Best Position for Healthy Sleep.

A doctor writing in a medical paper says: "An immense number of people sleep on the left side, and this is the most common cause of the unpleasant taste in the mouth in the morning, which is generally attributed to dyspepsia. If a meal has been taken within two or three hours of going to bed, to sleep on the left side is to give the atomach a task which is difficult in the extreme to perform. The student of anatomy knows that all food enters and leaves the stomach on the right side, and hence sleeping on the left side soon after eating involves a sort of pumping operation which is anything but conducive to sound repose. The action of the heart is also interfered with considerably, and the lungs are unduly compressed. It is probable that lying on the back is the most natural position, but few men can rest easily so, and hence it is best to cultivate the habit of sleeping on the right side."

Several thousands of hairpins, in many styles, have been recovered from Pom-

A car brake has been patented that operates not on the wheels but on the

Sufferers from Dyspepsia Here's Something for You to Read

Distress in the Stomach CURED by HOOD'S.



Miss Jennie Cunningham

"When I began taking Hood's Sarsaparilla I could cat nothing but very light food, with out having terrible distress in my stom ch. 1 good. Before I had taken I bottle of Hood's I

HOOD'S Sarsaparilla

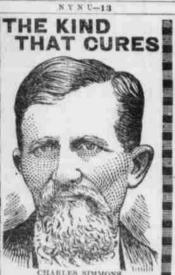
dyspepsia like Hood's Sarsapacilla. My appo excellent, and my health is very much better than for years." Miss JEN NIE CUNNINGHAM, South Newcastle, Me.

HOOD'S PILLS cure Constitution by restong the peristaltic action of the allmentary canal.

"August Flower"

I have been troubled with dyspep sia, but after a fair trial of August Flower, am freed from the vexatious trouble-J. B. Young, Daughters College, Harrodsburg, Ky. I had headache one year steady. One bottle of August Flower cured me. It was positively worth one hundred dollars to me—J. W. Smith, P.M. and Gen.

The positively worth one hundred dollars freezing point during the coldest pounds of potash, a gain to the farm of weather. Many writers advocate the 40 pounds of nitrogen and 4 of phosphore of the pounds of nitrogen and 4 of phosphore of the pounds of nitrogen and 4 of phosphore of the pounds of nitrogen and 4 of phosphore of the pounds of nitrogen and 4 of phosphore of the pounds of nitrogen and 4 of phosphore of the phosphore of the pounds of nitrogen and 4 of phosphore of the phosphore o used it myself for constipation and dyspepsia and it cured me, It is the corn will be earlier. Be this as it may, be \$5.19, on the basis of their fertilizbest seller I ever handled—C. Rugh, the best seed corn cannot be secured in ing values Druggist, Mechanicsburg, Pa.



A MARVEL IN COHOES! Kidney and Liver Disease FOR 15 YEARS, CURED BY 3 BOTTLES!

DANA'S SARSAPARILLA

and I feet like a new man. I recommend it is any and tool with classes of the Kid-leys. Vones reported. CHARLES SIMMONS. The truth of the sieves is openful in by JASUN S. CALKINS. Dinguist of Cohors, N. Y.

Never purchase of a " SUBSTITUTER, " a person who tries to sell you something ise when you call for Dana's.) Our hot-Has are being filled with a COUNTERFEIT ARTICLE by "Substitutors." Buy of the HONEST DEALER who sells you what you ask for, and if you receive no benefit he will return your money.

Dana Sursuperillo Co., Beltust, Maine.

"MOTHER'S

is a scientifically prepared Liniment and harmless; every ingredient is of recognised value and in constant use by the medical profession. It shortens Labor, Lessens Pain, Diminishes Danger to life of Mother and Child. Book "To Mothers" malled free, containing valuable information and voluntary testimonials.

ADFIELD REGULATOR CO., Atlanta, Sa. Sold by all draggists.



It is the practice of good farmers to feed either ashes or wood coal to fattening bogs, especially those fattened with Such hogs often suffer from indigestion, and the alkali corrects the sourmess of stomach which is always prevalent when digestion is interfered with. It is possible that coal or ashes may in killed in a few weeks, permanent lessening of digestive power does not much matter.—Boston Cultivator.

STAWBEBRIES.

It is not so much to keep the plants from freezing that they are covered in winter, but mostly to keep the water from washing the dirt from their roots. Plants are never thrifty unless well rooted. They are more likely to have their roots disturbed when planted on a slope where the water from melted snow and rain runs down in streams. Suitable covering will keep the soil unbroken. Coarse hay or straw is a good covering. It is customary to remove such in the spring, but the question has been asked why i posed to benefit the plants in summer, as t will wash into the soil and increase its ertility, and also keep the berries out of the dirt .- Mexican Farmer.

CHEESY TASTE OF BUTTER.

The cause of a cheesy taste in butter is the buttermilk that remains in it and which quic'tly acquires the flavor of cheese. It is indispensable that all the milk be got out of the butter by the most careful washing with cold water, the colder the better, and brine is better than water, because the salt makes the water form of small grains the churning is stopped and cold water is poured into the churn. This is better than drawing off the milk at once without the water, as the water thins the milk and makes it easier to separate from the butter. The butter grains also separate more easily in the thinner liquid and float to the top. and the smallest of them are not so apt to escape from the churn. When the \$1.96 per day or \$700 a year, milk an i water are drawn off, clear

SELECTING SEED CORN. Many good farmers select the seed for

thoughtless or perhaps careless concerncomes they go to the crib for it. This season, owing to the wet weather, much 20,000 tons. Plants now in use are also corn was planted very late, and the to be enlarged. probabilities are that should there be severe cold weather early during winter it will be found, when too late, that a garded. According to the experiments large per cent. of the corn in the crib a ton of oats sold from a farm will fail to germinate. This being true carried away on au average of 37 all corn growers should see that they secure an abundant supply of seed corn before severe freezing weather and store A ton of dried brewers' grains would the same in a dry room where the tem-perature will not fall at all below the 19 pounds of phosphoric acid and 2 gathering of seed corn from the earliest phoric acid, and a loss of 10 pounds of ripening stalks, on the theory that the potash. The net gain, however, would this way, says a writer in Western | That the brewers' grains are a whole-Farmer. The proper time, and the only some, nutritious and palatable horse proper time, to select is when the corn feed, and may be substituted for oats is husked. Let the husker keep all the with a decided saving in the cost of the best ears separate from the remainder of ration, is proved according to the exthe corn by fastening a box that will periments. The substitute is to receive hold a bushel or two somewhere about a further trial by New Jersey farmers. the wagon in which may be placed the New York Times. the box is emptied and after a more critical examination the very best ears are secured for seed. This method takes very little trouble, and you are sure that your seed corn will grow when planting time comes. I think many times that corn thus selected makes a more vigor- be wasted. ous start and is less liable to rot after planting than corn taken from the crib. Furthermore, by a careful selection of seed it requires but a few years to establish your own ideal corn.

BEES AND HONEY.

A writer in the American Bee Journal is satisfied that bees usually examine and select the place where they intend to locate, either before swarming or while clustered before their second flight, as he has caught several swarms within the past two years by placing hives with a frame of empty comb in a conspicuous place. In nearly every instance he saw a few terday are seldom repeated. bees going in and out of the hive one or two days before the swarm arrived, and the swarm when it came went directly to the hive and alighted upon it, going in very quickly. None of the bees were swarms from his own hives, being black bees, while his were nearly pure Italians.

A beau-grower and beekeeper in the Santa Clara Valley, California, moved his bees into the beaufield when other sources of hency failed, and got from the bean flowers a good crop of first class honey that did not cost a bean. Perhaps other to visit. The beans are a profitable crop of themselves, but when the honey value

is added there should be a large profit. Those who have the movable frame hives, but do not use the comb founds- the same. Why not keep the best? flon, are often troubled by having the bees build across the frames instead of upon them, thus making it no better than the ordinary box hive. It is said that this can be entirely prevented by cover-ing the under side of the top piece of the frame with melted beeswax, as the bees will build upon that line of wax. The hives should stand level, to have the

combs true in the frame.

Bees often begin to breed before there is any polien on the flowers if standing too much exposed to the sun in the warm apring days, but it is better to keep them back a little longer, even if it be necessary to shade the hives upon such days. Larva batching so carly cannot be propBUITABLE POR CATS.

Some interesting feeding experiments have been made recently with horses at the New Jersey Agricultural Experiment Station at New Brunswick by Acting Director James Neilson, Professor Edward B. Voorhees and Louis A. Voorbees. The experiments were to compare the results of feeding dried brewers' time injure digestion, just as soda or sal- grains and oats. The experiments eratus in food injures the digestion of proved, it is said, that the brewers' people. But for a hog that is to be grains furnish a more economical food with equally satisfactory results.

The dried grains were cheaper pound for pound than the cats, and being richer in the valuable nutrients, proteine and fat, permitted of a material reduction in the cost of the ration. The work performed by the horses was quite as great and their health and vigor quite as good as when oats constituted the main part of the ration.

Dried brewers' grains have been for some time used as a food for milch cattle. Outs are not regarded as a highly profitable crop in this State and are raised almost entirely for horse

Horses on the New Brunswick City Railroad were chosen as the subjects of the experiments. Eight horses were Four were fed a ration of hay, wheat brau, corn, and brewers' grains while oats were substituted for the dried grains with four others, the total weight of each set differing only by ten pounds.

The experiment continued for three months. At the end of that period the average increase in weight of the horses fed with eight pounds of brewers' grains per day was forty-five pounds per horse. while, with a like quantity of oats, it was 37.5 pounds per horse.

A veterinary surgeon who carefully watched the horses found that the horses fed on the grains were as healthy as he When the butter appears in the had ever known them to be. The daily trips of six miles each.

The cost of the dried grains per ton

was \$18, while that of the oats was \$30, or the saving per day by the use of the grains 4.9 cents per horse. This saving, while appearing small, in the aggregate means considerable. It applied to forty horses, it would represent a saving o

water is poured into the churn, and the butter thoroughly washed, until the water pours off perfectly clear. An ounce of fine salt is enough to a pound of bufter, unless much of it is wasted in the mixing, but only the finest quality of salt is to be used,—New York Times.

The brewers' grains are a by-product from the manufacture of malt liquors, and consist of the residue from the extraction of the germinated grain, usually barley, with hot water. Their value depends upon the large amount of fatty and albuminous matter that they contain. Schemes have been devised to Tae brewers' grains are a by-product tain. Schemes have been devised to remove the water they contain when discharged from the brewery. When thoroughly dried they can be shipped withnext year's corn crop in autume. All out difficulty to an unlimited distance. farmers should do so, but too many are The plants engaged in drying the grains out difficulty to an unlimited distance. aggregate in capacity at present 15,000 ing this matter, and when planting time tons a year, and more are in process of construction with a claimed capacity of

The value of the fertilizer constituents contained in the feeds is also to be rea ton of oats sold from a farm pounds of nitrogen, 15 pounds of phos-phoric scid, and 12 pounds of potash.

FARM AND GARDEN NOTES. Too much corn will not give eggs. Hens will thrive best if given plenty of room.

Ducks eat much that otherwise would Geese nearly always begin to lay and hatch early.

Hemp or sunflower seed will give gloss to the plumage.

Use plenty of whitewash about the hen louse and put it on hot. A fellow is never too late to learn,

especially if he begins late in life to sell sugar for honey. A blush on the face of the sugarhoney man should not be taken for a sign

of embarrasament. It is the beekeeper who investigates who progresses. The conditions of yes-

It is a common fallacy for a man to consider his neighbor's business more congenial and profitable than his own. Young stock do not often fail to pay a

profit upon what they consume.

stock are pretty sure to do exactly the opposite. If you would establish a market for your honey first create a confidence in your honesty and ability to furnish first-

class, absolutely pure honey. How can there be any doubt as to beekeepers might take a hint and plant whether beekeeping pays, when bees a field of beans on purpose for the bees board themselves, and in any ordinary season furnish a surplus of honey!

> No matter what kind of an animal is kept the value of the feed and of the work necessary to feed and care for is The beginner in beckeeping should not go into the business with an idea that he

> can learn it in a day. Three or four days are necessary, and three or four years are better. It is not how much honey the beekeeper sells nor the per cent. which he makes, but the relation which his expenses bear to his receipts which deter-

mines his profit.

The largest single span of wire in the world is used for a telegraph wire, and is stretched over the River Kistuah, between Bezorah and Sectanagrum, India. It is over 6000 feet long, and is stretched. from the top of one mountain to another.

TEMPERANCE.

My boys, come listen while I teach
A lesson true as truth,
A lesson that you all should learn
By beart in early youth.
That hapless home can cheer,
Where but five cents is spent for bread
To fifty cents for beer.

The wife and mother, though she be
As patient as the best,
Wears on her face a look that tells
Of nights unknown to rest.
The children shiver oft with cold;
And tremble oft with fear;
Where but five cents is spent for bread
To fifty cents for beer.

The bolidays bring but fresh grief, Fresh want, and added care. And while, around it, happy songs And laughter fill the air, The sound of curses, sighs and sobs Is all that one can hear Where but five cents is spent for bread To fifty spent for beer.

And boys, I beg you, lot my words
On fruitful soil be sown,
So when you've left your boyhood's days
And are to manhood grown,
No one can speak of home you've manhood grown,
As places poor and drear,
Where but five cents is spent for bread
To fifty spent for beer,
—Sacred Heart Review,

A SENSIBLE BISHOP.

The Catholic Club in Coiu abus, Ohio, went to the wall because Bishop Watterson could not consent to the existence of a bar or buffet. "I sincrely regret," said the Bishop in a public ser-nor, "that the liproject has fallen through, but if the sail of liquor was essential to the success of the club I rejoice at the failure. A buffet would or would not pay. If it did not pay, too little liquor would be sold to make it worth having. If it did pay, too much liquor would be sold to make it worth having.

A SOLEMN WARNING.

A SOLEMN WARNING.

Take the advice of one who has seen some of the playmates of his youth make their selection, follow their pattern and land in a drunkard's grave, while others shuned the vile stuff in all its forms and are now occupying positions of honor and trust. Whatever you do, or don't do, my boy, swear by all that is good, true and noble, that so long as you draw breath it shall not be tainted with that which will eventually rob you of mind, money, body and soul, and leave you a stranded wreck on the shoreless cean of eteruity, beyond the reach of a mother's prayers or a father's advice.—Dansville (N. Y.) Breeze.

ALCOHOL AND THE HEART.

ALCOHOL AND THE HEART.

The nerve fibers are especially deteriorated by alcohol, and show by the disturbed action on the brain the severe efforts they have made to maintain their normal condition; the enfeebled, disordered lives also indicates the curity tax that has been made on its energies to expel the intruder; but the result of each encounter with the poison of alcohol is especially manifested in an irregular throbbing and increased activity of the great muscular organ of life, the heart. Nature here summons all her reserve force to overcome the acrid poison and repair the loss occasioned by the severe tax and tension put upon it in trying to resist the baneful effects of alcohol.—Demorest's Pamily Magazine.

A RESOLUTION QUICKLY PORMED.

A RESOLUTION QUICKLY FORMED.

"Ien months ago I quit drinking and since then not a dram of liquor has passed my lipe," said Frank Lawier, ex-Representative from the Second District of I'linois, recently to the Washington News.

"It bappened at that time that a prominent temperance advocate, with whom I was intimately acquainted and whose wife had recently died, called at my house. He was more intoxicated than any man I had ever before seen and was a specimen of the utmost human degradation.

"The sight made such an impression on me that I said to my wife; 'Jaa, if whisky does that for him, it's likely to do the same for me some day."

"Toe resolution never to drink liquor again quickly formed in my mind, and from that hour I have not touched it. It was pretty hard at first, as I made a good many speeches during the campaign through the mining district of my State, but, aithough I've had to resist a great deal of coaxing from the boys, I'm all right so far."

THE AWFUL DRINK TRACEDY. President Garry, of the New York Society for the Prevention of Cruelty to Children, in his annual address, which appears in the society's eighteenth report, gives the following pathetic case as an illustration of the beneficient work of his society, and it is also a striking illustration. dety, and it is also a striking illustration the degradation and suffering involved in the drink habit:

of the degratation and suffering involved in the drink habit:

'it was a cold, blear night just before Thanksgiving Day. A woman, meanly clad, and bearing the marks of dissipation upon her face, wandered into a saloon in Elizabeth street in this city, with a small boy clinging to her hand. She had known better days, had struggled against poverty, had sacrificed herself in order to support her child. And she turned in out of the cold with the boy, into the only place of refuge she know, to try and find either some friend who would give her the means to sleep with her child in a cheep lodging house, or else find out what might be done for him. Down the Bowery, in the bitter cold they had walked for hours, seeking shelter, and she had only that morning taken the child to the police court, and told her pititul tale to the justice. Her husband had died four years previously, and she was a widow with two children, the boy and a girl. This society had cared for the girl and placed her in a home. 'Johnny and I are starving, Your Honor,' she said, 'and I want you to put him where he will be warm.' The usual order was made on this society and given her. She put it in her pocket, went back to the saloon with the child, sat down, turned to the bystanders and said: 'My boy is safe; I am going to put him in a home, and little Johnny will be taken care of now.' Then she fell back in her chair and died!



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 Kidneys, Liver and Bowels, cleanses the sys-tem effectually, dispels colds, head-aches and fevers and cures habitual constipation. Syrup of Figs is the only remedy of its kind ever pro-duced, pleasing to the tests and seduced, pleasing to the taste and acceptable to the stomach, prompt in its action and truly beneficial in its effects, prepared only from the most healthy and agreeable substances, its many excellent qualities commend it to all and have made it the most

popular remedy known.

Byrup of Figs is for sale in 50c 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. substitute.

CALIFORNIA FIG SYRUP CO. LOUISVILLE, RY. NEW YORK, N.Y.

Cut the Pennies in Two.

How many collectors of coins know anything about the curious half-pence issued centuries ago by English authorities, half-pence in the truest sonse of the words, since they were nothing more than minted pennies cut directly in halff Specimens of these coins have been discovered frequently among the buried treasures which from time to time have been uncarthed in Great Britain. In Lancushire in 1840 were found a rare lot of coins, among which were several pennies of the time of Alfred and Edward divided in this way.

Similarly divided pence of the time of Edward the Confessor have been found, and in speaking of the discovery in 1833 of a number of these curious haltpence of the time of William the Conqueror, an unquestioned authority states that they were probably issued from the mints in that form, since the whole col-lection had evidently been in circula-

In the British Museum in London are specimers of these divided coins issued under various monarchs from Alfred to Henry III., with the latter of whom the custom ceased. An eminent archæologist accounts for the divided coins by saying that this doubtless arose from the scarcity of small change, which was in part somedied under the reign of Edward I. by the coinage of half-pence and farthings .- Chicago Tribune.

Quail Eas ly Tamed.

Peter Landin has been in the habit of throwing out feed near his house for flock of quail during the winter. When the late storm commenced be put the feed under a box up against the house. The quail took shelter under the box, when Mr. Landen took them into his house, where they enjoyed the warmth to the full. One remained in the house for several days, refusing to go out and join the others until the storm was over. These quail are special pets of Mr. Landin, and wee be unto the person that molests them. Ho pets them so they will clean the thistles from his farm. Port Stanley (Wash.) Graphic.





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of everything in line of machiner's and supplies to butter and cheese factories. Send for ratalogue DAVIS & HANKIN BUILDING AND MFG. CO. 246 TO 254 WEST LAKE STREET. CHICAGO, ILLINOS.



WHOLE TACKS THE RIGHT SIZED TACKS FOR

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absolutily smooth. If quiring a size to be made in an inche more for the Rivers. They are atreas, touch another modern by the Rivers. They are atreas, touch anothe musicum a saveriest put up in touch.

Asle your dearlier for thress, or send side in sample for a box of 100, amortos steen. Man 10 by JUDSON L. THOMSON MFG. CO.,

OITRE CURED REND FOR CIRCULAR OPIUM to 30 days, No pay till cured in 1. DR. J. STEFMENS, Lebanon, Ohio German Soups.

Soups furnish a curious instance in Germany differs from other nations in the preparation of food. Milk soups, sweet and savory, chocolate almond soup and wine soup, soups, almond soup and wine soup, frothed lemon soup and beer soup, are among the number, while soups made of apples, pears, strawberries, currents and cherries are not uncommon. There are also a large number of fish soups, which bear a strong resemblance to the fish soups of the Russian kitchen,-De-

The product of hardware is the United States in 1888 amounted to \$970.000,000, as against \$100,000,000

Wanted. -0000 Pale People to buy 50c. Bot-tles of Forestine Blood Bitters of all deslars for 25c. Gives you Strength and Vigos with the Freshness of Youth.

"Remember that in Gardeld Ten you have as unfailing remedy for Indivestion, Sick Head ache and every attending ill that an abused stomach can make you suffer. Every druggle sells it. 25c., 50c. and \$1." For Coughs and Throat Troubles use BROWN'S HEOREMIAL TROCUSS.—They stop an atjack of my asthma cough very promptly. —U. Fulch, Mamietin, Ohio.

Royal Baking Powder Is Absolutely Pure

WHILE there are so many alum baking powders in the market, the use of which all physicians decide render the food unwholesome and liable to produce dyspepsia and other ailments, housekeepers should exercise the utmost care to prevent any powder but the Royal from being brought into their kitchens.

In the use of Royal there is an absolute certainty of pure and wholesome food.

The official State Chemists report: The Royal Baking Powder does not contain ammonia, alum, lime, nor any injurious ingredients. It is absolutely pure and wholesome.

The Government reports show all other baking powders to contain impurities. In the use of any baking powder but Royal

there is uncertainty if not actual danger.

It is unwise to take chances in matters of life and health



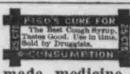
Worth Reading.

Mt. Sterling, Ky., Feb. 13, 1889.

F. J. Cheney & Co., Toledo, O.

Gentlemen:-I desire to make a brief statement for the benefit of the suffering. I had been afflicted with catarrh of the head, throat and nose, and perhaps the bladder for fully twenty-five years. Having tried other remedies without success, I was led by an advertisement in the Sentinel-Democrat to try Hall's Catarrh Cure. I have just finished my fourth bottle, and I believe I am right when I say I am thoroughly restored. I don't believe there is a trace of the disease left. Respectfully,

WM. BRIDGES, Merchant Tailor. SOLD BY DRUGGISTS, 75 cents.



you a ready made medicine for Coughs,

Bronchitis and other diseases of the Throat and Lungs. Like other so called Patent Medicines, it is well advertised, and having merit it has attained a wide sale under the name of Piso's Cure for Consumption.

s, with go on the market as a propriecompounding that prescription over a thousand times in one year, we want to be an advertise of the second way. The second way and the result way. The world is the result. Why is it not just as good as though costing fifty cents to a dollar for a prescription

and an equal sum to have it put up at a drug store?

"To Save Time is to Lengthen Life." Do You Value Life? Then Use

SAPOLIO

Garfield Tea Cures Sick Headache

PENSION WANTED TO D. C. Successfully Prospected Claigns. Interface of the Committee of the

MUST HAVE Assente AT ONCE, Sample for Sc. Stamp. Immense. Unriverited Only good one ever invested. Besite weights. Sales unpuralisis \$12 a days. Write golds. Bustans, Phila. Pa

