

EART DISEASE is curable. "For over forty years," writes Daniel Myers of Two Taverns, Pa., on Aug. 10, 1896. "I suffered with heart disease. First a slight palpitation, gradually growing worse. Then shortness of breath, sleeplessness, smothering sensations and much pain in the region of the heart alarmed me and I consulted a physician. Receiving no benefit I tried



others and a number of remedies, spending a large amount of money, but finally be-Restores came so bad that it was unsafe for me to leave home. I commenced using Dr. Miles' Heart Cure two years ago.

For eighteen months I have been well. Alshough 72 years of age I can go where I wish and I sleep all night and wake up as cheerful as a babe and completely rested.

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

FENNSYLVANIA RAILROAD. 202 Lary & Lewistown Division. In effect Nov 28, 1897.

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Trains also leave Sunbury at 9 50 a in and 5 25
and 8 30 p in, for Harrisburg, Philadelphia and
Baltimore

J. R. WOOD, Gen't Pass Agent J. B. HUTCHINSON Gen't Manager.

1 Cures Fever. 3 " Infants' Diseases. No. Diarrhea. No. S 66 Neuralgia. No. 0 " Headache. No. 10 " Dyspepsia. No. 14 Cures Skin Diseases. No. 15 Rheumatism. No. 20 66 Whooping Cough No. 27 Kidney Diseases. ** No. 30 Urinary Diseases No. 77 46 Colds and Grip. Sold by druggists, or sent prepaid upon receip of price, 25 cents each. Humphreys' Medicine Co. 113 William St., New York.



Beauty of Character. Moral beauty cannot coexist with radical defects of principle. The character that is unable to resist temptation, or unwilling to stick faithfully to duty, is no more truly beautiful, whatever be its generous impulses or amiable traits, than a figure which cannot support its own weight. Parts of it may be admirable; but, as a whole, as a unity, it cannot be rightly called a beautiful character, for it lacks the foundation.-N. Y. Ledger.

THREE DAILY MEALS.

Mrs. Rorer Prescribes Foods That Are Easy to Digest.

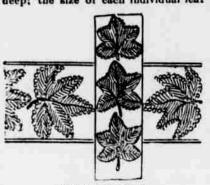
"The average person may take for breakfast a sub-acid fruit, such as raw, baked, steamed or stewed apple, a ripe peach, a bunch of grapes or a very soft pear," writes Mrs. S. T. Rorer, on "What Indigestion Really Means," in the Ladies' Home Journal. "This may be followed by a bowl of well-cooked cereal with a little milk, a slice of whole wheat bread, and, if he has been food is actually necessary-in fact, one might be better off with even a lighter meal. The heavy breakfast, quickly and carefessly eaten by the average family, brings about such diseases as come to the over-eaters-rheumatism, disease.

"The noonday meal should be light, unless two hours' rest can be taken. It may consist of a cream soup, two or three slices of whole wheat bread and butter, any little light minced meat, and again fruit. This meal may be closed with a rice pudding, a cup custard or some simple dessert made principally from eggs and milk, rice and milk, or whipped cream. The night meal, after the day's work is over, should for its first course have a perfectly clear soup, either plain consomme or a bouillon made entirely from vegetable matter, or a clear, light tomato soup; the idea is to warm and stimulate the stomach without giving nourishment. Follow this with a red meat, either beef or mutton, broiled, piece of stalk of gold thread. roasted or boiled; one starchy vegetable, as rice, macaroni, potato, or in the winter, boiled chestnuts; one green vegetable, as carefully cooked cabbage, cauliflower, spinach, asparagus, green peas or beans, stewed cucumbers or squash, according to the season of the year; then a light dinner salad composed of either celery, lettuce, cress, endive or chicory, or even shredded raw cabbage dressed with a little oil and a few drops of lemon juice, with a bit of cheese and a bread stick, or a wafer or a piece of brown bread, followed by some very light dessert similar to those mentioned for the noon- satin is cut out with a sharp pair of day meat."

JEWELED LEAF BELT.

How to Make an Artistic Article of

The sketch suggests a jeweled beit made in the form of ivy leaves. Excellent colors in which to reproduce this belt would be rich green satin of the best quality, with jeweling of emeralds and outlinings of gold cord. The leaves should be finally mounted upon a narrow band of black satin or velvet. Alternative colorings would be light steel moire velour leaves, with silver thread accustomed to it, a cup of clear cof- and crystal gems upon black velvet. fee, one-half heated milk. No other Or, again, pale leaf-green satin upon a turquoise-blue velvet band; the trimmings to consist of seed pearls, turquoises, and silver thread. The whole depth of the belt should be no more than one and three-quarter inches, with a centerpiece of two and a half inches gout, uric acid conditions and Bright's deep; the size of each individual leaf



JEWELED BELT.

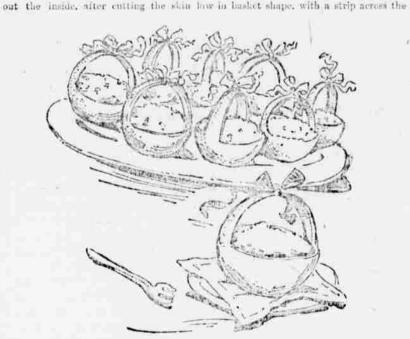
should be about one and three-quarter inches deep and one and one-quarter inches wide, not including the small

The first thing to do in making the belt is to cut out the required number of leaves in rough tailor's linen, then paint one side of each leaf over with strong, clear gum, which will stiffen the linen and prevent it fraying untidily at the edges. When the gum has quite dried gum the other side also; and while it is still wet press each leaf down upon the wrong side of the piece of satin bought to cover the leaves. As the lines and satin dry together cut out the satin to the shape of the leaf, which should present a very neat appearance if too much gam has not been used, and if the

SERVING A SALADE D'ORANGE.

Just the Thing for an Up-to-Date Luncheon or a Somewhat Elaborate Child's Party.

For a luncheon, or for a child's party, orange baskets are exceedingly pretty and decorative. They can be served on "cake plates" with a small doily underneath. To make an orange basket, select an orange with exceedingly tough skin. Scoop



top for a handle. Place them in a shallow pan with enough cold water to cover. This will keep them from drying out until you want to use them.

From the juice of the inside make an orange jelly by adding sugar, gelatine and a few drops of coloring substance. Pour into the orange baskets, and just before the

jelly "sets" add a few candied cherries. Heap whipped cream on top. Or the baskets can be filled with salade d'orange.

This is made by slicing the pulp of the orange with candied cherries, bananas and powdered coconnut. Fill the baskets with the mixture and eat with ice-cream

AN ECONOMICAL VEST.

How to Make a Lovely "Front" to Wear Over Old Walsts.

Plain prosaic crinoline is the foundation for many a handsome vest. The crinoline holds the vest in shape and allows the lighter materials to be draped over it.

Over a putation plane of crimeline gather a strip of white all ci



VEST FOR OLD WAISTS.

so that the embroidery lies on each side of the front seam of the waist. Tack the embroidery securely and under the edge set a plaiting of chiffon. White and pink make a very pretty:

For the neck take a band of black velvet and use a bow of the same material for the belt.

Old Binck Kid Gloves.

Nothing is better to renovate black silk or ribbon than the water in which a pair of old black gloves has been boiled. Use a quart of water for each pair and boil till the color is extracted. In cleaning with it do not iron the ribbon, but pin it smoothly on a board or table, or roll it round on a new rolling pin devoted to this purpose.

Each leaf being thus covered with satin, the needle-worker would proceed to the decoration. A rather thick gold cord, perhaps three times the thickness of No. 24 sewing cotton, is required to outline the shape of the leaf, and this is bound over and over to secure it to the leaf by means of stitches of silk; this silk may either be gold-colored to match the cord or emerald green to match the gems. The gems selected must not be too large or clumsy, for the larger these mock stones are the less effective are they.

Having studded the emeralds round the edge and down the center vein of the leaf, nothing more will be required to finish it beyond a veining of gold buil lion, which, as most fancy workers know, is sewn down in pieces threaded upon silk.

When the due number of leaves have been made to fit the waist of the person intending to wear the belt, they should be attached to the velvet band by means of long stitches concenled under the veining and jeweling; at the center of the back two leaves are placed point to point to allow of them appearing in the celebrated musical director, died front, as the sketch illustrates.—Phila- suddenly in this city last night of delphia Record.

Pennut Molasses Candy.

Place in a good-sized kettle one quart of good molasses, one cup of sugar and one-fourth of cup of butter, according to a writer in What to Eat. Boil rapidly, stirring constantly until it snaps sharply in ice water, then add a level teaspoon of baking soda, and stir a moment. Have ready one quart of shelled peanuts, i. e., have them shelled. kinned and broken apart into halves. Add them to the candy, and stir rapidly and just enough to mix well, and pour at once into flat, square, greased pans When partly cold mark into blocks and cut through. If wrapped neatly in waxed paper and kept in a dry place, this will keep nicely for weeks.

THE RAGING WABASH.

Sweaty Thousand Acres Submerged. Hundreds of Families Destitute. Sullivan, Ind., March 29 .- The levee on the Wabash river went out last night with a break of 100 feet, entail-ing a loss of \$100,000. Twanty thousand acres of land are overflowed and hundreds of families are rendered homeless and destitute. Citizens are responding for miles around in their forts to remove families and stock Hundreds of cattle and horses are hemmed in. The levee is 11 miles long. and was built at a cost of \$80,000. Every effort is being made to rescue the familles from their submerged homes. It is feared that many people who were probably slow to take warning will meet death in the flood. A dispatch from Emerson says that 12,000 bushels of corn and 65 hogs were swept away. An Osgood special says: The Wabash reached 22.7 feet yesterday, this being the highest ever known, and is still rising. The levees below the city, which have hitherto stood the pressure gave way yesterday afternoon and the lowlands of Lawrence county, already inundated by the overflow, will soon be a sea. The suffering and loss of property will be great. The lowlands of Upper Vincennes and Decker townships are submerged by the river. The steamer Owensboro left for Beal with a relief party last evening. Three hundred people are waterbound and destitute.

A WEEK'S NEWS CONDENSED.

Wednesday, March 23. Thirty-three Japanese coolles were not allowed to land at San Francisco. Wheelock G. Veasey, ex-civil service commissioner, died in Washington last night.

County Commissioner Meyers was convicted at Pottsville, Pa., on nine counts charging misdemeanor.

Two steamers which reached New York from foreign ports brought a total of 995 steerage passengers.

One man was killed and another fa-Pottsville.

Thursday, March 21.

Three Falmouth fishermen were kliled by gas in a hotel room at New Bedford. Mass.

James Thompson and his wife were burned to death in their shanty at Fresno, Cal.

The Oregon Populists threaten to bolt Populist state convention.

Lieutenant Blandin, of the Maine, has reached his home in Baltimore. He is to be examined for the position of Hentenant commander. Friday, March 25.

May I will make a united demand for an eight hour day.

the height of sky scraping buildings to

ten stories, or 130 feet. William Roberts, a night driver in the Bast coiliery, at Ashland, Pa., was

crushed to death by a car. John Holliday is in custody at Jer- Journal, sey City, accused of inflicting probably fatal injuries upon James Holden, nared 87 years.

Saturday, March 26.

Sixty Japanese, who came from Vic-toria, B. C., are detained by the San Francisco immigrant officials.

The Illinois free silver Democrats Statesman. have organized the Monticello club to shape the party's policy in that state. Three citizens of Gibson Station, L. Three citizens of Gibson Station, I. For when, at length, it's gone, T., have been indicted, charged with You'll have to get the mower out the murder of E. D. Chalmers and wife | And shave the blooming laws near Wybark last Saturday.

The children of Dr. Ruiz, who, it is alleged, was killed by the Spaniards in Cuba, will prosecute a claim for damages against the Spanish government. Monday, March 28,

The New York legislature will propriate \$50,000 for good roads. Commander Eugene D. F. Heald, U.

S. N., died at Annapolis yesterday. John Simpkins, member of congress from Massachusetts, died in Washington Saturday night.

Reports of United States consushow that 430,000 people have starved to death in Cuba.

The Paris Matin says the court of appeal will quash the conviction of Emile Zola and order a new trial. F W. Johnson, colored, has brought

suit against a Montreal theater for excluding him on account of his color. Mrs. Delia Tudor Parnell, mother of the late Charles Stewart Parnell and daughter of the famous American naval officer, Charles Stewart, died at Avondale, Ireland, aged 63.

Tuesday, March 29. The condition of Fanny Davenport. the actress, lying dangerously ill in Chicago, is slightly improved.

The unofficial section of the Japanese press is actively urging the government to resist Russia's action in

Freezing temperature in northwestern Missouri, Kansas, Oklahoma and Indian Territory causes grave apprehension for the crops.

A London dispatch states that ex-Premier Gladstone is calmly awaiting death, having been informed that recovery is impossible. Edward Bowman, a 17-year-old bicy-

clist of Jersey City, is under arrest for killing John Desmond, 50 years old, whom he run down.

At Coe Hill, a small hamlet near Belleville, Ont.. Frederica and Gran-ette Colboys, aged 7 and 8, were killed wild hogs while going to school. Noted Musician Dead.

New York, March 29.-Anton Seldl, poisoning, probably resulting from eating fish. Mr. Seidl left his home shortly after dinner last evening and went to the home of his business agent, F. Bernstein. He had no sooner arrived there than he was taken violently iii. The family physician of Mr. Bernstein was ealled. About 10 o'clock two other physicians were summoned, but the patient died at 10:15.

To Build a Cheap Capitol. Harrisburg, March 29.-At a meeting

of the capitol building commission last night it was decided to re-advertise for bids for the new capitol on a modifled plan; which contemplates brick for marble in the surfacing and ruffle stone for brick in the foundations. Architect Cobb says such a building tan be built within the appropriation to time will be lost in pushing work.

Modern Treatment of s, written treatment of American by forty t "Cod-liver physicians, oil has done more for the consumptive than all other remedies put together." It also

Scott's Emulsion

specifics for consumption."

says: "The hypophosphites

of lime and soda are regarded

by many English observers as

contains the best cod-liver oil in a partially digested form, combined with the Hypophosphites of Lime and Soda. This remedy, a standard for a quarter of a century, is in exact accord with the latest views of the medical profession. Be sure you get SCOTT'S Emulsion.

All druggists; 50c. and \$1.00. SCOTT & BOWNE, Chemists, New York.

New Music-Liberal Offer.

To introduce our new monthly publication. AMERICAN POPULAR MUSIC, weimake the following liberal offer: Send us the pames of three or more performers on the piano or organ, and fifteen cents in money or posttally injured by a dynamite explosion age, and we will mail you sixteen at the Kaska-William colliery, near pages of the latest popular songs, two steps, etc., full sheet music ar rouged for piano or organ, and Am-ERICAN POPULAR MUSIC for three

Address Pepular Music Co., Indianapolis, Ind.

An Advertising Scheme, Pills-Doom has been expelled from the silver Republican, Democratic- the medical procedution for advertising

wedid hendvertise? Pills and ded to lead the prayer meeting the other evening, he walked up to the front and gave out the hymn "The The building trades of Milwaukee on Great Physician Now Is Here,"-Crypt.

Professional Success. Young Doctor (exultantly)-Well, The Chicago city council has limited Pve been successful with my first patient.

> Old Doctor-Of what did you relieve him? Young Doctor-Ten dellars -N. Y.

> > Stand to Tell.

"I don't timb t that young man who comes to see you will ever set any part of the world on lire."

"Oh, well, you ma't tell, papa; you know, he smokes cigarettes."—Yonkers Suthing Cotton in Prospect.

Then shovel cheerfully the snow, -Chicago Jaurani.

TIMELY WARRING.



Daughter-O, Arthur is coming tolight, and I'm cooking something for Father-Emma, Emma, you'd better

be careful! You'll keep on cooking for him till he breaks the engagement!-Heitere Welt.

Analogous.

A barking dog will never bite, They tell us and, by jinks, I guess by this same token that A talking person never thinks -- Chicago Daily News. An Opportunity.

Man Overboard -Help! Help! Stranger-Phuy don't yez swim? "I don't know how." "Begorra, ye've got an illigant chance

to learn."-The Rival. He Read Him Through.

Mumbley-Who was that fellow that stared at me so intently; his eyes appeared fixed upon vacancy. Aderer-That was Umberland, the famous mind reader.-N. Y. Truth.

Hard to Understand. Mrs. Beacon-I do not see how Eve could ever have married Adam.

Mr. Beacon-Why not?

ing from the roof.

Mrs. Beacon-He was positively without ancestors.—Harlem Life. She-Oh, look at all the icicles hang-

result of caves dropping.-N. Y. Truth. A Revision.

Ho-Yes; their hanging there is the

"O wad some power th' giftle gie us O' strikin' ithers as we see us."

Educate Your Bowels With Cascarets. ndy Cathartic, cure constipation forever

SELINSGROVE

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I keep constantly on hand and manufacture to order all kinds of Marble and Granite

Monumerts And Headstones!

Old Stone: Cleaned and Repaired. LOW PRICES! LOW PRICES I have one of the best Marble Chi-ters in the State and consequently turn out good work.

Come and see my work & price. Thankful for past favors I most repectfully ask a continuance of same M. L. MILLER

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Teams free for traveling men to dri to town, before or after mean Rates 75 cents per Day. J. E. Hoss, Pro.

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& Stahlnecker, I on the Market, r stove for one-is a call and be

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

A Common Danger.

If you have ever had a cold which you permitted to "wear away" it may interest you to know it was a dangerous proceedings. Every cold and cough which is neglected paves the way for consumption, bronchitis, asthma or catarrh. Otto's Cure, the famous German throst and lung remedy, will cure any cough or cold and save you from consumption. Call on W. H. Herman, Trocelville; Middleswarth & Ulsh, McClure; H. A. Ebright, Aline and get a sample bottle free. Large sizes 25c and 50c.

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