Paris Railway Franchises.

Paris is learning how to handle paying a cent.

The craze for the appellation of anapolis. Five suburban villages have a period of three days in mitigation of cequ recently annexed by that city.

#### Mysteries of Waterloo.

The historical student is considerably bothered by the details of the battle of Waterloo Starting with the one thing certain, that Napoleon was defeated, it is not yet patisfactorily determined whether it was the English or the Prussians that won the fight. It is also not known with certainty whether Wellington surprised his enemy or overcame him by superior strategy; whether be and Blucher met at La Belle Alliance or some miles away; whether Grouchy disobeyed orders, or carried them out too literally. It is even not settled that Wellington said, "Up, guards, and at them," or that Cambronne cried "The old guard dies, but never surrenders," or where the famous ball of the Duchess of Richmond was actually

It is estimated that the turkey trade of the United States exceeds \$12,000,

Playin' Possum.

"Playin' possum" comes from the fact that the possum will feign sleep or death when pushed into sudden danger of being captured. But pains and aches never play that tured. But pains and aches never play that kind of a game. They never try to fool anybody, and go to work to wake up people, leaving no chance to feign sleep. On the other hand, there is a remedy known as St. Jacobs Oil that will luil a pain or an ache so, that it won't wake up again in the cure that follows its use. Pnins and aches are great or less in intensity just in degree as we treat them. Prompt treatment with the best remedy-St. Jacobs Oil-provents their increase and by curing prevents their return. Everything is gained by taking pains and aches in time for a prompt and permanent cure, and there is nothing better than the use of St. Jacobs Oil.

It is estimated that there are 600,000 bley-cles in the State of New Jersey.

No-To-Bac for Fifty Cents. Over 400,000 cured. Why not let No-To-Bac regulate or remove your desire for tobacco? Saves money, makes health and manhood. Cure guaranteest. 50 cents and \$1.00 at all druggists.

The number of abstainers in Great Brit-ain is estimated at 7,000,000.

Allen's Foot-Ease, a powder for the feet. It cures painful, swellen, smarting feet, and instantly takes the sting out of corns and hundons. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes tight-fitting or new shoos feet casy. It is a certain cure for sweating, callous and hot, tired, aching feet. Try it to-day. Sold by all druggrists and shee stores. By mail for 25c. in stamps. Trisi package FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

F. J. Cheney & Co., Toledo, O., Props. of Hall's Catarrh Cure, offer \$100 reward for any case of catarrh that cannot be cured by taking Hall's Catarrh Cure. Send for testimonials, free. Sold by Druggists, 75c.

To insure the eradication of eruptive com-plaints wash daily with Glenn's Sulphur Soap-Hill's Hair & Whisker Dye, black or brown, 50c. I believe Piso's Cure for Consumption saved my boy's life last summer.—Mrs. Allie Doug-Lass, Le Roy, Mich., Oct. 29, 1894.

### Impure Blood

Eating rich and hearty food, sweets and fats in winter, close confinement and breathing vitlated air in office, store, shop, house, fac-

# Dadway's

Always Reliable Purely Vegetable Perfectly tasteless, elemantly coated, regulate, unrity, cleanse and strengthen. RADWAY'S PILLS or the cure of all disorders of the Stomach, Bowels, Idaneys, Bladder, Nervous Diseases, Dizziness, ertigo, Contiveness, Phys.

SICK HEADACHE, FEMALE COMPLAINTS. BILIOUSNESS, INDIGESTION,

DYSPEPSIA. CONSTIPATION and all Disorders of the Liver.

Observe the following symptoms, resulting from diseases of the digestive organs: Constipation, inward piles: fullness of these in the head, acultry of the stomach, names, heartburn, disputed of food, fullness of weight of the stomach, some arcatations, sitaking or suffering of the heart, chaking or sufforcating sent Anna when in a lying posture, dumness of vision, cooled white lafores the sight, fover and dull pain in the chean, deficiency of persyntation, yellowness of the akira and eyes, path in the side, cheest, limbs and audien flushes of heat burning in the fleek.

A few desses of RADWAY'S PHLES will free the system of all the above-named disorders.

Price 20c. a Bex. Sold by Druggists, or sent by mull. RADWAY & CO. Elm Street, New York.

GET RICH quickly; send for "See Invention G Wanted." Elecan Tare & Co., 140 B way, N. Y. 000 Irish people in Australia.

**WEIGHTY WORDS** 

Ayer's Sarsaparilla.

Height Limit to Buildings

In Vienna, Austria, the height of a house must not exceed eighty-two feet; municipal franchise. It will allow a house must not exceed eighty-two feet company to build forty-five miles of the floor of the last story must not be railway through its streets at a cost of more than sixty-five feet six inches \$40,000,000, the fare to vary from two above the level of the street. When cents to four cents. At the end of the ground slopes this measure must thirty-five years the city will take pos- be taken from the highest point. The session of the entire property without house must not have more than five stories, including the cellar and attics.

A new libel law in Utah requires "greater" seems to have struck Indi- double publication of a retraction for

The Brillish Are Butter Enters,

The 38,000,000 people who comprise the population of the United Kingdom are the greatest butter enters in the world. In addition to what they make for themselves, they have imported during the last six years an average of 269,843,549 pounds of pure butter annually, for which they have paid an average of \$62,302,777. In 1896 they ran their total up to 340,250,064 pounds, and paid 874,671,980 for it. In addition to this, they have im-ported an average of 131,941,443 pounds of bogus butter, for which they have paid annually the average price of \$16,087,102. In 1896 the imports of oleomargarine into England fell off considerably, and amounted to only 103,704,608 pounds, valued at 812,158,585.

The increased consumption of butter in Great Britain has been remarkable. It has more than doubled during the last ten years. In 1886 the Britons imported \$39,620,308 in butter, and in 1896, as has already been stated, the total was over \$74,000,000. The high tide in the imporation of oleomargarine was reached in 1892, when the total was 146,199,200 pounds, valued at a little more than \$18,000,-000.—Washington despatch to the Chicago Becord,

The Peruvian Petter. A long slim neck is a distinguishing feature of much of the Peruvian pottery, and nearly every vessel is orna-mented with a figure of some sort, having holes to represent eyes and other openings. These afford a passage for the air forced out by the liquid when poured into the vessel. By an ingenious contrivance the air in escaping produces a sound similar to the cry of the creature represented. Thus a utensil decorated with two monkeys embracing each other on having water poured into or from it would give a sound like the screeching of those animals. decorated with a bird would emit birdlike notes, while a mountain cat on one jar would maw; snakes coiled around another would hiss. The most curious that we have seen was the figure of an aged wowan. When the jar was in use, her sobs became audible, and tears trickled down her cheeks. The manufacturers seem to have known all about

"I do not want it understood that I am casting any stress against those who are pensioners. If I were needy I should certainly ask for what I am entitled to, but being amply provided with this world's goods, I do not require it. My old comrades can testify that I have helped many a one of them to get a pension.

"The above statement is true in every particular, I certify on honor.

"(Signed) Wm. H. Bancos."

Dr. Williams' Pink Pills contain, in a condensed form, all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are also a specific for troubles peculiar to females, such as suppressions, irregularities and all forms of weakness. In men they effect a radical cure in all cases arising from mental worry, overwork or excesses of whatever nature. Pink Pills are sold in boxes (never in loose bulk) at 50 cents a box or six boxes for \$2.50 and may be lad of all atmospheric pressure. De Le Plongeon had in his own collection a piece that demonstrated this. It represented a double-headed bird. The vessel had to be filled through a hole in the bottom, and yet in turning it over not a drop would spill, but the liquid would readily flow out when the jar was simply inclined, -Popular Science Monthly. (never in loose bulk) at 50 cents a box or six boxes for \$2.50, and may be had of all druggists, or direct by mail from Dr. Williams' Medicine Company, Schenec-tady, N. Y.

Great Even at Fowl Culture. The biggest of everything in the

world is across the Atlantic, and poultry farms are no exception. The very largest establishment of the kind be longs to Mr. Issac Wilbur, of Little Compton, R. I. Mr. Wilbur ships about 150,000 dozen of eggs a year. He keeps his fowls on the colony plan, housing about forty in a house eight tory or school- Take room, necessarily makes the Take blood Impure,
anderuptions, bolis, pimples, humors are the anderuptions, boils, pimples, humors are the result. Dizzlness, indigestion and many other troubles are also caused by impure blood.

Sarsa-Hood's Sarsaparilla has one hundred of these houses, scattered over three or four fields. The food is loaded into a low wagon, which is driven about to each house in turn, an attendant feeding as he goes. At the afternoon feeding the eggs are collected. The fowls are fed twice a day. The morning food is a mash of cooked vegetables and mixed meals. The afternoon feed is whole corn the year round. — Westminster (London) Budget.

Eighteen-Story Hotels.

Two more eighteen-story hotels, to cost \$3,000,000, are to be erected at once in New York City, and the architects say they are to be the finest structures of this class in the city. It seems to be the opinion of shrewd real estate people in New York that the transient population of New York has already been vastly increased by her magnificent hotels."

Try Grain-O! Try Grain-O! Ask your grocer to-day to show you a package of Grain-O, the new food drink that takes the place of coffee. The children may drink it without injury as well as the adult. All who try it like it. Grain-O has that rich seal brown of Mocha or Java, but it is made from pure grains, and the most delicate stomach receives it without distress. One-quarter the price of coffee. If ets. and 25 ets. per package, sold by all grocers.

Mrs. Winslow's Soothing Syrup for children ecthing, softens the gums, reducing inflamma-ion, allays pain, cures wind colle, 25c, a bottle. When billous or costive, eat a Cascaret candy cathartic; cure guaranteed; 10c., 25c.

It is estimated that there are 1,300,-

"I am only too glad to tes tify to the great valu of Ayer's Sarsaparill which has been a housfamily for years. I take from 3 to 5 bottles of it every Spring, generally beginning about the first of April. After hat I feel like a two year old for it tones up my system, give ne an excellent appetite and sleep like a top. As a blood med the it has no superior, at least that 16 my opinion of it.—H. H. WILDEY. Philadelphia, Pa., March 20, 1896. SICK NEARLY THIRTY YEARS.

BRILLIANT SERVICE IN THE WAR FOLLOWED BY PROLONGED SUFFERING.

High Private Briggs Brings His Wartime Valor Into a Life and Death Combat -- He Speaks of His

Struggles Since the War. From the Tribune, Hornellsville, N. Y. There is no man in Oneida County, New York, who stands higher in the community than Mr. William H. Briggs, a wealthy farmer, and resident of Bridgewater, and a prominent member of the G. A. B. His statement will not be news to his friends, as they all know whereof he writes, but it is mended to the consideration of the pub-Mr. Briggs writes as follows:

"It gives me great pleasure and satisfaction to be able to give honor where honor is due, and to that end I make this certificate, hoping it may be the means of others being benefited as I have been.

"I am a farmer residing near Bridge-water, Oneida County, New York; my name is William H. Briggs, and I am be years old. I am an old sodder, and member of the G. A. Is, having served as high private in Co. A. Is, New York Artillery, during the whole four years of the Robellion. Though not a pensioner, and never an applicant for pension, I contracted through malarial climate disease of liver and stomach, from which I suffered continuously, in various forms. In 1863 I had the jaundice, and it continued for years, to a greater or lesser degree. I never was free from dyspepsia, and papitation of the heart, and suffered from nervous debility to such an extent that I could noither rest by might nor work by day. Night after night I walked the floor tormented by vague fears, which I knew were purely imaginary, and yet I could not shake them off. I came home in June, 1865, and from then until 1894 I was constantly attended by physicians, having employed three at different times during that period. These good dectors gave me occasionally temporary relief, but the good effects of their treatment quickly disappeared, and left me more despondent and wretched than ever.

"I did not believe in giving up, and was about togoild intellica for another physician, having that period. These good doctors gave me occasionally temporary relief, but the good effects of their treatment quickly disappeared, and left me more despondent and wretched than ever.

"I did not believe in giving up, and was about togoild intellica for another physician, having for him. I had read of three pills before, and left somewhat inclined to try them, before him. I had read of these pills before, and left somewhat inclined to try them, before him. I had read of these pills before, and left somewhat inclined to try them, before him. I had read of these pills b

stred me they had done wenderful things for him. I had read of these pills before, and felt somewhat inclined to try them, before Seifert spoke of them, but his recommendation settled the matter, and I became Dr. Williams' patient. I took Pink Pills steadily until I have consumed four boxes, growing better and better every day, my liver working freely, my kidneys acting normally. My heart no longer troubled me, and I could digest my food. All the water brash, heart burn, buzzing in the head, as if there were a great empty space in my eranium, disappeared, and life began to be worth living, which it had not been since my army service. I was cured in less than one year from the time I began to take Pink Pills in 1894, and have been in fair health ever since. Of course, I have to be careful, as I easily catch cold, and it is apt to settle in my right side, but a dose or two of the Pink Pills soon set me to rights again, and I shall never be without them, unless something very unforeseen occurs. "I do not want it understood that I end.

less something very unforeseen occurs.
'I do not want it understood that I am

How Fast Wild Geese Fly.

During the three days ending March 22 numerous flocks of geese were seen migrating northward, or, rather, northeastward, since they were following the general trend of the coast line, which, in New England, is nearly northeastward north of Cape Cod. On the morning of March 22, while A. E. Sweetland and I were measuring cle ends of a base line 1178.4 metres in length, extending from the Blue Hill Meteorological Observatory to the base of Blue Hill, we succeeded in measur-ing, with our cloud theodolites, the height and the velocity of flight of one of these flocks of geese. So rapid is the velocity of flight that the flock was visible to observers only about two minutes, but during that time two sets of measurements were taken with the theodolites on the lender of the flock.

The first measurements, at 8.49 a. m., were accurately taken at the observatory station, but were only approximate at the other station. The second measurements, at 8.50 a. m., were accurate and simultaneous at both stations. Using the second set of observations at both stations for the height and the two sets of observations at the observatory station for the miles an hour. The direction of flight flour. was from southwest to northeast.

of 47.8 miles an hour.-H. Helm Clayton, in Science.

A New Helmet for the German Army. A new helmet has been served out, by way of experiment, to several regiments of the German Army. It is very light, being made of aluminium, and is bronzed in order to obviate the drawbacks which might arise from a bright metal head-dress. Germany has already tried aluminium horse-shoes, buckles, and accourrements, with a view to lightening the weight which the soldier must carry. For horse-shoes it has been found too soft, but in other respects it has answered well. There is one drawback which has not been foreseen, namely, that when exposed to the influence of the sun aluminum will store up heat to a remarkable degree, eventually becoming so hot as to blister the skin. Whether bronz-ing will obviate this defect remains to be seen, but the German experiment is one which is well worth the attention of all military men. - British Army and Navy Gazette.

#### Liquified Air on Tap.

Liquified air can now be ordered by the dozen bottles in Munich, Bavaria. But just what it can be used for in a general way is in doubt. It is so cold that it blisters the skin at a touch, but its excess of oxygen is a valuable feature. At present chemists are the only customers for it.

The average number of wrecks in the Baltic Sea is seven a week, which HOUSEHOLD AFFAIRS,

TO STONE RAISING. Place the raisins in a basin and cover them completely with boiling Allow them to remain immersed for ten minutes until quite soft, then drain off the water and pinch out the seeds. The raisins can thus be stoned without the least inconvenience in less than half the time

usually demanded, and without any

waste of fruit.

QUICE METHOD OF CLEANING KNIVES, After the knives have been washed and wiped, moisten a little ordinary knife powder with water; then take a 'It gives me great pleasure and satisfact clean cork, dip it in the mixture and tion to be able to give honor where honor rub each blade quickly up and down

THE PORTAL TRELLIS.

The beautiful spider web tracery offected in rope work is one of the artistic devices for "bringing down the ceiling," i. c., shortening the ap-parent height of a doorway where sliding door and portieres are in use. Sometimes the upper space is occupied with strips of ornamental open wood-work. Both these decorative schemes involve dusting. The wood lattice work can be freed of dust by patient use of the bellows or a soft end of cloth used in the crannies. This is a dangerous performance, because it must be done on the step ladder. the rope work has been gilded or silvered it should not be dusted except with a feather duster, because handling will make the metallic sheath crack off in flakes.

CLEANING PURNITURE.

One reason why people fail in cleaning furniture coverings is that they are too economical in the use of naphtha. It must be literally poured on to be effective. Standing in the breeze, it will evaporate very quickly, and will destroy every vestige of moths. If the articles are to be left in the house, they may be wrapped in sheets tightly pinned around them. This keeps a certain amount of the odor in the furniture for a long time, and renders it doubly safe.

It cannot be too strongly emphasized that no light of any kind must be taken into the rooms while the naphtha cleaned articles recently finished are there. The inflammable nature of naphtha vapor makes it exceedingly dangerous when brought near a flame.

Cushious, carpets and wool draperies may safely be cleaned in this way, and all that is necessary is to throw all draperies over a line in the yard, open the windows, remove the wrapping from the furniture, and let the breeze have a full sweep through the rooms for a day or two. Then there will be no offensive smell, and the furniture may be used with perfect safety so

RECIPIES.

Maple Sirup-When made from the sugar it should be melted in small quantities, as it soon loses in flavor, and if melted with half its weight of granulated sugar it is more delicate as well as cheaper.

Whole-Wheat Cakes-Three-fourths of a pint of the whole wheat flour, onefourth of a pint of cornmeal, half a cake of yeast; mix into a thickish batter at night; when ready to bake add half a tenspoonful of salt, one tablevelocity, the calculations gave the height as 905 feet above the Neponset River Valley, of 960 feet above sea level, and the velocity of flight as 44.3

Codfish Hash-For one pint of cold On a previous occasion, as described in Science of January I, we found a flock of ducks flying from the northeast boiled codfish, picked into tiny picces. at a height of 958 feet, with a velocity Mix them together and put them into a saucepan with three tablespoonfuls of cream and a dash of paprika. When heated through the dish is ready to serve, and make an excellent breakfast dish.

Sardines with Parmesan"-Open a can of the best sardines, and place them carefully on paper, to remove as much oil as possible. Cut stale bread in narrow slices to fit the sardines, place a sardine on each slice, and place in the oven until the bread is a nice brown and the sardines heated thoroughly. Sprinkle over them a little grated Parmesan choese and serve.

Gordon Cornbread-Scald one cupful of cornmeal with enough boiling water to make a rather thin much, add to it one tablespoonful of butter and a scant teaspoonful of salt. Let cool until lukewarm, add the beaten yolks of four eggs, then the stiffly beaten whites. Pour at once into a well-buttered iron pan and bake in a hot oven for about twenty-five minutes. Serve but or cold.

Savory Liver-One and a half pounds of calf's liver, stowed the day before in one pint of water for thirty minutes. Chop the liver into half-inch bits, also a tablespoonful ofbreakfast bason; brown the bason and add to the liver. To the fat put one level tablespoonful of flour, simmer smooth, then add the liquor left from the stew, a saltspoonful of pepper, half a teaspoonful of salt and one tablespoonful of Worcestershire sauce; turn into this gravy the liver, with a third as much (in bulk) boiled and ehopped potatoes as liver; stir till the whole is moistened, then cover closeworld.

Whisky files a infinite dynamic and is poisoning the blood of the generations.

Whisky files a infinite dynamic and is poisoning the blood of the generations.

A TEMPERANCE COLUMN.

THE DRINK EVIL MADE MANIFEST IN MANY WAYS.

Frozen Pudding Barred by Grand Chief Fancy, of the Grand Lodge of Good Templars—Convention of the World's W. C. T. U. at Toronto Next Octob r.

There was an old toper,
As I've heard tell.
And he bought a bottle
His head for to swell; He bought a bottle, All on a summer's day, And he fell askeep On the town's highway.

There came by a pedier
And his name was Stout,
And he took the toper's pockets
And he turned them Inside out;
He left him not a penny
To buy another dram,
And the old man woke, exclaiming
"What a bloomin' fool I am!"

True Moral Strength.

It is not only unmanly, says Charles Follen Palmer in "Inebriety," but mean-spirited, for the intemperate man to declare that, although he is weak on the one point of getting drunk, he is especially strong on other temptations; that, although he gives way to hebriety, he does not do so in other vices, such as gambling, iying, stealing, taking undue advantages of another in a bargain, scandal-mongering, bearing false witness, adultery and the like. He deceives himself and attempts to deceive others when he says so, for he knews that he does not exercise any strong force of moral resistance to these, and that the reason he does not yield to them is because he has no strong tendencies or inclinations in such directions. If they possessed one-half the power over him that drink does, he would yield to every one of them. There is no manliness in adhering to virtues which are in harmony with the disposition—no moral advancement what ever; for it might be harder to gamble than not to gamble, to take advantage of another than not to do so, to commit adultery than to suddue the prudent fear of consequences, to steal than mit to etcal.

The truth is that he will exhibit greater moral strength in fighting against his one great temptation, drink, than in any other direction, and it is in this one direction that his restoration to the full stature of man is to come. True Moral Strength.

that his restoration to the full stature of man is to come.

The temperance realet, lacking the appetite or desire for liquor, may be much less the man, as far as drink goes, than the inchriate who resists his craving for drink five times out of ten; and so it is with every virtue in the calendar. We are only strengthened, developed, and made rightful claimants and possessors of the title and dignity of manhood by our successful lightings with every form of weakness.

A large number of men and women go through life with the credit of being manly men and moral women, who have never had a temptation sufficiently strong and potent for a kitten not to resist on the score of impropriety, and who yet fail to

Dr. Luc Severin, of Liege, in an article in Le Bien Social, makes an earnest appeal on behalf of the children. Among other things he save.

score of impropriety, and who yet fail to resist even these.

he says:

"It has long ago been proved that health has nothing to gain by the use of even a minimum quantity of alcohol, and that, on the contrary, it can only be injured by it. It is, then, indispensable that parents, under whatever pretext it may be urged (except in a case of sickness and under medical prescription), should never give their children wine, nor beer, nor liquors of any kind. In fast, one has often seen children whom their parents had taught to tast alcoholic liquors take advantage of a favorable opportunity to drink rapidly a quantity of liquor which quickly makes them in toxicated, and often ends in convulsions or a state of inflammation of the brain, very serious for health, sometimes even fatal."

A Polson.

A Pelson.

Among the radical opponents of the use of alcohol as a beverage, whether in large are small portions, is Dr. A. Flek, professor of physiology in Wurzburg. He pronounces alcohol a poison, and as a specialist in physiology he declares that its effect on the mind and body is most pernicious. Respecting the strengthening influence of alcohol he says: "It is altogether beyond question that even the moderate dose of alcohol diminishes the power of work. All that is said about the strength produced by alcohol is deception. The small glass of the poor man taken during his hours of labor is undoubtedly injurious. Every penny which the laborer pays for alcoholis drinks is not the laborer pays for alcoholic drinks is not only wasted, but also works destructively. The laborer would use his money produc-tively if he spent for fat and sugar what he gives for alcohol."

Alcohol Makes Liars.

Alcohol Makes Liars.

Or. Norman Kerr, in speaking of excessive alcoholic Induigence, sayse "One of the most distinctive features of habitual and periodic inchricty is an utter disregard for the truth on the part of many inchriates. Females lose the sense of truth more completely than do males. Seen in the very act of laying down the just emptied glass, patients have coolly and solemniy denied to me that they had partaken of the contents. The perception of truth seems to be destroyed by alcoholic laduigence; the consciousness of truth seems to be lost in the devotee of Bacchus. Even when temporarily sober the brain Even when temporarily sober the brain may be so dominated by the alcoholic ob-liquity to truth that no reliance can be placed on any statement made by the man or woman whose soul has, as it were, been steeped in alcohol."

Total Abstainers the Best Workmen.

At one piace in England where a large amount of brick-making is carried on and where the amount of each man's work, the number of days lost by sickness, or otherwise, and the deaths were made matters of record, the rules of the service allowed to every man a mag of beer of each meal. But there were among the workmen quite a number who wholly abstained from the use of the beer and every other intoxicating drink. An examination of the record showed that the average amount of were done per annum by the beer-drinkers was a large percentage less than that done by those who wholly abstained, while the number of days lost by sickness was greater. British and Foreign Medico-Chirurgical Review. Total Abstainers the Best Workmen.

Frozen Pudding Barred. At the annual session of the Grand Lodge of Go. Templars in Worcester, Mass., Grand hef Templar Joseph A. Foncy submitted number of decisions, one of which was:

"If a plate of frozen pudding, saturated with liquor, is placed before a member and he partakes of it, he violates his pledge."

Liquor Evil in Antient Times.

Liquor Evil in Antient Times.

The sages of antiquity were not insensible to the madness of intoxication. Some prohibited all caps beyond three—the first for bealth, the second for cheerfulness, the third for sleep. Lycurgus forbade every man to drink more than what was strictly necessary for satisfying the thirst; by the laws of Athens, an archon convicted of drunkeaness was condemned to death; and littaeus decreed that a crime under the influence of liquor could be doubly punished. The prudence of the Romans, who to inspire their children with disgust sometimes made their children with disgust sometimes made their shaves drunk, is well known. To drink on an empty stomach was regarded as gross intemperance.

World's W. C. T. U. The convention which is to be held in Toronto will begin October 23d. The convention will be attended and advention will be attended and advention will be attended and Mrs. Hannab Wistall Smith. It will be a delegated body, 300 strong, each delegate representing 100 pledged and paid-up members.

Temperance News and Notes. No man drinks to please his wife. Strong drink is the devil's way to man, ad man's way to the devil. Every blow aimed at the saloon is bound to bit the devil somewhere.

Since the movement for open spaces started in Philadelphia ten years ago, twenty-seven small parks have been established

Fits permanently cured. No fits or nervous-cess after first day's use of Dr. Eline's Greet Nerve Restourer. Stylad bottle and treatise from DR. R. H. KLISE, Ltd., 601 Arch St., Phille., Ph. Just try a 10c. box of Cascarets, the finest liver and bowel regulator over made.

#### SILENT SUFFERERS.

Women do not Like to Tell a Doctor the Details of Their Private Ills.

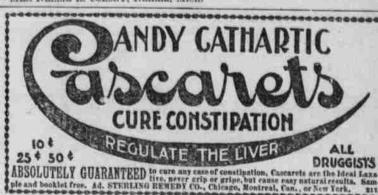
The reason why so many women suffer in silence from the multiple disorders connected with their sexual system is that they cannot bear to broach the subject to a man, even if he is a physician.

No one can blame a modest, sensitive woman for this reticence. It is unnecessary in these times, however, for a woman makes to all afflicted women a most generous offer, Mrs. Pinkham of Lynn, Mass., blds every woman who suffers to write to her and confide every symptom that annoys her, and she will give her advice without charge, and that advice is based upon the greatest experience ever possessed by man or woman in this country, and extends over a period of twenty-three years, and thousands upon thousands of cases. Why suffer in silenee any longer,

my sister, when you can get help for the asking? Don't fear to tell her everything. The case of Mrs. Colony, whose letter to Mrs. Pinkham we publish, is an illustration of the good to be received from Mrs. Pinkham's advice; here is a woman who was sick for years and could get no relief-at last in despair she wrote to Mrs. Pinkham-received in return a prompt, sympathetic and inter-

wrote to Mrs. Finking—received in return a prompt, sympathetic and interested reply. Note the result and go and do likewise.

"I was troubled with such an aching in my back and hips, and I felt so tired all the time, and had for four years. For the last year it was all I could do to drag around. I would have such a ringing in my head by spells that it seemed as though I would grow crazy. I ached from my shoulders to my feet and was very nervous. I was also troubled with a white discharge. I wrote to Mrs. Pinkham at Lynn, Mass., received a prompt reply and followed her advice, and now I have no backache and begin to feel as one ought; in fact, I never felt better in ten years than I do now. I thank God that I went doctoring with Mrs. Pinkham when I did, for if I had not I know I would have been in my grave. -MRS. NELLIE E. COLONY, Nahma, Mich.







TO DESTROY

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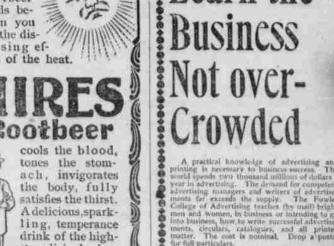
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