

NO WOMAN IS EXEMPT.

Regularly is a matter of importance in every woman's life. Much pain, however, endured in the belief that it is necessary and not alarming, when in truth it is all wrong and indicates derangement that may cause serious trouble.

Fish Multiply Rapidly.

One of the proofs of the wonderful way in which fish will multiply under the proper conditions is given by the great increase of striped bass on the Pacific coast. It is only a few years ago that this fine fish was totally unknown on that coast.

Beauty is Blood Deep.

Clean blood means a clean skin. No beauty without it. Cascarets, Candy Cathartic, clean your blood and keep it clean, by stirring up the lazy liver and driving all impurities from the body.

Women and the Wheel.

The healthfulness of bicycle riding for women is still a disputed question between eminent physicians and health reformers. A means of out-door exercise, the benefit of which all physicians concede.



She Rides Well.

The Mocking Bird.

Few persons in the south are aware of the fact that the mocking bird is found only in the south. Mason and Dixon's line is the north boundary line of his home, and it is in the north only in captivity.

A TEMPERANCE COLUMN.

THE DRINK EVIL MADE MANIFEST IN MANY WAYS.

Seven Stages of Rum—Only One Fault, on the part of the man whose Great Ability Did Not Prevent Him From Landing in the Poorhouse—A Lesson.

HOUSEHOLD AFFAIRS.

Plain Lemon Taffy.

When the sugar has reached the "crack" state, add the juice of a lemon and some lemon sirup and boil it until it changes color.

Apples and Asparagus.

Oregon apples have made an excellent reputation this year with the Chicago people who are in the habit of using the best fruit.

Strange Klondike Outfits.

There is a picturesque side to this great Alaskan movement, and no city can bear stronger witness to that fact than can Seattle at present.

That Settles It.

With the bloom and beauty of the season, its balmy airs and delightful temperature, we feel like living with new life, and are therefore often very careless in taking care of ourselves.

It is the Chinese custom to inaugurate a business venture with a display of fireworks.

The Tourist Sleeping Car Line operated by the Southern Railway between Washington and San Francisco without change, via New Orleans, has proven so successful that it has become necessary to make a semi-weekly service.

Information in regard thereto may be had from Mr. A. J. Poston, Gen'l Agent, Summit Tourist Excursions, 51 Penn. Ave., N. W., Washington, D. C.

Zadkiel is now boasting that he prophesied all about the Chinese question.

STATE OF OHIO, CITY OF TOLEDO, O.

FRANK J. CHENEY makes oath that he is the senior partner of the firm of F. J. CHENEY & Co., doing business in the City of Toledo, County and State of Ohio, and that said firm will pay the sum of one hundred dollars for each and every case of CATARRH that cannot be cured by the use of HALL'S CATHARTIC CURE.

Sworn to before me and subscribed to in my presence, this 6th day of December, 1897.

A. W. HILASION, Notary Public.

Hall's Cathartic Cure is taken internally, and acts directly on the blood and mucous surfaces of the system.

F. J. CHENEY & Co., Toledo, O. Sold by Druggists.

The unexplored area of Canada is 1,000,000 square miles.

Take Laxative Broom Quinine Tablets. All Druggists refund money if it fails to cure. 25c.

It's 4408 miles from San Francisco to Dawson City in the Klondike.

Piso's Cure for Consumption has no equal as a cough medicine.

The first printing press in the United States was opened in 1782.

No-To-Bac for Fifty Cents.

Guaranteed tobacco habit cure, makes weak men strong, blood pure. 50c. All druggists.

The first printing press in the United States was introduced in 1629.

Cheer Star Tobacco-The Best.

The vintage of France amounted to 711,700,000 gallons in 1897.

Educate Your Lungs With Cascarets.

Candy Cathartic—Cure constipation forever. 10c. 25c. If C. C. C. fails, druggists refund money.

In 1897 Ohio furnished almost 37,000 tons of grindstones.

The flesh speedily resumes when obstinate cures are cleaned with Glen's Sulfur Soap.

A Russian does not become of age until he is twenty-six.

Spring Medicine

A Good Blood Purifier a Necessity Now

Hood's Sarsaparilla Unequaled for Making Rich, Red Blood

The necessity for taking a good Spring Medicine to purify the blood and build up the system is based upon natural and unavoidable causes. In cold weather there has been less perspiration and impurities have not passed out of the system as they should.

Hood's Sarsaparilla

Hood's Pills

MEN AND WOMEN WANTED TO TRAVEL

DIMENSIONS, PATENT S. CLAIMS.

JOHN W. MORRIS, WASHINGTON, D. C.

FISO'S CURE FOR RHEUMATISM

CONSUMPTION

Only One Fault.

I was riding through a pretty country town named H—, when I chanced to notice a concourse of people in the churchyard, evidently attending an open grave.

Most Remarkable Book.

The most remarkable book, so far as its appearance is concerned, is neither written nor printed. It is the Imperial Library of Paris, and the letters are cut out of tissue paper with a pair of scissors.

It Will Pay.

It will pay to carefully read the descriptive advertisement of Alabastine appearing in this paper, explaining the difference between those goods and kalsomines.

Submarine Navigation.

Speaking of the Plunger, the new vessel now being built for the navy will sail under the water as well as on top of it.

Quite a Difference.

A correspondent of the New York Sun, pointing out the difference between a community wherein the drink traffic is repressed by law, and in another where the sentiment and one within whose boundaries there is no such aversion to drink and drunkenness says: "I live for eight or nine months every year in New York."

Digital Penicillites.

"There are some curious things about the Chinamen in this city that I have observed," said one of the conductors the other day on the Pennsylvania avenue street car line as the car stopped and two Chinamen got off.

To Make a Mirror.

In a new process for silvering glass it is practicable to give a fine polish to the silver after it is spread on the glass. This is accomplished by means of two solutions which must be prepared with great care.

Marine Development.

A writer in the Engineering Magazine says that during the last fifty years the size of steamships has been multiplied twenty-fold, the horsepower employed to drive them has been multiplied forty-fold and the speed with which they traverse the sea has been increased three-fold.

ALABASTINE IS WHAT?

Alabastine is a durable and natural coating for walls and ceilings entirely different from all kalsomine preparations, made ready for use in white or twelve beautiful tints by the simple addition of water.

TEMPERANCE NEWS AND NOTES.

The Mohammedans are total abstainers, and are semi-barbarous. When a laboring man undertakes to support a family and a saloon at the same time, the saloon will grow rich and the family grow poor.

Curiosities of the Bank of England.

Some of the curiosities of the Bank of England are well worth describing. In the printing room a man sits at a little table, and every three seconds a machine hands him two complete five-pound notes.

The finest garnets in the world are found in New Mexico.

Mrs. Winslow's Soothing Syrup for children teething.

Glasgow has 1,000,000 people and but 494 doctors.

It is a mistake to suppose that Jules Verne is the inventor of submarine navigation.

One day while the British were occupying New York and their fleets were anchored in New York harbor,

They almost invariably take a car when they have any distance to go.

They are great people for paying one another's fare.

Alabastine is what?

Particularly throat and lung difficulties wrongly attributed to other causes.

MUCH SICKNESS

WHAT ARE KALSOMINES?

Kalsomines are cheap temporary preparations

SEND FOR A BICYCLE

High Grade '98 Model, \$14 to \$45.

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CANDY CATHARTIC. REGULATE THE LIVER. ALL DRUGGISTS. 10c 25c 50c.

RHEUMATISM. Permanently cured by using DR. WHITEHALL'S RHEUMATIC CURE. THE DR. WHITEHALL MEDICINE CO., SOUTH BEND, INDIANA.

Columbia Bicycles. ARE THE BEST. They are absolutely uniform in quality and finish. You have the added satisfaction of knowing no one can buy a Columbia cheaper than you.

PAINT YOUR OWN WALLS AND CEILINGS. CALCIMO FRESCO TINTS. FOR DECORATING WALLS AND CEILINGS. Purchase a package of grocer or paint dealer and do your own CALCIMO something.

"Better Work Wisely Than Work Hard." Great Efforts are Unnecessary in House Cleaning if you Use SAPOLIO. TO DEALERS. Do not buy a law suit or an injunction with cheap kalsomines, which are all imitations of Alabastine.

ALABASTINE. Alabastine is a durable and natural coating for walls and ceilings entirely different from all kalsomine preparations, made ready for use in white or twelve beautiful tints by the simple addition of water.