Warm Blood

oursing through the veins, feeds, nourhes and sustains all the organs, nerves,
useles and tissues of the body. Hood's
arsaparilla makes warm, rich, pure blood.
is the best medicine you can take in
inter. It tones, invisorates, strengthens
of orfiles the whole body, preventing
ldd, fevers, pneumonia and the grip.

Hood's Sarsa-parilla Is America's Greatest Medicine. Price St. Prepared by C. I. Hood & Co., Lowell, Mass,

Hood's Pilis cure Sick Headache. 25c.

At a rough estimate there are 15,-00,000 pairs of gloves imported into his country each year.

The Smallest Island in the World.
Rockall is, perhaps, the smallest island in the world. It is situated in the Atlantic over 300 miles west of Scotland, and is a mere rock about 60 feet high and 225 feet round, arising from a reef of sand. The rock is basalt and granite, very magnetic. It is haunted by sea-birds, and the mackerel of the surrounding seas are very fine. Of course, it was never inhabited, and is very seldom visited, owing to the difficulty of landing on it.

Net So Common.

"That elopement in high life was so romantic. They stole out-"
"No, no; you mustn't say that; they belong to the best society. You should say, "They kleptomanlacked." "—Boston Journal.

A LIVING WITNESS

Mrs. Hoffman Describes How Sh Wrote to Mrs. Pinkham for Advice, and Is Now Well

DEAR MRS. PINKHAM:-Before using

THAN

Washington, D. C. P. O. Box 365.





CAPT. CHANLER'S LIFE

STORY OF FEW YEARS, BUT
BRISTLES WITH EVENTS.

An Explorer and Politician—His Services to Science and Geography—Gallant Conduct During the War With Spain—On Gen. Wheeler's Staff.

William Astor Chanler, the newly elected member of congress from the Fourteenth district of New York, is one of the most interesting men whom the recent elections have brought conspleuously before the people of the country. Although Mr. Chanler like the leaders of his party, ose to the opportunity as a trout to a well-baited hook. He was tone of the first to offer his services to the country. Although Mr. Chanler is only 31 years of age he is already well known as an explorer, as a soldier and as a politician. His father was the late J. W. Chanler, three times elected to congress by the votes of the ctitizens of New York, John Jacob Astor was his great-great-grandfather, and he therefore belongs to one of the most aristocratic and socially important families in America.

Young Chanler graduated from Harvard in 1887, receiving from the university the honorary degree of A. M.

Rise Of A Financier.

RISE OF A Financier.

RISE OF A Financier.

WILLIAM ASTOR CHANLER.
When he came of age he undertook a hunting trip to Africa, where he remained for nearly a year. In September, 1892, he joined Chevaller von Hohnel, a lleutenant in the Austrian navy, and together they set out with their caravan from Zanzibar to penetrate into the interior of Africa. It was the intention of the young explorers to reach Mount Kenia, near Daitcho, which lies a few miles south of the equator in a region almost unof the equator in t



ARTHUR E.

ARTHUR E.

STILLWELL.

ARTHUR E.

ARTHUR E.

STILLWELL.

ARTHUR E.

STILLWELL.

ARTHUR E.

STILLWELL.

ARTHUR E.

STILLWELL.

ARTHUR E.

ARTHUR ARTHUR ARTHUR ARTHUR ARTHUR ARTHUR ARTHUR ARTHUR ARTHUR ARTHUR

HOUSEHOLD MATTERS.

HOUSEHOLD MATTERS,

An Interesting Room.

If you want a pretty room without expense to yourself, try the experiment of decorating your walls with the pictures cut from the newspapers. Every day there are interesting scenes from foreign lands, wonderful ships and beautiful ladies. Cut them out carefully and mount on squares of rough gray paper. Without framing these, tack them upon the walls in irregular designs until nearly the whole of the wall is covered. You will be amazed to see how pretty and attractive your room is. A young lady who decorated her room at a summer resort in this way was delighted with the results. Her only complaint was that her friends looked atthe pictures, instead of visiting with her.—Philadelphia Times.

To Make Soup Nourishing.

Instead of visiting with her.—Philadelphia Times.

To Make Soup Nourishing.

In making soup, the object is to draw all the nutritive qualities of the meat into the water, and to do this the bones must be cracked, so that the meat cut into small pieces, and the whole put into cold water and allowed to heat very slowly. Quick heating would harden the meat and prevent the juices from freely flowing out. The meat must not be put into water ond washed before it is gut, as even the immersion for so short a time will draw out some of the nutriment. It should instead be carefully wiped with a clean, damp cloth. After cutting the meat into small pieces and cracking the bones, put it into a kettle, and cover it with cold water, letting it stand a little while on the back of the stove, then bring it forward and heat slowly.—Woman's Home Companion.

Sick Room Hints.

be used.

"Two great essentials in the treatment of hemorrhages," said a well known physician lately, "are perfect quiet and the best of nourishment." Nothing is easier digested or more strengthening than beef juice which is made from the round of beefsteak. Remove every particle of fat and cut the beef into small pieces. Have a spider, very hot, and lay two or three of the small pieces in it, turning as soon as it is seared over, place this in a meat press, which can be had at any drugstore for \$1.50, and press out every particle of juice, heat some meat and repeat this until you have two and a half or three ounces of juice, season sparingly with sait and warm by placing it in an earthen bowl, set in a pan of boiling water. Stir with a teaspoon to prevent its coagulating, when pleasantly warm, pour into a colored glass tumbler and let the patient drink at once, It is not in the least unpleasant to take, and many relish it very much. This should be given several times a day. One nurse prepares it midway between breakfast and dinner, dinner and supper, and just before the patient goes to sleep at night.

Next to beef juice comes milk and

and dinner, dinner and supper, and just before the patient goes to sleep at night.

Next to beef juice comes milk and cream. A patient who can drink freely of it is nourished better than one who takes a much a larger amount of other food. Eggs either soft or boiled or scrambled, cream toast, creamed or baked potatoes, baked apples and plenty of canned and fresh fruit will afford a simple but nourishing diet. No hot drinks should ever be given a patient suffering with hemorrhages, neither should stimulants be given.

Sure Cure for Colds

When the children get their feet wet and take cold give them a hot foot bath, a bowl of hot drink, a dose of Ayer's Cherry Pectoral, and put them to bed. The chances are they will be all right in the morning. Continue the Cherry Pectoral a few days, until all cough has disappeared.

Old coughs are also cured; we mean the coughs of bronchitis, weak throats and irritable lungs. Even the hard coughs of consumption are always made easy and frequently cured by the continued use of

Dr. Ayer's Cherry Pectoral Plasters over your lungs

Advice Free! We now have some of the most emi-ment physicians in the United States. Unusual opportunities and long experi-ence eminently fit them for giving you particulars in your case. Address, Dr. J. C. AYER, Lowell, Mass.

BAD BREATH



KO-TO-BAC Sold and guaranteed by all drug-

f afflicted with | Thompson's Eye Water

Men and Women Who Work
Need not give up when attacked with a
severe congestive cold, if Hoxsie's Disks are
used. They check any cold. 25 cents.

The population of the Soudan is numbered at 3,000,000, nearly all whol-ly uneducated.

Avoid the Night Air.

Avoid the night air when damp and cold, and you will often avoid having neuralgia, but St. Jacobs Oil will cure it no matter what is the cause and no matter how long it has continued.

The bones and muscles of the human body are capable of over 1,200 different

Beauty Is Blood Ocep.

Clean blood means a clean skin. No beauty without it. Cascarets, Candy Cathastic clean your blood and keep it clean, by stirtles from the body. Itegin to say to be a constant of the body. Itegin to say to be a constant of the body. Itegin to say to be a constant of the body. Itegin to say to be a constant of the body. Itegin to say to be a constant of the body. Itegin to say to be a constant of the body. Itegin to say the same say that items of the body items of the say that ite

Educate Your Bowels With Casca Candy Cathartic, cure constipation for 25c. If C. C. C. fail, druggists refund to

What the Fool Said.

It was where the motor cars pass in a certain city. An old gentleman alighted, and the conductor told him to look out for the other car. The passenger did not understand him, and turning around, asked: "What did you say?" Just then the motor struck him and knocked him without serious damage toward the curb on the opposite side from which he wanted to go. As he got up, he was heard to mutter, "I wonder what the fool said."

French schools are to be established

French schools are to be established at Khartoum and Fashoda.

To New Orleans or to Jacksonville via the Queen & Crescent Limited trains from Cin-Florida-Queen & Crescent Two Fast Vest-buled trains daily Cincinnati to Jacksonville Queen & Crescent Route and Southern Ry 190 miles shortest line to Florida and the West Indies. Asheville-Only Ihrough Car Line is Ry from Cincinnati. Cafe and observation cars. Excellent service on superb through trains, Queen & Crescent Route from Cin-cinnati South.

SAVE THE MIDDLEMAN'S PROFITS



JULIUS HINES & SON, Dept. 305 Baltimore, Md.

Easy Work.
much exercise leaves one a press and stiffness, but it is easy

Siberia, which has heretofore made no extensive display at any world's fair, will have a large exhibit at the Paris Exposition in 1990. The new railway and the lands it has opened will be fully represented.

To Cure A Cold in One Day. Take Laxative Bromo Quinine Tablets. All Druggists refund money if it fails to cure. 25c.

Tomatoes have been grafted upo potatoes by a French experimente, whose hybrid plant produces tuber under ground and tomatoes above.

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

The Bank of France is four times as

Saves Time and Money. It is delightful weather to breathe fresh,

money,

A Beauty of the Arctic.

There is a beautiful bird called the rosy guil, very few specimens of which exist in any museum, and whose entire life is spent in the immediate neighborhood of the eternal ice that surrounds the north pole. A paper describing these curious birds was read at the recent meeting of the American Association in Boston by Mr. John Murdoch. They follow the advance of the fee towards the south as winter comes on, keeping near the loose edge of the floating pack ice, and then retreat with it toward the north when the summer sun begins to rise high upon the Arctic circle. The bird is small and of a deep rose color, whereas all other guills are white.

No-To-Bae for Fifty Cents.

Of the 35 churches built by Sir Christopher Wren in London nearly one-half have disappeared.



THE EXCELLENCE OF SYRUP OF FIGS

THE EXCELLENCE OF SYRUP OF FIGS is due not only to the originality and simplicity of the combination, but also to the care and skill with which it is manufactured by scientific processes known to the California Fig Syrup Co. only, and we wish to impress upon all the importance of purchasing the true and original remedy. As the genuine Syrup of Figs is manufactured by the California Fig Syrup Co. only, a knowledge of that fact will assist one in avoiding the worthless imitations manufactured by other parties. The high standing of the California Fig Syrup Co. with the medical profession, and the satisfaction which the genuine Syrup of Figs has given to millions of families, makes the name of the Company a guaranty of the excellence of its remedy. It is far in advance of all other luxatives, as it acts on the kidneys, liver and lowels without irritating or weakening them, and it does not gripe nor nauscate. In order to get its beneficial effects, please remember the name of the Company—
CALIFORNIA FIG SYRUP CO.

CALIFORNIA FIG SYRUP CO. SAN FRANCISCO, Cal. LOUISVILLE, Ky. MEW YORK, N. Y.

Christmas Holidays Are Over

RHEUMATISM CURED-One bottle-Positive RALEXANDER REMEDY Co., 246 Green wich St., N.Y.

P. N. U. 3 '99



DRESTE TO SERVE Heroes of the War with Spain

thousands of them, are suffering from lingering diseases induced by life in poisonous southern camps, the result of changes of climate, or of imperfect nutrition caused by improper and badiy cooked food. Sleeping on the ground has doubtless developed theumatism in hundreds who were predisposed to the disease. In such cases the Boys of '98 may take a lesson from the experience of the

Heroes of the Civil War.

Hundreds of the Boys of '63 have testified to the efficacy of Dr. Williams' Pink Pills for Pale People in driving out malaria, theumatism and other diseases contracted during their days of hardship and privation in the army. These pills are the best tonic in the world.

Asa Robinson, of Mt. Sterling, III., is a veteran of the Civil war, having served in the sard Pennsylvania Volunteers. He went to the war a vigorous farmer's boy and came back broken in health, a victim of scalate theusand his sufferings were at all times intense, or manual labor of any kind and his sufferings were at all times intense, or manual labor of any kind and his sufferings were at all times intense, or when my attention was

At all druggists, or sent, postpaid, on receipt of price, 50 cts. per box, by the Dr. Williams Medicine Co., Box V. Schenectady M.Y. Commercial surprise of the contraction of the contr

The Pot Called the Kettle Black Because the Housewife Didn't Use