

system longer than you. St. Jacobs Oil to cure it. There is no other what part it may strike or how much they it may give.

During the year ended in September last criminals were sentenced in Iowa.

To Cure Constipation Forever. Take Cascarets Candy Cathartic. 10c or 25c. If C. C. C. fall to cure, your money refunded.

Several of Shakespeare's plays have been translated into Japanese.

Pains and Aches

Of Rheumatism Make Countless Thousands Suffer.

But this disease is cured by Hood's Sarsaparilla, which neutralizes the acid in the blood. If you have any symptoms of rheumatism take Hood's Sarsaparilla at once and do not waste time and money on unknown preparations. The merit of Hood's Sarsaparilla is unquestioned and its record of cures unequalled.

Hood's Sarsaparilla

Is America's Greatest Remedy for Rheumatism. Hood's Pills cure all liver ills. 25 cents.

Spider Web Balloon Netting.

Some ten years ago a French missionary started the systematic rearing of two kinds of spiders for their web, and the Board of Trade Journal states that a spider web factory is now in successful operation at Chalais-Mendon, near Paris, where ropes are made of spider web intended for balloons for the French military aeronautic service. The spiders are arranged in groups of twelve about a reel, upon which the threads are wound. It is by no means easy work for the spiders, for they are not released until they have furnished from thirty to forty yards of thread each.

The web is washed, and thus freed of the outer reddish and sticky cover.

Eight of the washed threads are then taken together, and of this rather strong yarn cords are woven, which are stronger and much lighter than cords of silk of the same thickness. These spider web ropes are very much more expensive than silk ones, but it is hoped to reduce their cost somewhat in the future.—Nature.

NERVOUS DEPRESSION.

[A TALK WITH MRS. PINKHAM.]

A woman with the blues is a very uncomfortable person. She is illigical, unhappy and frequently hysterical.

The condition of the mind known as "the blues," nearly always, with women, results from diseased organs of generation.

It is a source of wonder that in this age of advanced medical science, any person should still believe that mere force of will and determination will overcome depressed spirits and nervousness in women. These troubles are indications of disease.

Every woman who doesn't understand her condition should write to Lynn, Mass., to Mrs. Pinkham for her advice. Her advice is thorough common sense, and is the counsel of a learned woman of great experience. Read the story of Mrs. F. S. BURNETT, Westphalia, Kansas, as told in the following letter:

"DEAR MRS. PINKHAM—I have suffered for over two years with falling, enlargement and ulceration of the womb, and this spring, being in such a weakened condition, caused me to flow for nearly six months. Some time ago, urged by friends, I wrote to you for advice. After using the treatment which you advised for a short time, that terrible flow stopped.

"I am now gaining strength and flesh, and have better health than I have had for the past ten years. I wish to say to all distressed, suffering women, do not suffer longer, when there is one so kind and willing to aid you."

Lydia E. Pinkham's Vegetable Compound is a woman's remedy for woman's ills. More than a million women have been benefited by it.

PIMPLES

"My wife had pimples on her face, but she has been taking Cascarets and they have all disappeared. I had been troubled with constipation for some time, but after taking the first Cascarets I have had no trouble with this ailment. We cannot speak too highly of Cascarets." FRED WEXMAN, 578 Germantown Ave., Philadelphia, Pa.

CANDY CATHARTIC

TRADE MARK REGISTERED

REGULATE THE LIVER

Pleasant, Palatable, Painless, Taste Good, Do Good, Never Sickens, Weakens, or Grips. 10c, 25c, 50c.

... CURE CONSTIPATION. ...

Holding Ready Compound, Chicago, Montreal, New York, 314

NO-TO-BAC Sold and guaranteed by all druggists. CURE Tobacco Habit.

BETTER THAN BUTTER

Butterine is that is, it is better than very nearly all butter. The best butter that can be produced is as good as Butterine. It isn't better, it's the same. And the butter is as good only at the moment it comes from the churn. It doesn't stay for a few moments. The butter begins to deteriorate immediately. The Butterine doesn't.

"Why do you not buy Butterine?"

"It's because you are prejudiced. You have been told that Butterine is artificial. What does artificial mean? It means a variety of things according to circumstances. Butterine is artificial. It is better, it is manufactured by a process. One is just as artificial as the other. The elements of both are produced by nature. Both come from the same animal.

"And these elements are practically identical. That's why butter can't be better than Butterine. Pure Klondike gold can't be any better than pure Cripple Creek gold, sold in solid. Certain elements are the same whether in butter or Butterine—whether the milk of the cow or of a cow.

"The difference between Butterine and the best butter is mostly in the process of making. The Butterine process is superior and is a guarantee of purity."

"And with all its merits Butterine costs less than butter—only 10c per pound. And at this low price we will send it to you express prepaid.

10 lb packages in 1 lb prints.

25 lb packages in 2 1/2 lb prints.

50 lb packages in 5 lb prints.

You are enjoying other modern masterpieces of science which you not only understand and appreciate, but which you want to try to buy.

WILKINS & CO., 208 1/2 Street, N. W., Washington, D. C., P. O. Box 365.

TABLETS CHILDREN LIKE IT

DR. SETHARNOLDS' COLIC KILLER

CURES WHEN OTHERS FAIL

ALL DRUGGISTS

Send Postal for Premium List to the Dr. Seth Arnolds Medical Corporation, Worcester, E. I.

TREATMENT OF WORN SOILS.

National Methods to Maintain the Fertility of the Farm Lands.

The greater part of the farm land of this country has been under cultivation a comparatively short time. The soil was very productive, as a rule, when cropping was begun, indicating the presence of an abundance of available plant food. Notwithstanding the brevity of the period of cultivation, especially west of the Alleghenies, we already hear much about "worn" and "unproductive" soils. New land, after a few years of cropping, ceases to produce as well as it did at first, and no problem is of more general interest to farmers than that of maintaining the productive power of the soil.

Many people have jumped to the conclusion that, as we draw hundreds of millions of bushels of wheat, corn, oats, rye, potatoes, etc., from the farms to meet the demands of our markets each year, the depletion of our soils must be an unavoidable result until we are willing to buy and return to our land all the phosphoric acid and potash that these crops have removed, and, in addition, all the nitrogen that has not been replaced from the stores in the air by the use of plants like clover. The theory is a truth to make its face, and it only needs truth to make it valuable. The three elements named are not the only ones removed from the soil by crops, but the other elements are not considered because they are available in most soils for the full requirements of plants. Science points out the fact that the phosphoric acid and potash are in great present abundance in all naturally fair soils, but we do not find these elements in available form to the extent required by plants. If we can make some of these stores available, it is just as irrational to depend upon outside sources—commercial fertilizers—for all the phosphoric acid and potash required by plants as it would be to buy all the other minerals needed by plants, and of which we hear nothing because the soil nearly always contains an available supply.

Usually a worn soil is unproductive because it does not have a full supply of available plant food, and because its mechanical condition is bad. Constant cropping has used up the available supply of nitrogen, phosphoric acid and potash—the three elements furnished by a complete fertilizer—to such an extent that with poor mechanical condition of the soil a full crop is out of the question. A few years ago we were taught by some writers that rational treatment of a worn soil meant the purchase of these three elements for it; the mechanical condition, which affects the supply of moisture, was ignored. Now that it is generally known that the legumes, such as clover and peas, furnish cheap nitrogen, it is insisted that we must buy the phosphoric acid and potash. The great unavailable stores in the soil are ignored, as is the moisture question likewise. But science is coming forward with explanations of what the practical farmer already knew, viz.: A rotting sod in the soil secures to a crop planted in it a supply of available elements, and the physical condition of the land is such that good yields can be obtained.

The constant cropping of new land exhausts the organic matter in it rapidly, and then comes a state of partial soil "exhaustion." The plowing-under of sods and manurial crops results in the freeing of mineral plant food in the soil, and in such improvement of the mechanical condition that a supply of moisture may be controlled. A clover sod cannot add a pound of phosphoric acid to land, but careful experiment showed that there was twice as much available in the soil after crimson clover had been turned under as was the case before it was grown. In its growth, doubtless, and in its fermentation, some of the original supply in the land was made available. A rational system of maintaining fertility means the maintenance of the original high percentage of humus by the plowing-under of sods and manurial crops, with the certainty that where the percentage of vegetable matter in the soil is kept high, there will be stores of mineral elements be made available sufficiently to afford a cheap and valuable supply.

The soil whose percentage of humus has run low as a result of constant cropping without the incorporation of sods, stable manure or other organic matter with it, is in an almost helpless condition. It cannot free the mineral elements for its use as fast as needed, and it loses control of the moisture. Becoming hard-packed, it is sodden after a rain, and then very dry after a short drought. By the application of costly available plant food in the form of chemicals, such land will produce a good crop in a moist season. Influenced by specious reasoning, not a few farmers have supposed that no other way of securing and maintaining productivity is practicable, and that there is a nearly total dependence upon outside sources for the three valued elements of fertilizers. The necessity of humus is lost sight of. When a soil is in this helpless condition, fertilizers are necessary for the growth of a heavy sod, and herein is a sensible use of them; but the sod should be used to enable the soil to begin helping itself. When the humus content is kept large, productivity remains without the use of fertilizers. The natural strength of the soil becomes the main source of plant food, and it is a cheap source in general farming. To the supply of organic matter, affecting the inert minerals and the moisture in the soil, there may be added available minerals for securing maximum crops, if local conditions justify the expenditure. That is a matter for experiment; but the presence of a foundation-stone of good farming and theavior of soil fertility for all farmers engaged in producing the low-priced staple crops of this country.

While stable manure adds the three elements needed by soils, and clover adds nitrogen, yet much of the value of these two great fertilizers consists in the effect of the large body of organic matter fermenting and remaining in the soil. While bringing plant food directly, they have an equally great value, probably, to worn soils in other ways.—New York Tribune.

IN MANY WAYS.

The Late Francis E. Willard's Poetical Temperance Pledge—Influence of Public Sentiment Against the Excessive Use of Liquor—Dramatic Loss Cases.

We will not buy, We will not use, We will not take Wine, cider, beer, Rum, whiskey, gin; Because they lead Mankind to sin. —Francis E. Willard.

The Cause of Temperance.

The Temperance Christian League Convention, which has recently held its convention at St. Paul, had a paper read before it in which the point was made that, while the use of alcoholic liquors had increased materially in foreign countries, in this country the last ten years had witnessed a sensible reduction in the United States—that is, taking the number of our people into account. The writer of this paper went on to say that during that time there had been no special agitation in favor of temperance, as there had been no conspicuous instance of applications of prohibition laws, the only cause that could be given for the reduction in the consumption of alcoholic liquors in the United States was the instruction that had been given in the public schools as to the disastrous effects of alcohol when taken as a beverage. It seems to us that this is one of those cases of an entire misconception of cause. To assume that the character of the American people is being revolutionized by this class of instruction in our public schools is wholly ridiculous. We do not say that the instruction is not of advantage, but is of only slight advantage, if for no other reason because it is only a partial instruction in relation to the subject. Even if it were general, we should doubt whether it would be noticeably effective. The cause for the decrease in the use of alcoholic liquors in this country is one which does not need any anxious seeking, because it is obvious to any one who considers the subject in an unprejudiced manner. It is the growth of public sentiment against the excessive use of liquor. In a few European countries drunkenness is condoned as an offence of slight importance. In the United States it is the exceptional family in which the drunkenness of one of the members is condoned with intense horror. There are few social circles that will freely admit a person who is known to be an habitual drunkard, and even a man who occasionally gets drunk is looked upon as an outcast from the society. The standard has been set in the upper social classes, and is gradually penetrating down through all of the middle and lower grades; and the more the standard is raised among those who now look on excessive drinking with toleration, the excessive drinker will be tabooed as an unfit associate. The temperance movement is a general one in its character than any law that a Legislature can enact.—Boston Herald.

A Chaplain's Personal Experience. Perhaps no one is more competent to write on "Prisons and Prisoners" than Rev. Mr. Horsley. His experience of both has been considerable, and he has devoted much time and attention to the study of crime and its causes. The earlier chapters in the present book deal with prison statistics, education and crime, and so on, and bristle with facts and figures well worth the study of every one who is a reformer. But perhaps the most interesting portions of the work are those in which Mr. Horsley gives an account of some of his personal experiences with members of the criminal class.

Here are some particulars of money spent on drink gathered from prisoners who came under his observation. One man, who had been in the penitentiary for nine months and saved \$50, and makes from \$10 to \$20 a week, but spends up to even \$5 a day sometimes, on beer for himself and other.

Sailor spent \$165 in a month on drink. "With nothing to show for it except being here," once was a teetotaler for eighteen months when a bluejacket, and saved \$215. Another man, who had been in the penitentiary, but spent it all in drink between November and March. Man, twenty-eight, began at 6 a. m. with rum, spent \$1.75 of it on alcohol, and the rest on other things, and was sent to prison, as Mr. Horsley points out, but he makes the startling statement that "in the absence of the liquor traffic, one police court and one prison would certainly be sufficient for the metropolis."

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Culture will convert tares into wheat.

Fierce storms may mean a quick voyage.

Weak-minded men are apt to be obstinate.

A good conscience is the best armor against calumny.

Happiness is in enjoyment rather than in possession.

True education never induces contempt of the ignorant.

The man who has injured you will be the last to forgive you.

When we despair, not only our own pass, but our ship, is gone.

The body is the temple, the heart is the altar, love is the incense.

A crack in a wall may be very small but you can see a great deal through it.

It is not the man who is painting the house who is doing the greatest work.

Money may buy horns for a donkey, but it cannot hide his brouge when he speaks.—Bam's Horn.

Snakes Vary in Color.

Snakes vary greatly in color, some being very beautiful, and in many cases their coloration is highly protective, green snakes occurring among a luxuriant vegetation, while gray snakes generally frequent rocky districts. The skin, which consists of a coat of scales, formed from the epidermis and generally overlapping each other, is shed during the summer months. The eyes have no lids, being covered with a delicate film or membrane, giving to them that stony glare with which we are more or less familiar. The poisonous snake has a large fat head and a short, thick keel along the centre of the scales, while the non-poisonous snakes have small heads, long bodies and no keel on the scales.

The amount appropriated by our Government for Indian school purposes for 1898 was \$2,638,300.

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STRONGER THAN OAK.

Foot bridges in Morocco are used for heavy traffic have been the subject of much concern to the engineers. Elm planks on oak string-pieces were the materials employed, but these wore out so rapidly that a return to the old style of building was proposed. This consisted of cables made from the fibre of the lino. These cables are plaited and twisted from fibre and are nearly two inches thick and eight and one-half inches wide. They are saturated with tar and firmly nailed to oak planking. The ends are fastened by iron straps. These cables are most admirable footpaths. They are sufficiently elastic to be pleasant under the feet, and experience has demonstrated that they are far more durable than any material heretofore applied for this purpose.

Climate and Color. Climate has a great effect on the color of the complexion. For example, the Caucasians are of all complexions according to the climate, but white is the natural color. Thus, a native of northern Europe is fair; of central, less so; of southern, swarthy; a Moor, more so; an Arab, olive; and a Hindu, nearly black. Such of the Hindu women as have never been exposed to the sun are as the inhabitants of the south of Europe.

Makes the Muscles Strong.

From hard work or excessive exercise soreness and stiffness sets in and lays up. St. Jacobs Oil will cure it after a few applications and make the muscles limber and strong.

Don't Tobacco Spit and Smoke Your Life Away.

To quit tobacco easily and forever, be magnetic, full of life, nerve and vigor, take No-To-Bac, the wonder-worker, that makes weak men strong. All druggists, 50c or \$1. Cure guaranteed. Booklets and sample free. Address Sterling Remedy Co., Chicago or New York.

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 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.

Children Will Not Die.

Of croup, whooping-cough and membranous croup, if Hoxley's Cough Cure is used. 50 cents. A. P. Hoxley, Buffalo, N. Y.

No-To-Bac for Fifty Cents.

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

To Cure a Cold in One Day.

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

Notes of the Crusade.

One man in six in the British navy is a teetotaler.

Drunkenness is a destroyer of peace and happiness.

Almost uniformly the percentage of deaths increases or decreases in a ratio to the per capita consumption of liquor.

To make the individual happier and better, and his home brighter and more comfortable, are some of the objects of total abstinence.

At this season of the year misguided people in some circles insist upon their relations respecting intoxicating drinks. Hospitality, how many blunders are committed in this name!



Every farmer's wife knows how necessary it is that the milk buckets, pans, churns, and other implements of the dairy be perfectly clean and free from taint. A common yellow soap that smells of rosin should never be used for washing these. Such soaps are made of materials that you would not use for any purpose. Besides, they are sticky and the soap will get into the cracks and corners and stay there. Ivory Soap is pure, it is well made, and only sweet, clean materials are used. Then it rinses readily.

IVORY SOAP IS 99 1/2 PER CENT. PURE.

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ATHLETES MAKE POOR SOLDIERS.

An odd fact developed by the campaign of the Seventy-first is this, at least it seems to be established, that given equal hardships, men in fine athletic training suffer more than men in ordinary condition. Statistics show, in this regiment, that the runners, the jumpers, the crack bicycle riders and the record men generally were readier fever victims than their comrades and gave out sooner in the emergencies of the battlefield. There was Sergeant Meeks, long-distance runner, and "Hub" Smith, a bicycle rider, and Siebold, a winner of running races, and Ott, a sprinter and hurdler, and Private Meeks, another bicycle rider, and Divanice, a runner, and so on through a long list. Almost without exception these fine athletes fell into illness or utter collapse with the first strain put upon them. They made worse fever cases and dysentery cases than the others, and it appeared to nurses and doctors as beyond question that the thorough physical training which these men completed just before the war, in anticipation of the spring athletic games, was a serious impairment of their powers for resisting disease. It is worthy of note, also, that most of these athletes inhaled neither in drink nor tobacco.—Leslie's Weekly.

THE MODERN POET.

The old-time poet, according to the Indianapolis Journal, had long hair, while the modern poet has a long head.

THE CUSTOM HOUSE WAS ESTABLISHED IN NEW YORK CITY IN 1789.

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Keep Coughing

Nothing better to tear the lining of your throat and lungs. It is better than wet feet to cause bronchitis and pneumonia. Only keep it up long enough and you will succeed in reducing your weight, losing your appetite, bringing on a slow fever and making everything exactly right for the germs of consumption.

Stop coughing and you will get well.

Ayer's Cherry Pectoral

cures coughs of every kind. An ordinary cough disappears in a single night. The racking coughs of bronchitis are soon completely mastered. And, if not too far along, the coughs of