rning Eczema. d with a painful skin and after all other remedies he father writes: "Send me to boxes of Tetterine for my ughter. It does her more good ything we ever tried. Yours, s. S. Porter, Lynchburg, S.C." gists 50c. box, or postpaid by uptrine, Bavannah, Ga.

Pighting a Shark. ely experience with a twelve-iped shark came to Boatmen ohnson and Bob Barnard, rehe San Francisco Chronicle. og between Mission ad Gost Island when they saw rk. It followed them persistwhen it came boldly e boat the boatmen set upon it er and gaff. A blow he big brute's tail came near Whitehall. Barnard ed being drawn into the ugh sinking the gaff into the the shark, which set off at a speed, pulling the boat after was so weak from the blows m loss of blood that it was In the fight the broke one oar and a stretcher.

#### of of the Pudding Is in the Eating."

of what we say, but what Hood's rilla does, that tells the story. nds of people give the proof by f remarkable cures by Hood's Sarof Scrofula, Sall Rheum, Dys-Catarrh, Rheumatism, and all ood diseases and debility.

od's Sarsaparilla Never Disappoints

T WOMEN HAVE TO DO. ould Men Like to Have the Job?

nany persons can do a dozen t things in one day and do il equally well, or, indeed, do them well, says the Philadelimes. And yet the average eper has a dozen-oh, more, a a hundred duties of radically t natures, and if she falls in falls short of the requirements ty and her family, Mrs. De Jarrell expressed this idea before Jose institute when she said: s into business, does ume the duties of head clerk, per, eash boy, collector and And if he could do so-which not and would not even concould he look his best, act most e, keep a perpetual smile and of business spotless? look at woman. She enters marriage-does she assume of head housekeeper, cook, es, laundress, nurse, tutor and And when she doesdoes-can she keep n, her temper serene, sewed on, remove all thoughts r husband's heart, keep ettlest clothes on and scented olet and lavender, her aweetest n and her mouth puckered up ss?-for they only come when spected, for when we yearn for e usually keep on yearning. course she can't; could the hemselves? She can't run atl cial departments of a complex ge with a menagerie of childonex, and a husband to come when twilight falls to claim ota of reserve vitality left, I u she will either have to call

Telegraphy for Lightnesses, such navy is said to be installtem of wireless telegthe lighthouses along

of responsibility."

specialist demi-semi-occasion-

oth kitchen fads, let the hus-

p with the little ones and feel

more simple food, do

# Ceeps Hair

have used your Hair for five years and am ly pleased with it. It corremores the original color It keeps my hair and smooth. It quickly d me of some kind of humor My mother used Hair Vigor for some Mrs. Helea Kilkenny. Portland, Mc., Jan. 4. '99.

## Used Twenty Years

Ve do not know of any other tion that has been family for twenty ou? er's Hair Vigor has

ig color to gray hair cars, and it never this work, either, rely upon it for or hair from falling cping your scalp saltny, and for makgrow rich and long.

> the Doctor obtain all the benefits you o use of the Vigor, write at it. Address, C. Aven, Lowell, Mass.

ic. All druggists.

#### REV. DR. TALMAGE.

THE EMINENT DIVINE'S SUNDAY DISCOURSE.

Subject: Capacity to Sleep-It is the Poor Man's illessing-Words of Comfort For the Victims of Insomnia-Wakefulness n Means of Grace.

(Copyright, Louis Klopsch, 1900.)

Washington, D. C.—In this discourse Dr. Talmage trents of a style of disorder not much discoursed upon and unfolds what must be a consolution to many people; text, Psaims ixxvii., 4. "Thou holdest mine

what must be a consolution to many people; text, Psalms ixxvil., 4. "Thou holdest mine eyes waking."

Bleep is the vacation of the soul; it is the mind gone into the playground of drams; it is the relaxation of the muscles and the solace of the nerves; it is the hush of activities; it is the soft curtaining of the eyes; it is a trance of eight hours; it is a calming of the pulses; it is a breathing much slower, though far deeper; it is a temporary oblivion of all carking cares; it is the doctor recognized by all schools of medicine; it is a divine narcotic; it is a complete amesibetic; it is an angel of the night; it is a great mercy of food for the human race. Lick of it puts patients on the care of torture, or in the grave. O blessed sleep! No wonder the libbe makes much of it. Through sleep so sound that a surgical incline of the side of Adam lid not waken him came the best femporal blessing ever afforded to of Adam did not waken him came the best temporal blessing ever afforded to man-wifely companionship. White in sleep on a pillow of rock Jacob saw a ladder set up, with angels coming down and climbing. So "He giveth His behard sleep," soliloquized the psalmist. Solveton listens at the door of a tired workman and enlogizes his pillow by saying, "The sleep of a laboring man is sweet." Peter was calculy sleeping between the two constables that night before his expected assassination. Christ fore his expected assassination. Christ was asleep in a boat on Galilee when toesed in the euroclyslon. The annuncia-tion was made to Joseph in sleep, and death is described as only a sleep, and the resurrection as a giorious wakening out of

controction as a glorious wakening out of sleep.

On the other hand, insomnia or sleep-lessness is an old disorder spoken of again and again in the Bible. Abasueras suffered from it, and we read, "In that night could not the king sleep." Joseph Hall said of that ruler, "He that could command a lumired and seven and twenty provinces could not command sleep." Nebuchadnezzar had insomnia, and the record is, "His sleep brake from him." Solomon describes this trouble and says, "Neither day nor night seeth he sleep with his syes." Asaph was its victim, for he complains in my text that his eyes are spen at midnight, some mysterious power keeping the upper and lower lids from joining, "Thom holdest mine eyes waking."

Of course there is an uprighteous sleep, as when Jonah, trying to excape from duty, sleet in the sides of the ship walle the Mediterranean was in wrath because of that prophetic passenger; as when Columbus in his first voyage, exhausted from being ap many hights, gave the ship in charge of the steersman and the craw, who, leaving the management of the vessel to boys, went to sleep and silowed the ship to strike on the sand banks of St. Thomas; as when the sentinel goes to sleep at his post, endangering the whole army; as when the sluggard, who accomplishes nothing the day before he went to sleep and will accomplish nothing the day Of course there is an uprighteous sleep, plishes nothing the day before he went to sleep and will accomplish nothing the day after he wakes, fills up Solomon's picture of him as he yawns out. "A little sleep and a little slumber and a little folding of the hands to sleep." But sleep at the right time and amid the right circumstances, can you imagine anything more blessel? If sleep, according to sacred and profine literature, is an emblem of death, the morning to all refreshed slumberers is a resurrection.

literature, is an emblem of death, the moraing to all refreshed slumberers is a resurrection.

Bemark the first: If you have escaped the insomnia spoken of in the text, thank God. Here and there one can command sleep, and it comes the minute he wishes it to go, as Napolson when he wrote: "Different affars are arranged in my bed as in drawers. When I wish to interrupt one train of thought I close the drawer which contains that subject and open that which contains another. They do not mix together or inconvenience me. I have nev r been kept awake by an involuntary procecupation of mind. When I wish for repose I shut up all the drawers, and I am asleep. I have always slept when I wanted rest, and almost at will." But I think in most cases we feel that sleen is not the result of a resolution, but a direct gilt from God. You cannot purchase it. A great French financier oried out, "Alas, why is there no sleep to be sold?"

Bemark the second: Consider among the

Remark the second: Consider among the worst crimes the robbery of ourselves or others of this mercy of slumber. Much ruinous doctrine has been inculcated on this subject. Thomas Mooregave poor ad-vice when he said, "The best way to vice when he said, "The best way to lengthen our days is to steal a few hours from the night." We are told that, though they did their work at night. Copernicas lived to be seventy-three years of age, and Galliel seventy-eight years, and therethe eighty-four years. Yes, but the reason was they were all star hunters, and the only time for hunting stars is an night. Probably they slept by day. The night was made for slumber. The worst lamp a student can have is "the midnight lamp Lord Brougham never passed more than four hours of the night abed, and Justinian, after one hour of sleep, would rise from Lord Brougham never passed more than four hours of the night abed, and Justinian, after one hour of sleep, would rise from his couch. But you are neither a Justinian nor a Lord Brougham. Let not the absurd apotheosis of early rising induce you to the abstration of sleep. Get up when you are sleep out unless circumstances compel otherwise. Have no alarm check thaking its nerve tearing racket at to clock in the moratag, unless special reasons demand the forsaking of your pillow at that hour. Most of the theories about early rising we inherited from times when people retired at 8 or 9 o'clock in the evening. Such early retirement is impossible in our own times for those who are taking part in the great activities of life. There is no virtue in the more act of early rising. It nil depends upon what you do after you get up. It would be better for the world if some people never wakened at all.

Remark the third: All those ought to be comforted—ho by overwork in right directions have come to insomula. In all occupations and professions there are times when a special draft is made upon the aervous energy. There are thousands of men and women who cannot sleep heaves, they

when a special draft is made upon the neryour energy. There are thousands of men
and women who cannot sleep because they
were injured by overwork in some time of
denestic or political or religious exigency.
Mothers who, after taking a whole family
of children through the disorders that are
sore to strike the nursery, have been left
playsical wrocks, and one entire night of
slumber is to them a rarity, if not an impossibility. The attorney at law, whe,
through a long trial in poorly veutilates
courtroom, has stood for weeks battling
for the rights of widows and orphans or
for the life of a client in whose innoceance
he is confident, though all the circumstances are unfavorable. In his room he
tries the case all night long and every pight
when he would like to be significant. The
physician, in time of epidemic, worn out in
saving the lives of whole families and failing in his attempts to sleep at night between the inneligence of his doctors. The

physician, in time of epidemic, worn out in saving the lives of whole families and failing in his attempts to sleep at night between the janglings of his doorbeit. The merchant who has experienced panics, when the banks went down and Wall street became a pandemonium and there was a possibility that the next day he would be panniless—that night with no more possibility of gaining sleep than if such a blessing had never touched our planet.

Remark the fourth: Insomain is no sign of divine displeasure. Martin Luther had distressing traombia and wrote, "When I wake up in the night, the devil immediately comes and displeas with me and gives me strange thoughts until at last I growenraged beyond endurance and give him ill words." That consecrated chamolon of everything good, Dr. Stephen H. Tyng, Sr., in his autobiography says that the only encouragement he had to thick he would sleep at night was the fact that he had not slept the night before.

Wakefulness may be an opportunity for prayer, opportunity for kindling bright expectations of the world, where there is no night and where slumbor will have no uses. God thinks just as much of you when you get but three or four hours.

Remark the fifth: Let all insomptics

Remark the fifth: Let all insomnists know for their consolation that some people siles more rapidly than others, as much in one lour as others do in two, and hence do not re mire as long a time in unconsciousness. In a book on the subject of health years are 1 saw this fact chate i br a

celebrated medical scientist: some people do everything quick—they est quick, they walk quick, they think quick, and of course they sleep quick. An express train can go as far in thirty minutes as a way train in sixty minutes. Feople of rapid temperaments ought not 12 expect a whole night to do the work of reemperation which slow temperaments require. Instead of making it a matter of irritation and alarm be a Christian philosopher and set down this abbreviation of somnolence as a matter of temperament.

Hemark the sixth: The agel insomnists should understand that if their eyes are held waking they do not require as much sleep as once they did. Solomon, who is knowledge was thousands of years ahead of his time in his wondrous description of old age, recognizes this fact. He not only speaks of the difficulty of mastication on the part of the aged when he says. "The grinders cease because they are low," and of the octogenarian's caution in getting up a ladder or standing on a senfolding, saying, "They shall be afraid of that which is high," and speaks of the whiteness of the hisir by comparing it to a tree that haw white blossoms, saying, "The almond treshalls flourish," and speaks of the whiteness of the shall flourish," and speaks of the silver corbe locaed." But he says of the aged, "He shall rise up at the voice of the bird;" that is about half past in the summer time, an appropriate hous for the bird; that is about half past in the summer time, an appropriate hous for the bird; that is about half past in the summer time, an appropriate hous for the bird; that is about half past of the shall rise up at the voice of the bird; that after it has been running a good while a change takes place, and instead of the almost perpetual sleep of the shall rise up at the voice of the bird." Let all aged men and women remember that they have been permitted to do a great deal of sleeping in their time and that it they do not sleep so well now as they used to it is because they do not require so much sleep. they do not sleep so well now as they used to it is because they do not require so much

Remark the seventh: Insomnia is probably a warning that you had better moderate your work. Most of those engaged in employments that pull on nerve and brain are tempted to omit necessary rest and sleeplessness calls a halt. Even their pleasuring turns to work. As Sir Joshua theynolds, the great painter, taking a waik with a transfer of the property of the pleasuring turns to work. deynolds, the great painter, taking a walk with a friend, met a sun browned peasant boy and said, "I must go home and deepen the coloring of my lafant flerenies." The sun browned boy suggested an improvement in a great picture. By the time most people have reached midlife, if they have behaved well more doors of opportunity open her fore them than they ought to enter. Power to decline, power to say "No," they should now cultivate. When a man is determined to be useful and satan cannot dissuade him from that course, the great deceiver induces him to overwork and in that way get rid of him. We have the momenters to tell the heat, and barometers to tell the air, and ometers lung in the mometers to tell the heat, and barom-eters to tell the air, and ometers hung in engine rooms to tell the pressure of steam, and ometers to gauge and measure almost everything. Would that some geniu-would favent an ometer which, being hung around the neck and dropped over heart and inng, would by the pulsa-tion and respiration, tell whether one is under too great pressure or might carry more. All brain workers would wast such tion and respiration, tall whether one is under too great pressure or might carry more. All brain workers would want such an ometer and want it right away. For the lack of it how many are dying and how many have died of overwork? A prominent financier who recently departed this life was an officer in over 100 financial and charitable institutions. Thousands of editors, of lawyers, of physicians, of merchants, of elergymen, are now dying of overwork. Do not to in the board of directors of more than three banks and two trust companies and five life and three insurance establishments. Do not as pastor preach more than three sermons a Sanday and superintend your own Sabbath-school and conduct a Bible class the same day. Do not edit a paper and write for three magazines and go to lour public dinners where you will be called to make a speech more than fourtimes a week. Do not go so deep fato the real estate business that before spring all the real estate business that before spring

Remark the eighth: All the victims o Remark the eighth: An the victims of insomain ought to be consoled with the fact that they will have a good, long sleep after a while. Sacred and profine litera ture again and again speak of that last sleep. God knew that the human racewould be disposed to make a great adapton exit from this world, and so He inspires Job and David and Daniel and Joan and Paul to call that condition in the control of the cont and Paul to call that condition "sleep." When at Bethany the brother who was the support of his sisters after their father and mother were gone had himself expired. Curist cried out in regard to him, "Ho is not dead, but sleepeth." Cheering thought to all poor sleepers, for that will be a pleasant sleep, induced by no narcotle, disturbed by no frightful dream, intercupted by no hards sound. Better than any sleep you ever took, O child of God, will be the fast sleep. In your slumbers your home may be in. and Paul to call that condition "slee took, O child of God, will be the last sleep. In your slumbers your home may be invaded by bargiars and your treasures carried off, but while here and there, in one case out of millions, the resurrestionist may disturb the pillow of dust the last sleep is almost sure to be kept from invasion. There will be no burglary of the tomb. And it will be a refreshing sleep. You have sometimes risen in the morning more weary than when you hald down at might, but waking from the sleep of which I speak the last fatigue, the last ache, the last worriment, will be forever gone. Oh, what a refreshing sleep!

the last fatigue, the last ache, the last worriment, will be forever gone. Oh, what a refreshing sleep!

So my hearer, my reader. "Good night!" May God give you such sleep to-night as is best for you, and if you wake too soon may He fill your scul with reminiscences and expectations that will be better than slumber. Good night! Having in prayer, kneeling at the bedside, committed yourself and all yours to the keeping of the slumber was God, fear nothing. The positiones that walketh in darkness will not cross your doorstill, and you need not be afraid of evil tidings. Good night! May you have no such experience as Job had when he said, "Thou scarrest me with dreams and torrifles me through visions." If you dream at all, may it be a vision of reunions and congratulations, and, waking, may you had some of them true, thood night! And when you come to the best sleep, the dissiple seep, the last sleep, may you be able to turn and say to all the cares and farigues and hereavements and pangs of a lifetime, "Good night!" and your kindred, standing around your flumined piloo, give you hepeful though sorrowful browell as you move out from their loving embrase into the boson of a welcoming God, Good night!

EARNINGS OF PLAYWRIGHTS.

EARNINGS OF PLAYWRIGHTS More Than One Drama Has Coined Its

Author Over \$100,000. Dramatists of established reputation write plays only upon order. Their ordinary pre-payments are five hundred dollars upon the delivery of a scenario, and five hundred dollars more upon the completion of a play. "If the finished work does not realize expectations," writes Franklin Fyles, of "The Theater and Its People," in the November Ladies' Home Journal, "or if the manager for any other reason does not desire to put it on the stage, the money paid is forfeited after a certain lapse of time, and the ownership reverts to the author. But if the manager decides to produce the piece the author receives a percentage of the gross receipts, usually five per cent, payable weekly, after the amount previously advanced has been deducted. Ordinarily it increases with the amount of money taken in. More than one native drama has earned one hundred thousand dollars for its author. A dozen have yielded fifty thousand dollars each; three times as many, twenty-five thousand dollars, and a

THE SABBATH SCHOOL,

INTERNATIONAL LESSON COMMENTS FOR JANUARY 19.

Subject: The Child Jeans Visita Jerusa lem, Luke II., 41-52-Golden Text: Luke II., 52-Memory Verses, 42-52-Commentary on the Lesson.

41. "The Passover." There were three principal feasts of the Jews. The Passover in April, the Pentecost near the first of June, and the feast of the Tabernacles in October. All males over twelve years of age were required to attend these feasts unless they had a legitimate excuse. The attendance of woman was not required. unless the had a legitimate excuse. The attendance of women was not required, but had been recommended. The Passover extended through a whole week, and was of a most joyful character, in commemoration of the departure of the Hebrews from the land of Egypt, and of the preservation of their first-born when the first-born of the Egyptians were stain. The name expresses the design of the celebration. The destroying angel "passed over" the Hebrews.

presses the design of the celebration. The destroying angel "passed over" the Hebrews.

42. "Twelve years old." At the age of twelve a Jewish boy became "a son of the law," and came under the obligation of obeying all its precepts, including attendance at the Passover. It is probable that this was the first time that Jesus had been in Jerusalem at this feast.

43. "Had fulfilled the days." Eight days in all, one the Passover, and seven the days of unleavened broad. "Tarried behind." Lake neither tells us that Jesus remained behind at Jerusalem unintentionally, nor that Joseph and Mary jost sight of Hin through want of necessary care. A circumstance must have been omitted; and we may safely suppose that Joseph and Mary joined their elder fellow-travelers in the nersuasion that Jesus, who knew of the time and place of departure, was among the younger ones. The more Mary was time and place of departure, was among the younger ones. The more Mary was accustomed to trust to His obedience and wisdom, the less necessary would it be always to vatch Him. An involuntary mistake, of whatever kind it might be, separated the Child from the parents.

44. "In the company." The people traveled in caravans. Jesus evidently had been allowed a more than usual amount of liberty of action as a Child by parents who had never known Him to transgress their commandments or be guilty of a sinful or facilish deed,

(a) illaid deed,

46. "After three days." One day for their departure, one day for their return, and one for the search. "In the temple."

Probably in one of the porches of the court of the women, where the seancols of the rabbis were held. "Sitting in the midst of the doctors." Teachers of the law, Jewish rabbis. An instructive incident, as showing now early the Lord began to display the inquring and critical spirit which afterwards bore such precious fruits of knowledge and wisdom. It appears there were no less than three assemblies of the atterwards bore such precious fruits of knowledge and wisdom. It appears there were no less than three assemblies of the doctors, who had apartments in the temple. In these it was customary to propose doubts concerning the meaning of the precepts of the law, and the traditions of the cheers, which was generally done by way of question.

47. "Astouished." The Greek word is very forcible. The import is that they

very forcible. The import is, that they were in a transport of astonishment, and were in a transport of astonishment, and struck with admiration. "At His under-standing." He brought with Him a clear knowledge of God's word in which, no doubt, He had been versed from earliest years. They never heard one so young, nor indeed their greatest doctors, talk sense at the rate He did. He gave them a taste of His divine wisdom and knowl-edge.

edge.
48. "Have sought Thee sorrowing." Being not only troubled that we lost Thee, but vexed at ourselves for not taking more care of Thee. The word here rendered sorrowing is expressive of the most rack-

ing anguish.

49. "How is it that ye sought Me." This is no reprocedud question. It is asked in all the simplicity and boldness of holy childhood. He is apparently astonished that He should have been sought, or even thought of, anywhere else, than in the place which He felt to be properly His home. "Wist." Know. "About my Father's business." See R. V. In my Father's house unnecessarily parrows the inliness of the expression. Better: in the things or affairs of my Father, in that wistch belongs to His honer and glory.

59. "Understood not." They did not yet understand His mission. His first recorded utterance is too deep for them. Jesus was a mystery to His parents, and He has been a mystery to the world ever since. His birth, His growth and development, the truths He taught and the life He lived—disclosing both the human and divine natures—are all too great for our comprehension. Carist can only be known. "How is it that ye sought Me." This

divine natures—are all too great for our comprehension. Curist can only be known as the Spirit reveals Him unto us. His simplest work and illustrations come to us freighted down with a depth of menning that the untural mind cannot fathom. People reject because they do not understand Him, and they fall to understand because they close their eyes and will not see.

not see.

51. "Went down with them." If his heart drew him to the temple, the voice of dute called him heak to failler; and, perfect even in childhood, he yielded implied obedience to this voice. You do not read of any ambition is Jesus Chris: to be independent; you do not find him remonstrating or murmuring against the restrains of home, and beginning to remind himself or others that the time had come for self-management and self-concern. Let the youth of to-day consider this well. "Was subject unto them," There is something wonderful beyond measure in the teought of Him unto whom all things are subject submitting to earthly parents. No such honor was ever done to angels as was now done to Joseph and Mary. "In her heart." Expecting that hereafter they would be explained to her and she would know how to make use of them. That which at first is so dark that we know not what to make of it may afterward become plain and easy.

52. "Jesus increased in wisdom and stature." In the perfection of His divine nature there could be no increase, but this is spoken of His human nature. His body increased in stature, and His soul in wisdom and in all the endowments of a luman spirit. He confined Himself strictly to religion. In this department, unlike all others. He was absolutely original and independent. He taught the world as one who had learned nothing from it and was under no obligation to it, and with an authority which can never be passed by with indifference.

Teachings—Jesus was once a child, so that He can be the children's Saviour, having passed through all their experiences and temptations, yet without sin. Children not see,
51. "Went down with them." If his heart

that He can be the children's Saviour, having passed through all their experiences and temptations, yet without sin. Children should be early trained to an interest and participation in the great religious movements and meetings of their church. Parents should know where their children are and what they are doing. Those who are about their Father's business will delight to go to their Father's house. Great truths are often not fully understood at first, but, kept in the heart, their true meaning and applications will unfold. True religion is pleasing to God and attractive to mea. applications will unfold. True renga-pleasing to God and attractive to mea.

The First Steps.

Before encouraging children to use heir feet we should look to their actual strength, not deciding how far they should be urged to walk by the actual number of months they have lived. If a young child once acquires the art of crawling, it will soon do more, and try to use its legs. It will soon raise itself by the support of a chair or stool, will then totter up from one side of it to the other, holding itself up, and by repeated exercises of this kind, the limbs will gain the requisite power, and the infant will gain courage to trust to that power; then to walk alone. However, in beginning to walk a child must have some assistance. This should be given by holding it firmly under, not by the arms.

The duke of Madrid is said to be exceedingly angry at his son's project, but it is really his own parsimony which has brought hire this annoy-Had he chosen to do so, he ance. might have made his son an adequate allowance out of the very handsome fortune brought to him by his first goodly number, ten thousand dollars." | wife, the mother of Don Jayma.

HOUSEHOLD MATTERS. The Boller Scale Nalsance.

att is said that boiler scale is roudered quite loose, and will be washed away by the mere emptying out of the water, if the boiler is allowed to cool of use.

beauty from folding them.

round piece of wood, covered with

danuel, or a roll of paper, around

which the pieces may be carefully rolled, will be found invaluable as a

means of keeping linen in good order

In fact, a tablecloth ironed with only

off very slowly after being taken out Any scale still adhering to the shell can be washed off by a strong jet of water. This graded cooling may occapy considerable time-perhaps eight or ten days-but it is worth doing where not otherwise inconvenient. To Keep Linens Smooth, Linen center pieces, doilies, and even tablecloths are not things of real

two lengthwise folds, and then rolled. will look far better on the table than one with criss-cross lines from too

much folding.

The Atternoon Nap. if you are tired from a heavy job of roning or preserving and the veins of the temples throb from the heat of hot stove, try the homopathic remedy of hot water before attempting to sleep. Loosen the dress at the throat, and bathe the neck and temples with hot water instead of cold. Bathe the back of the neck especially with hot water, brashing the hair up, and then lie down to rest. After this treat ment the tired muscles and the vein that supply the brain seem to relax, and a restful sleep comes almost as soon as you are ready to lie down. After half an hour's nap you awake refreshed and ready to dress for the afternoon.

Learning the Value of Pietures. Pictures do more toward furnishing a house and determining the status of its inmates than anything else. If you have a suspicion that you are not wise in choosing and hanging pictures get advice from some one whose taste need not be questioned.

Cheap pictures are not necessarily poor, but a poor picture is usually cheap. To be able to discern the dif ference is a quality with which every one is not blessed. A good plan is to purchase copies of famous pictures, etchings and engravings. These are almost sure to be good.

In framing pictures, remember that gold frames are for oil paintings and dark pictures, white frames for watercolors, and black enamel or Flemish oak and modern oak for etchings and photographs. Study the way pictures are hung in the galleries and do like-How He Accounted For It.

such people are not likely to be put out of countenance when their testimony is impeached. In a case of handkerchief-snatching, the defending barrister asked the prosecutor if he was sure that he recognized the handkerchief produced as the one stolen from him.

Witnesses often are cocksure, and

'Yes," he replied, emphatically. "How do you know it is yours" After all, these things are much of a muchness."

"You can see it is of a peculiar make, and that is the way I know it," roplied the witness.

"But, sir," said the barrister, drawing his own handkerchief from his pocket, "mine's in every way identi-

cal with the one in question."
"Likely enough," retorted the prosecutor, "I had two stolen."—Melbourne Weekly Times.

The Baby's Gu-Cart. "There lies before me the opinions some twelve of the best informed physicians on the question of the gopart, and without exception they condemn its use for a child under two years of age," writes Edward Bok, in the Ladies' Home Journal, pointing out the dangers of the "go-cart" for babies. "As everyone knows who has neen this new perambulator, it is practically the old baby-carriage out The child's legs daugle in halves. over an abrupt edge, and his back is supported by a perfectly straight rest. It is, in reality, nothing more than a chair on wheels. The child is forced to take an upright sitting position, instead of being able to assume that re-sumbant posture which the old curriego allows. The child cannot lie lown in the go-cart, and therefore during his entire outing he is compelled to assume a fatiguing position, and to depend upon unaided muscles for support at a time of life when the back easily becomes tired. The result is, that no invention recently created is more clearly or directly inducive to spinal curvature."

Recipes. Sorp Biscuit-When making bread eserve a portion of the dough; cut into small pieces and roll these into talls the size of a hickory nut; cover with melted butter, place on a but-tered tin so they will not touch each other; cook till thoroughly doneabout twenty minutes.

Nut-Butter Sandwiches - Cut a loaf of bread in two in the centre, spread the cut surface of each half with nut butter and sprinkle with salt. Cut off a thin alice from each half and press the two spread surfaces together. Trim off the crusts and cut the sand wiches into dainty shapes.

Biscuit Nuts-One quart of flour, two tablespoons of augar, two cups of rolled or ground nut meats, two tablespoons of butter, three eggs, two teaspoonfuls of baking powder, half a teaspoon of salt. Sift salt and haking powder into the flour, add the sugar and rub in the butter. Beat the eggs stir them into the dry mixture with the nuts and add enough milk to mix to a soft dough. Roll out and cut like ordinary biscuit. Bake in a hot oven, split them and butter them while hot. Serve in a folded napkin.

Rico | Croquettes -- Wash one-hall cup rice and add to it one-half cup boiling water. Cook in double boiler until rice has absorbed all the water, then add one cup scalded milk, and cook until rice is soft. Remove from the fire, add the yolks of two egga-one-half tablespoonful of butter, one tablespoonful powdered sugar and a few gratings from the rind of a lemon. Spread on a plate to cool. Cut in squares, dip in crumbs, then in egg, again in crumbs, and fry in deep fat, and drain on brown paper. Serve on each a cube of current jelly.



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DIRECTIONS FOR MAKING. "To one pint of boiling water add one and one-half ounces quarter of the small size cake) of Ivory Soap cut into shavings, holl tive minutes after the soap is oughly dissolved. Remove from the tire and cool in convenient dishes (not tin). It will keep well in an air-tight glass jar. COMMINGST INCOMES THE PROCESS & GAMBLE CO. CINCHINESTS

An Innocent Critic.

Governor Roosevelt is always glad of a laugh. A short time ago he enjoyed an opportunity and paid for it. The incident happened while he was visiting Cornell University during a convention. The students, glad of a chance to display their enthusiasm, entertained the governor at one of the fraternity houses. Just as he was about to leave one of his staff said to him: Governor, the boys have the foundation of a capital library, and I think they would appreciate a copy of your Rough Riders.'" "All right, boys," said the governor, heartily. "I'll be glad to send you a copy with my compliments. The book would be but a small return for your hospitality." Whereupon one of the students broke in excitedly: "That's so, governor, I've read it."

For the Cure of Rickets.

Small baggs to hang about Children's necks, which are excellent both for the prevention and cure of Rickets, and to ease children in breeding of Teeth, are prepared by Mr. Edmund Buckworth and constantly to be had at Mr. Philip Clark's, Keeper of the Library in the Fleet, and nowhere else, at 5 shillings a bagge.- The Intelligencer, 1664.

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The Dacushung. From the Cleveland Plain Dealer: This is what the boy wrote about the dachshund: The dockshound is a dog notwithstandin' appeerencis. He has fore legs, two in front an' two behind,

an' they aint on speekin' terms. 1 wunst made a dockshound out of a cowcumber an' fore matchis, an' it lookt as nacheral as life. Dockshounds is farely intelligent considerin' there shaip. There brains bein' so far away from there tales it bothers them sum to wag the lattur. I wunst noo a dockshound who wux too impashunt to wate till he cood signal the hole length of his boddy when he wanted to wag his tale, so he maid it up wata his tale thet when he wanted it to wag he would shake his rite ear, an' when the tale seen it shake it wood wag. But as fer me, gimme a bun pup with a peddygree."

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