How It May Happen.
"Jeminy crickets, she's got the rickets,"
hispered one beau to another in the company of a very pretty girl. Truly she was very beautiful, but there was a twitching

very beautiful, but there was a twitching about the nerves of the face which showed suffering. "No." said the other, "It's neuralgia and she's a martyr to ft." St. Jacobs Oil was suggested as the world-renowned cure for it. Did she try it? Yes, and was cured by it and—married "one of the fellows" afterwards. The use of the great remedy for pain will not bring about a marriage, but in its cure of pain it will bring about conditions of health to make life more suitewalls. We wan or woman ought to

The robes worn by Louis XIV. on state occasions cost \$19,000.

Dr. Kilmer's SWAMP-ROOT cures all Kidney and Bladder troubles. Pamphlet and Consultation free. Laboratory Binghamton, N. Y.

"Poor Richard's Almanac" commanded at the last sale \$18.

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure Deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the nuccus lining of the Eustachian Tube. When this tube gets inflamed you have a rumoiling sound or imperfect hearing, and when it is entirely closed. Deafness is the result and this tube result and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out ten are caused by catarrh, which is nothing but an inflamed condition of the nucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. Cheney & Co., Toledo, O. Deafness Cannot be Cured

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflamma-tion, allays pain, cures wind colic. 25c, a bottle Karl's Clover Root, the great blood purifier, zives freshness and clearness to the complex-ion and cures constipation. 25 ets., 50 ets., \$1

After six years' suffering I was cured by Piso's Cure.—Mary Thompson, 29% Ohio Ave., Allegheny, Pa., March 19, 1894. If afflicted with sore eyes use Dr. Isaac Thompson's Eye-water. Druggists sell at 25c per bottle

Grip-Poison Ivy

A professional nurse, well known in Masto my bed. I employed physicians without relief and determined



parilla. I took one bottle and I was feelcontinued with the second bottle and in started for my home, or rather summer residence, at Brewster, Cape Cod. While there I came in con-

tact with poison ivy and my hands beca very sore. I continued to take Hood's Sarsaparilla, and in a short time it overcame my affliction and gave me renewed health, so that after the first of July I was able to do my work and now feel in the best of health. SARAH J. CHAPMAN, Brewster, Mass.

Hood's sarsarilla Cures

Hood's Pills act easily, yet promptly and

Market Ma Try Them All, Every Tom. and Harry's Buckwheat. THEN TRY Heckers

els, Kidi eys, Blaider, Nervous Diseases, Loss of Appetite, Headache, Constipation, Costiveness, Indigestion, Billousness, Fever, Inflammation of the Bowels, Piles, and all derangements of the Internal Viscera. Purely vegetable, containing no mercury,

OBSERVE

the following symptoms resulting from Disease of the Digestive Organs: Constipation, Inwart Piles, Fullness of the Blood in the Head, Acidity of the Stomech, Nausea, Heartburn, Disgust of Food, Full-ness of Weight in the Stomach, Sour Eructations, Slinkin; or Futtering of the Heart, Ohoking or Saf-focating Sensations when in a lying posture, Dim-ness of Vision, Dizziness on rising suddenly, Dots or Webs before the Sight, Fever an I Dull Pala in the Head, Deficiency of Perspiration, Vellowness of the Head, Defficiency of Perspiration, Yellowness of the Skin and Eyes, Pain in the Side, Chest, Limbs and A few doses of RADWAY'S PILLS will fre he system of all the above named disorders.

Price 25 cts. per box. Sold by all druggists.

RADWAY & CO., NEW YORK.



SOLD BY GROCERS EVERYWHERE.

HYTOLACCA BERRY TREATMENT





To fatten fowls, quickly confine in a small, warm coop, which must be kept clean, and particular care taken that the birds to be fattened are absolutely free from lice. Feed on cornmeal mixed with boiling water in the morning, at noon and night with whole corn. Give all they can eat up clean, but allow none to be wasted. It is useless to try and fatten a weak, sickly fowl. It is a waste of time, labor and fowl. It is a waste of time, labor and food. The hatchet is the best remedy in such cases.—New York World.

FEEDING RATIONS

A rather conservative dairyman in A rather conservative dairyman in discussing the ration problem says, "the mostskillful chemist in the world cannot, in his laboratory, lay down rules or compound rations that shall give the very best returns possible from each one of twenty-five good dairy cows." This is very true, but it is equelly true that the agricultural chemist can lay down certain general rules which will enable any intelligent dairyman to vastly improve on the undairyman to vastly improve on the un-scientific methods which so generally prevail. - American Agriculturist.

Every grower of beets has noticed the small buds that appear near the top of the root. These are indeed miniature plants, and if cut out and miniature plants, and if cut out and planted, just as potato eyes are each will next season produce a perfect beet plant with as large a root downward as one grown from seed. It may seem that there can be no practical object in growing beets thus, for it is always easy to grow beet seed. But it is found that when a high grade of angar heet has been sacured by sowing sugar beet has been secured by sowing strains of the sweetest beets there is a strains of the sweetest beets there is a tendency to retrograde in quality. Hence some beet sugar growers in Europe are experimenting in growing from the bud. Having once obtained a root with high per cent. of sugar the quality can be maintained by growing stock from buds. It is possible that this process if continued long will tend to establish a growth of beet roots with many prongs and shoots. This form of growth would shoots. This form of growth would be objectionable as making the beet less compact.—Boston Cultivator.

The first requisite of a stable for horses or cows is convenience for the handling and the safety of the animals. The loose stall, not so small that motion is difficult, and large enough that the animal can turn around without discomfit, is the best, but it requires more room than the orbut it requires more room than the or dinary stall. Nine by seven feet is large enough for a horse or a cow. The common stall should not be larger than five feet for a horse or four fee for a cow, which gives ample space for comfortable movement, and is safer than if wider. The tie should not be so long that the animal may get a foot provide the contract of over it and be thrown— a serious po-sition for a horse or cow to be in. The stanction is not a comfortable fasten-ing for a cow; the sliding ring, with a short chain fitted to a stout strap around the neck, and sliding on an up right bar on one side of the stall, or horizontal one in front of the feeding trough is the safest and most ceeding trough is the safest and most comfortable. The cows are fastened by a snap hook to a ring in the neck strap and to a ring on the bar. During many years' use of this method of fastening in large dairies no accident has tening in large dairies no accident has happened by cows gotting loose. Of course, it is necessary to exercise caution to see that the fastenings are safe before leaving the stable at night.—New York Times.

The one consideration of greater importance than all others in deciding the location of the poultry house is the character of the soil. Of two locations—one the best grass run in the world, but a stiff clay soil, the other a sandbank where a grasshopper would starve—I would select the later. The want of a grass run can be ter. The want of a grass run can be overcome, the cold, sticky clay, mud-pudding in a wet time, and hard-baked as a brick in dry times, cannot. The main item in the expense account of the poultryman is labor; every step saved in doing the work is so much gained. Yet between two locations one wet and the other dry, the dry one should be selected, even if it en-tails many more steps; the losses which would occur from having the house in the wet location would a great house in the wet location would a great deal more than pay for the extra labor. These losses would come from several sources, chiefly in impaired health and consequent unproductive-ness of the flock. Many would be sick, necessitating constant care, eggs would be few, chicks hatched would lack vigor, die or make slow growth and under-sized fowls, in fact there and under-sized fowls, in fact ther and under-sized fowls, in fact there would have to be a constant struggle to offset the effect of the wet soil. The sandy soil dries quickly after a rain, snow melts more quickly, it warms quickly in the sun, every shower purifies it by washing all impurities through it. Better have no lowls than to try to keep them on wet or heavy clay land.—New England Homestead.

HORSES' VALUES.

ably safe to hitch to a wagon for work, and for a family horse they de

and this disp sition It is only by constant little attentions, care and thought that the idea tions, care and thought that the ideal driving horse is evolved. First, the younster is shy and afraid of everything it sees. It is at times clumsy and listless, dragging one or more of its feet carelessly and contracting improper carriage, mien and gait. With regular drily training before it is three years old, but for five minutes often, in the hands of a skilled man, the faults are eliminated and a vast lot of good practices are inculcated, so that.

faults are eliminated and a vast lot of good practices are inculcated, so that, as a horse, the growing creature is rounded into a willing, obedient and ever ready servant, a beast almost human in knowledge and fully so in kindly actions and intentions.

In many a humble stable may be found such prizes, and they are often treasured as being above a price. The owner at times would not part with the family horse as he would not let go one of his children. The vicious and dull horse is forced on the market so much that the really desirable horse must suffer from suspicion that he is must suffer from suspicion that he is not all that is to be desired.

not all that is to be desired.

It is an outrage that a well-bred, highly-trained, sensitive, loving animal should be sacrificed by his owner at the price offered for indifferent horse flesh. It is criminal when one sells an ill-dispositioned or weak animal for a great price. When there is an awakening of conscious among both sellers and buyers better things will result.

result. Farmers will not for many years grow good horses at a financial loss. Those who work and drive them will not long continue to be deceived.
There is a range of values from \$5
\$500 for a work horse. The higher
prices will be realized in a few years prices will be realized in a few years by the few who breed, feed and train aright. These three factors are essential always. - Farm. Field and Fire

FARM AND GARDEN NOTES.

Spring lambs and mutton sheep will make sheep breeding a permanent industry.

If orehards are to be made profitable, they must receive as good care as other crops.

Have a purpose in feeding, and feed for that purpose. Do not feed merely to keep the hens alive and satisfy their

Do not expect many eggs unless the hens are in a bright, healthy condi-tion. Neglect neither food, exercise,

All the small grains are good for fowls, especially wheat. Wheat is better than corn even, except when forcing the fattening process for market.

A month previous to weaning, the more grain the calves, pigs, lambs and colts have the better. They will not lose so much flesh and worry less. If you want to know what your abili-

If you want to know what your abilities as a poultry keeper are, just look at the egg basket and then count your hens. That tells the story every time.

Better buy thoroughbred eggs or fowls than try to grade up the common stock, because it saves time, and going up hill is not always successful work. Get the heat

work. Get the best. It is a great loss to feed dry cows through the winter on hay and grain merely to carry them through the season for the sake of making \$25 or \$30

a head during the summer. When the porker is fat enough, sell him. After he has passed 250 pounds, it is doubtful if the average farmer can put another ounce on him with profit. It is the profit we are after.

It is a noticeable fact that the man who spends the greater part of his time at the store discussing politics, is not the man who takes the greatest amount of premiums at the county fair.

If you have any spare time during the winter evenings take up some good agricultural paper and clip out the suggestions that will tend to help you with your work next spring and sun

We can more intelligently see the reason for the course we take to de-stroy insects if we encourage a study of them and learn why apples are scabby and wormy and potatoes are

As old geese are better layers and mothers than young ones, and young geese are always in demand in the market, a pouttryman finds it pays to keep the old ones, as they are prolific for twenty years.

Fifty pounds from the refuse of the cabbage field twice a day will show great results in the increase of milk when fed to the cows. Fed after milking, there will be no unpleasant oder or taste in the milk

As soon as the roads are frozen ove As soon as the roads are frozen over be careful as to how you drive the horse. Nothing will do more to in-jure a horse than driving him reck-lessly on a road that is frozen hard after it has been muddy.

When Smallpox Was Frightful.

When Smallpox Was Frightful.

Ancient Arabian manuscripts have been discovered which gives a frightful picture of the ravages of smallpox in the Abyssinian army during the siege of Mecca in the year 569 A. D. At about the same period, or soon after, it is known to have raged all sover Europe. The earliest positive historical records of the plague do not date further back than the latter part of the sixth century, but there is not much doubt that the epidemic which depopulated the world in the first century was smallpox. Seneca, describing the pestilence in Thebes, wrote: "Oh, new and direful face of death! A fiaming vapor burns the body's citadel; small spots besprinkle the skiu, the eyes are stiffened and the dark blood bursting the veins distils from the contracted nostrils."—St. Louis Globe-Democrat. Few horses have great natural value; many of them are worth less as individual animals than their equivalent weight in beef. The natural disposition and the docility of some horses are elements of good worth, however. As the sculptor must have quality in the rough marble to develop his design of beauty, so must the horseman have in the colt, constitution, kindliness and good sense if it is to be trained successfully.

Bad habits need to be corrected. The earlier they are checked the better the chance for full success. Thousands of mature horses in age, but untrained during their growth, are too much addited to bad habits to ever be safe. Such animals are now conspicuous in the markets at low prices. Buyers desire a driver that is reason-

HOUSEHOLD AFFAIRS,

TO WASH PRINTS.

Calicos, ginghams and chambrays cannot be properly washed along with the white clothes. They need a much quicker process, and the long delays of an ordinary washday would ruin

of an ordinary washday would ruin them.

To set the colors soak the dress a few minutes before beginning the regular washing. If there is much pink, purple, lavender or green in the goods, strong cold alum water is the best. For reds, yellows, browns and the like, use about one ounce of sugar of lead to a gallon of water. For black and white combinations, whether striped or in the form of gray, dissolve two handfuls of salt in a tub of cold water.

striped or in the form of gray, dissolve two handfuls of salt in a tub of cold water.

Do not use boiling but merely warm water to wash colored cottons. Powdered borax is better than soap to clean them, for it does not affect the colors. Then wash hastily through warm bran water, rinse twice, blue if the colors require bluing, wring, starch on the wrong side with well-made, smooth starch, and hang in a breezy but not sunny place until the dresses are absolutely dry. The sun would fade the colors. Sprinkle even and finely, but not too much, roll away for awhile, and then iron the untrimmed parts on the wrong side; ruffles, tucks and the like on the right.—American Agriculturist.

ART IN BREADMAKING

At the same lesson where Mrs. Rorer treated Vienna bread she also took up whole wheat bread, which is considered extremely nutritious and wholesome.

It was a noticeable fact that the dough and sponge of the whole wheat

bread was entirely different from that of the Vienna. In the pan it was weighty to the touch, and on the kneading board proved itself far from elastic. The whole wheat is the grain robbed of the husk. It is nitrogenous and contains phenothers, therefore, it and contains phosphates, therefore it is most nutritious, and away and beyond the white bread in the matter of healthful properties. The recipe for this is one quart of liquid, which may be one-half milk and one-half water. Scald the milk and add the water to it. When lukewarm add one cake of dis-solved yeast, one teaspoonful of salt and sufficient whole wheat flour to make dough, like white bread. Knead until soft and elastic, cover in a bowl or pan and let it stand three hours, then mould, put in greased square pan and stand aside for one hour; after which bake in a moderately slow oven.

which bake in a moderately slow oven. A flour rish in gluten soon becomes elastic. Keep the sponge at the first kneading at a temperature of sixty-eight to seventy degrees. To make sure of your yeast, never use a cake that is the least bit soft or has any other odor than that which belongs to it by nature. The square loaf requires a slow oven, the more slender Vienna form a quick one. form a quick one.

form a quick one.

In home-made yeast there is a mingling of weeds, as yeast of this order is
uncultivated, while in the German
variety all the weeds have been ex-

variety all the weeds have been expunged, and in one tiny cake there
are ten thousand times as many yeast
germs as in a cup of home-made yeast.
Corn bread was next taken up, and
the recipe for that was given as follows: One-half pint of boiling water,
mixed with one-half pint of corn flour
until the combination is free from mixed with one half pint of corn flour until the combination is free from lumps and is perfectly smooth. Add one-half cup of milk and place on the fire, cooking until it is scalded; add one-half a yeast cake, one-half teaspoonful of salt and sufficient wheat flour to make a thin dough.

Add this flour slowly and finally tip the bowl toward you and beat vigorously for a few minutes. Nearly all bread requires kneading, and this portion of the process of bread making is largely the secret of its success or failure. It should be done lightly, delicately, but

the secret of its success or failure. It should be done lightly, delicately, but very thoroughly, and with the ball of the hand.—New York Jougnal.

RECIPES.

Cocoanut Pyramids—Whip the whites of five eggs as for ioing, add one pound of powdered sugar while doing this until it will stand alone, then beat in one cup of grated cocoa-nut. Shape into pyramids upon a dish and serve.

Hickory-Nut Macaroons—To one and a half cupfuls of hickory-nut meats pounded fine add ground allmeats pounded the add ground all-spice and nutmeg to taste. Make a frosting as for cakes, stir in the meats and spices. Flour the hands and roll the mixture into balls about the size of a nutmeg. Lay them on tins well buttered, giving room to spread; bake in a quick oven. Use washed butter for greasing the tins, as lard or salt butter gives an unpleasant

Baked Mushrooms—Trim off the roots and imperfect parts of a quart of large mushrooms, and wash them in plenty of cold water containing a tablespoonful of vinegar; cut as many slices of bread, free from crust, as will cover the bottom of a medium sized baking pan. Lay the mushrooms on the bread, sprinkle them with pepper and salt, put a small piece of butter on each one, and set the pan in a hot oven for fifteen minutes. Serve the mushrooms on toast, being careful that it does not burn.

Beelsteak and Ovsters—For a steak Baked Mushrooms-Trim off the

being careful that it does not burn.

Beefsteak and Oysters—For a steak of from two to three pounds use a quart of oysters, from which all bits of shell have been removed. Boil the steak without salting it, as quickly as possible, placing it close to a very hot fire; as soon as it brown season with salt and pepper, put it on a hot platter and put over it the oysters. Lay on the oysters about two tablespoonfuls of butter cut in half-inch pieces, and put the dish into a very hot oven until the oysters are done, which will be as soon as their edges begin to curl. Serve the dish hot at once.

A Queer Bird.

A queer Birg,

A queer bird was shot recently near Richmond, Ky. It is what is called an ivory sea gull, a native of the arctic regions, but sometimes straying southward. It is larger than an ordinary duck, its plumage is a mottled brownish white, with webbed feet. Although measuring four feet from tip to tip, and with its large size, it is as light as a small hen. This is due to the wonderful amount of feathers which clothe the small body.—Atlants Constitution.



Philadelphia has a woman

Minuesota has a dairy school for

There are 100 women sugar planters

Gardening for women is engaging attention in Germany.

Women are two inches taller than they were thirty years ago.

Evening silks in the style of thirty years ago are the height of modern fashion.

Mealthy women of New York give more to charity than those of any other city.

Fashionable women as bicycle riders are very numerous on the Boulevard, New York.

The latest fad is to light a banquet table with wax tapers, placing one be-At Reading, Penn., seventeen school janitresses are to have authority to arrest disturbers.

A desconess hospital in connection with the Church of Scotland has been

opened at Edinburgh. The Johns Hopkins University of Baltimore, Md., allows female students only in its medical school. The hennins, or huge headdresses, worn by the ladies of Paris during the

fourteenth century, often cost as much There is a noteworthy preponderance of females in Sweden. The latest statistics show 148,669 more females

The Governors of Westmeath Asylum, Ireland, have appointed a woman doctor to the medical charge of the fe-

male lunatics. Women are employed to tend rail-road switches in Holland. They do not fall asleop at the switch, and do

not get drunk. Talented young women find a con-tinually expanding field for work in designing pictures for the newspapers

and magazines. Harvard refused to meet Boston University in debate until the latter cut out a woman who had been chosen as one of its champions.

The Countess of Wharncliffe cut the first sod in England for the extension of the Manchester, Sheffield and Lin-

Mrs. Charles Dudley Warner is said to be the best amateur musician lu New England. Most of the able musical criticisms so prominent throughout Mr. Warner's writings are due to her influence. It is curious how many women named

"Emma" have become famous in the musical world. There are Emma Eames, Emma Caive, Emma Nevada and Emma Abbott, all of whom were or are queens of song.

Miss Florence Nightingale, who is

enjoying excellent health at seventy-four, is in very comfortable circum-stances. Besides her private income she has \$250,000 publicly subscribed for her at the close of the Crimean "Gyp," the French writer of sensational novels, is Mme. de Martie. She is forty-four years old, was born in Brittany, and is a greatniece of Mira-beau. She married at nineteen, and her eldest child, a boy, is twenty year

Sleek mirror velvet is preferred for collars, which are cut bias, in stock-like folds, and are much trimmed or the sides with rosettes or bunches of box plaits, or else swallow bows with pointed winglike loops that reach up

pointed wing to the ears. The cynical Detroit Free Press remarks that a woman may love a mar for what he does for her, and the cynical Atchison Globe remarks that after a woman marries she doesn't see the point of her husband's jokes as quickly as she used.

There is a business woman in New York who lives in daily fear of failing in business. She has put away a thou-sand dollars in her tea-caddy. This is to purchase chickens for the nucleus of a stock farm if business manipula-

Nobody will accuse the artistic girl of turning her boudoir into an apothecary shop. Still, it is a fact that the cunning creature is supplying her den with a mysteriously beautiful light at night by placing globes of colored water in front of lighted candles placed on corner brackets. turn out wrong.

Mrs. Isabella Beecher Hooker attributes her good health in this, her old age, to the fact that she employs an electrical or magnetic masseuss at least twice a week Mrs. However, we have a state of the least twice a week. Mrs. Harriet Beecher Stowe has the same treatment, and is strong in body. It is a theory with Mrs. Hooker that one can "keep young forever" in this way.

A woman jeweler and engraver, who sits in a window in Sixth avenue, New York City, busily engrossed with her work, attracts the attention of the passers-by. It is a wonder women do not learn these tra their nimble fingers would seem to fit them peculiarly for the work. A pleasant and lucrative employment it pleasant and is said to be.

Rev. Dr. Phebe Hanaford, the well-Rev. Dr. Phebe Hanaford, the well-known Universalist elergyman, enjoys the rare distinction of having been the first woman chaplain to preside over a body of legislators. This experience was hers in the years '70 and '72 at New Haven, Conn. For such services she received the stipulated pay given ren for like offices and was presented with a check on pay day as were the lawmakers. It is an honor not often conferred upon women to-day.

A Bright Eye
is a sign of good health and if the stomach is
not in the best of conditions the eyes will show
it. Itipans Tabules will make the stomach
right and keep the eyes bright and clear.

Nations which have the gift of ari tic coloring and harmony of design are almost invariably lacking in the harmony of musical sound. Chinese and Japanese music is monotonous in the extreme, and their singing has been active. been aptly compared "to a series of monotonous, high-toned falsetto notes, resembling the sad howling of the wind in a storm or the wail of a ban-

shee."

This arises, not from physical incapacity, but from want of knowledge of music as an art. There are no sweet of music as an art. There are no sweet singers among Japanese and Chinese birds. The lark, blackbird, nightingale, thrush and mocking bird are unknown, so the melancholy cries of the gull, the hawk, and the kite seem to serve as models for the wails and shrieks of their uncultured human voices.—Detroit Free Press. voices. - Detroit Free Press.

A Big Bear.

The largest bear killed in Cambria County for many years was taken to Altoona by James Campbell, of Dean Township, this county. It is of the genuine black mountain variety, and genuine black mountain variety, and tipped the scales at 350 pounds. Campbell took it to the Farmers' Hotel, where it is on exhibition. It was a magnificent specimen, and attracted a great deal of attention. Old bear hunters say they have seldom seen such an animal. The most respectively for the second markable features in connection with it is that it met its death at the hands of Mr. Campbell's son, a lad only four-teen years of age. Bear is reported to be plentiful in that section.—Patton (Penn.) Courier.

Wembley Park, in London, will shortly be the proud possessor of a tower 175 feet higher than the famous Eiffel structure at the Paris Exposition.

The Greatest Medical Discovery of the Age. KENNEDY'S

Medical Discovery. DONALD KENNEDY, of ROXBURY, MASS.

DONALD KENNEDY, of ROXBURY, MASS.

Got this Letter day before yesterday.

Penn Yan, N.Y., Nov. 28, 1894.

Your Discovery has done so much for me I am only too glad to tell everybody about my case.

When I began taking it, one year ago last July, I had DYSPEPSIA in its worst form. I was constipated, so much so as to always use injections, and I had a constant PAIN in my STOMACH and LEFT SIDE. My knees were stiff, and I could not sit down on a stool or get down to fix anything on the floor. But now I can sit, or get down on my knees, or do anything in my garden. I feel like a new person. You must know I was discouraged, as I have lost two sisters and an older brother with STOMACH TROUBLE. But I truly believe if they had known of your remedies they would be well, as I am. You can fix up my letter to suit yourself, only do publish it, that vomen may know what the Discovery has done for me. Yours truly.

Mrs. MARY C. AYRES.

Send a postal card for Dr. Kennedy's Book.

ENGINES AND BOILERS For all purposes requiring power. Automatic, Corliss & Compound Engines. Hor-izontal & Vertical Boilers. Complete Steam Plants.

B.W.PAYNE&SONS.

N. Y. Office, 41 Dey St.

dyspepsia

sick headache

bilious headache

THE BUSINESS MAN'S LUNCH.

Hard Work and Indigestion go

Hand in Hand.

Concentrated thought, continued in, robs the stomach of necessary blood, and this is also true of hard physical labor.

When a five horse-power ucyle is made to do ten horse-power work something is going to break. Very often the hardworked man coming from the field or the office will "bolt" his food in a few minutes which will take hours to digest. Then too, many foods are about as useful in the stomach as a keg of nails would be in a fire under a boiler. The ill-used stomach refuses to do its work without the proper stimulus which it gets from the blood and nerves. The nerves are weak and "ready to break," because they do not get the nourishment they require from the blood, finally the ill-used brain is morbidly wide awake when the overworked man attempts to find rest in bed.

The application of common sense in the treatment of the stomach and the whole system brings to the busy man the full enjoyment of life and healthy digestion when he takes Dr. Pierce's Pleasant Pellets to relieve a bilious stomach or after a too hearty meal, and Dr. Pierce's Golden Medical Discovery to purify, enrich and vitalize the blood. The "Pellets" are tiny sugar-coated pills made of highly concentrated vegetable ingredients which relieve the stomach of all offending matters easily and thoroughly. They need only be taken for a short time to cure the bilousness, constipation and slothfulness, or torpor, of the liver; then the "Medical Discovery" should be taken in teaspoonful doses to increase the blood and enrich it. It has a peculiar effect upon the lining membranes of the stomach and bowels, toning up and strengthening them for all time. The whole system feels the effect of the pure blood coursing through the body and the nerves are vitalized and strengthened, not deadened, or put to sleep, as the so-called celery compounds and nerve mixtures do—but refreshed and fed on the food they nourself with Dr. Pierce's Golden Medical Discovery which can be obtained at any drug store in the country.

Well People

do not need medicine. Certainly not. But sometimes they have a headache or feel bilious---perhaps a little dizzy. This is

Warning.

Ripans Tabules, taken at such times, will keep people well.

EASTMAN National Business College and Shorthand
SCHOOL affords in Bookkeep EASTMAN

HALMS Anti-Rheumatic Chewing Gum

BEECHAM'S PILLS

(Vegetable)

What They Are For

indigestion

bad taste in the mouth foul breath loss of appetite

sallow skin pimples torpid liver depression of spirits

when these conditions are caused by constipation; and constipation is the most frequent cause of all of them.

One of the most important things for everybody to learn is that constipation causes more than half the sickness in the world; and it can all be prevented. Go by

Write to B. F. Allen Company, 365 Canal street, New York, for the little book on Constitution (its causes consequences and correction); sent free. If you are not within reach of a druggist, the pills will be sent by mail, 25 cents.

" He that Works Easily Works Successfully." 'Tis very Easy to Clean House With

SAPOLIO

Weak Mothers

and all women who are nursing babies, derive almost inconceivable benefits from the nourishing properties of

Scott's Emulsion

This is the most nourishing food known to science. It enriches the mother's milk and gives her strength. It also makes babies fat and gives more nourishment to growing children than all the rest of the food they eat.

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