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Middleburgh,

WANTED-Agents to sell washing machine Jones L. Knoll, 107 S. 4 St., Lebanon, Pa. jy 1 &

Quick, we want one shrewd, careful to 15,000 per year quietly for himself, and not work hard. Private instructions and out. fit of new goods, 25 cents. Gerat Northern Speciality Co., 5713 Union Ave., Chicago. 1-18-3m.

Peck's Bad Boy, and 160 other funny stories by famous humorists, also a Complete Fortun's Teller and a Dream Book. me books sent, postpaid, anywhere dime. GEO. MALANEY, Woodstock

Does it Pay to be Sick ?

Besides the discomfort and suffering, illness of any kind is expensive. Hundreds of people consult the doctors every day about coughs and colds. This is better than to suffer the disease to run along, but thote who use Otto's Cure for the throat and lungs do better still. It costs less than cure is certain. You can get a trial bottle free of our agents, W. H. Herman, Troz-civille: Middleswarth & Ulah, McCure; H. A. Ebright Aline, Laure sizes 25c and Va.

Sadie Steward

OF KINGSTON, N. Y.



dance and epilepsy that Dr. Miles' Restorative Nervine has cured, would give this great remedy wide reputation. Mrs. Walter A. Steward, 773 Broadway, Kingston, N. Y., says March 3, 1896; "In 1893, while on a visit to friends our little girl was taken with spasms. We hastened home to our family physician. He did all he could

but failed. We called several physicians but the spasms continued, her tongue became Nervine 3 partially paralyzed and the doctors said she would never talk again. Night and day we watched the poor

little sufferer and tried every remedy we saw advertised for such cases but got no relief. We began giving Dr. Miles' Nervine, and after taking four bottles she was running about as well and happy as ever." Dr. Miles' Remedies are sold by all druggists under a positive guarantee, first bottle benefits or money refunded. Book on Heart and Nerves sent free to all applicants. DR. MILES MEDICAL CO., Elkhart Ind.

PENNSYLVANIA HAILROAD. Supbury & Lewistown Division. In effect Nov 28, 1897.

| WASTWARD DIS. STATION. NASTWARD | | | | | |
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| P m 4.23 4.20 4.18 4.09 4.04 3.59 8.56 3.46 3.35 | P m 12.08 12.02 12.00 11.51 11.46 11.40 11.36 11.25 11.19 | 8 11 12 17 | A. I. Lewistown J. Main Street Lewistown Mattiand Painter Shindle Wagner Moti)ure Raub's Mills | 5 th 7.30 7.38 7.35 7.48 7.49 7.54 8.08 6.13 | 9 m 8.06 8.08 8.10 8.20 8.20 8.31 3.35 2.45 8.51 |
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| 2.43 2.87 2.25 | 10.17 | 42 | Selinsgrove Selinsgrove J. Support | 9.06 9.18 | 4 48 |

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945 a m for Lock Haven. Tyrone and the West
110 p m for Hellefonte Kane & Canandaigua
534p m for Renovo and Elmira
925 p m for Lock Haven
Sunday 513 a m for Erie and Canandaigua
945 a m for Lock Haven and 925 p m for W
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5 25 a m for Catawissa and Hazelton 5 25 a m, 9 55 a m 2 00 and 5 43 p m for Wilkesbarre and Hazelton 7 (0 a m. 10 20 a m., 2 a5 p m. 5 45 p m for Shamo-kin and Mount Carmei Sunday 9 53 a m for Wilkesbarre

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A GENTS WANTED everywhere to Polishing Irons. The most useful modern household invention, and a ready seller for agents at big profits. Workers can easily make \$5 to \$10 daily. Write for particulars.

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Urinary Diseases No. 30 No. 77 Colds and Grip. Sold by druggists, or sent propaid upon receipt of price, in cents cach. Humphreys' Medicine Ga. 111 William St., New York.

The Raw Fgr Diet Raw eggs have always been considered easy of digestion, and more nourishing than fried or cooked eggs. There is no question about that. The raw eggs are readly digested by the weakest of stomachs. At first there is some repulsion at the thought of swallowing raw eggs; but this dislike is soon overcome. The new cult start with raw eggs and advocate their use in a most liberal manner. On rising in the morning one should mix up two or three fresh eggs and swallow them down raw. They can be taken into the stomach like oysters, without chewing or mastication of any kind. The stomach can take care of them. An egg regimen is nourishing, strengthening and satisfying. They cause no irritation to the nerves, for there is no undigested matter to cause fermentation in the stomach and poison the blood.

The egg dlet is recommended in particular to women. Pure milk should be taken with the raw eggs, either in the morning or at noon. Under no circumstances is intoxicating liquor mixed with the egg or milk. The members of the cult generally begin with three or four eggs a day, and gradually come up to eight and ten. Some have such good appetites that they soon learn to eat fifteen and twenty raw eggs a day. They eat nothing else for breakfast than raw eggs and milk, and the same diet is taken again at noon, or just upon retiring. The effect of this raw egg diet with a little milk is quite apparent to those engaged in sedentary pursuits. The skin becomes white, soft and clear; the nerves are quieter and more restful; and pains and aches of the stomach, kidneys and liver and head soon disappear.

How to Cook Coramonl. It is only recently that women have appreciated the value of good cook-The simple every-day things have been considered of little importance and often entirely neglected. Even the cook books give but little information about some of the things which everybody should know. Among these is cornmeal. When it is properly prepared it is a healthy article of food. But as it is usually cooked it is indigestible and unfit for even a strong stomach. The common way of making cornmeal mush, for instance, is to stir the meal without measuring it into boiling water until it is thick, and when it has cooked five or ten minutes Altoona, Pittsburg and the West.

Altoona, Pittsburg and the West.

For Halitmore and Washington 9 35 am 1 02.
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York 838 9 35 am 1 02 1 33 4 43 and 1116 pm For
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When it has cooked five or ten minutes
it is done. By this process it is hard
and raw, and wholly unfit to eat. It
is surprising how much it is improved
by a little extra cooking, and it can be by a little extra cooking, and it can be made a delicacy with a very little

trouble. Take one quart of water, add one teaspoon of salt. When it boils stir in one cup of yellow cornmeal. Let it boil for ten minutes, then set it back on the stove, where it will cook slowly and not burn, for one hour, stirring occasionally. Pour into a mold and let stand over night. In the morning it will be firm enough to slice well, and Grounds of the Borghese Villa when it is dipped in grated bread crumbs and quickly fried it will be a pleasant surprise to those who have been accustomed to eating it the oldfashioned way.-Chicago Times-Her-

How to Judge a Man.

A contemporary gives the following advice to its fair readers: "For a back of his head. A symmetrical cerebellum, with well-trimmed hair, is an indication of self-control and energy. If you want a successful man, see that he has a neat foot; he will move quick-Smail advertisements of every description, er, get over obstacles faster, than a want. Sale or Rent, Lost or Found, or ther notices inserted under this head for one-half cent a word for one-insertion and one-fourth cent a word each subsequent insertion. Nothing inserted for less than ten cents. him when he is starving, and ask him to carry a bandbox down the public street when you've just had a row. To test his temper, tell him his nose is a little on one side and you don't like the way his hair grows. There are other ways which will suggest themselves naturally to a bright woman."

The Quality of Grace.

Many women neglect to cultivate a graceful way of rising from a chair. Probably nine women out of ten, in rising from a seat, shift their weight from one foot to another in the act of getting up, and start off upon the wrong foot. The proper way is to rest the weight upon one foot while still sitting holding the other lightly upon the floor. Now rise by pressing down hard upon the foot that has previously been bearing the weight, stand erect and still for a mere second to get polse, and start off lightly upon the free foot. If there is to be a turn in the walk stop with all the weight upon the foot that is in advance; rest only the toe of the rear foot upon the ground, then turn around smoothly by transferring the weight to the free foot, making the turn entirely upon the balls of the feet. with the heels scarcely touching the floor. A turn like this is as rare as it is graceful, yet it can be acquired in half an hour's practice.

"Did you ever hear the story of the hard-boiled egg?" he solemnly in-Kidney Diseases. quired of some one across the table.

"No," was the innocent answer. "It's hard to best," said the joker with much gravity.-Cleveland Plain

LOOKING FOR HONEST LAWYERS. Centenarian Tramps 100 Hiles an a

William Shopshire, ones a slave, now nearly 200 years old, decrepit and in-firm, walked nearly 100 miles to Cincinnati for the purpose, as he says, of find-ing an honest lawyer, and landed penniless at the Hammond street station. The old man was given a berth in the cellroom of the station-house by Lleut. Kane, and locked up for a night's rest. He had richly deserved it, for his shoes from long travel were worn through and his bruised and bleeding feet rested on the ground.

It all sounds like a travesty on the profession, for, with apologies to the credence of the general public, the fact is well known that honest lawyers live in nearly every city and town throughout the length and breadth of this fair land. But the old ex-slave has his crotchets-they usually come with years and sad experiences, and he made

Cincinnati the Mecca of his pilgrimage. "Grandpap" Shopshire, as he is known in Doneraile, Ky., a little town near Lexington, was once considered very wealthy, but litigation, as he says, has involved him and his effects until Just as unhappy as ever could be; now he has made one last supreme effects until Her lovely new dolly, her sailor boy Jack. Fell to the sidewalk, with oh, such a whack ! fort to reclaim his lands. The chapter for to reclaim his lands. The chapter of his trouble is a long one and full of quarrels, disputes and legal technicalities, but from the story he told in his feeble way at the station it seems that he has been often victimized owing to he has been often victimized owing to his generosity, until all his earthly possessions have been drawn into the courts. His faculties are still unimpaired and his mind on the subject of his troubles is remarkably clear as to names, dates and legal papers. All the money he started with was spent for provisions along the route to this city. He offers \$4,000 in cash to the attorney who will go into the Kentucky courts and reclaim three pieces of property which he claims are held unjustly by

When he started for this city he had no idea as to the immense distance he had to travel before he reached his destination, but he was so determined to find an honest, unprejudiced lawyer that he would not retrace his steps, though often overcome with hunger and fatigue. Shopshire was once the property of Gen. Andrew Jackson and claims he distinction of having paid for his freedom with means that he had accumulated. He is a typical old slave and bears the characteristics of his rapidly disappearing fellows to such a marked degree as would make him an invaluable adjunct to an artist's studio if such a picture were desired. The gnarled staff with which his journey was made less irksome was cut from a tree upon which Daniel Boone found and slew a brera. bear away back in the days when the the name was taken. The old colored man has survived all his relatives and for years has been utterly alone in the world, and, like the lonely occupant of the "Little Old Log Cabin in the Lane," has had nothing to do of late years but occasionally "swap" mules with some remote neighbor while his chimney tumbled down and his roof no longer served to keep out the sunshine and the rain.-Chicago Chronicle.

VANDAL HANDS ARE STAYED.

chased by the Government.

An "open space" that has a European reputation has long been threatened and has now at last been rescued from the speculative builder. In no capital has he been more active lately, or more ferocious, than in Rome. He found the old city marble and he is rapidly yourselves. I cannot permit it." leaving it plaster. Everyone who knows Rome will remember the beautiful grounds of the Villa Borghese, just outside the city walls, high upon the Pincian hill. Thence you look down on the refer to?" city stretching southward beyond you, and can see the sun setting behind St.

Peter's. speculative builder, if chance were to cast it into the market. And of this there has lately been an alarming probability. The Borghese family were no longer the inheritors of their old opulence. Year by year the quaintly laid out grounds were falling into neglect and the artificial ruins were crumbling in veritable decay. Once the Casino held a collection of antique sculpture so rare that Napoleon carried them off to Paris, and the indemnity promised to Prince Borghese of that day-15,000,000 francs—was never paid. But the pedes-tals were not left uncompled, and to this day the Casino is one of the sights of

The grounds themselves are in a way its Hyde Park. It is here that, in the season, in the winter months, and in the carly spring, the fashion of the modern city is seen, and scarcely a day passes but the scarlet liveries show that the king or queen is driving in the grounds. This "open space" was too intimately associated with many sides of the life of modern Rome to allow of its being sacrificed to the builder. The municipality has bought it from the family, to whom will be paid for the concession an annuity of £6,000 a year.-London News.

Styles for the New Year. rogue, although many of the models are greatly narrowed.

Cloth and corded silk and drape d'ete. or double-faced cashmere and moire, will be very fashionably combined next season.

The small pad bustle is now worn ing toilets, and those of larger proportions are announced .- Chicago Record.

Plogging in Russia by Machine. Flogging has become so indispensable in Russia that some inventor has perfeeted a machine which saves the hu-



Shining blue eyes with big tears are wet; Some dreadful thing must have happened our pet:
Lips all a-quiver with grief and woeWhat a shame a wee girlie such trouble
should know!

Without any doubt the dollie was dead; Why, a doll couldn't live without any head, "Nover mind," said her grandma, "don't cry A new head will make him as good as be

"But, ob, my grandma!" said Dorothy Dee— A sweater child there could not be— "You can make my dollie all mended and

new, But my poor little heart is broken, too." Next day, with her face all shining with joy She clasped in her arms a new sailer boy, And we know that with us you are sure to Grandma has found a new heart for Dorothy
Dec. -Virginia Adama.

LITTLE MARTYRS. The Schoolboys of Bogota and the Cause of Liberty.

That the inherent and almost universal love of liberty pervades all portions of the Western hemisphere is ilinstrated by an incident which occurred in the city of Bogota, United States of Colombia.

In the suburbs of the capital of Colombia, the city of Bogota, is located the Jesuit college of San Luis Gonzaga. It is devoted almost entirely to the education of young boys, and is under the direction of Senor Aurelia Martin Ca-

One morning the class assembled be-"dark and bloody ground" was still un- fore breakfast and addressed their inbaptized with the carnage from which structor in the following language: "Senor Director, we desire to make a donation."

> "Very well. And have you made your collection?" "No-or, rather-yes," replied the speaker.

"I do not understand you. Yes or

"Well, yes," finally answered the children. "And what is the amount of your

collection?" "We do not know-because-"Because what?"

"Because it is the value or cost of the rolls we have each morning for our breakfast. We have resolved to do without them, and to give the amount

"No, boys; the sacrifice is too great for young children and students like "But, Senor Director, we have noth-

ing else to give, and those poor fel-"What poor fellows? Who do you

"Why, the Cubans! the poor Cubans,

They are fighting for liberity and, it is said, they have no food—that they are In the healthiest quarter of Rome, this starving to death. Please send them site was the very opportunity of the our rolls. We can get along very well without them.

The generosity and earnestness of the chidren made a deep impression upon the director, and it is said that the tears came to his eyes as he reluctantly gave his consent. Certain it is that the daily order for breakfast rolls was countermanded, and that not only the children but the director went without the usual morning bread.

Victors Kinds of Fish

There is a bad fish found in the Orimouth, called the caribe. In shape it resembles the northern pickerel and has much the same color and markings, only with that yellowness of tint which almost every ship in Venezuelan waters show. The caribe is about twelve inches long and goes about in great schools, attacking any creature, alive or dead, which they find in the water, devouring it piecemeal. The caribe's mouth is fitted with sharp, cutting teeth, and whatever victim it fastens to it comes away with a bit of flesh. Let an alligator or manatee be shot wherever the caribes abound, and almost instantly the water around the floating body will be alive with these fish, crowding to seize upon it; they even leap upon it from the water. The circular skirt still retains its so thickly as literally to conceal their prey from view. So suddenly and fiercely do they come that I have known a horse, that had waded out into the water only up to his knees, to be fatally injured by an attack of the caribes. Seized at once by every leg and by its nostrils, the fish clingwith the latest day costumes and even- ing to him in swarms, he got to the shore only to fall helpless on the bank, hamstrung in both fore legs. Painful stories are told of human beings attacked and devoured alive by caribes.

San Doosn't Dassle Them

unan arm the infamous labor of blows.
Under the fiagellation of the machine taxes and arrears are to become speedily collected.—Chicago Tribune.

Birds of prey are able to look at the sun without being dassied, because there is a membrane under their eyelids which they can pull down at will.

Just as Good

as Scott's and we sell it much cheaper," is a statement sometimes made by the druggist when Scott's Emulsion is called for. This shows that the druggists themselves regard

Scott's Emulsion

of Cod-Liver Oil with Hypophosphites of Lime and Soda as the standard, and the purchaser who desires to procure the "standard" because he knows it has been of untold benefit, should not for one instant think of taking the risk of

asing some untried preparation. The substitution of something said to be "just as good" for a standard preparation twentyfive years on the market, should not be permitted by the intelligent p chaser.

Re sure you get SCOTT'S Emulsion. See that the man and fish are on the wrapper. scort & Bowne, Chemists, New York.

TO CURE A COLD IN ONE DAY
Take Laxative Quinine Tablets. All Drugists refund the money if it falls to cur. 25c.
10-14.7m.

Bishop McCabe, of New York, on Jr James' Headache Powders. "With regard to Dr. James' Headche Powders, I have no hesitation ache Powders, I have no hesitation n commending them to sufferers from headache. They relieve the main speedily, and I have never known anyone to be harmed by their use. I have been a great sufferer from headache in my life, but have almost gotten rid of it by the constant use of hot water and fruit and br doing without coffee. The Dr. James Headache Powders have, however, greatly relieved me at times and I never allow myself to be with. and I never allow myself to be with-out them, and have recommended to others freely. C. C. McCanz." For sale by W. H. Spangler, Drug-gist, Middleburg, Pa. 6-18 9m

ONE OF TWO WAYS.

The bladder was created for one purpose, namely, a receptacle for the urine, and as such it is not liable to any form of disease except by one of two ways. The first way is from imperfect action of the kidneys. The second way is from careless local treatment of other diseases. CHIEF CAUSE.

Unhealthy urine from unhealthy kidneys is the chief cause of bladder troubles. So the womb, like the bladder, was created for one purposes, and if not doctored too much is not liable to weskness or disease, except in rare cases. It is situated back of and very close to the bladder, there-fore any pain, disease or inconveni-ence manifested in the kidneys, back, bladder or urinary passage is often, by mistake, attributed to female weaks or womb trouble of some sort. The error is easily made and may be as easily avoided. To find out correctly, set your urine asida for twenty four hours, a sediment or settling indicates kidney or bladder trouble. The mild and the extraodinary effect of Dr. Kilmer'r Swamp-Root, the great kidney, and bladder remedy is soon realized. If you need a medicine you should have the best. At drug-gists fifty cents and one dollar. You may have a sample bottle and pamphlet, both sent free by mail, upon receipt of three two cent stamps to cover cost of postage on the bottle. Mention the Middleburgh Post, and send your address to Dr. Kilmer & Co., Binghamton, N. Y. The proprietor of this paper guarantee the genuineness this offer

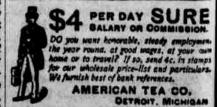
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as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used expect on prescriptions from reputable physicians, as the damags they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Chenney & 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 you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Chenney & Co. Testimonials free.



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