

Over-Work Weakens Your Kidneys.

Unhealthy Kidneys Make Impure Blood.

All the blood in your body passes through your kidneys once every three minutes.

The kidneys are your blood purifiers, they filter out the waste or impurities in the blood. If they are sick or out of order, they fail to do their work.

Pains, aches and rheumatism come from excess of uric acid in the blood, due to neglected kidney trouble.

Kidney trouble causes quick or unsteady heart beats, and makes one feel as though they had heart trouble, because the heart is over-working in pumping thick, kidney-poisoned blood through veins and arteries.

It used to be considered that only urinary troubles were to be traced to the kidneys, but now modern science proves that nearly all constitutional diseases have their beginning in kidney trouble.

If you are sick you can make no mistake by first doctoring your kidneys. The mild and extraordinary effect of Dr. Kilmer's Swamp-Root, the great kidney remedy is soon realized. It stands the highest for its wonderful cures of the most distressing cases and is sold on its merits by all druggists in fifty-cent and one-dollar sizes.

You may have a sample bottle by mail.

Home of Swamp-Root, free, also pamphlet telling you how to find out if you have kidney or bladder trouble. Mention this paper when writing Dr. Kilmer & Co., Binghamton, N. Y.

PENNSYLVANIA (ALL R.R.)

Sunbury & Lewistown Division

In effect Nov. 25, 1900.

WESTWARD		STATIONS		EASTWARD	
P. M.	A. M.			P. M.	A. M.
2:05	9:57	Sunbury	9:20	5:40	2:30
2:10	10:02	Selinsgrove Junction	9:25	4:50	2:35
2:15	10:07	Selinsgrove	9:30	4:05	2:40
2:20	10:12	Dawling	9:35	3:20	2:45
2:25	10:17	Kremer	9:40	2:35	2:50
2:30	10:22	Moser	9:45	1:50	2:55
2:35	10:27	Middleburg	9:50	1:05	3:00
2:40	10:32	Benfer	9:55	2:20	3:05
2:45	10:37	Bevertown	10:00	1:35	3:10
2:50	10:42	Adamsburg	10:05	9:50	3:15
2:55	10:47	Adams Mills	10:10	9:05	3:20
3:00	10:52	McClure	10:15	8:20	3:25
3:05	10:57	Wagner	10:20	7:35	3:30
3:10	11:02	Shandin	10:25	6:50	3:35
3:15	11:07	Painterville	10:30	6:05	3:40
3:20	11:12	Mattland	10:35	5:20	3:45
3:25	11:17	Lewistown	10:40	4:35	3:50
3:30	11:22	Lewistown Main street	10:45	3:50	3:55
3:35	11:27	Lewistown Junction	10:50	3:05	4:00

Train leaves Sunbury 5:30 p. m., arrives at Selinsgrove 5:45 p. m., leaves Selinsgrove 6:00 p. m., arrives at Sunbury 6:15 p. m.

Trains leave Lewistown Junction:

4:52 a. m., 10:15 a. m., 1:10 p. m., 1:30 p. m., 5:20 p. m., 7:07 p. m., 12:02 a. m. For Altoona, Pittsburg and the West.

4:10 p. m. For Bellefonte, Erie and Canadatego.

4:12 a. m. For Lock Haven, Tyrone and the West.

4:15 p. m. For Bellefonte, Erie and Canadatego.

4:18 p. m. For Harrisburg 8:10 p. m.

Philadelphia & Erie R. R. Division.

NORTHERN CENTRAL RAILWAY

WESTWARD

Train leaves Sunbury daily except Sunday:

12:15 a. m. for Harrisburg, Erie and Canadatego.

4:10 p. m. for Bellefonte, Erie and Canadatego.

4:12 a. m. for Lock Haven, Tyrone and the West.

4:15 p. m. for Bellefonte, Erie and Canadatego.

4:18 p. m. for Harrisburg 8:10 p. m.

Philadelphia & Erie R. R. Division.

NORTHERN CENTRAL RAILWAY

EASTWARD

Trains leave Selinsgrove Junction:

10:05 a. m., 4:44 p. m. arriving at Philadelphia 11:30 p. m.

11:30 p. m. for Harrisburg 8:10 p. m., Baltimore 7:11 p. m.

Washington 4:20 p. m.

5:30 p. m. daily arriving at Philadelphia 7:20 p. m.

7:20 p. m. New York 3:53 a. m., Baltimore 9:45 p. m.

Washington 10:20 p. m.

8:42 p. m. daily arriving at Philadelphia 4:30 a. m.

4:30 a. m. New York 7:13 a. m., Baltimore 2:30 a. m.

Washington 10:05 a. m.

Trains also leave Sunbury:

2:27 a. m. daily arriving at Philadelphia 6:42 a. m.

Baltimore 6:31 a. m., Wash. 7:45 a. m.

7:45 a. m. Weekdays, 10:38 a. m. Saturdays.

1:50 p. m. week days arriving at Philadelphia 11:48 a. m.

New York 4:14 p. m., Baltimore 1:15 p. m., Washington 1:00 p. m.

4:15 p. m. week days arriving at Philadelphia 4:20 p. m.

New York 8:20 p. m., Baltimore 5:40 p. m., Washington 7:15 p. m.

Trains also leave Sunbury at 9:50 a. m. and 5:20 p. m.

for Harrisburg, Philadelphia and Baltimore.

J. B. WOOD, Gen'l Pass Agent

J. B. HUTCHINSON, Gen'l Manager

IN COMBINATION WITH THE POST

We give below some clubbing combinations with the Post. The rates quoted are very low.

The New York Tri-Weekly Tribune and the Middleburg Post, one year, paid in advance, only \$1.75.

The Tri-Weekly is published Monday, Wednesday and Friday, reaches a large proportion of subscribers on date of publication, and each edition is a thoroughly up-to-date daily family newspaper for busy people.

The New York Weekly Tribune and the Middleburg Post, one year, paid in advance, only \$1.25.

The Weekly Tribune is published on Thursday, and gives all important news of nation and world, the most reliable market reports, uncensored agricultural department, reliable general information and choice and entertaining miscellany. It is the "people's paper" for the entire United States, a national family paper for farmers and villagers.

The New York Tri-Weekly World and the Middleburg Post, one year, paid in advance, only \$1.65.

The Tri-Weekly World comes three times a week, is filled with the latest news of the country and is well worth the price asked for it.

The Practical Farmer, one year, and the Middleburg Post, one year, paid in advance, \$1.50. Both of the above papers and the Practical Farmer Year Book and Agricultural Almanac for 1900, paid in advance, only \$1.65.

The Practical Farmer is one of the best farm papers published, issued weekly, at \$1.00 year. The year book contains pages in which there is a fund of information that is useful to the farmer. The price of this book alone is 50 cents. and the Year Book for only \$1.00.

PARKER'S HAIR BALM

Changes and restores the hair, cures itching humors, keeps the scalp cool, and prevents the hair from falling out.

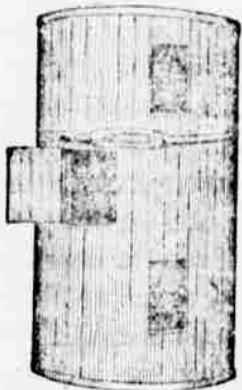
Solely for sale by the Young Men's Christian Association, Binghamton, N. Y.



A SUBSTANTIAL SILO.

Progressive Dairymen No Longer Consider It an Experiment But an Absolute Necessity.

I am constrained to believe that the advocates of the so-called cheap silos are making a mistake, this conclusion being drawn both from observation and personal experience. It may have been wise in the past to advise and to construct such silos, because many farmers considered it experimental, and I am willing to say now that a cheap construction is better than none at all, from the fact that few are bold enough to deny its necessity. We are warranted in advising the building of thoroughly airtight walls. Whether we have yet reached the ideal I am not sure. We have been slowly solving during the past ten years, and shall, no doubt, make further improvements. I think,



NEW IDEA FOR A SILO.

however, that when we take into consideration both cost and value, the well-built stave silo the most satisfactory. The cut shows a section of a stave silo with staves six inches wide and 2 1/2 inches thick. Pine, bayed to the circle, grooved and tongued, is put together with white lead, making each joint air tight. The ends of staves being joined with a heavy piece of galvanized iron. The foundation is similar to any barn wall, only the wall projection is outside the silo, permitting an even, perpendicular wall on the inside. The top of the wall is so inclined that water cannot stand upon it. The inside of the wall and bottom of silo are cemented, the center being about six inches lower than the side; a basin-shaped bottom. The roof should be symmetrical, with wide cornice projections, and, if possible, so adjoining the barn as to give it a fine architectural appearance. Two coats of paint and a weather vane complete the external construction.

The cut shows some conveniences not always found. Some trouble has arisen in connection with solid iron rods, lacking flexibility; silo expansion and cold weather have caused them to break. The Page wire fence has been used to some extent, and has the advantage of overcoming to a degree this difficulty, but other objections seem to offset it, so that it has not come into general use. In casting about for a medium that would combine the good qualities of both the steel wire cable seemed to fill the bill. The strength of one-half-inch wire rope is given as one-third greater than five-eighths-inch solid iron, and at the same time possesses the flexibility so much needed. The system of fastening is the ordinary twin buckle; other means, however, may be equally as good. The system of doors has always been a difficult one to solve. The continuous door is the only satisfactory one, yet the patent doors that I have seen are open to many objections not necessary to enumerate here. My idea was to get a door that should be continuous, hung on the outside, firmly held and always ready to use. This was secured by alternating the doors with two staves between them unit. The heavy iron cleats formed to the circle serve also as hinges. They are bolted to a similar iron on the inside, countersunk in the door and staves. These doors are fastened with refrigerator-door fasteners, two on the lower doors and one on the doors nearer the top, holding the doors absolutely in their place. The dormer window in the roof furnishes sufficient light and a place to fill. We have, therefore, combined durability, effectiveness and convenience.—H. E. Cook, in Rural New Yorker.

HINTS FOR DAIRYMEN.

Remember that the cow's digestive system is not proof against bad feed.

No dairyman can afford to hire ill-tempered help to look after his cows.

Study the demand of the market and the tastes of the customers.

There is no way to teach a cow gentleness but by gentle actions.

Dairying is a paying business even in times of depression.

Did any man ever succeed in kicking a cow into submission?—Farmers' Review.

The Profitable Dairy Cow.

The cow which yields a generous return for the food consumed is the one for profit and the one that it will pay to feed generously, and the cow which will profitably convert the largest amount of food into milk or butter is the most profitable to keep. But such cows must have the raw material out of which to manufacture milk. It takes a certain amount of the food consumed to maintain the life of the cow and it is the surplus over and above this from which a profit is possible.—Rural World.

TALK ABOUT MILKING.

Many Promising Cows Are Ruined Yearly Through Fear Caused by Improper Treatment.

"Train up a child in the way he should go, and when he is old he will not depart from it," is as true of practical every day duties as of lessons in morality, etc. A duty often neglected by many farmers is that of properly training the boys to milk. This includes something more than the simple operation of drawing the lactical fluid, although it is an art, and probably not more than one in ten persons are experts; that is, thoroughly understand the art and practice it in a scientific manner. The child in training should be old enough to understand the responsibility, should be neat as possible as to clothing and especially as regards the hands. A few lessons on this point of personal cleanliness will instill right ideas, especially if demonstrated in the habits of the teacher. Theory and practice ought to go hand in hand here.

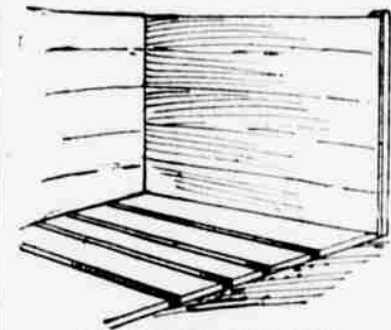
Next in importance he should be taught to properly care for the cow; should see that the udder is free from all dirt and if soiled to remove by bathing in tepid water and wiping dry before beginning the operation of milking. If the udder be clean apparently it should be well brushed to remove loosened hair, scurf, etc. The temper or temperament of the cow submitted to his hands should be understood also. If of a nervous disposition he should be taught to soothe and conciliate when she is taken with one of her "moods," instead of trying to coerce with blows, always remembering that it is only the simple justice and mercy which a higher organism should show toward a lower, to do so—besides, being a matter of profit and loss. A cow will not do her best under coercion. She may be made to behave better, but that is as far as your authority can go. Nature will outwit every time, and the proper flow will be withheld until she gets into better humor.

Many cows are yearly ruined through fear caused by improper treatment. Do not send your boy to take his first lessons in milking of the hired man, unless you know him to be well trained in all preliminaries; ten to one he will march direct from the stables of a morning with clothing full of indescribable suggestions, and as a necessary preliminary fill his mouth with tobacco before beginning operations. If possible the girls should also receive instructions from one competent to give them. The best milker we ever knew was a woman; it was a positive pleasure to witness her performance. The rhythmical flow as the hands rose and fell was enjoyable as music, while all the movements were graceful. Farmers—for to this class the world looks for its supply of milkmen—seek to it that the next generation of milkers understand their business.—Mrs. A. C. McPherson, in Forest and Home.

COMFORT FOR CALVES.

A Dry Pen Is Almost a Necessity and Can Be Had at All Times at Small Expense.

The greatest drawback to the health and comfort of a calf in the average calf pen is the constant wetting of the bedding, which necessitates constant



FLOOR FOR CALF PEN.

changing, or a filthy sleeping place is the result. An excellent plan is shown

RIGHT UP TO DATE.

(Benson's Plaster Is Pain's Master.)

These are days of records and of the beating of records. Benson's Porous Plaster, for quickness of action and thoroughness of cure, has no records to beat except its own.

Benson's Plaster, always the best, always the leader, is to-day better than ever. It sticks to the skin but never sticks in its tracks. It marches on.

The people not only want to be cured but cured quickly—and Benson's Plaster does it. Coughs, colds, lumbago, asthma, bronchitis, liver and kidney complaints, and other ills approachable by an external remedy, yield to Benson's as ice does to heat.

Neither Belladonna, Strengthening or Capsicum plasters are to be compared with Benson's. People who have once tested the merits of Benson's Plaster have no use for any other external remedy.

More than 5,000 physicians and druggists (and a thousand times as many non-professional persons) have called Benson's Plasters one of the few (1) home remedies that can be trusted.

Fifty-five highest awards have been made to it in competition with the best known plasters of Europe and America. Better proof of its merits is inconceivable. Be sure to get the genuine.

For sale by all druggists, or we will pay postage on any number ordered in the United States, on receipt of 25c. each. Seabury & Johnson, Mfg. Chemists, N. Y.

WANTED!

Reliable man for Manager of Branch Office we wish to open in this vicinity. If your records O. K. here is an opportunity. Kindly give good reference when writing. AN OREGON HOUSE, 211 N. W. 4th St., PORTLAND, OREGON. Illustrated catalogue 4 cts stamps 1-17-12t.

Cuts and Ulcers DRAIN THE SYSTEM, ENDANGER LIFE.

That old sore or ulcer, which has been a source of pain, worry and anxiety to you for five or ten years—may be longer—doesn't heal because you are not using the proper treatment, but are trying to cure it with salves and washes. While these are soothing and relieve pain to some extent, no real, permanent good can come from their use, because the disease is in the blood and far beyond the reach of external applications.

A sore heals promptly when the blood is in good condition, but never if it is diseased. The tendency of these old sores and ulcers is to grow worse, spreading and eating deeper into the flesh. They are a constant drain upon the system, gradually but surely ruin the health and sap the very life. A person's capacity for work or pleasure is soon lost in the great desire and search for something to cure.

S. S. S. makes a rapid and permanent cure of old sores and ulcers, and is the only medicine that does, because no other can reach deep-seated blood troubles. Ordinary Sarsaparilla and potash mixtures are too weak and watery to overcome a deadly poison that has taken possession of the blood. Do not waste valuable time experimenting with them.

"Some years ago I was shot in the left leg, receiving what I considered only a slight wound. It developed into a running sore and gave me a great deal of pain. I was treated by many doctors, and took a number of blood remedies, but none did me any good. I had heard of S. S. S. highly recommended and concluded to give it a trial. The result was truly gratifying. S. S. S. seemed to get right at the trouble, and forced the poison out of me. It soon after healed the sore, healed up and was cured sound and well. I now have perfect use of the leg, which was swollen and sore stiff for a long time." J. H. McLeavie, Lawrenceburg, Ky.

S. S. S. is the only purely vegetable blood purifier known; is made of roots and herbs of wonderful purifying properties, which no poison can resist. S. S. S. quickly and effectively cleans the blood of all morbid, unhealthy humors, and the old, troublesome sores heal. At the same time the general health is invigorated and built up. When a little scratch or hurt fails to heal readily, you may be sure your blood is bad. S. S. S. will soon put it in order and keep it so.

Our Medical Department is in charge of experienced physicians, who have made blood diseases a life study. If you will write them about your case, they will gladly furnish all information or advice wanted, without any charge whatever. Address SWIFT SPECIFIC CO., ATLANTA, GA.

in the cut. Lay an inch coating of cement over the floor, making it thicker on one side than on the other, to secure a gradual slope. Then lay planks lengthwise of the slope, leaving an inch of space between them. The urine will thus be drained off, with practically no wetting of the litter. A coating of cement can be laid over flooring as well as upon an earth floor.—N. Y. Tribune.

What Makes a Good Farmer.

The best farmer is not always the one who derives the most profit from a farm. Happening to grow certain crops that failed elsewhere, or a chance rise in the price of some product, may result favorably to anyone who is so situated as to take advantage of opportunities. A good farmer keeps his house and ground in perfect order, weeds are not allowed on his farm, he uses the best breeds of animals and the most productive varieties of plants, while the farm is not allowed to depreciate in fertility. Dr. Alfred Kenney, the eminent agriculturist, once made the remark that he could easily judge of the knowledge and capacity of any farmer the moment he noticed how the manure heap was managed.

Selection of Dairy Feeds.

A dairyman can add much to the profit of his business by judicious selection of his feeds, and also by taking advantage of varying conditions of the markets. Locality frequently gives a feed a price beyond its actual feeding value. This is particularly true of timothy hay and oats and yet many dairymen will stick to these two feeds with a perseverance worthy of a better cause, because they were grown on the farm. It would be much better business to let the city man have them at the frequently advanced price and use the money to buy cheaper nutrients in some other form. This is where a little use of pencil, paper and a table of feeding analyses will bring valuable information.—Farmers' Voice.

Needed in Every Home.

When he reached home he opened the package he was carrying and displayed a number of placards, some of which read "For Show" and the others "For Use."

"There!" he exclaimed, triumphant. "I flatter myself I have solved the problem."

"Solved the problem!" she repeated. "What problem? What in the world do you intend to do with those cards?"

"I am going to give them to you," he replied, "so that you can put them on the various sofa pillows scattered about the house."—Chicago Post.

An Interesting Story.

"Yes," said the statesman with the kindly eye, but the firmly set mouth. "I like to read about Noah and the ark."

"What brought them to your attention?"

"Nothing in particular. I couldn't avoid being struck by the manner in which Noah and his sons went to work and carried the enterprise through without asking a penny's assistance from the government. But, of course, those were primitive days."—Washington Star.

An Object Lesson.

Mr. Jones—I'm going to bring your Yabschig home to supper to-night.

Mrs. Jones—Why, we haven't a thing to eat in the house, the cook is intoxicated, baby has the colic and mother is coming!

Mr. Jones—Yes, that's why I'm going to bring him home! The young fool is thinking of getting married.—Judge.

Light.

"You used to say," she bitterly complained, "that I was the light of your existence."

"I know it," he replied with almost brutal frankness, "but that was before I had to pay for the gas you consume by sitting up till midnight reading fool love stories."—Chicago Times-Herald.

Nothing More to Be Said.

"What is his reputation for truth and veracity?" asked the lawyer who was trying to impeach a preceding witness.

"Have I not already told you," answered the man on the stand, "that he is a professional ward politician?"—Chicago Post.

Still Worse.

Nodd—Well, sir, I'll never again speak to such a hide-bound idiot as Binkins.

Todd—I should think you would know better than to talk religion or politics to a man.

"I did. This was underwear."—Brooklyn Life.

Edmonia Ledges can make you burn these new photographs of ulcers; they look ten years older than I do.

Edgar—Nonsense! put them away until you can deal with them—Indicapolis Journal.

No Excuse for It. Wisem. One half the world doesn't know how the other half lives.

Missen (a patent medicine manufacturer)—Well, why doesn't he read my book testimonials and find out?—Chicago Daily News.

Landlord Would Have His Joke. Landlord—May I ask what your profession is, Mr. Robin?

Mr. Robin—Certainly. I cure people of the blues by hypnotic power.

Landlord—Oh, I see; you're what you might call a cheerupologist.—Judge.

A Sign. Briggs—Women don't seem to be any nearer governing this country than they ever did.

Griggs—Oh, I don't know. More of them are getting married than ever.—Detroit Free Press.

Master of Necessity. Giles—It seems dreadfully extravagant to go to such an expensive tailor.

De Kites—What could I do? He was the only one who would trust me.—Tit-Bits.

Tragedy. She—If you had to die, when we could get married why did you propose to me?

To tell the truth, darling, I had no idea you would accept me.—Life.

A Long List. Penelope—Did she have many wedding presents?

Penelope—Enormous. Why, she says it will take her nearly a year to exchange them all!—Puck.

A Good Deal Alike. Trying to conduct a large business without capital is a good deal like trying to sharpen a lead pencil with a pair of scissors.—Chicago Daily News.

It's Quite Common, Too. "What is youthful enthusiasm?"

"Thinking that you know more than your father, my son."—Brooklyn Life.

Two of a Kind. Cynicus says that grass widows are like grasshoppers—they jump at the first chance.—Town Topics.

Her Course Explained. "I don't think much of a man who takes 'No' for an answer," she remarked, cooly.

Thereupon, of course, he proposed again, and was accepted.

"But why," he asked, "did you refuse me in the first place?"

"I was thinking of the future," she replied. "If anything ever happens to mar our domestic happiness, I insist upon having the satisfaction of saying that I refused you once and only yielded finally to your importunities."—Chicago Post.

Carelessly Phrased. "There's nothing half so sweet in life as love's young dream, is there, Henrietta?" said Mr. Meekton, who had been reading poetry.

"What are you talking about?"

"That night in June, that mellow, moonlit night, when I asked you to be mine—of course, that is to say, when I asked me to be yours—er—I mean—"

Then he relapsed into silent embarrassment.—Washington Star.

That Was Too Much. He was patient in his losses, he was patient when the maiden that he worshipped answered No.

But he went on like a trooper when he ran to catch the train, and found he'd have to wait for it a weary hour or so.—Chicago Times-Herald.