15,000, from the local National Balis, the officers of which were prominent in the no-license agitation this fell.

A Chicago paper bids its readers not to be downcast at the prospect of an increase of the whisty tax. It comforts them with the assurance that it will take a long time to work up the price of alcohol, burnt sugar, fusel oil and water

The Woman's Columbian Association of Northern Onto, said to be one of the best in the whole circle of associations of the kind, has called to its presidency Mrs. Mary B. Ingham, of Cleveland, a waits-ribboner and isalor of the tampurance crusale in that city in 1874. city in 1874. The Zurich (Switzerland) society for com-bating the alcohol hardt has circulated an appeal on the continent pointing out the mangers which manage the future of Europe through the use of intoxicants, and calling upon the people to show their patriolism by becoming abstainers.

THREE TROUBLES.

Three things which all workingmen know give the most trouble in their hard-strain work are: Sprains, Bruises, and Soreness.

THREE AFFLICTIONS

Three supreme afflictions, which all the world knows afflict mankind the most with Aches and Pains are: Rheumatism, Neuralgia and Lumbago.

THREE THINGS to do are simply these

it,try it and be promptly and permanently cured by the use of use of

A Fortune for a Snowdrift.

"The most artistic swindle known to the history of the Colorado mining industry occurred three years ago this winter at Georgetown," said Richard Beauchamp. "Georgetown is up in the mountains and in the center of a very ich mining country. In the winter mow drifts hundreds of feet deep among the mountains and packs down very ard. Two old miners ran a tunnel into the snow at the base of a mountain listance of 300 feet, timbered it up sicely, plastered it with mud, and at the ar end piled a quantity of very rich quarte. Then they went down to Denver and became acquainted with a couple of wealthy Englishmen, who had just some over to look for an investment for their spare cash that would pay a big livvy. They took them to Georgetown and showed them their tunnel and the El Dorado at the end of it. The tunnel, and it been really into the rocky mounain, would have represented thousands of dollars. The Englishmen were tharmed with it and the prespect. They sought up the claim for \$80,000 spot ash, and went East to contract for quartz mill machinery. When they reurned in the spring there was nothing eft of the tunnel but the woodwork and wagon load of quartz at the end. It was the most ridiculous sell ever known, und the most successful."-St. Louis Blobe-Democrat.

In al! the Austrian Empire there are out 155 periodicals of every class.

Two Wonderful Grapevines. There is a wonderful grapevine at Gallac, a town of Southern France. Although the plant is only ten years from the cut-ting, it has yielded as many as 1287 bunches of fine fruit in a single year. There is but one other vine in cultivation that is known to excel this prolific shrub, and that is the historical vine at Hampton Court, England, which was planted in 1768. In one year this noted vine has borne 2500 bunches. The fruit

Searchy of Codfish.

from this vine is kept for the exclusive

use of Queen Victoria and her house

hold, the surplus being made into wine for the same purpose.—St. Louis Repub

Codfish are getting scarcer and scarcer every year. They used to be as thick as herrings on the Newfoundland shores, but now they are seldom found in this part of the world. They may be plentiful enough in the deep ocean now, but are not easily taken by bait, and there fore are seldom caught by deep-sea fish-ermen. Cod are found on European and African coasts, but as far as this part of the world is concerned in fifty years they will be practically extinct .- Chicago Times.

Professor Agassiz once said that his life had been such A busy one that he never had found time to get rich.

W. Baker & Co.'s Breakfast Cocoa is anted absolutely pure, brecommended by just physicians for its highly nutritive, im, is unsurpassed as a dedicious beverage the, is unsurpossed as a delicious beverage, and is also the most economical, but it costs less than one cent a cip. Unlike the Dutch process, no alkalise or other chemicals are used in any of heir preparations.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is cotarrh, Hail's Catarrh Cure is the only positive cure new known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional disease, requires a constitutional reatment. Hail's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for its of testimonials. Address F. J. Chenkey & Co., Toledo, O. \$100 Reward, \$100.

Use Brown's Browniat. Thoches for Coughs, Colds and all other Phroat Troubles.— "Pre-eminently best." Rev. Heavy Ward Beecher

We cat too much and take too little out-door exercise. This is the fault of our modern civ-ilization. It is claimed that Garrield rea, a simple herb remedy, helps Nature to overcome these abuses. Nantahala. \$100 per hare. Every 2 shares a cures a town lot. Fortunes in the South. Sen Sc. for prospectus. A. J. McBride, Atlanta, Gr

ROYAL PASSAR

1000

per ct. difference. Royal Baking Powder

Strongest, Purest, Most Economical

As to whether any of the baking powders are equal-to the "Royal," the official tests clearly determine. When samples of various baking powders were purchased from the grocers, and analyzed by the United States Government Chemists and the Chemists of State and City Boards of Health, the reports revealed the fact that the "Royal" contained from 28 per cent. to 60 per cent. more leavening strength than the others, and also that it was more perfectly combined, absolutely pure, and altogether wholesome

As most of these powders are sold to consumers at the same price as the "Royal," by the use of the Royal Baking Powderthere is an average saving of over one third, besides the advantage of assured purity and wholesomeness of food, and of bread, biscuit and cake made perfectly light, sweet, and palatable.

The official reports also reveal the presence, in other powders, of alum, lime or sulphuric acid, by which their use is made a matter of grave danger to the consumer.

· Whenever a baking powder is sold at a lower price than the "Royal," or with a gift, it is a certain indication that it is made from alum, and is to be avoided under all circumstances.



ONE ENJOYS

Both the method and results when Syrup of Figs is taken; it is pleasant and refreshing to the taste, and acts gently yet promptly on the Kidneya, Liver and Bowels, cleanses the sys-tem effectually, dispels colds, headaches and fevers and cures habitual aches and fevers and cures habitual constipation. Syrup of Figs is the only remedy of its kind ever produced, pleasing to the taste and acceptable to the stomach, prompt in its action and truly beneficial in its effects, prepared only from the most bealthy and agreeable substances, its many available and its effects. many excellent qualities commend it to all and have made it the most popular remedy known.

Syrup of Figs is for sale in 500 and \$1 bottles by all leading druggists. Any reliable druggist who may not have it on hand will procure it promptly for any one who wishes to try it. Do not accept any substitute.

CALIFORNIA FIG SYRUP CO. SAN FRANCISCO, CAL. LOUISVILLE, KY. NEW YORK, M.K.

German Syrup

Regis Leblanc is a French Canadian store keeper at Notre Dame de Stanbridge; Quebec, Can., who was cured of a severe attack of Congest-ion of the Lungs by Boschee's Ger-man Syrup. He has sold many a bottle of German Syrup on his personal recommendation. If you drop him a line he'll give you the full facts of the case direct, as he did us, and that Boschee's German Syrup brought him through nicely. It always will. It is a good medicine and thorough in its work.



Sold by Grocers everywhere. W. BAKER & CO., Dorchester, Mass Garfield Tea

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nk Erasing Pencil. Agents making \$50 per week. MONROE ERASER MPG. CO., X 150, La Crosse, Wia. PATENTS Washington, D. C. OPIUM to 30 days. No pay till care

GOITRE J. N. KLEIN, Bedeville, N. J.

PISO'S CURE FOR consumptives and people on have week lungs or Asth-ahould use Piso's Cure for a numption. It has sured CONSUMPTION.





SYNU-1



Diabetes, La Grippe,

Impure Blood. General Weakness,

and a disinclination to all sorts of work. At Druggists, 50c. Size, \$1.00 Size. Da. KILNER & Co., BINGHAMTON, N. Y.

Ask for, and insist upon having Li. DOUGLAS SHOES, None gen-nine without W. L. Bouglas name and price stamped on bottom. Leek A sewed shoe that will not rip; Calf, seamless, smooth inside, more comfortable, stylish and durable than any other shoe ever sold at the price. Every style. Eq made shoes costing from \$4 to \$5. Equals custon The following are of the same high standard of merit:
4.00 and \$5.00 Fine Calf, Hand-Sewed.
51.50 Folice, Farmers and Letter-Carriers.
52.50, \$3.35 and \$2.00 for Working Men.
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