

Dr. Nansen's Ancestors.
Dr. Fritjof Nansen is not the first of his family to show a bent for adventure in the north. His ancestor, Hans Nansen, born in 1508, explored the White sea, spent many years in command of a vessel in the Iceland trade, and wrote a Compendium Cosmographicum, wherein he described arctic routes so well that a copy of the book was in use as late as 1841 in preference to more modern works. Dr. Nansen's father was a lawyer, described as a somewhat stern but judicious disciplinarian. The more remarkable of the explorer's parents seems to have been his mother, who had a mind of her own, and showed it in training the public sentiment of the time in the matter of using snow shoes. In Mrs. Nansen's day snow-shoeing was regarded as an exercise of rather doubtful propriety for Scandinavian ladies, but she took to them with enthusiasm, and helped to win for her sisters a pastime that has since become common among Norwegian ladies—Harper's Bazar.

The Spanish Censor.
They have a curious way of suppressing papers here. Instead of submitting their proof-sheets to the censor, as is usual where such a protector of public opinion exists, they get at the matter backward. The publisher goes ahead on his own judgment, prints what he pleases and takes his chances of going to jail or paying a fine. The censor reads the paper at the breakfast table the next morning, and if he finds anything mildly objectionable, he writes a polite note to the editor, calling attention to the article. The latter prints a paragraph next day explaining that he was mistaken or that the public had misinterpreted his remarks. But when any high official of the Government is attacked, or the proprietors are violated, the editor is fined or imprisoned, and policemen take the subscription list and call at every house at which copies have been delivered to recover them.—Havana correspondence of the Chicago Times-Herald.

Playin' Possum.
The "playin' possum" comes from the fact that the possum will feign sleep or death when pushed into sudden danger of being captured. But pains and aches never play that kind of a game. They never try to fool anybody, and go to work to wake up people, leaving no chances to feign sleep. On the other hand, there is a remedy known as St. Jacobs Oil that will take a pain or an ache so that it won't wake up again in the cure that follows its use. Pains and aches are great or less in intensity just in degree as we treat them. Prompt treatment with the best remedy—St. Jacobs Oil—prevents their increase and by curing prevents the return. Everything is gained by taking pains and aches in time for a prompt and permanent cure, and there is nothing better than the use of St. Jacobs Oil.

Just try a 10c. tin of Cascarets, the finest liver and bowe regulator ever made.

The \$100,000 passenger station that the Baltimore & Ohio Railroad company is erecting in Baltimore, to take the place of the old Union station, is being rapidly pushed to completion. The train shed will be ready for use, probably by the first of May, and the rest of the structure will be thrown open to the public about June 1st.

Shake Into Your Shoes
Allen's Foot-Ease, a powder for the feet. It cures painful, swollen, smarting feet, and instantly takes the sting and ache out of corns. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes tight-fitting or new shoes feel easy. It is a certain cure for itching, chafing and hot, tired, sore feet. Try it to-day. Sold by all druggists and shoe stores. He mail for 25c. in stamps. Trial package FREE. Address, Allen S. Quinlan, Le Roy, N. Y.

I could not get along without Miss G's Cure for Constipation. It always cures.—Miss E. C. MOULTON, Needham, Mass., Oct. 22, '99.

F. J. Cheney & Co., Toledo, O., Props. of Hall's Catarrh Cure, offer \$100 reward for any case of catarrh that cannot be cured by taking Hall's Catarrh Cure. Send for testimonials free. Sold by Druggists, 25.

Tobolsk, Russia, claims to be the oldest inhabited place in the world.

No-To-Bac for Fifty Cents.
Over 400,000 cured. Why not let No-To-Bac regulate or remove your desire for tobacco? Saves money, makes health and banishes cure guaranteed. 50 cents and \$1.00 at all druggists.

From Germany we get the custom of celebrating gold and silver weddings.

When bilious or constive, eat a Cascaret, candy cathartic, cure guaranteed, 10c., 25c.

Impure Air Blood
Eating rich and heavy food, sweets and fats in winter, close confinement and breathing vitiated air in office, store, shop, house, factory or school-room, necessarily makes the blood impure, and eruptions, boils, pimples, humors are the result. Dizziness, indigestion and many other troubles are also caused by impure blood.

Hood's Sarsaparilla
Is the best—in fact the One True Blood Purifier.

Hood's Pills cure nausea, indigestion, biliousness, 25 cents.

WEIGHTY WORDS FOR Ayer's Sarsaparilla.

"I am only too glad to testify to the great value of Ayer's Sarsaparilla which has been a household companion in our family for years. I take from 3 to 5 bottles of it every Spring, generally beginning about the first of April. After that I feel like a two year old, for it tones up my system, gives me an excellent appetite, and I sleep like a top. As a blood medicine it has no superior, at least it is my opinion of it.—H. R. WILKEY, Philadelphia, Pa., March 29, 1895.

THIN BLOOD, WHITE COMPLEXION
Doctors Diagnosed the Case as Heart Disease and Consumption—But the Symptoms Were Due to Watery Blood Alone, and Disappeared When Blood Was Enriched.
From Presbyterian Journal, Philadelphia, Pa.
After years of patient and intense suffering, Miss Gertrude Gilbert has recovered her lost health, and is to-day a rosy and blooming specimen of young womanhood. Miss Gilbert's illness, which was of several years duration, was due mainly to a lack of blood. To-day her rosy cheeks and healthy appearance denote the grateful change from a life of ill-health to one of freedom from all illness. When a reporter called on her at her home, No. 1919 Glenwood Avenue, Philadelphia, the young lady ran lightly down the steps with all the elasticity of youth.

I could not have done that eight months ago," she said as she seated herself in a big armchair.
"At that time," she continued, "had I run down the steps as I did a few moments ago, I would have fainted." With her eyes sparkling, and a vivacious, merry in her manner, Miss Gilbert asked the question of the reporter's visit. Upon being told that he came to ask about her illness, she said that she would cheerfully relate her experience. "I have been so wonderfully benefited that within the past eight months I have grown from a mere skeleton to what you now see. I had been sick for a long time, when a friend urged me to try Dr. Williams' Pink Pills for Pale People. Previous to this three doctors had treated me. They diagnosed my trouble as heart disease, together with consumption, and prescribed accordingly. All this medical treatment did not benefit me in the least. I was in a terrible condition. There was scarcely any blood left in my composition, and my friends often told me that they thought I was a victim of blood disease. My chief trouble was weakness, and after laborious efforts to get upstairs I almost went into a faint, and on several occasions thought I was going."

"So little blood had I that my ears were almost transparent, and my complexion was as white as a sheet. I can scarcely describe my sensations, but after repeated treatment by my physicians I became thoroughly discouraged."
"It was at this time that Dr. Williams' Pink Pills were recommended to me, and I procured a box. Before I had finished it I began to feel the benefit of my health. This gave me encouragement, and I began a systematic course according to the regulations on the wrapper. At the end of the seventh or eighth box, I forgot which I was an entirely different girl. In addition to having a sufficient quantity and better quality of blood in my veins, I was relieved of that shortness of breath and quick heart action which has been my chief trouble. My appetite returned and I was enabled to do my daily duties with a cheerfulness which I had never before experienced."
"Several weeks ago I stopped taking the pills, and while I feel confident I shall never again be in such ill health, I always, as a preventative, keep a box of Dr. Williams' Pink Pills in my room. They are all they are represented to be, and I say again that to them, and them alone, do I owe my restoration to health."

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 suppression, irregularities and all forms of weakness. They build up the blood, and restore the glow of health to pale and yellow cheeks. In men they effect a radical cure in all cases arising from mental worry, overwork or excesses 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.

Princess of Wales Loves Animal.
The Princess of Wales is fond of animals and is a most intrepid rider to the hounds. Her bay pony, "Huffy," is now 22 years of age. He is past work and is having a high old time of it. He stands about 13 hands high, and has been the first favorite of the princess for the 16 years he has been in her service. He knows his mistress as well as any of her dogs do, and, if allowed, would follow her anywhere. He is too old for work now, and has had his shoes taken off finally, but still lives a most luxurious life, constantly visited and fed by his mistress, who never allows an old favorite to be killed.

Left by Say.
Among the late Leon Say's papers were found five decrees dated on the same day, signed by President Grevy and countersigned by all the proper officials, appointing him to all the grades of the Legion of Honor, including the Grand Cross. Grevy went out of office without making the appointments public in the Journal Officiel, and Leon Say never mentioned the matter to any one, and never wore any of the decorations.

Modern Fox-in-Law.
She—You won't object to having dear mamma live with us after we are married, will you?
He (a young doctor)—Not at all. In fact, she will be most welcome.
She—It's so good of you to say so.
He—Not at all. You see, she is always ailing, and I really need somebody to experiment on!—Comic Cuts.

Every sleeping car conductor wants a law adopted compelling the porter to divide.

INSTRUCTIVE TO FARMERS.
RENOVATING AN OLD MEADOW.
The best way to renovate a wornout meadow is to plow under a good coat of barnyard manure and plant corn, giving it thorough cultivation. But if, as in this case, it is not desirable to plow it up, go over the meadow with a sharp steel-tooth harrow and scarify the land, then sow with grass seed and go over the whole with a roller. Of course a liberal application of fine manure or some reliable fertilizer should be given.—American Agriculturist.

CROPPING APPLE ORCHARDS.
No kind of crop can be grown in a bearing apple orchard that will be worth what its growing will damage the fruit crop after the trees are in bearing. Even before that time, unless the land is very rich and the tree growth excessive, it is better not to sow any grain crops, which will check growth early in the summer. Hood crops do not have this effect. But after the trees get large enough to shade most of the ground, the hood crop, whether corn or potatoes, will be lessened so much that it will not pay to grow. Only one kind of grain can be sown in an old orchard with advantage. That is buckwheat. The scattered grains in fall will make a spring growth that can be plowed under in June. This will keep the soil light, while the buckwheat will be a good shade for the soil during the hottest summer months. As the buckwheat grain is mainly carbon, and drawn from the carbonic acid gas of the air through the broad buckwheat leaves, the growth of this plant does not exhaust fertility as that of all other grains would do.—Boston Cultivator.

EFFECTS OF FEED ON MILK.
Some Canadian experiments in feeding cows, with a view to determining the effects of certain feeds on the quality and quantity of milk, butter and cheese, are reported by the Rural Canadian. In addition to the usual feed of hay, Indian corn, fodder, bran, gluten meal and oil meal, the dairy herd was fed turnips and beets for 77 days, and then the roots were left out of the ration for 49 days, when the grain and hay were withdrawn, and the herd ran on pasture for 66 days, part of the time with bran and part of the time without. The feed was all chopped, mixed and moistened 12 hours before feeding, as this aided mastication and digestion. The herd contained Holsteins, Shorthorns and Jerseys, and the effects of the various rations on these breeds were separately noted. The butter resulting from these rations was scored by experts who knew nothing of the experiments.

It was found that turnips injured the flavor of the milk and butter. This injury is due to volatile acids, which can be driven off by heating the milk to 160 degrees for a short time. Beets increased the milk and butter product, and caused all the cows, even Jersey, to lay on fat quite rapidly. When the roots were discontinued, butter fat decreased, and the cows ceased to gain weight, and it took more pounds of feed (calculated to dry matter) to produce a pound of butter. When turned on pasture there was immediate increase of milk, butter and live weight. Feeding bran during part of the grazing period produced sufficient gain to yield a small profit.

The cost of a pound of butter was five cents from the Holsteins, 12 1-8 cents from the Shorthorns, and 10 1-2 cents from the Jerseys. The Holsteins used 24 pounds of food (dry matter) to produce a pound of butter; the Shorthorns 23 1-2 pounds, and the Jersey 21 1-3 pounds. In proportion to weight, the Jerseys were the largest eaters, but they converted their food into milk and butter rather than flesh. For each 1000 pounds of weight the Holsteins ate 21 1-4 pounds of food, the Shorthorns 20 pounds and the Jersey 27 pounds. The butter from pasture scored highest in quality, that from beets stood second and that from turnips scored lowest.—Boston Cultivator.

Rescued by a Canine Samson.
Wilbur Stevens, a six-year-old youngster of Gardenville, N. Y., fell into the river while flying his kite. A big St. Bernard dog named Samson, who was assisting at the ascension, plunged in the water after him. The banks of the river were too steep for the rescuer to climb, and he was obliged to swim a long distance down stream before he could land his little burden. The boy was none the worse for his ducking, the dog having kept the boy's head above water all the time.

FOR THE HOUSEWIFE.
HEATED BREAD KNIVES.
The bread knife should be heated very hot when about to cut new bread. This will prevent crumbling.

UTILITY OF SMALL TOWELS.
Small hand towels can be bought at many of the drygoods shops for very reasonable prices in very good quality, and are a convenience for the housekeeper who has many guests. The size is sixteen by twenty-four inches, and is more convenient for the guest who uses a towel only once. The small size makes a great saving in laundry work.

CLEANLINESS IN TEA-MAKING.
In making tea, one thing upon which the expert insists is the absolute cleanliness of the pot. Many housekeepers who are scrupulously careful about their china would be surprised if they could examine the inside of the now of the teapot. Finishing with water will not clean it sufficiently. The end of a cloth pressed a little way into it will frequently reveal a black deposit—the accumulation, possibly, of years, though a few days without care will leave an appreciable amount. One of the best things to clean the teapot with is a bristled wire, such as is used for cleaning bottles. They are soft enough to bend into shape, and with a soft cloth are serviceable. The Chinese tea bowl appeals to the fastidious tea drinker, but it is awkward even to the experienced manipulator.

PROPER PLACING OF MEAT.
Although dinner authorities announce that carving is going out of fashion, the joint on the board is not likely soon, if ever, to be wholly banished. A lecturer in a domestic science course gives some rules for the proper placing of the meat to be carved on the platter. Roasts of beef, rib and sirloin should have the backbone at the right hand of the platter. A fillet of beef should be placed with the thickest end at right hand side of platter; calf's head with face at the right; roast pig with head to the left; roast or boiled ham with thickest part on further side of platter; large birds, as goose or turkey, with heads to the left. Small birds are placed crosswise with heads on further side of the platter. A leg of lamb, mutton or veal is placed with the thickest part on the further side of the platter. The platter should be large enough to receive the meat as it is sliced, or extra dishes should be provided for the purpose.—New York Post.

RECIPES.
Salmon a la Waldorf—Take one can of salmon, open, drain the fish, remove all bones and flake. Butter a deep dish, place a layer of fish in the bottom, then a layer of cold boiled potatoes, sliced, sprinkle with salt, pepper and a little finely minced parsley and onion. Continue in this way until the materials are used; place bits of butter on top, and pour over five or six tablespoonsful of cream or milk. Bake for ten minutes in a hot oven. Once tried, will be appreciated.

Beef and Potatoes au Gratin—Mince cold cooked beef; to one cupful add a pinch of clove, a quarter teaspoonful of salt, a good dash of pepper and place in a baking dish. Mash one pint of cooked potatoes, and whip them with half a cup of milk, tablespoonful of butter and saltspoonful of salt, and spread them over the beef; beat up an egg with two tablespoonfuls of milk, spread it over the potatoes, place in the oven and bake sufficiently to warm it through and brown the potatoes.

Lentil Soup—Wash and soak one-half pound of lentils in one quart of cold water for twelve hours. Add another quart of water, one medium sized onion lightly browned in a little dripping, two sprigs of parsley, one teaspoonful of salt and one-quarter teaspoonful of pepper. Stew gently until soft enough to press through a sieve. Return to the saucepan with one pint of hot milk. Stir in one heaping teaspoonful of flour, rubbed to a paste with a little cold water, and bring to the boiling point. Serve.

Tomato Bouillon—Put one can of tomatoes with one and one-half quarts of stock over the fire; add one tablespoonful of chopped onions, two bay leaves, four whole cloves, one level teaspoonful of celery seed and a half-teaspoonful of pepper. Cover and cook twenty minutes. Strain through a sieve. Beat the whites of three eggs until partly light; add them to the tomatoes, bring to a boil, and boil rapidly for five minutes. Strain through two thicknesses of cheese cloth. Report, season with two teaspoonfuls of salt, and serve with croutons.

Try Grain-O! Try Grain-O!
Ask your grocer to-day to show you a package of Grain-O! The new food drink that takes the place of coffee. The children may drink it without injury as well as the adult. All who try it like it. Grain-O has that rich seal brown of Mocha or Java, but it is made from pure grains, and the most delicate stomach receives it without distress. One-quarter the price of coffee. 15c. and 25c. per package, sold by all grocers.

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

CASCARETS stimulate liver, kidneys and bowels. Never sicken, weaken or gripe; 10c.

A man in a balloon four miles above the earth can plainly hear the barking of a dog.

A Distinction.
Maud—What are dukes worth, papa? Struckoff (after his trip abroad)—Not a darn cent.
Maud—I mean what are they selling for?
Struckoff—Oh, about a million, spot cash.—Up-to-Date.

SILENT SUFFERERS.
Women do not like to Tell a Doctor the Details of Their Private Ills.

The reason why so many women suffer in silence from the multiple disorders connected with their sexual system is that they cannot bear to broach the subject to a man, even if he is a physician. No one can blame a modest, sensitive woman for this reticence. It is unnecessary in these times, however, for a woman makes to all afflicted women a most generous offer. Mrs. Pinkham of Lynn, Mass., bids every woman who suffers to write to her and confide every symptom that annoys her, and she will give her advice without charge, and that advice is based upon the greatest experience ever possessed by man or woman in this country, and extends over a period of twenty-three years, and thousands upon thousands of cases. Why suffer in silence any longer, my sister, when you can get help for nothing? Don't fear to tell her everything.

The case of Mrs. Colony, whose letter to Mrs. Pinkham we publish, is an illustration of the good to be received from Mrs. Pinkham's advice; here is a woman who was sick for years and could get no relief—at last in despair she wrote to Mrs. Pinkham—received in return a prompt, sympathetic and interested reply. Note the result and go and do likewise.

"I was troubled with such an aching in my back and hips, and I felt so tired all the time, and had for four years. For the last year it was all I could do to drag around. I would have such a ringing in my head by spells that it seemed as though I would grow crazy. I ached from my shoulders to my feet and was very nervous. I was also troubled with a white discharge. I wrote to Mrs. Pinkham at Lynn, Mass., received a prompt reply and followed her advice, and now I have no headache and begin to feel as one ought; in fact I never felt better in ten years than I do now. I thank God that I went doctored with Mrs. Pinkham when I did, for if I had not I know I would have been in my grave."
—Mrs. NELLIE E. COLONY, Nahma, Mich.

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Cascarets
CURE CONSTIPATION
REGULATE THE LIVER
ALL DRUGGISTS
ABSOLUTELY GUARANTEED to cure any case of constipation. Cascarets are the most laxative, never grip or gripe, but cause easy natural results. Name EARLY APPLIED—Keeps the bowels in perfect order. Can be had by any intelligent workman.

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ALABASTINE is a pure, permanent and artistic wall-coating, ready for the brush by mixing in cold water.
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On a red hot day Hires Rootbeer stands between you and the distressing effects of the heat.
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cools the blood, tones the stomach, invigorates the body, fully satisfies the thirst. A delicious, sparkling, temperance drink of the highest medicinal value.
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