

Pain in Stomach

Flatulency, sourness, bad taste, loss of appetite, a sense of weight or fullness after eating, together with uneasiness, impatience, irritability of temper, nervousness, anxiety, lost energy, depression of spirits, sick headache, bad dreams and sleeplessness, come from weak and debilitated nerves. That kind of nerves have to be braced up, strengthened, invigorated and helped if you would have a sound stomach, a keen appetite and a cheerful mind.

"Every little noise would startle me and set my nerves to trembling from head to foot. I got very little sleep at night and I could scarcely eat the lightest food without having awful pains in my stomach. I took no end of medicine, but nothing helped me, and when I began with Dr. Miles' Nervine I had no faith in it. It helped me right away, and when I had taken seven bottles I was cured."

MRS. A. K. JOHNSON, Northfield, Vt.

Dr. Miles' Nervine

Brings back appetite, stimulates digestion, gives refreshing sleep to the tired brain, healthful vitality to the nerve centers, and tones up the whole system.

Sold by all druggists on a guarantee.

Dr. Miles Medical Co., Elkhart, Ind.

"UNDER THE SUN."

The men who have gone before us
Have sung the songs we sing.
The words of our clamorous chorus,
They were heard of the ancient king.

The chords of the lyre that thrill us,
They were struck in the years gone by,
And the arrows of death that kill us,
Are found where our fathers lie.

The vanity sung of the preacher
Is vanity still today;
The moan of the stricken creature
Has rung in the woods away.

But the songs are worth re-reading,
With the change of no single note,
And the spoken words are ringing
As they rang in the years remote.

There is no new road to follow, love,
Nor need there ever be,
For the old, with its hill and hollow, love,
Is enough for you and me.

—Charles R. Bacon in Century.

THE HOUSEHOLD.

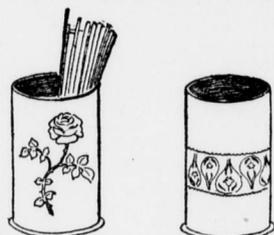
Plain Versus "Fancy" Cookery.
Lighter Holders Easily Made.
The Antique Furniture Craze.

There has always been a goodly band of conservatives opposed to what they call fancy cooking. Generally, in common with the untrained domestic servant, they reckon all efforts of the culinary art with which they are unfamiliar as "French cookery," to them the final term of opprobrium. Let us look at the latter in the right light, for, be it known, there are few things more expensive than the so-called "plain" cookery. While it may eschew French dishes and imported delicacies, its stronghold is in roasts, steaks, chops, meat soups and the like. Good steak and chops do not cost as much as sweetbreads and game, but they are far more costly than the many savory dishes that can be prepared by a little attention to the stigmatized "fancy" cookery.

If the housekeeper will but turn her attention to the possibilities of cheap cuts of meat, she will be surprised to see how she can reduce her butcher's bills. Well seasoned steaks, appetizing pot roasts or braised cuts will often take the place on her table of the plain roast or broiled. In the using of left overs in a palatable fashion the despised French cookery is invaluable, since it gives the secret of sauces that disguise the warmed up flavor of the meat and make a palatable and attractive dish out of what in the old time would have been the everlasting cold roast or the equally long lived hash. Hash is an excellent thing, but a change to minces, meat pies, salamis, pates and the like will usually prove acceptable.—Christine Terhune Herrick in Good Housekeeping.

Lighter Holders.

You can make a very pretty lighter holder from an old tin, over which you have sewed a piece of embroidered material. Glue a nice circle at the out-



side bottom. This can be done by covering a card with the same stuff and then gluing it to the bottom. Line the tin with black glazed paper.

The Antique Furniture Craze.

The taste for antique furniture has spread over the land. Ordinarily fads that begin so violently show an early prospect of decline, but this one sweeps on unabated, and the person who is once seized with it is not likely to get over it.

In the first stage of the malady comfort and beauty are not considered. Any old battered mahogany thing is a treasured possession. Chairs with tottering legs, sideboards with doors that cannot be opened except by arduous efforts, bureaus with drawers that creak and groan and at times distinctly refuse to budge, all are acquired with eager pride. But after the disease has run its course and the patient is convalescent, she will have learned enough of good English and colonial models to feel a hearty disgust for rickety trash and henceforth will buy only those pieces that have other claims upon regard than mere age.

No honest antiquity dealer will sell a reproduction as an antique. There are excellent imitations of old furniture which are manufactured especially for the antiquity trade, and there are dealers who will label them old and find beginners green enough to swallow the bait, but the demand for antique furniture has been so great for the last few years that only the most inexperienced collector is likely to make indiscriminating blunders.—Washington Star.

For the weakness and prostration following grippe there is nothing so prompt and effective as One Minute Cough Cure. This preparation is highly endorsed as an unfailing remedy for all throat and lung troubles and its early use prevents consumption. It was made to cure quickly. Grover's City drug store.

HOUSES ON "MADE" GROUND

The Reason They Teem With Malaria and Noxious Gases.

Good gravel has so largely come into request that many suburban lands with that valuable substratum are quarried to a considerable depth before being sold on building leases. But it is essential to restore a level surface, as even the most speculative builder would hesitate to run up "neat villa residences" in deep holes. The owner frequently gets over this difficulty by allowing urban refuse to be shot into the excavation; in many cases he even exacts a small sum for every load tilted on his ground. The surface being thus leveled, a year or two are allowed for the soil to sink and become compact. Occasionally grass is sown to give a natural appearance to the spot.

All is now in readiness for the builder, who proceeds to lay the foundation for his "terraces," "avenues" and "gardens," which he subsequently advertises as "on gravel soil." So they are, but between their ground floors and the gravel lies a thick stratum of partially decomposed rubbish, teaming with malaria, and not for many years will the deposits cease to give off noxious gases.

But the tenant, coming from a different locality, knows nothing of the "making" process to which the plot has been subjected. When, therefore, ill health dogs his family, he puts it down to defective drainage or some other structural deficiency and spends money freely on remedial measures without the least benefit. All this misery might be prevented if it were legally prohibited to build human habitations on decomposed refuse until the soil had acquired a wholesome character.—London Globe.

Arranging the Table.

Perfectly laundered linen and glistening silver, glass and china are the first essentials at any feast, whether costly or simple. A crystal bowl or lily shaped vase of flowers on an embroidered centerpiece is always pretty. Where there is only one girl the hostess of course sets the dinner table early in the afternoon with all but eatables. At the right of the cover there should be two knives, with the blades toward the plate; a soup spoon between the knives, the butter spreader next and the oyster fork on the extreme right. At the left there should be two forks and the napkin infolding a roll. The tines of the forks and bowls of the spoons should all lie upward; otherwise they mar the cloth. A salt dish, with its tiny spoon, stands in front of each plate. Teaspoons are little used at dinners, the vegetables being served on the plates with the meat. Forks are passed after the dessert is served.

Sour Milk Griddlecakes.

There are no griddlecakes quite so good to many people as those made with sour milk in the old fashioned way before prepared flours were thought of. Take one cupful of thick sour milk with the cream left in, a level teaspoonful of soda and a generous pinch of salt. Stir together until thoroughly dissolved, then thicken with flour. Fry on a hot griddle with plenty of good, sweet lard, and they will be light, tender and delicious. The batter should be so thick that it will not froth and boil when dropped on the griddle, but not too thick to spread out of itself into thin cakes. When mixed, try a little. If too thick, thin with sweet milk.

Wanted to Go to One of His Weddings.

The Rev. Dr. —, a prominent clergyman, relates with much gusto the following story about himself. His present wife, by the way, is not the wife of his youth nor yet of his early manhood, but the lady of his third choice, and as a consequence the doctor's set of olive branches spring from divers maternal ancestry.

"Such a condition of affairs," said the doctor, "might at times become embarrassing except for the thorough amiability of all concerned. I confess, however, to a slightly disconcerted feeling when shortly before my third marriage I was approached by one of my daughters, a girl of 9 and one who called my second wife mother, with the question: 'Papa, will you let me go to see you married? I have never been at any of your weddings.'"

Like bad dollars, all counterfeiters of DeWitt's Witch Hazel Salve are worthless. The original quickly cures piles, sores and all skin diseases. Grover's City drug store.

WHAT WE MOST NEED

GOLDEN RULE MORALITY INSTEAD OF LAW MADE MORALITY.

There Must Be "Charlots of the Sun" For All or For None—We All Stand Self Condemned, According to Christ's Words.

[Special Correspondence.]

Emerson has said: "Every man takes care that his neighbor shall not cheat him. But the day comes when he begins to care that he does not cheat his neighbor. Then all goes well. He has changed his market car into a chariot of the sun." Most people will consider those four sentences as about perfect. They certainly embody a grand concept, but is it complete? Let us look at it under the light of historical events in their grand ensemble of results. There is not a single philosophic maxim, not a single solitary moral precept, which is not equally applicable to men individually and in groups. The moral law is no respecter of persons. It takes in all men and all human relations. It is because that has never been part and parcel of civil and religious education that we remain in the wilderness of moral anarchy. Of course we have a certain morality fixed by legislative enactments. Of course we have certain forms of respectability ordained by tradition, fashions, common agreements, etc., but has that proved enough? Has that made life worth living? Has that suppressed evil, wrong, disease? Has that given us anything of the peace that passeth all understanding? It has simply given us the wars and excitements that prevent us from understanding anything.

"A day comes when man begins to care that he does not cheat his neighbor." Has that day come? It can only come when we stand by honest laws in all our social relations. It can only come when we have less respect for the twisted morality ingrained in our legislation and more respect for the eternal moral law of God. Have we any of the latter? Yes, considerable in praying for it, none at all in acting. All our thoughts, feelings and acts are yet bent upon the mean, petty, narrow morality that limits its sphere of action on personal relations. Each individual considers himself yet the center of the moral order, the latter being fixed by our own laws or traditions for the exclusive benefit of certain individuals, the smartest of the lot—those who have influence enough to get behind the law, to control the law, to modify it and change it and reverse it for some to be always on top, for most of the rest to remain at the bottom.

All our constant changes and retouchings in the miserable hash of our law manipulations—there you have the symbol of error and immorality, the emblem of injustice and oppression. Truth is fixed. It changes not. Right is always right, because it is always the same—one and indivisible forever.

It is very nice to speak of each one of us as being able "to change his market car into a chariot of the sun" by the mere process of personal honesty. But who does it? It can only be done through poverty and obscurity. But who cares for that? Are not obscurity and poverty considered as synonymous with inferiority and worthlessness. But why should there be any worthlessness anywhere? Why should goodness and wealth be piled up here and there? All God's laws in nature are laws of diffusion. There is no poverty or inferiority anywhere outside of man in contact with other men, and then it is only in proportion as they try to live against the natural laws of complete reciprocity and absolute brotherhood among them. Poverty and inferiority are then the reflex of immoral social conditions. We all stand self condemned, as men and as citizens, as long as our social status evolves classes and masses, wealth and poverty, goodness and wickedness, unless we preach and work for essentially distinct social conditions.

The chariot of the sun can only be here when we shake off the dust of selfishness and greed, when we cease to worship wealth, when we rise from the slumps and fetid miasma of our law made morality, of our pharisaical respectability, into the clear skies of the golden rule morality. And that golden rule should not remain a mere vain theory. It should be applied to all our collective relations. It should be the guiding star of the nation in all civil, political and industrial manifestations. Have we anything of the kind? Is not the spirit of the age, outside of petty groups of men here and there, exclusive, selfish, with not an atom of altruism in acts, however much we may have of it in our chatter, with which to hide the repulsiveness of all our social developments?

There can be no chariot of the sun for any of us as long as we don't want to have a chariot of the sun for all. There has to be a chariot of despair for every one of us as long as we worship wealth and relegate the establishment of righteousness to a tomorrow that never comes, that can never come because we are not yet ready for it—we don't want it.

"That they may perfect in one" was Christ's last prayer. What can that mean but the realization of the brotherhood of men through socialized honesty? Mere personal honesty! What a miserable failure has that been ever since Cain killed Abel!

JOSE GROES.

Bricklayers' Union Growing.

Chief Organizer Thomas O'Dea of the Bricklayers and Masons' International union in his report to the recent annual convention showed that 90 unions have been organized during the year, making the total 492. The financial condition of the order is reported as excellent.

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Shoes for Men, Women and Children,
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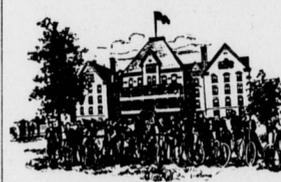
at prices which are as cheap, and quite frequently cheaper, than others ask for the same quality. Give us a trial purchase and let us convince you that here is a store where your money can be spent to your advantage.

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Hat and Shoe Store,

86 South Centre Street.

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East Stroudsburg, Pa.
The winter term of this popular institution for the training of teachers opens Jan. 2, 1901. This practical training school for teachers is located in the most healthful and charming part of the state, within the great summer resort region of the state, on the main line of the D. & E. W. Railroad.

Unexcelled facilities; Music, Elocutionary, College Preparatory, Sewing and Modeling departments.
Superior faculty; pupils coached free; pure mountain water; rooms furnished throughout. GOOD BOARDING A RECOGNIZED FEATURE.

We are the only normal school that paid the state aid in full to all its pupils this spring term.
Write for a catalogue and full information while this advertisement is before you. We have something of interest for you.

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The finest brands of Domestic and Imported Whisky on sale. Fresh Rochester and Shennandoah Beer and Youngling's Porter on tap. 98 Centre street.

RAILROAD TIMETABLES

LEHIGH VALLEY RAILROAD. November 25, 1900.

ARRANGEMENT OF PASSENGER TRAINS.

LEAVE PHILADELPHIA.

6 12 a m for Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia and New York.

7 40 a m for Sandy Run, White Haven, Wilkes-Barre, Pittston and Scranton.

8 18 a m for Hazleton, Mahanoy City, Shenandoah, Ashland, Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia and New York.

30 a m for Hazleton, Mahanoy City, Shenandoah, Mt. Carmel, Shamokin and Pottsville.

2 4 p m for Sandy Run, White Haven, Wilkes-Barre, Scranton and all points west.

1 20 p m for Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia and New York.

4 42 p m for Hazleton, Mahanoy City, Shenandoah, Mt. Carmel, Shamokin and Pottsville, Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia and New York.

5 34 p m for Sandy Run, White Haven, Wilkes-Barre, Scranton and all points west.

7 29 p m for Hazleton, Mahanoy City, Shenandoah, Mt. Carmel and Shamokin.

ARRIVE AT PHILADELPHIA.

7 40 a m from Weatherly, Pottsville, Ashland, Shenandoah, Mahanoy City and Hazleton.

8 17 a m from Philadelphia, Easton, Bethlehem, Allentown, Mauch Chunk, Weatherly, Hazleton, Mahanoy City, Shenandoah, Mt. Carmel and Shamokin.

9 30 a m from Scranton, Wilkes-Barre and White Haven.

12 14 p m from Pottsville, Shamokin, Mt. Carmel, Shenandoah, Mahanoy City and Hazleton.

1 12 p m from New York, Philadelphia, Easton, Bethlehem, Allentown, Mauch Chunk and Weatherly.

4 42 p m from Scranton, Wilkes-Barre and White Haven.

6 34 p m from New York, Philadelphia, Easton, Bethlehem, Allentown, Pottsville, Shamokin, Mt. Carmel, Shenandoah, Mahanoy City and Hazleton.

7 29 p m from Scranton, Wilkes-Barre and White Haven.

For further information inquire of Ticket Agents.

WILLIAM H. WILBUR, General Superintendent, 26 Cortlandt Street, New York City.

CHAS. S. LEE, General Passenger Agent, 26 Cortlandt Street, New York City.

G. J. GILDROY, Division Superintendent, Hazleton, Pa.

THE DELAWARE, SUSQUEHANNA AND SCHUYLKILL RAILROAD.

Time table in effect April 18, 1897.

Trains leave Drifton for Jeddo, Eckley, Hazle Brook, Stockton, Beaver Meadow, Hazleton and Hazleton Junction at 5:30, 6:00 a. m., daily except Sunday; and at 5:30 a. m., 2:30 p. m., Sunday.

Trains leave Drifton for Hazle Brook, Stockton, Tomhicken and Deringer at 5:30, 6:00 a. m., daily except Sunday; and at 7:30 a. m., 2:30 p. m., Sunday.

Trains leave Drifton for Onedia Junction, Harwood Road, Humboldt Road, Onedia and Shepton at 6:00 a. m., daily except Sunday; and at 7:30 a. m., 2:30 p. m., Sunday.

Trains leave Deringer for Tomhicken, Cranberry, Harwood, Hazleton Junction and Onedia at 2:30, 4:00 p. m., daily except Sunday; and at 3:30 a. m., 5:00 p. m., Sunday.

Trains leave Shepton for Onedia, Humboldt Road, Harwood Road, Onedia Junction, Hazleton Junction and Onedia at 7:11 a. m., 12:40, 5:22 p. m., daily except Sunday; and at 11 a. m., 3:44 p. m., Sunday.

Trains leave Shepton for Beaver Meadow Road, Stockton, Hazle Brook, Eckley, Jeddo and Drifton at 2:30 p. m., daily except Sunday; and at 11 a. m., 3:44 p. m., Sunday.

Trains leave Hazleton Junction for Beaver Meadow Road, Stockton, Hazle Brook, Eckley, Jeddo and Drifton at 5:45, 6:30 p. m., daily except Sunday; and at 10:10 a. m., 5:40 p. m., Sunday.

All trains connect at Hazleton Junction with electric cars for Hazleton, Jeannette, Audenried and other points on the Traction Company's line.

Trains leaving Drifton at 5:30, 6:00 a. m. make connection at Deringer with P. R. R. trains for Westbarre, Sunbury, Harrisburg and points west.

For the accommodation of passengers at way stations between Hazleton Junction and Deringer a train will leave the former point at 1:30 p. m., daily, except Sunday, arriving at Deringer at 2:30 p. m.

LUTHER C. SMITH, Superintendent.

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