There are in Florida 600,000 cocoanut trees, whose fruit is all sent to the New York market.

Grand Haven, Mich., reports the teappearance of white fish in Lake Mishigan.

Hard Times.

* Politicians may debute and Congress may

fegislate, but there is one element of distress which makes the times very hard indeed, and that is a cold winter and physical suffering, Pains and nelics are not set down in any tariff list, and there is one reformer, St Jacoba Oil, that does not delay a prompt mure of such cylis.

Deafness Cannot be Cured

Deafness Cannot be Cared by local application, as they cannot reach the diseased poetion of the ext. There is only our work to cure Deafness, and that is by constitu-tional remedies. Dualne six cannot do y as the function of the matrices lining, of the function of the matrices lining of the function and when this tube gets to be function of the matrices lining and the statement of the matrices lining and the statement of the matrices lining of the statement of the matrices lining and the statement of the matrices lining and the statement of the matrices line inflam-stated has a statement of the statement of the statement condition, hearing will be cannot be condition of the matrices suffrage. We fighted the Hard Builder the seat of Deafness (cannot be cataerth) that only and the cannot be statement of the statement. Statement of the matrices is and the statement of Deafness (cannot be cataerth) that only and the statement of the statement of the statement of Deafness (cataerth Cannot Seat of the statement of Deafness (cataerth Cannot Seat of Deafness (cataerth Deafness (catae

Circulars, free F. J. CHENTY & Co., Toledo, Q. F. Sold by Druggints, 78c.

The Most Pleasant Way

Of preventing the grippe, colds, headaches and fevers is to use the liquid laxative remedy, Syrup of Figs, whenever the system needs a

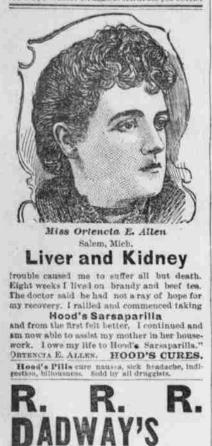
gentle, yet effective cleansing. To be benefited meanst get the true remedy manufactured by the California Fig Syrap Co. only. For sale by all druggists in 50c, and \$1 bottles.

For Courses and Theorem. Discondens use hunwa' BRONGHAR, Taoornes. "Have never thanged my mind respecting them, except 1 hills better of that which 1 borns by think-ing well of." - Rev. Meany Ward Biecher, Sold mig in bores.

A Benutitul Souvenir Spoon Will be sent with every bottle of Dr. Barsis' Cartain Croup Cure, Ordered by mail, post paid, 29 cts. Address, Hoxsie, Buffalo, N. Y.

Mornings-Beecham's Pills with a drink of rater. Beecham's-no others, 25 cents a box Hatch's Universal Cough Syrup is a Positive cure for Croup. 25 cents at druggists.

If afflicted with sorceyes use Dr. Isaac Thomr son's Eye-water, Druggists sell at 25c per bottle





EARLY PATTENING OF HOGS. cular, with a narrow front to the road it might be less convenient to build It costs much less to make a pound adjacent to the roadside than if the of pork early than it does late, though long side lay there, yet we would prefer to build there if site was satisif corn alone be fed too much of it while the weather is warm is apt to infactory, and if possible let our fields reach the full length of the farm, if inre digestion. The great advantage of early fattening is that it is done not too large. while there is usually plenty of waste

Of course there are farms where it vegetables, small potatoes, beets and Of course there are farms where it small apples, more or less of which go is perfectly impracticable to build upon the roadside, other than for a mere residence. The writer was to the pigpen and vary the diet of the fattening hogs. After these are all stored in the cellar it is very rare that raised on just such a farm where the buildings are almost in the center. any are taken out, and then fattening hogs soon cloy on their ration of corn | This made it very handy for farm purwithout anything to make it more easy poses, in hanling and passing to and of digestion .- American Cultivator. from work. Still there was a certain amount of social freedom that was always absent, which I find now living

FEEDING & CALVING COW. by the roadside. In fact, I would The feeding of a cow soon to calve rather put up with many inconven-iences than to be moved back from the is an important matter as regards the welfare of the animal, and by neglect or mistake many cows are injured when in this condition. It is safe to road, especially if a macadamized one ran besides my farm, for then, with my buildings on it it would be handy avoid all grain feeding for at least one at any season of the year to go to town month before the calf is expected, but market. any kind of vegetables or roots may be given with safety and advantage. I think it has a better effect on one's children to be thrown into the pos-The principle on which such cows are session of certain freedom and privito be fed is that the bowels should be leges that remoteness from the highkept in a free condition, and all food way cannot afford them. Mostly our schoolhouses are situated along the road, consequently our children find that may unduly stimulate the system is to be avoided. After the calf appears, stronger food is given gradually less inconvenience in attending school. during two or three weeks following. As a rule, our highways pass some well The cow may be milked a few hours after the calf is born. It is to be kept from sucking, which is generally adlocated spot that will prove a satisfac-tory location for our buildings, which will prove an incentive to us to im-

POULTRY NOTES.

Grease of any kind is a preventive

It is best to have the roosts low and

Don't keep too large a flock for the

Too much food is as bad as too little

Active breeds require more grain

All grain should be scattered so

Cut bones are well worth what they

If you expect to make money out of

Bronze turkeys are a cross between

Mixed lots in the chicken market are

the pure American gobbler and a do-

visable, but the milking must depend prove their surroundings much more wholly on the condition of the cow. than if set too far back from the road. Some copious milkers may need milk-Yes, by all means C. H., build upon the roadside or sufficiently close to be ing before the calf comes.-New York practically convenient to it.-Ohio Farmer.

A POINT IN BUTTER MARING. The readings of the Babcock test at

Times,

Chicago, in the dairy test, and the actual results of the churn, indicate at the close of sixty-five days that, had of scabby legs. it been possible to make separators all on one level. and churns and other things to work to perfection, the Jerseys would have had ninety-eight, the Guernseys ninetyaccommodations you offer, two, the Shorthorns, ninety-three pounds each more butter to their for diminishing the egg supply. credit, and this with the most perfect mechanism ever devised in butter making and controlled by the best ex-perts obtainable. Now if with separathan those which take on fat readily. that the hens are compelled to search tors and best churns, over ninety for it. pounds of butter is lost in about 2300 pounds, what is the loss in the usual cost, and every farmer should own a farm house, where butter is being made in primitive ways, so to speak? This shows a loss of about one pound cutter. of butter in forty of original fat, your poultry you must give it rational

one pound in four is lost between pan and butter crock; or at least ten times more.-Prairie Farmer. HORSE NOTES.

while ordinary making shows about

generally purchased at the price the Bran makes more bone than oats. poorest are worth. Give all the fowls a warm feed each Beauty and speed combined will alday, if possible, and avoid feeding any vays sell. musty or spoiled food. Breed in to fix the type and out to A good way to feed clover to poultry strengthen the constitution. Horses kindly treated anl well is to run it through a cutting box and then soak it over night. groomed require less feed than those which are not well cared for.

By raising most of your roots and vegetables the cost of keeping poultry will be greatly diminished. The horse breeder should know how to handle his horse intelligently, treat it humanely and feed it scientifically. Light Brahmas are the largest of the Brahma family. They are good birds where meat is desired. The horse is a dainty feeder and will

treatment.

mestic turkey.

HOUSEHOLD AFFAIRS,

STEWED CHLERT.

Scrape and wash one or two heads of celery, cut the stalks into two-inch engths and boil half an hour, or until tender, in salted water. Drain off the water, pour over the celery sufficient cream sauce to cover, simmer a few moments and serve. - New York World.

PRIED ONIONS.

The art of frying an onion so that will be delicate and crisp is not generally understood. There is but one way to fry this vegetable which will give the right result-that is, to ent it in slices and soak them in milk for at least ten minutes. Then dip the slices in flour and immerse them in boiling fat, hot enough to brown instantly a bit of bread thrown in. You cannot keep the onion in slices, so it is not worth while to try to do so. After they have fried for six or seven minutes they may be lifted up with a skimmer on to brown paper and will be found firm and thoroughly delicions. Cooked in this way they may be served as a garnish to a daintily-broiled beefsteak or to a dish of fried chops or beel ercquettes. There is no way of frying an onion in a pan with a little butter, as commonly recom-mended in coo's books, which will produce a satisfactory result. The onion softens and absorbs the butter, owing to the natural law of capilliary attrac tion, and the result is that the butter and onion become a dark and greasy mass, -American Cultivator.

APPLE JELLY,

Apple jelly is little regarded because the apple is so common. Nevertheless it is one of our most excellent fruit jellies, and it is a standard dependence of the French cook in the preparation of fruit pies and various other desserts. The French make many delicious compotes of apples. The difference between a compote and a preserve should be carefully noted. A compote is a preparation of fruit put up for immediate use, as we put up cranberries or stew apples; a preserve is a preparation of fruit intended to be used at some distant time, and may usually be kept a twelvemonth or longer. Apple preserves are an ab-surdity, as apples are found in market all the year round, except in the be-

ginning of summer, when other fruits are in abundance. Apple jelly is best prepared from time to time as it is needed, though there is no objection to having two weeks' supplies in the house for fruit pies and general use. A compote should not be made more than a day or two at the furthest before it is to be served. The most familiar American compote, moulded cranberries, is considered to be in its prime condition the day after it is made.

For an apple jelly select a dozen firm, well flavored apples. Fall pippins make an excellent jelly, but almost any well flavored, slightly tart apple will do for this purpose. Do not peel the apples, but cut them into quarters, leaving the core in, but removing any wormy specks. Partially decayed apples are unfit for the purpose. Pour a pint of cold water over them and slice in half a lemon. Put them in a porcelain-lined kettle to boil. Let them cook for twenty minutes, and then strain them through a fine sieve or a coarse cloth. Add sugar in the proportion of a pound to every pint of juice. Let the sugar and apple juice boil together for twenty minutes. Then test the mixture, and as soon as it forms a jelly pour it into cups. A

layer of this jelly spread over an apple meringue pie before the meringue is put on is a great improvement, and most French cooks use such a layer in all their fruit pies, both next to the crust and over the frait, so that the fruit is incased in the apple jelly. The reason for this is that the apple is an inexpensive, convenient article to use, and possesses the ability to take to itself the flavor of other fruits, like peaches, pineapples and greengages, A most delicious apple meringue pie is made of apple jelly strongly tinetured with lemon juice and covered with a meringue flavored with lemon. For the purpose of economy a nice applesance, strained as it should be, and with a layer of apple jelly over it and then the layer of meringue is more often used .- New York Tribune.

TEMPERANCE.

- SE THE DRUNNARD'S DATIGITER. Out in the street with naked feet, I saw the hapless drunkard's daughter; Her intered shawi was thin and small; She little knew, for no one taught her.

Her skin was fair—ber auburn hair Was blown about her pretty forehead : Her sad, while face, wore sorrow's trace, And want and wos that were not borrowed.

Heart-broken child, she seldom smiled, Hope promised her no bright to-morrow ; Or if its light flashed on her night, Then up came darker clouds of sorrow.

She softly said, "We have no bread, No wood to keep the fire a-burning ;" The child was ill, the wind so chill Her thin cold thood to ice was turning.

That long night fled, and then the light Of rosy day, in beauty shining, Tipped dome and spire and roof with fire, And shone on one beyond repining.

Asleep--alone--as cold as stone. Where no kind-bearted parent sought her : In winding sheet of enow and sleet. Was found the lifeless drunkard's daughter. —George W. Bungay.

INCREASE IN NERVOUS DISEASES.

INCREASE IN NERVOUS DISEASES. Mr. Charless Fere, the well known Parisian authority on nervous diseases, notices an im-mense increase in France in the maladies which are his special charge, and thinks it due "to the increase in beer-drinking, ab-sinthe-drinking, and bars." Dr. Fere says that twenty-three years ago there was hard-ly such a thing ms a bar in all Paris, but now "one sees them all over the town, and al-ways crowded."

AN APPALLING BECORD.

As APPALLING BECORD. Archideacon Farrar gives in the London Humanitarian scome appalling factas in regard to the effects and prevalance of drunk and disorderly persons for twenty-five years is no lower tuna 4,268,022, though not one in twenty of the drunkards are arrested. Pan-perism has extended enormously, but the Uhairman of the Coventry Board of Guard-ians has never seen an abstainer come to the work-house for relief; the same is true of fifteen other work-houses."

WHEN HE BEGAN.

WHEN REFERENCE. Every drunkard will admit that when he began to indulge he had no intention of be-coming a drunkard, but simply a moderate trinker. Then with these facts before us, which our own observation will confirm, let us ask, is it right or wrong to indulge the hadit when we know that our example may lead others to do the same? Is it right or the habit often leads to physical and moral debasement? Is it right or wrong to con-debasement? Is it right or wrong to stop it, and is organised or disorganised effort most likely to be successful in stopping it?—Sac-red Heart Review.

WHEMEN'S THOUGHTS ON DRINE.

and the third in five minutes and forty-dve seconds. An interesting feature of M. de Raoul's researches is that even after a long run, according to his method, a stiff walk is no trouble at all; the muscles which work in both

when it giveth its color in the cup, when it moveth itself aright. At the last it bitet like a serpent and stingeth like an adder.-Diteti cases do not belong to the same set. and while one exercise is performed the muscles which minister to the other rest. -- Popular Science News.

like a serpent and stingeth like an adder. -Solomon. While the intemperate man inflicts evil upon his friends, he brings far more evil upon himself. Not only to rain his family but also to bring ruin on his body and sout, is the greatest wrong that any man can com-mit. -Socrates, 469 B. C. Trunkenness is not only the cause of crime but it is crime, and if any encourage drunk-emess for the sake of the profit derived from the sale of drink they are guilty of s form of moral assassination as criminal as any that has been practiced by the braves of any country or of any age. -John Ruskin. Never shall my hand or voice be lifted aver shall my hand or voice be lifted aver shall my hand or voice be lifted aver shall my hand is not be the temper-ance cause does. To me there is nothing more disgusting or more disheartening to the cause of humanity, than the selfish, asse-loving, luxurions man indulying in distration and denouncing temperates fa-naticism. -Rev. Phillips Drocks. For one really converted Christian as the prot of missionary labor the drinking nare-tice and the provention of the proving the selfish.

naticism.—Rev. Phillips Brooks. For one really converted Christian as the fruit of missionary labor, the drinking prac-tices of the English have made 1000 drunk-ards. This is a sadthought, but it is the sol-simi truth. If the English were driven out of India to-morrow, the chief trace of their having been there would be the number of Brunkards left bebint. Archdeacon Jeffries After Thirty-one Years Spent in India.

THE CETING HIN OF DUE LAND.



The official reports show Royal Baking Powder superior to all others, vielding 160 cubic inches of leavening gas per ounce of powder, a strength greatly in excess of every other powder tested.

How to Run Long Distances Easily.

bent, the upper part of the body in-clined forward, so that practically you

are always running after your centre of gravity. The feet must be raised

only very slightly. M. de Raoul, who

has now some years of experience,

mys that he can take any man between

twenty and sixty and teach him to run

as long as his legs can carry him with-

out getting out of breath. Some men

can, on the very first trial of the

method, run seven or eight miles with-

out stopping, while, with the ordinary factics, they could not have run over one mile. The first kilometer (a kilo-

meter is five-eighths of a mile) is

a quarter, the second in six minutes,

usually covered in seven minutes and

This queer country of ours, says a letter from Australia to the Pall Mall Physiologists and lovers of athletics may be interested in recent experi-ments and researches of a French ar-out of which we are always fishing up some surprises. There is scarcely a nomadic who has not a hoard of red tillery captain, M. de Raoul, who, some fifteen years ago, began to try and blue and green stones which he and find out the most economical and cannot make up his mind to sell for the triffe offered by the jewelers. He east trying way of walking. There are many manners of walking, some of means to go home some day, and then he will get a price for them. Meanwhich are much devoid of grace (the average Englishwoman's is a very while he carries them about in a little good example), but it may be sup-posed that as far as efficiency is congold-dust bag, sometimes getting wheedled out of one or two by a barerned one must be better than the maid or going "on a tangle" and losing others. M. de Raoul has come to the the lot. onclusion that, as far as fast walking

Occasionally one sees in a breast pin is concerned, the best method is that or a ring a fine sapphire, vouched for which he calls marche enflexion. The as native; but the omeraids, rubies, orinciple is to run without leaping, to spinels and almandines found are sise the body above the ground as mostly small size. little as possible, to keep the knees

Gem Magnates of Australia.

Over six hundred thousand cattle are annually slaughtered to make beef extract.

FOUR GOOD HEALTH, If you're a suffering wo hand a suffering wo have a suffering a permanent by have a suffering a suffer have a

displacements of women. West Liberty, 0." Dr. R. V. PIERCE: Dear Sir-1 can cheer-fully recommend your valuable medicine, the "Favorite Prescription," to suffering females. Three years ago my bealth became so poor that I was scarcely able to heip with the house-hold duttes. I was persuaded to try your medicine, and I purchased six botties. That, with the local treatment you advised, made me strong and well. My sister has used it in the family with like results.



WEITI RULIN	brononicis
Catarrh	Headache
Toothache	Rheumatis
Neuralgia	Asthma
Bruises	Sprains
Quicker Than A	ny Kuowa Remaly.

Colds, Sore Throat

No matter how violent or excretiating the pain the Rhaumavic Bedridden, Infirm, Crippled, Nervous, Neuralgie, or prostrated with diseases may suffer.

CURES AND PREVENTS.

READY RELIEF

Coughs

Hoarseness

stock.

fraught purposes.

on a smooth road or track during the

coming winter is less apt to prove in-

jurious to last spring's foals than is the

out together in rough or icy yards,

FARM BUILDINGS.

fixed.

RADWAY'S READY RELIEF

Will Aflard Instant Ease.

INTERNALLY - A half to a teaspoon-ful in half a tumbler of water will in a few minutes cure Crauge, Spasma Sour Stomach, Nausea, Vomitina, Hearthurn, Nervousness, Sloeplessness, Sick Headache, Diarrhos, Colle,

There is not a removal a new pairs. There is not a removal a new pairs. There is not a removal a new pair of the world that will cure Fever and Ague and all other Materious. Bluess and other fevers, aided by RADWAY'S PILLS, wo quickly as RAD-WAY'S READY RELIEF.

Fifty conts per Bottle. Sold by Druggists.

"" BE SURE TO GET RADWAY'S.

NYNU-2 THE JUDGES WORLD'S COLUMBIAN EXPOSITION **HIGHEST AWARDS** WALTER BAKER & CO. BREAKFAST COCOA, Premium No. 1, Chocolate, . . Vanilla Chocolate, German Sweet Chocolate, . . Cocoa Butter. For "purity of uniterial," "excellent flavor," and "aniform even composition." WALTER BAKER & CO., DORCHESTER, MASS.

************** After 25 Years was reased by saveral physicians and specialists without neurophysicians and specialists was reased by saveral physicians and specialists without neurophysicians and specialists and 1 tried many blood and 1 tried many blood many sith on the neurophysical security of the saveral muches without relief. Housand solars Mus. Y. T. HUCK. Cured Stant for Treatise on Bland and DV SWIFT SPECIFIC CO., S. S. S. --------------FREE CATALOGUE to story Exception 5 Bood Bargatins S. D. Co., 2012 - 21st St., New York.

DATENTS WITHOMAS P. SIMPSON.

PISOS CURE FOR haumpilves and peop tave weak impror As should use Pino's Cure samption. It has easy has end in juite. Boc. CONSUMPTION.

eat more heartily and with better relish if the food is not kept con-The layers and the fattening fowls stantly before them.

require different systems of feeding, When German coach horses are and should be kept separate. crossed, even upon common mares, Most people are unaware that conthe colts produced are remarkable for sumption is one of the many diseases

size, bone and action. to which poultry are subject. Young horses for roadsters and driv-Inbreeding will improve the appearing purposes need to be fed properly ance of the birds, but if carried to far the health of the chickens will suffer. and upon the grain foods adapted to their needs and future development. A three-year-old gobbler is generally Every farmer should include a colt esteemed better than a two year-old or two among his live stock. If they one for the raising of healthy chicks. are the proper kind, they will pay The best laying hens are the most better than almost any other kind of active. Keeping food constantly before them will spoil the best flock of

Turn the colts out every day to ex- layers. ercise at will in a paddock. If kept 'Grass in runs is possible only when the stall their spirits and health they are sufficiently large to allow each suffer and they are apt to form bad hen from eighty to 100 square feet of habits.

In order to bring a good price young trotters must be trained. If the breeder cannot afford to do this he You may be too far from market to pay for raising poultry to send thither, but why not raise a little for your own can sometimes arrange with a trainer family? for development on "shares."

Why not feed your poultry a little If horse meat could be made popuensilage? What is good for milk pro-duction should also be good for egg lar as an article of diet, it would be a boon to those people who have been production. foolish enough to breed inferior horses

Fowls are supposed to have been inwhich are not suitable for road or troduced into Europe from Persia. They are believed to have been first The produce of pacing dams train

domesticated in Burmah. more easily and develop more rapidly than animals in which that element is Everybody knows that the sick swallow liquids more readily than solids, and as successful poultry keepwanting, and the explanation of this is that the fast pace is older than the ing implies the employment of comfast trot and the instinct more firmly mon sense, give your sick poultry their medicine in the drinking water. Moderate exercise to light cart and

Shoe-Dressing Recipes.

People who pay out a good deal of money for inferior shoe-dressings will old-fashioned practice of turning them be glad to know how to make a good dressing for themselves at a very small when more or less injury is sure to re- cost. The following is said to be a sult from their play.-New York capital recipe: Take two drams of World, molasses, and four ounces of finely-

powdered ivory black, and stir them together thoroughly. Then stir in In answer to the inquiry of "C. half a pint of good vinegar and the dressing is ready for use. It gives a bright, clean surface, and makes the H.," Clinton County, Ohio, regarding the best and proper location for build-

ings on a farm that lies wholly on one bright, clean surface, and makes the side of the road, I would say that where at all practical, it is by far best dressing for rainy weather, which will to place them near the roadside, for make the shoes water-proof, and at the same time leave the leather soft

potent reasons. It is desirable particularly for so- and pliable: Take an ounce of bees cial intercourse, as your neighbors wax, an ounce of turpentine, and a and friends are much more apt to call quarter of an ounce of Burgundy pitch. Put them into half a pint of and much better opportunity is afforded in sending to town for mails or cotton seed oil, and melt together groceries when inexpedient to go over a slow fire, being careful that the yourself and a neighbor passes by, misture does not take fire. - Picayane. It might be argued that tramps are

For Chapped Lips,

less Hable to trouble when such building are further back, but experience A good remedy for chapped lips is teaches us that such is not the case, as made by mixing together two spoon-frequent passers-by are a menace to fuls of charified honey with a few such visitors and they seldom make drops of lavendar water. Anoint the their calls disrespectful. We are lips with the mixture frequently .aware that if a farm be quite rectan. New York World,

HOUSEHOLD HINTS.

To clean brass lamp-burners and make them good as new, boil in salted vinegar.

To prevent lamp globes from being broken by drafts or accidental sprinklings put on the stove in cold water and let slowly come to a boil.

To clean rust or other stains from the inside of decanters, cruets, or other slender necked glass vessels slice a potato and use as you would shot grains.

To slide pies with ease give the plate a few careful "flops" when you first take it from the oven and, unless the juice has cooked over the edge, it will loosen at once.

To boil dumplings in the old-fashioned way without a steamer invert a saucer in the bottom of kettle and, just before the water comes to a boil, drop them in around it.

To beat eggs successfully they should first be thoroughly chilled. In the summer time they should be immersed in ice water or placed in the refrigerator a few moments before using.

Take a basket of eggs and dip in a kettle of water, putting them in and out again as quickly as possible, three times in succession. They will keep an entire season preserved in this way If the inside of your tea or coffee pot is black, fill it with water and put in a piece of hard soap. Set it on the stove and let it boil half an hour or

one hour. It will be as bright as new.

A Bible Distributor.

Perhaps the most famous distribuor of bibles in the world was Deacon William Brown, of New Hampshire, He began the work in 1849, and kept the began the work in 1989, and kept it up till his death this year at the age of seventy-six. During that time to America to investigate the doings of the canvas fewer than 120,000 copies of the scriptures were given out by him, and despite his age in the two years preceding his death he canvasmed 239 town and visited over 80,000 families,
Postal cards use up 721 tons of cardboard every year in this country. it up till his death this year at the

The certain also of measures, formerly President of the Catholic Total Abstinences Union of America, at the recent Catholic Lay Congress, held in Chicago, read an able paper upon the subject of temperance, in which he characterized intemperance as the prime of our land and also asid:

rrying sin of our land, and also said "The drink curse shields itself behind faise theories of science, and many have been de-uded by the faise notion that alcohol is beneicial to bashb. Thirty-six States of this Union have by law made the teaching of true principles of temperance compulsory in our rommon schools. Too much importance annot be attached to the practice of incul-sting habits of total abstinence among chil-

ating habits of total abstinence among chil-tern and our twys and girls during the dan-gerous and trying period of youth. "If our prelates, priests, and people join ands together to work in harmony and trangth for the realization of the admonitions of our plenary councils the awful curse of ntemperance can be almost entirely eradi-sted from among us. We must encourage, then, our total abstinences coleties by every neares at our command. We priests, mind-ul of Pope Lao's wor is, must ahine as mod-is of total abstinence," and by exhortation and preaching avert the many estamities with which the vice threatons Church and State, "In those sametuaries of affection and vir-

"In those sanctuaries of affection and vir-

"In those sanctuaries of affection and vir-ue, the Christian homes of our people let he sophistries of the advocates of alcohol be sposed by sound reasoning, the tempta-tions and dangers of the saloon be carefully explained, and let fathers and mothers merit for themselves the reward and consolation of sober sons and daughters by showing a noble example of sole-control and sortiety. "Let there be a general and a generous distribution of temperaneo literature, tracts, lectures, statistics, and good reading among our people. And this work of agistion in favor of sobriety and temperaneo must be constant and active. The allorements of drink are ever thrusting themsolves in the pathway of men. Nearto the house of prayer the workingman finds the drinking-saloon, cheerful, enticing, and hospituble, as in goos to the gates of the factory or mill the agents of alcohol ply their trade and tempt the weary tolier to spend for a moment's grafifi-cation his hard-carned money that is much needed in his humble home. Surrounded thus by altractive temptations, men need constant warnings, repeated admonthoms, thus by attractive temptations, men nee constant warnings, repeated admonitions, and such wholesome influence as will strongthen and safeguard them against the overpowering spell of drink."

TEMPERANCE NEWS AND NOTES.

For every four shiftings spent in England a drink, only a half-penny is expended on

Capitaln H. H. Siverd was recently shot and killed by a dranken joint-keeper while trying to enforce the prohibitory law at Wichita, Kansas.

Investigations show that color-blindness s about twenty times as frequent among men a among women, the difference being as-cribed to the use of tobacco.

The boatmen, porters and water-carriers of Constantinople are famous for being the strongest and faces set of men physically in all Europe. They never drank any kind of intoxicating liquor.

It is said that the thirst for drink can be stopped for a time by drinking four or five glasses of water, as anoch, in fact, as the stomach will hold. This is worth trying when the thirst comes on, and a man feels ne if he must drink.

is a fat-food that provides its own tonic. Instead of a tax upon appetite and digestion it is a wonderful help to both. Scott's Emulsion arrests the progress of Consumption, Bronchitis, Scrofula, and other wasting diseases by raising a barrier of healthy flesh, strength and nerve.

> Plain Girl if She Uses SAPOLIO