Prestrated by the Least Exciteme Physicians Baffled By Her Case

(From the Gate City, Keokuk, Iowa.)
Mrs. Helon Meyers, whose home is at 3515
Fernon avenue, Chicago, and whose visit to
Keokuk, Ia., will long be remembered, was

of the past, "she said the other day to a Gate City representative, "and there is quite a story in connection with it too.

"My aervous system sustained a great shock some fifteen yers ago, brought on, I believe, through too much worrying over family matters, and then allowing my love for my books to got the better of my discretion where my health was concerned. Why, whenever my affairs at home did not go along just as I expected, I would invariably become prostrated from the excitement and I would consider myself fortunate indeed if the effects of the attack would not remain for a week. I was obliged to give up our pleasant home not far fron the Lake shore drive, because I could not stand the noise in that locality. I could find no place in the city which I deemed suitable to one whose nervous system was always on the point of explosion. To add to my misfortunes my complexion underwent a change and I looked so yellow and sallow that I was asbamed to venture from the house at all.

"Macham, said my doctor to me soon attended in would visit my consider, who lives in Dallas County, Iowa, and whose farm would surely be a good place for on in my plitable condition. I pleked up the Gate City one day and happened to come across an interesting recitai of the recovery of some woman in New York State who was of some wars goon and I began to feel better from the search, who was a famous and I began to fave like a prize fighter. And woman they might do the same for me. I began to take the pills according to directions and I began to feel better from the search, and the search and the search and in such high spirits and feel like a prize fighter. And now onder I fill in I sow as a famous of the place of the color in my behale by mail from Dr. Whilama' Fink Pills bought from a Keekuk firm I would not have been alive now." Augulingly concluded the lady.

Paris was a famous and cultivated.

Paris Ever Famous.

Paris was a famous and cultivated city ages before Venice. If we search for them, we may find in it historical associations that may vie with those of any city in the world, except Rome and Constantinople; and even its antiquarian and artistic remains are seldom equaled or surpassed. At Rome, Florence, or Venice, the tourist talks of old churches, palaces, and remains; at Paris he gives himself up to the boulevards, the theaters, shops, and races. The profoundly instructive history, the profuse antiquarian remains of the great city, are forgotten—carent quia vate sacro.—The Spectator.

Paper plates are used in some German

Catarrh Cannot Be Cured

Catarrh Cannot Be Cured
With local applications, as they cannot reach
the seat of the disease. Catarrh is a blood or
constitutional disease, and in order to cure
it you must take internal remedies. Hall's
Catarrh cure to the disease of the constitution of the conconstitution of the constitution of the congreen of the constitution of the conpreservibed by one of the best physicians in this
country for years, and is a regular prescription,
bried with the best blood purifiers, acting directly on the mucous surfaces. The perfect
combination of the two ingredients is what
produces such wonderful results in curing caF. J. CHENEY & Co. Props. Toledo, Q. 4
Sold by druggists, price 75c.

More than 20 villages in Italy are in ruins wing to the recent earthquakes.

Of preventing the grippe, colds, headaches and fevers is to use the liquid laxative remedy, syrup of Figs. whenever the system needs a gentle, yet effective cleansing. To be benefited one must get the true remedy manufactured by the California Fig Syrup Co. only. For sais by all druggists in 50c. and \$1 bottles.

New York has 1,000 Chinese laundries

A Gloomy Outlook that of the dyspeptic, but his face will ighten when he knows that Ripans Tabules are that terrible disorder and will make him cheerful and happy man.

In certain Prussian restaurants a shilling is charged for the use of the table-cloth.

Dr. Kilmer's Swamp-Root cures all Kidney and Bladder troubles. Pamphlet and consultation free. Laboratory Binghampton, N.Y.

Mexico has a pulque famine. Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflama-tion, allays pain, cures wind colic. 25 c. a bottle

Tasmania boasts diamonds,

Molasses is made from maize,

If afflicted with sore eyes use Dr. Isaac Thomp son's Eye-water. Druggists sell at 25c per bottle

Scrofulous Taints

Arrangement of the Three Ponds Required—Utilizing Undesirable Land—Best Food for the Fish.

MONG the new industries of this generation, says the New York Sun, one is raising food York Sun, one is raising food
fish. It was only very recently that the first experiments in the
business were made, but so signal was
the success of the pioneers that there
are to-day a score of fish farms in
New England alone. On account of
the scarcity of wild trout and the
great demand for them, the spotted
brook trout are the favorite species
for farming purposes.

the searcity of wild trout and the great demand for them, the spotted brook trout are the favorite species for farming purposes.

One of the first advantages of this form of farming over all others, save perhaps cranberry raising, is that land undesirable for other purposes can be utilized. First of all the fish farmer must have water, and nothing but good water at that. A mere pond fed by surface drainage will not answer. There must be running water; it need not be a large stream, but it must be spring-fed and never-failing. The latter requirement is not always easy to satisfy, for a surprising number of good-sized brooks and rivers go dry during the hot months. Having secured the proper water supply, the next thing to be considered is the lay of the land. If there is a fair, natural fall, say of one foot or more to every hundred feet, it materially reduces the cost of constructing the ponds. If the fall be four or five feet instead of one, it is very desirable, since that permits the creetion of a small waterfall at the foot of each pond, the tumbling descent of the stream aerating and refreshing the water. The area required is from five to ten acres, depending on the size of the ponds, which must be at least three in number. If the fish culturist proposes to do his own hatching from eggs he will require a very elaborate plant, but most of the men in the business say it is cheaper to buy the fry at the State or other hatcheries.

the fry at the State or other hatcheries.

Pond No. 1, which will be the highest, is the abiding place of the tuny newcomers, the newly hatched fry, not more than an inch long and very tender. The banked-up edge of the pond must be planted with willows or alders, the thick roots of which will knit the soil and gravel into a firm retaining wall. If boys or poachers are a possible danger a thorn hedge makes a good barrier, but it is not so hardy as the others. A few protecting rocks and loose boughs thrown into the pond serve as shelters from chance enemies, such as the kingfishers, bittern, herons, ducks, minks, and muskrats. Adautic weeds are healthful and advantageous, both as affording shadows from the hot summer sun and as clinging places for the countless microscopic forms of life that feed the finny babies. Water lilies are bad, not because they have not the good qualities of the grasses, but because they will grow so rank and so thick as to fill up the entire pond and become a menace to the cleanliness of the water. The pretty sagittaris planted on the margin makes a beautiful and safe playground for the youngsters in the shallows, since birds cannot feed among its stiff stalks. At the head of each pond should always be left, if possible a stretch of running brook, for in swift water the trout is at his best, and his flesh will be firmer and sweeter for active feeding. In the early morning and at night the fish will run up into the ripples to feed and play. Alders and osiers should be set along this quick water and trained to overhang, so that the bugs and grubs which in warm weather haunt the branches may serve as food for the fish. If the soil is such that ferns can be raised along the bank, they should be planted, for they abound in and attract insect life of many sorts.

The dam between ponds Nos. 1 and 2 must be guarded by a strong iron Pond No. 1, which will be the high-

abound in and attract insect life of many sorts.

The dam between ponds Nos. I and 2 must be guarded by a strong iron netting of very small mesh. At one side, if the fall is more than a foot, a wooden fishway should be built, so that the rush of water when the fish are lowered from No. I to No. 2 will not injure the young trout. In the lower ponds this precaution is unnecessary, for no cataract could kill a well-grown trout in good health. Below the dam comes a stretch of say 200 feet of running stream. If cramped for room the course of this need not be straight, but may be doubled, so that pond No. 2 is separated by only a few yards from the upper one. Of course, the yearlings freed from the upper nursery pond will now need more room and freedom, so that this lower pond should be much more extensive. It must be deeper, too; and, in order to provide depths and still make it easy to empty the two-year-olds into the last pond, a narrow channel is dug through the centre. When the water is drawn off, the fish are driven into this canal and easily forced down into the big pool below.

It is in the construction of the lowest or receiving pond, No. 3, that the greatest eare and foresight are received to the layer of the layers of machinery, applying it to transportation, lighting, oweds in some of the century we will nse electricity to the exclusion of most own.

It is in the construction of the lowest or receiving pond, No. 3, that the greatest care and foresight are repaired by purifying the blood with Hood's partitudes and cancerous growths. Scrofula can be and cancerous growths and many sorts of machinery, and in some of the largest hotels this tors and many sorts of machinery, and in some of the largest hotels this tors and many sorts of machinery, and in some of the largest hotels this tors and many sorts of machinery, and in some of the largest hotels this tors and many sorts of machinery, and in some of the largest hotels this tors and many sorts of machinery, and in some of the largest hotels this tors and many sorts of machinery, and in some of the largest hotels this tors and many sorts of machinery, and in some of the largest hotels t

PROFIT IN FISH FARMING, a gravel beach near the outlet at the lower end. By this arrangement the fish required for market can be secured without difficulty, and yet a comfortable home in the mean time is pro-

vided.

The proper feeding of trout is a great problem. Of course, there are various prepared fish foods which answer very well for the young fry, and chopped liver or dried grubs do very well for the larger fish. But a decidedly beefy flavor clings to these preserve-raised, liver-fed fish, although they bring fully double the price of the wild brook trout. After long effort and patient study there has been devised a method which at once avoids this objectionable taste and makes the preserve self-supporting, doing away with the necessity of feeding by hand. This is the planting or stocking of the preserve with freshwater shrimp. These little crustaceaus grow quickly, multiply with incredible rapidity, and once well started cannot be entirely killed off by the most voracious trout. As a food they are unsurpassed, the fish raised on them outstripping in plumpness and size all others of the same age. It has been observed by a student of trout life that a two-year-old fish fed on shrimps will weigh from three-quarters of a pound to a pound and a quarter, while others of the same age taken from a liver fed preserve will be soft-fleshed, and weigh from a quarter to half a pound. This statement is borne out by the fact; that brook trout killed in salt or brackish water, just coming in from the sea, generally have in their stomachs shrimp, small hermit crabs, and fiddlers, showing crustaceans to be a favorite food. Fresh-water shrimp are sold at the hatcheries for \$2\$ at housand, and \$10 worth, carefully planted, will stock a pond for years. At the New York State hatchery at Caledonia, the shrimps are given away for the purpose of stocking public streams and lakes, and will doubtless be sold to any applicant at a merely nominal price.

In the trout season the product of fish farms sell in the market at \$1 a pound, and out of season a much higher price is realized where the sale is permitted by law. A much-disputed point has been whether a fish farmer han ot a legal right to sell the products of his own preserves at any

HOUSEHOLD AFFAIRS.

TO DESTROY ANTS.

TO DESTROY ANTS.

They may be kept from climbing by tying wool round the stems and stakes and putting pine tar on them. Trace to their haunts and pour boiling water on them. To drive from their haunts, dig the dirt and mix with gas lime. To kill them, pour over their nests at night a strong decoction of elder leaves or turn a flower-pot over with the hole stopped; the ants will build up into it and thousands may be destroyed.

ON CAKE BAKING.

ON CAKE BAKING.

For baking most kinds of cake the oven should be rather slow. If it be too hot when sponge cake is baking the cake will sometimes rise very high and fall again. In any case, it will be coarse grained and tough. A good test for sponge cake is to put a piece of white paper into the oven, close the door and open it in five minutes. If the paper be a rich yellow the oven is right, but if it be light yellow the oven is too cool, or if a dark brown it is too hot. is too hot.

THE ETICHEN TOWELS.

Housewives are sometimes debarred from the use of crash for kitchen towels by its cost, as well as by the fact that it needs to be partly worn before it makes really good towels. Now that fashion sanctions the use of this very serviceable material for toilet articles as well as aprons, it may be economically used in that way first, and then descend to the more utilitarian household uses. For instance, your delicately checked linen crash apron, when worn soft, will make the best possible glass or dish towel, and your toilet cover and pin-cushion cover even, after having served their apprenticeship in your room, may be turned into roller towels and dish-cloths. Crash is very easily hemstiched, and with this ornamentation and the state of immaculate cleanliness in which it is so easily kept, it makes the most desirable of bureau and table covers. THE KITCHEN TOWELS.

How to boll a Pudding.

The most difficult way of cooking a plum pudding is boiling it in a cloth; a novice will be likely to spoil it unless the following directions are observed in every particular: To boil a plum pudding successfully have a large pot half full of actually boiling water, with a plate in the bottom to keep the cloth from burning or sticking to the pot, and a teakettleful of boiling water to fill up the pot as the water boils away; there must always be enough water to float the pudding, and it must boil without ceasing, "jumping" in the pot.

The cloth must be of linen toweling, about a yard square, scalded by dipping in boiling water and then thickly dusted with sifted flour; and after the pudding has boiled steadily for at least six hours it should be unrolled, laid upon a suitable dish and set in the oven to dry off while the sauce is being made. Allowance must be made for the swelling of an ordinarily rich pudding, the cloth being made about three-quarters full.

RECIPES.

Broiled Chicken on Toast—Clean and carefully singe and split down back, season with salt, and broil over quick fire, turning frequently. When cooked put bits of butter over ment and place on pieces of toast the cresses and small bits of lemon.

Perpendict of the cooked provided the cooked put bits of butter over ment of the cooked put bits of lemon.

Poppermint Creams—Take two cupfuls of sugar, two-thirds of a cupful of boiling water, one teaspoonful of glucose and two pinches of cream of tartar. Boil until it threads, cool slightly and heat until it begins to thicken. Then flavor with peppermint according to taste and drop on tins.

ing to taste and drop on tins.

Everton Taffy—Boil one pound of best brown sugar in half a pint of water; when thick drop a few drops in a cup of cold water, and if the drops retain their shape and become brittle, add too ounces of butter and boil a few moments until it will harden again. Flavor with lemon.

Datch Apple Pading. One spins of

Part of the flow o Spread in well-buttered snattow pans, Pare, core and quarter four or five sour apples, place them on the dough, and sprinkle over them two table-spoonfuls of sugar. Bake twenty or thirty minutes. Serve at once with

Squash Pie—Peel the squash and cut it in small pieces. Cook until done, using very little water. Mush it fine and to two cupfuls of squash, add one cupful of sweet milk, one cupful of sweet milk, one cupful of sugar, the yolks of four eggs, well beaten, a pinch of salt, one-half teaspoonful of ginger. Mix all the ingredients thoroughly, line a pan with paste and fill it. Bake until done. Beat the whites of the eggs to a stiff froth, add one-half cupful of sugar, spread it over the pies and leave them in the oven until the meringue is a rich brown.

rich brown.

Baked Macaroni (with cheese)—
Break one-half package macaroni into inch pieces, cover with boiling water slightly salted and stew gently twenty minutes. Drain well, and put a layer in the bottom of a buttered pudding-dish; upon this grate some mild rich cheese, a sprinkling of salt and bits of butter. Spread on this more macaroni, and proceed as before until all the macaroni on top well buttered, but without the cheese. Cover with a scant pint of rich milk salted, and bake, covered, half an hour in a hot oven. Remove cover, brown and serve.

New Frying Pan.

New Frying Fan.

A frying pan constructed on an improved principle has been invented by Inspector Ludbrooke, of the Great Western Railway, England. His pan consists of an outer plate of sheet iron and an inner one of burnished steel, and between the two is a thin layer of abestos, the advantages claimed for it being that it cannot get overheated and burn the contents; that the fat will not splutter over the sides, and the juices of the meat are retained.

An Atchison woman's poodle dog oorts a glass eye.

"Many days you have lingered about my cabin door; hard times, hard times come again no more." Ail the same Merry Christ-mas and Happy New Year passed as though mas and Happy New Year passed, as though the land was flowing with milk and honey Some bought an other, but one of the hest Investments for small sum paid well. It was not for a Christ mas bush, but thousands got it and thou sands who had suffered long and wearily with rheumatism were made doubly happy with rheumatism were made doubly happy to be suffered to the sum of the same, the hardettimes will come no more to them. The lux ury of health is worth a fortune.

pills are most effective.
They go about their
work in an easy and
matural way, and their
good lasts. Once used,
they are always in favor.
Seling to the property of the control of the control
trated vegetable extracts, they cost much
more than other pills
found in the market,
yet from forty to fortyfour are put up in each
seled glass vial, as
cheaper made pills.

"Heasant Fellest cure bilitousness, sick
echeaper made pills.

"Heasant Fellest cure bilitousness, sick
eness, or constipation, sour stomach, loss of
appetite, coated tongue, indigestion, or dyspepsia, windy belchings, "heart-burn,"
pain and distress after eating, and kindred
derangements of the liver, stomach and
bowels. Put up in sealed glass vials, therefore always fresh and reliable. Whether
as a laxative, or in larger doses, as a gently
acting but searching cathartic, these little
"Pellets" are unequaled.
As a "dinner pill," to promote digestion,
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Biliousness

dyspepsia

sick headache

bilious headache

Highest of all in Leavening Power .- Latest U.S. Gov't Report Baking Powder ABSOLUTELY PURE

Vast Armaments of Europe.

Vast Armaments of Europe. Thirteen million bayonets prop up the Czar's throne. That is the full strength of the Russian army on a war footing. Germany comes next, but after a long interval, with 3,700,000 soldiers; Italy has 3,155,000 auxiliaries. Austra's fine army, which in quality is reckoned scarcely second to Kaiser Wilhelm's, contains a maximum of 1,794,175 men. England at home and in her colonies can mobilize a force of 682,000. The little martial republic of Switzerland can summon 486,000 soldiers to her banners in an emergency, and even poverty-cursed Spain boasts diers to her banners in an emergency, and even poverty-cursed Spain boasts of 400,000. Austria, of all the powers, has the most burdensome military establishment. Her annual expenditures on her army are \$255,000,000, while Russia's, with an army seven times as large, are only \$186,000,000. and Germany's \$113,000,000. In proportion to size, England's army is perhaps the most costly. Her 632,000 men require \$859,000,000 annually for their support, or only \$38,000,000 less than the amount which provides France with an enormous host of more than four times England's numbers.—Boston Journal.

A Gentle Corrective

The Case Altered.

The sort of sentiment which the French system of mariages de convenance, or in plain English, of marriage for money, produces is well illustrated by a story which a French paper tells. Marie, a young lady, announces to her parents that she has accepted the hand of Monsieur X.

"Child, you are crazy!" exclaims Marie.

hand of Monsleur X.

"Child, you are crazy!" exclaims Marie's mother.

"But why, mamma?"

"Young X will have no money for many years, because it all belongs to his grandfather, and after that comes lis father, and you will be old before you get at the property."

"But, mamma—"

"No buts about it—you are a bad and undutful child!"

undutiful child!

"But, mamma, it is the grandfather whom I've accepted!"
"The grandfather! Oh, you little angel!"

Chemistry of III-Temper,
Prof. Gates, of Washington, has entered upon an almost unknown domain
of psychical science. He claims to
have made the discovery that the emotions produce a physical reaction which
discloses itself to chemical tests, and
that the benevolent sensibilities, such
as kindness, cheerfulness, etc., exert a
good effect on the bodily health, while
the malevolent feelings exert a correspondingly bad effect.

sallow skin

torpid liver

depression of spirits

pimples

There is little doubt that an immensa number of persons habitually sleep on the left side, and those who do so can never, it is said, be strictly healthy. It is the most prollife cause of nightmare, and also of the unpleasant taste in the mouth on arising in the morning. All

food enters and leaves the stomach on the right side, and hence sleeping on the left side soon after eating involves a sort of pumping operation, which is anything but conducive of sound reose. The action of the heart is also eriously interfered with and the lungs unduly compressed. Hence it is best to cultivate the habit of always sleeping on the right side, although Sandow and other strong men are said to invaria-bly sleep on their backs.

The Greatest Medical Discovery

KENNEDY'S Medical Discovery.

DONALD KENNEDY, of ROXBURY, MASS.

DONALD KENNEDY, of ROXBURY, MASS.
Got this Letter day before yesterday.

Yenn Yan, N.Y., Nov. 28, 1894.

Your Discovery has done so much for
me I am only too glad to tell everybody
about my case.

When I legan taking it, one year ago
last July, I had DYSPETSIA in its
tworst form. I was constipated, so much
so as to always use injections, and I had
a constant PAIN in my STOMACH
and LEFT SIDE. My knees were stift,
and I could not sit doen on a stool or
get down to fix anything on the floor.
But nove I can sit, or get down on my
knees, or do anything in my garden. I
feel like a new person. You must know
I was discouraged, as I have lost two
I was discouraged, as I have lost two
Sisters and an older brother with
STOMACH TROUBLE. But I truly
believe if they had known of your
remedies they would be well, as I am.
You can fix up my letter to suit yourself,
only do publish it, that women may
know what the Discovery has done for
me. Yours truly,
Mrs. MARY C. AYRES,

me. Yours truly,
Mrs. MARY C. AYRES.
Send a postal card for Dr. Kennedy's Book



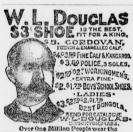
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Is known to most persons.
They illustrate that greater quantity is
Not always most to be desired.

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If your dealer cannot supply you we can.

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bad taste in the mouth

when these conditions are caused by constipation; and

constipation is the most frequent cause of all of them.

to learn is that constipation causes more than half the

sickness in the world, especially of women; and it can

all be prevented. Go by the book, free at your drug-

gist's, or write B. F. Allen Co., 365 Canal Street, New

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SAPOLIO

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indigestion

foul breath

York. Pills, 10c. and 25c. a box.

loss of appetite

of Cod-liver Oil, with Hypophosphites of Lime and Soda, is a constructive food that nourishes, enriches the blood.

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like Consumption, Scrofula, Anamia, Marasmus; or for Coughs and Colds, Sore Throat, Bronchitis, Weak Lungs, Loss of Flesh and General Debility. Scott's Emulsion has no equal as

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Send for pamplet on Scott's Emulsion. FREE. Scott & Bowne, N. Y. All Druggists. 50 cents and \$1.