

Blessed Be Onions.
One of the healthiest vegetables is the onion; yet, strange to say, very few people use it as liberally as they should. Baked onions used frequently in a family of children will ward off many of the diseases to which the little ones are subject. The principle objection to the promiscuous use of this vegetable is that the odor exhaled after eating is so offensive. A cup of strong coffee taken immediately after eating is claimed to be excellent in counteracting this effect. Although for a day or so after eating onions the breath may have a disagreeable odor, yet after this time it will be much sweeter than before. For croup onion poultices are used with success, providing the child is kept out of draughts and a sudden chill avoided. The poultices are made by warming the onions in goose oil until soft, then putting them on the child's feet and chest as hot as they can be borne. Except in very obstinate cases, when taken in time, the croup readily yields to onions. This, although an old-fashioned remedy, is a good one, as any mother who has brought up a family of children can attest. Onions are excellent blood purifiers, and for eradicating boils or any of the blood humors are very efficacious. They are good for the complexion and a friend who has a wonderfully clear, fine complexion attributes it to the liberal use of onions as food. People suffering from nervous troubles are much benefited by using these vegetables frequently, either cooked or raw. When troubled with a hard cough, if a raw onion is eaten the phlegm will loosen almost immediately, and can be removed with very little effort. Those troubled with wakefulness may insure a good night's rest often if, just before retiring, they eat a raw onion. There are few aches to which children are subject as hard to bear and as painful as earache. One of the best remedies we know of is to take out the heart of an onion (a red onion is the best if it can be had, although, lacking this kind, any other can be used) and roast it. When soft put it into the affected ear as hot as it can be borne. Unless the cause is deeper than ordinarily the pain will cease in a very short time and will not return.

If the angels keep up with the fashions, they are wearing their wings this year on their heads instead of on their shoulders. Tobacco User's Sore Throat. It's so common that every tobacco user has an irritated throat that gradually develops into a serious condition, frequently consumption, and it's the kind of a sore throat that never gets well as long as you use tobacco. The tobacco habit, sore throat and lost manhood cured by No-To-Bac. Sold and guaranteed to cure by Druggists everywhere. Book, titled "Don't Tobacco Spit or Smoke Your Life Away," free. Ad. Sterling Remedy Co., New York City or Chicago.

To Cleanse the System Effectually yet gently, when constipated, or when the blood is impure or sluggish, to permanently cure habitual constipation, to awaken the kidneys and liver to a healthy activity, without irritating or weakening them, to dispel headaches, colds or fevers, use Syrup of Figs. S. K. Cabana, Mgr., "Clarke's Soft, ready." "Find Hall's Catarrh Cure a valuable remedy." Druggists sell it, 25c.

Your Health Depends
Upon pure, rich, healthy blood. Therefore, see that your blood is made pure by Hood's Sarsaparilla. The only true blood purifier prominently in the public eye today. Get only Hood's. Hood's Pills. Get it harmoniously with Hood's Sarsaparilla. 25c. P. N. U. 20

GOOD AGENTS Make Money Selling
Schrag's \$1,000,000 Rheumatic Cure. On your walls I dot, a check. Why? Because a possible cure is just what you need. It's a sure cure. Write today. SWANSON RHEUMATIC CURE CO., 187 SWANSON BLDG., 210 Clark St., Chicago, Ill.

PURE BLOOD
I have a valuable receipt for purifying the blood, driving away pimples, blotches, and skin eruptions, giving a fresh, rosy color to the face. It is nourishing to the system. Will cure Hypertension, simple or complex. Contains no drugs, but a grand blood purifying tonic. I will send the receipt to anyone for \$1. Address E. M. COLL, Box 255, Sioux City, Iowa.

PATENTS TRADE MARKS Examination
SPECIAL. Send for information, or how to get a patent. PATRICK O'FARRELL, WASHINGTON, D.C.

PISO'S CURE FOR
CHILLS WHEN ALL ELSE FAILS. Best Cough Syrup. 25c. Sold by druggists.

ASK YOUR DRUGGIST FOR
IMPERIAL GRANUM
IT IS THE BEST FOOD FOR INVALIDS
JOHN CARLE & SONS, New York.

INDUSTRIAL SITUATION.

MR. CARNEGIE'S VIEW.

The Country on the Threshold of a Big Revolution.

In speaking of existing conditions and the improvement that has recently been experienced, Mr. Andrew Carnegie is quoted as having said recently in New York: "The country at large does not realize the boom which has been started in the industrial world. Iron and steel mills all over the country have contracted their full capacity for several months of the year, and many are actually unable to take additional orders. Since the bulk of these contracts were booked there has been an advance of fifty cents in pig iron. Consumers will find this fall that they will be unable to place orders as the size capacity of the mills of the country will be occupied. The country is on the threshold of the biggest revolution in business it has ever experienced and it is not a long way off. The Iron Trade Review, of Cleveland has published a number of interviews with some of the largest and most prominent manufacturers in the country, in which expressions such as made by Mr. Carnegie have been made. The interviews thus published show beyond the shadow of a doubt that there has been and still is progress a general and widespread improvement in conditions generally, which far exceeds the expectations and most sanguine hopes of those who have been watching closely the trend of the times.

AN INDUSTRIAL ALLIANCE.

Between American and Foreign Glass Workers is Proposed.
The American Window Glass Worker's Association has taken the preliminary steps towards the formation of an international federation of the window glass workers of the world, by means of which, it is hoped, to protect and advance the interests of those in all countries where the industry thrives. At the coming convention of the American Glass Workers' Association, to be held in Pittsburgh beginning July 8, this proposition will probably be made one of the most important to be considered, and an alliance with the organized workmen of Belgium and France will be negotiated. A strike has been in progress in Belgium for several weeks, and the American workmen desire to ascertain the true status of the trouble, with the object of giving the foreigners financial assistance. An alliance such as is now proposed, existing between the workmen of America and Belgium for a number of years, but lost its identity some time ago, because of the withdrawal of the Americans.

LABOR NOTES.

Labor questions in Russia are decided by a judicial process of even handed justice between employer and employed. In the case of a strike the party who has broken the labor contract is imprisoned. If an employer finds it necessary to reduce the rate of wages or to dismiss a large number of workmen, he sends private information beforehand to the Governor and factory inspector, who endeavor to find employment for the discharged workmen.

The Warren Foundry and Machine Company of Philadelphia, Pa., have notified their 600 employees that, commencing July 1, they will receive an advance of 10 per cent. on their wages. The foundry has an abundance of orders on hand, with prospects of a continuance for the ensuing year.

In an agreement for the arbitration of strikes recently adopted in England each side is to make a deposit of money, which shall be forfeited in the event of a failure to keep the agreement. The arrangement keeps an effective means of making terms of arbitration binding.

The Florence Iron and Steel Company, recently reorganized at Cleveland, O., have leased the old Darnell iron works, which were shut down while being leased by the Findlay Rolling Mill company, and have resumed operations with a force of 350.

For the first time in two years, the White Sewing Machine company, of Cleveland, O., is operating all the departments of its factory on full time—ten hours a day. Employment is now given to 300 men, a large increase over a few months ago.

A striking evidence of returning prosperity in agriculture is given in the statement that an extraordinary number of the "abandoned farms in the state of Maine have become occupied this spring by tenants who appear to be permanent ones.

After an idleness of several months the plant of the Keystone Iron company at Reading, Pa., has been put in operation, with 125 men employed. The Sycraft rolling mills, idle two years, have also been started up on full time.

Employment is now given to 4,250 persons by the Pennsylvania Steel Company at its plant at Steelton, Pa., which is within a hundred of the largest number ever employed by this company.

The Norfolk and Western miners' strike is dragging along without much change. The operators show little inclination to force matters.

The Keystone Iron Works rolling mill in Reading, Pa., has resumed operations after an idleness of three years, in consequence of which employment has been given to over 150 hands.

The Lookhart Iron and Steel Company, at Rome, Ga., which has been idle for more than two years, has been put in active operation, giving employment to 200 persons.

The large steel plant of the Wellman Iron and Steel Company, at Thurlo, Pa., after a long season of idleness, will be put in operation this week.

Every mining district in West Virginia except along the Norfolk and Western Railroad where the strike is still in progress, reports business improving.

More than four thousand men will be affected by the wage restoration of ten per cent. to be made next week by the Pennsylvania Steel company.

Wages have gone up ten per cent. in the chain factory of James McKay & Co., Pittsburgh, Pa., during the past week.

The Otis steel company put its plant at Cleveland, O., on double turn last week, giving employment to 500 men.

The top mill blast furnace, of the Wheeling Steel and Iron Company, Wheeling, W. Va., has resumed operations after a long idleness.

The Cherokee Zinc Company, of Pittsburgh, Kansas, idle for more than two years, has started its plant.

Forty-six Horses Burned. Fire broke out shortly after midnight in the rear part of the livery stable of Keil & Co., at 324-44 Fifth avenue, Pittsburgh, and before it was gotten under control, the property and adjoining buildings were destroyed. On the second floor were stabled 51 horses of whose only five were gotten out. Of the 46 horses burned to death, 23 were owned by Keil & Co. and the others were the property of Oakland residents who boarded them there. A number of carriages and other vehicles were burned. Keil & Co. place their total loss at \$15,000; fully insured. The loss sustained by private individuals, whose horses were destroyed, is put at \$5,000.

NEWSY GLEANINGS.

A corner in camphor is reported. China promises a big crop of tea. The Napoleon fad shows signs of falling. South Australia is having a business revival. Hot winds are damaging the crops of the Northwest. Mount Vesuvius is in a state of violent eruption again.

Russia is to establish a permanent legation at the Vatican, Rome. Commissioners from Mosquito ask Colombia to annex the reservation.

The passenger rates from Chicago to St. Louis have been reduced to \$4. The Germans are having a lively time suppressing the Cameroon uprising.

The Salvation Army officers of Chattanooga, Tenn., all ride the bicycle. There are 17,000 or 18,000 people in the new district just annexed to New York City.

The Lake Forest elevated road, Chicago, decided to discard steam and adopt electricity.

Cattlemen in Argentina are contracting to deliver dressed oxen in Liverpool at \$60 per 700-pound carcass.

About 100,000 cases of Columbia River salmon have been bought for the British Isles this season, as against 30,000 last year.

There have been so many tourists at Jerusalem this year that many preferred tents outside the walls to the crowded hotels.

The Michigan Legislature failed by just a tie vote in the House to pass a law restoring capital punishment for murder in the first degree.

The St. Louis United Elevator Company find that its elevators are short 200,000 bushels of wheat, and nobody can account for its disappearance.

It is becoming each day a more serious problem for the Navy Department to man our new ships with the small number of sailors available by law.

The cherry crop of Santa Clara County, California, this year will exceed 6,000,000 pounds, an increase of nearly two million pounds over last year.

A Chicago butcher has broken the record for speedy cattle dressing. With a helper he succeeded in killing and dressing a steer in five minutes and seventeen seconds.

Baron De Wardener had his elbow smashed by a Broadway cable car in New York City some time ago. He sustained damages and has just received a verdict of \$25,000.

The Postmaster and Assistant Postmaster of Keavy, Laurel County, Ky., brothers-in-law, too, had a fight in which both of them were instantly killed. Jealousy furnished the motive.

Quan Yick Nam has been trying to Parkhurst in New York City, and he is now in trouble, as the landing authorities there have offered the highbinder a reward for his head.

It is estimated that between four and five million pounds of wool will be shipped from Casper, Wyoming. Shearing commenced there about April 1, the shears being paid at the rate of seven cents per fleece.

It is reported that Frank E. H. Woodward, who went to Cuba to join the revolutionists determined to "make a reputation or die in the attempt," has realized his ambition. He was killed in the fight at Boca de Dos Rios, where Marti fell.

Rev. Dr. John Hall, of New York City, when the Presbyterian General Assembly asked for \$1,000,000, started the fund by subscribing the \$1000 saved by the death of the income tax, and urged all Presbyterians to contribute the amount of the tax which they would otherwise have paid.

Prominent People.
Dr. Parkhurst has sailed for Europe. The Marquis de Lorne is going to write the libretto of an opera.

The Empress of Austria is subject to frequent fits of insanity. The German Emperor has again taken to riding before breakfast.

The King of Siam in his state attire is worth more than \$1,000,000. Krupp, the German gun manufacturer, pays an income tax of \$200,000 a year.

The dignified Charles Francis Adams bowling along on a bicycle is one of the sights of Boston.

A recent suit in New York discloses that the late Henry S. Lves, "Napoleon of Finance," left \$450,000.

Joseph H. Choate's fee for arguing against the income tax before the Supreme Court was \$150,000.

The bicycle of the Khedive of Egypt is a gorgeous machine, almost entirely covered with silver plating.

Governor Greenhalge has vetoed more bills than any other Massachusetts Governor within the memory of man.

General von Hanneken, who has played so great a part in the Japan-Chinese war, is on his way back to his home in Germany.

It is said that in spite of all the talk about Governor Altgeld's abuse of the pardonist power he has pardoned fewer criminals than his predecessor.

Prince Bismarck, by his physician's advice, declined an invitation from the Emperor to attend the opening of the Baltic Canal.

It is said that the Marquis de Queensberry gives away more in proportion to his means than any other man in the British peerage.

Plancou, the French baritone, proposes to become an American citizen. He likes the United States and expects to invest most of his savings in land here.

Edmund G. Ross, ex-United States Senator from Kansas, whose vote saved Andrew Johnson from impeachment, is now a job printer in Albuquerque, New Mexico.

Senator Hoar has had the following sign placed on his grounds at Ansonia, Mass.: "Notice—You Are Welcome. Build No Fires, Bring No Guns, and Pull Up No Flowers by the Roots."

Baron De Wardener had his elbow smashed by a Broadway cable car in New York City some time ago. He sued for damages and has just received a verdict of \$25,000.

Postmaster-General Wilson, who seldom smoked before he was forty, has become an inveterate smoker. Secretary Morton, on the other hand, has given up the habit.

Director-General Davis is about to make his official report of the World's Fair. It will consist of 19,000 pages of type-written matter and 3000 unmounted photographs. It will not be published, unless Congress puts up the money.

Congressman Cogswell, of Massachusetts, who died recently in Washington, had a remarkable career in the army during the Civil War. Before his twenty-second year he had risen through the grades of Captain, Lieutenant-Colonel and Colonel to that of Brigadier-General.

Killed His Mother-in-Law.
Joseph Westgate, of Lancaster, Pa., an iron worker, 42 years old, shot and killed his mother-in-law, Mrs. Christiana Haubright, aged 61 years Monday night. He then shot himself in the head, inflicting what will prove a fatal wound. Because of his drinking; Westgate's wife had gone to her mother's taking the children. He cut the street and met his mother-in-law at the door and shot her, saying, "I have had my revenge."

May Belle Crychfield, the 15-year-old St. Louis heiress, who disappeared a few days ago, has been found in a convent where she went voluntarily. See refuses to leave.

ONE SCALE ADOPTED.

Wage List for Iron and Steel Sheet Mills Arranged.
A scale for the union sheet iron mills of the United States was agreed upon at Pittsburgh Thursday.

J. G. Battelle of the Manufacturers' association was appointed to give out the news of the conference. All other conferees were prohibited freedom of speech upon the subject. In telling of the results of the conference, Mr. Battelle said: "Gentlemen a scale for the sheet iron mills of the United States has been formulated and adopted by the conference committee of the Association of Iron and Steel Manufacturers and the Amalgamated Association, to be in effect in the iron and steel sheet mills of the United States and to govern the wages of the workmen in such mills for the scale years 1895-96 beginning on July 1.

"The scale provides the same wages as are now in effect in the mills, but the workmen are immediately to receive an advance in the selling price of sheets. I cannot say what it is, but it has been agreed upon. When the price of the sheets goes past that selling price wages of the workmen will be advanced according to a given ratio.

"Inasmuch as the price of sheets is steadily advancing, the workmen have hoped of gaining their old wages under the present scale.

WHEAT AND CORN.

Report of the Weather Bureau for the Past Week.

The weather bureau, in its report of crop conditions for the week ended June 17, says: The past week has been generally favorable to crops, except in the states of the Ohio Valley, New York and portions of New England, where rain is much needed, and drought is becoming serious in some sections.

"Harvesting of winter wheat has become general, except over the northern portion of the winter wheat belt, where it will begin this week. In Oklahoma and Southern Kansas harvesting has been completed. Reports from the Dakotas, Minnesota and Iowa indicate the outlook for spring wheat, which is now beginning to head, is excellent.

"Corn continues in excellent condition in southern states, and is growing rapidly in Kansas, Nebraska, Iowa and Wisconsin, and while the crop is generally doing well elsewhere, it would be improved by rain in the states of the Ohio valley.

CROPS IN EUROPE.

Generally Good Except in Russia, Sweden and Norway.

The following reports on the condition of European crops, at the end of May, have been received by the department of agriculture. Great Britain, hay light, cereals good. France, wheat crop, 290,000,000 bushels; other crops fairly good. Germany, wheat average, rye short. Austria-Hungary, cereals scarcely an average. Roumania, generally good. Russia, generally unsatisfactory; frosts and floods. Sweden and Norway, wheat and rye poor; season very late. Italy, good average crops. Belgium and Holland, good average crops. Spain, crops generally an average.

Reports from Buenos Ayres state that the maize crop of Argentine republic will be phenomenal and will astonish Europe as much as the wheat crop did last year. The wheat crop is about the average.

SCOTCH-IRISH SESSION.

The seventh annual session of the Scotch-Irish Society of America convened in congress at Lexington, Va., Friday. The congress was called to order by Robert Bonner, its President, of New York. Judge McLaughlin, rector of the University, introduced the orator of the day, Governor O'Ferrall, of Virginia, who extended welcome to the society. Mr. Bonner replied.

Dr. Joseph S. McIntosh, of Philadelphia, explained the object of the society, which he said is non-sectarian nature, and three years ago the university desired to confer upon him the honorary degree. The President, in his letter, is said to have expressed his high appreciation of the institution, but, not being a college graduate, and having declined a similar honor from one of America's greatest universities, he regarded it as but consistent to adhere to that course.

DECLINED AN HONORARY DEGREE.

Wilberforce University, the oldest institution in the country for the education of negroes, conferred the degree of LL. D. upon President Cleveland. The President has sent an autograph letter to President Mitchell, of Wilberforce, declining the honor. Wilberforce University is conducted under the auspices of the African Methodist church, and was founded by Bishop D. A. Payne. The President has recently shown the institution favor, and it was in return for those favors that the university desired to confer upon him the honorary degree. The President, in his letter, is said to have expressed his high appreciation of the institution, but, not being a college graduate, and having declined a similar honor from one of America's greatest universities, he regarded it as but consistent to adhere to that course.

AGAINST UNION LABOR.

The supreme court of Missouri declared unconstitutional the law forbidding the discharge by corporations of employes who refuse to sever their connection with labor organizations. This law was enacted two years ago and provides penalties ranging from a fine of \$50 to \$1,000 and six months imprisonment. The court holds that this is class legislation. A non-union man could be discharged without notice and the law would not interfere. This a union man could not be discharged if his discharge was based upon his connection with a union.

A Big Mistake.

The biggest mistake and the funniest I ever knew a merchant to make was when one of my friends concluded to spend \$70 to have illustrated signs painted on fences and barns in the country. The pictures were all humorous and in colors, to be painted on a white background. One was a bullfrog reaching out after a bug; another a dog, catching a fellow by the seat of his pants, and another a snake and a bird, a sort of a take-off on the "early bird catches the first worm." Well, the painter used whitewash and cheap colors. After the first rain the bullfrog picture and the words of the advertisement got wonderfully blended together, and the bull dog was made to appear as if he were reaching out to chew the advertiser's trousers; at least that is the way the blur made it appear. After the second rain there was only a vague sort of an indication of an advertisement, the water having washed out some words and letters and leaving others untouched. For instance, the line "Purchase your Bugles" on one sign appeared as "Chase our Bug."—Farm Machinery.

Slitting a Horse's Nostrils.

Slitting a horse's nostrils is still practiced in some parts of the world, as in Persia, Mongolia, and even in Northern Africa; and ponies with slit nostrils are often seen in the Himalayas and in Afghanistan. This mutilation is resorted to in the erroneous belief that the horse can inhale more air when going at a fast pace, and also that it prevents neighing—a disqualification of much importance during war, or when it is desirable to travel as silently as possible. It was practiced in Hungary not long ago, if we are to accept as evidence the copy of a finished sketch of a horse's head, by the celebrated Zoffan, given in Col. Hamilton's work on horses. It is rather surprising that the fashion was not renewed in England, for two or three centuries ago, to prevent a horse neighing, it was recommended to tie a woolen band around the tongue. Markham says: "If either when you are in service in the wars and would not be discovered, or when upon any other occasion you would not have your horse to neigh or make a noise, you shall take a lyste (band) of woolen cloth, and tie it fast in many folds about the middle of your horse's tongue, and believe it, so long as the tongue is so tied, so long as the horse can by no means neigh or make any extraordinary noise with his voice, as hath often been tried and approved of."

A very barbarous and useless operation for the prevention of stumbling in horses was fashionable toward the end of the seventeenth and beginning of the eighteenth centuries; this was the exposure of the tendon of a muscle that assists in dilating the nostrils, and twisting it round two or three times, when it is divided. "In doing this you shall see the horse bring his hinder legs to his fore legs almost, when you have thus pulled and turned the sinew two or three times." Such a statement will give some idea of the pain the animal experienced during the senseless operation.—The Nineteenth Century.

Too Strong.
The tobacco raised in Beloochistan is exceedingly strong and cannot be smoked by any but the most vigorous of white men. The natives do not appear to be affected by it.

After a woman has been in love three or four times, her heart becomes petrified.

Physicians in India prescribe a medicine for the cure of cholera, but in form not so convenient, inexpensive and accurate as in Ripans Tablets.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, &c. a bottle.

The Horticulturists of New York met and organized a trust to control the flower trade of the city.

Dr. Kilmer's Swamp-Root cures all Kidney and Bladder troubles. Pamphlet and consultation free. Laboratory Binghamton, N.Y.

The Dirigo Telephone Company has sold out to the Bell telephone monopoly.

Afflicted with sore eyes use Dr. Isaac Thompson's Eye-water. Druggists sell at 25c per bottle.

We think Pisco's Cure for Consumption is the only medicine for Coughs.—JENNIE PISK-HARD, Springfield, Ill., October 1, 1894.

Work begins this week of tearing down the rookeries on "Mulberry Bend," in New York, for the new public park.

MOTHERS
recovering from the illness attending childbirth, or who suffer from the effects of disorders, derangements and displacements of the womanly organs, will find relief and a permanent cure in Dr. Pierce's Favorite Prescription. Taken during pregnancy, the "Prescription" MAKES CHILDBIRTH EASY by preparing the system for parturition, thus assisting Nature and shortening "labor." The painful ordeal of childbirth is robbed of its terrors, and the dangers thereof greatly lessened, to both mother and child. The period of confinement is also greatly shortened, and an abundant secretion of nourishment for the child promoted.

LEWIS' 98% LYE
Powdered and Perfumed. The strongest and purest LYE made. Unlike other lye, it being a fine powder and packed in a can with removable lid, the contents are always ready for use. Will make a clean white surface in 10 to 20 minutes without boiling. It is the best cleaning water possible, for scouring, whitening, washing bottles, pans, etc. P. S. N. A. W. L. T. MFG. CO., Gen. Apts. Phila., Pa.

PAY FOR PLEASANT WORK easily secured through an early application for Local Agency to sell the DAVIS GREASE SEPARATORS for Farmers and Dairymen. One style was shown in last number of the Journal. Another will soon be published. See within, write for Handbook and DAVIS Book Free. DAVIS & BARKER BLDG. AND MFG. CO., Sole Manufacturers, 207 W. Lake St., Chicago.

"Don't Hide Your Light Under a Bushel." That's Just Why we Talk About SAPOLIO

A Slave From Boyhood.

(From the Red Wing, Minn., Republican.)
"I am now twenty-four years old," said Edwin Swanson, of White Rock, Goodhue County, Minn., to a Republican representative, "and as you can see I am not very large of stature. When I was eleven years old I became afflicted with a sickness which baffled the skill and knowledge of the physician. I was not taken suddenly ill but on the contrary I can hardly state the exact time when it began. The first symptoms were pains in my back and restless nights. The disease did not trouble me much at first, but it seemed to have settled in my body to stay and my bitter experience during the last thirteen years proved that to be the case. I was of course a child and never dreamed of the suffering in store for me. I complained to my parents and they concluded that in time I would outgrow my trouble, but when they heard me groaning during my sleep they became thoroughly alarmed. Medical advice was sought but to no avail. I grew rapidly worse and was soon unable to move about and finally became confined continually to my bed. The best doctors that could be had were consulted, but did nothing for me. I tried various kinds of extensively advertised patent medicines with but the same result.

"For twelve long years I was thus a sufferer in constant agony without respite, abscesses formed on my body in rapid succession and the world indeed looked very dark to me. About this time when all hope was gone and nothing seemed left but to resign myself to my bitter fate my attention was called to Dr. Williams' Pink Pills for Pale People. Like a drowning man grasping at a straw, in sheer desperation I concluded to make one more attempt—not to regain my health (I dare not to hope so much) but if possible to ease my pain.

"I bought a box of the pills and they seemed to do me good. I felt encouraged and continued their use. After taking six boxes I was up and able to walk around the house. I have not felt so well for thirteen years as during the past year. Only one year have I taken Dr. Williams' Pink Pills and I am able now to do chores and attend to light duties.

"Do I hesitate to let you publish what I have said? No. Why should I? It is the truth and I am only too glad to let other sufferers know my experience. It may be those whose cup of misery is as full today as mine was in the past."

Dr. Williams' Pink Pills contain, in a condensed form, all the elements necessary to give new life and richness to the blood, and restore shattered nerves. They are also a specific for troubles peculiar to females, such as suppressions, irregularities and all forms of weakness. They build up the blood, and restore the glow of health to pale and sallow cheeks. In men they effect a radical cure in all cases arising from mental worry, overwork or excess of whatever nature. Pink Pills are sold in boxes (never in loose bulk) at 50 cents a box or six boxes for \$2.50, and may be had of all druggists, or direct by mail from Dr. Williams' Medicine Company, Schenectady, N. Y.

COOK BOOK FREE.

Every housekeeper wants to know the best things to eat, and how to prepare them.

"The Royal Baker and Pastry Cook."

Contains One thousand useful recipes for every kind of cooking. Edited by Prof. Rudmani, New-York Cooking School.

Free by mail. Address (writing plainly), mentioning this paper,

ROYAL BAKING POWDER CO.
106 Wall Street, N. Y.

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