Physician's Ideas That May Be Worth Remembering.
A physician gives these

ense health maxims: Have no faith in the popular notion

that catarrhs and colds are due to cold weather. Most often they are the result of impure air breathed in badly ventilated, overheated dwellings. Adirondack guides, northern trappers or Klondike miners seldom have colds. The inference is obvious.

Pay no attention to the idea that late suppers are injurious. The most vigorous and healthiest of natives have eaten their principal meal at the close of the day's work. Let the close of the day's work. Let the brutes, guided unerringly by instinct, be our teachers. They eat heartily before going to sleep. In healthy persons the stomach knows when it has appetite. It has a voice of its own.

Disregard those who say night air is poisonous and advise you to shut tight the windows. The air without is infinitely purer than that within. Absence of sunlight does not poison it, else the millions who pass the night under the stars would soon perish.

Never be persuaded that bodily strength depends upon eating much flesh food. Meat yields fat, and fat is needed by the human system; but olive oil, nut food, milk and butter would answer the purpose just as

Finally it is prudent to bear in mind dispensable in a cold climate; and that missing a meal often saves a sick man a doctor's bill and a course of drugs .- New York Press.

COULD NOT BE DECEIVED.

Russian Peasants Did Not Understand

a Polite Conductor.

An Englishman traveling in Russia furnishes the following incidents to a London paper-an incident which he personally witnessed and which he says "shows better than volumes of description the customs and social conditions of Russian peasants: a railway station the train is on the point of starting. As usual in Russia, the bell rings three times before departure, to warn the passengers to take their seats. At the first ring the chief conductor, seeing on the platform a group of peasants standing humbly and cautiously together, says very politely to them: "Gentlemen, the first signal is given; please take

One of the peasants, turning to his One of the peasants, turning to his comrades, says: "Dimitri, Ivan, Steven, do you hear? The master tells us to enter the train." "Oh, you stupid," says another. "Are you a gentleman? You heard him say 'gentlemen.' He invited the gentry." There is a second ring of the bell. The conductor calls, hurriedly and angrily: "Please gentlemen take your seats." "Please, gentlemen, take your seats; you hear the second signal."

The same peasant says to the others: "It is for us. We must take out seats. The train will start." "You says his companion. "Do you think you are called a gentleman? Were you ever a gentleman?"
third ring of the bell is heard. The conductor, losing his temper and hustling the peasants forward cries, "Idiots! Pigs! Beasts! Do you hear Be off and take your seats! "That is for us," say the peasants.
"Dimitri, Ivan, hurry up. We must take our seats."

Why "Can Not" is Popular.
"Have you ever noticed," said the
man who finds fault, "how many people avoid the contraction 'can't' nowadays, and make use of the two words 'can not?' I have been so much struck by the prevalence of the latter expression that I took pains to inquire into the cause of it. I find that many people have adopt-

ad the double term because, having heen brought up in a locality where the short sound of 'a' prevailed, they and it almost impossible to twist or other animal in the Maine woods. Their tongues around 'cahn't,' and Just as the great antiers seemed swing.

The short sound of a prevailed, they moose is more dangerous than any bear she was awakened from a trance on his trying to force off the ring.

A correspondence has been so obligations. since they believe that plain, every-ing over his head Bill took steady aim and sent his last shot at the moose. Inferior origin, they cultivate 'can It missed the head, where he had in-

"That requires no short 'a,' and although its persistent use may savor of affectation, it strikes the persons who can not get around 'cahn't' as a great improvement on the short 'a' 'can't.'

Queer Freak of Nature.

A freak of nature in the shape of a ealf with two heads, two necks, three backbones and two tails was born in

Glover, Vt., recently.

Mother

"My mother was troubled with consumption for many years. At last she was given up to die. Then she tried Ayer's Cherry Pectoral, and was speedily cured." and was speedily cured."
D. P. Jolly, Avoca, N. Y.

No matter how hard your cough or how long you have had it, Ayer's Cherry Pectoral is the best thing you can take.

It's too risky to wait until you have consumption. If you are coughing today, get a bottle of Cherry Pectoral at once. Three sizes : 25c., 50c., \$1. All druggists.

alt your doctor. If he says take it, o as he says. If he tells you not it, then don't take it. He knows. It with him. We are willing.

J. C. AYER CO., Lowell, Mass.

Dlack # Adventure.

SAVED BY LAST CARTRIDGE.

HE longest moose hunt on sues the calling of a guide for hunters and kills his full share of game every season. Douglass was born in the woods of Maine, and has never been out of the shade of the pines for longer than a few days at a time. All he knows he has learned in the woods, and he is as much at home in the depths of the wilderness as any bear or wildcat. He can tramp for days without tiring, and, although he has never used a compass, he cannot re-member the time when he was lost, or was in the least doubt which was the shortest way home.

The long moose hunt upon which rests much of the fame of Old Bill Douglass lasted eighteen days, but it yielded a prize that paid him well for his work and exposure, and for the danger he encountered at the last, when the infuriated bull charged upon him and fell before the last shot in his rifle. The season had been a poor one, with few large moose, and as money was scarce and fine moose heads are worth, mounted, from \$400 to \$500. Bill thought it worth his while to go out looking for the biggest bull in the woods.

It was a cold, snowy morning when Bill started to tramp down his moos a difficult undertaking for any man but he was used to cold, hunger and hardship, and made up his mind that if anything worth \$500 was wandering around in the woods he would soon have it. Completely equipped, and with provisions for ten or twelve days, he started to find moose tracks and soon came upon just what he wanted -the tracks of a large bull. He no ticed that the moose had passed between two trees that stood so closely together that the animal's hide came in contact with the rough bark, leaving tufts of hair adhering to both trees. A little further along he saw where the moose had thrown its head into the air. eaving the mark of an antier upon a sapling. From all this he figured out that the animal was a bull of great size—not less than 1200 pounds weight and with antlers spreading upward of sixty inches.

When followed by a hunter a moose for the first few days will keep miles away; after that lagging along, just out of hearing distance. Finally, when nearly tired out and enraged at pur-suit, the animal will turn and make a furious fight if not dropped by a good shot. For twelve days Bill Douglass hung on the trail of a monster moose, and for twelve cold nights he had slept in the woods. The morning of the thirteenth day found him out of food and suffering from rheumatism, but he had no idea of quitting. He shot a buck deer that gave him four days' food, and kept on after the big game.

On the seventeenth day he caught

sight of the moose several times, and saw that he was pretty well tired. On the eighteenth day he noticed blood on the trail, indicating that the game could not hold out long. At 4 p. m. that day the hunter heard a loud bellowing, and the next instant saw the moose charging down upon him like a runaway locomotive. Up went Bill's rifle, and seven shots were sent in rapid succession at the bull, but none of them seemed to have much effect. In three more jumps the bull would be upon him, and there stood Bill, his back against a tree, with only one cartridge left in the magazine.

At such critical time as this a less courageous or less experienced hunter would have become rattled, and that would have been fatal, for a mad bull tended it to go, but served just as well, for it plowed the entire length of the backbone, cutting the hide open as cleanly as if it had been done with a knife, and the bull dropped in his tracks directly at the hunter's feet. It was a monster, weighing 1225 pounds. and said to be, next to the one shot at King Bartlett Lake, the largest moose ever killed in Maine.

That night Bill Douglass would have frozen to death had it not been for the noose hide. He rolled himself in all his blankets, and then wrapped himself up in the warm hide, so that he slept as warm as a bug in a rug. When morning came, however, he was in a tight fix. He had dreamed all night that some one was trying to squeeze him to death, and when he awoke he found that there was something in the dream. The moose hide had frozen stiff and hard as iron, and it was some time before he could get at his knife. with which, after much hard work, he cut his way out. Making a sled of saplings Bill hauled his prize home and it was a \$500 prize, too.-Philadelphia Record. 一世代学科社会社会

SAVED LIKE ALPINE CLIMBER. The Western Massachusetts Fox Club always has considerable trouble in finding bounds that fail to return to their owners after the annual hunt,

and this year is no exception. A week ago one or two men made a circuit of the out districts and succeeded in finding two missing dogs. One, that bad been missing since the previous Wednesday, the first day of the hunt, was Bob, owned by Edward Williams, of Southwick, and one of the best fox dogs in Western Massachusetts. He is quite old now, but is

following a trail.

On Wednesday he drove a fox fron Pochassic over Pitcher street and across the valley to Mount Tekoa, where he followed the scent all night. He is a dog that generally finds his way home readily, but this year he did not return, and Mr. Williams was record in Maine is credited to William Douglass, of Eustis, who now, at the age of eighty-six, still purst the calling of a crude of the count for the animal's absence, until Friday or Saturday, when people living in the vicinity of Mount Tekoa beard a document of Mount Tekoa very much worried, as he had become in trouble.

Word was sent to Frederick F. Shepard, and he hired James B. Hazleton and Charles N. Lewis to rescue the It was learned that Bob was on a ledge and could neither get up not down the mountain. At Fairfield two ropes were procured and a boy was found who was willing to assist. Mr. Hazleton remained at the foot of the mountain, while Mr. Lewis and the boy started to scale the ledges. They made good use of the ropes, and when within about 100 feet of the top, Mr. Lewis caught sight of the hound lying on a small shelf of rock under a steep ledge The dog had evidently lost his footing and slipped down the ledge, but had landed on the shelf of rock, the dimensions of which were about two by three feet.

The boy was lowered by means of the ropes and Mr. Lewis remained above to do the heavy pulling. The dog was very weak, but lapped the hand of his rescuer gratefully the boy tied a noose behind the dog's shoulders and Mr. Lewis hauled him up the fifteen-foot ledge. The boy was hoisted up and together the two start-ed down the mountain with the hound.

It was growing dark when the pair started and had they not had the ropes with them, they would undoubtedly have had to remain on the mountain side all night. On the way down the incline the dog found some water, and after lapping it eagerly he became At the foot of the mountain Mr. Hazleton met the party. He had bout made up his mind that some ac cident had befallen them, and was about to go for aid to search for the pair .- New York Sun.

CHARLES CARROLL'S BRAVERY. There is one episode in history which made a great impression on me the first time I remember hearing about it, and that impression has not been lost or even become fainter in the years that have passed since.

It happened in July, 1776, when a group of men, representatives of the American people, were gathered to-gether about a table, signing their names to that great work known as the Declaration of Independence.

Among the last to come forward was a man from Maryland, and after writing his name, Charles Carroll, one land ever gets us in her power we are sure to be hung as traitors. But there are other men in the colonies by the name of Charles Carroll, so you have more of a chance to escape."

For a moment there was silence; then Carroll picked up the pen and after his signature wrote the words: "Of Carrolltown"-the only man in all those fifty-six to tell the name of the town n which he lived.

Other things, perhaps, of far more importance to the world have taken place than when Charles Carroll wrote the name of his town after his own; but the remembrance of his unselfishness and bravery will ever be treasured in my mind as an evidence of those qualities which I most admire.-League Prize Story in St. Nicholas.

FLED IN TERROR.

I gave an account on July 23 of the queer story of Lady Mount-Edgecumbe being buried alive toward the end of the eighteenth century with a valuable ring on her finger, and upon the sexton of the church entering the vault at night and opening the coffin

ing as to communicate the particulars of a similar occurrence, the heroine of which was Lady Catherine Wyndham, daughter of the Duke of Somerset, wife of Mr. William Wyndham and mother of the first Earl of Egremont She died (as was supposed) at Orchard Wyndhams, the family seat at Somersetshire, and was burled in a vault be neath the Church of St. Decuman's, near Watchet. The sexton went down into the vault at night, opened the coffin and endeavored to force a ring off her fluger. Lady Catherine awoke from her trance, got up and lighted herself home with a lantern which the sexton had left behind in the vault when he fled in terror. A few months afterward she presented her husband with twins, one of whom became Sir Charles Wyndham and Earl of Egremont .- London Truth.

FOUGHT A BLACK SNAKE.

Frank Debevoice, who lives in Har-iem, was taking a stroll through Richfield, N. J. He was passing a clump of underbrush when he hard a hissing sound. He turned over a portion of the brush and was astonished to see a big blacksnake rear its head menacingly. The snake seemed to be in an angry mood and inclined to show fight.

The mild weather had probably brought it from its lair to seek the sunshine. Debevoise did not wait for the snake to attack him, but struck it across the back with his cane. The blow only seemed to enrage it and tried to wind itself around his It was a five minutes' battle Debevoise killed it. The si

General Joubert is g purpose of starting

She Funny Side of Life.

Inough love, they say, "will find the way,"
There's one thing may delay it;
The lover's mind is taxed to find
The wherewithal to pay it.
—Catholic Standard and Times.

A TRAMP'S REVENGE. "Say, boss, have you got a quarter?"

"No, I haven't."
"You look it."—Brooklyn Life, JANE HAD HER REASON.

"Jane, why don't you wash those

indows? I can't look out." "Well, if I wash 'em the neighbors will look in."—Cleveland Plain Dealer.

WITHIN LIMITS. "Why, I understand they were simply

olling in wealth."
"Well, I believe they have to be rathcareful not to roll too far."-Philadelphia Press.

DANGEROUS Frank-"What success did you have

n your hunting trip in Maine?" Arthur-"Bully. I shot two guides and wounded a lumberman."-Chelsea (Mass.) Gazette.

FEMININE CHARITY.

"My motto," said Miss Elderleigh, "is

"And, of course," rejoined Miss Youngerton, "I don't blame you for living up to it."—Chicago News.

WHY THEY DIDNT. "Hazel came over to-night to study ith me," explained Dorothy.

"And did you do much studying?" "Well, we would have if there hadn't een so much to talk about."—Chicago

FAIR PLAY.

Edmonia-"Have you any rules in your married life?"
Eustacia—"Yes; Eustace insists that

the one who begins the quarrel must begin the making up."-Detroit Free

HELPING HIS WIFE. Wife-"I have been thinking I ought o give you a birthday present, Har-

Husband-"Oh, well, just write down what it shall be and I'll buy it on my way uptown."-Town Topics.

BUSINESS TRUTH.

"The P. X. & Y. is the most enter-prising railroad in the country," Jumppe-"Why?"

"They now run excursions and observation trains to the scenes of all their important wrecks."—Life.

NOTHING HOME-MADE.

Mrs. Gaddie-"I see you're going in for society. Has your daughter made her debut yet?"

Mrs. Nuritch-"Well, I should say not. She got all them things made to order in Paris,"-Philadelphia Press.

KNEW HIS BUSINESS.



Fair Customer-"I only wear number wos. but these don't fit me.' The Clerk-"No; they're too large, I'll (To the stock ret you a smaller pair."

boy)-"Get me a pair of fives."

PROFIT WITH THE BRUSH. "Do you think it possible for a man who is clever with the brush to make living these days?" asked the discouraged artist.

"Yes," responded the cruel cynic, "if he is a bootblack."—Philadelphia Re-

ONE WAY OF PUTTING IT. The old farmer was telling a story that was very hard to believe. neighbor, who had been in several orse trades with him, listened in sience for a while. Then he spoke: "Look-a-here!" he said. talkin' horse or truth?"-Chicago Post.

HESITATED AND DIDN'T LOSE. "Never was glad for this impediment in my speech but once," said the man from the country.

"When was that?"

"Fe-fe-fellow asked me h-h-how much I would take for a-a horse, and while I-I-I was t-trying to tell him f-forty pounds he offered me fifty."-

NO HOLDING THEM BACK. Mr. Bowman—"I remember attend-ing thday party of Miss Passay's go that was quite an



Mrs. Fairbanks tells how neglect of warning symptoms will soon prostrate a woman. She thinks woman's safeguard is Lydia E. Pinkham's Vegetable Compound.

"Dear Mrs. Pinkham:—Ignorance and neglect are the cause of untold female suffering, not only with the laws of health but with the chance of a cure. I did not heed the warnings of headaches, organic pains, and general weariness, until I was well nigh prostrated. I knew I had to do something. Happily I did the right thing. I took Lydia E. Pinkham's Vegetable Compound faithfully, according to directions, and was rewarded in a few weeks to find that my aches and pains disappeared, and I again felt the glow of health through my body. Since I have been well I have been more careful, I have also advised a number of my sick friends to take Lydia E. Pinkham's Vegetable Compound, and they have never had reason to be sorry. Yours very truly, Mrs. May Fairbanks, 216 South 7th St., Minneapolis, Minn." (Mrs. Fairbanks is one of the most successful and highest salaried travelling sales women in the West.)

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhea, displacement or ulceration of the word, that bearing-down feeling, inflammation of the ovaries, backache, bloating (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-belett-alone" feelings, blues, and hopelessness, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such troubles. Refuse to buy any other medicine, for you need the best.

"Dear Mrs. Pinkham:— For over two years I suffered more than tongue can express with kidney and bladder trouble. My physician pronounced my trouble catarrh of the bladder, caused by displacement of the womb. I had a frequent desire to urinate, and it was very painful, and lumps of blood would pass with the urine. Also had backache very often.

"After writing to you, and receiving your reply to my letter, I followed your advice, and feel that you and Lydia E. Pinkham's Vegetable Compound have cured me. The medicine drew my womb into its proper place, and then I was well. I never feel any pain now, and can do my housework with ease."—Mrs. Alice Lamon, Kincaid, Miss. "DEAR MRS. PINKHAM: - For over two years

No other medicine for female ills in the world has received widespread and unqualified endorsement.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness.

Lydis E. Pinkham Medicine Co., Lynn, Mass.

Ancient Legal Paper.
Whitman King is the proud possessor of the most ancient legal paper among the Kings of South Raynham Mass. It is in the form of a deed drawn up by Philip King and Samuel Hall, bearing the date of 1698 and signed by Gov. William Bradford.

The U. S. Dept. of Agriculture

Gives to Salzer's Oats its heartiest endersement. Salzer's New National Oats yielded in 1903 from 150 to 200 bu. per acre in 30 different States, and you, Mr. Farmer, can beat this in 1904, if you will. Salzer's seeds are pedigree seeds, bred up through careful selection to big yields.

Per Acre.

them, Mr. Farmer, in 1994.
SEND 10c. IN STAMPS.
and this notice to the John A. Salzer Seed
Co., La Crosse, Wis., and you will get their
big catalog and lots of farm seed samples
free. [A. C. L.]

A man robs himself if he does not make the best of his time.

Go right on doing right, at any cost, till death comes.

The bribery hearing in Grand Rapids-was continued and J. Boyd Pantlind confessed having made a false state-ment on the witness stand previously out of friendship for one of the ac-

Mrs. Winslow's Soothing Syrup for children teething, soften the gums, reduces inflamma-tion, allays pala, cures wind colle. 25c. a bottle Nothing pleases the average woman nuch as her ability to reverse a man's

The Wonderful Cream Separa Does its work in thirty minutes a leaves less than 1 per cent, butter fac. The price is reliculously low, according to size, \$2.75, to \$6.00 each, and when you have one you would not part therewith for fifty times its cost. JUST SEND THIS NOTICE

wit 1 5c. stamps for postage to the John A. Salzer Seed Co., La Crosse, Wis., and net their big catalogue, fully describing this remarkable Cream Separator, and hundreds of other tools and farm seeds used by the farmer. [A. C. L.]

Economy is the road to wealth. PUTNAM FADELESS DYES is the road to econ-



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