

HOW MUCH YOU EAT

It is not the question, but, how much you digest, because food does good only when it is digested and assimilated, taken up by the blood and made into muscle, nerve, bone and tissue. Hood's Sarsaparilla restores to the stomach its natural power of digestion. Then appetite is natural and healthy. Then dyspepsia is gone, and strength, elasticity and endurance return.

Stomach Trouble—I have had trouble with my stomach and at times would be very dizzy. I also had severe headaches and that tired feeling. When I had taken three bottles of Hood's Sarsaparilla I was relieved. Mrs. ANSELMA JAVIS, 5 Appleton St., Holyoke, Mass.

Hood's Sarsaparilla
Is the Best Medicine Money Can Buy

There are 30,000 more exhibitors at the present Paris fair than there were in 1889.

Try Grain-O! Try Grain-O!
Ask your grocer to-day to show you a package of GRAIN-O, 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-O has that rich, real, brown of Mocha or Java, but is made from pure grains; the most delicate stomach receives it without distress. At the price of coffee, 15c, and 25c, per package. Sold by all grocers.

Portland is the largest prison in England. Nearly 2,000 convicts are located there.

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.

On the 110 square miles of London's area, it is said 1,000 tons of soot settle yearly.

A. M. Priest, Druggist, Shelbyville, Ind., says: "Hall's Catarrh Cure gives the best of satisfaction. Can get plenty of testimonials, as it cures every one who takes it." Druggists sell it, 75c.

For some years the Nova Scotia government had expended about \$25,000 yearly upon agriculture.

The Best Prescription for Chills
and Fever is a bottle of GHOVE'S TASTELESS CHILL TONIC. It is simply iron and quinine in a tasteless form. No cure—no pay. Price 50c.

Nine important British steamship companies earned in 1899 a net profit of \$4,960,000, against \$4,743,000 in 1898.

Fits permanently cured. No fits or nervousness after first day's use of Dr. King's Great Nerve Restorer. \$3 trial bottle and treatise free. Dr. R. H. KING, Ltd., 101 Arch St., Philadelphia.

A new substitute for celluloid resembling horn in appearance is now manufactured under the name of marioid.

You Will Never Know
what good ink is unless you use Carter's. It costs no more than poor ink. All dealers.

Nearly one-third of the beer consumed in the world is brewed in Germany.

Strawberries on Trees.

At last M. Ballet, the great French specialist, has been enabled to grow strawberries on plants of a decidedly reeklike nature. The method is simplicity itself. The runners are staked up vertically and tied to a stake, in the same way that a potato plant is, and then the lateral buds are pinched out. Result—a strawberry tree on a small scale.—London Leader.

Unsettled.
"Can you tell me what sort of weather we may expect next month?" wrote a subscriber to an editor; and according to the Cumberland Presbyterian, the editor replied as follows: "It is my belief that the weather next month will be very much like your subscription." The inquirer wondered what the editor meant, till he happened to think of the word "unsettled."

Weary Women

Rest and help for weary women are found in Lydia E. Pinkham's Vegetable Compound. It makes women strong and healthy to bear their burdens, and overcomes those ills to which women are subject because they are women.

Lydia E. Pinkham's Vegetable Compound

Is known from coast to coast. It has cured more sick women than any other medicine. Its friends are everywhere and they are constantly writing thankful letters which appear in this paper.

If you are puzzled write for Mrs. Pinkham's advice. Her address is Lynn, Mass. She will charge you nothing and she has restored a million women to health.

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

WOMAN'S WORLD.

MOURNING ATTIRE.

What is Modish in Suits of Ceremonial Black.

One of the noticeable signs of the times to an adult observer is the shortening of the period in which women adhere to the wearing of mourning garments. There is an appreciable diminution of the time during which ceremonial crape is worn. In many instances it is not worn at all, plain black, or what is known as black silk mourning, being substituted. The crape veil in which the ladies of a bereaved family were once expected to be swathed, is often discarded in favor of a veil of crepe lisse, mousseline de soie, or very sheer nun's veiling. Oculist, tell terrible tales of the damage done to the sight by wearing crepe over the eyes; consequently many women use the mourning veil as a head-dress, not as a veil. They wear it pinned back from the face and dangling from the back of the bonnet, a la Empress Frederick.

Thus arranged the veil is becoming, harmless, and can even be made to look coquettish. One year's seclusion from social amusements is all that is demanded by etiquette from the mourning widow. This period is often shortened by several months.

In the same way the mourning for parents is now only worn for twelve months. After the first six months this is much lightened, and violet or white is introduced in the costume. It is not considered in good taste to dress little girls in mourning. The wearing of black garments is depressing to children and tends to make them morbid.

Black is worn from three to six months on the death of sisters or brothers, the prolongation of the period to one year being a matter of preference.

Individual sentiment has much to do in prescribing the depth of mourning and the period for which it is worn; also in determining when the time shall come when social engagements may be accepted. An authority on such matters avers that mourning for a first cousin varies from one month to six weeks, but this is purely a complimentary matter.

Members of the Society of Friends do not assume black garments as mourning unless they are inclined to be "worldly people." They even consider them to be gay. Such is the point of view from which a consistent Quaker regards ceremonial mourning. Indeed, a simple dress of brown or black, and absence from public places of amusement, often mean more sincere mourning for relatives than is betokened by wearing a heavy veil or garments bedecked with fashionable crepe.

Good sense and good taste is the only sure guide in such matters. There is no hard and fast rule on the subject. In this matter every woman should be a law unto herself.

Orders Her Husband's Clothes.
The wife of a man who served with distinction as a Cabinet officer during a recent administration entered a tailor shop near Fifth avenue recently and said to the proprietor: "I am Mrs. So-and-so, and I don't suppose that women come into your shop very often."

"A good many women help their husbands to select their clothes," said the proprietor.

"Well, I'm glad to hear that," said the woman. "I have bought my husband's clothes for him ever since we were married and if I did not look out for them he would not have any clothes. He never thinks of them. Didn't even when he was in Washington though he was always springing dressed. Now I want some spring clothes for my husband. I will select the samples for three suits and I will tell you just how to make them. When my husband comes to get measured don't pay any attention to his orders about the clothes if he gives any. If he ordered his own clothes he would not be suited anyway."

The proprietor found that this woman knew as much as the average man about men's clothes and he accepted her conditions. On the following day when her husband came in, the proprietor recognized him from his pictures and said:

"Mr. So-and-so, your wife selected goods for three suits of clothes for you yesterday and if you will step back I will show you the patterns."

"Young man," said the former Cabinet officer, "I would not dare to interfere with my wife's selections. Just take my measure as quickly as you can and make the clothes as directed."

After the measurements had been made the former Cabinet minister hurried out without asking what style of suits had been ordered for him.—New York Sun.

Amusing a Little Invalid.
It is often a serious matter to find some quiet amusement that will keep a little invalid happy and contented. It is especially difficult to amuse a convalescent child who is naturally active and restless and who requires quiet and rest for rapid recovery. For the little ones who are too young for the enjoyment of books, or who are not allowed to strain the eyes by looking at bright pictures, amusement may be furnished by the manufacture of animals. Make little turtles of large raisins with cloves stuck in for feet, hands and tails. To make such a turtle, flatten a large raisin, stick a clove, with the blossom on, in one end for the head, remove the bud from four cloves and stick them at the four corners for feet, and out the end of one clove to make the tail.

A still more fascinating process of

manufacture can be enjoyed from firm apples or white potatoes, as there is a chance for allowing the imagination full sway. A knife and some well-washed potatoes will afford amusement for many hours, when combined with a box of toothpicks. The potatoes may be cut in slices and from these slices all sorts of animals fashioned, using long and short lengths of toothpicks for feet and tails, and for the legs the toothpicks may be partly broken, and bent into natural looking shapes, and still remain firm enough to support the small potato animal.

Shirt Waists For Summer Wear.
Several pretty new models for fancy shirt waists and odd bodices are shown in the lingerie shops. A particularly pretty blouse is of crepe de Chine, worked with tiny flowerets in gold thread. The graceful folds and drapings of this blouse depend on the more or less skilful adjustment of it. It is slightly open at the throat, tied across with narrow black bebe ribbon, while at the waist it is held in place by a broad, soft centre of crepe de Chine, knotted at one side; the elbow sleeves are finished with a deep frill. In India muslin, embroidered with silk, this model would be equally pretty.

Very pretty shirt waists for morning wear are of batiste and taffetas, made in sailor shape, with two, or perhaps three, collars, turning back from a tucked muslin chemise, and with a knotted sailor tie in front. Fichus draped after the manner immortalized by Marie Antoinette will find a place on most of the summer dresses, with long ends-knotted in front. For these, pretty squares, with richly embroidered corners, are being prepared, and there are numbers of dainty muslins printed with sprays and bouquets of realistic flowers, which, edged with gopher frills or lace, will fitly adorn the shoulders of many a charming maid.

When the Hair is Long.
Blondes sometimes have a singular trouble with the hair when it is unusually long. It becomes dark near the scalp, but the remainder retains its golden hue, and the result is most inartistic, to put it mildly. Often the impression is given that the hair was once bleached and is slowly returning to its original color, or that additional hair is used that is wholly mismatched. The only remedy is to use peroxide of hydrogen. The hair should be shampooed about once a month, and as soon as dry the peroxide should be applied to the scalp with a small sponge. An ounce is generally sufficient. Ammonia must never be used in washing the hair when peroxide of hydrogen is to be applied, as the chemical combination is ruinous.

Gleanings From the Shops.
Painted and spangled fans with bone or exquisitely carved sticks. Girdle-shaped belts finished with a soft Directorate scarf and bow. Flowing-end scarfs in fancy light and dark effects for men's wear.

Alligator, lizard and seal chataine bags and purses in great variety. Many styles of white and colored piques with cross and straight welts. Silk warp novelty gingham in a world of tasteful colors and patterns.

Long and three-quarter-length coats made of taffeta silk elaborately stitched. New designs in printed floral nets and rich jeweled laces in great abundance.

Mohair and silk grenadines showing open lace stripes or effective figure designs. Cambric, nainsook and Swiss skirtings and flouncings in elaborate open patterns.

White lawn and lace chemisette to be worn with cloth and thin-textured costumes. Poptins, armures, etamines and fancy crepes in all the best shades of the season.

Cleverly designed belt buckles in rhinestone, jeweled, cameo, floral and matrix effects. White pique costumes trimmed with open-work embroidery threaded with black velvet ribbon.

Many artistic straw shapes in small and medium models trimmed with fruit, chiffon and lace. Topcoats in black and tan shades made with fly fronts, strapped seams and stitched trimmings.

A vast array of new designs in printed silks, including many soft twills in pastel colorings. Rhinestone brooch pins in the form of crescents, sunbursts, stars, hearts, horseshoes and fleur de lis.

Duck suitings in figured polka dot and striped designs, together with a complete range of solid colors. Japanese silk negligees in white and colors richly embellished with lace, hemstitching and ribbon.

Short capes of net, gipure, cloth or silk elaborately jetted and finished with frills of chiffon and long scarf ends. Newly opened novelty trimmings in which lace, beads, silk embroidery, gold and silver threads are effectively combined.

New models in dimity and other summer fabrics trimmed with one or more ruffles banded with narrow black velvet ribbon.

Mercerized cotton foulards in all colors showing printed patterns representing those included in the highest-priced lines. Ready-made costumes of various sheer fabrics tucked in vertical, horizontal or waved lines arranged simply or in groups.

Many new models in tailor-made separate skirts of light-weight materials to be worn with shirt waists.—Dry Goods Economist.

POPULAR SCIENCE.

At the Allegheny Observatory recently Professor Wadsworth made a photograph on a curved plate, including the whole constellation of Orion and adjacent regions of the sky, covering in all more than a thousand square degrees. It is estimated that the plate contains the lineages of more than 50,000 stars whose positions can be measured.

Among the most remarkable glimpses into hidden corners of nature that recent scientific advance has afforded are the frequent discoveries of micro-organisms in unexpected places, where they produce phenomena heretofore supposed to arise from other causes.

For instance, Dr. A. Pettersen of Upsala, Sweden, has ascertained that in preparations of meat and fish containing, for purposes of preservation, salt to the amount of fifteen per cent, micro-organisms grow luxuriantly, and he concludes that the flavors and odors that are peculiar to various salt conserves are due to the micro-organisms with which they are crowded.

Everybody who loves to watch the heavenly bodies has frequently noticed, when the crescent of the new moon appears in the west, the phenomenon called "the old moon in the young one's arms." Partly embraced by the horns of the crescent is seen the whole round orb of the moon, glimmering with a pale, ashy light. The cause of the appearance is that the earth-light upon that part of the moon not reached by the sunshine is sufficiently brilliant to render it faintly visible to our eyes. Lately successful attempts have been made, particularly in France, to photograph this phenomenon, and the pictures thus produced are very interesting.

Morris Gibbs describes the very curious hovering, or dancing, habit of a species of two-winged flies, which assemble in groups of from twenty to 100 or more, in some spot sheltered from the wind, and indulge in a fantastic dance for hours at a time. The motions consist of alternate rising and falling in periods of a few seconds, and over a distance varying from one to four feet. The insects seem to become interested in their sport, if sport it is; that they cannot be driven away from one another, but immediately re-form their companies when disturbed. Many species of insects have the habit of hovering in the air, some in parties only and some singly.

The gardens in Hamburg have within the last few years been decorated with white-leaf maples, and a writer in the Zoologist says that since the introduction of these shrubs the common white butterfly has chosen them for its settling places. Concealed in the white leaves, the butterfly is safe from enemies. An anecdote, more suggestive of insect reasoning, is told of a spider by James Weir. It spun its web in a sawmill in a place where the passing of lumber frequently broke the long stay threads that held the web. The situation was too favorable for flies to be abandoned, and finally the spider got around the difficulty by discarding the use of stays and substituting for them, to keep the web stretched, a nail which is wove into the lower edge of the fabric.

Our War With Spain.
During the war with the United States, Spain had in Havana about 100,000 trained soldiers, commanded by the best officers in the Spanish army, and all wildly impatient to put an end to their long idleness and strike a blow in aid of their country. With such a force, behind such defenses, it was little wonder that some of General Blanco's officers actually wept when told of the peaceful surrender of Cuba to the Americans. Five hundred and twenty Spanish soldiers held General Lawton and his army at bay at Caney for ten hours, and only yielded when over two hundred and fifty of them had been killed or wounded and eighty had retreated. Less than one thousand Spanish soldiers on the hill at San Juan brought heavy loss, confusion and dismay to General Shafter's army. American officers familiar with the surroundings of Havana now believe that the defenses of that city could not have been successfully stormed by an American army of less than 100,000, assisted by the navy, and that even then the loss to the American side would have been at least 20,000 men.—Harper's Weekly.

Only Heart Wounds Fatal.
A well known surgeon, discussing the character of the wounds received on the battlefields of South Africa, has pointed out that experience of the present campaign would seem to show that the only absolutely fatal region is the heart. Bullet wounds of the brain are now not necessarily fatal, judging from the records of the last few weeks, and this is presumably due to the small size of the projectile, the velocity with which it travels, and the modern practice of scientific surgery, by which dangerous symptoms likely to arise from injuries may be warded off. It has therefore been suggested that the heart, being the only really vital part in the body, a steel covering should be provided, to be worn so as to protect that part from bullets. A steel plate might be attached to the soldiers' tunics, and doubtless the small shield could be so fixed as neither to impede movement nor cause inconvenience.—London Globe.

Where Many Fail.
Very few people succeed in convincing the world that their view of themselves is the correct one.—Puck.

Women and Their Tears.
Tears were given to women because when men suffer they suffer too deeply & weep.—New York Press.

Poison-Tipped Arrow Heads.

Two chemists of the University of Edinburgh have analyzed the stuff used in Africa as a poison for arrow heads and which never yet has been examined chemically. This poison is extracted by boiling the roots and stems of a plant called ascanthora shimperi, and the poison is named ascantherin. The plant belongs to a family of poison plants, called apocynum, to which belong the oleander, strobilanth, dog cabbage and many other varieties. The action of the arrow-head poison is powerful to an extraordinary degree, and immediately affects the heart, which in strong doses it quickly paralyzes. The chemists experimented in inoculating animals with the juice, and noticed that even when the heart became paralyzed the action of the lungs continued a little while longer. The poison, therefore, affects the muscles, but not the nerves, which explains that phenomenon of frogs which were inoculated breathing after the heart had ceased its action.—New York Press.

His Offer.
A generous if not alluring offer was that made by an exasperated physician to the penurious father of an insane young man. The old man wished to secure his son's admission to the insane asylum, but seemed unwilling to pay for the necessary certificate.

After hearing his plea of poverty—which the doctor knew to be false—and hearing him also tell of the many expenses to which he had been put by his ungrateful children, the physician waded his hand to end the recital. "Now, see here," he said sharply, "you just pay me for this one, and I'll give you a certificate for yourself whenever you wish to use it, for nothing."

His Great Opportunity.
Applicant—Is there an opening here for a sharp young man? Employer—What can you do? Applicant (contentedly)—Anything. Employer—Very well. Take my chair here and tell me how to run my business on a profitable basis. We've been waiting years for you to be born.—Stray Stories.

The University of Cambridge has conferred the degree of LL. D. on King Oscar of Sweden.

Do Your Feet Ache and Burn?
Shake into your shoes Allen's Foot-Ease, a powder for the feet. It makes tight or new shoes feel easy. Cures Corns, Bunions, Swollen, Hot, Smarting and Sweating Feet and Ingrowing Nails. Sold by all druggists and shoe stores, 25 cts. Sample sent FREE. Address Allen S. Olmstead, Lefroy, N. Y.

In 24 hours close upon 700 trains pass in and out of the New street railway station, Birmingham, England.

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

Vienna's great municipal railway system is now in perfect running order.

To Cure a Cold in One Day.
Take LAKATIVE BROMO QUININE TABLETS. All druggists refund the money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

Within 20 years California has added 500,000 to its population.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. SAMUEL, Ocean Grove, N. J., Feb. 17, 1900.

Sixty-two new silk factories were established in this country last year.

It is possible to save from \$20 to \$75 in carriages or other vehicles by purchasing from a manufacturer who sells direct to consumers. A reliable house and perhaps the oldest one doing business on this plan is the Elkhart Carriage & Harness Mfg. Co., of Elkhart, Indiana. Their vehicles and harness are of the best both in style and quality, and at prices that are right. Their customers always get satisfaction. See their advertisement in this paper.

The Khedive announced his intention of visiting this country in 1901.

Mrs. Winslow's Soothing Syrup for children's teething, softens the gums, reduces inflammation, allays pain, cures colic, 25c a bottle.

The population of Vancouver, B. C., increased 5,000 in 1899.

PIMPLES



Perhaps you have already discovered that powders and washes will not cure these eruptions on your face. They may cover up and suppress, but they cannot remove. Rashes, boils, salt-rheum, shingles, hives, eczema, tetter, etc., are but surface indications of a deeper trouble. And

That's Bad Blood

The question for you now is,—how to make bad blood good blood; how to get rid of all these impurities in your system. Everybody knows the answer,—a perfect Sarsaparilla. No ordinary Sarsaparilla, such as you can buy at almost any store, will answer; it must be a perfect one. There is such a Sarsaparilla, and it differs widely in every way from all other Sarsaparillas.

That's AYER'S

"The only Sarsaparilla made under the personal supervision of three graduates: a graduate in pharmacy, a graduate in chemistry, and a graduate in medicine."
\$1.00 a bottle. All druggists.

"I had frequent and most painful boils. I was treated by a number of physicians, but they did me no good. I tried many kinds of patent medicines, but without effect; but when I tried Ayer's Sarsaparilla I got hold of the right thing, for I was soon completely cured."—R. P. CAVOZ, Attica, N. Y.

FREY'S VERMIFUGE

The Trouble with Stankins. "I haven't heard anything from Stankins for a long time. He went out west and got to be a county treasurer or something of that kind. How was he getting along at last accounts?" "His last accounts, I am informed, did not balance."—Chicago Tribune.

W. L. DOUGLAS'S \$3 & 3.50 SHOES

Worth \$4 to \$6 compared with other makes. Indorsed by over 1,000,000 wearers. The genuine have W. L. Douglas's 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 extra for carriage. State kind of leather, size, and width, plain or cap toe. Cat. free. W. L. DOUGLAS SHOE CO., Brockton, Mass.

St. Jacobs Oil

Nothing hobbles the muscles and unites for work like SORENESS and STIFFNESS. Nothing relaxes them and makes a speedy perfect cure like St. Jacobs Oil.

YOUR COW'S PRODUCTION will be increased 20 per cent. by using our all natural Cream Separator and tip-to-date churns. \$4 up. We pay freight, 10 days trial. Catalogue free. Address: Cream-Stewart Mfg. Co., Glouster, Pa.

DROPSY NEW DISCOVERY

gives quick relief and cures worst cases. Box of catarrhals and 10 days' treatment Free. Dr. R. H. GREEN & SONS, Box 5, Atlanta, Ga.

IT STANDS TO REASON

that there is money saved in buying direct from the Manufacturer. The profits between the manufacturer and consumer are large. We Save You these Profits. We are the largest manufacturers of Vehicles and Harness in the world selling to the consumer directly. We give you better quality for the same money, or the same quality for less money than the dealer, jobber or supply agent. We Ship Anywhere For Examination. We make 178 styles of vehicles and 65 styles of harness. This advertisement will appear only a few times. You may be reading the last insertion. Our Large Catalogue shows every Vehicle and Harness we make and gives prices. IT'S FREE.

Elkhart Carriage and Harness Manufacturing Co.
ELKHART, INDIANA.