

## Women as Well as Men Are Made Miserable by Kidney Trouble.

Kidney trouble preys upon the mind, discourages and lessens ambition; beauty, vigor and cheerfulness soon disappear when the kidneys are out of order or diseased.

Kidney trouble has become so prevalent that it is not uncommon for a child to be afflicted with weak kidneys. If the child urinates when the child reaches an age when it should be able to control the passage, it is yet afflicted with kidney trouble, and the first step should be towards the treatment of these important organs. This unpleasant trouble is due to a diseased condition of the kidneys and bladder and not to a habit as most people suppose.

Women as well as men are made miserable with kidney and bladder trouble, and both need the same great remedy. The mild and the immediate effect of Swamp-Root is soon realized. It is sold by druggists, in fifty-cent and one dollar sizes. You may have a sample bottle by mail free, also pamphlet explaining all about it, including many of the thousands of testimonial letters received from sufferers cured. In writing Dr. Kilmer & Co., Binghamton, N. Y., be sure and mention this paper.

## PENNSYLVANIA RAILROAD, Sunbury & Lewistown Division. In effect March 18, 1900.

WESTWARD	STATIONS	EASTWARD
7:00 A. M.	Sunbury	8:30 P. M.
7:10 A. M.	Sellingrove Junction	9:20 P. M.
7:20 A. M.	Sellingrove	9:30 P. M.
7:30 A. M.	Pawling	9:40 P. M.
7:40 A. M.	Kremer	9:50 P. M.
7:50 A. M.	Meiser	10:00 P. M.
8:00 A. M.	Middleburg	10:10 P. M.
8:10 A. M.	Beaver	10:20 P. M.
8:20 A. M.	Beaverstown	10:30 P. M.
8:30 A. M.	Adamsburg	10:40 P. M.
8:40 A. M.	Raubs Mill	10:50 P. M.
8:50 A. M.	McClure	11:00 P. M.
9:00 A. M.	Wagner	11:10 P. M.
9:10 A. M.	Stander	11:20 P. M.
9:20 A. M.	Paintersville	11:30 P. M.
9:30 A. M.	Maitland	11:40 P. M.
9:40 A. M.	Lewistown	11:50 P. M.
9:50 A. M.	Lewistown (Main Street)	12:00 P. M.
10:00 A. M.	Lewistown Junction	12:10 P. M.

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

Trains leave Lewistown Junction: 4:52 a. m., 10:13 a. m., 1:10 p. m., 3:22 p. m., 7:07 p. m. For Altoona, Pittsburg and the West. For Baltimore and Washington 8:05 a. m., 9:20, 1:02, 1:58, 4:33, 8:10 p. m. For Philadelphia and New York 4:58, 8:05, 9:20 a. m., 1:02, 1:58, 4:33 and 1:10 p. m. For Harrisburg 8:10 p. m.

## Philadelphia & Erie R. R. Division. AND NORTHERN WESTWARD RAILWAY

Train leaves Selingsrove Junction daily for Sunbury and West. 9:25 a. m., 12:58 p. m., 5:30 p. m.—Sunday 9:25 a. m., 5:30 p. m. Trains leave Sunbury daily except Sunday: 12:25 p. m. for Buffalo, 1:21 a. m. for Erie and Canadanauga, 4:05 a. m. for Buffalo, Erie and Canadanauga, 8:12 a. m. for Lock Haven, Tyrone and the West, 12:24 a. m. for Buffalo, 1:10 p. m. for Bellefonte, Kane, Tyrone and Canadanauga, 5:42 p. m. for Lock Haven and Elmira, 8:40 p. m. for Williamsport.

Sunday 12:23 a. m. for Buffalo via Emporium, 1:21 a. m. for Erie, 5:10 a. m. for Erie and Canadanauga, 8:53 p. m. for Lock Haven and Williamsport.

6:50 a. m., 9:55 a. m., 2:00 and 5:48 p. m. for Wilkes-Barre and Hazleton, 6:10 a. m., 10:10 a. m., 2:05 p. m., 5:45 p. m. for Shamokin and Mount Carmel, Sunday 9:55 a. m. for Wilkes-Barre.

Trains leave Selingsrove Junction 10:00 a. m., 4:11 p. m. arriving at Philadelphia 11:30 p. m. New York 5:53 p. m. Baltimore 9:11 p. m. Washington 4:19 p. m. 5:34 p. m. daily arriving at Philadelphia 6:20 p. m. New York 9:53 a. m., Baltimore 9:45 p. m. Washington 10:54 p. m. 8:21 p. m. daily arriving at Philadelphia 4:55 a. m., New York 7:13 a. m., Baltimore 2:30 a. m. Washington 4:05 a. m.

Trains also leave Sunbury: 2:45 a. m. daily arriving at Philadelphia 5:32 a. m. Baltimore 7:30 a. m. Washington 8:30 a. m. New York 9:53 a. m. Week days, 10:38 a. m. Sunday, 3:10 a. m. daily arriving at Philadelphia 7:22 a. m., New York 9:33 a. m., 10:38 Sunday Baltimore 7:30 a. m., Washington 8:30 a. m., Baltimore 2:30 p. m., Washington 1:15 p. m. 1:55 p. m., week days arriving at Philadelphia 6:23 p. m., New York 9:30 p. m., Baltimore 8:00 p. m. Washington 7:15 p. m. 3:0 p. m. daily arriving at Philadelphia 7:32 p. m. New York 10:23 p. m., Baltimore 7:30 p. m., Washington 8:35 p. m.

Trains also leave Sunbury at 9:50 a. m. and 5:25 and 8:11 p. m. for Harrisburg, Philadelphia and Baltimore.

J. R. 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 issue, 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, unexcelled 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 in which there is a wealth of information that is useful to all.

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, 40 pages. The year book contains 600 pages in which there is a wealth of information that is useful to all farmers. The price of this book alone is 50 cents, and the Year Book formerly \$1.40.

Published and Responsible for by DAVID PAIN FILLIS. "One cent a dose."

## As a result of a protracted series of experiments with salt solutions, the efficacy of which in prolonging life was recently announced by Prof. Loeb, of the University of Chicago, two prominent physicians of that city claim to have demonstrated that in cases of great loss of blood by disease or injury, normal salt solution used as a restorative will save life even when 90 per cent. of the blood has been lost.

The experiments, which have been extended over a period of six months, have, according to the physicians, made practicable a new system of bleeding and substitution of salt solutions for persons suffering from pneumonia, typhoid, malarial fevers, peritonitis, acute and chronic Bright's disease and all heart affections resulting from the last named complaint. Much success has followed, the physicians say, all their experiments, particularly those made with pneumonia and Bright's disease. In their experiments the physicians used more than 100 dogs and found it possible to withdraw 70 per cent. of the circulation from an animal before it was necessary to inject a stimulant. The final test was made on a dog from which 90 per cent. of the blood had been withdrawn. A needle connected with a salt water apparatus containing a two per cent. solution was inserted in the jugular vein and a second needle inserted in the junction of the large veins lying close to the heart. After the blood had been drawn off the salt solution was forced in around the heart and into the vessels of the brain. The dog was able to stand inside of an hour and on the following day was able to walk. A human patient suffering with pneumonia, who was operated upon, recovered in much shorter time than it was customary with those suffering with that trouble. In cases of malaria the injection of the salt solution was made directly into the spleen and in six weeks all symptoms of disease had disappeared. No claim was made that a cure had been effected in cases of Bright's disease, the physicians merely asserting that they had removed several of the most troublesome features of the complaint.

Some one in the Philippines should preserve the humor evolved by American soldiers since they landed in what was practically a strange world. Scarcely a letter of any length comes from a private without examples of new words or novel bits of American fun. A company of infantry on a transport that repeatedly stuck fast on the coral ridges rechristened the ship the "Chamois, because she skipped from rock to rock with such ease." One correspondent describes an inland march during the rainy season, and says: "I was glad to finish the trip with my immortal soul and a toothbrush." Along the route the monkeys came out and barked in chorus. Then "they would laugh and grab their mothers' tails and do trapeze acts, and show in every way that they knew we were not enjoying ourselves." American volunteers have always been the keenest of spontaneous humorists.

## IN THE WINTER.

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

For coughs and colds Benson's Porous Plaster is an incomparably better remedy than any other—external or internal. Their medicinal properties enter the skin and go straight to the seat of the disease.

They relieve and cure a "seated" cold without disturbing the system or upsetting the stomach. Cough mixtures often nauseate. Benson's Plasters are medicinal in the highest degree, and quickest to act.

Placed on the chest or back or on both at once in serious cases, the good effect is felt immediately. The congestion yields, the cough abates and the breathing improves.

Lung or bronchial affections or kidney disease, are cured with the least possible suffering and loss of time.

Benson's Plasters are immeasurably superior to Belladonna, Strengthening, Cupicum or any other combination in plaster form. They are also preferable to ointments, liniments and salves.

Benson's Plasters have received fifty-five highest awards over all competitors; and more than 5,000 physicians and druggists have declared them to be one of the few trustworthy household remedies. For sale by all druggists, or we will prepay postage on any number ordered in the United States on receipt of 25c. each.

Be sure you get the genuine. Accept no imitation or substitute.

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.

J. A. T. Morris Wholesale House  
1 NATI. OHIO.

Illustrated catalogue 4 cts stamps, 1-17-12t.

Illinois wants a law passed to make it unlawful for people to eat oysters during the summer months. The "R" months does the work in other states.

## The people of Winchester, Va., have accepted the medical theory that malaria is conveyed by mosquitoes.

The town council has passed an ordinance for the extinction of mosquitoes, which requires the owners of property to pour crude petroleum upon all the stagnant water in the vicinity of the place, and every household to place a tub or other vessel filled with water, with the surface covered with oil, under any trees or bushes or vines which may happen to be in his yard. This ordinance was passed last summer and the effect was immediate. Before that time the people of Winchester had been grievously troubled with mosquitoes, but in a few weeks after the ordinance went into effect they disappeared almost entirely and before the summer was over there wasn't a mosquito in the place. The abatement of the nuisance is believed to be entirely due to the remedies described, which were comparatively inexpensive. A few dollars' worth of trouble was all it cost to get rid of the malaria and the annoyance of the mosquitoes. Every other town similarly situated will doubtless be able to accomplish the same results by the use of the same means.

## Prof. H. W. Wiley, chief chemist of the department of agriculture at Washington, is undoubtedly in a position to know rather more than the average person about the extent to which food adulteration is carried on in this country.

All of us are aware that adulterants are used extensively, yet the belief is quite general that the evil is not so serious as it was a few years ago. This belief, however, is decidedly wrong, as Prof. Wiley testified when he read a paper on the subject recently before the Society of Medical Jurisprudence in New York. Indeed, it was his contention, fortified by facts, that the adulteration of food with chemicals has never been more largely practiced and was never more dangerous to public health than at the present time. Several bills are pending in congress which call for a system of thorough chemical examination of food products and also for the true labeling of adulterated foods offered for sale. The trouble is, however, that such bills are introduced at every session, and that generally congress does not care enough about public health to treat the subject seriously. Congress has passed anti-filled cheese and anti-oleomargarine laws, but such measures have been in the interest of farmers and dairymen and the consumers have been given very little consideration in connection therewith. Yet there is really more need of a general law that will effectually put a stop to food adulteration by compelling honest labeling than there ever was for any law directed against a single product. Congress has many important matters to attend to at present, but few of them are of greater importance to the general public than this question of pure foods.

## Thirty-five prominent American sculptors will contribute to the embellishment of the grounds and buildings of the Pan-American exposition at Buffalo. They are at work on 127 original groups of statuary, to be used mainly at the grand entrance bridge the main court, the fountains, electric tower, plaza and esplanade. Four large groups will adorn the entrance to the music temple. On the esplanade will be placed sculptural fountains, illustrating the animal and plant world, and the mineral kingdom. The sculptures at the entrance to the live stock building are studies in the training of horses and of buffalo resting. In the niches of the electric tower carved torchbearers will be conspicuous. The art features of the exposition are evidently in abid hands.

## Few persons have any idea of the amount of capital and labor now being devoted to the electrical industries of this country. An expert says that 600,000 persons are employed and he divides up the investments in this fashion: "Street railways, \$1,800,000,000; lighting, \$1,200,000,000; telephony, \$300,000,000; telegraphy, \$250,000,000; mining, power transmission and plating together, \$250,000,000; manufacturing apparatus, \$150,000,000, and automobiles and storage batteries, \$25,000,000. This is close to \$4,000,000,000, and is probably twice as much as Europe has put into the same line of business.

## A wild-eyed resident of Iowa City dashed into police headquarters there the other evening and announced that a lot of grave robbers were at work in the church yard. Several officers started for the scene, and there, sure enough, were a number of figures grouped around one of the largest monuments. The sleuths crept forward and were just about to spring on the supposed grave despolers when they discovered that it was a party of university students initiating a freshman into the mysteries of a college order.

## Two thousand Japs were put to work by the Great Northern railroad a year ago. They took the places of white men in all branches and there were many who predicted the necessity of excluding the Japanese, just as the Chinese were before them. The fear, however, was ill founded. The railroad has come to the conclusion that Japanese at one dollar a day

# Blood Troubles: Cancer, Scrofula, Old Sores, Rheumatism, Contagious Blood Poison, Chronic Ulcers.

As the blood contains all the elements necessary to sustain life, it is important that it be kept free of all impurities, or it becomes a source of disease, poisoning instead of nourishing the body, and loss of health is sure to follow. Some poisons enter the blood from without, through the skin by absorption, or inoculation; others from within, as when waste products accumulate in the system and ferment, allowing disease germs to develop and be taken into the circulation. While all blood troubles have one common origin, each has some peculiarity to distinguish it from the other. Contagious Blood Poison, Scrofula, Cancer, Rheumatism, Eczema and other blood diseases can be distinguished by a certain sore, ulcer, eruption or inflammation appearing on the skin. Every blood disease shows sooner or later on the outside and on the weakest part of the body, or where it finds the least resistance. Many mistake the sore or outward sign for the real disease, and attempt a cure by the use of salves, liniments and other external applications. Valuable time is lost and no permanent benefit derived from such treatment.

**BLOOD TROUBLES REQUIRE BLOOD REMEDIES;** the poison must be completely and permanently eradicated—the blood reinforced, purified and cleansed, or the disease goes deeper and saps the very life. Mercury, potash and arsenic, the treatment usually prescribed in this class of diseases, are violent poisons, even when taken in small doses—never cure, but do much harm by adding another poison to the already overburdened, diseased blood.

S. S. S., Nature's own remedy, made of roots and herbs, attacks the disease in the blood, and drives out all impurities, makes weak, thin blood rich, strong and healthy, and at the same time builds up the general health. S. S. S. is the only purely vegetable blood purifier known, and the only one that can reach diseased blood troubles. A record of 50 years of successful cures proves it to be a reliable, unfailing specific for all blood and skin troubles.

**Free Medical Treatment.**—Our Medical Department is in charge of skilled physicians, who have made blood and skin diseases a life study, so if you have Contagious Blood Poison, Cancer, Scrofula, Rheumatism, Eczema, an Old Sore or Ulcer, our correspondence is conducted in strictest confidence. We make no charge for this service. Book on blood and skin diseases free.

Prof. H. W. Wiley, chief chemist of the department of agriculture at Washington, is undoubtedly in a position to know rather more than the average person about the extent to which food adulteration is carried on in this country.

## Adulteration of Our Foods.

All of us are aware that adulterants are used extensively, yet the belief is quite general that the evil is not so serious as it was a few years ago.

## Nettle Root, of New York, a girl of 13 years, who was cured of paralysis by electricity two months ago, has grown four inches since that time. Her lower limbs had been paralyzed for eight years.

The goosebone man who predicted a severe winter ought to be smoked out. He never swaggers forth for an interview when he misses.

Delaware people are called "Musk-rats," an allusion to the former abundance of these animals.

Castleton—I am going around to see Miss Pinkerly. Say, do you think there is any chance of her accepting me?

Clubberly—Excellent. She told me yesterday she was dead tired of the theater, conversation, society and dinners.—Brooklyn Life.

Tom—What a charming complexion Miss Budd has—always so fresh looking.

Clara—Yes, and she doesn't look a bit fresher than she is.—Chicago Daily News.

Where did De Mathews get his wife?

"He first met her in a department store."

"Oh, was she a bargain?"—Chicago Times-Herald.

Hubbard (warily, after the reception)—Well, that's over with, and what have we gained?

Wife (triumphantly)—Gained! Why, a lot of new enemies.—Brooklyn Life.

Mistress—Do you call this sponge cake? Why, it's as hard as can be.

New Cook—Yes, mum; that's the way a sponge is before it's wet. Soak it in your tea, mum.—N. Y. World.

Caller—Is your cousin, Mr. Roslyn, on your father's side, Willie?

Willie Williams—Nope. He's on ma's side whenever there's a scrap.—Brooklyn Eagle.

Bluffer—So you have taught your wife poker?

Meekboy—Yes. It's a great scheme. Last Saturday night I won back nearly two dollars of my salary!—Puck.

Father—My daughter tells me, sir, that you have been making love to her. Clubberly—I don't know why she should single me out among so many.—Detroit Free Press.

Markby—What do you think of that cigar, old man? It was smuggled.

Cutter—Ah! I was just wondering how it got past the health authorities.—Town Topics.

Mollie—Indeed! I didn't think she knew you well enough for that.—Yonkers Statesman.

Under our plan of selling carriages, bugles, and harness, you get the profit. The jobber and retailer are cut out. By dealing direct with the manufacturer, you pay only the cost of making with a moderate profit added; and you take your choice from the biggest stock and fullest assortment. Our plan of

**Selling Carriages Direct** insure satisfaction—your money back if you are dissatisfied. Our complete illustrated catalogue, showing many styles of high grade vehicles, harness, robes, blankets and horse equipments, with detailed descriptions of each, mailed free.

**THE COLUMBIAN CARRIAGE AND HARNESS CO.,** Box 772, Columbus, Ohio.

## USE

**Purifying Potties.**  
The Major—I don't know but there is need of some kind of reform in potties around here.  
"The Colonel—I think so. I'm no fanatic, but I think ballot box stuffing" should be done with moderation.—Puck.

**Ready for the Question.**  
Mrs. Younglove—John, do you know that you haven't kissed me for a week?  
Mr. Younglove—Yes, darling; I was just waiting to see how long it would take you to notice it.  
John, it will be observed, had his presence of mind with him.—Tit-Bits.

**Speaks Both Fluently.**  
Yeast—Does your wife speak more than one language?  
Crimsonback—Yes; she speaks two—one when she's got hairpins in her mouth and one when she hasn't.—Yonkers Statesman.

**Further Information.**  
His Little Son—Papa, isn't a skeptic a man who doesn't believe what he can't understand?  
"The Deacon—Yes; especially if it's something that doesn't suit him.—Puck.

**It Fills the Bill.**  
Customer—I want a good, clean family paper that does not treat of murders, suicides or divorces.  
Newsdealer—Yes, sir. Would you like to look at our line of wrapping paper?—N. Y. Journal.

**One of Many.**  
Mr. Flightie—Merc talent is not appreciated nowadays. Oh, if I only had a touch of real genius—  
Wife—Genius isn't what you need.  
"Eh? What, then?"  
"Horse sense."—N. Y. Weekly.

**The Very Reason.**  
Little Harry—Why haven't we ever had a lady president, papa?  
Papa—Because, Harry, a man-made law makes it imperative that the president be more than 36 years old.—Judge.

**Discerning Women.**  
He—I point out your faults because I love you.  
She—Nonsense! If you really loved me you would think my faults were excellences.—Chicago Record.

**Wouldn't Have a Chance.**  
Miss De Bride—I wouldn't marry him if he were the last man on earth!  
Rival Belle—Indeed you wouldn't! I'd take him myself then!—Tit-Bits.

In 1800 a man could travel only by coach or on horseback. To-day there are more than 250,000 miles of railroad track in the United States alone, being more than six times the mileage of any other country.

A western passenger agent says that his experience has shown that Friday is the best day in the week for railway passenger travel, and Wednesday the worst.

A collection of blotting papers in the possession of an American citizen is estimated to be of great value. Each sheet contains the blotted impression of the handwriting of a president, and all the chiefs of a republic since 1841 are represented. One sheet is that on which President Lincoln blotted a letter on the day of his murder.

The pet delusion of a mildly insane man in Osage City, Kan., is that he has an electric wire in his stomach on which he can send messages all over the country. He also imagines that the local telephone company has connections with this wire, and can thus learn all that he thinks.

## You Get the Profits

Under our plan of selling carriages, bugles, and harness, you get the profit. The jobber and retailer are cut out. By dealing direct with the manufacturer, you pay only the cost of making with a moderate profit added; and you take your choice from the biggest stock and fullest assortment. Our plan of

**Selling Carriages Direct** insure satisfaction—your money back if you are dissatisfied. Our complete illustrated catalogue, showing many styles of high grade vehicles, harness, robes, blankets and horse equipments, with detailed descriptions of each, mailed free.

**THE COLUMBIAN CARRIAGE AND HARNESS CO.,**  
Box 772, Columbus, Ohio.

