The Whole Truth!

There's nothing so bad for a cough as coughing. There's nothing so good for a cough as Ayer's Cherry Pectoral.

The 25 cent size is just right for an ordinary, everyday cold. The 50 cent size is better for the cough of bronchitis, croup, grip, and hoarseness. The dollar size is the best for chronic coughs, as in consumption, chronic bron-chitis, asthma, etc.

SANDOW ON EXERCISE.

Dumbbell Practice, if Not Overdon

SANDOW ON EXERCISE.

Says Dumbbell Practice, if Not Overdone,

Is the Proper Thing.

"Dumbbell practice gives strength to
every sinew, from the finger tips to the
elbow, from the top of the head to the
sole of the foot," Sandow, the strong
man, said in a recent interview. "The
young can be kept in perfect health,
and older people are helped and improved even when suffering any allment which appears to them to be
quite hopeless, but, of course, great
care must be taken not to overdo the
practising, and it is wiser to increase
the number of movements very gradually and not on any account to get
overtired at first," he advised. But he
does state most emphatically that
dumbbell exercises, taken in moderation, give grace and suppleness to the
figure and that perfect ease to the carriage that comes from having the muscles under control. He makes a strong
point of an easy beginning, which does
not expect too much at first, but gains
strength by degrees. Such exercise
sends the blood through the veina with
new life, which gives pleasure and joy
to every individual.

Like Finding Money.

Like Finding Money.

Like Finding Money.

The use of the Endless Chain Starch Book in the purchase of "Red Cross" and "Hubinger's Best" starch, makes it just like finding money. Why, for only 5e you are enabled to get one large 10e package of "Red Cross" starch, one large 10e package of "Hubinger's Best" starch, with the premiums, two Shakespeare panels, printed in twelve beautiful colors, or one Twentieth Century Girl Calendar, embossed in gold. Ask your grocer for this starch and obtain the beautiful Christmas presents free



THEIR CHIEF INTEREST IN MONOMETALLISM.

From Jeffersonian Democrat: The great benkers of Wall street, and of others of our great cities besides New York, are financially in close sympathy and business relations with the bankers of London, Berlin and Vienna, and all of them are aleasy have placed. and all of them, as a class, have placed their principal interests in gold-bear ing bonds, for the plain reason that

and all of them, as a class, have places their principal interests in gold-bearing bonds, for the plain reason that such bonds are, and will be, the most profitable stocks for them to keep, or to deal in, if they can only be made the ruling stocks of the world, through the influence of gold monometallism. If gold can be made the basis of all financial operations it will reduce the basis of all currency to the narrow limits of the one metal, gold, instead of the double basis of both gold and silver, and make gold worth, for currency purposes, the two metals combined. This policy would double the value of the holdings of all the gold owners and gold-bond holders, and in like proportion would increase the profits of bankers to the extent to which they might own or handle gold, while, at the same time, it would lower prices and lower wages to the advantage of the rich, increase the burden of debts, widen the division between the rich and the poor, and build up a ruling moneyed class that would subordinate everything to its interests. As the gold of the world is airready in the hands of comparatively few people—such as the great bankers and helf allies—of whom the English ruling aristocracy of merchant manufacturers and land-owers form an influential part, it will be seen that here is a powerful class that will strive for and maintain the gold policy as long as possible. Thus every species of artifice that wealth and station can command will be used to maintain the class interests that center around gold monometallism. On the other hand,

command will be used to maintain the class interests that center around gold monometallism. On the other hand, there is a vastly larger and hitherto less organized body of people, com-prising the workers in the world's myriads of industries, who are the principal authors of the world's in-dustrial wealth, and among whom are to be found the principal inventors. to be found the principal inventors, discoverers and leaders in all material

dustrial wealth, and among wnom are to be found the principal inventors, discoverers and leaders in all material advancement. And as political economy means political or public policy, and as this policy is viewed from different standpoints, and varies in its application to different classes and conditions of people, we see why different and opposing views of public policy are so strenuously urged by gold monometallists on the one hand and bimetallists on the one hand and bimetallists on the other. We see why the great body of bankers and financiers are numbered among the falsely-called "sound money" men; why our currency has been chiefly under the management of bankers, as from this class have been taken most of the government controllers of the currency, and we see why nearly all such are gold monometallists. Their wishes are very definitely expressed in the avowed belief of Mr. Trenholm, a former controller of the currency, and a writer of one of the "sound currency" pamphlets of the New York "Reform club," who says at the close of his article: "Gold monometallism is the unavoidable destiny of this country. Bimetallism is for us a snare and a delusion." Moreover, the bankers do not want any international bimetallism whatever, but they demand, and are determined to enforce, gold monometallism pure and simple, and this they avow when they confer among themselves and throw off disguises. Thus the president of the New York State Bankers' association, Mr. Wm. C. Cornwall, said recently: "It is time to tear off disguises. International bimetallism is a traitor in the camp. In our camp.] It is a false friend. It can never be

the near the new beautiful colors, or one Twender and the property of the prop

BANKERS AND GOLD. Itinguished United States Senator John UPSTARTS AND POST STAMPS.

tinguished United States Senator John T. Morgan of Alabama in the Arena of November, 1895. Mr. Morgan iterates the views of able, conscientious and worthy men when he says: "The whole body of our productive interests is as completely under the control of the bankers and other financiers as a locomotive is under the control of the engineer." Mr. Morgan thus expressed the beliefs founded on knowledge of all intelligent bimetallists.

Not all the banks, or the men was control them, would be subservient to the plans and plottings and practices of the great metropolitan bankers who lead in the gambling for wealth, for the country banks and other minor banks are often made to suffer, the same as the people, by the financiering of those who fill the high places in the craft. It was so in the great financial panic of 1893, brought on by a few of the leading banks for a political object, when ninety-eight of the minor dependent banks were run down in that tornado of ruin.

Besides, under the gold standard of money all kinds of human property except money and bonds and notes and stocks and other investments that fetch a fixed and certain income in money, are constantly falling in purchasing power; and hence, money lying idle in a bank or safe deposit vaults is a better and safer investment than it would be if invested in property or business.

For this reason, those who are able to give the necessary collateral to get the money out of the banks, even at the low rate of 5 or 6 per cent interest per annum, do not want it, for the good and sufficient reason that under the gold standard of money and a constantly falling market, they cannot rethe gold standard of money and a con-stantly falling market, they cannot re-invest it so as to make the low inter-est they have to pay the bank, and still make a profit on the property bought or the legitimate labor-employ-

Therefore money piles up in the banks. But this is not an evidence that times are good or that money is cheap, but an evidence that times are sood or that money is cheap, but an evidence that times are hard and getting harder, and that money, not the use of money, is higher. The use of money is cheap, because men cannot take it even at the present low rate of interest for the use of it, and make a profit on it by geinvesting it in property or business. But money itself is not cheap, but high, if you go to a bank and get \$1,000 for ninety days, at say 5 per cent, you do not buy the money, but only the use of it.

You must return the \$1,000 at the end of ninety days, with the accumulated interest, if, indeed, the interest has not been taken out in advance. If you go to a bank to buy \$1,000, not to buy the use of it, you must leave the value of the \$1,000 in property or labor, and when you have done this you will find that instead of money being cheap, it is really the dearest \$1,000 you ever bought in your lives.

This shows conclusively that the use of money, not the money itself, is indeed cheap, and for the reasons above stated. Gold standard men do not see this distinction, or appear not to do so. In fact, as a rule, gold standard men are notably and pitiably ignorant upon the history, the economy and the purpose of money; but men who understand the money question do see the distinction, as they also see the

Amusing Follies of One of the Non

amusing Follies of One of the Nouliterates the view of able, conscientious and worthy men when he says:
"The whole body of our productive interests is as completely under the control of the bankers and other financiers
as a locomotive is under the control of
the engineer." Mr. Morgan thus expressed the beliefs founded on knowledge of all intelligent bimetallists.

Not all the banks, or the men who
control them, would be subservient to
the plans and plottings and practices
of the great metropolitan bankers who
lead in the gambling for wealth, for
the country banks and other minor
banks are often made to suffer, the
same as the people, by the financiering
of those who fill the high places in the
craft. It was so in the great financial
pante of 1893, brought on by a few of
the leading banks for a political object,
when ninety-eight of the minor dependent banks were run down in that
tornado of ruin.

MONEY IS CHEAP.

We often hear the expression made
that money is cheap; that the banks
are full of it; that one can get all the
money he wants at 5 or 6 per cent, it
he will only furnish the necessary
collateral.

Yes, but how many are there that
can furnish the necessary collateral to
get this cheap money out of the bank?
Not one in fifty. While those who can
not furnish the necessary collateral,
or the leading property, and pay
from 5 to 10 per cent interest per
month to get the money.

Besides, under the gold standard of
money all kinds of human property

Besides, under the gold standard of
money all kinds of human property

To the country banks and other minor
money all kinds of human property

Besides, under the gold standard of
money all kinds of human property

To the country banks and other minor
many form and the erriging for fear some one
she knew York Commercial Advertiser,
and the demure-looking woman said
that she ever practiced economy. She
was very fond of walking and loved to
the hearity fond the walking and loved to
the hearity fond the walking and loved to
the the same state of earn walk veaux Riches.

They were telling snob stories, says

Save the Nickels.

From saving, comes having. Ask your grocer how you can save 16e by investing 5e. He can tell you just how you can get one large 10e package of "Red Cross" starch, one large 10e package of "Hubinger's Best" starch, with the premiums, two ser's Best' starch, with the premiums, two beautiful Shakespeare panels, printed in twelve beautiful colors, or one Twentieth Century Girl Calendar, all for 5c. Ask your grooer for this starch and obtain these beautiful Christmas presents free.

A practical, matter-of-fact young woman was trying to describe a certain anpopular man that she knew. "He is unpopular man that she knew. the sort of person," she said, after careful thought, "who goes to Paris twice a year, but never asks you what size glove you wear."—New York Commercial Advertiser.

How Are Your Kidneys!

Dr. Hobbs' Sparagus Pills cure all kidney ills. Sample free. Add. Storling Remedy Co., Chicago or N. Y.

Accounting for Her Exclamation.

Accounting for Her Exciamation.
Flusher—Did Miss Gaygirl make any remark when you handed her my bouquet? The Messenger—Yes; she said, "Oh, the dear, dear flowers!" Flusher—Humph! That florist must have sent the bill along with the bouquet.—Paris



KIDNEYS, LIVER AND BOWELS

CLEANSES THE SYSTEM DISPELS EFFECTUALLY,
DISPELS OVERCOMES HEADACHES OVERCOMES FEVERS



Cats Made Over.

"If you want a Persian cat bring me any common kitten you like, and within six months I will return it to you with a coat which would put to shams that of the shah's favorite pussy," said a cat fancier to the writer. "No torture or fake is employed. Some time ago it was brought to my notice that the eats living in refrigerating chambers got coats of enormous thickness, and also that they grew to nearly double the size of the ordinary pussy. The idea being given, the rest was easy. I had a small refrigerator fitted up in my premises, and made an experiment. It was so successful that I have since made a profit, by turning common pussies into genuine Persians, of \$2,500 a year. Again, I now have only one cure sies into genuine Persians, of \$2,500 a year. Again, I now have only one curs for cats, never mind what disease they are suffering from. I freeze them, and am by this remedy able to return them to their owners, within a week, perfectly happy and well. Again, for the last two years the majority of show cats have come to me in the early

A Notable Silver Anniversary

change in the weather."

A Notable Silver Anniversary.

With the close of the present year Mr. David C. Cook, of Chicago, will celebrate his first quarter-centennial as editor and publisher of Sunday-school literature. It is the present year of the present year of the present year of the present year of the properties of the present year of the most widely and favorably known publishers in this line. Beginning in 1875 with two small publications, his periodicals have grown in number and favor until there are few schools in this country that do not find it to their interest to use some of this pure and helpful publications and the present of th

Why Changes Are Needed.

Change of scene, change of occupation and frequent changes in furnishings and diet are all important at this season, and the time of rest may be secured from these changes even when an expensive outing, or the usual summer vacation, has not been afforded. No woman who has ever tried it can conceive of the rest and pleasure resulting from a change of some sort. Make such changes as are possible by rearranging rooms in the matter of furniture, pictures, ornaments, etc. De something, anything, to rest the eye and brain from dead-level monotony. It is said that marked cases of insomnia have been cured by changing from one sleeping-room to another. The wise woman will also change her family dietary as completely as possible as the seasons change.—Pittsburg Disnatch.

Try Grain-0: Try Grain-0:

Ask your grocer to-day to show you a
package of Grain-0, the new food drink
that takes the place of coffee. Children
may drink it without injury as well as the
adult. All who try it like it. Grain-0
has that rich seal brown of Mocha or
Java, but is made from pure grains; the
most delicate stomach receives it without
distress. & the price of coffee. 15c, and
25c, per package. Sold by all grocers.

A Treat.

A little girl who was being taken into the country for a day's outing by the Chicago vacation school committee was observed to be very sedate as ahe sat in the open street car, says the Youth's Companion. "Have you ever had a ride on the cars before?" the teacher asked. "Yes, I've hitched, but I never sat up straight like this before," she answered.

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

As dieting is considered one of the most efficient aids in modern medical practice, the University of Berlin has made arrangements with two schools where medical students can take les-sons in the culinary art.

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

Stockholm. Sweden, has probably the largest number of telephones for its population of any city in Europe. There are 23,000 telephones to less than 300,000 inhabitants.

After physicians had given me up, 2 was saved by Piso's Cure.—Ralph Entred, Williamsport, Pa., Nov. 22, 1833.



HOW STORIES GROW.

They say the lamb which Mary had, Whose fleece was white as snow, Was really just a clever "Ad." For Ivory Soap, you know.

IVORY SOAP IS 99 1/100 PER CENT. PURE.

The Czar has revoked the lawswhich since 1865 has forbidden Poles to ac-quire real estate except by inheritance; They will still be restricted, however, both in Poland and Western Russia, to 65 hectares for one family.

Beauty Is Blood Deep.
Clean blood means a clean skin. No beauty without it. Cascarets, Candy Cathartic clean your blood property clean your blood property stirring up the lazy liver and driving all impurities from the body. Begin today to banish pimples, boils, blotches, blackheads, and that sickly bilious complexion by taking Cascarets,—beauty for ten cents. All druggists, satisfaction guaranteed, 10c, 25c, 50c.

Deafness Cannot He Cured by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an intended to the constitutional remedies. Deafness is caused by an intended to the constitution of the constitutional remedies. Deafness is caused by an intended to the constitution of the property of the constitution of the major that the constitution of the property of the constitution of the major caused by catarrh, which is nothing but an inflamed condition of the mucous surfaces. In the cannot be cured by Hall's Catarrh Cure, Send for circulars, free, the constitution of the major constitution of the constitut

ARTER'S INK

DON'T STOP TOBACCO SUDDENLY

\$19,000 OFFERED

*

会会会会

"Star" tin tags (showing small stars printed on under side of tag), "Horse Shoe," "J. T.," "Good Luck," "Cross Bow," and "Drummond" Natural Leaf Tin Tags are of equal value in scenning presents mentioned below, and may be assorted. Every man, woman and child can find something on the list that they would like to have, and can have

3 Sciesors, 4% Inches. 4 Child's Set, Knife, Fork and Spoor 5 Salt and Peoper Set one each, quad

STAR PLUC TOBACCO

will last longer and afford more pleasure than a dime's worth of an other brand. MAKE THE TEST!
end tags to CONFINENTAL TOBACCO CO., St. Louis, Mo

HOLIDAY GIFTS

The first five persons procuring the Endless Chain Starch Book from their grocer will each obtain one large 10e package of "Red Cross" Starch, one large 10e package of "Red Cross" Starch, one large 10e package of "Rubbinger's Best" Starch, two Shakespeare panels, printed in twelve beautiful colors, as natural as life, or one Twentieth Century Girl Calendar, the finest of its kind ever printed, all absolutely free. All others procuring the Endless Chain Starch Book, will obtain from their grocer the above goods for 5e. "Red Cross" Laundry Starch is something entirely new, and is without doubt the greatest lavention of the Twentieth Century. It has no equal, and surpasses all others. It has wone for itself praise from all parts of the United States. It has supersended every thing heretofore used or known to science in the laundry art. It is made from wheat, rice and corn, and chemically prepared upon scientific principles by 5. C. Habinger, Keokuk, Iowa, an expert in the laundry profession, who has had twenty-five years' practical experience in fancy laundering, and who was the first successful and original inventor of all fine grades of starch in the United States. Ask your grocers for this Starch and obtain these beautiful Christmas presents free.