

HOW TO FIND OUT.

Fill a bottle with urine and let it stand wenty-four hours; a sediment or settling ndicates a diseased condition of the kidneys When your urine stains your linen it is evident you have kidney trouble. Too frequent desire to urinate is convincing proof that your kidneys and bladder are out of order. WHAT TO DO.

There is comfort in the knowledge so often expressed, that Dr. Kilmer's Swamp-Root, the great kidney remedy, fulfills every wish in relieving pain in the back, kidneys, liver, bladder and every part of the urinary pas-mages. It corrects inability to hold urine and scalding pain in passing it, and oversomes that unpleasant necessity of being compelled to get up during the night to arinate. The mild and extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases. Sold by druggists at ifty cents and one dollar. For a sample bottle and book free mention this paper and send to Dr. Kilmer & Co., Binghamton, N. Y., six cents in stamps to cover cost of postage.

Scowing. Don't scowl; it spolls faces. Before you know it, your forehead will resem-ble a small railroad map. There is a grand trunk line from your cowlick to the bridge of your nose, intersected by parallel lines running east and west, with curves arching your eyebrows and O, how much older you look for it! Beowling is a habit that steals upon us unawares. We frown when light is too strong and when it is too weak. We the our brows into a knot when we are thinking, and knit them even more tightly when we cannot think. There is no denying there are There is no denying there are plenty of things to scowl about.

A Canaibal.

"Mr. Smiley, what is a cannibal?" "A cannibal? Why do you want to low, my boy?"

"'Cause last night when you said you favored carrying out the old principle of dog eating dog pa whispered to me and said, 'Ob, what a canniball' "--Cleveland Plain Dealer.

THE CHANGE OF LIFE. INTELLIGENT WOMEN PREPARE

FOR THE TRYING ORDEAL. A Time When Women Are Susceptible

to Many Dread Diseases. The anxiety felt by women as the

"change of life" draws near, is not without reason. When her system is in a deranged

condition, or she is predisposed to apoplexy, or con-

gestion of any organ, it is at this period likely to become active and with a host of nervons

structive work.

MODERN AILMENTS.

Mechanical Devices That Bring Evils in Their Train.

The "Trolley Foot," "Telephone Ear," and "Bicycle Toe"

Just as the inventive genius of the age has forced novelties into the higher professions, and the expert mechanic finds his field growing larger continually, so the physician sees new or special diseases confronting him resulting from new conditions in modern life. These new discases, says the New York Tribuue, receive the names from the lay world which are adopted by the scientifio

people. "That has been done before. though," said a physician, "and 'railroad spine,' 'housemaid's knee,' 'engineer's ear,' and 'painter's colie' are designations which would probably never have been given to certain complaints if they had not been suggested by laymen. Of course, there are scientific names for all," he added, "but they are not used except in medical literature, and then they are not so

expressive." Among the new maladies which the physicians attribute to recent mechanical and scientific inventions is the "trolley foot." The motorman on electric and cable cars rings the warning going by pressing his foot upon a knob or button, and it is said that the which had never been known until the | had been presented to the Pope. cars came into use.

"In the first place," said a motorman, it wears out the shoe quicker than you have any idea ; but that's the shoe's fault. Then, tapping the knob produces a tickling sensation at first, and then the foot gets influmed. Of course we know that it can't be anything serious, and keep right on kicking the thing, and after a few days the inflammation wears off, the skin gets hard and we think it's all over and that we'll have no more trouble. But that's a mistake. Shooting pains and nervous twitchings follow, and these are worse when one is off duty than when kicking the gong." It was explained that in most instances the difficulty wears away, but that "trolley foot" had caused many men to quit the service of the railroad corpora-

Telephone car, as a result of constant use of the telephone, has given the car specialists considerable work. The structure of the ear is not in any way affected by the use of the instrument, bat the unustural use of the organ frequently causes a nervous strain, which is reflected in the aural nerves When asked about the cure for telephone car an otologist said: "I have never seen a case which

tions.

was not cured in a short time after the cause was removed. When the patient stops using the telephone the ringing noises and the headaches soon disappear."

Half a Pound of Diamond. The Excelsior diamond is the most

valuable article in the world of its size. Eight years ago about the time the diamond trust was formed, eight men had leased a diamond mine near Kimberly. On the day the lease terminated an English horseman visited the mine. In order to show him how blasts were made, the workmen were ordered to prepare to blow a corner off the gigantic body of rock in which the diamonds were thought to be imbedded. Work had practically been stopped

and the syndicate was ready to turn the mine over to its successors when the final blast was prepared as an exhibition to please the English visitor.

After the blast the men clambered over the shattered pieces of rock to see the effect of the explosion. Then the largest brilliant in the world was discovered.

The next day other men took possession of the mine, and it has been worked steadily ever since, but it has produced no more exceptionally large stones. The diamond was named the Excelsior, and removed to Capetown, being guarded on the way by a squadron of the Sixteenth Lancers. From Capetown it was taken to London by

has remained in the possession of one member of the syndicate that owns it.

The diamond has not yet been cut, and it may be years before the work is done. There have been various rumors as to the flual disposition of the constant pressure produces an ailment stone. At one time it was said that it

Then it was rumored that the Prince of Wales was negotiating for it. Later it was said that the Emperor of Germany longed to possess it. All these rumors were untrue. The syndicate have not sold it, and no offer has been made for it.

In order to see the value of a dia mond that will weigh perhaps 500 carats-it weighs 971 carats, nearly half a pound, at present-after being cut, the prices paid for other diamonds may be mentioned. The Victoria Jubilee, one of the largest diamonds in the world, weight 180 carats. It was bought by the Nizam of Hyderabad for \$1,500,000 some years ago. Before it was cut it was much larger. -London Mail.

A Rooster's Fight With a Hawk,

B. C. Willis has on his place, ten or twelve miles north of Lampasas, a rooster that has sense like a horse, says a Texas correspondent of the Philadelphia Times. Willis says that for the past month a hawk has been playing havoe with his poultry, and all his efforts to get rid of the bird proved fruitless. Being much away from the house during the day Willis had little or no opportunity to get a shot at the bird, whose visits seemed to be timed purposely to suit his absence. Last Sunday, however, Willis stayed home from church in the interest of his hen roost, and loaded his gau for hawk. About noon the bird appeared dipping down without any warning and sinking his claws into a big Brahma hen. Willis made ready to fire as soon as the hawk began to mount. He seemed pretty slow about mounting. however, and it soon became evident that he could not do so. His greediness had caused him to reckon beyoud his strength; the big Brahma was too heavy. Willis was going out to rescue the hen when a slim young game rooster appeared upon the scene of setion evidently prepared to take part. Willis waited to see what would happen. Without much adoo the rooster lit into the hawk tooth and toenail, giving him such a pecking and spurring that the big bird way glad enough to let go his hold of the hen, which went off clucking and squawking mightily. The hawk, howover, was no slouch. Throing upon the rooster with evil intent, the two

recede, but his hoels and head struck

out as lively as ever. Presoutly his

backing brought him up to a barbed-

wire fence, and here he held his

ground for a moment, striking so for-

cibly as to rile his hawkship beyond

measure. In fact the bird seemed mad-

dened beyond contro!, when just at

this critical moment the rooster sprang

through to the other side of the fence,

leaving the bawk to beat against the

wires till it became impaled, caught

Willis lost no time in capturing the

A grape basket factory at Willough-

by, Outo, tarns out 15,000 baskets a

hard and fast on the barbs.

day from five machines.

over the victory.

PEARLS OF TROUGHT.

Courage is adversity's lamp, - Vanvanargues.

It is the law of heaven that you shall not be able to judge what is wise or easy, unless you are first resolved to judge what is just, and to do it, -Buskin.

When home is ruled seconding to God's Word, angels might be asked to stay at night with us, and they would not find themselves out of their element, -- Spurgeon,

Our fellow creatures can only judge of what we are from what we do; but in the eye of our Maker what we do is of no worth except as it flows from what we are -S. T. Coleridge.

If you want to be miserable think about yourself, about what you want, what you like, what respect people ought to pay to you and what people think of you. - Charles Kingsley.

The setting of a great hope is like the setting of the sun. The brightness of our life is gone, shadows of the evening fall around us, and the world seems but a broader shadow. -Longfellow,

"Beauty is but skin deep." That is a skin-deep saying. Beauty is heart the gunboat Antelope. Since then it deep. It is out of the heart we desire it. It is out of the heart it grows. This is not a mere saying like the other. It is the fact and secret that we are eager to penetrate. -- Mrs. A. D. T. Whitney.

A Strange Power,

It is a curious thing, the power which some human beings have over animals. There is a Lowell, Mass., boy, differing in no respect from his companions, who has this power in a marked degree. Every stray dog or cat in the neighborhood knows him, and loves to be in his company, says the Star, of that city. A vicious horse which the stablemen can with difficulty handle will stand like a lamb while he harpesses and unharnesses him. The doves fly around him, and in the woods the wild birds apparently regard him as a friend and ally. The most remarkable exhibition of his power, which has long been known and commented on by friends, was given the other day, A large and vicious rat was captured in the stable in one of those traps which permit of easy ingress and no egress. The men who were looking at the animal were afraid to go near the trap, the animal showed such terror, but the boy when he beheld the imprisoned creature fearlessly put out his finger and stroked its head, the rat manifesting as much pleasure as would a cat or dog.

Several days have passed since then, and the stablemen are still afraid of their capture, but he has grown so tame and familiar with the boy as to allow him to take him out and put him in the trap, will come at his whistle, and manifests every appearance of joy at his presence. There seems to be no question but that the boy could train that rat to perform

A few of the election orators have returned to work, but a good many are out who should be arrested for vagraney.

A Foolish Fear.

There are thousands who have looked forward to the return of cold, frosty weather with dread, knowing that it brings to them their old chronic attacks of rheumatism. Why should any one bear it in winter of summer when it is so well known what will cure it and make it stay cured. St. Jacobs Oil will poperate through stiffness and scre-ness to the center of rheumati pains and a cost in their worst forms and will subdue them. In the coldest or the hotest climato it does its work of cure regardless of how long one may have suffered. Why then so foolish a fear? What can be cured should be endured only so long as it takes to get a bottle. their old chronic attacks of rheumatism

How's This?

How's This? We after One Hundred Dollars Reward for any case of Catarri that cannot be cured by Hall's Catarri Cure. F.J. CHENEYE & CO., Frops., Toledo, O. We the undersigned, have known F.J. Che-ney for the last 15 years, and believe him per-fectly honorable in all business transactions and fluancially able to carry out any obliga-tion made by their form. Wast & ThuAL, Wholesale Druggists, Toledo, Otto.

Chio, Wainrad, Ruynan & Manvin, Wholesais Drurgists, Toledo, Ohio. Hall's Catarrh Cure is taken internally, act-ing directly upon the blood and mucous sur-faces of the system. Price, 75c, per bottle. Sold by All Druggists. Testimoniais free. Hall's Family Pills are the best.

Garden Spots of the South

Garden Spots of the South. The Passenger Department of the Louisville & Nashville R. R. has just issued a hundred page book with the above title. It is descrip-tive of the resources and capabilities of the soil of the counties lying along this line in the states of Kentucky. Tennessee, Alashama, Southern Mizsissippi and Western Florida. It also contains a county map of the above men-tioned states, and is well worthy of a perusal of any one interested in the South. A copy will be sent to any address moor receipt of ten cents in silver or stamms, by E. G. Johnson, Gen. Adv. Agt., Louisville, Ky.

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Mrs. Winslow's Soothing Syrap for Children teething, softens the gums, reduces inflamma-tion, allays pain; cures wind colle. Es a bottle.

Piso's Cure is a wonderful Cough medicine Mrs. W. Pickgar, Van Sielen and Blake Aves., Brooklyn, N. Y., Nov. 14, '94,



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Gladness Comes

Gladness Comes With a better understanding of the massion nature of the many phys-ical ills which vanish before proper ef-fightly directed. There is comfort in the knowledge that so many forms of sickness are not due to any actual dis-ense, but simply to a constipated condi-tion of the system, which the pleasant and have been been been been been been been by remedy with millions of families, and is everywhere esteemed so highly by all who value good health. Its been ficial effects are due to the fact, that it is the order and which is promotes internal eleanliness, without debilitating the organs on which it acts. It is therefore a field effects, to note when you pur-chase, that you have the genuine article, by by the system is regular, then haxa-tives or other remedies are not needed. If afflicted with any actual discase, one may be commended to the most shiftly by the system is regular, then haxa-tives or other remedies are not needed. If afflicted with any actual discase, one may be commended to the most shiftly physicians, but if in need of a laxative, the one should have the best, and with the which informed everywhere, Symp of Fig stands highest and is most largely used and gives most general satisfaction. THE PERFLESS TYPEWRITER

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Bicycle back and bicycle toes are tions. make among the ills which are charged to

the improper use of the bicycle. "The bur mau or woman," said a physician. den "who doubles up on a wheel cannot Can escape the 'bicycle back' if he lives cer often long enough, and the coward on a itself, bicycle is apt to contract the 'bicycle toe," which results from 'curling up and the foot. It is a strange thing," he does its deadded, "but it is true that the ner-Such warning symptoms as sense of yous rider, who constantly thinks he mifocation, headache, dread of impendis about to tumble, will have excruciing evil, timidity, sounds in the ears, ating pains in his toes after a short lpitation of the heart, sparks before ride, and he will be troubled in that the eyes, irregularities, constipation, way notil he gains confidence enough variable appetite, weakness and in-quietude, dizziness, etc., are promptly in himself to stop the nervous contracheeded by intelligent women who ara tion of his feet. As to the 'bieyele approaching the period in life where back,' it is simply a natural conseasn's great change may be expected. usands at this critical time consult quence. The men who work in mines and who are compelled to stoop for Mrs. Pinkham, and conduct their habita hours at a time have what is known as 'miner's back,' which is identical with 'bievele back'; but while we pity the miners we condemn the wheelmen." Telegrapher's cramp is another of the modern complaints. It results from the manipulation of the telegraphic key, and affects the sufferer in the same way as writer's cramp. The fingers which are used on the keys and the whole forearm are frequently made usoless, and are restored ound saved my life. to a normal condition only after aciled me through the change of

> It also oured my husband of trouble." massage. Typewriter's cramp is much like telegrapher's cramp, but as both Cust nothing. Rear hands are used in writing on the machine, so both hands are often inalles, will be entitlind to I sur volved in the abnormal condition.

> > The Way of the World. "My mother was an elegant cook There was only oue person she couldn't "Who was that?"

> > entific treatment by gymnastics and

"My father. He remembered h mother's cooking."

almost any feat within the power of such an animal.

Diamond Cut Diamond

"Will you please examine that diamond," said a man who had stepped into a jewelry shop, "and tell me what you think of it? It it is a good stone I think I will buy it."

The jeweler took the gem, which was unset, and looked at it critically for a moment. Then in confidential tones he said :

"Well, to tell the truth, that isn't a very good stone. It hasn't much fire, it is badly ent, and there is something here that looks very much like a flaw.

Then he held the diamond under a microscope and examined it carefully, finally observing: "No, it isn't exactly a flaw, but I shouldn't call it a perfect stone. Now, if you want something really fine, I have here-"

together kept things pretty lively for "Excuse me," the other man interthe space of a few moments, feathers rupted, "I think I will not buy a diaflying and blood spilling on both mond today. This is a stone one of your assistants let me take on Saturday By and by the rooster seemed to be on approval. I deposited £10 on it. weakening. At all events he began to

Please let me have the money and we will call the deal off." The money was handed over with-

out any comment, but there was a grieved expression upon the jewcler's countenance.

It Was a Desert,

A mother was assisting her little boy with his geography when they came to the word "desert," which he could not understand, His mother explained that it was a barren place-a place where nothing could grow. The boy's face brightened up at her words, hawk, and the rooster crowed lustily and feeling sure that he had solved the difficulty, she asked him to explain the meaning, and the prompt answer came: "My foyther's bald heid !"-- Sentlish

Nights.

lar scope and purpose which can at all compare with this marvelous shilling's The disartern Rocketler says: "There are none of our monthlies in which the beautiful and the use-ful, pleasure and profit, fashion and literature are so fully presented as in Demorrest's."

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