*"A Thread Every Day Makes a Skein in a Year."*

*One small disease germ carried by the blood through the system will convert a healthy human body to a condition of invalidism. Do not wait until you are bedridden. Keep your blood pure and life-giving all the time. Hood's Sarsaparilla accomplishes this as nothing else can.*

**Hood's Sarsaparilla**
Never Disappoints

DR. BULL'S COUGH SYRUP
SAFE — SURE
Cures a Cough or Cold at once, Conquers Croup without fail. Is the best for Bronchitis, Grippe, Hoarseness, Whooping-Cough, and for the cure of Consumption. Mothers praise it. Doctors prescribe it. Small doses; quick, sure results.
FOR ALL LUNG TROUBLE

**First Come, First Served.**

Don't say that you couldn't get the valuable presents offered with "Red Cross" and "Hubinger's Best" laundry starch; your grocer has them for you; ask him for a coupon book, which will enable you to get one large 10c. package of "Red Cross" starch, one large 10c. package of "Hubinger's Best" starch, with the premiums, two beautiful Shakespeare panels, printed in twelve beautiful colors, or one Twentieth Century Girl calendar, all for 5c.

**Value of Pictures.**

Pictures do more toward furnishing a house and determining the status of its inmates than anything else. If you have a suspicion that you are not wise in choosing and hanging pictures, get advice from someone whose taste need not be questioned, says the Pittsburg Dispatch. Cheap pictures are not necessarily poor, but a poor picture is usually cheap. To be able to discern the difference is a quality with which every one is not blessed. A good plan is to purchase copies of famous pictures, etchings and engravings. These are almost sure to be good. In framing pictures remember that gold frames are for oil paintings and dark pictures, white frames for water colors, and black enamel or Flemish oak and modern oak for etchings and photographs.

**A Million Women**

***have been relieved of female troubles by Mrs. Pinkham's advice and medicine.***

***The letters of a few are printed regularly in this paper.***

***If any one doubts the efficiency and sacredly confidential character of Mrs. Pinkham's methods, write for a book she has recently published which contains letters from the mayor of Lynn, the postmaster, and others of her city who have made careful investigation, and who verify all of Mrs. Pinkham's statements and claims.***

***The Pinkham claims are sweeping. Investigate them.***

*THIRTY YEARS OF CURES*

**PIMPLES**

**"My wife had pimples on her face, but she has been taking CASCARETS and they have all disappeared. I had been troubled with constipation for some time, but after taking the first Cascaret I have had no trouble with this ailment. We cannot speak too highly of Cascarets." FRED WARTMAN, 5708 Germantown Ave., Philadelphia, Pa.**

CANDY CATHARTIC
Cascarets
TRADE MARK REGISTERED
REGULATE THE LIVER

Pleasant. Palatable. Potent. Taste Good. Do Good. Never Sicken, Weaken, or Gripe. 10c. 25c. 50c.
... CURE CONSTIPATION. ...
Sterling Remedy Company, Chicago, Montreal, New York. 314

NO-TO-BAC Sold and guaranteed by all druggists to CURE Tobacco Habit.

CARTER'S INK
Has the largest sale of any ink in the world.

W. L. DOUGLAS
$3 & 3.50 SHOES UNION MADE.
Worth $4 to $6 compared with other makes.
Indorsed by over 1,000,000 wearers.
*The genuine* have W. L. Douglas' name and price stamped on bottom. Take no substitute claimed to be as good. Your dealer should keep them — if not, we will send a pair on receipt of price and 25c. extra for carriage. State kind of leather, size, and width, plain or cap toe. Cat. free.
W. L. DOUGLAS SHOE CO., Brockton, Mass.
WE USE FAST COLOR EYELETS

DROPSY NEW DISCOVERY; gives quick relief and cures worst cases. Book of testimonials and 10 days' treatment Free. Dr. H. H. GREEN'S SONS, Box B, Atlanta, Ga.

## WORLD'S RESERVE FOOD.

### ENOUGH NUTS TO FEED THRICE THE PRESENT POPULATION.

**Proof That the Larder of the Earth is Practically Inexhaustible — Weeds That Are Palatable and Nutritious— The Taming of Wild Fruits.**

To tell how long the world's food supply will hold out is a problem which faces the alarmist every time he runs up against a fresh batch of statistics proving the rapid increase of population throughout the earth.

The alarmist as well as the man who regards three square meals a day as necessary to his comfort will find reassuring news in the fact that the reserve food supply of the world has been declared inexhaustible.

The Department of Agriculture at Washington is authority for this comforting piece of information. For some time past it has been carefully and systematically investigating the food stock in trade of nearly every country on the globe.

Agents who are food students have been sent out to China, Peru, Persia, Mexico, everywhere to the remotest ends of the earth for the purpose of finding out what the new or neglected food products are, their value as a nutritious diet, and the extent to which they can be used to lengthen the menu of the civilized cook.

Some very interesting and startling facts are being handed in through the reports that cover the food question from New England to the Philippines, from Mexico to the heart of the Mongolian Empire.

It has been discovered:

That the nut trees alone of the world could at a pinch feed a population three times as great as the present number of inhabitants.

While a dozen vegetables cover the limit of variety on the average table, the earth is growing hundreds of kinds that are nurtitious, delicious and easy to cultivate.

That a single wild tribe of Western Indians is using forty-one kinds of vegetables which are absolutely unknown, even to the chef who draws a salary as large as that of a United States Senator.

DOWNTRODDEN WEEDS ARE EDIBLE.

An endless variety of downtrodden weeds can be converted into wholesome, succulent "garden truck." Even the much maligned nettle has the latent qualities of a delicious entremets.

Especially interesting are the facts furnished by the nut specialists. There is no product that requires so little cultivation as the nut, and none is more wholesome as a food staple. An orchard of two thousand trees in California yields every year over twenty-four thousand pounds of hulled nuts.

Already the commercial mind has seized upon the enormous profits to accrue from the sale of various preparations of nuts, and at least ten large companies manufacture nothing but nut foods.

The Government is making a special point of recommending nut culture. In New England the abandoned farms are being planted with nut trees, and the worked out ground is found to furnish nourishment enough to cause the walnut, butternut and chestnut to flourish abundantly. Farms in nearly every Northeastern State are planting nut trees along with their peaches and pears, and are utilizing the hillsides where nothing else will grow for nut orchards.

In the past the objection to nuts as a food has been that they were deemed hard to digest, but, with the new methods of preparing and cooking them, they are rendered as healthful as they are palatable, even in America, where good digestion does not invariably wait on appetite.

WHERE WE GOT THEM.

Oats, barley and rye originated in wild forms along the Mediterranean. The first noted species of wheat were brought from Persia. The common garden bean traces its ancestry back of the landing of the Pilgrims to an early aboriginal state in the Andes. The Orient furnished us with melons, cucumbers and onions. Egg plant and tomatoes were discovered in Peru. Quinces, pears, currants and large white grapes in Europe. While the most common of our vegetables, celery, lettuce, cabbage and spinach, were transplanted from the shores of the Mediterranean.

If these important features of our daily food supply have all found their way to us from foreign lands, it seems but a question of sufficient search throughout the world to increase the store until all possibility of a food famine in future ages is rendered inconceivable.

One point that is being strongly brought out by the Government is that many things once considered wild and poisonous and many that are still looked down upon as weeds are health giving products and should be ranked as a portion of the reserve food supply. Indeed, the Bureau has selected seventeen of the most ordinary weeds and has issued a pamphlet extolling their virtues as available, healthful foods. In the list are found dock, the mashed marigold, mercury, black charlock, commonly held as poisonous; chicory, pokeweed, also regarded as a poison; purslane, for which the farmer inherits his dislike, and the despised nettle.

NOVEL VARIETY OF FOOD.

A wonderful reserve fund for the human appetite is to be found in the vegetable diet of the Klamath Indians. A novel variety of food forming a menu unknown to the civilized is offered in the pulp of the great yellow water lily, which is converted into a farinaceous food; in the weed known as goosefoot, which bears a black seed that is ground up for loaves and cakes, and in the arrowhead, which in the fall develops a starchy white tuber at the end of the roots, not to mention the tubers that resemble beets, turnips and carrots, the nuts that are ground into "coffee" and the flower leaves that furnish fairy-like desserts.

The taming of wild fruits is another branch of the food agent's business. Mr. Augustus Henry, who is authority on Chinese flora, states that there are at least one hundred varieties of fruits growing wild in the interior of China that if transplanted to another soil and properly cultivated, would prove as important a food supply as our present necessary apple and pear. The Le Conte pear, which has revolutionized pear growing in Southern California, was originally the Chinese sand pear, grown solely for ornamental purposes.

### WISE WORDS.

In our neighbor we should observe only what is good.

Independence, like honor, is a rocky island without a beach.

Gratitude is a feeling in which we may freely indulge without any fear of excess.

Thou wilt always rejoice in the evening if thou hast spent the day profitably.

Be courageous. Be independent. Only remember where the true courage and independence come from.

Life is to be fortified by many friendships. To love and to be loved is the greatest happiness of existence.

What are the aims which are at the same time duties? They are the perfecting of ourselves and the happiness of others.

Think of the ills from which you are exempt and it will aid you to bear patiently those which you may now suffer.

Few of us gain by the mistakes of others, but he who fails to profit by his own mistakes will soon be bankrupt in knowledge.

Courtesy is the passport to success. We double the power of our life when we add to its gifts unfailing courtesy. The world always begrudges room to a boor.

That friendship only is indeed genuine when two friends, without speaking a word to each other, can nevertheless find happiness in being together.

The keenness of life in this atmosphere of love and power is unimaginable to those who have never tasted its sweetness. To experience it fully is to be alive indeed.

It is a perfectly safe proposition that without the thoughtfulness, which is otherwise named tact, no one can find the fullest measure of success and pleasure in life.

You cannot think the buckling on of the knight's armor by his lady's hand was a mere caprice of romantic fashion. It is the type of an eternal truth—that the soul's armor is never well set to the heart unless a woman's hand has braced it.

The heart that has passed through the deep waters of tribulation is the most tender; the voice that has itself cried with pain is the most gentle; the hand that has suffered is the most soothing ministrant in the chamber of sorrow. The best sympathizer is one who has been a partaker in the same sufferings.

**An Unlucky Patient.**

C. E. Brueus, a prominent Turner County cattleman, is the victim of a strange series of accidents. While working around the railroad cattle pens at Viborg, S. D., he had his foot injured to such an extent as to render the use of crutches necessary in getting about. A short time afterward, while sitting in the office of a Viborg hotel musing on his hard luck, an acetylene gas tank in the basement directly under him exploded, throwing him several feet into the air. In falling he again injured his damaged foot. Later Dr. Stidworthy attempted to get the unlucky stockman's mind off his misfortunes by inviting him to accompany him on a drive. Before they had gone very far the horses became frightened and ran away, breaking the neck-yoke and causing the pole of the vehicle to drop. Bruens jumped for his life, and again injured his disabled foot, besides bruising his limb and shoulder.

**Mistaken in His Man.**

"Well, James," said the parson, sympathetically, to a discharged convict, "have you decided on what you want to do?"

"Yes, boss," replied the ex-crook. "Seeing as how I'm a pretty good mechanic, I thought I might open a bit of a shop."

"A shop!" replied his benevolent friend, "What kind of a shop?"

"A plumber's shop," said the burglar.

"Oh!" exclaimed the minister, rising suddenly and picking up his hat, "I was under the impression that you wanted to reform."—Green Bag.

**A Wildcat That Could Fight.**

People in the vicinity of Dresser, Ind., are much disturbed by the presence of a wildcat, which has killed a score of lambs, calves and hogs. The other night a party of hunters, with thirty dogs, gave chase to the animal, locating it three miles west of Dresser, and chasing the animal for half a mile from tree to tree. The cat finally descended and killed and crippled twenty dogs, after which it again sought flight and distanced pursuit.

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.

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**Beware of Ointments for Catarrh That Contain Mercury,**

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure to get the genuine. It is taken internally and is made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by druggists; price 75c. per bottle. Hall's Family Pills are the best.

**Nature, after making man, found she had some material left, so she made a dude.**

**Jell-O, the New Dessert,**
Pleases all the family. Four flavors:—Lemon, Orange, Raspberry and Strawberry. At your grocers. 10 cts.

Greece expects to come out with a treasury surplus next year.

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

Thirty-six foreign vessels, having an aggregate tonnage of 57,556, met with disaster in American waters last year.

**What Do the Children Drink?**
Don't give them tea or coffee. Have you tried the new food drink called GRAIN-O? It is delicious and nourishing, and takes the place of coffee. The more GRAIN-O you give the children the more health you distribute through their systems. GRAIN-O is made of pure grains, and when properly prepared tastes like the choice grades of coffee, but costs about ¼ as much. All grocers sell it. 15c. and 25c.

The New York Press blames amateur photographers for a large percentage of the water waste in Brooklyn.

MRS. WINSLOW'S SOOTHING SYRUP for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

"The Boers have sworn death to all British lancers," says a letter from a Dutchman.

VITALITY low, debilitated or exhausted cured by Dr. Kline's Invigorating Tonic. FREE $1 trial bottle for 2 weeks' treatment. Dr. Kline, Ld., 931 Arch St., Philadelphia. Founded 1871.

**There are critical moments in every life when we must act and act quickly.—Rev. D. C. Garrett.**

**Don't Tobacco Spit and Smoke Your Life Away.**
To quit tobacco easily and forever, be magnetic, full of life, nerve and vigor, take No-To-Bac, the wonder-worker, that makes weak men strong. All druggists, 50c or $1. Cure guaranteed. Booklet and sample free. Address Sterling Remedy Co., Chicago or New York.

The bank of Spain has outstanding $19,700,000 less in loans than it reported a year ago.

I have found Piso's Cure for Consumption an unfailing medicine.—F. H. LOTZ, 1306 Scott St., Covington, Ky., Oct. 1, 1894.

There seems to be a veritable craze for some sort of "physical culture" in New York this winter.

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

One year's sweepings of the British mint yielded over $5,000 in particles of gold and silver.

**How Are Your Kidneys?**
Dr. Hobbs' Sparagus Pills cure all kidney ills. Sample free. Add. Sterling Remedy Co., Chicago or N. Y.

It is supposed that the average depth of sand in the deserts of Africa is from 30 to 40 feet.

**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 pimples, boils, blotches, blackheads, and that sickly bilious complexion by taking Cascarets,—beauty for ten cents. All druggists, satisfaction guaranteed, 10c, 25c, 50c.

The salesgirls in a New Jersey town have started a crusade against the use of slang.

H. H. GREEN'S SONS, of Atlanta, Ga., are the only successful Dropsy Specialists in the world. See their liberal offer in advertisement in another column of this paper.

The last was the greatest year for pears that the New Jersey farmers have had for a decade.

**What Shall We Have For Dessert?**
This question arises in the family daily. Let us answer it to-day. Try Jell-O, a delicious and healthful dessert. Prepared in 2 min. No boiling! no baking! Simply add a little hot water & set to cool. Flavors: Lemon, Orange, Raspberry and Strawberry. At grocers, 10c.

**Ostrich Spoiled His Speech.**
Anybody who heard Senator Allen of Nebraska, deliver his famous fifteen-hour speech against the bill for the repeal of the Sherman silver bill would hardly believe that anything coud stump him. Yet there is an experience in the senator's life which shows that, after all, he is like unto other mortals, says the Washington Post. "I was campaigning in my state once," said the senator, "when I had occasion to speak at a fair grounds. The grand stand was full, and the occasion seemed to be full of promise for an orator overflowing as I was with political gospel. Just as I had commenced a man brought out an ostrich hitched to a sulky. I don't know whether you ever saw the trotting ostrich in the east, but out west he was a great attraction. Well, as soon as that bird began to run around the track I wasn't in it. The ostrich monopolized the attention of every man, woman and child. When the bird stopped the people listened to me, but when he threw out his long legs again there was a roar of laughter and applause which drowned every word I uttered. Finally, I gave it up. I let the trotting ostrich have everything his own way."

**Optimistic.**
From the New York World.—Angeline—Do you really think, then, that Mr. Softhead is interested in you? Barbara—Yes, that is, he mentioned flats the last time he called.

*I Had a Bad Cough*

"I had a bad cough for six weeks and could not find any relief whatever. I read what a wonderful remedy Ayer's Cherry Pectoral was for coughs and I bought a bottle. Before I had taken a quarter of it my cough had entirely left me."—L. Hawn, Newington, Ont., May 3, 1899.

*Quickly Cures Colds*

Neglected colds always lead to something serious. They run into chronic bronchitis which pulls down your general health and deprives you of sleep: or they end in genuine consumption with all its uncertain results.

Don't wait, but take Ayer's Cherry Pectoral just as soon as you begin to cough. A few doses will cure you then. But it cures old colds, too, only it takes a little more time. We refer to such diseases as bronchitis, asthma, whooping-cough, consumption, and hard winter coughs.

If you've just taken cold a 25 cent bottle is all you'll need. For harder cases a 50 cent bottle is better. For chronic troubles, and to keep on hand, the $1.00 bottle is most economical.

P. N. U. 7 '00

If afflicted with sore eyes use Thompson's Eye Water

**FALLING HAIR**

**Save Your Hair with Shampoos of Cuticura SOAP**

**And light dressings of CUTICURA, purest of emollient skin cures. This treatment at once stops falling hair, removes crusts, scales, and dandruff, soothes irritated, itching surfaces, stimulates the hair follicles, supplies the roots with energy and nourishment, and makes the hair grow upon a sweet, wholesome, healthy scalp when all else fails.**

**Millions of Women**

Use CUTICURA SOAP exclusively for preserving, purifying, and beautifying the skin, for cleansing the scalp of crusts, scales, and dandruff, and the stopping of falling hair, for softening, whitening, and healing, red, rough, and sore hands, in the form of baths for annoying irritations and chafings, or too free or offensive perspiration, in the form of washes for ulcerative weaknesses, and for many antiseptic purposes which readily suggest themselves to women, and especially mothers, and for all the purposes of the toilet, bath, and nursery. No amount of persuasion can induce those who have once used it to use any other, especially for preserving and purifying the skin, scalp, and hair of infants and children. CUTICURA SOAP combines delicate emollient properties derived from CUTICURA, the great skin cure, with the purest of cleansing ingredients, and the most refreshing of flower odors. No other *medicated* soap ever compounded is to be compared with it for preserving, purifying, and beautifying the skin, scalp, hair, and hands. No other foreign or domestic *toilet* soap, however expensive, is to be compared with it for all the purposes of the toilet, bath, and nursery. Thus it combines, in ONE SOAP at ONE PRICE, viz., TWENTY-FIVE CENTS, the BEST skin and complexion soap, the BEST toilet and BEST baby soap in the world.

All that has been said of CUTICURA SOAP may be said with even greater emphasis of CUTICURA Ointment, the most delicate, and yet most effective of emollients, and greatest of skin cures. Its use in connection with CUTICURA SOAP (as per directions around each package), in the "ONE NIGHT CURE FOR SORE HANDS," in the "INSTANT RELIEF TREATMENT FOR DISFIGURING ITCHINGS AND IRRITATIONS," and in many uses too numerous to mention, is sufficient to prove its superiority over all other preparations for the skin.

**Cuticura** Complete External and Internal Treatment for every Humor, consisting of CUTICURA SOAP (25c.), to cleanse the skin of crusts and scales and soften the thickened cuticle, CUTICURA OINTMENT (50c.), to instantly allay itching, inflammation, and irritation, and soothe and heal, and CUTICURA RESOLVENT (50c.), to cool and cleanse the blood. **The Set, $1.25** A SINGLE SET is often sufficient to cure the most torturing, disfiguring, and humiliating skin, scalp, and blood humors, with loss of hair, when all else fails. POTTER DRUG AND CHEM. CORP., Sole Props., Boston. "All about the Skin, Scalp, and Hair," free.

**DR. ARNOLD'S COUGH KILLER**
Cures Coughs and Colds. Prevents Consumption. All Druggists. 25c

**ON 10 DAYS TRIAL.**
Aluminum Rust Proof Cream Separators, sizes 1 to 15 cows, price from $5 to $10 according to size. "Up-to-Date" Churns, sizes 1 to 15 cows, prices $7 to $10. They make 15 per cent more butter. Catalogue on terms free. Don't buy until you hear from us. We are manufacturers and sell direct to the consumer where we have no agent. GIBSON-STEWART MFG. CO., GIBSONIA, PA.

HOW TO GET OFFICE Write for Free Catalog of Home Instruction by the Government Office Training School, Washington, D. C. Women Eligible. Positions Permanent.

UNEEDA RHEUMATISM TABLETS. Positive relief, never fails. Sample box, 25c. Address Rector Street Book Store, N. Y. City.

VIRGINIA FARMS for sale at rare bargains. Have a few exceptionally nice farms with good new buildings. Send for list. A. T. STEWART, Carson, Virginia

THE MILLION DOLLAR POTATO
Most talked of potato on earth! Our Catalog tells—so also about Salzer's Earliest Six Weeks' Potato. Largest farm and vegetable seed growers in U.S. Potatoes, $1.20 and up a bbl. Send this notice and 5c. stamp for Big Catalog.
JOHN A. SALZER SEED CO. LA CROSSE, WIS.

**FOR 14 CENTS**
We wish to gain this year 200,000 new customers, and hence offer
1 Pkg. City Garden Beet, 10c
1 Pkg. Earliest Emerald Cucumber, 10c
1 " La Crosse Market Lettuce, 15c
1 " Strawberry Melon, 15c
1 " 13 Day Radish, 10c
1 " Early Ripe Cabbage, 10c
1 " Early Dinner Onion, 10c
3 " Brilliant Flower Seeds, 15c
Worth $1.00, for 14 cents. $1.00
Above 10 Pkgs. worth $1.00, we will mail you free, together with our great Catalog, telling all about SALZER'S MILLION DOLLAR POTATO upon receipt of this notice & 14c. stamps. We invite your trade, and know when you once try Salzer's seeds you will never do without. $200 Prizes on Salzer's 1900—largest earliest Tomato Giant on earth. C—
JOHN A. SALZER SEED CO., LA CROSSE, WIS.

MORPHINE Easy Home Cure. Painless. Permanent
We will send anyone addicted to Opium, Morphine, Laudanum, or other drug habit, trial treatment, free of charge, of the most remarkable remedy ever discovered. Contains Great Vital Principle heretofore unknown. Refractory Cases solicited. Confidential correspondence invited from all, especially Physicians. ST. JAMES SOCIETY, 382 BROADWAY, NEW YORK.

25 CTS. PISO'S CURE FOR CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes good. Use in time. Sold by druggists. CONSUMPTION 25 CTS.