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Digests what you eat. **Digests what you eat.** Itartificially digests the food and aids Vature in strengthening and recon-difference of the exhausted digestive or-gans. It is the latest discovered digest-ant and tonic. No other preparation can approach it in efficiency. It in-stantly relieves and permanently cures Dyspepsia, Indigestion, Heartburn, Flatuience, Sour Stomach, Nausea, Sick Headache, Gastralgia, Cramps, and al other results of imperfect digestion. Prepared by E. C. DeWitt & Co., Chicage.

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Oyster and vegetables. Everything for an elegant pinner at GUMBLE BROS.

Harford St. Milford Pa.



Brain Work Should Be Forbidden Just After a Meal.

There is much difference of opinion concerning the desirability of an after-There is much difference of opinion concerning the desirability of an after-dinner nap. Those who advocate it cite the example of animals, but these gorge themselves with food whenever opnoriunity offers and are heavy and droway in consequence. A short rest is, however, different from lethargle sheep, and often appears to do good. Brain work should certainly be forbid-den after dinner; the interval between it and bedtime should be devoted to prefeation and amusement. In the case of eiderly people, a short nap after a late dinner often alds digestion, but as general rule it is better for such persons to make their principal meal at 2 p. m. The digestive powers of most elderly people are at a low sho in the evening. When alexplemenes is troublesome, relief should be sought for in the discovery and removal of the cause, whenever possible. The condition is often due to indiges-tion and when this is the case the or-dinner remedies for inducing sleep are worse than useless. The nervous re-lations between the brain and stomach are so intimate that disorder of the one organ is almost certain to affect the other. Excitement, worry and anxiety, which have their seats in the

the other. Excitement, worry and anxiety, which have their seals in the brain, interfere with the functions of the stomach and, in like manner, anything that unduly taxes the power of or irritates the storach, disorders the irrulation and nutrition of the brain.

The alcoplesances often complained of r gouty persons is due to the poison-is effect of the morbid material upon the nervous system. Excessive smok-ng, too much slechol, teg and coffee fiten resorted to by overworked per-sons, are frequent causes of sleeplesssons, are frequent causes of alcopleas-ness. In all these causes the cause is removable, while the effect may be counteracted by appropriate treatment. Nothing is more mischlevous, however, than to continue the habits and to have recourse to drugs to combat the effects. A due amount of exercise tends to induce normal sleep, and such exercise need not be of a violent char-acter. A walk of two or three miles daily is sufficient, and is, perhaps, as much as a busy man can find time for.

## Finger-Frint Tests.

In detective novels finger-prints lef: by criminals, preferably in blood, play an important part; but truth seems stranger than fighten in the fact that an important part; but truth seems stranger than firlion in the fact that the finger-print system of identifying eriminals in India less been made so perfect that it would challe any intelli-gent person in a few minutes to dis-tinguish the individual. If necessary, from all other persons now living in the world, or, if data were available from all other persons who have lived since the creation of man. The system is simplicity itself, and there is none of the elaboration of process of the costly and delicate machinery required for the anthropometric system. All that is needed is a piece of tin, a sheet of paper and some printer's live. The the distribution into the pigeonholes at the success of the system depends. Every finger mark shows lines of he "loop" or the "whord" type and by a imple table of the combinations of these system. These are again subdi-vided necessary, but with the and infinitum if necessary, but with the intelligence can place his finger on the corresponding card to a record in his hand within five minutes, no mater by a finger has any person of ordin-ary intelligence can place his finger on the corresponding card to a record in his hand within five minutes, no mater by It is calendard that the chances

his and within ive minutes, no matter how many thousand cards there may be. It is calculated that the chances are about 64,000,000 to 1 against any two persons baving single fingers iden-fical and the chances against all ten fingers being identical go beyond math-ematics altogether.

ADULTERATED BEER.

Seittsh Make In Termed Spirit and Water Flavored With Chemicals.

The British workman is under the Impression that when he orders a glass of beer he gets what he asks for. But surely he imagineth a vain thing. What is really handed to him is, in words of a noted brewer, "a fermented saccharine infusion flavored with a wholesome bitter;" "or, as I should pre-fer to call it," remarked Mr. Clare Sew-ell Read to a reporter, "a glass of spirit and water flavored with a few chemi-rels."

Mr. Read was a member of the com Mr. Read was a member of the com-mission appointed to inquire into the purity of our beer, and is so disnatisfied with the do nothing character of the commission's report that he has drawn up a report of his own. "Undoubtedly," he told the represen-tative, "there is a frightful amount of beer adulteration. This is due to the brewers. Publicans dars not mix two heres or add a tesspoonful of water, but brewers may do just what thoy please.

"The glucoses made from potatoes, maize, etc., are the principal element of adulteration. This stuff was tried of adulteration. This stuff was tried on cats. The experiments went on for some months, and where the cats did not turn sick they were positively polsoned. Once the brewers used to employ tobacco as a beer constituent; now they seem to have given it up." "Are the substitutes for malt detri-mental to health?"

"Well, sulpharic acid is used to pro-duce the sugar from the raw grain, and saleylic acid is in great demand by adulterating brewers, but on the whole the British public is chested rather than poisoned, and chested in this way. that, whereas the hariey in pure beer is distinctly nutritions, the saccharine substitute is decidedly not.

substitute is decidedly not. "The excise people don't care a fig. It was all very well in whe old days when the revenue was raised on the malt and sugar used, thus forcing a very careful examination of the beer ingredicents by the authorities, but now-adays all that Somerset House cares about is the strength of the beer, which is the sole basis of taxation. "In Germaby the government is down

is the sole hasis of fixalics. "In Germany the government is down on beer adulteration. Though it allows beer with salicylic acid in it to go abroad it does not think it good enough for Germans, and so forbids its sale in

Germany. "A brewer in Bavaria who uses any-"A brewer in Bavaria who uses any-thing but mait and hops is guilty of a penal offence. The result is that Ba-varian here is a beautiful, invigorat-ing heverage, something like beer, and drunk even by little children. Even the brewers themselves in the rest of Germany petition the government to introduce the Bavarian law, because they know that the beer would be purer and as a consemence would be liter

and as a consequence would sell in

and as a consequence would sell in greater quantities. "The time has come in Britain, too, for a little legislation. We must force brewers to state on their bottles and barrels exactly what the beer contains. Good brewers do that now. See beer." and Mr. Read handed the representa-tive a bottle of beer with the inscrip-tion, "Pure malt and hops," written boldly across it.

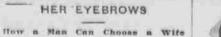
"This is only what is done in the case of other articles; you may not mix mustard with flour without explicitly saying so. It is the same with cocon, chicory, etc. "But the trade opposes the suggestion

on the ground that it is an interference with the liberty of the brewer."

Take cases of the Chairsen. When a child is brought to a strange physician the first question to the pa-rents is: What illness has it had? With the utmost nonchainnee comes the ready answer: "Only children's di-senses," meaning mumps, whooping cough, chicken pox, measles, search fever and diptheria as if these were inevitable consequences of being alive.

fever and diptneria, as if these were inevitable consequences of being alive, says the New York Journal. That is a dangerous deinsion. An acute infectious disease is always a disaster, a sharp misfortune, not only in itself, but on account of possible results. Whooping cough and measles are often the starting rolet of con-

are often the starting point of con-sumption in the young. Paralysis may follow diptheria, and chickennox neensionally cause denti is an average of ten deaths a week all the year round from whooping cough. So-called children's diseases are far from being the simple and harmless conditions that many suppose. Who does not know of dearness due to scar-let fever, and injuries to the eye left by measles? Infectious processes pave the way for nervous disease, and for grip when it is epidemic. In spite of much ignorance and care-lessness, fifth diseases are diminishing. The reports from the Health ing. The reports from the Health Department show an improvement over last year. The number of cases recorded is said to be about a third less, This is attributed in great meas ure to the efforts of medical school in spectors, who find mild cases among school children and see that they are at ones leadstool and tremerly caread at once isolated and property cared for, thus preventing the spread of the disease. Another factor is the confor, thus preventing the spread of the disease. Another factor is the con-stant increase of knowledge gained by the people through the press. The newspaper has become a teacher of hygiens, the most wide-reaching expo-nent of preventive medicine. Through its effective work as an adjunct to health boards preventable disease may in time disappear.



Successfully.

"It's all very well for a girl to plume harmelf upon her pretty eyebrows," and an expert physiognomist to the Hoston Globe man, "but I, who have been studying character for years, have insthaps a rather different point of view. Eyebrows show character, and the wing more will take the state of the the wise man will take note of them when choosing his friends. Eyebrows, for instance, that are wide apart denote rank, generous, unsuspicious and im-

when they meet one may be pretty ure that their owner's temperament is rdent, but jestous and suspicious, 'yebrows which are elevated at start-

operatives which are elevited at star-ing and continue in long, sweeping ince over the eyes, with a downward endency, indicate artistic feeling. "Straight evebrows, forming a firmly defined line close to the eyes, denote great determination and will power. Those which hegin rather strongly and eminate abrauly without power back corminate abrapily without passing be-youd the eyes show an impatient and rancible nature.

EASTWARD.

WESTWARD.

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"Sensitiveness and tenderness are inleated by slightly arched eyebrows, ad firmness of purpose and kindness f heart by those which are straight at

of heart by those which are straight at the beginning and are rather arched at the temples. The eyehrows of people utterly devoid of mathematical power are raised at the termination, leaving A wide spars between them and the corners of the eyes. On the other band, if they are close to the eyes at the end, mathematical talent may gan-sully be safely assumed. "Eyebrows of the same color as the hair show constance, trumens and res-

hnir show constancy, firmness and re-olution; if lighter than the hair they denote indecision and weakness; while Trains have Chambers street, Nev-ork for Port Jervis on week days in 4 or 15, 9 00, 9 15, 10 30 A 31, 100, 3 00 0, 6 30, 7 30, 9 15 F M On Sunday, 00, 7 30, 9 00, 9 15 a, m., 12 30, 2 00 20 and 9 15 a If darker we may probably be right in our surmise that their owner is of an orders, passionate and inconstant dis-

"An energetic and easily irritated us. ure is shown by the hair growing inferent directions; while short, close y-lying hair, growing in one direction, ndicates a firm mind and good percep-tions. An ardent but tendag natura is shown by the hair being hold and Holidays at

When the hair of the sysbrows has a downward droop so that it almost meets the halos when the eyes widely opened, tenderness and melancholy ar-betrayed. The nearer the systerows are 'THE to the eyes, the firmer and the more earnest the character, while the more remote the more volatile and flighty

is the nature of their owner.

Clothing for Young Children. Dolls, Toys and Games,

Clothing for Young Children. It is impossible to estimate the amount of suffering to which young children are condemned by the fads of their parents. The poor little things cannot care for themselves, nor can they protest against the well meant cruelty of these whose charge they are. Societies exist for the prevention of cruelty to children, but their right to interfere stops short of the control of the hygienic hereales of parents. Fortunately for the succeeding gen-Story Books, Christmas Tree Trimmings. ou can get just what you want

Don't Wait, Visit Us Early.

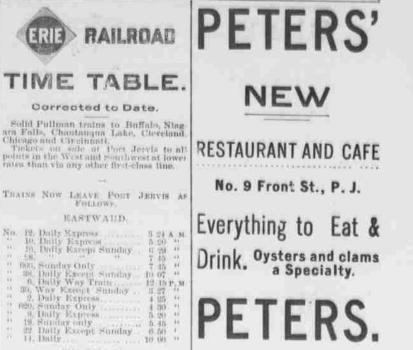
Do not delay but avoid the ru-of the last days. When in Po-Jeivis walk in and look around

the hygicalic hereales of parents. Fortunately for the succeeding gen-erations of mankind, says the Youths Companion, these hygicale faddists are not in the majority and most parents let their children grow up under a com-mon sense method of health training, or perhaps under no method whatever, which is the next best thing. Mistaken parents may be roughly de-signated under two grand divisions— the coddlers and the tougheners—and it Js hard to say which do the more harm. "THE -94 Pike Street, Port Jervis

The theory of the coddlers is that a The theory of the condiers is that a breath of cold air is death dealing to the tender child, and that the chief end of man is the avoidance of draughts; and so they bundle up their children with layer upon layer of heavy woolen garments, from the soles of their feet to the crown of their head. Their children are and to grow up "Formerly Wells' Bazaar."

Their children are apt to grow up weakings, if they grow up at all, but their sufferings are light and their perils few in comparison with these that besy the victims of the toughening on baselines process

or hardening process. The child of this system is bronght up in accordance with the belief that all that is necessary to health and long SHIP YOU 4 FULL QUARTS life is to defy the elements and commo



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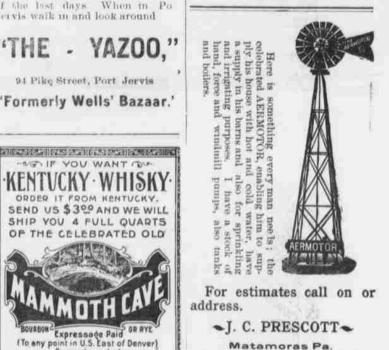
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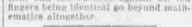
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managed to live "long and happy" in their ignorance of the vermiform ap-pendix. Perhaps like the X-ray, this appendix is the creation of modern weighter, or the need of modern sur-gery. Certain it is that this vermi-form appendix or the knife of the new gery. form appendix or the knife of the new surgeon has largely cortalied the pleas-ures, if not the duration of life. We are in mortal dread of berries, grapes, figs and small seeded vegetables, lest that useless appendix or the ready knife of the surgeon will "do us up." Which is which? I confess I am in considerable doubt. But one of the profession, Dr. Hutton, appears to al-tach more blame to the kalfe than to the appendix. He may be right, He ought to know; I don't, I do know that the knife is fearfully futal. This eminent and experienced Dr. Hutton gives some very cheerful encourage-ment to those chronic sufferers with supposed appendicitis in the Medical Record, from which I quote: "This paper is a protest against the

Record, from which I quote: "This paper is a protest against the current eurgical theory and practice that all cases of appendicitis must be split open. This protest is based on twenty-seven years' experience as phy-sician and surgeon. \* \* My exper-ience is that appendicitis, and all other

belly aches for which men now operate, are promptly amenable to proper med-leaf treatment. I can recall one hun-dred cases treated with synaptoms of this maiady. \* \* \* hut I have never yet met a case of it in which I felt if was my duty to cut or which I relt. was my duty to cut, or which terminal-ed fatally. \* \* \* I shall cite other unimpeachable practitioners who share

my views, that medical treatment avails in this maindy, one showing for-ty-nine out of fifty-one cases success-fully treated—being more than 96 per cent. My treatment for appendicitia is free calomel and soda purgation, supplemented by hot applications, to followed by a saline if action is

Perhaps it would be well to forget the vermiform appendix and let science and surgery fight it out in their own sweet way.-Atlanta Constitution.

Gardening is generally considered one of the healthlest of occupations, but the German Gardeners' Association has issued a warning to those who in-tend entering the industry. They cite the fact that during the years 1889 to 1897 of the 291 members of the asso-ciation who died in Germany to fewer than 142 succumbed to consumption and others effections of the lunce and other affections of the lungs.

Pickerel hooks, lines and tip-ups it Wallace's DR. DAVID Favorite KENNEDy's Remedy The one sure cure for

The Kidneys liver and Blood consumption.

#### Serious Thing to He Fanny.

Senator Depew says that President Garfield once advised him "to stop telling jokes from that day, for I have studied the American public carefully, and it will not place confidence in the man who says humorous taings.'

Washington Star.

"They say that married people got to

"Of course: a man's wife is bound to look filke." "Of course: a man's wife is bound to look like him when she wears fil its collars and cravats."-Chicago Record.

"Alice and Edgar are awfully inlove.

"How do you knew?" "I met them dawdling along togeth-er in the rain resterday. They bota wore new clothes and had no um-brella."-Chicago Record.

"One Minute Cough Cure is the

 'One Minute Cough Cure is the best remedy I ever used for coughs and colds. It is meanalled for whooping cough. Children all like it.'' writes H. N. Williams, Gentry ville, Ind. Never fails. It is the only harmless remedy that gives immediate results. Cures cougns, colds, hoarseness, croup, premmonia, bronchitis and all threat and immediate use means the second dependence of the dependence of the second d 'ung troubles. Its early use prevents indigestion, sour stomach, heartburn and all forms of dyspepsia.

sense. Deluded parents think the are creating a strong constitution, an point triumphantly to some robust 1. who has survived the process, forget ting that it is only children of natur ally the strongest constitution who come through it at all. Formerly fashion aided the toughen-ing faddists, and tiny tots went around

ing industry, and they does went around in the house, and often out of doors with half bare legs and arms and low cut dresses hardly reaching to the knees. Nowadays the dress of young children perhaps leans in the direction of coddling, with its unhealthy neck wraps and ear mufflers.

It is hard in this changeable climate to keep the mean between the two ex-tremes, but parents do not go far wrong who clothe little children in light flannels, in all but the hottes weather, and who vary the outer cloth ing in accordance with the temperature The child should wear closhes enough not to feel cold, but not enough to keep it perspiring, for then cold-catching is inevitable.

Everyboils Steads Have Known II.

A young man with a monster bou-quet of violets on the lapsi of his light overcont rushed up to the local news stand and exclaimed;-

stand and exclaimed.— "Give me copies of all the morning papers. I want to read about it." "Yes sir. All of them have full ac-counts of the election." "I don't care about the election. I want to read about the wedding." "Was there a wedding yesterday Y asked the boy in charge, who has freeides and a turned up mose, and did not appear to care whether he lost his place or not.

"Of course there was." "Suroy

"Super" "Ocrialnily, I was there," "Was it a flue wedding?" asked the boy who had freekles and a turned up nose, and who dich't appear to care unch whether he held his situation or Strathmore Automobile Co. 1 Beacon Street, Boston. not

"How do I knew?" That's what I want to read about."



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