Over-Work Weakens Your Kidneys.

Unhealthy Kidneys Make Impure Blood.

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

The kidneys are your blood purifiers, they filter out the waste or impurities in the blood.

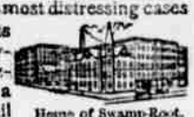
If they are sick or out of order, they fail to do their work.

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

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

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

If you are sick you can make no mistake by first doctoring your kidneys. The mild and 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 sizes. You may have a sample bottle by mail 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.



Home of Swamp-Root.

LEGAL ADVERTISING.

ADMINISTRATOR'S NOTICE.—Letters of Administration in the estate of John M. Heckenberg, late of Adams twp., Snyder Co., Pa., dec'd, having been granted to the undersigned, all persons knowing themselves indebted to said estate are requested to make immediate payment, while those having claims will present them duly authenticated for settlement.

NATHAN HECKENBURG,
Administrator, C. T. A.

Dunkelberg, Pa., Feb. 6, 1902.
M. I. Potter, Att'y.

EXECUTRIX'S NOTICE.—Notice is hereby given that letters testamentary upon the estate of George Campbell, late of Union township, Snyder Co., Pa., dec'd, have been issued in the form of law to the undersigned, to whom all indebted to said estate should make immediate payment and those having claims against it should present them duly authenticated for settlement.

D. W. CAMPBELL, Executor.

Wakeeshown, Pa., March 14, 1902.

EXECUTRIX'S NOTICE.—Notice is hereby given that letters testamentary upon the estate of Harriet Frantz, late of Franklin township, Snyder County, Pa., deceased, have been issued in due form of law to the undersigned, to whom all indebted to said estate should make immediate payment and those having claims against it should present them duly authenticated for settlement.

H. J. DUCK, Executor.

EXECUTOR'S NOTICE.—Notice is hereby given that letters testamentary upon the estate of Jesse Shambach, late of Chapman township, Snyder County, Pa., deceased, have been issued in due form of law to the undersigned, to whom all indebted to said estate should make immediate payment and those having claims against it should present them duly authenticated for settlement.

PHARES SHAMBACH,
JOSHUA SHAMBACH,

Middleburgh, Pa., May 15, 1902. Executors.

Agents Wanted

LIFE OF T. DEWITT TALMAGE. By his son, REV. FRANK DEWITT TALMAGE and associate editors of Christian Herald. Only book endorsed by Talmage family. Enormous profit for agents who act quickly. Outfit ten cents. Write immediately **Clark & Co., 222 S 4th St., Phila., Pa.** Mention the Post. 5-8-4t

Call Me Up His Savings.

A leather wallet, containing $190, which Farmer Densmore, of Vestch, N. Y., was about to pay on a mortgage, was accidentally dropped in his barn lot. He had reason to believe that one of his calves made a meal of the wallet and its contents, and he killed and opened the animal. In its stomach he found the wallet and the money, the latter almost a mass of pulp. The fragments of $110 were in a condition to be recognized, and were sent to the United States treasury for redemption.

"I am using a box of Chamberlain's Stomach & Liver Tablets and find them the best thing for my stomach I ever used," says T. W. Robinson, Justice of the Peace, Lowell, Mich. These Tablets not only correct disorders of the stomach but regulate the liver and bowels. They are easy to take and pleasant in effect. Price 25 cents per box. For sale by the Middleburg Drug Store.

Cats and Their Toilet.

Cats make the most careful toilet of any animals, excepting some of the opossums. Lions and tigers wash themselves like the cat, wetting the dark, india rubber-like ball of the forefoot and the inner toe and passing it to the face and behind the ears. There is thus a face sponge and brush, and the rough tongue combs the rest of the body.

Cut this out and take it to the Middleburg Drug Store and get a box of Chamberlain's Stomach & Liver Tablets. The best physic. They also correct disorders of the stomach. Price 25 cents.

Dress Reform.

Once upon a time a certain woman, who had been much pestered by a dress reformer, was shot at by a frenzied suitor, and was saved from an untimely death by her corset, which deflected the bullet.

"Aha!" she exclaimed, turning triumphantly upon the dress reformer. "If I had quit wearing corsets, as you advised me, I should be dead now!"

"Oh, no!" replied the dress reformer, with perfect serenity. "Women who don't wear corsets don't have frenzied suitors, you know!"—Town Topics.

DR. FENNER'S **KIDNEY and BACKACHE CURE**

Rheumatism, Backache, Dropsy, Gravel.

All Bladder and Urinary Diseases. By Druggists, 50c. $1.

SECRETS IN CIPHER.

How Diplomatic Transactions Are Guarded in England.

Dispatches Are Carried by King's Messengers Who Are Shadowed by Government Detectives While en Route.

It says much for the integrity of government officials, comments London Tit-Bits, that all knowledge of our recent important treaty with Japan was successfully withheld from foreign nations until the compact had been actually sealed, but the great care exercised in guarding a diplomatic secret renders a premature announcement very rare indeed.

No government secret when first born is ever committed to paper, except on the rare occasions when minutes of a cabinet meeting are taken and forwarded to the sovereign. As a rule, our ministers meet and transact business without anyone being the wiser, for no official of any kind is allowed to be present.

Once the government has decided upon an important piece of foreign policy it has to be transmitted to our representative abroad, and for the first time the secret is put in writing in the form of intelligible cipher, the key to which is already in the hands of our ambassador. The men who draw up these intricate ciphers or codes are reliable officials specially employed by the government, and they often obtain from £500 to £700 for a single code.

The dispatch having been prepared, it is given into the care of a "king's messenger," who wears attached to his person a bag fitted with a secret lock. To this lock there are only two keys: one in the possession of the foreign office and the other retained by our ambassador, who must unlock the bag himself or instruct his secretary to do so upon the messenger's arrival.

The journey between this country and abroad is a risky one, because the

PRINCESS HENRY OF PLESS
(To Marry Her Her Husband Had to Leave Diplomatic Service.)

messenger is beset with spies, and, although he travels incognito and well armed, there is always the chance of his being set upon and robbed. To avoid this, when an important dispatch is being carried, he is shadowed by two detectives throughout the journey, so that they can instantly come to his assistance if necessary.

When traveling by rail he engages a special compartment, and if called upon to do so he will have to lose his life before sacrificing the dispatch. In return he receives a salary of £400 a year, in addition to one pound a day when traveling and all expenses found, but before being employed he has to be nominated by an official filling an important position under government who will hold himself responsible for his being a reliable messenger and not a foreign agent. Sometimes, to avoid danger, the courier carries with him the special sanction of international law, whereby every country through which he passes becomes responsible for his safety.

On arrival the messenger goes to the embassy and hands over the bag either to the ambassador personally or his secretary, who has had verbal orders from his chief to receive it, no written instructions being accepted as genuine, nor must the bag be given to anyone holding an inferior post to that of confidential secretary. In every embassy there is a strong room wherein dispatches are stored in an enormous safe, the key of which is held only by the ambassador, and no one but himself is permitted to enter the chamber. Every night two watchmen remain outside the door with loaded revolvers, having orders to shoot down any marauder.

Obviously great care has to be taken that no information shall leak out from the officials themselves, and with the exception of Britain and Italy no European nation will permit any member of an embassy to marry a woman of the country in which they are employed. Even the ambassadors themselves are bound by the same rule; and some years ago, when Germany's representative in London, Prince Henry of Pless, wished to marry Miss Cornwallis West, he had to surrender his position before being able to do so.

Prisoners Play Football.

It didn't seem right to spoil a day's sport, so the jailor at Fort Scott, Kan., temporarily liberated a couple of prisoners to make up the full quota of a local football team. The team was short-handed, and was scheduled for a game. After the game the prisoners returned to the jail.

Victim of Hard Work.

A lazy man in Holbrook, Neb., spent a day in cleaning up a filthy cellar. He became sick in consequence of his exertions, and a week's illness resulted. Now he says he'll let his wife clean up next time.

Teething

Then the baby is most likely nervous, and fretful, and doesn't gain in weight.

Scott's Emulsion is the best food and medicine for teething babies. They gain from the start.

Send for a free sample.
SCOTT & BOWNE, Chemists,
409-415 Pearl Street, New York.
50c. and $1.00; all druggists.

SPRING POULTRY NOTES.

The sitting hen should have a daily dust bath.

Keep the hen-hatched chicks dry and warm.

Be sure that your poultry has comfortable quarters.

Ducks and geese should never be kept with chickens.

Early pullets are the profitable winter egg chickens.

Young stocks should have an abundance of coarse sand.

The hen and her chicks should be protected from the wind.

If an old rooster is not fit for the table, kill him and bury him.

Hens will lay as well without the attention of the male as with it.

Filthy quarters produce sickness, and sick hens will not produce eggs.

It is a good plan to have a board floor for the coop which holds the hen and chicks.

It has been proven by experiment that it pays better to feed milk to chickens than to pigs.—Commercial Poultry.

Some Very Swift Swimmers.

Recent experiments show that the dolphin, when pursued, can go through the water at the rate of about 32 miles an hour. This is great speed, but for a short distance the salmon can do better, since it has frequently been known to swim at the rate of 40 miles an hour. Among the smaller fish it is doubtful if there is one which is more swift than the Spanish mackerel. As a rule, however, all those fish which prey on others are remarkably swift, which is only natural, as if they lacked speed they would be unable to hunt successfully for prey and would often be obliged to go hungry.

Six Million Boxes a Year.

In 1895, some; in 1900, 6,000,000 boxes; that's Cascarets Candy Cathartic's jump into popularity. The people have cast their verdict. Best medicine for the bowels in the world. All druggists, 10c.

To Save the Cranberry.

The department of agriculture is planning a half-acre bog on the Arlington farm near Washington, recently turned over to it as an experiment station. Here will be studied the "scald," which threatens to ruin the bogs of New Jersey, New York and New England, and is slowly spreading to other parts of the country. The regions affected produce seven-eighths of the crop, which a few years ago was valued at $2,000,000. This scald is caused by a fungus which appears to enter the plant through its roots, and cannot be reached by ordinary spraying. Thus far it has not been found at its fruiting season, and little is known of its life history.

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Educate Your Bowels With Cascarets.
Candy Cathartic, cure constipation forever. 10c, 25c, 50c. All druggists, sample free.

FAMOUS IN ENGLAND.

Father Dolling Who Preaches Amid Glitter and Splendor.

Yet He Lives and Works in the Midst of the Utmost Squalor and Most Grinding Poverty in the City of London.

It is rather hard to say for what Rev. Father Dolling, of London, who celebrated his fifty-first birthday the other day, is most famous. Probably it is not as an orator, although he is admittedly one of the best speakers in the church of England, or for his actual accomplishments, although few men in Great Britain have made a more striking success of their life work, but on account of the two seemingly contradictory elements in his make-up that are the strongest—his insistence of glitter, richness and splendor in all matters connected with worship and his preference to live and work in the midst of the utmost squalor and the most grinding poverty to be found in London.

His church down in grimy Poplar is like a palace inside, and its altar blazes with crosses and candles and golden utensils and is decorated with rare flowers, but for years the father himself slept every night in a room in a tenement-house separated only by a rotten partition from another larger one, which he had fitted up with hammocks as a "shelter" for men and boys too poor to pay for a night's lodgings.

He is one of the most uncompromising ritualists in England, but when he called on the bishop of Winchester to ask for his first "living" he had to pawn his watch to pay his railroad fare. He dresses in cassock and berretta and receives confessions like any Roman Catholic priest, but he is not the least enthusiastic participant in the nightly football games that he organizes for the delectation of the boys in his parish and in the rules of which his assistants instruct them.

Before Father Dolling came to London to begin his good work among the

REV. FATHER DOLLING
(He Is Becoming the Most Popular Churchman in London.)

denizens of Poplar he was in charge of a mission in Portsmouth. The rough men with whom he came in contact despised him at first on account of the dress he wore, but before he left them they loved him to a man. It has been the same story in Poplar, his present parish, the cheerless corner of London where 100,000 people are huddled together on forty-four acres of ground.

"Our hope here in the east end rests entirely with the children," he says. He aims to teach them manliness first of all, and so he has them march to the music of fife and rum, and there is a youthful rifle corps in connection with the school. He also gives the children dancing lessons once a week. "We teach much by dancing," he says. "The young fellows learn how to treat their sweethearts and we thus obtain a control over their courtships, which would otherwise be carried on in the public-house or in the wet, miserable streets, resulting in no one knows what sorrow and misery."

Father Dolling's pulpit demeanor occasionally is rather startling. Recently at one of his Portsmouth services he was in the midst of a prayer when two women entered the church. They evidently had dropped into the little mission out of curiosity. They started up the aisle, and the rustle of their silk skirts and the jingling of the bangles that both of them wore on their wrists made no small disturbance. They had hardly walked ten feet, however, when Father Dolling jumped up from his knees, turned in their direction and bellowed out: "How dare you! What do you mean by interrupting God's service in this way?"

Before the frightened women had time for flight the clergyman was on his knees again and resuming his prayer.

Qualifying for Africa.

A young minister of Plainfield, N. J., was recently ordained. He was going along the street one day when a large man stepped up and struck him in the ear. The minister laid down a number of packages he was carrying, turned back his cuffs and gave the other man one of the neatest "licks" ever seen in Jersey. Then he turned down his cuffs and moved on. "What is the matter?" asked a friend. "Oh, he was angry," replied the minister, "because I saved a seat for a lady that he wanted for himself." "Don't you think this will hurt you in Plainfield?" anxiously queried his friend. "Oh, I don't know," was the calm answer; "it may, but it will help me as a little preliminary for Africa, where I am to be sent to preach."—Detroit Free Press.

Russian Eggs in England.

Eggs to the value of $15,000,000 are annually sent to England from Russia.

CASTORIA

for Infants and Children.

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children—Experience against Experiment.

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