

Sleeplessness

to insanity. Many a woman regrets as she lies awake hour by hour the darkness with phantoms starting at the creaking of the bed or the rustle of the bedclothes.

Such symptoms in general point to disease of the delicate womanly organs, and a constant drain of the vital and nervous forces. This condition cannot be overcome by sleeping powders. The diseased condition must be cured before the consequences of disease are removed.

Dr. Pierce's Favorite Prescription cures the womanly diseases which cause nervousness and sleeplessness. It is the best of tonics and invigilants, nourishing the nerves, engaging the appetite and inducing refreshing sleep. Irregularity, weakened drains, inflammation, ulceration and all weakness are perfectly cured by this "Favorite Prescription."

"My wife was sick for over eight years," writes H. E. E. E. of Altamont, Grundy Co., "she had uterine disease and was treated by physicians and got no relief. At last I tried Dr. Pierce's medicines and we decided to try his 'Favorite Prescription.' I sent for a bottle and got one bottle and the first gave her sleep. She had not slept any more. Being sure that it would cure I sent for five more bottles and when she had taken the sixth bottle she was sound and well."

Dr. Pierce's Pleasant Pellets should be used with "Favorite Prescription" when a laxative is required.

PENNSYLVANIA RAILROAD.

Lewistown Division.
In effect May 25, 1902.

STATION	STATIONS	EASTWARD	WESTWARD
7:30	Sunbury	9:30	6:30
8:15	Selinsgrove Junction	9:00	4:45
8:45	Selinsgrove	9:04	4:20
9:00	Lawling	8:58	4:27
9:15	Kramer	8:49	4:23
9:30	Meiser	8:47	4:23
9:45	Middleburg	8:40	4:18
10:00	Peafly	8:34	4:14
10:15	Beavertown	8:25	3:57
10:30	Beaver Springs	8:20	3:52
10:45	Balsch Mills	8:13	3:44
11:00	Getzburg	8:07	3:38
11:15	Wagner	7:57	3:28
11:30	Shindler	7:54	3:24
11:45	Paintersville	7:49	3:20
12:00	Paintersville	7:43	3:14
12:15	Landhand	7:35	3:05
12:30	Lewistown	7:27	2:57
12:45	Lewistown (Main Street)	7:23	2:53
1:00	Lewistown Junction	7:20	2:50

Trains leave Sunbury 5:30 p. m., arrive at Selinsgrove 5:45 p. m., leave Selinsgrove 6:00 p. m., arrive at Sunbury 6:15 p. m., leave Sunbury for Lewistown Junction 6:15 p. m., arrive at Lewistown Junction 6:30 p. m., leave Lewistown Junction 6:30 p. m., arrive at Selinsgrove 6:45 p. m., leave Selinsgrove 7:00 p. m., arrive at Sunbury 7:15 p. m., leave Sunbury for Philadelphia 7:30 p. m., arrive at Philadelphia 11:30 p. m., leave Philadelphia 12:30 p. m., arrive at Sunbury 1:30 p. m., leave Sunbury for Harrisburg 1:30 p. m., arrive at Harrisburg 8:10 p. m., Philadelphia & Erie R. R. Division.

NORTHERN CENTRAL RAILWAY
WESTWARD.

Train leaves Selinsgrove Junction daily for Sunbury and West.

7:15 a. m., 12:58 p. m., 4:52 p. m.—Sunday 9:45 a. m., 4 p. m.

Trains leave Sunbury daily except Sunday: 7:15 a. m. for Buffalo, 2:14 p. m. for Erie and Canadatego, 4:14 p. m. for Bellefonte, Erie and Canadatego, 7:15 a. m. for Lock Haven, Tyrone and the West, 12:15 p. m. for Buffalo, 1:13 p. m. for Bellefonte, Erie and Canadatego, 4:14 p. m. for Tyrone and Canadatego, 7:15 p. m. for Tyrone and Canadatego, 9:45 p. m. for Williamsport.

Trains also leave Sunbury: 12:15 p. m. for Buffalo via Enportum, 4:14 p. m. for Erie, 5:19 a. m. for Erie and Canadatego, 8:14 p. m. for Erie and Canadatego, 12:15 p. m. for Erie and Canadatego, 4:14 p. m. for Erie and Canadatego, 7:15 p. m. for Erie and Canadatego, 9:45 p. m. for Erie and Canadatego.

Trains also leave Sunbury at 9:20 a. m. and 9:45 p. m. for Harrisburg, Philadelphia and Baltimore.

J. H. WOOD, Gen'l. Pass Agent
A. B. HUTCHINSON, Gen'l. Manager.

DOULTRY & BEES

SPLENDID HEN HOUSE.

It is Capable of Serving a Great Variety of Purposes in Up-to-Date Poultry Keeping.

The little house that is here figured can be built any size desired, but eight feet in length by five in width will be found very convenient. Make the height 6½ feet in front and 4½ feet in the rear. The entire front is made up of two wooden doors, with a window in each, and two inner wire netting doors. The roof is shingled, while the walls are made of matched boarding simply. There is no floor.

Now for the uses to which such a little house can be put. In early spring a brooder of chicks can be placed in it, thus affording the little fellows a sheltered place to run outside the brooder. On pleasant days the wooden doors can be thrown open, giving outdoor conditions with protection from cold winds. When the chicks become too large for the brooder, they can occupy the house as a coop, roosts being provided as soon as the chicks are large enough to use them. As the weather becomes warmer, the wooden doors can be left open at night, the wire doors being closed to keep out cats and skunks. Fifty chicks (or more, if the wooden doors are to be left open) can be kept in such a house through the summer and fall.

This house can only be used as a colony house for laying hens, a number of such houses being scattered about the land to be occupied, and filled with about 15 hens each. Roosts are placed at the rear, and next to at one end. These can be reached from the outside by means of the little hinged door shown at one end.

Such a house is also an excellent place to devote to setting hens, the wire door only being closed. It affords ideal quarters for a bunch of cockerels that one may wish to fatten for market in the fall. Quite a large number can be put into such a house, if a temporary wire enclosure is set up before the house, that the cockerels may not be crowded during the day. Other uses for such a house will occur to the poultryman, while for the fancier such quarters make an ideal place to put a pen of choice breeders during the spring and summer.—Country Gentleman.

AN IDEAL POULTRY HOUSE.



APOPLEXY IN FOWLS.

It Occurs Most Frequently in Flocks Fed on What is Termed the High-Pressure System.

It is a nice thing to have fat, plump fowls, when one is needed for the table. When they are kept for show purposes and for showing customers and others who may visit the farm, they look well also when they are very fat. When certain kinds of food are fed and chickens are kept from exercise they will get very fat. Some breeds are better adapted to taking on fat than others. Not every person is able to have fowls fat when they are needed, and yet there are many poultrymen who are able to keep fowls in no other condition, and they are subject to all the troubles incident to a fat hen, says the Homestead.

There is a degree of fatness that does not hurt the fowl, and that is to be retained, as a breeder should not attain that degree of fatness that will pass beyond the limit between health and disease. If so the functions of the fowl are interfered with, and death is sure to come, and it very often comes very suddenly.

It is very well to know how over-fat affects chickens. When fowls receive high feeding and have limited exercise, the fat accumulates in the tissues, not in the constituents of the organ, but in the intestines. Thus it invades the spaces which separate the muscular fibers themselves, and in the liver the hepatic cells are choked. So long as the fat is not excessive the functions of the organs will not be affected, but if the barrier be once crossed between health and disease, the fat becomes a part of the cell, takes its place gradually and finally destroys the organ. The accumulation of fat especially attracts the action of the heart, diminishing its energy and proving an obstacle to the contraction and the circulation of the nourishing vessels. The fibers of muscles of respiration become affected by the fat, and the fullness and the frequency of breathing will be lessened by the fat; the fat cannot be consumed and it accumulates. Sudden death may come at any time by a rupture of the heart or the oviduct. The remedy lies in not giving too much or too little food. Diminish the supply and force exercise, and rely more on green food. Generous feeding should be carried on in laying time, but not in such a manner as to transform the food into fat.

TRE-SUNDAY SCHOOL.

Lesson in the International Series for August 17, 1902—Journeying Toward Canaan.

THE LESSON TEXT.

(Numbers 10:11-13, 29-36.)

11. And it came to pass on the twentieth day of the second month, in the second year, that the cloud was taken up from off the tabernacle of the testimony.

12. And the children of Israel took their journeys out of the wilderness of Sinai; and the cloud rested in the wilderness of Paran.

13. And they first took their journey according to the commandment of the Lord by the hand of Moses.

14. And Moses said unto Hobab, the son of Raguel the Midianite, Moses' father-in-law, We are journeying unto the place of which the Lord said, I will give it you: come thou with us, and we will do thee good: for the Lord hath spoken good concerning Israel.

15. And he said unto him, I will not go; but I will depart to mine own land, and to my kindred.

16. And he said, Leave us not, I pray thee; forasmuch as thou knowest how we are to encamp in the wilderness, and thou mayest be to us instead of eyes.

17. And it shall be, if thou go with us, yea, it shall be, that what goodness the Lord shall do unto us, the same will we do unto thee.

18. And they departed from the mount of the Lord three days' journey; and the ark of the covenant of the Lord went before them in the three days' journey, to search out a resting place for them.

19. And the cloud of the Lord was upon them by day, when they went out of the camp.

20. And it came to pass, when the ark set forward, that Moses said, Rise up, Lord, and let thine enemies be scattered; and let them that hate thee flee before thee.

21. And when it rested, he said, Return, O Lord, unto the many thousands of Israel.

GOLDEN TEXT.—For thy name's sake lead me, and guide me.—Ps. 138.

OUTLINE OF SCRIPTURE SECTION.

Order of encamping..... Num. 2.
Division of service..... Num. 3.
The trumpet signals..... Num. 10:1-2.
The march begun..... Num. 10:11-23.
TIME.—B. C. 1490.
PLACE.—Sinai.

NOTES AND COMMENTS.

An Orderly Host.—In the morning of a multitude so great as that under the direction of Moses, absolute system is necessary. Each man must understand just where he belongs and what he should do, both in camping and on the march; otherwise there will be inextricable confusion. When the Israelites took up their journey from Sinai, they moved not like a mob, but with the orderly precision of an army. They did not march in ranks, but each man, each family, each tribe knew their place and the service expected of them. In that we have an illustration of the extraordinary executive ability of Moses as a leader.

The Order of Encamping.—It must be remembered that, so far as the distance was concerned, the Hebrews could have gone straight from Egypt to Canaan by the Philistia road in 40 days instead of 40 years if they had been ready. But they were not. They had neither organization, equipment, self-confidence nor tested confidence in Jehovah, and would have fallen an easy prey to the warlike Canaanite tribes. They needed years in the wilderness training-school to prepare them for the successful conquest of the land. The military arrangement described in this chapter was simple. The tabernacle was in the center, with the Levites close about it (3:33, 29, 35), and three tribes were placed on each of the four sides.

Division of Service.—The purpose of the service of the Levites is indicated in 3:8. For the theory of this arrangement see 3:11-13 and 3:14-31.

The Trumpet Signals.—The final step in preparing for the march from Sinai was the arrangement of trumpet calls as signals. Notice that even the trumpets that were to sound the order to march were connected with the solemn rites of worship, so that their note proclaimed not only the march, but the march at Jehovah's command and under His leadership.

The March Begun.—After a stay of almost a year at Sinai the trumpets sounded, the tabernacle was taken down, and the march began. Paran was a name covering most of the country between Sinai and Canaan. At last the Hebrews were moving toward the promised land. 10:29-32 gives us a most interesting account of the securing of a valuable guide. The figure of Hobab, Moses' Midianite father-in-law, is already familiar to us from Ex. 18:1-27, where he is called Jethro. His experience in the wilderness, as the head of a nomadic tribe had given him a familiarity with the country that Moses considered invaluable. It was a serious matter with him to cast his lot with the Hebrews; his action involved his family and perhaps his tribe, and at first he hesitated. The inducement offered, a share in the future of Israel, was not enough to move him; but the second appeal, on the ground that that great company was facing a journey through an unknown wilderness, and needed him, was not in vain. Of course both weighed together in the final decision. Two interesting points for discussion are, (1) God's guidance of us to-day: How are we to know it? He was leading the Hebrews, yet Moses felt that it was important to secure an Arab guide who knew the country. Was not part of God's guidance in making Hobab's help available? (2) How far does the need of others constitute a claim on our time and other resources?

PRACTICAL SUGGESTIONS.

God's children, under His guidance, are on their march to the promised land.

The Israelites followed the ark; we follow the cross.

"The Lord hath spoken good concerning Israel." Therefore all should cast in their lot with God's people.

It is strange how much colder it is in winter and how much hotter in summer on Sundays than on other days.

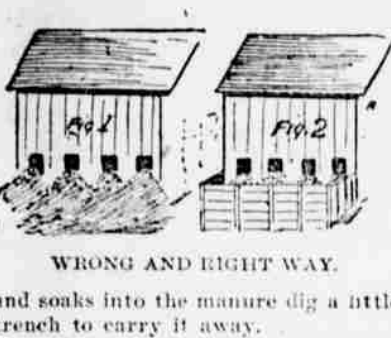
You cannot make much progress if you let yourself slide down six days and only try to climb up on one.

LIVE STOCK

CHEAP MANURE PEN.

An Arrangement That Preserves Fertilizing Properties and is Not Offensive to the Eye.

When there is no barn cellar the most convenient place for piling manure that is removed from the stables daily is against the outside of the barn, under the eaves. The one operation of shoveling it out a window finishes the job. As ordinarily practiced the water from the roof dripenches and washes out the soluble parts of the manure (Fig. 1), while the edges and outside of the pile are dried by the sun and wind; so that most of the fertility is lost. But these conditions are very easily remedied. To do this run a gutter or trough under the eaves to carry the roof water to one end of the barn (as at a Fig. 2) where it falls beyond the manure. If the water settles back



WRONG AND RIGHT WAY.

and soaks into the manure dig a little trench to carry it away.

Build a sto or pen for the manure, as shown in the illustration. Make it seven or eight feet wide and about four feet longer at each end than the windows from which the manure is thrown. If stock occupy the full length of the barn the pen will be as long as the barn. The earth should be dug out about two feet deep inside the pen. The deeper the pile the better it is, but the bottom cannot be much more than two feet below ground because of the difficulty of loading manure on the wagon. Make the sides of the pen of boards or small poles and strengthen by using plenty of upright posts. The better plan is to put the side boards inside the posts, as the manure settles more compactly.

After the pen is built cover the surface with one or two feet of manure, loam or sods and turn in one or two hogs to tramp it down. The important thing is to keep the manure


Good Horse Sense

teaches that glue and old eggs (used to glaze some coffees with) are not fit to drink.

Lion Coffee

is never glazed—it's pure, undoctored coffee.

The sealed package keeps it fresh and pure.



SEA-SIDE CATASTROPHE.

A lot of polished folks we know are so polite, forsooth, They cannot even bear to tell The plain unvarnished truth.—Ally Soper.



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Do you suffer from Kidney, Liver, Bladder or Blood Disease or any urinary trouble, Dyspepsia, Rheumatism, Constipation, or if a woman any of the sicknesses peculiar to your sex? If so, send your address to Dr. David Kennedy Corporation, Rondout, N.Y., and they will send you absolutely free a trial bottle of

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Safe, Effective, Pleasant, and Dependable for Catarrh of the Bladder, Gravel, and Stomach and Cold, Rheumatism, Neuralgia, Headache, and all other ailments. Take one or two pills, three or four times a day, and you will be free from your trouble. Beware of cheap imitations. For Particulars, Testimonials, and a free trial bottle for ladies, write for return mail, 10,000 testimonials, 50c per bottle.

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Good Horse Sense

teaches that glue and old eggs (used to glaze some coffees with) are not fit to drink.

Lion Coffee

is never glazed—it's pure, undoctored coffee.

The sealed package keeps it fresh and pure.



RIPANS

For twenty years I had been a sufferer from bronchial troubles accompanied with a hacking cough. I at times suffered from extreme nervous prostration. About four years ago I began taking Ripans Tablets, and since then I have used them pretty constantly. I rarely retire at night without taking my Tabule, and I find they keep my digestive organs (which naturally are weak) in good order, and they also allay my tendency to nervousness and make me sleep.

The five-cent packet is enough for an ordinary occasion. The family bottle, Sixty cents, contains a supply for a year.

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Made a Well Man of Me.

THE GREAT FRENCH REMEDY

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CONSUMPTION