

Of Interest To Women.

To such women as are not seriously out of health, but who have exacting duties to perform, either in the way of household cares or in social duties and functions which seriously tax their strength, as well as to nursing mothers, Dr. Pierce's Favorite Prescription has proved a most valuable supporting tonic and invigorating nerve.



Food We Throw Away.

The French, with more good sense than ourselves, often cook peas in the shell, either boiling them whole or boiling after cutting into strips as we cut scarlet runner beans.

Just How Much.

The cook book or the printed page can give only general directions as to proportions, order in which ingredients are added, methods of mixing, cooking vessels and average amount of heat required.

The amount of ingredients, as to quantity and proportions, with order and method of mixing, etc., may be clearly set forth by the types; but much good material and many painstaking efforts may be sacrificed to unsuitable conditions in the home.

Stimulate the Blood.

Brandreth's Pills are the great blood purifier. They are a laxative and blood tonic, they act equally on the bowels, the kidneys and the skin, thus cleansing the system by the natural outlet of the body.

As to the Size of Heads.

The average adult head has a circumference of fully 22 inches. The average adult hat is fully six and three-quarters size.

Spider Chased a Man.

A story is told by an explorer of a large and fierce South American spider which chases men if they come too near its lurking places.

A FRIEND'S TIP.

70-Year-Old Man Not Too Old to Accept a Food Pointer.

"For the last 20 years," writes a Maine man, "I've been troubled with Dyspepsia and liver complaint, and have tried about every known remedy without much in the way of results until I took up the food question."

"This was about nine months ago, and I began the Grape-Nuts for breakfast with cream and a little sugar. Since then I have had the food for at least one meal a day, usually for breakfast."

"If I can be the means of helping any poor mortal who has been troubled with dyspepsia as I have been, I am willing to answer any letter enclosing stamp."

PEARLS OF THOUGHT.

Flowers are the sweetest things God ever made and forgot to put a soul into.—Henry Ward Beecher.

You who would serve the master, serve the master's own. We call for the union of all who love in the cause of all who suffer.—R. J. Campbell.

The withered leaf is not dead and lost, there are forces in it and around it, though working in inverse order; else how could it rot?—Thomas Carlyle.

It is a dangerous thing to be prosperous. The crucible of adversity is a less severe trial to the Christian than the refining pot of prosperity.—C. H. Spurgeon.

And this our life, exempt from public haunt, finds tongues in trees, books in the running brooks, sermons in stones, and good in everything.—William Shakespeare.

Farmers may well be congratulated on the interests of farmers in economic and political affairs and on their independent thinking and independent voting.—John M. Stahl.

Reverence and awe aright the hours which, as they perish, are imparted to you. Regard each new day as a fresh continued gift from God, and say to it, "I will not let thee go unless thou bless me."—Farrar.

The great cities grow like creeping paralysis over freedom, and the man from the country is walking into them all the time because the poor restless fellow believes wealth awaits him on their pavements.—Owen Wister.

God has made you after his own plan, and he places you just where he wishes you to work with him to bring about the highest results for yourself. He has given you every opportunity. Make yourself what you will—remember it lies with you. God can make no mistakes!—Alice Freeman Palmer.

THIEF BEHIND A PORTRAIT.

Substituted His Eyes for Those in the Picture and Made a Rich Haul.

A Russian official named M. Loktief on returning home with his wife about 2 o'clock in the morning was attracted by a strange noise in the drawing room, as if a chair was being pushed.

They returned to the drawing room, where a large portrait of Mme. Loktief's grandfather, in the uniform of a Uhlan officer, was standing against the wall.

"What's the matter?" asked her husband, greatly surprised.

"I just thought the portrait was looking at me with real eyes!" answered his wife, who was trembling violently.

Her husband laughed at her childish fears. Half an hour passed before Mme. Loktief came to herself, and then remembering that she had left her purse in the drawing room with £6 in it she took a candle and bravely entered the room in her search for it.

A wild shriek followed. Her husband rushed in and found his wife lying in a dead faint on the floor. With the cook's help he carried his wife to bed.

While he was nursing her he told the cook to search the room carefully, but she did not find anything suspicious.

The next morning M. Loktief, looking more closely at the portrait, found that the eyes had been cut out and the portrait had been moved a little from the wall.

Further investigation showed that many valuables were missing. The thief had hidden himself, it seems, behind the portrait and was watching the couple all the time through the eyeholes of the portrait.—London Daily Mail.

Longevity and Work.

The records of centenarians show that the full exercise of the various powers, mental and bodily, is conducive to great age, so that there need be no fear of entering heartily, actively, and with full interest and energy into the assigned work of life, physical or mental, provided one does not put more continued strain on one's resources of strength than they can bear without protest.

Work, enjoyed as it should be, promotes health of body, and, especially if stimulated by other motives than personal ambition and gain, engenders that cheerful and placid frame of mind which is one of the adjuncts of centenarianism.

The inhabitants of almost any rural district will be found to point with pride to the number of hale and hearty octogenarians, nonagenarians, and centenarians living among them as an evidence of their healthy environment and hygienic lives, while every rich city furnishes innumerable examples of unfortunate people going to unhonored early graves through idleness and indulgence and the perverted and unhealthy ways of living and killing time that idleness induces.

The normal human brain and muscular system are able to expend a prodigious amount of energy without suffering any permanent deterioration, provided the strain is not kept up for such a time that the centres of energy become exhausted and impaired. Men and women should learn to know just how much energy they can expend without causing harmful effects to their systems, and then they should endeavor always to remain well within the limits imposed by their individual organization and endowment of recuperative force.—The Circle.

Teachers' salaries in the New York city public schools vary from the minimum of \$800 annually to the maximum of \$2400.

If You Don't Get Good Cigars Now, It's Your Own Fault

All you have to do is to stand up like a man and ask the dealer for cigars identified by the "Triangle A" on the box.

Nothing else. Nothing easier. Nothing surer. When you say "Give me a 'Triangle A' cigar," you are absolutely as certain of getting quality, and the same quality every time, no matter which particular brand you select, as if you had your cigars made up to order.

We have succeeded in building up a fifteen per cent. share of the entire cigar business of this country. In the face of the keenest competition, take notice. You know well enough that there's only one way we could have done it:

Simply by making better cigars of every grade than any other manufacturer has produced and telling the truth about them.

And by making the strongest definite claims that any cigar manufacturer ever dared to make, and living up to them.

The one reason why we started

in marking our boxes with the "Triangle A" was to enable you to shut down sharp on the common hit-or-miss way of buying cigars on somebody's say-so, and make your selection with your eyes open.

It would be worth your while to take all sorts of trouble in order to obtain "Triangle A" brands—but you don't have to bother—you can get them anywhere.

It's up to you to ask for them.

Practically every dealer in the United States carries them.

Do your part!

Give yourself a square deal!

This "Triangle A" merit mark identifies the product of the most modern improved methods and scientific processes of cigar production, and represents a standard of quality far superior to that which the same price could heretofore purchase.

If you have been buying your cigars by guess-work and want to put our claims to a most practical test, just take a new start. Begin by smoking one of the best-known of all the brands that are sold under the guarantee of the "Triangle A"—

The New CREMO

Compare it fairly with any cigar sold at the same price that carries no "Triangle A" guarantee—you won't fail to see why we are so confident of your co-operation as soon as you realize just what the "Triangle A" stands for.

Every box is now extra-wrapped in glassine paper, sealed at each end with the "Triangle A" in red. The cigars are kept clean, fresh and in perfect smoking condition until the box is opened.

AMERICAN CIGAR COMPANY, Manufacturer



LABOR WORLD.

Essex County (Mass.) Commissioners deny labor unions right to meet in court houses.

The Master Plumbers' Association, of New York City, has agreed to pay the journeymen plumbers \$5.25 a day.

In 1866 the first National Labor Congress was held at Baltimore, on August 20. This body met annually in different cities for several years thereafter.

The British Government has appointed a committee of scientists to inquire into the probable economic effect of an eight-hour working day in the mines.

Twenty years ago plumbers in New York City received \$3.50 a day and worked fifty-three hours a week. Now they get \$5.25 and work forty-four hours a week.

The Central Federated Union, in New York City, after a warm debate, voted to support the legislative putting women teachers on an equal salary basis with the men.

In England the Labor party is asking all the affiliated unions to double their subscriptions to the Parliamentary Representation Fund. It is now two cents per member.

The Reading has decided to increase the wages of its engineers, firemen, conductors, brakemen, yardmen and other employes of that class on all divisions from five to ten per cent.

There are over 50,000 men engaged in the carriage and wagon-building industries, of whom 5000 are members of the Carriage and Wagon Builders' Union of North America.

The San Francisco Furniture Handlers' Union has decided to ask \$3 for an eight-hour day, beginning April 1 next, this giving the employees the necessary ninety days' notice. The present rate is \$2.50.

EGGLESS FRUIT CAKE.

This recipe is sent in as being perfectly reliable, having been in use in the family for years; will make three medium-sized loaves.

Two coffee-cupfuls of brown sugar, one coffee-cupful of molasses (not glucose), one pint of strong, boiling coffee, one pound of fat salt-pork chopped fine, one tablespoonful of soda dissolved, one teaspoonful each of ground cloves, cinnamon, allspice, ginger, and a little less of pepper, one pound of seeded raisins, one pound of currants (washed and perfectly dry), one-half pound of mixed shredded orange, lemon and citron peel (equal parts), one-half pound of chopped nutmeats. Free the pork from the rind and lean, and grind or chop very fine; over this pour the boiling coffee, then molasses with soda stirred in, then the sugar and spices, using flour to mix quite stiff, add the fruit, well floured, stirring in well, and bake slowly for two hours.—M. S. H. The Commover.

MARKETS.

PITTSBURG.

Table with 2 columns: Commodity and Price. Includes Wheat, Corn, Oats, Flour, Hay, Clover, Feed, Bran, Straw, and Oat.

Dairy Products.

Table with 2 columns: Commodity and Price. Includes Butter, Eggs, and Poultry.

Fruits and Vegetables.

Table with 2 columns: Commodity and Price. Includes Potatoes, Cabbage, and Onions.

BALTIMORE.

Table with 2 columns: Commodity and Price. Includes Flour, Wheat, Corn, Oats, and Butter.

PHILADELPHIA.

Table with 2 columns: Commodity and Price. Includes Flour, Wheat, Corn, Oats, and Butter.

NEW YORK.

Table with 2 columns: Commodity and Price. Includes Flour, Wheat, Corn, Oats, and Butter.

LIVE STOCK.

Union Stock Yards, Pittsburg.

Table with 2 columns: Commodity and Price. Includes Cattle, Hogs, and Sheep.

Table with 2 columns: Commodity and Price. Includes Prime weathers, Good mixed, and Fair mixed.

Table with 2 columns: Commodity and Price. Includes Veal calves and Heavy and thin calves.

There is a deal of opposition, among Scotchmen, to Carnegie's gift of \$10,000,000 to Scottish universities. The sight of that much money being given away is said by Puck to be demoralizing to the students.

DR. GREWER

Medical and Surgical Institute, Rooms 7 and 8, Postoffice Building, DUBOIS, PA.



DR. E. GREWER, Consulting Physician and Surgeon.

Dr. E. Grewer, a graduate of the University of Pennsylvania and one of the leading specialists of this State, is now permanently located at the above address, where he treats all chronic diseases of Men, Women and Children.

He makes a specialty of all forms of Nervous diseases, Blood Poison, Secret Diseases, Epileptic Fits, Convulsions, Hysteria, St. Vitus Dance, Wakefulness cured under guarantee.

Lost Manhood Restored. Weaknesses of Young Men Cured and All Private Diseases.

Variocoele, Hydrocele and Rupture promptly cured without pain and no detention from business.

He cures the worst cases of Nervous Prostration, Rheumatism, Sciatica, Old Sores, Blood Poison and all diseases of the Skin, Ear, Nose, Throat, Heart, Lungs, Stomach, Liver, Kidneys and Bladder.

He will forfeit the sum of \$5,000 for any case of Fits or Epileptic Convulsions that he cannot cure.

Consultation free in English and German and strictly confidential. Write if you cannot call. Office hours: From 9 a. m. to 8.30 p. m. On Sundays 9 to 12 a. m. only.

Fate of All Tourists. The tourist crowd is already invading us. He will be lied and cheated, and will care but little, for it is his fate wherever he goes, to Switzerland, the Riviera, in Algeria or to Cairo.—Allahabad Pioneer.