Over-Work Weakens Your Kidneys.

mhcalthy Kidneys Make Impure Blood.

All the blood in your body passes through All the block every three minutes. The kidneys are your blood purifiers, they fil-

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

ter out the waste or impurities in the blood.

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

It used to be considered that only urinary troubles were to be traced to the kidneys, at 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 the 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 siz-es. 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.

	NSYLVANIA HAILRO		n
Junua	n effect March 18, 19	900,	
ADDIWARD		KANTY	AR I
A DED REAL STRATES STR	Simbury Seling rove Junction Seling rove Junction Fawling Kreamer Mideburg Benfer Beavertown Adamsburg Raubs dills McClure Wagesr Shindle Paintervills Mattland Lewistown Junction	N002234 6044668257519465338	**************************************

Train leaves Sunbury 5 30 D 10, arrives at Selinsgrove 5 45 p m Leaves Selinsgrove 6:00 p. m., arrives

at Sunbury 6:15 p. m. Frains leave Lewistown Junction : (Filling for the first of the m.130 p m 5 22 c m. 7 67 p m. 17 62 a m for Alteona, Pittsburg and the West, For relationer and Washington 805 a m 9 30 (2) (3) 438 810 p m For Philadelphia and New York 6 55, 805, 9 30 a m, 1 02 1 33 4 33 and 1116 p

Philadelphia & Erie R R Division AND NORTHERN CENTRAL RAILWAY WESTWARD,

Train 1 aves Soft sprove Junction daily for gable y and West.

25 a.m. 12 58 p. m. 5 30 p.m.--Sunday 9 25 a.m.

rains heave Sunbury daily except Sunday: 23 a m for Buff do,1 21 a m for Erie and Can-10 a m for Bellefonte Erie and Canandaigua 6 in a m for Belletonte Erie and Canandaigua 6 in a m for Lock Haven, Tyrone and the West 12 48 for Buffalo, 110 p m for Bellefonte Kane Tyrone and Casandaikua 5 40 p m for Williamsport

Sunday 12 23 a m for Buff do via Emporium 21 a m for Eric, 5 10 a m for Eric and Canan-daigua 853 p m for Vi-943 am for Lock Haven and

6 50 a.m. 9 55 a.m. 2 00 and 5 48 p.m. for Wilkes-bare and Hazelton 5 00 a.m. 10 10 a.m., 2 65 p.m. 5 45 p.m. for Shamo-ko and Mount Carmel Sunday 9 55 a.m. for Wilkesbarre

EASTWARD.



Coast Defenders at the Buffalo Exposition.

It has sometimes been a y un make an intelligent comparison of the of the United States are not well deinto such gloomy minds by the Ordnance exhibit of the War Department at the Pan-American Exposition. When the Exposition opens for its six months' season at Buffalo on May 1 of this year, the early visitor will find the of our seacoasts ever exhibited by the United States Government. Even the smaller of the two great new guns in the Government exhibit at the Exposition will be larger than any er or before displayed by our Uncle Samuel.

Captain Peter C. Harris, who represents the War Department, in charge of the entire war exhibit, has been engreat work of collecting the newest dis- timated at about four and a half times play of the kind ever made in this country. It was an absurd question perhaps that I asked when I inquired if his exhibits would be ready on May 1, as though there were any other alternative for a soldier. The Captain looked reprovingly at me.

But of the guns-great guns, indeed; big around as a locomotive boiler, thirty odd feet long, with a more savage muzzle than ever coughed destruction accuracy of a watch; so delicate in adnearly half a fuillion pounds, yet a maman!

The big gun of which I speak is a United States Army twelve-inch mounted upon a disappearing carriage. Its weight, stripped of everything, even the breech block, is 115,000 feet. The maximum diameter at the breech is 44.5 inches. It throws an pounds, the length of which is three 2,500 yards. and one half feet. It also throws a projectile, an armor piercing about weighing bursting charge of 39.4 pounds of gun cotton. The charge of powder is 240 velocity of the projectiles under the fications. above conditions is 2.300 feet per second, with a maximum pressure per square inch of 37,000 pounds. The muzzle energy is 36,671 foot tons. The power of penetration in steel at the muzzle is 30.9 inches, at 1,000 yards 28.5 inches, at 2.500 yards 25.5 inches

and the gun when in firing position is States have been engaged. seventeen feet above the base of the Trains leave Seliagrove Junction a m, dailv arriving at Philodelphia m New York 535 p m. Baltimore 3 li p n maten 4 is p m. witch 4 is p m. wi that distance. As I have said, guns of this type

thinking people that the seas ast cities mounts of our seacoast guns Captain Harris has caused to be placed by the fended. A flood of new light will be let side of the great twelve-inch gun a teninch rifle on a barbette carriage. In a barbette carriage the ride is at all times exposed above the parapet. The reader may remember the discussion on the subject between General Miles and the Ordnance Board, the general not favoring the disappearing device, chieflargest and most powerful guardians ly on account of its complicated mechanism and its liability to get out of order. Each carriage appears to have its particular use. On elevated sites the parapet furnishes all the protection required, but on a flat coast the disappearing would seen to possess very great advantage. It is thought that on low sites the rifle must be mounted either on a disappearing carriage or in gaged actively for months upon his a turret. The expense of a turret is es-

the cost of the disappearing carriage. The Endicott Board on Ordnance and Fortifications a number of years ago decided in favor of the disappearing carriage, and the department has been laboring to obtain a satisfactory one The one shown at the Pan-American Exposition is considered the most perfect in the world.

The ten inch breechloading rifle is upon any hospile fleet; built with the from the model of 1895 and weighs 66. 700 pounds. Its total length is 30.76 justment that a little finger may tray. feet, and the diameter of the breech is erse the gun, thus moving a weight of thirty-seven inches. The projectile is an armor plercing shot or shell. The chine to spout a volcano blast and to shell carries a bursting charge of 22.4 create an earthquake at the will of pounds of gun cotton and weighs 575 pounds, having a length of four feet The solid shot is three and one-half feet long. The powder charge is 110 breechloading rifle, model of 1805, pounds of smokeless powder, and the muzzle velocity of the projectile is 2,300 feet in a second. The maximum pressure per square inch is 37,000 pounds. Its total length is 33 88 100 pounds. The muzzle energy with the charge of smokeless powder is 21,086 foot tons. The gun has a penetrating armor plercing shot weighing 1,000 power of twenty inches in steel at

At the right of the ten-inch gun a twelve-inch mortar has been mounted. 1.000 pounds, four feet loan carrying a and it is no small affair. Farther to the right is a five-inch rapid fire gun. All are mounted behind sections of a parapounds of smokeless or 400 pounds of pet, and the four pleces represent one brown prismatic powder. The muzzle gun of each type used in seacoast forti

To the left of the great twelve-luch | twenty-five pounds of powder. disappearing gun will be exhibited the old seacoast ordnance of the United States, arranged in a historical series. of all kinds, including the automatic the twelve-inch gun itself representing the climax. Near the small building specially constructed for this purpose and at 3,500 yards 23.5 inches. The will be displayed the mountain, field total weight of the gun and carriage is and slege guns of the present day, to 477,959 pounds. The carriage is twen- gether with types of old guns used in ty-five feet in diameter at the base, the different wars in which the United to the breechloading magazine small

The Ordnance exhibit will show the

CANCER Cannot be Cut Out or Removed with Plasters

Surgical operations and flesh destroying plasters are useless, painful and dangerous, and besides, nover cure Cancer. No matter how often a cancerous sore is removed, another comes at or near the same point, and always in a worse form. Does not this prove conclusively that Cancer is a blood disease, and that it is folly to attempt to cure this deep-seated, dangerous blood trouble by cutting or burning out the sore, which, after all, is only an outward sign of the disease a place of exit for the wire of the disease.

the poison? Cancer runs in families through many generations, and those whose ancestors have been afflicted with it are liable at any

Only Blood Diseases can be Transmitted from One Generation to Another

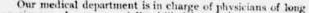
-further proof that Cancer is a disease of the blood.

To cure a blood disease like this you must cure the entire blood system-remove every trace of the poison. Nothing cures Cancer effectually and permanently but S. S. S.

S. S. S. enters the circulation, searches out and removes all taint, and stops the formation of cancerous cells. No mere tonic or ordinary blood medicine can do this. S. S. goes down to the very roots of the disease, and forces out the deadly poison, allowing the sore to heal naturally and permanently. S. S. S. at the same time purifies the blood and builds up the general health. A little pimple, a harmless looking wart or mole, a lump in the breast, a cut or bruise that refuses to heal under ordinary treatment, should all be looked upon with suspicion, as this is often the beginning of

a bad form of cancer.

A but form of cancer. Mrs. Sarah M. Keesling, 941 Windsor Ave., Bristol, Tenn., writes: "I am 41 years old, and for three years had suffered with a severe form of Cancer on my jaw, which the doctors in this city said was incurable, and that I could not live more than six months. I accepted their statement as true, and had given up all hope of ever being well again, when my desg-gist, knowing of my condition, recommended S S S. After taking a few bottles the sore began to head, much to the survive prive of the physicians, and in a short time made a complete cure. I have gained in flesh, my appetite is splendid, sleep is refreshing — in fact, am enjoying perfect health.



Our medical department is in charge of physicians of long experience, who are especially skilled in treating Cancer and other blood diseases. Write for any or information wanted, we make no charge whatever for this service. THE SWIFT SPECIFIC COMPANY, ATLANTA, GA.

Hill's Fight For Molineux.

sharge of eight to ten pounds of black powder, was adopted, and in 1831 the forty-two pounder, with a caliber of seven inches and using ten to fourteen pounds of black powder, came into use. In 1844 the eight and ten inch Columblads fired a shot weighing sixty-five pounds and used a charge of ten to fifteen pounds of black powder. The teninch shot weighed 126 pounds, and the powder charge was eighteen and twen-

C

ty pounds. In 1561 the first fifteen-inch Rodman gun was cast. These guns were smoothbores of cast iron. The process of manufacture was evolved by General Rodman, who, to prevent injurious strains produced by cooling castings from the exterior, cast these guns on a hollow core and cooled by a stream of water or air passing through the core. Rodman's fifteen inch gun fired a shot weighing 428 pounds with a charge of forty pounds of black powder and was the first great gun intro duced in modern times in any service Just before the Civil War rifled muskets and guns began to displace smoothbores. Captain Parrott's rifles were the first ones of large caliber used in the United States service. The lar gest of these had an eight and ten inch bore and were cast hollow and cooled from the interior on the Rod man plan. They were strengthened by shrinking a coiled band of wrought

iron over that portion of the gun which surrounds the powder charge. The eight-inch Parrott rifle fired an elongated projectile weighing 150 pounds with a charge of sixteen pounds of black powder. The ten-inch rifle fired

a 250 pound elongated projectile with

Inside of the main Government build ing will be exhibited the machine guns gun now being used by the United States Army in the Philippines and China; also several hundred small arms, showing the development of these arms from the match lock, wheel lock, flint lock and percussion cap lock arms of today.

In the Engineering section of the

study of the testimony preparatory to appearing before the court of appeals. It is hoped that the court of appeals will hand down a decision early in the fall. Should a new trial be ordered Molineaux will be taken from the death chamber in Sing Sing and confined in the city prison until the district attorney announces his readiness to proceed. In the event of the judgment of the trial court being confirmed the father of the condemned man will

The Reading's New President.

Reading, Pa., April 1.-It is expected that George F. Baer, of this city, will assume the presidency of the Philadelphia and Reading railway tomorrow. The announcement of his elevation to succeed Mr. Harris was made from the office of I. Pierpont Morgan, in New York, today, Mr. Baer will Licewise become president of the Philadelphia and Reading Coal and from company and the head of the New Jersey Central railway, and he will enter upon his duties as the personal representa-tive of Mr. Morgan in the direction of these vast interests.

Botha and De Wet Join Forces. London, April 2. The dispatches from Cape Town and Brussels talk of Gen. Botha and Gen. De Wet joining a gathering of 13,000 men for operations against Gen. French in the Transvaal. Two hundred Boers have reppeared near Richmond, Cape Colony, and the town guard has been called out to defend the place.

Keeping Up with the Times,

"Men of my profession are very good story-tellers," remarked the barber. "Yes," assented the smarting suffer- -Puck. er in the chair, "and they usually iflustrate their stories with cuts."-Tit-Bits.

As to Bents,

town," remarked the observant effizen. miserable in his life."- Broaldyn Life, "Oh! 1 don't know," replied the po-



the plano by note"

"tertainly not." unswered Mrs. Comrox, severaly. "We always pay vush." -Washington Star.

A Sensible Idea.

Percy-If she refuses me I shall simply kill myself.

Algle-That's right! Don't do any. thing foolish .- Judge.

Her Orders Were Obeyed.

"And I want it to say: "To my husband," in an appropriate place," said the widow, in conclusion, to Slab, the gravestone man.

"Yessum," said Slab. And the inscription went on: "To My Ilusiand, In an appropriate place."-Tit-Bins,

Little Difference.

Great Author - Waiter, this steak is as tough as leather.

Whiter I've always heard you was en original character, sir: but I'm hanged if you don't jist say the same as all on 'em dot - Hartem Life.

Poor Man!

Mrs. Browne - He certainly docs live high. It seems to me his whole thought is of his victuals.

Mrs. Malaprop That's so. He's what you might call a regular ipecae. -Philadelphia Press.

Exidentiz.

Wnrwick-Mohammed's iden was that the church should advance by means of warfare.

Wickwire Ah, he'd have the choir and minister quarreling all the time, would he?-Judge.

Unlimited.

"Bliffking seems to be a pretty selfconfident sort of a fellow."

"Self-confident? Why, he's got more confidence in himself than a woman has in her family physician!"

A Test.

"Was the Winkleton wedding a suc-Cess?"

"Oh, yes, superb. The bridegroom "There's the worst dead-beat in this says he never was more thoroughly



New York, April 2.- As soon as a copy of the printed record on appeal in the Molineaux case is furnished by the printers David B. Hill will begin a

seek to carry the case to the supreme

court of the United States.

25.4 m. New York 113 a to. Baltimore 2.30 a m. Nashington 4 0.5 a m. Tra'us also leave Sunbury: 245 am daily arriving at Philadeldhin 6 52 a n. channer 2.30 a m. Washington 8.0 a m. New 195 em da ly arriving at Philadelphia 7 22 to. New York 9.33 a m. 10 38 S midays. Hole m. Gashington 8.39 a m. Billimore 12° 0 m. Washington 15 0 m. 15° 100, week days arriving at Philadelphia 25° 100, week days arriving at Philadelphia

aton 7 15 pm 1 July, acting at Pallutston (1, 7 32 pm acting) pm, Buttmar, 7 30 pm, Wish

ave Sonhory at 950 am and 5 2

I p.m. for Harrisburg, Philadeiphia an

J. H. WOOD, Gen'l Pass Agent B. BUTCHINSON (Fen'l Manager,

IN COMBINATION WITH THE POST

We give below some elubbing ombinations with the Post. The its quoted are very low.

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

The Tri-Weekly is published Monday, Weinsday and Friday, reaches a large proportion of subscribers on date of subscribers and the subscribers of the subscriber of the subscriber of the subscript up to date daily family newspaper for may becade.

The New York Weekly Tribune nd the Middleburg Post, one year, aid in advance, only \$1.25

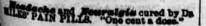
The Weekly Tribune is published on Three Weekly Tribune is published on rounslay, and gives all important news of anton and world, the most reliable market reports, unexcelled agricultural department, reliable general informa-tion and choice and entertaining min-cellany. It is the "people's paper" for the entire United States, a national fam-ily paper for farmers and villagers. The New York Tri-Weekly World and the Middlehamer Down one your

and the Middleburg Post, one year, aid 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 Agricul- and improved and adapted to modern tural Almanac for 1900, paid in steel ritles by Captain William Crozler, advance, only \$1.65.

The Practical Farmer i one of the best farm papers published, issued weekly, at \$1.0 year. The year book contains 60 pages in which there is a fund of in-formation that is useful to the farmer. The price of this beach along is 50 cents.



have never before been exhibited by the United States Government, and

CAPTAIN PETER C. HARRIS, U. S. A.

(Superintendent of Ordnance Exhibit at Pan-Amer

tean Exposition.]

they are designed for use in secret

fortifications, to which no visitors are

admitted under any circumstances. The

gun was manufactured at Watervilet

Arsenal, near Troy, N. Y. The car-

riage was made at the Watertown Ar-

senal, near Boston. The disappearing

carriage was designed several years

ago by Captain Buffington, now Briga-

dier General and Chief of Ordnance.

Ordnance Corps. United States Army.

It is known as the Buffington-Crozler

carriage. The mounting of these mam-

moth pieces of ordnance has been in

the immediate charge of Lieutenant

R. H. C. Kelton and a small detail of

To enable the observer readily to

artillerymen.

guns, mortars and howitzers. Among There will also be thirty or forty trophy guns, displayed according to period of capture. A novel feature will be a pile of projectiles, surrounded by traphy guns.

The largest guns mounted in any of our seacoast batteries during the war of 1812 were twenty-four pounders, the diameter of bore being less than six communication by flag, heliograph, inches and the weight of guns 5,500 pounds. They were a little over ten feet long, and the powder charge was six and eight pounds of black powder They were mounted upon wooden carriages. In 1829 the thirty-two pounder. with a callber of 6.41 inches, using a

THE PEOPLE KNEW HIM. (Benson's Plaster is Pain's Master.)

George Washington made and sold flour, and every barrel of flour in the nearket brand d "G. Washington, Mount Vernon," sold without delay. No question was ever raised as to quality or weight.

Benson's Porous Plaster sells on its reputation overywhere. All the buyer wants to be certain of is that the plaster offered him red'ly is Benson's, and not a worthless indtation of it or substitute for it.

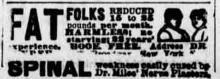
A plaster is the best form of external remedy, and Benson's is the best plaster; 5,00. physicians and druggists, and a multitude of people no man can number, have settled that "You can trust it," they say.

Coughs, colds, lame back, lumbago, mus. cular stiffness and rheumatism, troubles of

the liver and kidneys, influenza or grip, pneumonia, and all other diseases open t external treatment, are at once relieved and

cum or S rengthening plasters are "just as good as" Benson's. They are vastly inferior.-No other plaster is as good as Benson's.

In competition with the best-known plasters of Europe and America, Benson's have received *fifty-five highest awards*. For sale by all druggists or we will prepay postage on any number ordered in the United States, on receipt of 25c. each. Beabury & Johnson, Mfg. Chemists, N.Y.



historical development of ordnance in War Department will be exhibited the United States, a gun representing | models of engineering work, both milevery type adopted by the United itary and those constructed by opr States and showing the evolution of Engineer Corps in the river and harbor work. Among the latter will be modthe howitzers will be one made in 1753 els of the breakwater being constructed in Buffalo harbor. A very interesting collection of models of engineer ing work on the Mississippi River will trophy fountain, representing a burst also be displayed. Two of the Missis ing shell, with water spouting from its slppi models-the Hydraulic Dredging crevices. This will be mounted on a Plant and Hydraulic Grader-were given the grand prize in the recent

Paris exposition.

In the Signal section of the War De partment exhibit will be displayed all instruments and appliances used in wire, telegraph, cable and by wireless telegraphy. Wireless telegraphy will be in operation at all times during the Exposition, one station being located at the Government building on the grounds and the other station some miles away, probably at Fort Porter. The Military Academy at West Point

has never been represented at any provious exposition. A very complete and interesting exhibit, showing history curriculum, plant of the Academy, its work and workings, will constitute a part of the War Department exhibit The inclosure of the West Point of hibit will have the form and appear ance of regular cadet barracles, to top of the partition showing battle ments, with a tower at each corner. A committee of professors of the Military Academy has been appointed by the superintendent of the Academy to prepare this exhibit. C. W. Larned, Pro-

the committee, has recently sent Captain Harris a plan of this feature. In the Quartermaster's section will be shown palutings, photographs and drawings illustrating the Army Transport service. Uniforms of the army at curéd by Benson's Plaster. Do not assume that Belladonna, Capsi-to the present day will be exhibited on about forty lay figures.

fessor of Drawing, who is a member of

The entire exhibit of the War Department under Captain Harris will be of a most entertaining character, as the Captain has visited all the arsenals of the country, gathering such things as to him seemed of public interest and value in order to make an entirely sew and attractive exhibit.

MARK BENNITT.



liceman. "That dead-beat isn't a marker to mine. My beat takes in the cemetery."-Philadelphia Press.

She Knows Man's Ways.

"The most considerate wife I ever pulserry tippin", -N. Y. Weekly, heard of," said the philosopher, "was a woman who used to date all her letters a week or so alread, to allow herhusband time to part them."- An-EW0157

Not a Promissory Transaction. "Is your daughter learning to play

Guest-What do you think of this idea of compulsory arbitration? Waiter-Don't keer nuthin' 'bout dat, boss. Wot we uns want is com-

Two Kinds of Strikes,

She-You say she struck you as a very pretty girl? He-Yes; and when I tried to kiss

her she struck me in an entirely dif ferent wayl-Yonkers Statesman.

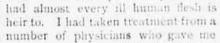
FEALTH and beauty are the glories of perfect womanhood. Women who suffer constantly with weakness peculiar to their sex cannot retain their beauty. Preservation of

pretty features and rounded form is a duty women owe to themselves. The mark of excessive monthly sufering is a familiar one in the faces of young American women,

Don't wait, young women, until your good looks are gone past recall. Consult Mrs. Pinkham at the outstart. Write to her at Lynn, Mass.



MESSEDNA ELLE, Higginsport, Ohio, writes: "Dran Mus. PINKHAM-I am a school teacher and had suffered untold agony during my menstrual periods for ten years. My nervous system was almost a wreek. I suffered with pain in my side and



no relief. In fact one eminent specialist said no medicine could help me, I must submit to an operation. At my mother's request, I wrote to Mrs. Pinkham stating my case in every particular and received a prompt reply. I followed the advice given me and now I suffer no more during menses. If anyone cares to know more about my case, I will cheerfully answer all letters.'

MISS KATE COOK, 16 Ad-

dison St., Mt. Jackson, Ind., writes: "DEAR MRS. PINKHAM-I am by occupation a school teacher, and for a long while suffered with painful menstruation and nervousness. I have received more benefit from Lydia E. Pinkham's Vegetable Compound than from all remedies that I have ever tried."