

"I'm So Tired!"

As tired in the morning as when I go to bed? Why is it? Simply because your blood is in such a poor, thin, sluggish condition it does not keep up your strength and you do not get the benefit of your sleep. To feel strong and keep strong just try the tonic and purifying effects of Hood's Sarsaparilla. Our word for it, 't will do you good.

Hood's Sarsaparilla

Is America's Greatest Medicine.

Hood's Pills cure all liver ills. 25 cents.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reducing inflammation, allays pain, cures wind colic. 50c a bottle.

Conductor E. D. Loomis, Detroit, Mich., says: "The effect of Hood's Sarsaparilla is wonderful." Write him about it. Sold by Druggists, 75c.

Piso's Cure for Consumption relieves the most obstinate coughs.—Rev. D. BUCHHEIM, LEA, Lexington, Mo., Feb. 24, '94.

William Moore, a Kentuckian, 71 years of age, has not left his bed for 63 years. He was injured by a horse when a child.

Educate Your Bowels With Cascarets. Candy Cathartic, cure constipation forever. 10c, 25c. H. C. C. fail, druggists refund money.

By way of intimidating tramps, the women of Johannesburg have formed a South African Revolver Club. The members practice daily, and always carry a weapon when they walk or ride beyond the boundaries of the city.

No-To-Bac For Fifty Cents. Guaranteed tobacco habit cure, makes weak men strong, blood pure. 50c. \$1. All druggists.

A beggar died at Auxerre, France, not long ago, and in his trunk were found stock securities valued at a million francs. In his cellar were found 400 bottles of rare wines.

Five Cents. Everybody knows that Dobbin's Electric Soap is the best in the world, and for 33 years it has sold at the highest price. Its price is now 5 cents, same as common brown soap. Bars full size and quality. Order of grocer, 4c.

Among the many expenses borne by Railroad companies the ice bill figures quite prominently. For instance, on the Baltimore and Ohio Railroad it is expected it will take over \$1,000,000 this year to meet the requirements of the service. The greater portion is used in connection with shipment of perishable goods, the balance in the passenger train service. A great deal of this ice is put up by the company in its own ice houses, but as the past winter has been so warm a very large proportion will have to be purchased.

To Cure Constipation Forever. Take Cascarets Candy Cathartic, 10c or 25c. H. C. C. fail to cure, druggists refund money.

Congo negroes are remarkable for their thick skin. A case is mentioned of a black slash with a razor in a scuffle. The hospital surgeon broke two needles in trying to put in the stitches, and at last was driven to use a bread awl.

Sierra Leone, Africa.

The settlement of Sierra Leone at one time consisted only of the peninsula terminating in Cape Sierra Leone, with an area of about 300 square miles. The colony, with its protectorate, now includes a large extent of country, estimated at 4,000 square miles. The capital, Freetown, possesses the best harbor in West Africa. The scenery of Sierra Leone is said to be very similar to that of the West Indies. The soil is fertile and there is an abundance of pure fresh water. Tropical fruits grow luxuriantly. Pineapples especially are produced very abundantly, while bananas, plantains, avocados, mangoes, limes and oranges are not only consumed locally, but are also exported to Gambia, Senegal and Senegal.

Considering the most desirable means of transport for their apparatus, he pointed out that it was not only possible, but quite easy, to have an X-ray apparatus working at the front; that the cases already exhibited contained indisputable proof that even in savage warfare, where the Geneva Convention was unknown, the X-ray could be brought under control and an immunity of human suffering obtained. It was not necessary that every field hospital or bearer company should be supplied with an apparatus, as it could be readily transported from one part to another of the field of operations. He maintained it was now the duty of every civilized Nation to supply its wounded in war with an X-ray apparatus, among other surgical aids, not only at base hospitals, but close at hand, wherever they might be fighting and exposing themselves to injury in the performance of their hazardous duty. (Cheers.) After trying every kind of transport in India—mules, camels, wheeled vehicles, etc.—he came to the conclusion that by far the safest and most satisfactory in every respect was human transport; coolie labor could be obtained in most places, and where not, any European could be employed.

THEY WANT TO TELL

These Grateful Women Who Have Been Helped by Mrs. Pinkham.

Women who have suffered severely and been relieved of their ills by Mrs. Pinkham's advice and medicine are constantly urging publication of their statements for the benefit of other women. Here are two such letters:

Mrs. LIZZIE BEVELLY, 258 Merrimac St., Lowell, Mass., writes:

"It affords me great pleasure to tell all suffering women of the benefit I have received from taking Lydia E. Pinkham's Vegetable Compound. I can hardly find words to express my gratitude for what she has done for me. My trouble was ulceration of the womb. I was under the doctor's care. Upon examination he found fifteen very large ulcers, but he failed to do me good. I took several bottles of Lydia E. Pinkham's Vegetable Compound, and used the Sanative Wash, and am cured. Mrs. Pinkham's medicine saved my life, and I would recommend it to all suffering women."

Mrs. AMOS TROUBLEY, Ellenburgh Ctr., N. Y., writes:

"I took cold at the time my baby was born, causing me to have milk legs, and was sick in bed for eight weeks. Doctors did me no good. I was also troubled with falling of the womb. I could not eat, had faint spells as often as ten times a day. One day a lady came to see me and told me of the benefit she had derived from taking Lydia E. Pinkham's medicine, and advised me to try it. I did so, and had taken only half a bottle before I was able to sit in a chair. After taking three bottles I could do my own work. I am now in perfect health."

P. N. U. 28 '93

DENISON JOHN W. MORRIS, Washington, D. C.
Successfully Prosecutes Claims.
Late Principal Examiner U. S. Pension Bureau.
37 years in last war, 19 adjudicating claims, 4500 since.

FRANK H. BATTLES, of the names of Casanova, Three Angels, Famous and Rustling. Account make \$12 per day. Article wanted on every farm. Write quick for terms and territory.

PISO'S CURE FOR CURS WHERE ALL ELSE FAILS.
Best Cough Syrup. Tastes Good. Use to consume. Sold by druggists.

ROENTGEN RAYS IN WAR.

A PORTABLE APPARATUS FOR THE USE OF ARMY SURGEONS.

Results of the Employment of X Rays in Military Surgery on the Recent Frontier Expedition in India.—Working the Apparatus at the Front.

At the Royal United Service Institution, London, Surgeon Major W. C. Beevor, Army Medical Staff, delivered an address on "The Working of the Roentgen Rays in Warfare." The lecture was based on the result of experience the officer gained during the recent operations on the northwest frontier in India.

Surgeon Major Beevor at the outset said his object was to give the results of the employment of the Roentgen ray in military surgery on the recent frontier expedition in India, and then to lay before them some modifications in the construction of the appliances for generating the X ray, which had suggested themselves to him after working among the wounded on the field of battle and its adjacent hospitals. He invited their criticism in the hope that some useful advances in the science might be originated, and additions made to our efforts toward alleviating human suffering, and proving that surgeons were aiming, as our illustrious forefathers ever aimed, at placing at least one more niche in the Temple of Esculapian. He proceeded, with the aid of magic lantern slides thrown upon a screen, to give representations of cases of interest from the campaign. These consisted of bullet wounds sustained by officers and men who had injured bones, joints, and internal organs, baffling the skill of surgeons to ascertain their exact position, and which, but for the application of the X rays, must have resulted in amputation of limbs and probable loss of life. The pictures shown included wounds in the arm, leg, chest, back, finger, and other parts of the body.

The most remarkable results obtained by the Roentgen rays were perhaps those in the cases of a bullet imbedded in the backbone, another in the hip, and an Indian soldier, who, at Rawal Pindi, was shot in the foot, the bullet finally lodging in the back of the heel, and the case of General Woodhouse, who received bullet wounds in the leg and arm at Dargai. In every one of the instances enumerated, the bullets were, by the use of the rays, successfully removed, the men subsequently rejoining their comrades at the front. One great desideratum in the construction of all apparatus for military work was that they should be "get-at-able," thus enabling them to renovate the inevitable defects of wear and tear. Every portion of their apparatus should undoubtedly be easy of access; the coil, the condenser, connections, etc., should all be packed in cases that could be opened and inspected at a moment's notice without the necessity of special instruments, and, with a view to obtaining this desirable condition, the Medical Department of the army spared no expense or trouble, having, after due consideration, ordered the latest and most improved apparatus, a specimen of which he exhibited.

Considering the most desirable means of transport for their apparatus, he pointed out that it was not only possible, but quite easy, to have an X-ray apparatus working at the front; that the cases already exhibited contained indisputable proof that even in savage warfare, where the Geneva Convention was unknown, the X-ray could be brought under control and an immunity of human suffering obtained. It was not necessary that every field hospital or bearer company should be supplied with an apparatus, as it could be readily transported from one part to another of the field of operations. He maintained it was now the duty of every civilized Nation to supply its wounded in war with an X-ray apparatus, among other surgical aids, not only at base hospitals, but close at hand, wherever they might be fighting and exposing themselves to injury in the performance of their hazardous duty. (Cheers.) After trying every kind of transport in India—mules, camels, wheeled vehicles, etc.—he came to the conclusion that by far the safest and most satisfactory in every respect was human transport; coolie labor could be obtained in most places, and where not, any European could be employed.

As the portable apparatus should not weigh more than from eighty to 100 pounds, two men were all that was required for the moment, and a reserve of two more, with reserve equipment, completed the transport. A bamboo pole or hollow steel bar of about six feet in length was what he found the best construction from which to suspend the boxes; each end of the pole was carried on the heads or shoulders of the bearers, and the boxes were slung from the pole. In Tirah he employed a disused Dhoolie pole and Dhoolie bearers to convey his apparatus; they willingly volunteered for the service, and carried the whole apparatus from Bagh Camp, in Tirah, down the defile to Dwatot, and down the Bara Valley to Peshawar, without injury; parts of this march were beset with difficulties seldom experienced in any kind of warfare, and yet these faithful followers landed their charge in good working order at a time when it was sorely needed. A few photographs he took during this march served to show the difficulties of transport in such a country; yet photography could not adequately exhibit the conditions, for rocks, icy-cold water, rapid torrents, frost and snow did not come entirely within the grip of their photographic lenses. Mules, camels, and wheeled transport were so uncertain conveyances for delicate materials, except, of course, where they had good roads and plenty of room; but our military ap-

paratus should be independent of these luxuries, and it seemed to him that this transport fulfilled the necessary conditions. He then dealt with the difficulties specially involved in working the apparatus at the front.

The Pecan Nut.

What the chestnut is to Italy the pecan is becoming to the United States. Most of the nuts come from Texas, where the pecan groves have already brought wealth to their owners. Although the supply has increased with great rapidity from year to year, it is still behind the demand, which comes not only from the United States and Canada, but of late years from England and the Continent. The tree is very handsome and prolific, and begins to bear when quite young. Its popularity is appreciated by the Texas farmers, who are planting thousands of acres at the present time to increase the output in the immediate future. Professor Kellogg declares the pecan nut to be an ideal food, and Miss Cornelia C. Bedford, the President of the Teachers' Association, recommends it in many forms. In one of her lectures upon the subject she employs it in the making of ice-cream, in salads, in the stuffing of birds, in cake-making, in candy and other culinary shapes. The latest use of the pecan is grinding it into a meal about as fine as medium cornmeal. In this form it can be made into simple biscuits, rolls and bread just as is done with cornmeal.—New York Mail and Express.

Li Hung Chang's Latest Escape.

A private despatch from Peking to a high Chinese ex-official states that as Li Hung Chang was on the point of entering the precincts of the Grand Audience Hall three minutes after midnight, to have an interview with the Emperor, and just as he was passing through the double line of Imperial Guards at the Palace gates, a man dressed entirely in black, who it appeared had been concealing himself behind the Guards, suddenly broke through the line and, getting within striking distance of the old statesman, launched a blow at his head. Fortunately Li Hung Chang had noticed the commotion made by the man breaking through the Guards—possibly he had been informed of the probability of such attacks and therefore was on the qui vive—and managed to partially evade the blow. The assailant was cut down by a Guardsman.—North China Gazette.

One Way to Escape Trouble.

A singular custom prevails among the Tartars or Kurds. If a man gets into difficulties—i. e., loses his cattle or other movable property—he pours a little brown sugar into a piece of colored cloth, ties it up and carries one such parcel to each of his friends and acquaintances. In return he is presented, according to circumstances, with a cow or sheep, or a sum of money. He is thus at once set on his legs again. The same method is adopted when a young man wishes to marry, but is not in a position to satisfy the parents of his intended bride in the matter of the "bushy"—i. e., marriage dowry. Only in this case he does not go round himself, but sends a friend or a servant.

A Fruit Diet Has Often Been Known to Cure Where Every Other Remedy Has Failed.

A fruit diet has often been known to cure where every other remedy has failed. Thousands of cases which have been given up as hopeless have been cured through this means. To fruit feeders such things as rheumatism, gout, lumbago, sciatica, gravel, etc., are seldom known. Dyspepsia, nervous irritability, to say nothing of numbers of other diseases, can, more or less, be traced to a wrong diet, and are removable when a correct, frugal diet is adopted. If, therefore, a fruit diet has indeed nothing else to recommend it, its curative powers would be great enough to insist upon its value.

A Dwarf Painting.

What is perhaps the smallest painting in the world is the work of a Flemish artist. The canvas is the smooth side of a kernel of common white corn. So skillfully has the artist worked that even in this small space there is painted a picture of considerable latitude. There is a mill on a terrace, a miller with a sack of grain on his back. By the building stands a horse and car, and in the roadway is a group of peasants.

Dark Women Most Popular.

Scientific experiments conducted on a small scale indicate that dark women are more sought as wives than fair. Seven hundred and thirty-seven women chosen at random were examined for this purpose. Of those who had red, flaxen or light brown hair, 553 per cent. were married. Of those who had dark brown or black hair seventy-nine per cent. were married.

A New Carpet Cleaner.

Carpets can be cleaned without removing them from the floor by a new machine which has metal strips set inside a casing to beat the carpet as the cleaner runs over the floor, a fan being mounted in the top of the casing to draw the dust into a water compartment which has an air passage covered by a moistened screen to retain the dust particles.

The Revolving Atlantic Ocean.

Experiments have been going on for the past twelve years for the purpose of trying to learn something of the characteristics of the Atlantic Ocean as a great moving body of water. As a result the whole Atlantic is shown to be slowly circulating round and round like an enormous pool.

A New Kind of Window Pane.

A novel sort of window glass has been invented. Persons on the inside of the house can see through it, but it is opaque to those on the outside.

HOUSEHOLD MATTERS.

To Remove Paper From Walls.

Steam seems the most efficacious agent for removing pictures which have been, in an evil moment, pasted to a wall. The little five-o'clock teakettle may be used. Hot water dabbed on the paper usually only brings it away in spots.

For Summer Cooking.

The oil-stove is a great convenience and comfort in hot months, when it does away with the long-continued heat of coal. Two small ones are recommended rather than one of larger size. They are moved more easily, and both burners can be used better.

A Baby's Table.

A bread-and-milk-table is an attractive piece of nursery furniture in oak or enameled wood. It consists of a child's low table with vis-a-vis seats, the three pieces held together at the bottom by a wooden rail. No mishaps of bowls or pitcher tumbling into children's laps is possible, and a naughty baby's efforts to kick over the table cannot succeed in this instance.

How to Press Embroidery Properly.

In all cases of embroidery on linen the work should be carefully pressed when finished, and it is important for every embroiderer to know how this may be done in the simplest and safest manner. The proper way to press the finished work is to lay the embroidery face down on a clean cloth spread over an ironing blanket or two or three thicknesses of flannel. Place a thin, dampened cloth on the back of the article to be pressed and then use a hot iron deftly on the wet surface until it is perfectly dry. A steaming process is thus engendered whereby the embroidered linen is rendered smooth and the effectiveness of the work much enhanced.—The Bouquet.

Banishing the Troublesome Fly.

In a recent treatise on Injurious Insects the writer suggests a simple mode of clearing a room of flies. They will naturally be found at the windows, where they are attracted by the light. The lower sash should be drawn down to shut closely, the upper lowered perhaps a foot from the top. Then pull the shade down, and the flies, following their natural instinct, crawl up the glass to the top, and, finding the opening fly out and off. Afterwards closed blinds or screens keep them out. The book says further that a house-fly does not bite, but merely puts its proboscis on men and animals to absorb the moisture of the skin. Biting may not be the scientific word for the fly's performance, but "absorbing moisture" it may be said, does not begin to describe suitably his nagging little way of a summer morning when one's final nap is dependent on relief from him.

Household Don'ts.

- Don't put border on carpets for small rooms.
- Don't hang chandeliers or lamps in low ceiling rooms.
- Don't be chary of rich warm tints in northern rooms.
- Don't buy what suits the fancy regardless of their combined effects.
- Don't select anything because it is fashionable, but because it is good.
- Don't have any apparent, much less any regular, arrangement of furniture.
- Don't believe for a minute that expensiveness is essential to beautiful effects.
- Don't make the table a pivotal point from which the rest of the furniture radiates.
- Don't make a narrow door narrower with a heavy drapey. We drape too much.
- Don't use decided patterns for upholstery, if you have done so for wall and floor coverings.
- Don't use long-patterned wall-paper in small rooms, or a deep border with low ceilings.
- Don't have any fanciful, fixed arrangement of window draperies in rooms in daily use.
- Don't buy chairs which are not well made and comfortable, or lounges which are not long and broad.

Recipes.

Honey Fruit-Cake—Four eggs, five cups of flour, two cups of honey, one cup of butter, one cup of sweet milk, two teaspoonfuls of cream of tartar, one teaspoonful of soda, one pound of raisins, one pound of currants, half a pound of citron, one teaspoonful each of cloves, cinnamon and nutmeg. Bake in a slow oven.

Liver With Tomato Sauce—Slice and fry liver as usual. Place in hot platter without gravy. While the liver is frying bring to the boiling point one teaspoonful of finely cut fresh tomatoes, or canned tomatoes when these are out of season, two tablespoonfuls of butter and one-half teaspoonful each of pepper and salt. Boil this sauce ten minutes, pour over the liver and serve immediately.

Cream of Celery Soup—One bunch of celery, one pint of water, one pint of milk, one teaspoonful minced onion, one tablespoonful minced onion, one tablespoonful of butter, one tablespoonful flour, one-half teaspoonful salt, one-fourth teaspoonful white pepper. Cook the celery twenty minutes in the water, the onions minced very fine in the milk. Combine them with the seasoning and serve quickly after three minutes together.

Frothed Eggs—Separate as many eggs as are desired, keeping the yolks perfectly whole and allowing them to remain in half the shell while you beat the whites to a stiff froth. Arrange the whites in individual egg-cups, leaving a little well in the center like a nest. Into this center put the yolks of the eggs unbroken, stand the cups in a pan of boiling water, cover with another pan, cook about two minutes, serve in the cups with a little salt, pepper and butter.

Gold Fish.

In a store where home aquarium supplies are sold there are, besides the usual varied assortment of glass globes, a number of larger tanks of various shapes and sizes, in which stock is kept for sale. The tanks themselves are, of course, sold if there is a demand for them.

Lying across the corner of the largest of these tanks is a little net, the hoop no more than five or six inches in diameter, and the handle about a foot long. This is to scoop up the gold fishes when they are sold. When a new outfit is sold complete the fishes are delivered in the globe or tank. It often happens, however, that the person already owning a globe wants to replace fish that have been lost, or to add to his stock, and he goes to the store where such things are sold and buys one or more gold fishes, just as he would buy any merchandise, except that instead of sitting down at a counter to make his selections, he bends over a tank and indicates among the fishes swimming about the ones he wants. As he makes his selections the dealer scoops them out with the little net, and as likely as not the purchaser carries the fish he has bought, a single fish or half a dozen, or whatever the number may be, right away with him in a tin pail.

Little gold fish of the commoner kinds can be bought for a few cents apiece. Some of the rarer varieties cost dollars.—New York Sun.

A Long Tramp Back.

Smith—Pshaw, man. You mustn't be daunted by trifles. The distance to the Klondike is no obstacle whatever.

Brown—I know that. It's not the distance that I'm thinking about.

Smith—What is it, then?

Brown—The distance from there here.

The Suez Canal took 13 years to build.

A Startled Mother.

From the Freepress (Ill.) Bulletin.

While busy at work in her home, Mrs. William Shay, corner of Taylor and Hancock Avenues, Freepress, Ill., was startled by hearing a noise just behind her.

Turning quickly she saw a creature crawling toward her four-year-old daughter, Beatrice. The child moved over the floor with an effort, but it seemed like a mountain to her. Mrs. Shay was startled. She said: "On the 25th of Sept., 1896, while in the bloom of health, Beatrice was suddenly and severely afflicted with spinal meningitis. Strong and vigorous before, in five weeks she became feeble and suffered from a paralytic stroke which twisted her head back and the side and made it impossible for her to move a limb. Her speech, however, was not affected. We called in our family doctor, one of the most experienced and successful practitioners in the city. He considered the case a very grave one. Before long little Beatrice was compelled to wear a plaster Paris jacket. Prominent physicians were consulted, electric batteries were applied, but no benefit was noticed until we tried Dr. Williams' Pink Pills.

"Busy in my kitchen one afternoon I was startled by the cry of 'Mamma' from little Beatrice who was crawling towards me. I had placed her on an improvised bed in the parlor comfortably close to the fire and given her some books and playthings. She became tired of waiting for me to come back and made up her mind to go to me, so her story, 'My Pink Pills made me walk,' which she tells everyone who comes to our house, was then for the first time verified. She has walked ever since. She has now taken about nine boxes of the pills and her pale and pinched face has been growing rosy, and her limbs gained strength day by day. She sleeps all night long now, while before taking the pills she could rest but a few hours at a time." Dr. Williams' Pink Pills for Pale People are sold by all druggists.

Mr. Balfour is one of the fastest speakers in the House of Commons, uttering an average of 160 words a minute.

Don't Tobacco Spit and Smoke Your Life Away.
It does not kill or injure perfectly safe to smoke or to smoke, breaks no law and creates no lasting regrets, so does the little pill. It simply and amply protects by compelling the feeble individual attention to himself for awhile instead of to the intended victim. If in the old way you wish to protect and also make fun, laughter and life of it; it shoots, now once, but many times without reloading, and will protect by its appearance in time of danger, although loaded only with liquid. It does not get out of order; is durable, handy, and never rusted. Sent by mail and post paid by mail with full directions how to use for 50c. in 5c. Postage Stamps. Post-office Money Order, or Express Money Order.

As to our reliability, refer to G. D. Dyer's or Bradstreet's mercantile agencies. NEW YORK UNION SUPPLY CO., 135 Leonard St., New York.

Bear in Mind That 'The Gods Help Those Who Help Themselves.' Self Help Should Teach You to Use SAPOLIO

PILE'S

CANDY CATHARTIC

REGULATE THE UVERNS

Pleasant, Palatable, Potent, Taste Good. Do Good, Never Sicken, Weaken, or Grip. 10c, 25c, 50c. **CURE CONSTIPATION**. See the **NO-TO-BAC** sold and guaranteed by all druggists to **CURE TOBACCO HABIT**.

When a man's business runs down the sheriff comes along and winds it up.

Beauty is Blood Deep.

Clean blood means a clean skin. No beauty without it. Cascarets, Candy Cathartic clean your blood and keep it clean, by stirring up the lazy liver and driving all impurities from the body. Begin to day to banish blotches, blemishes, blackheads, and that sickly bilious complexion by taking Cascarets—beauty for 10 cents. All druggists, satisfaction guaranteed. 1 c. 20c, 25c, 50c.

The working classes form 69 per cent. of the middle class 28 per cent. and the upper class 3 per cent. of the population of this country.

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Maybe the grocer is "just out of Ivory Soap but has another just as good." No other soap is just as good. Insist that he get Ivory Soap for you.

A WORD OF WARNING.—There are many white soaps, each represented to be "just as good as the Ivory"; they ARE NOT, but like all counterfeits, lack the peculiar and remarkable qualities of the genuine. Ask for "Ivory" Soap and insist upon getting it.

PAINT YOUR WALLS AND CE