Hood's Cures

Terrible Headaches

Distressed and Discouraged



HOOD'S Sarsaparilla **CURES**

mach, and epileptic fits, to wh merly subject, never trouble me n illy recommend Hood's Sarsaparill wish to be without it." Mrs. r, Bath, Stuben County, N. Y.

SWAMP-ROOT



CURES A PHYSICAL WRECK!



A Number of Queer Dishes Were Served—Eating With Chop Sticks—Tea Free as Water.

NE of the New York Sun reporters visited Chinatown with a party of friends and tried a Chinese dinner. One of the party, who used to frequent the famous Chinese restaurant in San Francisco and was familiar with the dishes and the routine of a Chinese dinner, summoned a waiter, a small individual, whose American clothes sat upon him very badly. The waiter brought a small dish of sweet pickle and a butter dish containing a small quantity of a brown sauce resembling Worestershire. This is the Chinese condiment and is exceedingly salt. It is called see ou. He also brought each a bowl of steamed rice, surprisingly white and dry, and so cooked that each grain was whole and separate. The tea came next in a small ware pot, with bowls the size of egg cups to drink it from. All this was pre-liminary.

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"Give us some chow chop suy, John," said the guide. "Forty cents, see?"

The Chinaman grunted and disappeared in the kitchen.

"You must always indicate the amount you want of each dish by stating the price," said the guide. "I ordered forty cents' worth of chow chop suy, as that will be enough for us both. While they are preparing it, for it takes a little time, we will eat some rice with chop sticks. Rice is our bread."

Esting with chop sticks is not so difficult a matter as most people suppose. There is a popular idea that a Chinaman takes a stick in each hand and propels the food into his mouth in some mysterious process peculiar to himself. When the knack is once acquired, however, chop sticks prove an efficient table utensil. The sticks are a foot long, one-half squared, the other rounded and sharpened.

They can be so gripped by their squared ends between the thumb and first finger of the right hand, and steadied and directed by the fingers, as to become an excellent pair of tongs. That is what, in fact, they are in the hand of the diner. Chop sticks are simply a single advance over primitive mun's first table tool, the thumb and first finger.

The chow chop suy was brought steaming hot in a large bowl. It appeared to be a stew without gray. The principal ingredients were chicken livers, American mishrooms, celery, gizzards, and sprouted rice. The whole was flavored with spices and had evidently been treated with oil,

No plates were served, and the stew was eaten Chinese fashion, from the

No plates were served, and the stew was eaten Chinese fashion, from the bowl.

"A very excellent dish," said the guide, "but don't eat too heartily, for we have several other courses coming. This sprouted rice that you can see in the bowl is deemed very fine by Chinese epicures. They sprinkle rice on a piece of wet cloth until, in the course of a few days, the grains swell and sprout. Then they cook it. Our next dish will be perfumed pork, a great dainty. Meantime, here comes our 'chick' with the sam shu."

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Sam shu proved to be a fiery brandy made from grain. It was a thin syrup of a milky appearance. The watter brought it in a ware pot like a small, slender tea pot. Cups holding little more than a thimbleful were provided. The approved method of taking the brandy is to mix it with the tea, a cup of the liquor in each tmy bowl of tea. It doesn't do to drink too heartily of the mixture. Indeed, the temptaticn to do so is small. Sam shu is a crude and raw distillation.

Perfumed pork was the nearest ap proach to civilized diet which was served. It was sliced into thin pieces and brought in a bowl. The flesh was lean and teader and had an exceedingly delicate flavor produced by unfamiliar spices.

Meantime the crowd in the restaurant was continually changing. As fast as the diners finished they arose, wiped their faces on their hands (there were no napkins), shuffled to the counter, paid their faces on their hands (there were no napkins), shuffled to the counter, paid their places of those who left were filled by new-comers. The restaurant does a big business.

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spoke, and most of the time the room was as silent as a Quaker meeting. The places of those who left were filled by new-comers. The restaurant does a big business.

"Waiter," said the guide, "chow gai men, seventy cents. See?"

The little waiter uttered his customary grunt and vanished.

"Chow gai men," continued the guide, "is one of the dainties. They make it here to perfection. It consists of a mass of spiced macaroni fried crisp in melted fat, like doughnuts, and covered with a dressing of chicken livers, musbrooms and stowed celery. I am sure you will like it. The amount ordered is enough for half a dozen, but they will not make less, for it is a troublesome dish to handle. This will complete our dinner, for there is no dessert or coffee. Our dinner has been an exceptional one for this restaurant, notwithstanding that it is the swellest in the city. There are comparatively few rich Chinamen in New York, and they all have their own kitchens, presided over by high-priced cooks. The diners are many of them well off, but Chinaman are alway thrifty, and it is possible to live very nicely here at a very small outlay. Our dinner will cost us \$1.30 apiece. Few Chinamen will send more than fifty or sixty cents for a meal. For that amount of money a very excellent dinner can be had, for rice is only five cents a bowl and tea is nothing. Once or two nice dishes can be bought for half a dollar. So there you are."

"But many of these Chinamen," said the reporter, "have eaten nothing but rice."

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A REPORTER'S MEAL IN NEW YORK'S CHINATOWN.

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WISE WORDS.

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Ornamental characters are full of weak

spots.

A man with a bad liver very often has a good heart.

If the tongue could kill not many would live to old age.

The man who picks his own cross never gets the right one.

Every man in a brass band thinks his horn makes the best music.

There is no greater misfortune in life than to have a bad mother.

than to have a bad mother.

The easist thing for a loafer to do is to find fault with busy people.

The trouble with people who can talk is that they are apt to say too much.

The diamond has the most sparkle, but window glass does the most good.

When people are hired to be good they quit work as soon as the pay stops.

The shadow of a misfortune will generally frighten us more than the disaster itself.

It is hard to had people who won't run from a hornet.

Every new acquaintance we make has the power to tell us something we didn't know about ourselves.

Do good as often as you have opportunity, and it will not be your fault if you are not kept busy.

One of the times when a man begins or yand sigh that all men are not honest is when he gets the wrong hat.

When all people are willing to become as good as they think their neighbors ought to be, the millennium will come.

A little weed has no more right to live than a big one. To spare any kind of a sin may mean to lose your life.—Ram's Horn.

How to Reach Old Age.

How to Reach Old Age.

One of the figures in the British House of Commons is Isaac Holden, who is three years older than Mr. Gladstone. He is hale and strong and in full possession of his mental faculties. The Bradford Observer has lately published an interview in which Mr. Holden explains the way to live long. The normal duration of life, it would seem, is 120 years, being five times the period that it takes for the bones to harden. If people consume much lime their arteries become ossified and the capillary vessels blocked up. If their brains are cut into when they are reaching middle life it is like cutting into a sandbag. To arrive at a normal old age a man must take a good deal of walking exercise and see that the winds of the consuments of the reaching middle life it is similable. Starch diet produces acidity in the blood and has to be converted into sugar of fruit before it is assimilable. A meat diet is also undesirable.

assimilable. A meat diet is also undesirable.

The meals must be regularly taken, and eating and drinking must not go too geher. Mr. Holden's daily bill of fare is as follows: For breakfast and supper he takes one baked apple, one banana, one orange, twenty grapes and, a biscuit made from banana four with butter. His midday meal consists of three ounces of beef or mutton, reduced to powder in a mortar, and then passed through a colander, with a half cupful of soup occasionally poured over it. Theory is all very well, but Mr. Holden has proved his case by his health and vigor at a period when most men are, to say the least, verging on old age.

Although peas were known and used as food many centuries before the birth of Christ, it is singular that green peas came into use in Western Europe only 200 years ago. Mme. de Maintenon wrote in 1696: "All the talk now is about the new dish—green peas. The impatience for them, the pleasure of eating them, the triumph of finding thems or enjoyable, and the joy of anticipating the repetition of the treat are enimating points of conversation at our court. And many ladies after going home from a royal feast must have a dish ready to eat at home before lying down."

Beans were in use 2000 years before

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Beans were in use 2000 years before Christ, but in the Egyptian temples they were under ban. Priests must not eat them or look at the growing plants. They were served at funeral feasts only on the dishes placed before the seats of the lately decessed. Thus a prejudice was created which prevented much use of one of the cheapest and best items of food even in Europe until a late day. We have gained nearly as much by the shaking off of such old fetters as by new discoveries.—New York Tribune.

A Rider's Experiments.

A Rider's Experiments.

Experiments with cyclers and carrier pigeons for transmitting messages are being made by the Gymnastic Society of Rome, in the interest of the Italian army. The rider carried a small cage attached to his machine, in which are several well-trained pigeons. When important observations have been taken and jotted down, they are placed in envelopes and affixed to the birds, which are liberated. In every instance thus far the birds have flown promptly and in a straight line back to headquarters.—New York Witness.

May They All be Lucky.

The members of a club of rich oung men in Venice are pledged to harry poor girls.

The largest horse car line in the world is n Argentina—50 miles.

We eat too much and take too little out-door exercise. This is the fault of our modern civ-lization. It is claimed that Garifeld Tea, a simple herb remedy, helps Nature to overcome these abuses.

Schenectady claims the biggest locomotive works.

A Garden Started Free o: Charge.
This is a special offer made to the readers of this paper by the great seed house of fleess; and the special seed house of fleess; and the special seed in the seed i

SUDEN WEATHER CHANGES cause Throat Diseases. There is no more effectual remedy for Coughs, Codis, etc., than BHOWN'S BRONCHIAL TROCHES. Sold only in bears. Price 25 ets. If afflicted with sore eyes use Dr. Isaac Thompson's Eye-water. Druggistssell at 250 per bottle.

COSTS MORE to make Royal Baking Powder than any other, because its ingredients are more highly refined and expensive. But the Royal is correspondingly purer and higher in leavening strength, and of greater money value to the consumer. The difference in cost of Royal over the best of the others does not equal the difference in leavening strength, nor make good the inferior work of the cheaper powders, nor remove the impurities which such powders leave in the food.

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ONE ENJOYS
Both the method and results when Syrup of Figs is taken; it is pleasant and refreshing to the taste, and acts gently yet promptly on the Kidneys, Liver and Bowels, cleanses the system effectually, dispels colds, headaches and fevers and cures habitual constipation. Syrup of Figs is the only remedy of its kind ever produced, pleasing to the taste and acceptable to the atomach, prompt in its action and truly beneficial in its effects, prepared only from the most healthy and agreeable substances, its many excellent qualities commend it to all and have made it the most popular remedy known.

Syrup of Figs is for sale in 50c and \$1 bottles by all leading druggists. Any reliable druggist who may not have it on hand will procure it promptly for any one who wishes to try it. Do not accept any substitute.

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any substitute.

CALIFORNIA FIG SYRUP CO.

SAN FRANCISCO, CAL.

LOUISVILLE, KV. NEW YORK, N.V.

Syrupoffics "German

Mr. Albert Hartley of Hudson, N. C., was taken with Pneumonia. His brother had just died from it. When he found his doctor could not rally him he took one bottle of German Syrup and came out sound and well. Mr. S. B. Gardiner, Clerk with Druggist J. E. Barr, Aurora, Texas, prevented a bad attack of pneumonia by taking German Syrup in time. He was in the business and knew the danger. He used the great remedy—Boschee's German Syrup—for lung diseases. great remedy—Boschee's Syrup—for lung diseases.



Garfield Tea president Cures Constipation

All cannot possess a

\$10,000 Souvenir

(This sum was paid for the first World's Fair Souvenir Coin minted.)

in the shape of a coin, but many can have fac-similes of this valuable work of art—only special coin ever issued by the U.S. Government—for \$1 each. United States Government

World's Fair Souvenir Coins-

The Official Souvenir of the Great Exposition-

5,000,000 of which were donated to the World's Columbian Exposition by the Government, are being rapidly taken by an authorized and account of the Columbian Exposition by the Columbian By the Columb Government, are being rapidly taken by an enthusiastically patriotic people.

As there early promised to be a demand for these Souvenirs that would render them very valuable in the hands of speculators, the Exposition Authorities decided to place the price at

\$1.00 for Each Coin

and sell them direct to the people, thus realizing \$5,000,000, and using the additional money for the further development of the Fair.

Considering the fact that there were but \$5,000,000\$ of these coins to be distributed among \$65,000,000\$ people, in this country alone (to say nothing of the foreign demand,) and that many have already been taken, those wishing to purchase these mementoes of our Country's Discovery and of the grandest Exposition ever held, should secure as many as they desire at once.

Realizing that every patriotic American will want one or more of these coins, and in order to make it convenient for him to get them, we have made arrangements to have them sold throughout the country by all the leading Merchants and Banks. If not for sale in your town, send \$1.00 each for not less than five coins, by Post-office or Express Money-order, Registered Letter or Bank Draft, with instructions how to send them to you, all charges prepaid, to Treasurer World's Columbian Exposition, Chicago, Ill.

Treasurer World's Columbian Exposition, Chicago, Ill.

When Hamlet Exclaimed: "Aya, There's the Rub!" **Could He Have Referred to** SAPOLIO

WORN NIGHT AND DAY! Holds the worst rup tire with near untire with n



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Cures Consumption, Cough Throat. Sold by all Druggists PISO'S CURE FOR

YET A POINTED FACT! IN 4 ACTS. (orning.) Man buys paper nd uses a few—throws paper Noon.) Wife goes to close MEND YOUR OWN HARNESS

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