-Work Weakens Your Kidneys. Kidneys Make Impure Blood.

All the blood in your body passes through ory 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 fall to do their work.

Pains, aches and rheu-matism come from excess of uric acid in the blood, due to neglected

Kieney trouble causes quick or unsteady by had heart trouble, because the heart is ver-working in pumping thick, kidney-cisoned blood through veins and arteries. It used to be considered that only urinary les were to be traced to the kidneys. at now modern science proves that nearly il constitutional diseases have their beginng in kidney trouble.

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

s. You may have a ample bottle by mail Home of Bramp-Root, ree, 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 HAILROAD Sunbury & Lewistown Division. In effect March 18, 1900.

STWARD.		. 1	STATIONS.	-1	EASTWARD.	
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rain leaves Sunbury 5 30 p m, arrives at Selinsgrove 5 45 p m saves Selinsgrove 6:00 p. m., arrives

at Sunbury 6:15 p. m. Wash, 10 13 a m. 116 p m.130 p m 5 22 p m. 7 07 p 13 08 a m for Altoons, Pittsburg and the West, For Baltimore and Washington 805 a m 9 30, 12, 13, 4 33, 8 10 p m For Philadelphia and New 676 55, 86, 9 30 a m. 102 1 33 4 33 and 1116 p a For Harrisburg 8 10 p m

Philadelphia & Erie R R Division. NORTHERN CENTRAL BAILWAY WESTWARD, Train leaves Sellusgrove Junction daily for

925 am, 12 58 p m, 6 30 p m.-Sunday 9 25 a m, rains leave Sunbury daily except Sunday: 2 2 a m for Buffalo, t 21 a m for Erie and Can-

ndaigus
10 am for Bellefonte Erie and Canandaigus
22 am for Lock Haven, Tyrone and the West.
25 for Buffalo, 110 pm for Bellefente Kane
yrone and Causandaigus
35 pm for henovo and Elmira
46 pm for henovo and Elmira

usday 12 23 a m for Buff lo via Emportum 31 a m for Erie, 5 to a m for Erie and Cananalgua 863 p m for was

50 a.m., 9 55 a.m. 2 00 and 5 48 p.m. for Wilker-irre and Hazelton 10 a.m. 10 10 am., 2 65 p.m., 5 43 p.m. fer Shamo-n and Mount Carmel Sanday 9 55 a.m. for Wilkerbarre

EASTWARD.

Prains leave Selinagrove Junction

005 a m, dariv arriving at rhil delph a

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Trams also leave Sunbury:
245 am daily arriving at Philadeldhia 6 32 a m.
linnore 7 20 a m. Washi gton 8 00 a m. New
253 a m. Weekdays, 10 38 a m. Sundays. ork 923 a m. Weckdeys, 10:38 a m. Sundays, 310 s m. daly arriving at Philadelphia 7:22 a., New York 9:33 a m. 10:38 s Indays Balticle 7:20 a m, Washington 8:39 a m. 22 diffuore 3:pm. Washington 11:5 pm. 15:5 pm. Weck days arriving at Philadelphia 5:pm. New York 9:30 pm. Hastimore 6:90 pm sahington 7:5 pm. 1:pm 4:dly, arriving at Philadelphia 7:32 pm 4:pm 4:dly, arriving at Philadelphia 7:32 pm 4:pm 4:dly, arriving at Philadelphia 7:32 pm 4:vork 10:22 pm, Baltimore 7:33 pm, Washington 5:35 pm.

rains also leave Sunbury at 950 a m and 525 d831 p.u., for Harrisburg, Philadelphia and

B. HUTCHINSON Gen'l Manager.

N COMBINATION WITH THE POST We give below some clubbing

mbinations with the Post. The s quoted are very low. The New York Tri-Weekly Tri-

me and the Middleburg Post, one r, paid in advance, only \$1.75. The Tri-Weekly is published Monday, Wednesday and Friday, reaches a large proportion of subscribers on date of suce, and each edition is a tooroughly up-to-date daily family newspaper for busy neonle.

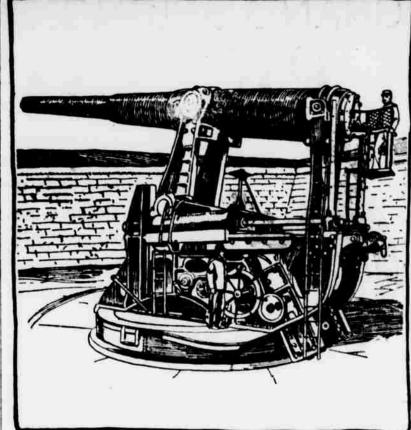
The New York Weekly Tribune d the Middleburg Post, one year, id in advance, only \$1.25

The Weekly Tribune is published on flureday, 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 for farmers and villagers. the New York Tri-Weekly World d the Middleburg Post, one year,

id in advance, only \$1.65. The Tri-Weekly World comes three simes 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, d the Middleburg Post, one year, id in advance, \$1.50. Both of above papers and the Practical rmer Year Book and Agriculal Almanac for 1900, paid in

ance, only \$1.65.



TWELVE-INCH BREECHLOADING SEACOAST DEFENSE RIFLE ON DISAPPEARING CARRIAGE—IN FIRING POSITION.



Correct Silverware

Correct in character, design and workmanship—is as necessary as would have everything in good taste and harmony. Knives, forks, spoons and fancy pieces for use will be correct if selected from goods stamped

847 Rogers Bros."

Remember "1847," as there are imita-on "Rogers." For catalogue No. 191, ddress the makers International Silver Co. Meriden, Conn.

So long as bread remains the "staff of life" there can be no more impor-Selentific Bread tant subject for exact inquiry than Making.

scientific methods of bread making. Therefore the invention of a Chicago scientist by and exactly determined deserves more the Tribure, of that city. The same ing. student has day ed simple mechanical appliances by the use of which it is possible to ascertain scientifically how many loaves of bread a given quantity of flour will make and what will be the size of the average loaf as well as how dense or porous it will be when taken from the oven. A! these questions are important both to the wholesare baker and to every famny which uses bread on its table There is small probability, however that these or any similar scientific methods will be generally adopted, at least in private kitchens. The ordi nary cook is well satisfied if by applying some rule of thumb she is able to turn out products which are palat able. The day seems far distant when the private kitchen will be sup plied with thermometers, "vernier calipers and other appliances which are said to be necessary to put the culinary art on a scientific and exact basis. The cook book, which should be a text book in the most vital and important branch of chemistry, is amusingly inexact and inaccurate Its directions are that a dish shall be "seasoned to taste" and "baked until thoroughly done," while its constituents are to be "well mixed" and measured out in tea or tablespoonfuls. It is suggested that one of the energetic women's clubs of the city might well take up this subject and

devote a large portion of its time to it during the coming season. Its members might, no doubt, secure permission to visit the model kitchen which the local scientist has fitted up in a down-town skyscraper. There they might study the subject of scientific bread making and, with necessary modifications, apply its methods in their own households. And, at the same time, it can hardly be doubted that they would be taking a step toward the solution of the servant girl problem, for when the cook is recognised as a chemist and housekeeping as a science the current prejudice

against domestic service wil' no longer Bribing a trolley car conductor is the newest method of eloping when an irate parent is trying to catch the car and put an end to the proceedings. Recently on Long Island two lovers were on the car and papa came chasing after it at top speed. He was gaining rapidly; the car was

MAYDOLE'S HAMMER. (Benson's Plaster Is Pain's Master.)

When Maydole was told that he made "a pretty good hammer," he said, "No, I don't make a 'pretty good hammer.' I make the best hammer that ever was made."

Every carpenter who saw a Maydole hammer wanted one. It was of the best ma-terial, perfectly balanced, and the head never flew off. Hammers were divided into two classes-1st, Maydole's; 2d, all the rest.

Placers are separated by the same line of deavage; 1st, Benson's Porous Plaster; 2d, all the rest. When, for rheumatic pain, a cold, a cough, kidney trouble or any other dis use or allment that may be treated externally, you ask for a plaster, any hon-est, rejutable druggist will give you a Ren-sor's. He knows it is incompactly the best, and he assumes that you know it too. As the name of Maydols stood for hammers the rame of Benson stands for plastersthe "real thing." All the medicinal poten-cles that are valuable in a plaster are in Renso.'s. Capsicum, Strengthening and Bolladonna plasters are out of date.

An army of physicians and druggists, and millions of the people, have written of Benson's Plasters as a remedy to be trusted. Benson's Plaste's have tity-five highest meards. Accept no substitute.

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

slowing down; the young man's fears were rising. With an inspiration worthy of the moment the young man fished a bill out of his pocket, pressed it into the conductor's hand and he of the punch, who comprehended the situation in an instant, means of which the nutritive value of pulled the bell cord and away shot various branes of flour may be easily the car. The young man's father-inlaw arrived in time to see the parattention than it is likely to get, says son give the young people his bless-

At the first presidential election the electors, in accordance with a law which had been passed by the continental congress, were chosen on the first Wednesday in January, 1789; the electors cast their votes on the first Wednesday in February, and the government under the constitution went into operation on the first Wednesday in March. The first Wednesday in March in that year was March 4, and that explains the fact that a presidential term and the terms of members of congress begin on March 4.

Every ship loading at New Orleans with mules or horses under British contracts for use in South Africa is being carefully watched to prevent the placing on boars of infernal machines or other destructive instruments in behalf of the Boers' cause. The coal especially is subjected to careful scrutiny.

A newspaper interviewer recently asked Andrew Carnegie what would give him more pleasure than all his riches. "Youth and health," he answered, "and the opportunity of making another fortune. If I were young and robust I could easily get the fortune."

A hundred years ago a woman and all her possessions practically belonged to her husband. To-day a man may not under any circumstances open his wife's letters without her permission She has her legal rights and controls her own property.

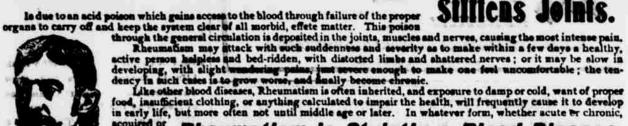
A movement has been started to consolidate all the crematories of the United States and Canada into one association. There are now 75 crematories in this country. The object is to make a uniform price for incineration.

Columbus (O.) thieves reached the limit the other night when they entered St. Peter's Lutheran church and stole an immense stove which was used for heating that structure.

Police protection of vice in New York city, according to figures just prepared for an official investigation. equires the secret payment of near y. \$6,000,000 a year.

NEURALGIA cured by Dr. Miles Pam The plague of '90-La Grippe.
The destroyer of LaGrippe-Miles' Nervia

RHEUMATISM bistoris Muscles, sharters Nerves.



in early life, but more often not until middle age of later. In whatever form, whether acute or chronic, acquired or in he rited, Rhoumatism is Strictly a Blood Disease, and no liniment or other external treatment can reach the trouble. Neither do the preparations of potash and mercury, and the various mineral salts, which the doctors always prescribe, cure Rheumatism, but ruin the digestion and break down the constitution.

A remedy which builds up the general health and at the same time rids the system of the poison is the only safe and certain cure for Rheumatism. S. S. S., made of roots, herbs and barks of wonderful solvent, purifying properties, attacks the disease in the right way, and in the right place—the blood—and quickly neutralizes the acid and dissolves all poisosous deposits, stimulates and reinforces the overworked, worn-out organs, and clears the system of all unhealthy accumulations. S. S. S. cures permanently and thoroughly, and keeps the blood in a pure healthy state.

He Understood.

the blood in a pure, healthy state. Mr. J. O. Mailey, 183 W. 15th Street, Indianapolia, Ind., for eighteen months was so terribly afficted with Rheumatism he was unable to feed or dress himself. Doctors said his case was hopeless. He had tried fifty-two prescriptions that friends had given him, without the alignest relief. A few bottles of S. S. Cared him permanently, and he has never had a rheumatic pain since. This was five years ago.

We will send free our special book on Rheumatism, which should be in the hands

The "Hat Trimmings" Cases Settled.

\$4,000.000 from the United States treas-

Potters May Settle Grievances.

executive committee of the Brother-

hood of Operative Potters, after an all day session, last night appointed a

committee to confer with the Western Manufacturing Potters' association. As

this was the main point insisted upon

by the East Liverpool pottery owners, the action indicates a willingness to

meet the manufacturers half way, and

conference will result in an amicable

Gave His Life For Others.

having successfully rescued fellow

workmen from what would probably

have resulted in death, J. C. Wilson, a

pipe fitter, fell off a platform yester-

Steel company and struck on his head,

dying instantly. Three fellow workmen of Wilson had been overcome by

gas, when he went to their aid. In a

few minutes Wilson succumbed to gas

Metaphysical.

Upguardson-Habit, it seems to me,

Rich Man's Burden.

shirt to his back, and now he has thou

Flo-Good gracious! How extrava

Somewhat Divided.

Mrs. Gibbs - Well, did you succeed it

wife wears a good deal of silkwear

He Ought to Succeeds

has changed his business again?"

"No. What is it this time?"

"Have you heard that Turnabout

"Well, he can't complain of not be-

ing on a stable basis this time." -

Decorative Difficulties.

sible for a well-dressed woman to

for a well-dressed woman to get as

many rings as she wants."-Chicago

Why Willie Fought.

'em apart.-Cincinnati Enquirer.

A Conversational Habit.

"Yes, he hasn't much of a vocabu-

until the cows come home."-Indian

Up to Him.

Clear Enough.

"This newspaper says it isn't pos-

"Of course not; the impossibility is

but the old man wears red flannels,-

Chicago Dally News.

Chicago Times-Herald.

wear too many rings.

"Livery."

Record.

he?"

apolis Journal.

every family.

-Brooklyn Life.

cle David's will yet?"

Maud-And how hot! -Tit-Bits.

Jack-I say, Flo. dad says he remem-

boy when he hadi

is the strongest thing in the world.

and rolled off the platform.

Youngstown, O., April 16 .- After

adjustment of existing differences.

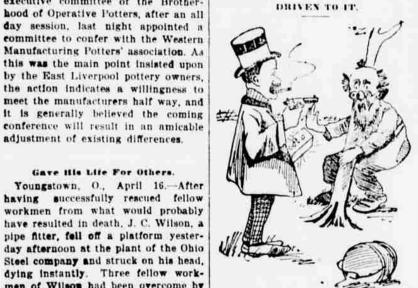
of every sufferer from this torturing disease. Our physicians have made blood and skin diseases a life study, and will give you any information or advice wanted, so write them fully and freely about your case. We make no charge whatever for this service. Address, SWIFT SPECIFIC CO., Atlanta, Ga.

"It must be a great responsibility." Philadelphia, April 15.—The Record says: The famous "hat trimming" cases, involving about \$20,000,000, and state through all the tempests and high. which since 1884 have been the subject currents of the years." of bitter legal battle between the government and a number of importers, have at last been settled. It is stated on high authority that a compromise yes. I understand you-you mean that when a man once embarks in politics has been effected through which the there's no telling where he is going to merchants interested will receive about

The Golden Mean.

land."-Washington Star.

ury in full settlement for the much larger amount they claim to have been When youthful May was to the altar led By wealthy old December, every friend Declared that wisely had the maiden wed. They thought his means had justified forced to pay in excess of legal duties. her end. East Liverpool, O., April 16 .- The -Chicago Record.



Bunco Bill-1 hate ter have ter do it, farmer, but since the comic papers showed us up so much it's the only way we kin sell gold bricks.— Sh. Y. World.

Happy Retort.

"Now, don't gimme any song about Atom-I don't know. Lack of habit may be stronger. For example, I misfortune an' wantin' to be a hard worker 'n' all that," said the hardcould quit smoking a great deal easier than I could learn to smoke the kind faced lady. "I can see right through of cigars you use .- Chicago Tribune. you."

> three days, but I didn't know it had thinned me down like that."- Indianapolia Press.

A Knowing Lad.

ton?" asked the teacher.

And the timid, clean-faced boy with a patch in his trousers timidly sug-

finding out the new neighbors by their "It depends a good deal on where Mrs. Tibbs-No. I am stumped. The

you buy your coal, doesn't it?"-

Expressive.

Silliens Joints.

"How that wind shakes the sashes, said the young man, "to undertake to dear," said Mrs. Shadysides nervously direct the movements of the ship of to her husband, while the gale was

"Yes, the windows are having a rat-Senator Sorghum looked dazed for tling good time," assented Mr. Shadyan instant and then responded: "Oh side.-Pittsburgh Chronicle-Telegraph.

Victim of Bad Credit. There comes a trying time to many a

man-A fact this is beyond all doubt-When to get into debt he has to plan With tact as great as to get out.
-Chicago Record.

A LESSON IN FINANCE.



She (pensively) - Ah! well! What is wealth, after all, but the mere difference between income and expenditure! He So is debt. Louisville Courier-

A Personal Motive.

Sometimes you'll hear somebody shout In the reformers din, Because he wants the others out, That he may hurry in.
--Washington Star. And Has Wheels.

She-Your watch reminds me of

He-In what respect? She-It has such a plain, open face. -Chicago Daily News.

Too Bad. Mrs. Bingo-That's just like a man.

Bingo-What have I done now? "Gee!" said Dismal Dawson. "I that pillow, and now you've put your knowed I ain't had nothin' to eat for head on it.—Harper's Eazar. Mrs. Bingo-I spent a day making

Inured to Scorn. "Did he seem to care much when you

threw him over?" "No; he said he had had shop-girls "How many pounds are there in & treat him lots haughtier than I did."-Puck.

The Essence.

Edith-There are other things in this world besides money, you know. Ethel-Oh, lots-if one only has Loney .- Judge.

PAINFUL PERIODS NO MORE

"Suffering as I had from weakness, irregularities and backache for several years, a release from this suffering was a blessing. Oh! how I wish more suffering women would necept your kind offer and be relieved. There is no need for women to suffer. Mrs. Pinkham's advice and Lydia E. Pinkham's Vegetable Compound will relieve

them. MRS. IDA PETERS, Milan. Tenn., writes: "DEAR MRS. PINKHAM-When I wrote to you the first time asking your advice I was a great

great pain and tenderness in the bowels, pain in back and limbs, leucorrhoea all the time. I was weak and nervous and had no appetite. Burning and choking sensation in my throat. I received your reply and followed all your instructions and now I am cured. I owe my recovery all to Mrs. Pinkham's advice and her

ELLA E. BRENNER, East Rochester, Ohio, writes:

"I have been thankful a thousand times since I wrote to you for what your Vegetable Compound has done for me. I followed your advice carefully and now I feel like a different person. My troubles were backache, headache, nervous tired feeling, painful menstruation and leucorrhoea. I took four bottles of Lydia E. Pinkham's Vegetable Compound, one box of Pills, one package of Sanative Wash and am now well.

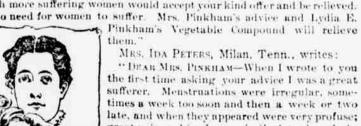
MRS. MAGGIE P. STINE, New Berlin,

Pa., writes: "I have suffered with terrible backache

in the small of my back for about seven years, and could never get anything to help me. I tried several physicians, but found no help. I have now taken three bottles of Lydia E. Pinkham's Vegetable Compound, and feel like a different woman."

MRS. H. A., 124 S. Cedar Street, Owosso, Mich., writes: "Nearly three years ago I wrote to you asking advice in regard to my health. was so miserable; suffered from painful menstruction and backache, was nervous, dizzy and faint. I received such a kind letter from you, telling me just what to do. I followed your advice and I now am recommending Lydia E. Pinkham's Vegetable Compound. I thank God for this pain destroyer."

RS. GEORGE OSMUN, of Belvidere, Warren Co., N. J., writes:





Willie's Mammn-I hear you have been fighting with one of those boys next door, and given him a black eye. Willie-Yessem. You see, they's twins, an I wanted some way to tell "Miggs is a man of few words, isn't lary; but gracious! he can reiterate

Gerald-There's a black sheep in Geraldine-Why don't you make your family an exception to the rule? "Let's see, have they read your Un-"Didn't you hear my wife refer to him a few moments ago as an old skin-

She Is Rarely Silent. Mrs. Benham-Woman suffers in si-

lence. Benham-Then the average woman doesn't suffer much .- Brooklyn Life.

flint?"-Chicago Times-Herald.