

**Pure Blood** Is the basis of good health, steady nerves, mental, physical and digestive strength. If you are nervous, enervated and purify your blood with Hood's Sarsaparilla. If you are weak, have no appetite and desire to be strong, healthy and vigorous, take Hood's Sarsaparilla, which will tone your stomach, create an appetite and build you up. Get only Hood's because Hood's Pills are easy to take, easy to buy, easy to operate. 25c.

**Hood's Sarsaparilla** Is the best—in fact the One True Blood Purifier. Hood's Pills easy to take, easy to buy, easy to operate. 25c.

**Summer Care of Blankets.** Blankets after the winter use are never clean, and should not be put away without being washed. Many housekeepers in view of the shrinking and discoloring caused by washing, satisfy themselves with airing and shaking their blankets, but this is a great mistake, for if the wool is properly done the soft appearance and whiteness may be retained for years. The most important consideration in washing blankets is to have plenty of soft water and good soap. An inferior cheap soap is really the cause of the injury done to woolen goods in washing, as it hardens and yellows the fibre. When ready to begin the work, shake the blankets free of dust, fill a tub nearly full of soft hot water, and dissolve a third of a cake of Ivory soap in it. Put one blanket in at a time and dip up and down gently, washing with the hands. Never rub soap on blankets, or wash on the washboard. After the blankets are clean, rinse them in warm water until free of suds. Add a little bluing to the last water. Shake and squeeze rather than wring, and hang on the line until dry. Then fold and pack away in a box securely to exclude the moisture. Blankets washed in this way will keep their original freshness and wear very much longer than if put away soiled year after year. ELIZA B. PARKER.

A stone wall almost a mile in length with an average height of 18 feet, has been built along Second Ave. in Pittsburgh, by the Baltimore & Ohio Railroad Company. This is part of the half million dollar improvement that the Company is making at that point.

**Naval Tank.** The new naval experiment tank at the Washington yard, in which miniature war ships will be tested, will be 500 feet long and 50 feet across, and inside the water space will be 475 by 43 feet. Its depth will be 14 feet. Running across, close to the water, will be a carriage upon which there will be attached a dynamometer to register the resistance due to towing a model through the basin. Models, varying in size from ten to twenty feet, of every new ship to be built will be attached to this machinery and drawn through the water. The wave motion will be observed and the resistance it offers will be calculated.

The Mexican Herald says of a recent fatal panic at a bull fight: "The young lady was frightened to death, but behaved with much courage and self-possession." This, we believe, is thoroughly characteristic of American corpses.

**BUCKINGHAM'S DYE** For the Whiskers, Mustache, and Eyebrows. In one preparation. Easy to apply at home. Colors brown or black. The Gentlemen's favorite, because satisfactory.

R. F. HALL & Co., Proprietors, N. Y. Sold by all Druggists.

**FUN MAKING** and health making are included in the making of HIRE'S Rootbeer. The preparation of this great temperance drink is an event of importance to a million well regulated homes.

**HIRE'S Rootbeer** is full of good health. Invigorating, appetizing, satisfying. Put some up to-day and have it ready to put down whenever you're thirsty.

Made only by The Charles E. Hires Co., Philadelphia. A package makes 5 gallons. Sold everywhere.

**NOTHING SUCCEEDS LIKE MERIT.** The Rocker Washer has proved the most satisfactory of any Washer ever placed upon the market. It is washable and washes an ordinary family washing with the best of results. Write for prices and full description. ROCKER WASHING CO. Liberal instructions to agents.

**SHREWD INVENTORS!** Don't waste money on Patent Agencies offering clap-net prizes or medals. We do a regular patent business. Highest references. Write WATSON & COLEMAN, Attorney at Law and Solicitor of Patents, Washington Loan and Trust Building, Washington, D. C.

**DRUNK** ARDS can be saved with COLLIER'S KIDNEY PILLS. Anti-Jag the marvelous cure for the drunk habit. Highest references. Write WATSON & COLEMAN, Chemist, 66 Broadway, N. Y. Full information (in plain wrapper) mailed free.

**SILOS** HOW TO BUILD ASK WILLIAMS MFG. CO., KALAMAZOO, MICH. P. N. U. 25 07

**PISO'S CURE FOR COLIC** CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in Time. Sold by druggists.

**KEPT IN COLD STORAGE.**

**POULTRY AND GAME JUST AS GOOD AS EVER AFTER SIX MONTHS.**

Rooms in Which a Film of Frost Covers Everything in Sight—Where the Big Game is Kept in Piles—Contents of a Big Ice Plant Kept Fresh and Pure.

Progress in the art of cold storage has made it possible for those people who can afford to pay for the luxury to have their table supplied with anything in the way of game at any time of the year.

It is often a matter of wonder to the patrons of large restaurants how certain food articles are procured in large quantities out of season, but a visit to one of the cold storage places where the preservation of such articles is the chief business will explain the matter. One of the most complete plants for the preservation of poultry and game is connected with an establishment in West Washington Market. To those who look at the place from the street it is nothing more than an ordinary poultry shop; but investigation, especially on a warm day, will reveal its extraordinary points. Barrels and boxes of poultry of all kinds from little Philadelphia broilers to great, extra-size Thanksgiving turkeys and Christmas geese may be seen on the floor of the shipping-room, where they are repacked and made ready for shipment. Each piece is wrapped in white parchment paper, which when removed shows the fowl covered with a thin film of frost. The ordinary poultry is plucked before it is placed in the refrigerators, but the game goes into the cold storage, feathers and all, and a snow-like covering lies on the matted feathers when the boxes in which they come from the salesroom or refrigerators are opened.

A large ice plant keeps a number of rooms at a temperature of about ten degrees Fahrenheit, and in these rooms the poultry and game are placed and remain there until called for. Sometimes, when sales are nearly equal to receipts, the birds are kept only a few weeks, but more often they remain in the ice-rooms for months, and frequently a year passes between receipt from the producer and delivery to the consumer. The remarkable feature about the process is that the frozen articles do not deteriorate, and many epicures prefer the frozen to the fresh fowl and game.

The cold storage office-rooms are encircled with pipes covered thickly with frost, and the temperature is never higher than twelve degrees above zero. For some articles it is allowed to drop to the zero point. Some of the rooms in which only the boxed goods are kept show no signs of the articles which are stored there. Boxes containing squabs, quail, reed birds, rail birds, snipe and many other specimens of feathered small game are piled high on all sides of the room, and are taken out and shipped when called for. Aside from these there are rooms where unboxed birds are kept. There may be seen great piles of feathered game, golden plover, partridges, mallard and red-head ducks and Guinea hens, etc., looking as fresh as on the day when they came from the woods where they were shot, but they are frozen into hard masses and waiting to be taken to market.

There are other rooms which are still more interesting than those where the birds are kept. Probably the most attractive—and the coldest—is the one where the larger game is stored. There are no boxes or barrels in the apartment, but against the sides and in uneven pyramids in various parts of the frigid place there are great piles of venison, rabbits, grouse, stacks of calves' heads, ox-tails piled up like stacks of serpents, and near these a twisted mass, which, on examination, proves to be a lot of beef tongues. There also are stacks of canvas-back and teal ducks, Canadian ptarmigans, English pheasants and snuffling pigs, all frozen stiff and rigid, and all coated with white and glistening frost. There are some small boxes in an adjoining room which are uncovered. These contain sweetbreads, lamb fries, calves' brains, etc., all stiff with cold.

In speaking of the frozen luxuries, one of the proprietors of the place said: "Formerly we had to sell every day what we received, but now we put away what remains unsold, and we know that it will be just as good in six months as on the day when it reaches us. We manage to get most of our stock out within six months, but if it remains longer than that time, it is none the worse for it. Here are some chickens," he said, taking one frozen specimen from a barrel, "for which we received ten cents a pound fresh, and now, months afterward, we sell from the same lot frozen at thirteen cents a pound." Barrels of broilers were brought out that looked fresh enough to suit any cook, although they had been frozen many months; great handsome rabbits and pheasants, taken from their perches in the cold rooms for inspection, were found to be as good in every particular as they were last December, when they joined the frozen colony.

**Classified Her Young Man.** A clerk in a Chicago book store was surprised not long ago when a young lady came into the store and said to him: "I want to buy a present of a book for a young man." "Yes, miss," said he. "What kind of a book do you want?" "Why, a book for a young man?" "Well—but what kind of a young man?" "Oh, he's tall and has light hair, and he always wears blue neckties!"

**Bibles Worn With Kisses.** It has just been discovered that each of the two Testaments in use in the city of London are kissed 30,000 a year. Both books are very ancient. They are falling to pieces, being literally kissed away. —Boston Globe.

**HOUSEHOLD AFFAIRS.**

**A Pretty Custom.** The practice of putting little flags for purpose of identification in the various plates of sandwiches served at teas and receptions is an American adaptation of a long-prevailing London custom. Over there, as here, sandwiches have multiplied to the point of confusion, and a card is used and is really necessary to label the various combinations. At a simple day "at home" in New York usually only two kinds of sandwiches are served, the maid offering a choice between a sweet and a salt trifle of bread and filling.

**Ant and Antidote.** Under the suggestive headline, "Ant and Antidote," the Prudential Review, of Newark, says: "Housekeepers in warm climates or elsewhere, whose provisions are raided by the small but persistent red ant, may be glad to learn of a very efficient preventive. Pieces of ordinary tape are dipped in a little corrosive sublimate, dried, and tied around the bottoms of cake-boxes or the legs of tables or refrigerators, which it is desired to guard. No ant, whether wise or foolish, will cross such a barrier, and eatables or sweets so protected are absolutely safe. Of course, care must be taken not to put the tape or any boxes so protected within the reach of children, as the corrosive sublimate on the tape is a poison." The cure is too dangerous to be risked where there are children.

**Barrels.** They really are the most useful articles in the household repertoire. Among fifty ways of utilizing them, here is one:

Fasten in the lower barrel-head securely. Take out the upper one to allow a shelf to be fastened in the middle, which should follow the line of barrel, excepting on one side, where the circle must be squared. When this shelf is securely set in, fasten the second barrel-head back again, and tighten all the hoops. Now saw out a generous-sized door in the centre of the barrel. When it opens, the shelf with its square side should stand across the middle of the opening. Put hinges on the door, and then you have a comfortable little pantry for cottage use, or, if wash-stands are not plentiful, this invention will serve admirably as one if draped so that the barrel shape alone is visible. A Turkish towel, or, better yet, towelling out in a circle, will cover the barrel-top nicely, and protect the drapery below. —Harper's Bazar.

**Now for Tallow Soap.** As this is the time of year that many farmer women make soap of the tallow scraps and rinds of pork that have accumulated through the winter, I would like them to have the benefit of my soap recipe. It is composed of six pounds sal soda, three pounds of stone lime and seven pounds clear grease. That is, the grease must be free of bones and meat; but I have made it of scraps and rinds by adding a little more than seven pounds straining the soap, while hot, after it is made.

Put the lime and soda in six gallons soft water and let it boil up good, then pour it all into a tub and let settle over night. In the morning pour all the clear liquid back into the kettle, being careful not to get any of the sediment in. Now add the grease and boil until it is about as thick as strained honey. I always try it by cooling a little in a dish. If it becomes solid enough to turn out in a cake, it is ready to turn back into your tub, but first be sure your tub is perfectly cleaned from the lime and soda. Let stand over night again, where it will not freeze, then cut out in good sized cakes and put to dry.

This soap made from clear mutton tallow is very nice for people to use who are troubled with cracked or chapped hands, and it makes nice toilet soap by adding some perfume just before it has boiled enough. This recipe was given to me by a friend several years ago whose father is a physician. She told me that it there was any of the soap in the house made with mutton tallow, he used to always put a piece in his pocket when he was called on to attend a child-birth, to wash the newborn babe with. It is some trouble to make this soap, but we have very few good things in this world without a little trouble to get them. —New England Homestead.

**Recipes.** **Hoosier Gems**—Two cups of graham flour, one-half teaspoonful salt and one and one-half cups of milk. Beat hard for five minutes and bake in well-buttered iron gem pans in a hot oven. Plain, but very good.

**Rice Pudding**—One quart milk, two level tablespoonfuls rice, and two of sugar and a small handful of raisins. Bake, covered, slowly for two hours. When it will be of a creamy consistency, uncover to brown. Serve cold.

**Beef Rissoles**—Mince half of lean beef very fine, roll crumbs and allow three-fourths pound to pound of meat. Add one or two eggs, a dust of herbs and grated lemon peel. Mix and shape into balls fry a rich brown, make nice gravy.

**Velvet Balls**—To a cupful of finely ground beef add one-half pound milk, one-half teaspoonful salt, one-fourth of pepper and one-fourth of sage. Mix thoroughly and make into small cakes. Dip into flour and fry in beef drippings or butter.

**Junket**—Dissolve one junket tablet in a tablespoonful of cold water. Stir barely enough to mix in three cups of lukewarm milk, sweetened with two tablespoonfuls of sugar and seasoned with nutmeg. Let stand in a warm room until thickened, when it may be carefully removed to a cool place, stirring or shaking this mass causes whey to form.

**AGRICULTURAL TOPICS.**

**Pruning Currant Bushes.** It is very hard to keep currant bushes thrifty and productive when anywhere from six to ten or a dozen sprouts are allowed to grow in each hill. These conditions are just right for the currant worm to do a great deal of injury before he can be found and killed with hellebore. We always cut out all but three or four shoots. Though many advise training the bushes in tree form, only one in a place, two, three, or even four shoots will bear enough more to pay for the extra trouble.

**For Flies on Cattle.** Take coal tar two parts and coal oil and grease one part each and mix with a small amount of carbolic acid. Apply with a cloth by moistening the hair and horns of the animals with the liquid. In the applications include feet and legs, and it will drive every fly away, and one application will last ten days or more in dry weather. Apply as often as necessary, and your cows will be entirely secure from flies of all kinds. Any kind of old lard or grease can be used. Coal tar is the base of this remedy, and when too thick to spread well use more coal oil; when too thin to adhere well use more coal tar. Carbolic acid will cost about fifty or sixty cents in crystals by the pound, and every farmer should always keep it on hand, as it, in its many uses, is indispensable. —Home and Garden.

**Country Roads.** For one hundred years or more newspaper philosophers and political economists have vainly tried to convince the tillers of soil that they, more than any other class of people, were directly, vitally and pecuniarily interested in making and maintaining country highways over which heavy loads and light ones could be drawn without the expenditure of an unnecessary amount of costly strength.

The farmers studied tax rates and either would not hear or would not heed any statistics whose bearing was less immediate, though not less obvious. The vast majority of rural roads continued to be stretches of dirt, made into dust by the sun, into mud by the rain, and always enforcing the truth that the distance between a farm and a market depends more on the nature of the road connecting them than on the number of miles separating them. —Wheeling Register.

**Rib-Grass or Narrow-Leaved Plantain.** D. B. D. Hulsted, of the New Jersey Experiment Station, writes: One of the worst of meadow and pasture weeds is Plantago lanceolata, popularly known as joint weed. It seeds abundantly and the seed is of just the right size and weight to go with clover seed, and is the weed seed nowadays most frequently mixed with that of clover.

A person who is looking for it in clover seed will at once recognize the pest by the oval shape of the brown seed. It is longer than a clover seed and has a mark upon one side that reminds one of a miniature boat with a single person in the centre. This weed takes a firm grip upon the soil by a mass of roots springing from a large crown. This plant lives on from year to year, sending up new, long, lance-shaped leaves each season. The crown stores up much nourishment and when the land containing the plantain is plowed these crowns are like so many bulbs that remain alive for a long time. In short, the plant is easy to introduce into a soil and hard to eradicate from it. Thorough culture with some hoed crop is the most effective method of clearing the land of this rib-grass.

The English plantain is so named because it came to us from across the sea. It has been introduced in some places as a forage plant, the seed being sown for pasture for sheep. This was a serious mistake, as many farmers have fully learned by sad experience. Look well to the clover and grass seed and if already in the grass land get it out by cultivator and hoe, of course not letting the pest form any seed.

**Keep More Bees.** To one who goes about the country and notices the farms he passes it is so few ways a matter of surprise that in a good many sections of the East two or three or more bee hives will be seen near almost every farm house, and the families living in these houses have honey the year round, while among the farmers in the West it is almost an unknown luxury in many homes.

It would be almost impossible to keep bees enough in this country to utilize the nectar in the flowers that bloom every year, and on every farm two or three colonies could be kept without trouble enough to make any difference in the ordinary duties.

Except in a few districts bees can be kept with a moderate degree of success by the most unskilled, and the honey they would gather would be all clear profit.

Where clover is grown; where white clover, basswood or sumac abounds, or where alsike clover, golden rod, raspberry bushes or the purple asters of autumn are to be found, there is honey for the gathering, and to let it waste is entirely unnecessary.

The average yield of honey from a colony is probably not far from fifty pounds a year, and if two or three colonies are kept, enough will be made to supply the family to the extent of its appetite every day in the year, and children fed on honey sweets are being given nature's own medicine in a most welcome shape.

The keeping of bees is delightful work for women and they soon become skilled operators, and in parts of this country a good many women make pin money easily by rearing bees and selling honey, for which the market never fails. —The Silver Knight.

One truth in the life is better than a hundred in the memory.

**TO ST-LOW LAND.**

My little stars, the star-lamps  
Are lighted overhead.  
To guide all sleepy children  
From the land of Go-to-Bed,  
On a most delightful journey;  
Oh, you'll all be glad to go  
To that pleasant, pleasant country  
Where the dream-flowers grow.  
You'll find a good steady waiting,  
So mount and give command,  
And trot away, and trot away  
To By-By-Low Land.

You can go by Sleepy-Hollow.  
That's the shortest route to take  
On the journey you are going.  
From the plains of Wide-awake,  
So mount and give command,  
Shut your drowsy eyes, and let  
You are in the pleasant country  
Where the dream-flowers grow.  
Your good steady's waiting for you,  
So mount and give command,  
And trot away, and trot away  
To By-By-Low Land.

Before you start upon your journey,  
Mother wants a hug and kiss,  
From each drowsy little darling,  
And she softly tells you this—  
She'll be long gone when you've left her  
To that pleasant, pleasant country  
Where the dream-flowers grow.  
Your good steady's tired of waiting,  
So mount and give command,  
And trot away, and trot away  
To By-By-Low Land.

**HUMOR OF THE DAY.**  
Always used up—A sky-rocket.—Life.  
Weather-beaten—The Signal Service forecasts.  
"This is surely a cribbed joke."  
"Yes; but it must be in its second childhood." —Yale Record.

Mack—"What is your idea of a perfect woman?" Wylde—"One who acknowledges her faults." —Puck.  
"I hear young Nollekins has gone into the sculptor's business." "Yes; but he don't cut much of a figger."  
Mack—"Why are the Bijou Flats in such demand?" Wylde—"There isn't a room large enough to get a piano in." —Puck.

Teacher—"Plato, what is a farm?" Plato—"A farm, sir, is a body of land entirely surrounded by a fence." —Judge.  
Barber—"What will you have on your face, sir?" Customer (faintly)—"Erysipelas. I think; it feels that way." —Judge.

"What cowards these men are! Here I am forty years old, and no one has had the courage to propose to me!" —Fliegende Blaetter.  
The Cannibal—"You are sweet enough to eat." His wife—"But the doctor said you must not eat sweet things." —Texas Siftings.

"Don't you think your son a little fat, Mrs. Sweetly?" "Far from it. He is so slow that we can never get him to breakfast before noon." —Detroit Free Press.  
City Nephew—"I've got a couple o' tickets for to-morrow night; but all the orchestra seats had been sold." Uncle Josh—"Do tell! Will the orchestra have to stand up?" —Puck.

Cripple—"Excuse me, sir, but I have lost both my legs." Passer-by (passing by)—"So sorry. Haven't seen anything of them. Try at police headquarters." —Standard.

Mother—"Dear me! The baby has swallowed that piece of worsted." Father—"That's nothing to the yarn she'll have to swallow if she lives to grow up." —London Tit-Bits.

"Maria," said John, "you must be going to have a fearful big bird on your bonnet." "Why?" asked Maria. "I judged from the size of the bill," said John, quietly. —Harper's Bazar.

"Old Gotrox said he got rich by saving what other people threw away." "Oh, yes. Did he also state that anything not nailed down he considered as thrown away?" —Indianapolis Journal.

Lightlove—"At last, dear Sophia, we are alone and I can tell you that I lo—" Sophia—"Oh, please, no—Mr. Lightlove, don't tell me here." Lightlove—"Why not? There are no witnesses." Sophia—"That's just it!" Ohips.

Lightlove—"I am sure I cannot be mistaken. Four times in his sleep he has cried out that he put it in the corner pocket. Can it be that he lost it afterward, or is he intentionally deceiving me in his sleep?" —Judge.

"There are men," said the cactus philosopher, "so enterprising that they do business in a dead calm. Now I know a man who advertised for intending suicides, so that he could get them to buy pistols from his hardware store." —Washington Times.

Mrs. Seldom Singell—"Thanks, Jack; but it wouldn't look well for me to dance. I lost my husband to-day." Jack—"Divorce?" Mrs. Seldom Singell—"No; a real, genuine death. That's honest. I have the undertaker's certificate in my pocket." —Judge.

One day a malicious person said to Alexander Dumas fils: "Your father was a mulatto, was he not?" Dumas replied: "Yes, sir, my father was a mulatto, my grandfather an African and my great-grandfather a monkey. My genealogy begins where yours ends." —Standard.

"So you say," began the moderately new boarder, "that he speculated on a large scale exclusively. May I inquire what was the use of the large scale?" "Glad to answer you," replied the Cheerful Idiot. "He had to have it for weighing the consequences." —Indianapolis Journal.

"Help! help!" cried the drowning man. "I am drowning!" "Love! What an opportunity!" cried the reporter. "Quick! tell me your sensations, and I'll give you a sendoff in next Sunday's paper." But it was too late; the man had gone down for the third time. —Harper's Bazar.

They who wait to do great things never do anything.

**Keep the Mouth Shut.**

If you would avoid colds, keep the mouth shut when coming out of an over-heated room, especially late at night, and breathe through the nose. Chills are apt to ensue when people talk freely while out of doors just after leaving a room full of hot air, and theater-goers who discuss and laugh over the play on their way home are inviting illness. It is, in fact, during youth that the greater number of mankind contract habits of inflammation which make their whole life a tissue of disorders.

**Shake Into Your Shoes** Allen's Foot-Ease, a powder for the feet. It cures painful, swollen, smarting feet, and instantly takes the sting out of corns and bunions. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes tight-fitting or new shoes feel easy. It is a certain cure for sweating, callous and hot, tired, aching feet. Try it to-day. Sold by all druggists and shoe stores. By mail for 25c. In stamps. Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

Piso's Cure for Consumption has saved me many a doctor's bill. —S. F. HARRY, Hopkins Place, Baltimore, Md., Dec. 2, 1894.

The annual balance sheet of the Monte Carlo Casino shows a profit of \$4,000,000.

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

**There is a Class of People** Who are injured by the use of coffee. Recently there has been placed in all the grocery stores a new preparation called Grain-O, made of pure grains, that takes the place of coffee. It does not cost over one-quarter as much. Children may drink it with great benefit. 15 cts. and 25 cts. per package. Try It. Ask for Grain-O.

Every passenger coach, baggage car, parlor car and dining car of the Royal Blue Line, between Washington and New York, has been repainted and refurbished during the past six months.

Mrs. Winslow's Soothing Syrup for children teething, soothes the gums, relieves inflammation, allays pain, cures wind colic. 25c. bottle.

S. K. Colburn, Mgr. Clarie Scott, writes: "I find Hall's Catarrh Cure a valuable remedy." Druggists sell it, 25c.

**THE HEAT PLAGUE OF AUGUST, 1896.**

**Mrs. Pinkham's Explanation of the Unusual Number of Deaths and Prostrations Among Women.**

The great heat plague of August, 1896, was not without its lesson. One could not fail to notice in the long lists of the dead throughout this country, that so many of the victims were women in their thirties, and women between forty-five and fifty.

The women who succumbed to the protracted heat were women whose energies were exhausted by sufferings peculiar to their sex; women who, taking no thought of themselves, or who, attaching no importance to first symptoms, allowed their female system to become run down.

Constipation, capricious appetite, restlessness, forebodings of evil, vertigo, languor, and weakness, especially in the morning, an itching sensation which suddenly attacks one at night, or whenever the blood becomes overheated, are all warnings. Don't wait too long to build up your strength, that is now a positive necessity! Lydia E. Pinkham's Vegetable Compound has specific curative powers. You cannot do better than to commence a course of this grand medicine. By the neglect of first symptoms you will see by the following letter what terrible suffering came to Mrs. Craig, and how she was cured:

"I have taken Lydia E. Pinkham's Vegetable Compound and think it is the best medicine for women in the world. I was so weak and nervous that I thought I could not live from one day to the next. I had prolapsus uteri and leucorrhoea and thought I was going into consumption. I would get so faint I thought I would die. I had dragging pains in my back, burning sensation down to my feet, and so many miserable feelings. People said that I looked like a dead woman. Doctors tried to cure me, but failed. I had given up when I heard of the Pinkham medicine. I got a bottle. I did not have much faith in it, but thought I would try it, and it made a new woman of me. I wish I could get every lady in the land to try it, for it did for me what doctors could not do." —MRS. SALLIE CRAIG, Baker's Landing, Pa.

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**There is a Class of People** Who are injured by the use of coffee. Recently there has been placed in all the grocery stores a new preparation called Grain-O, made of pure grains, that takes the place of coffee. It does not cost over one-quarter as much. Children may drink it with great benefit. 15 cts. and 25 cts. per package. Try It. Ask for Grain-O.

Every passenger coach, baggage car, parlor car and dining car of the Royal Blue Line, between Washington and New York, has been repainted and refurbished during the past six months.

Mrs. Winslow's Soothing Syrup for children teething, soothes the gums, relieves inflammation, allays pain, cures wind colic. 25c. bottle.

S. K. Colburn, Mgr. Clarie Scott, writes: "I find Hall's Catarrh Cure a valuable remedy." Druggists sell it, 25c.

The annual balance sheet of the Monte Carlo Casino shows a profit of \$4,000,000.

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

**THE HEAT PLAGUE OF AUGUST, 1896.**

**Mrs. Pinkham's Explanation of the Unusual Number of Deaths and Prostrations Among Women.**

The great heat plague of August, 1896, was not without its lesson. One could not fail to notice in the long lists of the dead throughout this country, that so many of the victims were women in their thirties, and women between forty-five and fifty.

The women who succumbed to the protracted heat were women whose energies were exhausted by sufferings peculiar to their sex; women who, taking no thought of themselves, or who, attaching no importance to first symptoms, allowed their female system to become run down.

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