LAND OF THE SKY.

Special Excursion Rates to Mountain Retreat. Special Excursion Rates to Mountain Retreat.

For the second summer assembly of the International Christian Workers' Association at Mountain Retreat, August 16th to 30th in clusive (Railroad Station Black Mountain North Carolina), Southern Railway will sell round-trip tickets for one tare. Going, August 16th to 30th inclusive, and are good returning until and including September 3d. Mountain Retreat is located in the heart of the Appalachian Mountains, 12 miles east of the Appalachian Mountains, 12 miles east of the great Vanderbill estate of "Biltmore," and 15 miles east of Asheville.

Alitude varies from 250 to 570 feet. Cool, comfortable; reasonable hotel rates; mountain climbing second only to Switzerland and the Rockles. Assembly is under the direction of the Mountain Retreat Association, of which Rev. Floyd W. Tomkins, D. D., Rector of Grace Church, Providence, is President, Music of the Assembly under the direction of the famous Gospel singer F. M. Lamb, Low rates are open, by direction of the Association, to all who desire to attend.

Tents and camps can be set up on the grounds for a nominal charge. For further particulars address A. S. Thwaarr, E. P. A. Southern Railway, 271 Broadway, New York.

The Bank of France is four times as large as the Bank of England.

Fits permanently cured. No fits or nervous-ness after first day's use of Dr. Kline's Great Nerve Restorer, Strial bottle and treatise free Dr. R. H. Klane, Ltd., 381 Arch St., Phila., Pa.

In London there are more fires on Saturday than on any other day in the week.

## Weak Stomach

Sensitive to every little indiscretion in eating, even to exposure to draughts and to over-perspiration-this condition is pleasantly, positively and permanently overcome by the magic tonic touch of Hood's Sarsaparilla, which literally "makes weak stomachs strong." It also creates an appetite-makes you feel real hungry, and drives away all symptoms of dyspepsia. Be sure to get

## Hood's Sarsaparilla America's Greatest Medicine. All druggists,

Hood's Pills cure all liver ills. 25 cents.

A Criticism of Smokeless Powder.

A well-known sportman and gun expert of this city attributes the poor marksmanship of the Spanish fleets to smokeless powder. He says it is a well-known fact with sportsmen that nitre or smokeless powder cannot be depended upon for good shooting. The strength of the same calibre of cartridges varies; one probably will shoot straight to the mark, the next high, and the third low. If this is the case with the small sporting cartridges, what must it be with those used in the great pieces of ordnance on warships?

The accuracy of the American gunners is, of course, largely due to good marksmanship, but the skill of the gunners would count for nothing, the gun man said, if it were not for the fact that the American navy uses black powder, the explosive force of which is always to be depended on. He maintains that the same rule applies to the small arms used in the army, and contends that the Government had make no mistake in not adopting nitre or smokeless powder. -Savannah (Ga.) News.

## A LIVING WITNESS.

Mrs. Hoffman Describes How She Wrote to Mrs. Pinkham for Advice, and Is Now Well

DEAR MRS. PINKHAM:-Before using your Vegetable Compound I was a great sufferer. I have been sick for months, was troubled with severe pain both sides of abdomen, sore feeling in lower part of bow-

els, also suffered with dizziness. headache, and could not sleep. wrote you a letter describing my case and asking your advice. You replied telling me just what to do. I

followed your directions, and cannot praise your medicine enough for what it has done for me. Many thanks to you for your advice. Lydia E. Pinkham's Vegetable Compound has cured me, and I will recommend it to my friends.-Mrs. FLORENCE R. HOFFMAN, 512 Roland St., Canton, O.

The condition described by Mrs. Hoffman will appeal to many women, yet lots of sick women struggle on with their daily tasks disregarding the urgent warnings until overtaken by actual collapse.

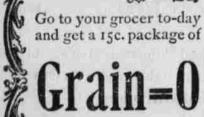
The present Mrs. Pinkham's experience in treating female ills is unparalleled, for years she worked side by side with Mrs. Lydia E. Pinkham, and for sometimes past has had sole charge of the correspondence department of her great business, treating by letter as many as a hundred thousand ailing women during a single year.





CURE CONSTIPATION.

NO-TO-BAG Sold and guaranteed by all drug-



It takes the place of coffee at 1 the cost.

Made from pure grains it is nourishing and health-





To Keep Hogs Clean. the comfort and health of the animals to stand out in all kinds of weather .during very warm weather. Hogs can E. L. Vincent, in Agricultural Epitoget along without them but they will mist. not be thrifty and profitable.

To Kill Chicken Lice.

business, like every other person who tained, but the relative question of the keeps fowls, we have had a great deal cost of the different foods must also of experience with chicken lice, and enter into the question. Thus, accord-

the evil effects of the pests. them with lime and whitewash, coal teen per cent, of flesh, and twenty-five tar, lard, etc., all of which have some per cent. of vegetables. This propormerit. But for the past five or six tion is not absolute, but relative. It years we have used but one remedy, serves more as a guide to the poultryand that a very effective and cheap man than as an infallible rule. one. It is kerosene oil, and, in our young, free of lice, not omitting, how-

fowls, we keep their perches satur-ated with the oil, so that the latter Corn we know has the greatest amount are thoroughly soaked all the time, in of fat producing material in it, and the warm season, especially. We cats more muscle-forming material. sprinkle it on the sides of the walls Beans, however, succeed any of the about the roosts and in the nest boxes, grains in muscle-forming material, conand about the sides of the nests, after taining thirty-eight per cent. comthe hay or straw has been put in.

Kerosene oil applied in this way once a week will keep the lice away the matter must also be considered from the chickens in the hottest from different standpoints. Fish will

weather. mothers of lice, we rub the shanks of where fish can be obtained for a little the hen thoroughly, and her fluff and expenditure of time and labor, poulbreast feathers lightly with the oil, and also sprinkle it in and about the coop about once a week. We do not apply it at first, however, until the brood is a week old. The oil prevents scaly and rough legs also, and it is all that one needs to combat chicken lice with.-H. B. Geer, in fowls are clover, alfalfa, green oats Agricultural Epitomist.

Summer Work Among Flowers

remove all fading flowers. This is very necessary if you would keep your plants blooming. If seed is allowed be found in abundance if one looks for to form, the plant will throw all its energies into the development of it, and you will get but few flowers; but the parts we cat on our table, and they if the process of nature is interfered with by preventing the plant from should not be thrown into the yard in forming seed, it will, as a general quantities. Keep the bulk of them in thing, make further efforts to perpetuate itself. In thus thwarting its ef- day .- W. E. Farmer, in American Culforts it can be kept flowering indefin- tivator. itely. Remove all withered flowers from the lower portion of the gladiolus stalks. If they are left clinging there they soon give an untidy look to the spike. Tie the central stalk of each culture to ascertain what kind of dablia to a stout support, or the plant | cheese is best adapted to the small may be broken over by a sudden home dairy. The Gonda cheese, wind. Give morning glories stout made of new milk, seems to be the strings to clamber on, but never at- most satisfactory. This cheese has tempt to train sweet peas on any sup-port of this kind, for they will stub-land, but by a somewhat different bornly refuse to make use of it. process from the one used here. While They like best a support of brush, but fresh from the cow the milk is aerathey will do very well if trained over ted. When it has stood long enough wire netting with a coarse mesh. The to lose its animal heat warm to ninety

run off instead of into it. It also enables it to act something like a sponge the shape of dew.

If weeds were kept down well durseen. Never allow a weed to ripen.

soon as it begins to decay dig it into increased pressure. the soil about the plant and let it act as a fertilizer.—Harper's Bazar.

Harvesting Oats Green.

There is a time to cut oats so that the straw may be almost, if not quite, as valuable as good timothy hay. That time is when the berry has fairly begun to harden and before the stalk becomes dry and indigestible.

For many years I have followed the practice of harvesting my oats as nearly as possible when in this condition. In order to do this I am obliged to watch the field, and as soon as the grain begins to turn yellow I start the reaper. I do not use a binder, for I think the grain cures better when left loose than when bound up at the same time it is cut. If I were to use a binder, I would tie the bundles as loosely as could and have them fit to handle. have seen outs bound so tightly in damp weather that they would mould

under the band. . Following the same plan I use in securing my hay crop, I try to cut down only so much of my field as I can get up safely before storm. I would rather get up half an acre a day in good shape than to have ten acres cut and lying through a heavy storm, In good weather the bundles will dry out quite rapidly and be ready to set I always set my cats up in tenup. I always set my cats up in ten-bundle shocks, using two good-sized bundles to cap the others. These two bundles are bound near the butts and the tops spread, and then carefully laid over the top of the shock, heads slanting downward, to shed rain.

storm all right. When thoroughly cured the grain is hauled in and threshed. The straw at heart. comes out bright and full of sweet juices. Any kind of stock will eat it those not altogether wrong, being voraciously. Horses, cows, and even sheep, will thrive on it. May 1st, last, my sheep left good timothy hay in the rack and at straw secured as I have If all of the mountains in the world described. The grain from oats saved were leveled the average height of

Thus put up the oats will stand a heavy

brighter and more marketable than Clean hog wallows are necessary to when left until dead ripe and allowed

- \* Feeding Hens For Profit.

The right proportion of food for lay Since we have been in the poultry ing hens can be scientifically ascering to some authorities, fowls should In former years we used to combat receive about sixty per cent. grain, fif-

Now the question of grain must be opinion, it is all that any one needs to decided according to the locality and keep the chickens, both old and cost of the various grains. Where beans can be obtained cheaper than ever, the place to dust, which is neces- grains they take the place of the latter sary to keep the plumage smooth and very acceptably if ground and fed in an attractive form. Mixed with the In order to keep lice off of the old ground beans a little corn, barley and pared to twenty-two per cent. in oats. As to the meat, flesh or fish food,

to a large extent take the place of To free the little chickens and their | meat and flesh, and along the seacoast. trymen make it take the place of meat entirely. The fowls not only thrive on it, but they learn to like it, and to prefer it to any other form of meat. It is cheaper, too, and may always be substituted for flesh with good results. The best vegetable substances for the and garden vegetables. In the West, where alfalfa thrives luxuriantly, this is the best green vegetable food that Go over the garden beds daily, and can be fed to the fowls. Green oats are rather expensive green food, but garden vegetables can nearly always vegetables are often just as good as should be saved for the fowls. They

Cheese Making at Home.

cold water, and feed only a few each

Experiments have been made in some of our Western schools of agrinetting should be at least five feet degrees Fahrenheit, using sufficient rennet to cause coagulation in from If the season is a dry one water seven to ten minutes. Let stand must be supplied to plants in the from fifteen to twenty minutes, then beds. Give it after sundown, to avoid insert the front finger at an angle of the too rapid evaporation which takes forty-five degrees until it touches the place if the application is made while curd. It on withdrawal the curd the sun can get at the soil. Apply it breaks clean across, with few or no close about the roots of the plants, | bits attached, it is ready to cut. Diwhere it will do most good. Keep the vide with a knife until the size is soil loose and open. This prevents that of an average wheat kernel. Stir its crusting over so that water will gently five minutes, then gradually increase the heat until 100 to 104 degrees is reached, constanly stirring and absorb whatever moisture comes in as the temperature rises. Drain or dip off the whey, leaving the curd firm, but not too dry. Press by the double ing the early part of the season they handful firmly into the hoop, until will not need a great deal of attention full, then put on the cover and press now, but the gardener should make it lightly an hour. Remove from the a rule to pull up every one as soon as press and put around it a band of cloth long enough to lap a little; and Grass clippings from the lawn will of sufficient width to cover two or be found very effective as mulch about three inches on each end. Cover top dahlias and other plants requiring a and bottom with a round cap, return constant moisture at the roots. As to hoop for twenty four hours, with

The Gonda cheese is ordinarily three inches thick and eight inches in circumference. A simple lever press can be constructed of a hardwood stick, ten feet long and four inches in diameter, one end fastened under a cleat against the wall. The cheese, band and end covers should be dipped in very hot whey or water before the cloth is applied. To salt the cheese, make a saturated solution of brine and float the cheese in it from five to eight days, turning every day and sprinkling a little salt over the top. After removing from the brine turn once a day the first month, or if kept two months twice a week, and once a week the third month. The curing room should be cool, a little dampness will be beneficial than otherwise. During the midsammer months the making of this cheese requires less labor than butter making. The process is simple, the product good,-New England Homestead.

WISE WORDS.

Wisdom is never talkative. Modesty is a charm which no beauty

is complete without. Simplicity is the least in nature and the greatest in art. Genius is never commonplace,

though it deals with the commonplace. A character that is a shining light becomes the attraction of enmity. Love alone can purchase love. And

the greatest love can feel the greatest He who can discourse philosophy in the simplest language is a philosopher

The errors that most mislead are

in this way is, to my mind, much the land would rise nearly 220 feet.

A TEMPERANCE COLUMN.

THE DRINK EVIL MADE MANIFEST IN MANY WAYS. The Decanter—A Shocking Sight That Can Be Witnessed at the Very Gate-way to the Nation—Setting Prospec-

tive Citizens a Bad Example. There was an old decanter and its mouth was gaping wide; the rosy wine had ebbed away and left its orystal side; and the wind went humming humming, up and down the sides it flew,

low neck the wildest notes it blew. I placed it in the window where the blast was blowing free, and fancled that its pale mouth sang the queerest strains to me. They tell mepuny conquerors! the Plague has slain his ten, and War his hundred thousand of the very best of men; but I'-'twas thus the bottle

spake: But I have conquered more than all your famous con-querors, so feared and famed of yore. querors, so feared and famed of yore.

Then come, ye youths and maidens all
come drink from out my cup, the beverage that dulls the brain and burn
the spirits up; that puts to shame
your conquerors that slay
their scores below; for this
has deluged millions with
the laws tide of wee. the lava tide of woe.
Though in the path of battic darkest waves of blood
may roll; yet while I killed
the body, I have damned
the very soul. The cholera,

the plagues, the sword such
ruin never wrought, as I in
mirth or malice, on the innocent have brought. And still
I breathe upon them, and they
shrink before my breath; and by year my thousands the dismal road of Death.

In Need of Reform.

At the immigration station of New "At the immigration station of New Fork," says a well known temperance worker, "beer has been sold to the immigrants for the past five years, who can buy when they like and as much as they choose, so long as they have the money to pay for it. It is a common slight for young men, who land in the morning bright and sober, to be very much the worse for liquor in the ifterneon and have not been out of the ifternoon, and have not been out of the building, and upon being questioned as to where they obtained their drinks and who look their money point to the bar run by the United States Government. The first noney spent by them in this country the first day of their arrival is to the United states for that which steals away their prains and makes them unfit to care for themselves or those dependent upon them, and an easy prey to the vultures who swarm about ready to pounce upon their retim and fleece him, leaving him like the stranger in the Bible on his way to Jericho, who fell among thieves and was left to die. The parties having the monopoly of selling provisions at the Barge Office, in spite of promises which they have made again and again, are selling no ten, eqffect or milk, although hundreds of thousands. or milk, although hundreds of thousands of women and children are kept there for by women and children are kept there for hours. Think of these people, after being suddled together like sheep in the steerage for days, mothers with their little shildren, sick, faint, weary, wanting a cup of tea, but nothing but beer to be had; hink of these little children needing, craving a cup of milk, and nothing but beer for them! Yes, plonty of that! What recolors that for them! Yes, plenty of that! What wonder that nine-tenths of the 250,000 saloon keepers in this country are foreign-irs, for Uncle Sam taught them at the very intrance of this New World how easy it is to make money selling the drink. Shame upon us-and we a Christian nation!"

Intemperate Women. One of the most pitiful and ruinous phases of the alcoholic wave that has been passing over Greenock and Port-Glasgow or some months, says the Greenock Telegraph, is the over-indulgence of women in itrong drink. In this year of pientiful work and high wages men spend far too nuch of their carnings in drink. But they work, less or more, and the great majority of them keep their wives and families well, it is when the mother and child-rearer of the house gives way to dissipation that nisery, wretchedness, and not infrequently grime, wreck what otherwise might be appy homes. There are men in Greenock and Port-Glasgow making two, and in many cases three, pounds a week, whose amilies are about as needy the day before the pay as if the parents were paupers in Smithston. Too often the reason is the leminine drink crave. Many a married woman, instead of keeping her fireside oright and attractive for her husband and anding his children, setting the latter an example in sobriety and industry, idles the ime gossipping and dramming—aye, and awaing—while the father and husband is ime gossipping and dramming-aye, and pawning-while the father and husband is pawning—while the father and husband is working. How true it is that many working. How true it is that many working. How true it is that many working and a many the proud of will hardly ever iescend to the lowest depths. But when a woman goes wrong she is a grief to her husband, a misfortune to her family; and nuisance to the public.

Why Turkish Soldiers are Effective. Why Turkish Soldlers are Effective.
Major-General Nelson A. Miles, in McClure's Magazine, writing of the Turkish
army, says: "What I saw of the Turkish
soldlers in Constantinople convinced me
that they are among the most effective in
the world. There are many reasons for
this fact. . . . They are all Mostems,
and their religion has three elements
which sontribute largely to their soldleriy qualities. . . It enforces simplicity
of life and strict temperance."

Two Potnts of View. In the course of a conversation between two workingmen's wives, one happened to remark that her husband always put on a clean white shirt on Sunday morning. The other replied: "Well, I never care so much about Sundays; but I always see that he has a clean shirt every Saturday after-noon, because that's the time he generally drinks, and if he should take off his coat to fight I like him to look clean and deent,"-Scottish Reformer.

Temperance Wins a British Victory. An English paper claims the battle of At-bara as a great victory for temperance as well as for the English arms. Sir Herbert Kitchene, at the commencement of thend-rance, sent back all the beer that had been ordered to the front. As a result of this policy, and of the excellent discipling main ained, the health of the army was superb, ind the wounded are now rapidly recover

Notes About the Crusade. Encourage the boys in the total absti-

tence ranks. Is not the desire for uncarned felicity the secret of much of the craze for alcoholic stimulants?

A total abstainer is good. A total absti-sence society is better. Little is gained without organization. During the summer vacation the sity of guarding against the use of fatoxicating drinks is greater than over.

Fifty or a hundred men united in the sause of temperance can certainly do much more good than if they tried to work sim-ply as individuals.

It is far easier to give up altogether the taste of intoxicating drink than to measure it out to one's self. Have done with it therefore, altogether. A sober father does not always ment sober sons, but the influence for temperat

living that a soner father exerts in a house hold is very great. News comes from Palestine that the land is becoming one of drunkenness, and that in Jerusalem there is a browery. It Nazareth alone there are reported fifty

three licensed places. The devil is very busy in our hours of ralaxation, and, as some one very well expresses it, young men on vacation are ver apt to set as though there was a general suspension of all the rules whereby the live during the rest of the year.

An Austrian inventor claims to have invented an electrical apparatus by the use of which a person may sit in a dark room and look at a scene in auother part of the town, regardless of corners, intervening buildings, or any other obstructions. It is claimed that the instrument operates similarly to the telephone. Scientists explain the transmission of sound over telephone wires by the theory of sound waves. The inventor of the new instrument, which is called a "fernseher," claims that his appliance transmits light waves just as the sound waves are carried over the wire by electricity.

The present system of musical notation was invented in the eleventh cen-

Beauty Is Blood Deep. Gisan 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. Begin to-day to banish pimples, boils, blotches, blackheads, and that sickly bilious complexion by taking Cascarets,—beauty for ten cents. All druggists, satisfaction guaranteed, 10c, 25c, 50c.

In some parts of Africa slaves are still the basis of all financial reckoning.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflamma-tion, allays pain, cures wind colic, 25c, a bottle. Married couples in Norway are privileged to travel on railways at a fare and a balf.

To Cure Constipution Forever. Take Cascarets Candy Cathartic. 10c or 25c. If C. C. C. fail to cure, druggists refund money

A nutmeg tree of the largest size will pro-duce no more than five pounds of nutmegs Rev. H. P. Carson, Scotland, Dak., says: "Two bottles of Hall's Catarrh Cure completely cured my little girl." Sold by Druggists, 75c.

No-To-Bac for Fifty Cents.

It was 300 years ago, in Florence, that the first grand opera was produced.

India wheat is still throhsed by being trodden out by bullocks and buffaloo We have not been without Piso's Cure for Consumption for 20 years.—Lizzie Fernet, Camp St., Harrisburg, Pa., May 4, 1894. The common house sparrow flies at the rate of seventy-two miles an hour.

Educate Your Bowels With Cascarets. Candy Cathartic, cure constipation forever 10c, 25c. If C. C. C. fail, druggists refund money

In Hamburg, Germany, the authorities tax a dog according to bis size.

WHO KILLED THAT MAN?

who burned that building! Who stole that horse? Who forged that note! To clear up a mystery or bring a culprit to speedy justice, consult the American Detective Association, largest organized force of its kind in the world. Skilled service at reasonable rates. We have experienced detectives everywhere, doing thorough work by honest, systematic methods. Send description of case you want investigated.

-WORK FOR DETECTIVES!

Shrewd, reliable men wanted in every locality for profitable positions of trust. Experience not required; act under direct orders from home office. Write to the Superintendent, American Detective Assoc'n., Box M., Indianapolis, Ind. ore eyes, use Thompson's Eye Water

To quit tobacco easily and forever, be mag actic, full of life, nerve and vigor, take No-To Bac, the wonder worker, that makes weak men strong. All druggists, 50c or \$1. Cure guaran

teed Booklet and sample free Addres Sterling Remedy Co., Chicago or New York emeralds.

To Cure A Cold in One Day. Take Laxative Bromo Quinine Tablets. Al Druggists refund money if it falls to cure. 25c The whistling buoy can be heard about



THE EXCELLENCE OF SYRUP OF FIGS is due not only to the originality and simplicity of the combination, but also to the care and skill with which it is manufactured by scientific processes known to the California Fig Syrup Co. only, and we wish to impress upon all the importance of purchasing the true and original remedy. As the genuine Syrup of Figs is manufactured by the CALIFORNIA FIG SYRUP Co. only, a knowledge of that fact will assist one in avoiding the worthless imitations manufactured by other parties. The high standing of the CALI-FORNIA FIG SYRUP Co. with the medical profession, and the satisfaction which the genuine Syrup of Figs has given to millions of families, makes the name of the Company a guaranty of the excellence of its remedy. It is far in advance of all other laxatives, as it acts on the kidneys, liver and bowels without irritating or weakening them, and it does not gripe nor nauseate. In order to get its beneficial effects, please remember the name of the Company -

CALIFORNIA FIG SYRUP CO. SAN FRANCISCO, Cal. NEW YORK, N. Y.

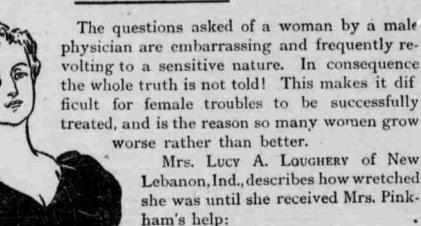


Thoughtless Felks Have the Hardest Work, But Quick Witted People Use

SAPOLIO

## CONFIDE IN A WOMAN

Women may write about their troubles to Mrs. Pinkham and avoid the questions of a male physician.



DEAR MRS. PINKHAM:-I propped myself in a chair and wrote to you, and as soon as I commenced to take your Vegetable Compound I began to improve. I had suffered with severe pains in my hips, back and head. The doctor said I had bladder trouble and falling of the womb. I had spells when, if I did not sit down, I would fall. I was sleepy all the time. I was also troubled with leucorrhea and itching piles. People thought that my end was near. Had it not been for Lydia E. Pinkham's Vegetable Compound and advice, I would have been dead and buried long ago. I hope that this letter may be the means of helping all women who suffer as I did.

Women understand women better than men can. The whole truth is freely told to Mrs. Pinkham, and women only see the letters received by her at Lynn, Mass Her advice is freely offered.

Here is a convincing letter from a woman in Bethlehem, Pa.:

DEAR MRS. PINEHAM: — Words cannot express my gratitude for the good that your Vegetable Compound has done me. I have taken five bottles, and feel better in every respect. Menses heretofore lasted too long and were very profuse, and made me very weak. Your Compound is a miracle. Before writing to you I had tried doctor's medicine, but of no avail. I would not give up your Compound for female com-plaints for all the doctor's medicine in the world My friends want to know what makes me look so well. I do not besitate one minute in telling them what has brought about this wenderful change. I cannot sing its praises enough. I hope every one who suffers as I have will give Lydia E. Pinkham's Compound a trial; and I know that, if taken according to directions, it will cure.-Mrs. EDWIN EURIG, 413 Church

All women who suffer should secure Mrs. Pinkham's counsel. Female troubles are real troubles, and must be treated understandingly. For a quarter of a century Mrs. Pinkham's advice and Lydia E Pinkham's Vegetable Compound have been helping women to be strong and well, more than a million women have been benefited by it.

Lydia E. Pinkham's Vegetable Compound A Woman's Remedy for Woman's Ills.

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