

I Can't Sleep

Is the complaint of many at this season. The reason is found in the fact that the nerves are weak and the body in a feverish and unhealthy condition. The nerves may be restored by Hood's Sarsaparilla, which feeds them upon pure blood, and this medicine will also create an appetite and tone up the system, and thus give sweet refreshing sleep and vigorous health.

Hood's Sarsaparilla

Is the only true blood purifier prominently in the public eye today. 21¢ six for \$5.

Hood's Pills

Act harmoniously with Hood's Sarsaparilla. 25¢.

Health in Gunpowder Mills.

Apart from the danger of explosions, which, by the way, are less frequent than is generally supposed, gunpowder mills are exceedingly healthful places. Such a thing as a workman dying of consumption is unheard of, the explanation being that the constant breathing into the lungs of dust is beneficial to them. Even horses employed in gunpowder mills are found to be fatter and sleeker than their fellows from the same stable, worked elsewhere. As to the death rate in powder mills, the popular ideas are much exaggerated, the average freight yard being vastly more fatal than they. Statistics show that from the beginning of this century, when the Dupont powder mills were established, up to the present year, there has been an average of not quite one death a year from accidents or explosions.

As among the employers, so among the men. Fear is almost unknown, the black-faced fellows shoveling the gunpowder about as if it were coal, and walking through it knee-deep, as they would through so much flour. They are perfectly happy, these stolid Irishmen, who go on risking their lives year after year for about the same wages as are paid for less dangerous employments; that is, \$40 or \$50 a month. And yet they are exceedingly superstitious, it not being uncommon for a man to throw up his job because he has had warning of his wife has dreamed of a white horse. There are various dreams understood by powder men to foretell an accident or an explosion, and it is very difficult—often impossible—to get a man who has had one of these to go near the works.

Cigarettes and Crime.

A cigarette smoker need not necessarily be a criminal, but the experience of the police in charge of the station houses goes to show that nearly all criminals are cigarette smokers. As a rule the first thing that a criminal asks for after being locked up is a package of cigarettes.—Louisville Commercial.

Skinny Sufferers Saved.

Tobacco users as a rule are always below normal weight because tobacco destroys digestion and causes nerve irritation that saps brain power and vitality. You can get a quick, guaranteed relief by the use of No-To-Bac, and then if you don't like your freedom and improved physical condition you can learn the use of tobacco over again, just like the first time. No-To-Bac sold under guarantee to cure by Druggists everywhere. Book free. Ad. Sterling Remedy Co., New York City or Chicago.

Pure and Wholesome Quality.

Comments to public approval the California liquid laxative remedy, Syrup of Figs. It is pleasant to the taste and by acting gently on the kidney, liver and bowels to cleanse the system effectually. It promotes the health and comfort of all who use it, and with millions it is the best and only remedy.

Rev. H. P. Carson, Scotland, Dak., says:

"I have bottles of H. P.'s Cough Cure completely cured my little girl." Sold by Druggists, 75c.

Great Britain has but six or seven species of owls, and some of them are nearly seen.

Use "Fico's" Cure for Consumption both in my family and practice. Dr. W. PATTERSON, Inkster, Mich., Nov. 5, 1904.

Huxley's "Lay Sermons, Addresses and Reviews" have been printed no fewer than nine times.

Do You Know Its Cause?

Indigestion: Do you know when you have it? Do you know its cause and cure? Ask your druggist for Ripans Tablets. One gives relief.

The capital for the building of the Jungfrau Railway is to consist of 3,000,000,000 francs.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Over \$250,000 worth of silk is annually distributed gratis at the English Dispensaries.

Dr. Kilmer's Swamp-Root cures all Kidney and Bladder troubles.

Famously and consistently free. Laboratory Binghamton, N.Y.

Ceylon has 3,700,000 population and does an annual trade with Great Britain of \$40,000,000.

Afflicted with sore eyes use Dr. Isaac Thompson's Eye-water. Druggists sell at 50¢ per bottle.

And now it alleged that margarine contains fewer microbes than ordinary butter made of cream.

GREAT BOOK FREE.

When Dr. E. V. Pierce, of Buffalo, N. Y., published the first edition of his work, "The People's Common Sense Medical Adviser," he announced that after 650,000 copies had been sold at the regular price, \$1.50 per copy, the profit on which would repay him for the great amount of labor and money expended in producing it, he would distribute the next half million free. As this number of copies has already been sold, he is now distributing, absolutely free, 500,000 copies of this complete, interesting and valuable common sense medical work. The recipient only being required to mail to him, at the above address, this little coupon with twenty-one (21) cents in one-cent stamps to pay for postage and packing only, and the book will be sent by mail. It is a veritable medical library, complete in one volume. It contains over 1000 pages and more than 500 illustrations. The Free Edition is precisely the same as those sold at \$1.50 except only that the books are bound in strong manilla paper covers instead of cloth. Send now before all are given away. They are going off rapidly.

PROMINENT PEOPLE.

Yate's real name is Isahiah. Patti has been on the operative stage for forty-five years. John D. Rockefeller and William Rockefeller are both enthusiastic bicyclists. Rev. Dr. Parkhurst's congregation allows him a vacation of three months in each year. Gladstone is reported as saying: "I hate getting up in the morning, and hate it the same every morning."

Thomas B. Reed is spending the summer in the pretty cottage at Grand Beach, Me., which he has just purchased. Mrs. Henry Ward Beecher, who is in her eighty-third year, started from Brooklyn for the Pacific Coast to visit her son, Herbert Beecher.

Princess Adolphus, of Teck, who married the daughter of the Duke of Westminster, is reported to be a candidate for the throne of Bulgaria.

Bernard Wise, the most talked of politician in New South Wales, is only thirty-four years of age. At the age of twenty-seven he was Attorney-General.

The Emperor of Germany smokes cigars about seven inches long, each of which is kept in a hermetically sealed glass tube to preserve the aroma until it is used.

Captain George W. Couch, of the steamer Old Dominion, is the oldest steamship captain in the world in length of service, having been in commission forty-nine years.

The new Duke of Hamilton, Premier Peer of Scotland, is almost a chronic invalid. He has never recovered from a stroke of paralysis a few years ago. He is unmarried.

Comptroller of the Currency Eckels was an excellent baseball player before he assumed his present high office, but now he does not indulge in his fondness for the National Game.

The Right Hon. Walter Hume Long, the new President of the British Board of Agriculture, is a great sportsman, rides to hounds like a whirlwind and is an exceptionally skilful cricketer.

Chief Constructor Philip Hishborn, of the United States Navy, is one of the few officers of high rank who are not graduates of Annapolis. He began his career as an apprentice in the Charleston Navy Yard.

Governor Hastings, of Pennsylvania, is probably the handsomest Chief Executive of which any State can boast. He has a fine appearance and a winning manner, which gains him both admirers and friends.

General von Hannekin, the young German officer who played an important part in the recent war between China and Japan, fighting on the side of the former, is now in Berlin, and is the recipient of much attention.

Sir William Harcourt, defeated in Derby, has been returned to the British Parliament from West Monmouthshire with no opposition. Henry Labouchere has been returned to Parliament, although with a reduced majority.

Queen Victoria is a pronounced Tory in her personal feelings, and in every other respect she is a Liberal. On the contrary, the Prince of Wales, while not much of a politician, is rather friendly to the Liberals.

Joseph Chamberlain is fifty-eight years of age, and has not a gray hair in his head, and his looks are as thick and glossy as when he was thirty years ago. One of Mr. Chamberlain's strongest points is his pleasant and winning conversational voice.

Countess Giannotti, second lady of honor in waiting to the Queen of Italy, worked in Newark, N. J., as a cigarette maker when she was a child. She returned to Italy at the age of fifteen, attracted the fancy of the Queen, was made a servant and then a court favorite.

REPORTS NEARLY COMPLETE.

But One District Needed to Make up the New British Parliament.

With the exception of the polling in Orkney and Shetland, which was formerly represented by Sir L. Lyell, a Liberal, and the result of which will not be known until the end of the week, the new parliament is now complete. The division of parties is as follows: Conservatives, 341; Liberal Unionists, 70; government total, 411; Liberals, 174; McCarthys, 70; Parliament total, 585; total opposition, 250; government majority, 152; Conservative majority, 12.

The Conservatives and Liberal-Unionists, with a net gain of 90 seats, will have the largest majority in the memory of the present generation. The Conservatives are made independent even of a coalition of all the other parties, including the Liberal-Unionists.

The aggregate vote in the contested elections in Great Britain was as follows: Conservatives and Liberal-Unionists, 1,725,445; Liberals, 1,628,247; Labor, 50,566; total, 3,404,258. But as 114 of the Unionist candidates in the parliament were returned unopposed no reliable estimate can be formed of the electoral strength of the parties.

The Liberal and Radical press are daily engaged in trying to explain the defeat, but to little purpose. The broad fact of the situation is that the Conservatives are not likely to be displaced for five or six years, unless dimensions should arise in the cabinet between the sections led respectively by Mr. Balfour (Conservative) and Mr. Chamberlain (Liberal-Unionist).

The minister who will prepare a brief and colorful royal speech, then dispose of the estimates and adjourn parliament until February.

A MILLION IN ASHES.

Destructive Lumber and Forest Fires in North Michigan.

Fire raged in the lumber yard district, in the northern part of Menominee. The mills and 50,000,000 feet of lumber and thousands of cords of slabs were destroyed. The fire extended over 30 acres of ground. Two men were killed and several injured. The total loss in lumber alone is estimated at between \$800,000 and \$1,000,000.

Whitdale and Gulliver, two small towns on the Sault Ste. Marie railway, are in great danger of destruction by forest fires.

Maywood, a pleasure resort east of Gladstone was swept by fire.

DROWNED IN A FLOOD.

Two Boys Lose Their Lives by High Water at Ft. Scott.

An unprecedented precipitation of rain in the southeast corner of Kansas Tuesday morning flooded the streams and wreaked destruction to life and property. In seven hours 42 inches of water fell in Ft. Scott, and in the evening the entire lower portion of the town is being inundated. Two fatalities have so far resulted from the sudden rise.

Walter Austin and Willie Gould, two boys, were drowned on one of the principal streets of Ft. Scott. The schooler and her cargo will probably be a total loss. She is owned by E. Ewing, of St. Clair, Mich.

The Cullerville store was held up six miles from Merced, Cal., by a masked robber. He secured the Wells-Fargo treasure box, with valuable contents.

NOTES OF THE DAY.

Canon Tristram's collection of stuffed birds, comprising 29,000 specimens and 6,300 species has been secured for the Liverpool museum.

Eton, the most famous of British public schools, now has 1,019 students. Among them are four earls and seven eldest sons of peers.

A London clergyman will have a doctor occupy his pulpit hospital Sunday to urge the claims of the hospitals on public sympathy and support.

The new British silver dollar coined for the use of merchants and bankers in Hong Kong and the Straits Settlement weighs 416 grains 990 fine, equivalent to the Japanese yen.

In Geneva, Switzerland, the street railway system is expected to earn enough in the next fifty years to turn over the roads at the end of that time to the city without compensation.

A German has invented a chemical torch which ignites when wet. It is to be used on life buoys. When one is thrown to a man overboard at night he can thus see the light and find the buoy.

The total number of Japanese killed in the war with China was only 795. The Chinese were the first people in the world to use gunpowder, but that is about all they have been able to do in that line.

It is reported that whales in large numbers and of huge proportions are tumbling in on the shores of Massachusetts, and the incursion is said to be due to a scarcity of food in the deep waters of the ocean.

A man who lives near Newburg, Ore., recently sold a well-matched yoke of oxen for \$100 and bought a team of fine bay horses for \$60. He says he will buy a set of harness and then have money left from the sale.

Rev. John D. Long, pastor of a church at Oak Island Beach, has cleared that neighborhood of mosquitoes by pouring kerosene oil in the surrounding ponds, and by so doing has earned the title of "the modern St. Patrick."

A London restaurant uses an electrically heated plate to keep one's food warm. So long as the current is turned on one can dine in as leisurely a way as he likes. There is no danger of receiving a shock from touching the plate.

The new city of Depew, which proposes to make Buffalo one of its suburbs, has the distinction of being a millionnaire town. Vanderbilt and Astor united for once in their lives over its foundation walls, and its stockholders are millionaires.

The twenty female teachers appointed a few days ago to teach in the West Chester, Pa., public schools during the ensuing year were required to sign an agreement not to get married during the year for which they were appointed.

A chemical works on the banks of the Rhone, in the canton of Geneva, is devoted to the manufacture of artificial musk, and it is found that the fishes, more especially the trout, in the river, which are caught in the neighborhood, have a musky flavor.

The natives who gather sulphur from Popocatepetl secure small packages of it which they fasten to their backs. They then slide down the snow on the mountains, after the manner of the woodcutters of France. For this venturesome work they get about 20 cents a day.

It is the custom of the Bank of England not to pay any fractions of a penny. In the case of dividends on government stock these fractions have, in the course of years, amounted to \$700,000, which amount, it was stated, was a few years ago paid over to the chancellor of the exchequer.

Of the thirty-six generals in the German army all but two are nobles. Of the seventy-five lieutenant generals all but thirteen, of the 140 major generals all but thirty-eight, and of the 294 colonels all but eighty-five are nobles. In the Prussian army there are forty-nine regiments in which every officer is a noble.

German bankers who have visited the Placeritas camp in Arizona and are satisfied of its worth propose to lay a three-foot steel pipe line six miles from Arastra creek to Placeritas for the working of six giants at hydraulic mining which will employ 500 men. The yearly output of these placers under the most primitive methods has been \$1,000,000 for the past twenty.

W. Astley was driving a number of fat steers to Milliken, Mich., to ship, and allowed the herd to drink their fill at a pond near town. One of the steers gave a realistic imitation of going mad for that moment, and after running the town for two hours was finally shot. Then a live mud turtle measuring two and one-half inches across the shell was found in its throat. The animal had swallowed it while drinking.

One of the landmarks of Vincennes, Ind., is the Harrison mansion. General William Henry Harrison came there as governor of the territory about 1800 and lived twelve years on his plantation, which then adjoined the town and was called Grouseland. It was in the front room of this house that many important meetings were held. It was here that the celebrated interview was held between Governor Harrison and Chief Tecumseh.

On the Pointe de Penmarck, in Brittany, the southwestern point of the Finistere promontory, midway between Brest and L'Orient, a new lighthouse is being erected whose light will be seen 100 miles in clear weather, and from twenty-five to twenty-eight miles when the weather is hazy. It will be an electric light of 10,000,000 candle power, and will rise 185 feet above the sea level, and is to be ready by the beginning of 1897. One-half the cost will

be paid by a bequest of 200,000 francs left by the Marquise De Bloqueville, the other half by the government.

A farmer of New York crossed a fine breed of chickens with the "Dublin dwarf" geese. The result is a well-footed chicken, which, while not devoted to swimming, frequently takes to the water. The fowls are large and their flesh is said to be of excellent flavor, resembling that of the woodcock.

A serious drawback to raising them in any number is that they pine away unless fed on dried watermelon seeds at least once a week.

At Rome the other day an enormous crowd assembled in the square of St. Peter's to watch two women dressed in black who crept across the square to the church doors on their knees, brushing the ground with small brushes and repeatedly kissing the stones they had cleaned. One was a Hungarian, the other a Spaniard. It was found that they were afflicted with religious monomania, and they will be sent back to their own countries.

It is well known that there are dentists in London and Paris whose specialty it is to fit lap dogs with a set of false teeth. It now appears from a Parisian monthly magazine of fashion that there are tailors and fashion plates for dogs. The list of garments includes mackintoshes, Jaeger vests, comforters and respirators, side pockets with a handkerchief inside, fur collars, small silk umbrellas, which dogs are taught to carry over the head.

INSANE DIET OF WORKING GIRLS.

Pie, Coffee, Pickles and Ice Water Among the Features.

A close observer of working women and their methods of living insists that the majority die at or before 35, and gives the conclusion that their manner of life makes this inevitable. As an illustration of methods, a girl clerk in the shoe department of one of the immense modern establishments is cited. She sat at table with me yesterday, and her repast consisted of two glasses of ice water, two chocolate eclairs, and several pickles! Think of it! This to sustain her through a long afternoon of fitting shoes. She dresses well; neither big sleeves nor smart gowns pass her by. A home-made hat minus feathers never rests upon her head, but her worn, anemic face would suggest less feathers and more nourishing food.

The majority of these women lunch upon a piece of pie and a cup of coffee, or a rich spiced pudding and a glass of ice water. Occasionally one will rush through an order of fried oysters and half a dozen pickles. The wonder is that they live through the second year. From the table, where they scarcely allow themselves time to swallow the several mouthfuls ordered, they hurry out to walk or shop, using thus forty of the sixty minutes allowed for dinner. Then back to the store to stand five hours in high-heeled, uncomfortable shoes, their pitifully attenuated waists tightly clasped in corsets and bands, and their trembling little stomachs containing ice water and pie. Add to this the anxieties naturally attending a working woman's life, and it is surprising that their faces look harassed, nervous and bloodless? This is the state of things for a large proportion of woman workers, though working girls' clubs are doing much to educate them out of it. The young man clerk lives very differently, even when hardly better able to afford it. Substantial food forms the basis of his meal, with vegetables, a glass of milk, and probably pie, but he takes it rather leisurely, and strolls back to the store rested and refreshed. He is costumed in a loose, comfortable suit of light-weight woolen, his feet resting upon, not over, the soles of comfortable shoes; his circulation is unimpaired, and his body fairly well nourished. What wonder that he keeps his nerves well covered, that his temper finds less home upon his face, and that he finds him cheerily selling ribbons long after the girl with whom he knocked elbows as a cash boy is forgotten. Having lunched for years where hundreds of working girls and women go for the midday repast, I sum it up that one in twenty-five orders something tending to strengthen. The other twenty-four leave the table more illly fitted for the afternoon's labor than when they sat down.—Baltimore American.

Texas Gets Ice from the Sky.

A remarkable successful plan of obtaining artificial ice has been invented by an ingenious farmer of El Paso, Texas. Even in the hottest summer day this son of the soil will partly fill a tin can with water, attach it to the tail of an enormous kite, and send it to the great height of three miles, where in the rarefied atmosphere it is promptly frozen, completely filling the can. After a sufficient interval for this purpose the kite is rapidly hauled in with a windlass, and the cake of ice removed from the can. But the inventor is now perfecting an even more effective plan for manufacturing on a large scale. He sends up a huge kite, 150 feet long, by a steel wire cable. Under the kite is suspended a pulley, over which runs an endless chain, bearing at intervals hooks by which the cans of water are hung. As the cans of water going up just balance the cans of ice coming down but little power is needed. The cans are filled with water from a pond. As each hook passes the operator he removes the can of ice and hangs in its stead one of water. The cable travels but three miles an hour, and as the big kite is kept at an altitude of from four to six miles, the cans remain in the cold strata of air quite long enough for the water to become solidified. The inventor expects to be able to furnish a ten-cent lump for 3 cents.—New York Recorder.

EXERCISE IN THE OPEN AIR.

Best Preventive of Disease of All Kinds—Toughens the Body.

Best arm ourselves against all cold diseases by availing ourselves of every measure which will tend to "toughen" us. Whoever does not do this, will, the farther the winter advances, become always weaker from lack of exercise and always less able to resist. Then soon become established such unwelcome guests as rheumatism, influenza, diphtheria and lung fever. Both the latter find a favorable footing in the respiratory organs debilitated by catarrh. Should the cold spell be but short and mild, and often interrupted by sunny days, only the weakest persons suffer. But if the winter is very raw and long, even strong constitutions fall a direct prey to diseases, or their bodies, usually their entire organism, are so unfavorably affected that they now have weakened constitutions disposed to diseases. This is why the various lung troubles, especially inflammation of the lungs, reach their culmination toward the end of winter. Daily exercise in the fresh air, under changing conditions of the weather, and at all times of year, is a means of resisting the evil influences of the weather. This method of prevention and cure (prophylaxis and therapeutics) is made use of in the so-called climatic watering places. But even at home we may accustom our skin to quickly changing conditions of weather by accustoming it to quickly changing temperatures. This is done by warm baths with a cold shower afterwards, which is followed by a strong muscular movement that gives a reaction to warmth again. Thereby not only are the nerves stimulated to quick action in thus regulating the heat of the body, but also all the rest of the nervous system is strengthened and hardened, and with resistance against other depressing and sickening influences, against ennui and morbidness. Whoever battles valiantly against unhealthful weather, can become his own master and can even secure for himself vital strength and the enjoyment of health.—Chautauquan.

Missouri's Old Soldiers.

Missouri is a great country for soldiers. During the great civil war it would appear that almost the entire male population of sufficient age was called on to bear arms. Between the Union and Confederate forces there was, as Phil Kearny phrased it, "lovely fighting along the whole line." There was no community that did not experience the sights and sounds, the excitements and alarms of war. After hostilities had ceased the military element was largely reinforced from beyond the Mississippi. In those days Missouri was considered a new country and was sought by immigrants. Certain portions of the State were counted as "homestead country." The disbanded soldiers of both armies came to Missouri. This gave us a great martial population.—Kansas City Star.

Lucky Miners in the West.

The days of "striking it rich" in the mines of the West are by no means over, though with the big prospecting and developing companies in every promising field the chances are perhaps slimmer than in the old days. Four men in the Shoen district, Washington, who have been working on a tunnel for over a year, following a streak of ore, and not making enough to pay their meager board, last week struck a four-foot body of solid silver ore that runs 375 ounces to the ton, which has made their prospect hole worth at least \$100,000.

Highest of all in Leavening Power.—Latest U. S. Gov't Report

Royal Baking Powder
ABSOLUTELY PURE

The strongest and purest LYE made. Contains no other Lye. It being a fine powder and packed in a can with removable lid, the contents are always ready for use. Will make the best perfumed Hard Soap in 20 minutes without boiling. It is the best for cleaning white pipes, disinfecting sinks, closets, washing bedclothes, paints, trim, etc. Sold by Druggists.

Gen. Agt., Phila., Pa.

DAVIS CREAM SEPARATORS.
Complete Separator, Feed, Boiler, and Churn Power. Simple.

Pract'cal, Effective, Durable, Cheap and Good. Complete Dairy in itself. Saves Time, Labor and Money. Book mailed free, write for it.

AGENTS WANTED. DAVIS & BANKIN, BLDG. & MFG. CO., Chicago, Ill.

PHYSICIAN'S CURE FOR GOUT WHILE ALL ELSE FAILS.
Best Gout Remedy. Taste Good. Use in Time. Sold by Druggists.

Franklin College New Athens, O. Board tuition, room, and books, \$3 a week. Cat. free.

P. N. U. 2 '05

Say 'Aye 'No' and You'll No'er Be Married.' Don't Refuse All Our Advice to Use.

SAPOLIO

A WAR WOUND.

HOW IT NEARLY RUINED A VETERAN'S LIFE.

Troubled Him for Years and Threatened to End in Paralysis.—Science Came to His Rescue at Last and Today He is a Well Man.

From the Post, Pittsburgh, Pa.

In a comfortable home, located on a gentle slope of his ancestral heritage, and situated about one mile or more without the thriving village of Leasburg, Pa., lives Edward Miles Duff. Mr. Duff is a veteran of the war, and it was almost three years in the 12th Regiment, Pennsylvania Volunteers, after having been wounded while a member of Co. "E," 12th Ohio Volunteer Infantry, at the battle of Fredericksburg, and for which he received an honorable discharge. He was again wounded in the head at Gettysburg, and when again dismissed for physical inability to endure the long marches of an infantryman, but re-enlisted in the 10th Mississippi Marine Corps, and served on the coast of Mexico, and was discharged and discharged of the military forest in 1866.

After the war Mr. Duff was a resident of Allegheny, and was engaged in the dry goods business on Market Street, this city. Subsequently he engaged in oil production at Oil City and other places in the upper oil country, and later returned to his ancestral home to care for the declining age of his parents, and to manage the farm, on a part of which he now lives. His boyhood is now embraced within the memories of the village, and is surrounded by a large number of relatives of the prosperous merchants and manufacturers of the town, which has grown up to and embraces a part of the farm upon which his father lived for a long period of years.

It was while sitting in his comfortable home, looking out over the valley and the landscape which charms the spectator, as seen from his door, that Mr. Duff told the writer of his experiences as a soldier, and the results of the wounds which he received while wearing the uniform of his country.

"The wound received on the back of my head," said he, "has troubled me ever since it was inflicted, more or less, but in the past three years much more than formerly. At various times I was affected with violent twitches and involuntary movements of the muscles of my face and limbs that I was alarmed lest it should terminate with paralysis. I consulted various doctors, tried a number of medicines, which were recommended, but derived no benefit until a nephew brought me some of the Pink Pills for Pale People. He had heard of some remarkable benefits conferred by this remedy on various cases whom he knew, and promised to bring me some, which he did very soon after his visit at which he first mentioned them. I took them as directed on the box, and confess that I did so more to please my nephew than with any expectation that they would do me any good. To my great and agreeable surprise, however, after I had been taking them for a few days, to notice that my nervous twitches and involuntary muscular movements were pronouncedly less noticeable, and that I felt better in every way. My appetite, which was nervous, uncontented, and flabby, began to improve, and foods of which I am very fond, but which for a long time I was obliged to deny myself, caused me no discomfort, and I began to get strong and robust. I experienced such good results from this remedy that I continued taking it until I felt myself no longer in need of it. After taking the Pink Pills for Pale People four months, as directed, I have never had a sign or symptom of a return of the malady which worried me for years. Today I am as robust as a man of my age can expect to be, especially after having endured the exposure and rigors incidental to the life of a soldier. I attribute my cure to the Pink Pills for Pale People, and think them a most wonderful remedy for building up people who are run down physically and mentally. They seem to impart strength and tone to the whole system, acting directly and beneficially on body and brain. At least that has been my experience, and to those whose disorders are of a nervous nature, I should think they could get nothing better than the Pink Pills. In my own case, I know that they relieved me of pains which racked my head, and dissipated nausea and pains in the stomach, which made life miserable, and the pleasures of the table, which to me is a great pleasure, something only to be remembered, not to be enjoyed. It is different now, however. My appetite is just as keen and I relish food as well as I ever did, and that is saying not a little."

Mr. Duff said it has been several months since he has taken any medicine, and he thinks he has no need for any. He said he would take the Pink Pills if he felt the need of any medicine, but he is persuaded that when people do not need medicine it should be left alone.

Dr. Williams' Pink Pills contain all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are sold by all druggists, or may be had by mail from Dr. Williams' Medicine Company, Schenectady, N. Y., for 60¢ per box, or six boxes for \$2.50.

AGENTS 830 a week. Easy. New Scheme. United 100. J. D. Johnston, Newport, R.I.

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