

"I'm So Tired!"

As tired in the morning as when I go to bed! Why is it? Simply because your blood is in such a poor, thin, sluggish condition it does not keep up your strength and you do not get the benefit of your sleep. To feel strong and keep strong just try the tonic and purifying effects of Hood's Sarsaparilla. Our word for it, it will do you good.

Hood's Sarsaparilla

Is America's Greatest Medicine.
Hood's Pills cure all liver ills. 25 cents.

Mrs. Winslow's Soothing Syrup for children teething softens the gums, relieves inflammation, always cures wind colic. 25¢ a bottle.

Conductor E. D. Loomis, Detroit, Mich., says: "The effect of Hall's Catarrh Cure is wonderful." Write him about it. Sold by Druggists.

Piso's Cure for Consumption relieves the most obstinate coughs.—H. D. BUCHHEIMER, Lexington, Mo., Feb. 24, '04.

William Moore, a Kentuckian, 61 years of age, has not left his bed for 3 years. He was injured by a horse when a child.

Educate Your Bowels With Cascarets. Candy Cathartic, cure constipation forever. 10¢. I. F. C. C. fail, druggists refund money.

By way of intimidating tramps, the women of Johannesburg have formed a South African Revolver Club. The members practice daily, and always carry a weapon when they walk or ride beyond the boundaries of the city.

No-To-Bac For Fifty Cents. Guaranteed tobacco habit cure, makes weak men strong, blood pure. 50¢. All druggists.

A beggar died at Auxerre, France, not long ago, and in his trunk were found stock securities valued at a million francs. In his cellar were found 400 bottles of rare wine.

Five Cents. Everybody knows that Dobbin's Electric Soap is the best in the world, and for 35 years it has sold at the highest price. Its price is now 5 cents, same as common brown soap. Bars full size and quality. Order of grocer. Ad.

Among the many expenses borne by railroad companies the ice bill figures quite prominently. For instance, on the Baltimore and Ohio Railroad it is expected it will take over 50,000 tons of ice this year to meet the requirements of the service. The greater portion is used in connection with shipment of perishable goods; the balance in the passenger train service. A great deal of this ice is put up by the company in its own ice houses, but as the past winter has been so warm a very large proportion will have to be purchased.

To Cure Constipation Forever. Take Cascarets Candy Cathartic. 10¢ or 25¢. I. F. C. C. fail to cure, druggists refund money.

Congo negroes are remarkable for their thick skin. A case is mentioned of a black slash with a razor in a scuffle. The hospital surgeon broke two needles in trying to put in the stitches, and at last was driven to use a broad awl.

Sierra Leone, Africa.

The settlement of Sierra Leone at one time consisted only of the peninsula terminating in Cape Sierra Leone, with an area of about 300 square miles. The colony, with its protectorate, now includes a large extent of country, estimated at 4,000 square miles. The capital, Freetown, possesses the best harbor in West Africa. The scenery of Sierra Leone is said to be very similar to that of the West Indies. The soil is fertile and there is an abundance of pure fresh water. Tropical fruits grow luxuriantly. Pineapples especially are produced very abundantly, while bananas, plantains, avocado pears, mangoes, limes and oranges are not only consumed locally, but are also exported to Gambia, Gorcee and Senegal.

THEY WANT TO TELL

These Grateful Women Who Have Been Helped by Mrs. Pinkham.

Women who have suffered severely and been relieved of their ills by Mrs. Pinkham's advice and medicine are constantly urging publication of their statements for the benefit of other women. Here are two such letters:

Mrs. LIZZIE REVELLY, 258 Merrimac St., Lowell, Mass., writes: "It affords me great pleasure to tell all suffering women of the benefit I have received from taking Lydia E. Pinkham's Vegetable Compound. I can hardly find words to express my gratitude for what she has done for me. My trouble was ulceration of the womb. I was under the doctor's care. Upon examination he found fifteen very large ulcers, but he failed to do me good. I took several bottles of Lydia E. Pinkham's Vegetable Compound, also used the Sanative Wash, and am cured. Mrs. Pinkham's medicine saved my life, and I would recommend it to all suffering women."

Mrs. AMOS TROMBLEY, Ellenburgh Cir., N. Y., writes: "I took cold at the time my baby was born, causing me to have milk legs, and was sick in bed for eight weeks. Doctors did me no good. I surely thought I would die. I was also troubled with falling of the womb. I could not eat, had faint spells as often as ten times a day. One day a lady came to see me and told me of the benefit she had derived from taking Lydia E. Pinkham's medicine, and advised me to try it. I did so, and had taken only half a bottle before I was able to sit in a chair. After taking three bottles I could do my own work. I am now in perfect health."

E. N. U. 48 '05

JOHN W. ROBERTS, Washington, D. C. FRANK H. BATTLES, Rochester, N. Y.

FOR WOMAN'S BENEFIT.

Bretelles Are Worn.

Bretelles are one of the features of the new gowns, and they are plain, scalloped, cut out in squares, plaited or gathered, as you like. They follow in regular order the sloping shoulder, which must be cultivated now, since they assist in producing the desired effect.

Plain Skirts Still Worn.

Skirts that are tucked, ruffled, bonneted, braided or decked with ruchings of lace or material are adrift over the world of fashion, yet the severely plain skirt is not out of style, but appears in graceful lines and without any marked difference in its general outlines; but, of course, it invites decoration, as this is so essentially a trimming season.

Patent Leather Fad.

A new belt is of patent leather. The buckle and eyeholes are of brass or silver gilt and very large. Hat bands of patent leather come to match, and, of course, the purse must match also. Very swagger is the appearance of a girl wearing the newest thing in patent leather, especially if her skirt and shirt waist are of white duck and hat of plain white straw. With such a costume tan shoes must be discarded, and as patent leather draws the feet in warm weather, the shoe must be black kid, heavily trimmed in patent leather.

A Revival of the Plain Bodice.

Without doubt we are started on the road to tight-fitting bodices once more, and the autumn will see street gowns made in this style, which is necessarily the proper accompaniment for the sheathlike skirt that now has a hold on woman's fancy. Of course they will be trimmed, but the trimmings will be flat and more severe than have been seen for some seasons past. Many of the early summer street costumes were paraded in this style, which, after all, is more suitable for street and shopping wear.—Woman's Home Companion.

A Woman City Clerk.

Mrs. Flora Hays, at Frankton, Ind., is the first woman in that state whose name has been officially placed upon an election ballot. She has been nominated by the Citizens' party of Frankton for the office of city clerk, and this year the office heads the ticket. The campaign therefore will be fought out under her name. Mrs. Hays has also the honor of being the first woman to hold a city office in Indiana. Two years ago her husband was elected city clerk, but shortly after his election he died. She circulated a petition asking to be permitted to fill his place. She was qualified and proved to be as efficient an officer as the city has ever had. Mrs. Hays is 26 years old. Her knowledge of business is as thorough as that of any man who has ever held this office.—New York Tribune.

The Matter of Height.

If you are tall and slender how well you look in those 15 flounced skirts, each one edged with the narrowest of black velvet. They all dip a little toward the front, and when "made up" in white gauze or white silk organdy they are looked upon as something smarter than if built of colors, because the craze for black and white is not yet on the wane. Taking it for granted that your choice is white, with black for trimming, your bodice must be gathered into a black belt and your neck be cut out in such a pretty V back and front; the two narrow flounces matching the skirt will trim it well with full ruching of tulle for heading, the whole giving you such fine width across the shoulders and showing off the lovely lines of your neck and the graceful pose of the head. Your arms are rather too long and slender uncovered, but seen through the transparent material in mousquetaire shirings they are faultless. As you walk across the room your black gauze sash with its long plisse ends in the back and its bunch of short loops, with a big diamond buckle in the middle, is really quite a perfect touch. Your golden hair, raised up high on the top of your head, adds to your height and you excel in the way you have it waved, and the knot at the top, together with just the right kind of short, loose curls, arranged so becomingly on your brow. Of course you wear your pearls—nobody's neck is dressed without them—and your jeweled ornaments exceedingly choice, and you never overdo the matter.—Philadelphia Ledger.

Look to Your Little Finger.

The fact that the hand looks shapelier and more graceful when the middle and third fingers are slightly curved away from the index and little finger is shown by the models in the glove store windows, and while it is affectation to hold the hands in such a position, yet this exercise, to make the pose natural, should be practiced.

Some one has said somewhere that the number of cultured generations back of an individual may be judged by the degree of curve in the little finger. Observation will prove this more or less true. When one sees a person holding a glass or cup with the little finger thrust out and curved until it resembles a hook, a little investigation will almost invariably show that the desire for culture has just awakened in that particular family, and in its newness is somewhat overstepping the mark. Affectation is a sign of lack of breeding.

Some of the old painters understood hands to perfection. Long, rounded hands, with slightly curved fingers and gently bent wrists, are characteristic of the women whose beauty they

have made memorable. Sometimes, perhaps, the beautiful hands were those of some other model than the pictured one; but the painters knew that beautiful hands were as necessary as beautiful faces in order to make a harmonious picture.

The people of almost every other nation have more graceful hands than we have; and those who use their hands most freely when conversing are by far the most graceful. The hands which make no superfluous movements, which appear to obey readily and easily their owner's will, whose movements are free, rhythmic and gentle, are the really graceful ones.—Woman's Home Companion.

Summer Fans and Hat Pins.

Fans to match every costume are what the fashionable woman must now provide. There is an immense variety to choose from, so this should not be a formidable task.

With the slight increase in the size of the present style of fans, the ostrich feather fan has again returned to favor. Almost every woman has one of these handsome fans stowed carefully away, and now is the time to bring it forth. Ostrich fans are peculiarly graceful, and make a handsome adjunct to the most elegant toilet.

A late fancy is the violet fan. In the shops these are very expensive, but the girl with quick fingers and artistic eye can easily manufacture one at home. The foundation is a white silk or satin fan, with rather long, plain sticks. Medium silk violets are chosen and are glued carefully on. They must not look stiff, but as if they had fallen carelessly upon the fan. The fan is laid flat while the violets are fastened on, and is then pressed with a heavy weight until thoroughly dry. It is not intended to close, but hangs as an ornament from the side. Other small flowers, forget me nots, heather or lilies of the valley, are used in the same way, and the flower fans are among the prettiest of the season's novelties.

More gorgeous are the lace fans, embroidered with spangles, with jeweled sticks. Fans of this variety are very costly and very frail.

More dainty and varied than ever are the Japanese fans. They are truly the friends for hot weather. A number are quite handsome enough to be carried with fashionable gowns. The summer home is not complete without a large assortment of every size and hue.

Flies, bugs and creeping things are most popular for hatpins. There is a huge bumble bee enamelled in its own brilliant colors, with jeweled eyes. Dragon flies which sparkle in the sunlight are very pretty fasteners for the dainty summer millinery. Long green lizards, the bodies studded with emeralds and the eyes of rubies, make costly and coveted hatpins.

Butterflies, too, come in for a good share of popularity. Both in genuine and imitation brilliants they are shown in every conceivable variety.

Very chaste are the pins of huge American pearls rising from a chalice of finely cut rhinestones. Jade is a novelty for hatpins and is being used extensively. The jade stone is considered a talisman against evil. Here again is noticed the craze for military buttons. Mounted and burnished, they are worn in pairs, one on either side of the hat.

A cheap, flashy hatpin will spoil the appearance of the most expensive hat. The sensible woman buys a solid gold or silver pin with a handsome and substantial head. The purchase proves a good investment in point of looks and durability.—San Francisco Examiner.

Fashion Notes.

Bracelets and bangles are again in vogue.

Soft hats will take the place of the derby for wheel wear.

Children will wear tan stockings and shoes with their summer attire.

Brown and tan stockings will be the proper color with shoes of a like color.

Batistes with colored grounds will be covered with loose floral designs.

Small checked ginghams in all colors are finding favor with the fashionables.

Fancy hosiery still continues popular, judging from the sales at the stores.

The wool golfing stockings are giving place to the silk and cotton ones of summer wear.

Red chambray with black embroidered designs will be a favorite design for summer wear.

Black cotton hose, with fancy colored silk welts, are selling well this season for golfing.

Plain black hose will be worn much this season by those who do not care for fancy footwear.

Black dotted Swiss gowns are made up over color and trimmed with rows and rows of black lace insertion.

All the light tints will be in vogue this season, and will be elaborately trimmed with lace and embroidery.

The English walking hat still holds a place in fashion, and is often profusely trimmed with plumes and jet.

Among summer hats a chip with white mousseline de soie and sweet peas will be a chic headress for young women.

Sailor hats will be worn with low crowns and narrow brims this season. A fashionable trimming will be a folded scarf wound around the crown and tied at the left side.

The woman who wears chiffon would do well to use mousseline de soie in its place this summer, for it is as nearly indestructible as a pretty, soft material can be. It will stand packing well and dampness does not ruin it. But every woman who does her own shopping with care knows that.

Gold Fish.

In a store where home aquarium supplies are sold there are, besides the usual varied assortment of glass globes, a number of larger tanks of various shapes and sizes, in which stock is kept for sale. The tanks themselves are, of course, sold if there is a demand for them.

Lying across the corner of the largest of these tanks is a little net, the hoop no more than five or six inches in diameter, and the handle about a foot long. This is to scoop up the gold fishes when they are sold. When a new outfit is sold complete the fishes are delivered in the globe or tank. It often happens, however, that the person already owning a globe wants to replace fish that have been lost, or to add to his stock, and he goes to the store where such things are sold and buys one or more gold fishes, just as he would buy any merchandise, except that instead of sitting down at a counter to make his selections, he bends over a tank and indicates among the fishes swimming about the ones he wants. As he makes his selections the dealer scoops them out with the little net, and as likely as not the purchaser carries the fish he has bought, a single fish or half a dozen, or whatever the number may be, right away with him in a tin pail.

Little gold fish of the commoner kinds can be bought for a few cents apiece. Some of the rarer varieties cost dollars.—New York Sun.

A Long Tramp Back.

Smith—Pshaw, man. You mustn't be daunted by trifles. The distance to the Klondike is no obstacle whatever.

Brown—I know that. It's not the distance up there that I'm thinking about.

Smith—What is it, then?

Brown—The distance from there here.

The Suez Canal took 13 years to build.

A Startled Mother.

From the Freeport (Ill.) Bulletin. While busy at work in her home, Mrs. William Shay, corner of Taylor and Hancock Avenues, Freeport, Ill., was startled by hearing a noise just behind her.

Turning quickly she saw a crawling toward her her four-year-old daughter, Beatrice. The child moved over the floor with an effort, but it seemed as if she were filled with joy at finding her mother. The rest of the happening is best told in Mrs. Shay's own words. She said: "On the 28th of Sept., 1896, while in the bloom of health, Beatrice was suddenly and severely afflicted with spinal meningitis. Strong and vigorous before, in five weeks she became feeble and suffered from a paralytic stroke which twisted her head back to the side and made it impossible for her to move a limb. Her speech, however, was not affected. We called in our family doctor, one of the most experienced and successful practitioners in the city. He considered the case a very grave one. Before long little Beatrice was compelled to wear a plaster paris jacket. Prominent physicians were consulted, electric batteries were applied, but no benefit was noticed until we tried Dr. Williams' Pink Pills.

"Busy in my kitchen one afternoon I was startled by the cry of 'Mamma' from little Beatrice who was crawling towards me. I had placed her on an improvised bed in the parlor comfortably close to the fire and given her some books and playthings. She became tired of waiting for me to come back and made up her mind to go to me, so her story, my Pink Pills made me walk, which she tells everyone who comes to our house, was then for the first time verified. She has walked ever since. She has now taken about nine boxes of the pills and her pale and pinched face has been growing rosy, and her limbs gained strength day by day. She sleeps all night long now, while before taking the pills she could rest but a few hours at a time." Dr. Williams' Pink Pills for Pale People are sold by all druggists.

Mr. Balfour is one of the fastest speakers in the House of Commons, uttering an average of 150 words a minute.

Don't Tobacco Spit and Smoke Your Life Away.

To quit tobacco easily and forever, be magnetic, full of life, nerve and vigor, take No-To-Bac, the wonder-worker, that makes weak men strong. All druggists, 50¢ or \$1. Cure guaranteed. Booklet and sample free. Address: Sterling Remedy Co., Chicago or New York.

The mines in Manchuria, according to the report of a Chinese official, are situated in a country covered 12 feet deep with snow in winter, and infested in summer and autumn with an insect which makes life unbearable.

To Cure a Cold in One Day.

Take Laxative Bromo Quinine Tablets. All Druggists refund money if it fails to cure. 50¢.

In a Lady's Autograph Album.

A valuable lady's album was recently offered for sale in London. It was the ordinary quarto volume, with embossed pages, gilt-edged, and nicely bound, like those with which our grandmothers used to victimize their friends years ago. It was an ordinary book, but it had extraordinary contributors. Among the writers might be found Douglas Jerrold, Mark Lemon, William Macready, Mrs. Amelia Opie, Mrs. Howitt and W. M. Thackeray. The artists comprised Sir David Wilkie, Westall, Sir Edwin Landseer, Cattlemore, Prout, John Leech, Sir John Tenniel and Thackeray. There were many sketches by the last-named, in which might be recognized some of the original designs for "Pendennis" and other of his books. After a spirited competition, the volume was knocked down at £180.—Tit-Bits.

When a man's business runs down the sheriff comes along and winds it up.

Beauty is Blood Deep. Clean blood means a clean skin. No beauty without it. Cascarets, Candy Cathartic clean your blood and keep it clean, by stirring up the lazy liver and driving all impurities from the body. Begin to day to banish pimples, boils, blotches, blackheads, and that sickly bilious complexion by taking Cascarets, beauty for 10 cents. All druggists, satisfaction guaranteed. 1 c. 25¢, 50¢.

The Working Classes Form 60 per cent. the middle class 28 per cent. and the upper class 3 per cent. of the population of this country.



Maybe the grocer is "just out of Ivory Soap but has another just as good." No other soap is just as good. Insist that he get Ivory Soap for you.

A WORD OF WARNING.—There are many white soaps, each represented to be "just as good as the Ivory"; they ARE NOT, but like all counterfeits, lack the peculiar and remarkable qualities of the genuine. Ask for "Ivory" Soap and insist upon getting it.

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PAINT YOUR WALLS & CEILINGS

MURALO WATER COLOR PAINTS

FOR DECORATING WALLS AND CEILINGS. Purchase package of MURALO paint dealer and do your own decorating. This material is a HARD FINISH to be applied with a brush and becomes as hard as Cement. Milled in twenty-four tints and works equally as well with cold or hot water.

SEND FOR SAMPLE COLOR CARDS and if you cannot purchase this material from your local dealers let us know and we will put you in the way of obtaining it.

THE MURALO CO., NEW BRIGHTON, S. I., NEW YORK.

LIQUID PHENOL

50c. ACTUAL SIZE.

PROTECTION OR FUN. SHOTS AMMONIA, WATER, COLOGNE, OR OTHER LIQUID.

It is a weapon which protects bicyclists against vicious dogs and foot-pads; travelers against robbers and toughs; houses against thieves and tramps, and is adapted to many other situations. It does not kill or injure; it is perfectly safe to handle; makes no noise or smoke; breaks no law and creates no lasting regrets, as does the bullet pistol. It simply and safely protects, by compelling the foe to give unqualified attention to himself for awhile instead of to the intended victim.

It is the only real weapon which protects and also makes fun, laughter and lots of it; it is about, no cost, but many times without reloading and will protect by its appearance in time of danger, although loaded only with liquid. It does not get out of order; is durable, handsome, and nickel plated.

Send boxes and post paid by mail with full directions how to use for 50c. in 2c. Postage Stamp. Post-office Money Order, or Express Money Order.

As to our reliability, refer to R. G. Dun's or Bradstreet's mercantile agencies.

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Bear in Mind That "The Gods Help Those Who Help Themselves." Self Help Should Teach You to Use

PILES

"I suffered the tortures of the damned with protruding piles brought on by constipation with which I was afflicted for twenty years. I got across your CASCARETS in the town of Newell, Ia., and never found anything to equal them. To-day I am entirely free from piles and feel like a new man."

C. H. KRITZ, 1411 Jones St., Sioux City, Ia.

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Cascarets

REGULATE THE BOWEL

Columbia

Chainless Bicycles

MAKE HILL CLIMBING EASY.

Columbia Chain Wheels, \$75
Hartfords, \$75
Vedettes, \$40 & 35

POPE MFG. CO., Hartford, Conn.

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BEST SCALES. LEAST MONEY.

JONES OF BINGHAMTON N. Y.

Reliable agents wanted in every locality. Exclusive rights given. (Goods guaranteed. Remuneration employment. Both sexes. Write at the age and previous employment. No low stamp.)

G. V. ASSASSINATIONS, 4 Beekley St., Rochester, N.Y.

STOPPED FREE

Persons who are cured of their piles by using the GREAT BOWEL REGULATOR.

Write for full particulars to the proprietor, J. W. BROWN, 100 N. 3rd St., Philadelphia, Pa.