Smart Women Wear Heavy Anklets at the Tops of Their Sporting Boots.

Bracelets and anklets as burdensome in appearance as shackles and heavily linked chains are accepted as the latest mode in jewelry by wellgowned women.

They first came out in Paris last spring, and were worn exclusively on the ankles, with the short bicycle skirts that were then fashionable. When they were imported to this country it was naturally thought they were to be worn on the wrists, but the public eye is at last being opened, however, by two New York women who have just returned from Paris, and who wear them about the ankle, or just at the top of the boot when donned in their sporting

clothes. It is said on good authority that several other women have already been measured for them. The most beautiful ones are undoubtedly those that are enameled, or the dull gold ones that are studded with uncut stones. But one is admissible, and it should be worn on the left foot.

This tendency for massive, barbaric jewelry is also noticed in the bands of gold of exquisite Etrusean workmanship which are worn low on the forehead with dinner or evening gowns; and in the heavy chains that fall to the knees after being wrapped several times around the throat. Suspended at the end of them there is often a small, single eyeglass, a diminutive fan or an odd little notebook.

The revival of this fashion of wearing chains, it is interesting to reflect, originated in Rome, at a fashionable bazur for the benefit of a convent, when three long chains of cut jet were strung by the nuns and offered for sale. They were bought by two New York women and one French woman.

Afterward a large demand for them was made in Paris, and the inventive city was soon taxing its powers to present them in numerous forms and styles. Those made of gun metal with pearls at regular intervals are now regarded as one of the newest and best styles to wear.

At present it is also a fad to collect semi-precious stones, such as amethysts, aqua-marines, moonstones, topazes, Mexican opals and others, to have set in a long, gold chain. Frequently they can be picked up very cheaply at old curio shops. About 30 of them are necessary to fill in properly a chain of moderate length.

Beside the cost of the chain and the stones, at least one or two dollars apiece must be allowed for the setting of them. The various sizes, shapes and colors of the storer. at the chain veryous ares. Soston Globe. veryous Fres

SET'UP YOUR FIGURE.

Summer Styles Require : and Proper Exercise Bring It.

Summer styles all require a well up figure and a fine carriage. The shoulders must not droop in the small sleeved shirt waists, and the hips must fitting skirts will not have any style. A famous doctor said years ago: "If you hold the chin in you will naturally carry the whole body well," but observation proves that a rigid waist will do the work far better. If a woman wears corsets she probably has a tired feeling at the waist and "breaks" just there, that is if she has worn corsets snug for many years. Or, if she has given them up and joined the health brigade she is very likely weak from want of proper exercise to toughen the ligaments which have so long depended upon steels and jean. The lumbar, abdominal and thorax muscles are flabby and atrophied and all the tailorbuilt suits in Gotham will not set them up again.

Moral courage and will power are also useless here. Proper exercise, followed by massage with cocoa butter or olive oil, will restore strength; but it takes six months, working 20 minutes a day, to change from a limp dowdy to a straight goddess.

First, stand erect and raise the she ulders and arms up and back, brea thing deeply after each movement; then bend forward, trying to touch the flow r with the finger tips and with stiff kne 's. Bend from side to side and twist the trunk slowly from side to side. Rea t a little while and then lie flat on the floor on the chest and raise the feet u, ward, a sort of slow backward kick. "his strengthens the lower muscles of the abdomen. Turn over on the back and raise the legs slowly, first one at a tin "c, then both together. This is very be reficial, but only if done slowly, as it is ve. v severe. These movements, each practiced ten times a day, or even twice a day, will improve one's figure so much that one' can, like the interesting heroine in the novels, "wear a calico dress like a queen," and they will bring good health. -N. Y. Herald.

Table Etiquette.

It is considered as in very bad form, in good society in Europe, to cut the food on your plate into small pieces and then change the fork to the rig'.t hand. In this country, also, among people who are strictly conventional, the food which really must be cut with a knife is always carried to the mouth on the fork with the left hand. V hen pouring tea, coffee or chocolate do not fill the cup more than two-thirds full.-Ladies' Home Journal.

For the Bath.

The bath will be very much improved by throwing a bran bag into the water. The bags are made of cheese cloth, and if bran is not to be easily had, fill the bag with oatmeal or crushed oats. They make the water milky and smooth, and leave the skin soft and velvety.-Detroit Free Press.

INDIVIDUALITIES.

Brig. Gen. Irving Hale is but 38 years

Both Queen Mary of Scots and George l. were buried at midnight. McCarthy is the name of a negro law-

yer in London who has a good prac-Mme. Patti, now Baroness Ceder-

strom, is said to have made at times as much as \$350,000 a year. James E. Broderick, chief of the

Pennsylvania bureau of mines, began life as a boy in a coal mine at 20 cents Senator Penrose, of Pennsylvania, is

phia. He can write his name on a target with his rifle.

A colossal beenze statue of President Kruger is about to be erected in Pretoria, capital of the Transvaal. It will

one of the best marksmen in Philadel-

be surmounted by a monument 60 feet D. C. French, the sculptor, says that there is more chance or young Americans in sculpture than in painting. "I believe," he adds, "that our national character is more adapted to working in stone than in oil." Mark Twain, hearing this, replied: "Well, give me

the oil well, and the French can take the quarry every time." An English ethnologist says that the name McKinley is of Hebrew origin. "Mae" is Scottish for the Hebrew word "Ben," "son," Kinley, originally "Konley," is a compound of the Hebrew "Cohen," priest, and "Levi," the Levite. Alger, whose name's first syllable is recognized by anyone that ever looked into his dictionary for the interpreta-

tion of a term of Arabic origin, prob-

ably belongs to Ger-Shornites, one of

the chief branches of the Levites, most

of whom were dispersed with the lost

CURTAIN CALLS.

tribe of Israel.

"Talk about the seven sleepers," muttered the angry tragedian, "I'll bet there are 7,000 of them between Albany and New York."-Brooklyn Life.

The good singer in opera is seldom a good actor, and it is the thinnest and igliest woman of the ballet who is the best dancer.-N. O. Picayure.

Comedian (during ocean scene)-"What are the wild waves saying?" Manager-"They threaten to strike if I don't raise their salaries."-San Francisco Examiner.

The star, standing before the billward, read: "Everything as advertised." "Except," said the star to himself, "the size of my salary."-Indianapolis Journal.

The Comedian-"What made you leave the company?" The Tragedian-"Too tantalizing! In almost every act I was required to eat a sumptuou meal."-Detroit Tribune.

"Do you propose to make these vaudeville performers work seven days a week hereafter?" asks the man who as world-weary. "Certainly," an-

ered the manager. "And not leave acm even one day in which to rest or think up new material?" "Can't spare the time." "Well, all I ask is that you don't have the effrontery to call it a variety show. I've been seeing them be held in their place or the smooth for years, and 'variety show' doesn't apply. They're monotony shows."-Vachington Star

AMONG THE MERCHANTS.

The best class of merchants advertise. -Omaha Bee.

Why speak of an ant as the embodiment of patience; what is the matter with the re.a8 grocer?-Berlin (Md.) Herald.

Fresh C'erk-"I understand that it's your intention to advance my salary next week. Am 1 right, sir?" Employer-"No, you're left. I intend to reduce it."-Philadelphia Record.

"This, Mrs. Newriche, is a most fashionable color," said the salesman. "I see," she answered, "but haven't you something with that 'local color' that painter folks speak so much about?"-Kansas City Star.

Clerk (in dry goods store)-"We have several bolts of off patterns in dress goods left over from last season. Nobody seems to want Them." Proprietor -"Have 'em cut up into short lengths and we'll advertise a remnant sale."-

Ohio State Journal. A number of Chicago merchants are confident that the bankruptcy law needs many amendments to prevent dishonest debtors from escaping the payment of debts which they are able to discharge. On the other hand, an assignee in bankruptcy in New York finds that the larger part of those who apply for release are men who failed years ago.-Indianapolis Journal.

MEN OF MEANS.

So well does James R. Keene keep his own counsel that he has come to be known as "Mysterious Jim" by other New York financiers.

Henry Clews, the New York millionaire, began life as a messenger boy in an English woolen factory. He is now worth about \$5,000,000.

Prof. Pagenstecher, the famous German oculist, was paid \$10,000 to take a trip to London and examine the eyes of great English millionaire.

D. O. Mills, the banker and philanthropist, who now has a fortune of \$25,-000,000, says that, while all his life has been happy, some of its happiest hours were when he was a small country mer-

It is recalled as one of the many evilences of his characteristic fidelity to his responsibilities that when Roswell P. Flower was in congress he was never absent from his place while the house

was in session. David Rankin, the Missouri millionaire farmer, says he began life with a Colt revolver and a dollar bill. "For me." be sdds, there has always been an eleventh commandment: Thou shalt not sell corn."

Facts

Any article, whatever its merit must be made known to the public by means of advertising. Advertising, however, though it can do much for a thing, cannot do everything. It may create a sale for a time, but in order to insure a lasting demand the thing advertised must have solid worth.

This is the case with Lydia E. Pink-

ham's Vegetable Compound. It has solid worth.

Women everywhere have learned this fact, and the result is that there is a lasting and absolutely unequaled demand for it. It has the largest sale of any remedy for female ills in the world, and this has been the case for

The reason for this is that Mrs. Pinkham claims nothing that she is not entitled to claim. She can do all that she says she can do, and her twenty years of experience make her advice invaluable. Her experience has been not only long but world-wide, and she has helped more women back to health than any one else in the world. These facts should, and do, have immense weight with all sensible women. Remember these are not wild statements but solid facts.

Facts About the Good Being Done by Lydia E. Pinkham's Vegetable Compound in Cases of Change of Life, Bearing-Down Pains, Etc.

"I had falling, inflammation and ulceration of the womb; backache, bearing-down pains; was so weak and nervous that I could not do my own work; had sick headache, no appetite, numb spells, hands and feet cold all the time. I had good doctors, but none of them did me any good. Through the advice of a lady friend I began the use of Lydia E. Pinkham's Vegetable Compound, and after taking one bottle I felt greatly relieved, and by the time I had used several bottles was completely cured, so that I could do my work again. I am now passing through the change of life and using your Compound. It helps me wonderfully. I want every suffer-ing woman to know what your medi-cine has done for me."—Mrs. W. M. Bull, New Palestine, Mo

"Lydia E. Pinkham's Vegetable Compound saved my life and gave back a loving mother to eleven children, which was more than any doctor could have done or any other medicine in the wide world. My trouble was child-bed fever. The third day after my babe was born I took a chill, which was followed by a high fever. I would perspire until my clothes were as wet as though dipped in a tub of water. The chills and fever kept up for three days. My daughter got me a bottle of your Compound. The fourth dose stopped the chills, and the fever also disappeared. My life was saved. My age at this critical time was fortynine."-Lydia E. Bougher, Etna, Pa.

Facts About Two Cases of Falling of the Uterus Recovered by Lydia E. Pinkham's Vegetable Compound.

"I suffered for fifteen years without finding any relief. I tried doctors, but nothing seemed to do me any good. I had falling of the womb, leucorrhœa, pain in the back and head, and those bearing-down pains. One bottle of Lydia E. Pinkham's Vegetable Compound did me so much good that I sent for four more, also two boxes of Liver Pills and one package of Sanative Wash After using these I felt like a new woman."—Mrs. G. A. WINTER, Glidden, Ia., Box 220.

"I was suffering with falling of the womb, painful menstruation, headache, backache, pain in groins, ex-tending into the limbs; also a terrible pain at left of womb. The pain in my back was dreadful during menstrua-tion, and my head would ache until I would be nearly erazy. Lydia E. Pinkham's Vegetable Compound has given me great relief. I suffer no pain now, and I give your medicine all the praise."—MRS. J. P. McSPADDEN, Rosenbarg, Tex Rosenberg, Tex.

A Grateful Woman Recommends Lydia E. Pinkham's Vegetable Compound to Every Wife and Mother.

" I have taken eight bottles of Lydia E. Pinkham's Vegetable Compound with most gratifying results. I had been married four years and had two children. I was all run down, had falling of womb with all its distressing symptoms. I had doctored with a good physician, but I derived very little good from his treatment. After taking a few bottles of your medicine, I was able to do my work and nurse my seven-months old babe. I recommend your medicine to every wife and mother. Had I time. I could write much more in its praise. I bid you Godspeed in your good work."—Mrs. L. A. Morris, Welaka, Putnam

"DEAR MRS. PINKHAM—When I commenced the use of your remedies I was very badly off. Every two weeks I was troubled with flowing spells which made me very weak. I had two of the best doctors, but they did not seem to help me. They said my trouble was caused from weakness and was nothing to worry about. I felt tired all the time; had no ambition. I was growing worse all the time until I began the use of Lydis E. Pinkham's Vegetable Compound. I am now able to help about the house, and am much improved in health."—Mss. A. WALKER, Dallicoon Depot, N. Y. "DEAR MRS. PINKHAM-When I com-Callicoon Depot, N. Y.

He Caught On

He-Do you believe in bypnotism? She-I heard the other day of a man who was hypnotized by being made to look for some time at a diamond

He-I wonder if any bright piece of glass would have done it as well. She-Perhaps so, with a man, but not with a woman.

He (at a jeweler's the next day) --I want a diamond ring, lady's size, brightest you have .- N. Y. World.

Changeable.

Larry-Norah hung her jersey jacket over th' sthove an' it wuz scorched. Did ye hear about it, Dinny?

Denny-Oi did; an' Oi also hur-rud that it changed th' jacket complately. Larry-How phwas thot?

Denny-Well, ye sae, it phwas a jersey jacket whin shae hung it thor, but, faith, after it wuz scorched it phwas a smoking jacket .- Chicago Daily News.

With a Photograph. Lok on this portrait with a genial eye; if faults you chance to sote, please pass

And, as you show it, do not say with glee picture flatters Susan awfully. -Indianapolis Journal.

NOT VERY PARTICULAR.



"I wonder who it was that first used the expression, 'one man's as good as another?' Was it a poet or a physician?"

"I guess it was an old maid!"-Das Kleine Witzblatt.

About the Size of It.

The giddy young man very early in life Fails in love with each girl he sees; He no sooner gets down on his lip Than he also gets down on his knees.

CASTORIA For Infants and Children. The Kind You Have Always Bought

Bears the Signature of Chart Hitcher.

PENNSYLVANIA HAILROAD. Sunbury & Lewistown Division.

In edect Nov. 19, 1899.					
ENTWARD, STATIONS, F			EASTW.	ASTWARD.	
M	AM		AM	PM	
60	9 57	Sunbury	9.20	5 30	
13	10 07	Selinsgrove Junction	9 09	5 20	
19	10 12	Selinsgrove	9 04	5.15	
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	11 03	McClure	8 07	4 19	
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25	11 16	Shindle	7.54	4 (6	
30	11 21	Painterville	7.49	4.00	
96 45 47	11 27	Maitland	7.58	3 54	
45	11 35	Lewistown	7.85	3 45	
47		Lewistown (Main Street.)		3 43	
50	11 40	Lewistown Junction.	7 30	8 40	

Train leaves Sunbury 5 25 p m, arrives at Selinsgrove 5 45 p m Prains leave Lewistown Junction: 152 a m, 10 15 a m, 110 p m, 130 p m 5 22 p m, 7 07 11 58 p m, for Altoona, Pittsburg and the West, For Battimore and Waskington 6 68 a m 1 e2, 133 4 33, 8 16 p m For Philadelphia and New York 638 9 35 a m, 1 02 1 23 4 33 and 1116 p m For Harrisburg 8 10 p m

Philadelphia & Erie R R Division.

NORTHERN CENTRAL RAILWAY Trains leave Sunbury daily except Sunday:
1 21 a m for Eric and Cavandaigus
5 10 a m for Belicionte Eric and Canandaigus
9 42 a m for Lock Haven, Tyrone and the West.
1 10 p m for Belicionte Kane Tyrone and Canan-

datgus
545 p m for kenevo and Elmira
25 p m for Williamspott
sunday 5 10 a m for Eric and Canandalgua
946 a m for Lock Haven and 9 25 p m for V(1)
liamsport

6 55 a m, 9 85 a m 2 00 and 5 48 p m for Witkes-barre and Hazelton 7 (0 a m, 10 20 a m, 2 65 p m, 5 45 p m for Shame-kin and Mount Carmel Senday 9 55 a m for Witkesbarre

Prains leave Selinsgrove Junction to 00 a m, week days arriving at Philadelphia 300 pm New York 553 pm Baltimore 3 11 pm Washington 4 10 pm 534 pm daily arriving at Philadelphia ,029 pm New York 353 a m, Baltimore 9 45 pm Washington 1055 pm.
8 42 pm, week days arriving at Philadelphia 4 30 a m, New York 713 a m, Baltimore 2 30 a m Washington 4 05 a m

4 30 a m, New York 713 a m, Baltimore 2 30 a m
Washington 4 65 a m
Trains also leave Sunbury:
2 27 a m daily arriving at Philadeldhia 6 52 a m
Baltimore 6 33 a m Washington 7 45 a m New
York 9 33 a m Weekdays, 10 38 a m Sundays,
7 50 a m week days arriving at Philadelphia
11 48 a m, New York 2 13 p m, Baltimore 11 55
a m, Washington 1 00 p m,
1 55 p m, week days arriving at Philadelphia
6 23 p m, New York 9 30 p m, Baltimore 6 00 p m
Washington 7 15 p m
Trains also leave Sunbury at 9 50 a m and 5 25
and 8 31 p m, for Harrisburg, Philadelphia and
Baltimore

J. R. WOOD, Gen'l Pass Agent

Harmless, Speedy and Sare LADIES :--

I had suffered for 10 years and at last have permanently cured myself, am now well and strong. Send me four cents in stamps and I will mail you

Two Weeks Treatment All correspondence treated in con-

MRS. FANNIE FARNUM, 1014 Colfax Ave., South Bend, Ind.

CASTORIA

for Infants and Children.

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children-Experience against Experiment.

The Kind You Have Always Bought Bears the Signature of

In Use For Over 30 Years.

"A DOLLAR SAVED IS A DOLLAR EARNED."



This Ladies' Dongola Kid Boot, Lace or Button, sole leather counter, inner, outer sole and heel, fancy top stay, Patent Leather Tip. Opera Toe, 2 to 8, D, E, or FE, sent postpaid on receipt of \$1. Equals any \$2 boot sold. Our makx, Money refunded if unsatis-

factory. We guarantee fit, style, wear

FREE, Our catalogue with illustrations of 130 bargains in shoes; also a Subscriber's Taket which secures a Liberal Cash Romes on your year's trading.

TESTIMONIALS Equals my \$2.00 shoe; wife went to refoot rather than buy anything but the DEXTERS 0.00 shoe.

LEXITY SHOR CO:

LEST FIFT— The Shoes are proving satisfactory. This pair that I now have make five different etyles of shoes that I have bought of you and they are all good. I showed our marchant a pair of \$1.00 shoes that I had just received from you and he took his knife and cut the first and examined them there giby and pronounced them chexp at \$3.00. You will find an order with this letter for two newspair of shoes.

Respectfully yours.

MRS J. M. WILLIAMS.

Willett, Acadelno Co., Cat.

DENTER Strong Co.:

DENTER Strong Co.:

On the indicate and enclosed, herewith, express money order. Please send the shoes out without delay I am needing them. My wife is almost barefooted and I don't wish to buy shoes at any other house because I have used the Dexter and fluid them the best for the money.

Yours truly.

PHILIP M. ECKALS,

Neweka, 13,

P. S .- Use mylname if you like,

DEXTER SHOE CO., Summer Street, Boston Mass.

Capital \$500,000. Incorporated Established 1880.

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are intended for children, ladies and all who prefer a medicine disguised as confectionery. They may now be had (put up in Tin Boxes, seventy-two in a box), price, twenty-five cents or five boxes for one dollar. Any druggist will get them if you insist, and they may always be obtained by remitting the price to

The Ripans Chemical Company No. 10 SPRUCE ST. NEW. VORK.

