Just try a 10c. box of Cascarets, the fiver and bowel regulator ever made.

There is a Class of People
re injured by the use of coffee. Rehere has been placed in all the grocey
new preparation called Grain-O, made
grains, that takes the place of coffee.
t delicate stomach receives it without
and but few can tell it from coffee.

We will give \$100 reward for any case of catarrh that cannot becured with Hall's Catarrh Cure. Taken internally.
F. J. CHENEY & Co., Props., Toledo, O.

In Europe there are 518,000 insane; in United States 169,000,

No-To-Bac for Fifty Cents. 400,000 cured. Why not let No-To-Bac e or remove your desire for tobaccop money, makes health and manhood uaranteed. 50 cents and \$1.00 at all

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Fits permanently cured. No fits or nervness after first day's use of Dr. Kline's G Nerve Restorer, \$2 trial bottle and treatise Dr. R. H. KLINE, Ltd., 331 Arch St., Phila

That Tired Feeling

Hood's Sarsa-parill



HIRES

ALABASTINE

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It to be laid to look somey not so bright medy this use
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Checolate. A paste of the proportion is one square of oblespoonful of hot red smooth in the ag dish, or whatfor making it, and milk and water tion of half water test it more direction. olate it more digesti-one-half pint

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wash half a es; then let them ring them with wring put on to tender add one d sugar; let sim-rich; serve cold. e teacupful of salt, three eggid then together als of milk; have

Breakfast take—One coffeecup-e flour, one cupful wheat flour, aspoonfuls baking powder, half-onful of sats, half a cupful mo-one cupful of sweet milk. Sift and yeast pewder twice, then add

brops—Maple sugar by melting a pound of ha cup of water and could went the syrap col when the syrap ge, and when you can in it begin stirring it, but the consistency of a marble board or a sucrey, smooth fon-yletting the bowl in a vater, and drop it by buttered tins.

Half a pint of pint of milk (lukepint of milk (lukepint of sugar, half
lt, one tablespoonr, one-quarter of a
d in two-thirds of a
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ar, add salt, sugar
radually beat in the
lt will make a stiff
be beaten ten minover night; in the
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St. Louis Star.

The Queen of Greece.

According to a correspondent of the Tribune, Queen Olga of Greece, who is a most systematically energetic woman, employs a great portion of her time in works of practical philanthropy, devoting an hour or two every day to the great Evangelismos Hospital in Athens, which she created and manages in person. What is even more remarkable, perhaps, is the fact that the Queen acknowledges in writing, in her own hand, each contribution for the hospital, however insignificant. Almost every other charitable institution in the Hellenic kingdom owes its origin to her. If philanthropy be a "fad" in royal circles, it is certainly a most excellent form of anusement. But in the case of Queen Olga, who taxes not only her purse, but also her personality in works of charity, the motive for effort is apparently the deeper one of sincere love for God and for humanity.—New York Observer.

for humanity.—New York Observer.

A Woman Scientist.

Miss Jennie A. Estes had the honor of being the only woman who took an active part in the recent fourth annual exhibition of the New York Academy of Sciences in New York City. Miss Estes came to the exhibition out of pure love of the cause, to assist Professor Dwight in the exhibition of a wonderful machine invented by himself, called the pitsonome. It is used for cutting very thin rock sections for examination under the microscope. They can be cut as thin as the 1-100 part of an inch, and are then mounted between two plates of glass.

an inch, and are then mounted in two plates of glass. s Estes was Professor Dwight's at Vassar College, and did, he particularly good work, much of was sent to the Chicago Exposione of the labels which he had s exhibits read "The two finest cans here were prepared by Miss between the control of the control of the labels which he had sexhibits read "The two finest cans here were prepared by Miss between the control of Brooklyn."

do to the artists at various places for these drawings.—New York Tribune.

Don't Wear Noisy Things.

Good taste and judgment in the setection of bicycle clothes are rare, although there is no sound reason why they should be. With a little thought is hardly possible to select garments of the wrong material and cut. A woman looks well on the wheel provided she is careful to dress in quiet solors with clothes that fit her. Quiet lothes are essential, and the leggings should come somewhere near matching the cloth. The hat should be a plain alpine or Derby, or golf without ornamentation, so that there is nothing onspicous about it. With these things and a fair control of the bicycle may woman will look well while enjoying this most invigorating exercise.

Choose a color that will not show the dust—some shade of brown, yellow or gray. The shoes should be tan, to black shoes, after three minutes on a country road, must look as seuffed and disreputable as any shoe can look, to matter what may be their quality. Paris kid will look as bad as the cheapset calfskin after that first preliminary pin into the country. Women on oticycles, of course, never wear jewelry. A watch can be set into the handle bar of the machine, and, therefore, the watch in the pocket, if it is there, need ever be brought forth. Pins should be worn inside the jacket, so that they will not get dusty. You cannot help vearing your club pin, perhaps, but temember that it is not good form to show it on the road.—New York Press.

Secret of Tylng Bows.

secret of Tying Bows.

Secret of Tying Bows.

There is a certain shop in Twentynird street, where the most fascinang bows are tied for the asking—
Japnese' bows for the waistband,
ows for the hat, 'Bernhardt' bows
or the neck, etc. One has only to
urchase the ribbon and explain what
wanted, and, presto! the white finers of the pretty saleswoman flash in
nd out of the loops of ribbon and the
ow is made!

She tied his above how hore, quite small and rather loose-ly; then, taking up an extra quantity of ribbon, she passed it in and out through the tie in the center on the under side, making two additional loops, then taking the two original loops, she pulled the knot fast and tight and small in the centre.

"See, now you have your loops and

of the arrangement depends entirely on the way the loops are pulled and shaped. Some of the newest bows have the loops cut diagonly so as to form a collection of sharp pointed ends. These bows are particularly pretty for hats. It is also advisable, she concluded, "to take a stitch in the centre knot when the bow is finished, to prevent its untying if the right end is pulled."—New York Tribune.

At the Iowa state collegiate oratorical contest, the first place was awarded a woman, Miss Alice Starbuck, of Penn College, Oskaloosa.

The library of the late Secretary of the Treasury, William Windom, has been presented by his widow to the free library of Winona, Minn.

The Grand Duchess of Sara, Wainon, The Grand Duchess of Sara, Wainon.

The Grand Duchess of Saxe-Weimar, who died suddenly a few days ago, was the next heir to the throne of the Netherlands, Queen Wilhelmina being

niece.

Princess Maud of Wales, whom we now know as Princess Charles of Denmark, has just written a comedictta which has been accepted by Sir Henry Irving for the Lyceum.

The will of Miss Elizabeth Schaffer, who recently died in Philadelphia, bequeaths most of her fortune, amounting to nearly \$300,000, to Lutheran churches and institutions.

It is announced that St. Andrew's University, Scotland, will soon confer the degree of LLD. on Miss Sellers, the translator and editor of several books on Greek art and archæology.

Books on Greek art and archeology.

Fraulein Elsa Eschelseu is the first
woman in Sweden to take the degree
of doctor of laws. She received special
permission from King Oscar to plead
at the Upsala University for her LL.D.

Athens papers comment on the fact that last year, for the first time, two women received a medical diploma in Greece. They are both from Corfu, and the older of the two is only twenty-

and the older of the two is only twenty-two.

At the recent village election in Constantine, Mich., the women tax-payers were allowed to vote on an electric lighting bond proposition, but only three availed themselves of the right.

A mass meeting of nearly 2000 women was held recently in Omaha, Neb., for the purpose of electing eleven of their number for the board of lady managers of the Transmississippi exposition.

position.

There are in France 2150 women authors and journalists and about 70 women artists. The provinces contribute most of the writers—about two thirds—while Paris is represented in the same proportion among the artists.

the same proportion among the artists.

Miss Lizzie Rugh, a teacher in Greensburg, Penn., has, besides the necessary school apparatus, a full kit of dentist's tools, which she uses almost daily in extracting teeth for the pupils who are troubled with aching molars.

Consuelo De Lesseps, third daughter of the late Count Ferdinand, of Suez and Panama, is shortly to marry Baron Lagrange. She is said to be as beautiful as her mother, and Mme. De Lesseps still retains much of her beauty, notwithstanding her nine children.

Lady Henry Somerset is about to

Lady Henry Somerset is about to place in the center of her "temperance village," Duxhurst, in Surrey, Eng-land, a heroic-sized figure of Christ. The statue, molded by Percy Wood, represents the Savior with His hands outstretched, and is not altogether un-like the beautiful statue by Thorwald-sen.

main in favor.

The bright girl is collecting ebony with as much zest as she collected silver a few years ago.

"Nearsilk" is the name of a new pretty silky fabric manufactured to take place of a genuine silk dress-lining.

jackets.

The gauntlet cuff trims many sleeves that are made of heavy materials, while those of thinner fabrics usually have lace at the wrist.

White chiffon waists with a short, high-slashed bolero of dark velvet trimmed in jeweled effects are not only new, but stylish and universally becoming.

coming.

The latest extravagance in brush and comb sets and other toilet appurtenances is ebony. It is sometimes carved, sometimes charmingly decorated and bound with silver. Some sets made to order have the crest or monogram in this metal.

Ivory toilet effeirs still held their

dight and small in the centre.

"See, now you have your loops and two ends," she said, "Wonld you liked, own, of course, but only the pure ivory six?" and loosening the knot, a little she again passed the ribbon in and out, forming a couple more; then giving the two original loops a jerk, she completed the bow.

"You can have as many loops as you like," she explained, "and the rest will grow common or out of vogue.

AGRICULTURAL TOPICS.

Fine Seed Bed for Onions.

The roller is indispensable for preparing onion ground either for seed or sets. That with a shallow cultivation to the depth of two inches will make a better seed bed than will deeper tillage. If the soil is made friable deep down the onion may grow large, but it will likely be thick necked and grow a crop of scullions.—Boston Cultivator.

Cultivator.

Peas for Poor Soils.

There is no better way to fertifize poor land than to sow it with peas, using phosphate of lime to furnish the mineral fertility that this crop requires to perfect the seed. It is not nitrogen which the pea crop most needs other than what the pea roots supply by disintegrating air in the soil and liberating its nitrogen. But to form the grain both lime and phosphate are required. With these supplied the soil will grow richer every year.

richer every year.

Extensive Pruning.

F. J. Kinny, the Worcester gardener and fruit grower, does not believe in much pruning for trees. At a recent horticultural meeting he cited the instance of a neighbor who had a fine orchard but who had his trees trimmed, with the result that his crop of apples has since materially deteriorated both in quality and quantity. He thought it was an admitted fact that you could remove a very large limb from a tree without injuring the growth of the whole tree. The best orchards he knew of were those that had been trimmed the least, but which were well fertilized.—Farm News.

Some Royal Blood.

Some Royal Blood.

There is a man living in Florida who can rightfully boast of royal blood coursing through his veins. A. J. Murat, of Apalachicola, Fla., is the aristocrat, and he has some very high family connections. He is a great-great-grandson of Marshal Murat, Napoleon's famous general, who afterward became King of Naples. He is the great-great-nephew of four kings—Napoleon, Louis of Holland, Joseph, King of Spain, and Jerome of Westphalia. He is a third cousin of Louis Napoleon and great-great-grandson of Napoleon's mother, who died in 1836, the year he was born. Mr. Murat is a man of about sixty years of age, and one of the quietest, most unassuming men imaginable.—Atlanta Constitution.

tion.

The Best Poultry House Floor.

The subject of floors for poultry houses has been discussed more than almost any other point about poultry buildings. The best authorities are now nearly agreed that earth is the best floor that can be made if it is properly prepared. The reason for this is that earth is in the first place a good disinfectant and deodorizer, and for this reason adapted to this purpose, and in the second place, such a floor can be renewed at only the cost of the labor used in replacing it. The best floor is made of hard packed clay, covered with two inches of loose garden mould.

thoor is made of hard packed clay, covered with two inches of loose garden mould.

The land on which the poultry house stands should be drained in such a manner as to carry off surplus moisture readily and prevent Fooding by the hardest rains. This can best be accomplished by filling in until the floor of the poultry house is six inches higher than the surrounding surface. The filling should be clay, if it can be got, and in any event it should be slightly damped and pounded dawn firmly and allowed to dry beforeeing, but to use. Then cover with two inches of garden soil or dust as dry as is convenient. As soon as there is any foul odor about the house this coat of loose soil should be removed and a new one put in. In the summer months this must be done about twice a month, but in the winter a longer time may elapse, provided the soil is raked over and the droppings mixed in it once a week. The soil that is taken out is one of the best fertilizers about the farm, and may be used on garden crops with great benefit. The objection to a board floor is that it becomes saturated with the droppings, and not only offensive, but dangerous as a breeder of disease. A board floor is a good breeding place for vermin, while one of earth acts as a preventive in a great measure, the dust arising from the floor acting as an insecticide.—Farmer's Voice.

Havages in White Pine.

arising from the floor acting as an insecticide.—Farmer's Voice.

Ravages in White Pine.

The report which Secretary Wilson has sent to Congress, in respose to Senator Chandler's resolution, is important.

It comes from the Chief of the Forestry Division, and while it attempts no sensation, it shows that the climax in the annual cutting of white pine and other coniferous timber, like spruce and hemlock, in this country is near at hand. The timber will still be obtainable in great quantities, especially with Canada's aid, for scores of years; but it can be supplied only for a few years more in the prodigious annual amounts hitherto furnished.

It appears that in the last quarter of a century, or since 1873, there have been cut in Michigan, Wisconsin and Minnesota alone, 154,000,000,000,000,000 shingles, and in the last three-fourths of that period about 200,000,000,000,000 feet, taking the whole country together. New York and Pennsylvania have, next to the three States just mentioned, large quantities of standing coniferous timber, and the amount left in the Northern States is estimated at about 100,000,000,000 feet, or half as much as has been cut since about 1878 in the whole country. Canada is another resource, with about 37,000,000,000 feet of white pine.

The Senate's inquiry was wise, and while the answer has necessarily been imperfect and only approximate, it should yet, serve to coz@rm the determination to protect-the-forests.—New York Sun.

Allen's Foot-Ease, a powder for the feet. It cures painful, swollen, smarting feet, and instantly takes the sting out of corns and bundantly takes the greatest comfort discovery of the see. All the greatest comfort discovery of the see that the same than the seed of the seed of

St. Vitus' Dance. One bottle Dr. Fenner's Specific cures. Circular, Fredonia, N. Y.

MRS. CURTIS, NEW YORK,

Tells Her Experience With Ovaritis.

A dull, throbbing pain, accompanied by a sense of tenderness and heat low down in the side, with an occasional shooting pain, indicates inflammation. On examination it will be found that the region of pain shows some swelling. This is the first stage of ovaritis, inflammation of the ovary. If the roof of your house leaks, my sister, you have it fixed at once; why not pay the same respect to your own body?

Do you live miles away from a doctor? Then that is all the more reason why you should at-

sex holds outthehelping hand to you, and without price. Write to Mrs. Pinkham, Lynn, Mass., and tell her all your symptoms. Her experience in treating female illsis greater than any other living person. Following is proof of what we say: "For nine years I suffered with female weakness in its worst form. I was in bed nearly a year with congestion of the ovaries. I also suffered with falling of the womb, was very weak, tired all the time, had such headaches as to make me almost wild. Was also troubled with leucorrhea, and was bloated so badly that some thought I had dropsy. I have taken several bottles of Lydia E. Pinkham's Vegetable Compound, and several of her Blood Purilier, and am completely cured. It is a wonder to all that I got well. I shall always owe Mrs. Pinkham a debt of gratitude for her kindness. I would advise all who suffer to take her medicine."—Mrs. Annie Curris, Ticonderoga, N. Y.

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