Coated

Look at your tongue. Is it coated? Then you have a bad taste in your mouth every morning. Your appetite is poor, and food disgusts you. You have frequent headaches and are often dizzy. Your stomach is weak and your bowels are always constipated.

There's an old and reliable cure:

Ayer's Pills

Don't take a cathartic dose and then stop. Better take a laxative dose each night, just enough to cause one good free movement the day following. You feel better the very next day. Your appetite returns, your dyspepsia is cured, your headaches pass away, your tongue clears up, your liver acts well, and your bowels no longer give you trouble.

Price, 25 cents. All druggists.

"I have taken Ayer's Pills for 35 years, and I consider them the best made. One pill does me more good than half a box of any other kind I have ever tried."

Mrs. N. E. Talbot, March 30, 1899. Arrington, Kans.

A Curious Old Church.

The church, in Lincolnshire, England, the tower of which is better known as Boston Stump, has some very curious features. There are 365 steps in the tower corresponding to the number of days in the year. The church possesses twelve pillars, fifty-two windows, and seven doors, the analogy in each is obvious. Further symbols are said to be found in the western portion, where, leading to the library, there are twenty-four steps, representing the hours constituting a day; while in the choir are two lots of seats each numbering sixty, by means of which the roof may be reached, and these, representing minutes and seconds. The foundation-stone was laid about six hundred years ago, and the work of erection occupied nearly a century.

Kansas has passed a bill to prohibit the use of cigarettes by persons under twenty years of age smoke.

THE BIOGRAPH FIEND.

Public Men's Terror, Who Threatens Peace of Notables.

The camera fiend is bad enough, and there is a continual protest against him by every person in whom the public takes an interest. But the biograph fiend, who is threatening the peace of notables, is much worse. Kinetoscope pictures are about to be put within the reach of everyone. A London concern has established a studio where people may go to have moving pictures taken of themselves, just as they now go to be photographed, and a cheap apparatus for the reproduction of films is sold, which, while not so good as those used in the theaters and nickel-in-the-slot devices yet answers the purpose. The manager of the studio says that it is in demand for weddings. The bride and bridegroom, bridesmaids, best man and all the rest are photographed while the wedding ceremony is being performed, and the happy pair and their friends have copies of the films as souvenirs of the occasion. But this is not the worst. A cheap biograph machine has been invented, by which a person may take hundreds of snap shots of anyone whom he chooses, and reproduce them. It is but natural for the owner of a few biograph strips to want other films for his machine. The worry to public people will be great. They will be the sufferers. For instance, instead of Gov. Roosevelt's children being photographed in bathing, the biograph fiend will take snap shots of their movements, and reproduce them on the screen as living pictures. The aim of the fiends naturally would be to secure statesmen in the most undignified attitudes possible.—Chicago Tribune.

ANCIENT SUN-DIALS.

The Earliest Was Probably a Nomad Chief's Spear.

It is probable that the earliest sundial was simply the spear of some nomad chief stuck upright in the ground before his tent. Amongst those desert wanderers, keen to observe their surroundings, it would not be a difficult thing to notice that the shadow shortened as the sun rose higher in the sky, and that the shortest shadow always pointed in the same direction—north. The recognition would have followed very soon that his noonday shadow changed its length from day to day. A six-foot spear would give a shadow at noonday in latitude 40 of twelve feet at one time of the year, or less than two feet at another. This instrument, so simple, so easily carried, so easily set up, may well have begun the scientific study of astronomy, for it lent itself to measurement, and science is measurement; and probably we see it expressed in permanent form in the obelisks of Egyptian solar temples, though these, no doubt, were retained merely as solar emblems ages after their use as actual instruments of observation had ceased. An upright stick, carefully plumbed, standing on some level surface, may, therefore, well make the first advance upon the natural horizon. A knob on the top of the stick will be found to render the shadow more easily observed.

China has not yet learned to its full extent the use of the check and the bank of deposit, the money order or the bank draft in her mercantile transactions.

FADED IN HER YOUTH

Pretty faces and graceful forms of young women! Why is it they are so displaced by plainness and lankness? It is because the young girl just entering into womanhood does not know how to take care of herself and has no one competent to instruct her. It is not necessary that there should be anything weakening or wearying about the functions of a female organism. Parents of young girls should inform themselves and prevent their dear ones from making costly errors.

That young woman has a just cause of complaint, who is permitted to believe that great periodic suffering is to be expected, that severe mysterious pains and aches are part of her natural experience as a woman. These things are making constant war on her health, her disposition and her beauty. It is a wanton sacrifice, absolutely unnecessary and cruel. It is more—it is criminal.

Dr. Greene's NERVURA for the Blood and Nerves

Dr. Greene's Nervura blood and nerve remedy, is the right medicine for every young girl who is just entering the first stage of womanhood. It prepares the system in every way to act normally. It enriches the blood supply, and keeps the nerves calm and steady. Fortified with this great medicine, all the womanly duties may be undertaken and experienced without the slightest jeopardy to health. It preserves the gifts of nature and assists their development into glowing, healthful beauty.

Mrs. Mary Frances Lytle, of 2 Hunter Alley, Rochester, N. Y., says:

"I was very pale and delicate—had no color, I took Dr. Greene's Nervura, blood and nerve remedy, and now I am well and strong, my face is plump, and cheeks red, and my complexion pure."

Mrs. William Bartels, 239 East 87th St., New York City, says:

"Dr. Greene's Nervura made a wonderful improvement in my health, and that dark, sallow look left my face. My friends hardly know me. I have gained flesh and am like a different person."

The nervousness in women which invariably comes with pain is of itself certain to stop the development of beauty in face and figure. Excited nerves make sharp lines and hasty speech. The beautiful curves which make women so attractive are not possible when the female organism is out of order, as it surely is when discomfort and pain are always or even periodically present. It is only necessary to look in the faces of young women everywhere to see that this must be so. Else why are they so pale and thin?

GET FREE ADVICE FROM DR. GREENE

Real beauty is rare. It belongs to perfect health. It is possible to every woman who takes the matter in hand intelligently. Get advice from Dr. Greene, the great specialist in these matters. He will tell you why all this is true and show you how to avoid the stumbling blocks that bar woman's way to happiness. You may consult Dr. Greene without cost by calling or writing him at his office, 35 West 14th Street, New York City. Don't throw away your beauty. Write to Dr. Greene to-day.

REV. DR. TALMAGE.

THE EMINENT DIVINE'S SUNDAY DISCOURSE.

Subject: The Faith of Rahab—There is Mercy For All Sinners—Cheer For All Who Are Engaged in Life's Battles—Meaning of the Sun's Standing Still

[Copyright 1899.]

WASHINGTON, D. C.—In this discourse Dr. Talmage follows Joshua on his triumphal march and speaks encouraging words to all who are engaged in the battles of this life; text, Joshua i, 5, "There shall not any man be able to stand before thee all the days of thy life."

Moses was dead. A beautiful tradition says the Lord kissed him and in that act drew forth the soul of the dying lawgiver. He had been buried; only one person at the funeral—the same One who kissed him. But God never takes a man away from any place of usefulness until He has some one ready to replace him. The Lord does not go looking around amid a great variety of candidates to find some one especially fitted for the vacated position. He makes a man for that place. Moses has passed off the stage, and Joshua, the hero, puts his foot on the platform of history so solidly that all the ages echo with the tread. He was a magnificent fighter, but he always fought on the right side, and he never fought unless God told him to fight. He got his military equipment from God, who gave him the promise at the start. "There shall not any man be able to stand before thee all the days of thy life." God fulfilled this promise, although Joshua's first battle was with the spring freshet, the next with a stone wall, the next leading on a regiment of whipped cowards and the next battling against darkness, wheeling the sun and the moon into his battalion and the last against the king of terrors, death—five great victories.

As a rule, when the general of an army starts out in a war he would like to have a small battle in order that he may get his own courage up and rally his troops and get them drilled for greater conflicts, but the first undertaking of Joshua was greater than the leveling of Fort Pulaski or the assault of Gibraltar or the overthrow of the Bastille. It was the crossing of the Jordan at the time of the spring freshet. The snows of Mount Lebanon had just been melting, and they poured down the valley, and the whole valley was a raging torrent. So the Canaanites stand on one bank, and they look across and see Joshua and the Israelites, and they laugh and say: "Aha! They cannot disturb us until the freshets fall. It is impossible for them to reach us." But after awhile they look across the water, and they see a movement in the army of Joshua. They say: "What is the matter now? Why, there must be a panic among those troops, and they are going to fly, or perhaps they are going to march across the river Jordan. Joshua is a lunatic." But Joshua, the chieftain, looks at his army and cries, "Forward, march!" and they start for the bank of the Jordan. One mile ahead go two priests carrying a glittering box four feet long and two feet wide. It is the ark of the covenant. And they come down, and no sooner do they just touch the rim of the water with their feet than, by an Almighty hat, Jordan parts. The army of Joshua marches right on without getting their feet wet over the bottom of the river, a path of chalk and broken shells and pebbles, until they get to the other bank. Then they lay hold of the oleanders and tamarisks and willows and pull themselves up a bank thirty or forty feet high, and, having gained the other bank, they clap their shields and their cymbals and sing the praises of the God of Joshua. But no sooner have they reached the bank than the waters begin to dash and roar, and with a terrific rush they break loose from their strange anchorage. As the hand of the Lord God is taken away from the thus uplifted waters—waters perhaps uplifted half a mile—they rush down, and some of the unbelieving Israelites say: "Alas, alas, what a misfortune! Why could not not those waters have staid parted, because, perhaps, we may want to go back? O Lord, we are engaged in a risky business! These Canaanites may eat us up. How if we want to go back? Would it not have been a more complete miracle if the Lord had parted the waters to let us come through and kept them parted to let us go back if we are defeated?"

But this is no place for the host to stop. Joshua gives the command, "Forward, march!" In the distance there is a long grove of trees, and at the end of the grove is a city. It is a city with arbors, a city with walls seeming to reach to the heavens, to buttress the very sky. It is the great metropolis that commands the mountain pass. It is Jericho. That city was afterward captured by Pompey and once by Herod the Great and once again by the Mohammedans, but this campaign the Lord plans. There shall be no swords, no shields, no battering ram; there shall be only one weapon of war, and that a ram's horn. The horn of the slain ram was sometimes taken, and holes were punctured in it, and then the musician would put the instrument to his lips, and he would run his fingers over this rude musical instrument and make a great deal of sweet harmony for the people. That was the only kind of weapon. Seven priests were to take these rude, rustic musical instruments, and they were to go around the city every day for six days—once a day for six days—and then on the seventh day they were to go around blowing these rude musical instruments seven times, and then at the close of the seventh blowing of the ram's horn on the seventh day the peroration of the whole scene was to be a shout, at which those great walls should tumble from capstone to base.

The seven priests with the rude musical instruments pass all around the city walls on the first day and score a failure. Not so much as a piece of plaster broke loose from the wall, not so much as a loosened rock, not so much as a piece of mortar lost from its place. "There," say the unbelieving Israelites, "did I not tell you so? Why, those ministers are fools. The idea of going around the city with those musical instruments and expecting in that way to destroy it. Joshua has been spoiled. He thinks because he has overthrown and conquered the spring freshet he can overthrow the stone wall. Why, it is not philosophic. Do you not see there is no relation between the blowing of these musical instruments and the knocking down of the wall? It is not philosophic." And I suppose there were many wiseacres who stood with their brows knitted and with the forefinger of the right hand to the forefinger of the left hand, arguing it all out and showing that it was not possible that such a cause could produce such an effect. And I suppose that night in the encampment there was plenty of caricature, and if Joshua had been nominated for any high military position he would not have received many votes. Joshua's stock was down. The second day the priests blowing the musical instruments go around the city, and again a failure. The third day, and a failure; the fourth day, and a failure; fifth day, and a failure; sixth day, and a failure. The seventh day comes, the climacteric day. Joshua is up early in the morning and examines the troops, walks all about and looks at the city wall. The priests start to make the circuit of the city. They go all round once, all around twice, three times, four times, five times, six times, seven times, and a failure. There is only one more thing to do, and that is to utter a great shout. I see the Israelitish army straightening themselves up, filling their lungs for a vociferation such as never was heard before and never heard after. Joshua feels that the hour has come, and he cries out to his host, "Shout, for the Lord hath given you the city!" All together the troops shout: "Down, Jericho! Down, Jericho!" and the long line of solid masonry begins to quiver and to move and to rock. Stand from under! She falls! Crash go the walls and temples, the towers, the palaces, the air blackened with dust.

The huzza of the victorious Israelites and the groan of the conquered Canaanites commingle, and Joshua, standing there in the debris of the walls, hears a voice saying: "There shall not any man be able to stand before thee all the days of thy life."

Only one house spared. Who lives there? Some great king? No. Some woman distinguished for great, kindly deeds? No. She had been conspicuous for her crimes. It is the house of Rahab. Why was her house spared? Because she had been a great sinner? No, but because she repented, demonstrating to all the ages that there is mercy for the chief of sinners.

The red cord of divine injunction reaching from her window to the ground, so that when the people saw the red cord they knew it was the divine indication that they should not disturb the premises, making us think of the divine cord of a Saviour's deliverance, the red cord of a Saviour's kindness, the red cord of a Saviour's mercy, the red cord of our rescue. Mercy for the chief of sinners. Put your trust in that God, and no damage shall befall you.

When our world shall be more terribly surrounded than was Jericho, even by the trumpets of the judgment day, and the hills and the mountains, the metal bones and ribs of nature, shall break, they who have had Rahab's faith shall have Rahab's deliverance.

When wrapped in fire the realms of ether glow
And heaven's last thunder shakes the earth below,
Thou, undismayed, shalt o'er the ruins smile
And light thy torch at nature's funeral pile.

But Joshua's troops may not halt here. The command is "Forward, march!" There is the city of Ai. It must be taken. A scouting party comes back and says: "Joshua, we can do that without you. It is going to be a very easy job. You must stay here while we go and capture it." They march with a small regiment in front of that city. The men of Ai look at them and give one yell, and the Israelites run like reindeer.

Look out when a good man makes the Lord his ally. Joshua raises his face, radiant with prayer, and looks at the descending sun over Gibeon, and at the faint crescent of the moon, for you know the queen of the night sometimes will linger around the palaces of the day. Pointing one hand at the descending sun and the other at the faint crescent of the moon, in the name of that God who shaped the worlds and moves the worlds he cries, "Sun, stand thou still upon Gibeon, and thou, moon, in the valley of Ajalon." They halted. Whether it was by refraction of the sun's rays or by the stopping of the whole planetary system I do not know and do not care. I leave it to the Christian Scientists and the infidel scientists to settle that question while I tell you I have seen the same thing. "What!" say you. "Not the sun standing still?" Yes. The same miracle is performed nowadays.

The wicked do not live out half their day, and their sun sets at noon. But let a man start out in battle for God and the truth and against sin, and the day of his usefulness is prolonged and prolonged and prolonged.

But Joshua was not quite through. There was time for five funerals before the sun of that prolonged day set. Who will preach their funeral sermon? Massillon preached the funeral sermon over Louis XVI. Who will preach the funeral sermon of those five dead kings—king of Jerusalem, king of Hebron, king of Jarmuth, king of Lachish, king of Eglon? Let it be by Joshua. What is his text? What shall be the epitaph put on the door of the tomb? "There shall not any man be able to stand before thee all the days of thy life."

Before you fasten up the door I want five more kings beheaded and thrust in—King Alcohol, King Fraud, King Lust, King Superstition, King Infidelity. Let them be beheaded and hurl them in. Then fasten up the door forever.

What shall the inscription and what shall the epitaph be? For all Christian philanthropists of all ages are going to come and look at it. What shall the inscription be? "There shall not any man be able to stand before thee all the days of thy life."

But it is time for Joshua to go home. He is 110 years old. Washington went down the Potomac and at Mount Vernon closed his days. Wellington died peacefully at Apsley House. Now, where shall Joshua rest? Why, he is to have his greatest battle now. After 110 years he has to meet a king who has more subjects than all the present population of the earth, his throne a pyramid of skulls, his parterre the graveyards and the cemeteries of the world, his chariot the world's hearse—the king of terrors. But if this is Joshua's greatest battle it is going to be Joshua's greatest victory. He gathers his friends around him and gives his valedictory, and it is full of reminiscence.

Young men tell what they are going to do; old men tell what they have done. And as you have heard a grandfather or great-grandfather seated by the evening fire tell of Monmouth or Yorktown and then lift the crutch or staff as though it were a musket to fight and show how the old battles were won, so Joshua gathers his friends around his dying couch, and he tells them the story of what he has been through, and as he lies there, his white locks snowing down on his wrinkled forehead, I ask if God has kept His promise all the way through. As he lies there he tells the story one, two or three times—you have heard old people tell a story two or three times over—and he answers, "I go the way of all the earth, and not one word of the promise has failed, not one word thereof has failed; all has come to pass, not one word thereof has failed." And then he turns to his family, as a dying parent will, and says: "Choose now whom you will serve, the God of Israel or the God of the Amorites. As for me and my house, we will serve the Lord." A dying parent cannot be reckless or thoughtless of his children. Consent to part with them forever at the door of the tomb we cannot. By the cradle in which their infancy was rocked, by the bosom on which they first lay, by the blood of the covenant, by the God of Joshua it shall not be. We will not part, we cannot part. Jehovah-Jireh, we take Thee at Thy promise. "I will be a God to thee and thy seed after thee."

Dead, the old chieftain must be laid out. Handle him very gently. That sacred body is over 110 years of age. Lay him out, stretch out those feet that walked dry shod the parted Jordan. Close those lips which helped blow the blast at which the walls of Jericho fell. Fold the arm that lifted the spear toward the doomed city of Ai. Fold it right over the heart that exulted when the five kings fell. But where shall we get the burnished granite for the headstone and the footstone? I bethink myself now. I imagine that for the head it shall be the sun that stood still upon Gibeon and for the foot the moon that stood still in the valley of Ajalon.

"Folly Farm" in Oregon.

A. T. Webb, who has a summer home and farm on the Base Line road, a short distance from the Twelve-Mile house, has decided to name his ranch "Folly Farm," says the Portland Oregonian. He has undertaken to run his farm on a thoroughly scientific plan, and has just laid it out in the shape of a wagon wheel, the center being the hub. Yesterday he went to Pleasant Home and ordered 30,000 feet of fencing, with which he will proceed to divide his farm up according to the plan. Each part will contain about eight acres, and all will be connected so that he can turn stock from one division into another.

Whale Fishing Not Extinct.

Whale fishing is not extinct in the United States, but it is gradually and slowly becoming so. From 1850 to 1875 the annual product of the American whale fisheries fell from 100,000 barrels of sperm oil to 42,000, of whale oil from 300,000 to 35,000, and of whalebone from 5,000,000 pounds to 400,000.

THE SABBATH SCHOOL.

INTERNATIONAL LESSON COMMENTS FOR NOVEMBER 25.

Subject: Sober Living. Titus ii., 1-15—Golden Text: Titus ii., 12—Memory Verses, 11-14—Commentary on the Day's Lesson.

1. "But speak thou the things." In the foregoing chapter Paul had warned Titus against the false, Judaizing teachers, who dwelt upon traditions, and who professed to know God, but in works denied Him. In opposition to all of this Titus was to be an example both in doctrine and life. "Which become." Which is in harmony with. "Sound doctrine." Good and holy doctrine; such as is calculated to make men holy when they walk in accordance with it.

2. "Aged men be sober." The apostle proceeds now to give illustrations of what he means by sound doctrine. Those advanced in years should be "sober." Properly this word here means not addicted to wine; then it comes to be applied to the spirit which is not inflamed with passion. "Grave." Serious. "Temperate." This has reference to moderation and self-government on all lines. Every appetite should be kept under control. "Sound in faith." Established in the truths of the gospel. "In charity." In love (R. V.) to God and man. "In patience." Patience follows us as the seasoning of faith and love. For, without it, faith would not long endure, and many things occur each day that would destroy our love if we were not well supplied with patience.

3. "In behavior." Both in their apparel and in their whole department. "As becometh holiness." "Reverent in demeanor" (R. V.); living a holy life. "Not false accusers." Not "slanderers." (R. V.) Literally, "Not devils." The slanderer certainly has the spirit of the devil. "Not given to much wine." "Without mixture of error." "Gravity." "Dignity of demeanor."

4. "To be sober." "Wise." Margin. "To love their husbands," etc. And to show the depth of their affections to husband and children by obeying the commandments of the next verse.

5. "To be discreet." Prudent. "Chaste." Virtuous, modest. Free from all impurities in thought as well as in action. "Keepers at home." "Workers at home." (R. V.) This does not imply that the wife cannot labor in other spheres also, but her first duty is to properly attend to home interests. The wife who really loves her husband and children (v. 4) will not find this a task, but rather the joy of her life. "Good." "Kind" (R. V.), always manifesting a gentle disposition. "Obedient—husbands." The husband is the natural head of the family. "Be not blasphemed." That the gospel is not reproached on account of the inconsistency of its professors.

6. "Young men—soberminded." Prudent and discreet. Young men who forget this exhortation and who enter into those excesses so common to youth, ruin their health and character and generally drop into a premature grave.

7. "In all things." In all things so far as they applied to Titus as a young man. "A pattern." An ensample, one who could be safely followed. His practice should be in harmony with his preaching. "Uncorruptness." "Without mixture of error." "Gravity." "Dignity of demeanor."

8. "Sound speech." The false teachers were preaching error, but Titus was to preach the truth. "Cannot be condemned." Cannot be overthrown. "The contrary part." That those who oppose you, and are causing disturbances in the churches in Crete. "May be ashamed." May be brought to feel ashamed of the course they have taken. "No evil thing to say of us." (R. V.) Against those who are sound in doctrine and holy in life, no evil can be justly alleged.

9. "In all things." As far as possible without sin. We must, however, please God first. "Not answering again." "Not gainsaying" (R. V.); not contradicting or disputing.

10. "Not purloining." Not stealing or embezzling the master's property. "Fidelity." Faithfulness, veracity. "Adorn the doctrine." Even these Cretan servants, or slaves, could live holy lives that would be an ornament to the truths of the gospel. If they could live such lives, we can.

11. "For." After mentioning the duties of these different classes, the apostle enforces his exhortation by referring to that revelation of salvation, which alone gives strength for a godly life. "The grace of God." The free, unmerited favor of God. The term here has reference to the "whole work of redemption," the gospel, which was the greatest favor of God to man. It is that grace that announces "the incarnation and atoning sacrifice of Jesus Christ." Bringing salvation to all men," (R. V.) Gentiles and Jews, servants and masters. "Hath appeared." "Hath shone forth," as the sun in its strength, offering light and heat and life to every darkened, sin-burdened heart in all the world.

12. "Teaching us." The gospel is a great teacher. It teaches us how to live. "Denying ungodliness." We are to deny and oppose all that is not like God; everything opposed to God in spirit or practice. "Worldly lusts." 1 John 2: 16. "Soberly." This has especial reference to self-government. "Every temper, appetite and desire" should be brought under subjection to Christ. "Righteously." Giving every man his due. "Godly." God-like; having the elements of the divine nature.

13. "Blessed hope." Eternal life is the hope of the Christian. "Glorious appearing." "At His second coming in glory to judge the world." "Of our great God and Saviour." (R. V.) This is conclusive proof that Jesus Christ is the great God.

14. "Gave Himself." A voluntary offering. Phil. 2: 7, 8. "Redeem us." Jesus gave His life for the world and thus has purchased men for Himself. "All iniquity." Iniquity is gross wrong, or sin in its worst form. We are redeemed, and may be delivered from all iniquity. "Purify unto Himself." Jesus Christ purifies His people. The atonement reaches to the lowest depths of human depravity. "A peculiar people." A people for His own possession.

15. "These things." The duties mentioned. "Speak." Teach. "Exhort." Urge. "Rebuke." "Reprove with all the authority with which thy office invests thee." "Let no man despise thee." Titus was to conduct himself in such a manner as to command respect.

Pica for the Onion.

The onion is appetizing, spite of delicate noses. Served in slices with vinegar, pepper, and salt, what more savory relish may be found for cold meats or cold fish than the kitchenlily? What salad is complete without it? What would the cook do without her jar of pickled onions? Cooking eliminates much of the ill odor, but renders the bulb less valuable as an article of diet than the raw onion is. Even the soaking in vinegar renders it less useful than the bulb fresh sliced. Every housewife knows the fried onion—that rich and savory dish—and knows also that if she would have a rich brown coloring for her gravies she can find nothing better than the fried bulb, more especially if she includes a little of the skin in her frying. This coloring is due to the presence of caramelin, a black substance identical with that found in burnt sugar when fired for the making of "black jack," the gravy coloring, the value of which is well known to the maker of meat extracts. This caramelin is due to the presence of carbon in the onion and sugar alike.—Chambers' Journal.

How Mothers may Help their Daughters into Womanhood

Every mother possesses information of vital value to her young daughter. That daughter is a precious legacy, and the responsibility for her future is largely in the hands of the mother. The mysterious change that develops the thoughtless girl into the thoughtful woman should find the mother on the watch day and night. As she cares for the physical well-being of her daughter, so will the woman be, and her children also.

When the young girl's thoughts become sluggish, when she experiences headaches, dizziness, faintness, and exhibits an abnormal disposition to sleep, pains in the back and lower limbs, eyes dim, desire for solitude, and a dislike for the society of other girls, when she is a mystery to herself and friends, then the mother should go to her aid promptly. At such a time the greatest aid to nature is **Lydia E. Pinkham's Vegetable Compound.** It prepares the young system for the coming change, and is the surest reliance in this hour of trial.

The following letters from Miss Good are practical proof of Mrs. Pinkham's efficient advice to young women.

Miss Good asks Mrs. Pinkham for Help.

June 12th, 1899.

"Dear Mrs. Pinkham:—I have been very much bothered for some time with my monthly periods being irregular. I will tell you all about it, and put myself in your care, for I have heard so much of you. Each month menstruation would become less and less, until it entirely stopped for six months, and now it has stopped again. I have become very nervous and of a very bad color. I am a young girl and have always had to work very hard. I would be very much pleased if you would tell me what to do."—Miss Pearl Good, Cor. 29th Avenue and Yeslar Way, Seattle, Wash.

The Happy Result.

February 10th, 1900.

"Dear Mrs. Pinkham:—I cannot praise Lydia E. Pinkham's Vegetable Compound enough. It is just simply wonderful the change your medicine has made in me. I feel like another person. My work is now a pleasure to me, while before using your medicine it was a burden. To-day I am a healthy and happy girl. I think if more women would use your Vegetable Compound there would be less suffering in the world. I cannot express the relief I have experienced by using **Lydia E. Pinkham's Vegetable Compound.**"—Miss Pearl Good, Cor. 29th Avenue and Yeslar Way, Seattle, Wash.

$5000 REWARD

Owing to the fact that some skeptical people have from time to time questioned the genuineness of the testimonial letters we are constantly publishing, we have deposited with the National City Bank, of Lynn, Mass., $5,000, which will be paid to any person who can show that the above testimonial is not genuine, or was published before obtaining the writer's special permission.—Lydia E. Pinkham Medicine Co.

Prussian Telegraph Operators' Wages.

The Prussian minister of railways received a petition in July from telegraph operators who wanted their salaries raised. The result was that he engaged in their places a large number of women at 50 cents a day.

Boston Milk Comes High.

Boston dealers have added a cent a quart to the price of milk, the cost to consumers being now 8 cents a quart. Scarcity of hay is given as the prompting reason for the advance.

Germany received one-third (about $1,000,000 worth of the exports of Ecuador last year.

Good Position.

Trustworthy men wanted to travel. Experience not absolutely necessary. For particulars, address Peerless Tob. Wks., Bedford City, Va.

The potato, hitherto grown as a tuber under ground, is now being produced like fruit from the stem of the plant. The flavor of these really "new" potatoes is excellent.

Beware of Ointments for Catarrh That Contain Mercury.

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure to get the genuine. It is taken internally, and is made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists, price, 75c. per bottle. Hall's Family Pills are the best.

A handsome stained glass window has been placed in the north aisle of Winchester Cathedral to commemorate the centenary of the raising of the Rifle Brigade.

It requires no experience to dye with Perfection Fadeless Dyes. Simply boiling your goods in the dye is all that's necessary. Sold by all druggists.

The latest scheme for adding to the comfort of convicts in American prisons is to provide a number of cycles for the purpose of exercise in the prison yard.

Best For the Bowels.

No matter what ails you, headache to a cancer, you will never get well until your bowels are put right. Cascarets help nature, cure you without a gripe or pain, produce easy natural movements, cost you just 10 cents to start getting your health back. Cascarets Candy Cathartic, the genuine, put up in metal boxes, every tablet has C.C.C. stamped on it. Beware of imitations.

Never has there been so little marrying and giving in marriage in London as within the last year.

The Best Prescription for Chills and Fever is a bottle of Grove's Tasteless Chill Tonic. It is simply iron and quinine in a tasteless form. No cure—no pay. Price 50c.

There are at present thirteen incorporated automobile clubs in the United States.

Fits permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Trial bottle and treatise free. Dr. R. H. Kline, Ltd., 931 Arch St., Phila., Pa.

There are 300,000 French-Canadians, of whom 25,000 are voters, in Massachusetts.

More people are engaged in agriculture than in any other British industry.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. Samuel, Ocean Grove, N. J., Feb. 17, 1900.

The orange, lemon and banana flourish north of Pretoria.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c. a bottle.

Influenza is playing havoc with the Indians on the west coast of Alaska.

To Cure a Cold in One Day.

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

A Persian lilac bush in Kansas City, Mo., is twenty feet in diameter.

Indigestion is a bad companion. Get rid of it by chewing a bar of Adams' Pepsin Tutti Frutti after each meal.

Immigration returns show that 24,000 people settled in Canada in the past six months.

Dr. Bull's Cough Syrup Safest, surest cure for all throat and lung troubles. People praise it. Doctors prescribe it. Quick, sure results. Refuse substitutes. Get Dr. Bull's Cough Syrup.

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