nds Have Kidney Trouble and Don't Know it.

How To Find Out. ity-four hours; a adiment or setunhealthy condineys; if it stains your linen it is evidence of kid-ney trouble; too

frequent desire to pass it or pain in the back is also

ncing proof that the kidneys and blad-

here is comfort in the knowledge so n expressed, that Dr. Kilmer's Swamp-of, the great kidney remedy fulfills every h in curing rheumatism, pain in the kidneys, liver, bladder and every part eurinary passage. It corrects inability old water and scalding pain in passing r bad effects following use of liquor, ear beer, and overcomes that unpleasant essity of being compelled to go often ing the day, and to get up many times ing the night. The mild and the extra-mary effect of Swamp-Root is soon lited. It stands the highest for its wonul cures of the most distressing cases. ou need a medicine you should have the Sold by druggists in 50c. and \$1. sizes. ou may have a sample bottle of this

derful discovery
a book that tells
e about it, both sent ress Dr. Kilmer & Home of Swamp-Root. Binghamton, N. Y. When writing menreading this generous offer in this paper.

PENNSYLVANIA HAILROAD. unbury & Lewistown Division. In effect March 18, 1900.

	THE RESIDENCE OF THE PARTY OF T		
WARD.	STATIONS.	KASTWARD	
A M		A M	PM
10.00	Sunbury	9 20	5 00
16.10	Selinsgrove Junction	9.09	4 50
10.15	Selinsgrove	9.04	4 45
10.22	Pawling	8.53	4 35
10 15	Kreamer	8 19	4 31
10:28	Maiser	8 46	4 28
1034	Middleburg	8 40	4 22
10 39	Benfer	834	4.16
10 47	Beavertown	8 25	4 07
10 62	Adamsburg	8.20	4 02
10.58	Raubs Mills	8 13	3 35
11-04	Metlure	8 07	3 49
11.13	Wagner	7.57	3 39
11 16	Shindle	7.51	3.36
11 21	Painterville	7 49	3 30
112	Maitland	7 43	3 24
11.35	Lewistown	7.85	8 15
	ewistown (Main Street.		3 13
11 40	Lewistown Junction.	7 30	8 10

in leaves Sunbury 5 30 p m, arrives at Selinsgrove 5 45 p m ves Selinsgrove 6:00 p. m., arrives

at Sunbury 6:15 p. m. ins leave Lewistown Junction : m, 10 13 a m, 1 t0 p m, 130p m 5 22p m, 7 07p 62 a m for Altoona, Pittsburg and the West, Baltimore and Washington 805 a m 9 30, 33, 4 33, 8 10 p m For Philadelphia and New 58, 8 95, 9 30 a m, 1 02 1 33 4 33 and 1116 p

hiladelphia & Érie R R Division. NORTHERN CENTRAL RAILWAY

in leaves Seliosgrove Junction daily for m, 12 58 p m, 5 39 p m,--Sunday 9 25 a rs.

s leave Sunbury daily except Sunday: a m for Buff 410,1 21 a m for Eric and Can-

m for Bellefonte Erie and Canandaigua m for Lock Haven, Tyrone and the West, for Buffalo, 110 pm for Bellefente Kane ne and Canandaigua ne and Canandatgua m for kenovo and Elmira

ay 12:23 a m for Buffalo via Emporium, m for Erie, 5:10 a m for Erie and Cananm for Lock Haven and

m, 9 55 a m 2 00 and 5 4s p m for Wilkesm, 19 10 a.m, 2 e5 p.m, 5 45 p.m for Shamo ad Mount Carmel day 9 55 a.m for Wilkesbarre

FASTWARD Frains leave Selinsgrove Junction m, daily arriving at Philodelphia New York 553p m Baltimore 3 11 p m

daily arriving at Philadelphia a New York 3.53 a m, Baltimore 9 45 p m gibb 10 55 p m, m, u al 11 y arriving at Philadelphia New York 713 a m, Baltimore 2 30 a m

New York 713 a m. Baltimore 2:30 a m. ton 1:05 a m.
Traus also leave Sunbury:
1 that 3 a m.
1 that 3 Washington 1 15 p m.

Week days arriving at Philadelphia
New York 9 30 p m. Battimore 6 00 p m.
on 7 18 r. v. gton 7 15 p m 1 daily, arriving at Philadelphia 7 32 p m ark 1023 p m, Baltimore 7 30 p m, Wash-

I. R. WOOD, Gen'l Pass Agent BUTCHINSON Gen'l Manager.

COMBINATION WITH THE POST. e give below some clubbing binations with the Post. The

quoted are very low. he New York Tri-Weekly Triand the Middleburg Post, one kingdom. paid in advance, only \$1.75. e Tri-Weekly is published Monday, imslay and Friday, reaches a large section of subscribers on date of and each edition is a thoroughly ostate daily family newspaper for

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

The Weckly Tribune is published on burslay, and gives all important news nation and world, the most reliable arket reports, unexcelled agricultural spartment, reliable general informacen and choice and entertaining missiany. It is the "people's paper" for seenire United States, a national familiany, the propers and willagers.

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

The Tri-Weekly World comes three mes a week, is filled with the latest ws of the country and is well worth a price asked for it. he Practical Farmer, one year,

the Middleburg Post, one year, in advance, \$1.50. Both of above papers and the Practical ner Year Book and Agricul-Almanac for 1900, paid in nce, only \$1.65.

THE SUNDAY SCHOOL.

Lesson in the International Series for May 19, 1901-Jenus Ascends Into Heaven.

[Prepared by H. C. Lenington.] THE LESSON TEXT.

(Acts 1:11.)

1. The former treatise have I made, O Theophilus, of all that Jesus began both to do and teach.

2. Until the day in which He was taken up, after that He through the Holy Ghost had given commandments unto the aposties whom He had chosen:

2. To whom also He shewed Himself alive after His passion by many infallible proofs, being seen of them 40 days, and speak-ing of the things pertaining to the King-

dom of God:

4. And, being assembled together with them, commanded them that they should not depart from Jerusalem, but wait for the promise of the Father, which, saith He, ye have heard of Me.

5. For John truly baptized with water; but ye shall be baptized with the Holy Ghost not many days hence.

6. When they therefore were come to-gether, they asked of Him, saying, Lord, wilt thou at this time restore again the kingdom to Isreal?

And He said unto them, It is not for you to know the times or the seasons which the Father hath put in His own

power.

8. But ye shall receive power, after that the Holy Ghost is come upon you; and ye shall be witnesses unto me both in Jeru-salem, and in all Judea, and in Samaria. and unto the uttermost part of the earth. 9. And when He had spoken these things,

while they beheld, He was taken up; and a cloud received Him out of their sight. 10. And while they looked steadfastly toward Heaven, as He went up, behold, two men stood by them in white apparel;

11. Which also said, Ye men of Galilee why stand ye gazing up into Heaven? this same Jesus, which is taken up from you into Heaven, shall so come in ye have seen Him go into Heaven.

GOLDEN TEXT:-While He blessed them, He was pirrted from them, and carried up into heaven-Luke 24:51 NOTES AND COMMENTS.

Besides the lesson text printed above read also the account in Luke, chapter 24, verses 44-53. It will be noted that both of these accounts are given by the same writer, Luke having been the author of the book of Acts as well as of the Gospel of Luke. Mathew and John in their Gospel do not at all mention the ascension of Christ. The fact was wellknown and needed no comment as far as those for whom those two Gospels were originally written were concerned. Mark devotes one verse (Mark 16:19) to the mere statement that "after the Lord had spoken unto Heaven, and sat on the right hand of God.'

The 11 verses in Acts may be treated under the following heads;

A Commandment and a Promise vs. 4-1
The Ascension vs. 9-1
The Second Coming vs. 11
The Work Page 11 The Work Begun.

is merely a continuation or sequel of breath of life to all things living. It is what Jesus "began both to do and to of the religious of the east, being conearth. He was to continue the work in the hearts of men and do even a greaterwork because of the throwing off of human limitations. A Commandment and a Promise .-

just 40 days after the resurrection

of Jesus, there was a meeting of the

disciples (not alone the apostles) with their Master in Jerusalem. dwell on that word "wait." Waiting as the duty of doing, both in their season. The disciples did not know how long they were to wait, they were to wait for the promise, and the waiting period extended slowly along until a week had passed. The prom-Why was the Holy Spirit given? The answer to this question is indicated in a little incident that occurred im-He was to restore again the kingdom to Israel. The question showed sessed of demons; manines they that these chosen ones still had a lingering hope of an earthly kingdom of Christ. But Jesus replied that they were not to know the times alone. But, the work of establishing His kingdom, a spiritual kingdom, on earth was theirs. The gift of the Holy Spirit would mean pow- Peter became the spokesman of the er for the disciples in extending the

The Ascension.-After making the promise of the Holy Spirit and Indieating the line of their work (witnessing at home and abroad wherever they should go), "He was taken up, and a cloud received Him out of their sight." And into the sky the disciples looked, but they saw their Lord no more.

The Second Coming.-After Jesus' departure two angels in the form of men stood with the assembled company who called their thoughts back to earth and present duty, and this promise was given to comfort them: "This same Jesus, which is taken up from you into Heaven, shall so come power to attract to itself the people. in like manner as ye have seen Him go into Heaven." again see its Lord face to face in His and many wonders and signs were done

bodily presence. Queer Idea of Chivalry.

In India, where women have always been drudges, the deference paid by Englishmen to ladies is always a matter of curious interest. An educated Mohammedan gentleman was talking to an old resident of the Punjab, who has written on the subject. Said the Mohammedan: "Now that the queen is dead, will you Englishmen take off your hats to ladies?" When told certainly this would be done and asked why he made the inquiry, he said: "We thought you used to take off your hats to ladies because a lady was the ruler of the country."—London News.

THE SUNDAY SCHOOL.

Lesson in the International Series for May 26, 1901—The Holy Spirit Given.

[Prepared by H. C. Lenington.]
THE LESSON TEXT.
(Acts 2:1-11.)

1. And when the day of Pentecost was fully come, they were all with one accord none place. 2. And suddenly there came a sound from

heaven as of a rushing mighty wind, and it filled all the house where they were sit-2. And there appeared unto them cloven tengues like as of fire, and it sat upon each

4. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.
5. And there were dwelling at Jerusalem ws, devout men, out of every nation un-

er heaven. 6. Now when this was noised approad, the multitude came together, and were con-founded, because that every man heard them speak in his own language.

Mrs.T.W.Lee, Montgomery, Ala, writes:
"Several years ago I
was inoculated with
poison by a diseased
nurse, who infected
my baby, and for six
long years I suffered
untold misery. My
body was covered with
sores and ulcers. Several physiclana treated
me, but all to no purpose. The mercury and 7. And they were all amazed and mar-veled, saying one to another, Behold, are not all these which speak Galilaeans? 8. And how hear we every man in our own tongue, wherein we were born? 9 Parthians, and Medes, and Elamites, and the dweilers in Mesopotamia, and in Judea, and Cappadocia, in Pontus, and

Asia.

10 Phrygia, and Pamphylia, in Egypt, and in the parts of Libya about Cyrene, and strangers of Rome, Jews and proselytes, 11. Cretes and Arabians, we do hear them speak in our tongues the wonderful works of God.
GOLDEN TEXT:-When He, the spirit of Truth, is come, He will guide you into all Truth.-John 16:13.

NOTES AND COMMENTS. The lesson really includes the whole second chapter of Acts describing the gift of the Holy Spirit and its immediate results. The chapter may be studled following this brief analysis: 1. The Gift of the Spiritvs. 1-4 2. Effect on City's Multitudesvs. 5-13 3. Peter's Sermon:

The Gift of the Spirit.-Pentecost was the fiftieth day after the passover and one of the three great feasts of the Jews. It has been remarked that a Jewish tradition made Pentecost the anniversary of the giving of the law from Mount Sinai. It may well have been that upon the anniversary of the revelation that marked the beginning of the Old Testament dispensation, the gift of the Holy Spirit should mark the beginning of a new dispensation. No longer is it the old Mosaic law, but the love of Christ, that constraineth us.

It is to be noted that the descent of them, He was received up into the Spirit was made manifest in three significant symbols. In the Bible the Spirit is likened to three things without which life would be impossible on earth: air (or wind), fire and water. The first two of these are mentioned in our text. The Spirit is like the wind because it is invisible and powerful. The Work Begun.-The book of Acts yet gentle and delicate. It is the the Gospel according to Luke. Luke like fire in that it is purifying and gives says that in his Gospel he indicated comfort and light. Fire worship is one teach." Jesus work was not done sidered the source of all life. Water when His bodily presence left the is not mentioned in the passage, but the gift of the Spirit is further symbolized in the power "to speak with other tongues," representing the chief method of spreading the truths of the REGISTER'S NOTICES. Notice is hereby giv-Gospel and its universality. All peo-On Thursday, May 18, A. D. 30, or ples are to hear it, all peoples, of whatever nationality, of whatever age, of whatever experiences, can understand it, each in their own tongue.

Effect on the City's Multitudes .-From the city He led them out to the Such great power became immediately Mount of Olives near Bethany. The manifest not only among the few, but commandment of Jesus was that the among the many. Strangers in Jerudisciples wait in Jerusalem "for the salem from far-away nations were promise of the Father." It is well to surprised to hear themselves addressed in their own language. The Jews nor is as important as doing, and the understanding any but their own landuty of waiting is just as obligatory guage and seeing the commotion caused among the foreigners as well as their own people, accused the apostles of being drunk with wine.

Peter's Sermon.-The charge of drunkenness was out of all keeping with the facts of the case. Drunkenise was the gift of the Holy Spirit. ness stood then as it stands now for licentiousness. The descent of the Holy Spirit meant directly the opposite; for it came not upon the self-inmediately before the ascension. The dulgent, but upon those who submitapostles asked Jesus if at that time ted themselves to the Divine law of love. The Bible speaks of men poswere, defying all law, human or Divine. So we have come now to speak of those upon whom the Spirit of Christ has come as "possessed" of the and the seasons. This knowledge Holy Spirit. Demoniacs and Chriswas in the keeping of God Almighty tians (using both terms in their strict and derivative as opposed to their acquired meanings) are at the very opposite spiritual extremes, followers of Jesus and explained to the multitude that had gathered (1) how the phenomenon was the fulfilling of prophecies all the Jews had mg accepted as messages from sd; (2) that it was another proof of e Messiahship of the Jesus they ad erneified; and (3) that salvation hould thenceforth come only through

faith in the risen Christ. A Multitude Baptized.—The Immediate effect of this sermon (really the fleet of the outpouring of the Holy Spirit) was the inquiring of a great multitude of the way of salvation, Peter says: "Repent and be baptized." This was the beginning of the Christian church, for thus it showed its About 3,000 were baptized that very The earth shall day, "and fear came upon every soul; by the apostles."

Grapes from Canaan.

Sympathy is the secret of sight. God makes His sons out of His serv

The Christian serves all men, but Christ is his only Master. The real infidel is the person who cares nothing for fidelity to Christ.

You can tell a man's price when you snow what he will do for a principle. There are few things that will win the sinner like your true sympathy in

his sorrow. The burial of Christ was the sowing of the seed of eternity in the soil of this earth.—Ram's Horn.

CONTAGIOUS BLOOD POISON

Poison is the most degrading and destructive of all diseases, as it vitiates and corrupts the entire system. The first sore or ulcer is followed by little red pimples on the body, mouth and throat become sore, the glands enlarge and infiame, copper colored splotches appear, and hair and eyebrows fall out. These are some of the milder symptoms; they increase in severity, finally attacking the vital organs; the body is tortured with rheumatic pains and covered with offensive esting sores.

It is a peculiar poison, and so highly contagions that an innocent person handling the same articles used by one infected with this loathsome disease, may be inoculated with the virus. It can be transmitted from parent to child, appearing as the same disease or in a modified form—like Resemb or Scrofuls.

Many an old sore or stubborn skin trouble appearing in middle life, is due and traceable to blood poison contracted in early life. You may have taken potash and mercury faithfully for two or three years and thought you were cured, but you were not, for these poisonous minerals never cure this disease; they drive it from the outside, but it is doing its work on the inside, and will show up again sooner or later. You may not recognize it as the same old taint, but it is. S. S. S. has cured thousands of cases of Contagious Blood Poison, and it will cure you. It is the only purely vegetable blood purifier known, and the only antidote for this poison. S. S. S. cleanses the blood thoroughly of every particle of the poison—there is never any return of the disease. poison - there is never any return of the disease.

CURE YOURSELF AT HOME. Send for our Home Treatment which gives a history of the disease in all stages, and is the result of many years of

close study of blood poison and actual experience in treating it. You can cure yourself perfectly and permanently at home, and your secret is your own. Should you need any information or medical advice at any time, write to our physicians. They have made a life study of blood diseases, and will give your letter prompt and careful attention. Consult them as often as you please; we make no charge whatever for this service. All correspondence is conducted in the strictest confidence.

Address, SWIFT SPECIFIC COMPANY, ATLANTA, GA.

one in each town to ride and exhibit a sample 1901 model

bicycle of our manufacture. YOU CAN MAKE \$10 TO

\$50 A WEEK besides having a wheel to ride for yourself.

1901 Models High Grade \$10 to \$18

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500 Second Hand Wheels \$3 to \$8

We ship any bicycle ON APPROVAL to anyone without a cent deposit in advance and allow IO DAYS FREE TRIAL. You take absolutely

no risk in ordering from us, as you do not need to pay

LEGAL ADVERTISING

Court Proclamation.

pose. The mercury and potash they gave me seemed to add fuel to the awful flame which

was devouring me.

try S. S. S. I began tak-ing it and improved from the start, and a complete and perfect cure was the result."

WHEREAS the Hon, Harold M, McClure President Judge of the Judicial District, composed of the counties of Soyder, and Union and Peter F, Riegie and Z. T. Gemberling, Esqs., Associate Judges in and for Snyder county, have issued their precept, bearing date the 27th day of Apr. A. D., 1991, to me directed for the holding of an Orphans' Court, a court of Common Pieas, court of Cyer and Terminer and General Court of Quarter Sessions of the Peace, at Middleburgh, for the county of Snyder, on the first Monday, (being the 3rd day of June 1991), and to continue one week. Notice is therefore hereby given to the Coroner, Justices of the Peace and Constables in and for the county of Snyder, to appear in their proper person with their rolls, records, inquisitions, examinations and other remembrances to do those things which of their office and in their behalf parlain to be done and witnesses and persons presecuting in behalf of the Commonwealth against any personer persons are required to be then and there attending and departing without leave at their peril. Justices are requested to be punctual in their attendances at the appendixed time agrees by to notice.

Given under my bond we Scalatt the Sherifforfice in Middleturgh, the 4th day of May A. B., one thousand nine hundred outs.

WIDOWS APPRAISEMENTS .- Notice is here by given that the following Widows: Appraisements under the \$5.00 law, have been filled with the Clora of the Orphans Court of Snyder county for confirmation June and, 1901.

Appraisement of Mrs. Lillie A. Herrold, widew of Daniel B. Herrold, late of Chapman township, Sayder County, Pa., deceased, elected to be taken under the \$300 exemption law.

Appraisement of Mrs. Elizabeth Seesholtz widow of Benjamin Seesholtz, late of Chapman township Stoyder County, Pa., deceased, elected to be taken under the Sanexemption law. Appraisement of Mrs. Amanda Kilne, widow of Levi Kilne, late of West Beaver township, Sayder County, Pa. deceased, elected to be taken under the 1300 exemption law.

Appraisement of Mrs. Elizabeth Garman, widow of Henry Garman, late of Perry township, Snyder Courty, Pa., dec'd elected to be taken under the \$300 exemption law.

Ampraisement of Mrs. Matilda Kinney, willow of Wilson Kinney, late of Sellingrove, Snyder County, Pa., deceased, elected to be taken under the \$300 exemption law. G. M. SHINDEL, Clerk. Middleburg, Pa., May 4, 1901.

Redister's NOTICES.—Notice is hereby givened their Administrators', Guraidan, and Escutors' accounts in the Register's Office of Sayder County, and the same will be presented for confirmation and allowance at the Court House in Middleburgh, Monday, June 3 rd, 1901. First and final account of B. F. Hummel, one of the administrators of the estate of Simo Hummel, late of Monroe township, deceased, Second and final account of D. A. Kern and M. Montz, administrators of the estate of

George Kern, late of Middleburg, deceased,

Account of H. Harvey Schoch and Howard D. clinure, executors of the last will and testa-best of Mary Kittera Snyder, late of Selin-First and final account of Bennivel Watter, ndministrator of the estate of John Shawver, late of Adams township, deceased,

First and final account of George Goodling and Issue Goodling, admin'strators of the estate of Charles Goodling, late of Perry town-

First and final account of Y. H. Wagner, ex-cutor of the estate of Lewis Ritter, late of Con-re township, deceased.

First and find account of Mary D, and Chas a Mover, admirestrators of the estate of Henry lover, late of Penn township, deceased. First militani account of R. C. Fiss and David Largett executors of the estate of transit Jar-ett, late of Monroe township, deceased. Test metrifical account of tryin B. Rowde, arthur of Dally M. and James T. Hattey, chilera and belts of Union P. Hattley, late of Session C. Pa, deceased.

eest one Trail account of Robert and Milton sufficient, executors of the last will and mount of Sirah A. Hackenburg, late of Con-

First and final account of James P. Smith, ad-inglighter of the relate of Violette Bawersox, ne of Maddeburg, Pa., deceased. First and usual account of Sunner H. Stronb view or of the fied will and testament of The ties, intenf Centre township, deceased. of that account of Arabe Fisher, ex the estate of Susan Eisher, late of Se-Pa, deceased,

d mad account of T. A. Wagner, ex-Lorder, late of West beaver township, deceased, First and final necount of W. H. Swartz, ex-cursor of the first will and testamon, of fourl M. Swartz, late of Chapman township, deciding First and final account of Harrison Miller, as ministrator C. T. A. of the estate of Samuel of Miller, Lite of Perry township, deceased,

First and final account of Augustus Stroub and Levi Ramer, administrators of the estate of oblas Ramer, late of Chapman township, dec.d. First and final account of 2. S. Stroub, executor of the last will and test ament of Paul Waiter, late of Centre township, deceased, J. H. WILLIS, Register. Middleburg, Pa., May 6, 1901.

Not Up to Expectations.

"Women seldom marry their ideals," he read, and then he added: "Well, I suppose there is some truth in that. "Oh, unquestionably," she replied. We usually think we are marrying our ideals, but it doesn't take us long to discover our error."

"I wonder," he said to himself shortly afterward, "whether or not that 'we' was used in its broad general sense?"

But he deemed it the part of wisdom not to ask .- Chicago Post.

Bought It.

"I can't afford to pay that much," said the young man who was looking

at engagement rings.
"Well, here's one," said the jeweler, "for \$15; special service, five dollars extra." "Er-what do you mean by 'special

service?" "When the young lady comes in to learn the value of it we'll tell her \$75 or \$100."-Catholia Standard and

no risk in ordering from us, as you do not need to pay a cent if the bicycle does not suit you. DO NOT BUY a wheel until you have written for our DO NOT BUY FACTORY PRICES and FREE TRIM OFFER. This tiberal offer has never been equaled and is a guarantee of the quality of our wheels. WE WANT a reliable person in each town to distribute catalogues for us in exchange for a bicycle. Write today for free catalogue and our special offer. MEAD CYCLE CO., DEDI. 130 J. Chicago. A Remarkable Patent Medicine Testimonial.

One of the most convincing testimonials to the effleacy of RIPANS TABULES as a positive cure for all stomach troubles is given by Mrs. S. C. Warner, of Burlington, Vt.

Mrs. Warner is a long-time resident of the city and is well and favorably known in the community. Her testimony is direct and strong, and can be easily verified. In an interview with a reporter of the Burlington Daily News she says: "I will be sixty-one years old next April, and all my life had been a great sufferer with dyspepsia and indigestion. Up to three years ago I was sure that nothing would help me, as I had tried almost every known remedy—none giving me much relief. One day my family physician,



The home of Mrs. S. C. Warmer is stuated about four and thereforethe editor with of the year Particular, A visit at. It is the new of bound after crossing Newberg Littley, and set three-fourths of a fulle beyond the bringe.

Dr. Lund, told me to try RIPANS TABULES, as he had found them of great benefit in several obstitute cases of indigestion and dyspepsia. A will say candidly that I had little faith in them or in any other medicine when I began taking the TABULES. Much to my surprise, I felt better within a day, and was soon greatly relieved. I kept taking them and continued to improve. I felt like a new woman, and my neighbors and friends aw a change for the better in my health.

"Dyspensia runs in the family; my mother had it for years, and other relatives have suffered tortures with it. I can't say the much inflavor of RIPANS TARULES. Before I began taking them I could out to thing but the very plainest food-a little bread and butter and tea being my principal diet for a long time. Especially was this true at night, and when I are of something at all rich I quickly suffered in consequence. Now this is all changed. If I desire to cat anything extra for supper—cake, pie or other delicacies—I simply take a TABULE at meal time and before I retire. I feel perfectly safe in taking them, and have never been troubled in the least.

"Then at dinner I cat almost anything with impunity. Last summer I

wanted a strawberry shortcake. For years I could not eat a piece of shortcake. You know, to be good, it should be rich, and I am exceedingly foul of it made so. However, I always suffered much if I dared touch any. Well, as I was saying, last summer I wanted some and thought I would chance it, knowing of what benefit the TABULES had been to me. I are some, and

found that it agreed with me perfectly.
"Of course, I take the TABULES regularly and just as directed on the box, at every meal and before going to bed. I don't know how many largest I have taken—several hundred at least—and I would not be without them. for anything. A year or so ago I did stop taking them for a time, but concluded to begin again, they were of so much benefit. I like the popular five-cent boxes, with ten in a box, the best.

"Some of the neighbors have laughed at me for having so much faith in the TABULES, saying that I had more faith in them than I had in God; but of course this is not so. I have always been subject to bad sick headaches until I began taking the TABULES, and you don't know what a relief it is to be entirely free from these. It is truly wonderful the change it has made in me. My friends tell me I look and act twenty-five years younger. I have been a widow nineteen years and have had five children. They have all been helped by taking RIPANS TABULES, and I can't say too much in praise of the remedy.

Mrs. S. C. WARNER."

Dr. W. E. Lund, a leading physician of Burlington, Vt., in an interview

"I have recommended RIPANS TABULES to my patients on many occa-sions as an excellent remedy for stomach troubles. I am a busy man and am frequently stopped in the street by patients who suffer from dyspepsia and indigestion and desire me to treat them. Instead of stopping to write a prescription, I simply say: 'Take RIPANS TABULES.' They do so and are

"Did you recommend the TABULES to Mrs. S. C. Warner?" "I believe I did, although I have recommended them so often that I don't remember. Mrs. Warner is my patient. I consider the TABULES a simple and effective remedy for all stomach troubles."