

**Write It Down.**  
Write it down in a book, so you can see every day, that St. Jacobs Oil is as sure to cure Lame Back or Lumbago as you write it down. It does its best with it and leaves behind a cure that stays.

The French imports for 1898 increased 204,033,000 and the exports decreased \$90,487,000.

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

Yale students have erected a substantial building to be devoted to mission and social work.

**Easy Chances.**  
A slip may sprain, a thump may bruise; easy chances for pain and trouble. An easy way to cure right off is to use St. Jacobs Oil. It takes no chances and knows what it can do.

On the average in Russia there is only one village school for 12,000 persons.

**Beauty Is Blood Deep.**  
Clean blood means a clean skin. No beauty without it. Cascarets, Candy Cathartic, clean your blood and keep it clean, by stirring up the liver and driving all impurities from the body. Begin to-day to banish pimples, boils, blotches, blackheads, and that sickly bilious complexion by taking Cascarets,—beauty for ten cents. All druggists, satisfaction guaranteed, 10c, 25c, 50c.

One pound of Indian tea will make 170 strong cups of the beverage.

**To Florida Resorts.**  
The Plant System reaches the finest resorts in Florida, Cuba, Jamaica and Porto Rico. Tickets by both rail and water from the East. Tri-weekly steamship service between Port Tampa, Key West and Havana. Beautifully illustrated literature, maps, routes, etc., upon application to J. J. Farnsworth, Eastern Pass. Agent, Plant System, 261 Broadway, New York.

Americans pay \$8,000,000 for looking glasses.

**Trifling that Costs.**  
There is a way of trifling that costs a heap of money. Neglect rheumatism and it may put one on crutches, with loss of time and money. St. Jacobs Oil will cure it surely, right away.

Consumption was unknown in Mexico until the last three years.

**To Cure a Cold in One Day.**  
Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. 25c.

In very clear water sunlight may penetrate to a depth of over 1500 feet.

**Knocks Coughs and Colds.**  
Dr. Arnold's Cough Killer cures Coughs and Colds. Prevents Consumption. All druggists. 25c.

Michigan legislators drink mineral water at the expense of the State.

**Lane's Family Medicine.**  
Moves the bowels each day. In order to be healthy this is necessary. Acts gently on the liver and kidneys. Cures sick headache. Price 25 and 50c.

The people of London are computed to spend \$6,000,000 daily.

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

It is estimated that one crow will destroy 700,000 insects every year.

I could not get along without Piss's Cure for Consumption. It always cures.—Mrs. E. C. Moulton, Needham, Mass., October 22, 1894.

In 1833 Wisconsin had a population of 2333. To-day it is about 2,000,000.

Like oil upon troubled waters is the influence of Hale's Honey of Horehound and Tar upon a cold.

Good players on the harp are the scarcest of all musical performers.

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

Married couples in Norway can get railway tickets at less than the regular rate.

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

**Gibraltar's Great Guns.**  
It has been assumed by a large number of people, especially in England, that Gibraltar has always commanded the straits which bear its name. That belief was erroneous until recently. The straits are twelve and a half miles wide, and the best guns mounted at Gibraltar heretofore could not possibly cover that distance. A few weeks ago, however, two of the newest 9.2-inch wire guns, thirty-six feet in length and firing a projectile of 380 pounds weight, were mounted on Europa Point. These guns have a range of fifteen miles and are most formidable weapons.

**Remarkable Whist Hands.**  
F. H. Johnson, W. W. Beckwith, S. A. Weller, Mr. Tracy and Mr. Fallon were playing whist at Holihan's Inn in Derby when a deal was made in which every player received a full suit of cards. It is said that such hands have been reported only three times, twice in London and once in New York.—Hartford (Conn.) Courant.

**SCIENTIFIC SCRAPS.**  
The Nile has a fall of only six inches in 1000 miles.

A physician declares that people who sleep with their mouths shut live longest.

A snake does not climb a tree by coiling around it, but by holding on with the points of its scales. A snake could not climb a glass pillar.

Recent chemical experiments prove that all waters have action on copper; that "hard" water takes up little lead from lead pipes, but that "soft" water and carbonated water dissolve considerable quantities.

At the Paris Academy of Medicine Dr. Doyan gave the other day his experience in regard to the result of 146 cases of surgical operations on the stomach. There were only twenty-two deaths in all, and twenty of these were in cases of cancer.

The slime secreted by ducts along the side of a fish, according to a recent investigator, keeps the scales from harm, increases the speed of the fish, and makes it difficult to hold by its enemies. Probably the smell of it is also repugnant to other fishes. Moreover, it protects the fish against the attacks of a fungus.

**FOR SLEEPLESSNESS.**  
A Good Cry Is Considered the Cure for Insomnia.

Medical science is rampant just now. We have been told not to do so many things that if we obeyed all our counsellors we should be in a parlous state. The latest information—from a Russian doctor—is that we must try not to blush, laugh or weep much, unless we want to suffer from insomnia. His observations have led him to conclude that persons who do either of these three things "easily" are more liable to sleeplessness than others.

I should like to be told how we are to help blushing. Is not the timid debutante always asking that question and asking it in vain? And is she afflicted by want of sleep? As regards laughter, I have observed that nervous people often have a bad night if they have been tempted to excessive hilarity just before bed time, but as to the effects of weeping I am not sure. It has been said that the greatest sufferers from insomnia are the people who rarely allow themselves the relief of what we call "a good cry," but rather let their sorrows eat their hearts out in stoical silence.

One does not lie awake brooding over a trouble which may be soothed by tears. But now let me give you a brand-new remedy for sleeplessness—new, at least, to this country, for it comes from the Samoan Islands. The natives, when inclined to be wakeful, get up and hunt around until they find a snake. Having caught their soother they confine him in a hollow bamboo, when he emits a hissing sound, which—so we are told—is unfailing in the inducement of sleep. Here we have, I think, at last the answer to the famous puzzle propounded by Josh Billings: "The reason why snakes wuz bilt has never yit been diskovered." The efficacy of the remedy, if practiced on an American, would no doubt depend upon the certainty that the scaly sorpotic was really "confined in the bamboo."

**Craze for Polar Research.**  
Never in the history of the world has there been such intense interest in polar search as today. No less than ten expeditions are feeling their way to the extreme north and the extreme south, and private enterprise and the public purse have given millions to aid in the work. Andree is not counted in the list because his fate is so uncertain. Indeed, if that daring balloonist returns alive it will add another marvel to the nineteenth century.

As for those who are on their way to the north and south poles, let us enumerate: Wellman and Peary represent America; Sweden has Nathorst, Nordenskjold, and Stading in the arctic field; Sverdrup and Borchgrevink on behalf of Norway are searching in the south; Andree is bearing Denmark's standard to the northward; Russia has sent Admiral Makarov to look for the pole; LaChambre's party represents France; Prince Luigi heads an Italian expedition; Von Drygalski is reaping well-earned honors for Germany in the far south, while Belgium has pinned her faith to De Gerlach's force.

Nor will the work stop here. It is proposed to send three more expeditions next year. The British Geographical Society is raising \$250,000 for an expedition; the Quebec Geographical Society will send Capt. Bernier over the route Nansen took, and Prof. Steehn will take out an expedition for the Paris Geographical Society.

And all for what? Only the empty honor of being the first to reach an almost inaccessible spot. For the honors are empty. The world will not be by the smallest fraction benefited by any discovery at either of its logical extremes. Good money and good lives are being thrown away for nothing. If the same amount of enterprise and money were expended in exploring and mapping Africa or South America that is spent in the race for the pole the world would be vastly better off and humanity would receive some returns for its sacrifices.—Philadelphia Inquirer.

Signs Infallible.  
"Madam," smiled the doctor, "your husband is well again. His liver is in perfect condition."  
"I know it. He paid the bill for my hat without a protest and then asked me if I didn't think I would better get a nice winter wrap of some kind."  
—Detroit Free Press

**DO YOU COUGH**  
DON'T DELAY TAKE  
**KEMP'S BALSAM**  
THE BEST COUGH CURE

It cures Colds, Coughs, Sore Throat, Croup, Influenza, Whooping Cough, Bronchitis and Asthma. A certain cure for Consumption in first stages, and a sure relief in advanced stages. Use at once. You will see the excellent effect after taking the first dose. Sold by dealers everywhere. Large bottles 50 cents and \$1.00.

**HEADACHE**  
"Both my wife and myself have been using CASCARETS and they are the best medicine we have ever had in the house. Last week my wife was frantic with headache for two days, she tried some of your CASCARETS, and they relieved the pain in her head almost immediately. We both recommend CASCARETS."  
CHAS. STEEDFORD,  
Pittsburg Safe & Deposit Co., Pittsburg, Pa.

**CANDY CATHARTIC**  
**Cascarets**  
REGULATE THE LIVER

Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sickens, Weakens, or Grips. 10c, 25c, 50c.

**CURE CONSTIPATION.**  
Selling Everywhere, Chicago, Montreal, New York, 517

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

An Expensive Experiment.

A South Side man who is a clerk in one of the leading banks on this side of the river, was in a communicative mood last night. During a conversation about various things he took on a retrospective air and said: "There is nothing like the faithful discharge of one's duties, but it is sometimes an experiment."

On being questioned as to the cause of the remark he replied: "Well, it reminds me of an experience I had while employed in a prominent Fourth avenue bank. I don't mind telling it to you. The head bookkeeper was a character in many ways. Method was his hobby. He had a way of doing everything and he never varied from the rules he set down. Exactness in his accounts was a particular fad, and he spared no pains in carrying his ideas into effect. One afternoon in balancing our books it was found we was short one cent. We searched and searched, but when it came to the usual time for going home that cent was still missing.

"Do you think the head bookkeeper would allow us to go? Not much. Several of us had engagements we wanted to fulfill, but it made no difference. Supper time came and we were no farther ahead than when we started. Headed by the bookkeeper we repaired to a neighboring restaurant for supper and then returned to work. After several hours the missing cent was found and the accounts balanced. But in the figuring it was discovered that in searching for the discrepancy of one cent the bank had incurred a bill for supper to the amount of \$7.50."

**SYRUP OF FIGS**  
NEVER IMITATED IN QUALITY!

THE EXCELLENCE OF SYRUP OF FIGS is due not only to the originality and simplicity of the combination, but also to the care and skill with which it is manufactured by scientific processes known to the CALIFORNIA FIG SYRUP Co. only, and we wish to impress upon all the importance of purchasing the true and original remedy. As the genuine Syrup of Figs is manufactured by the CALIFORNIA FIG SYRUP Co. only, a knowledge of that fact will assist one in avoiding the worthless imitations manufactured by other parties. The high standing of the CALIFORNIA FIG SYRUP Co. with the medical profession, and the satisfaction which the genuine Syrup of Figs has given to millions of families, makes the name of the Company a guaranty of the excellence of its remedy. It is far in advance of all other laxatives, as it acts on the kidneys, liver and bowels without irritating or weakening them, and it does not gripe nor nauseate. In order to get its beneficial effects, please remember the name of the Company—

**CALIFORNIA FIG SYRUP CO.**  
SAN FRANCISCO, CAL.  
LOUISVILLE, KY. NEW YORK, N. Y.

**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.

The children may drink it without injury as well as the adult. All who try it, like it. GRAIN-O has that rich seal brown of Mocha or Java, but it is made from pure grains, and the most delicate stomach receives it without distress. 4¢ the price of coffee.

15 cents and 25 cents per package. Sold by all grocers.

Tastes like Coffee  
Looks like Coffee  
Insist that your grocer gives you GRAIN-O  
Accept no imitation.

**DR. SETH ARNOLD'S**  
**COUGH KILLER**  
CURES WHEN OTHERS FAIL  
ALL DRUGGISTS

Send Postal for Premium List to the Dr. Seth Arnold Medical Corporation, Woonsocket, R. I.

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

**Humanizing War.**  
A Russian chemist has discovered a most powerful anesthetic, several times more powerful than chloroform. Experiments are being made at St. Petersburg to see if it cannot be inclosed in bombs, which would have the extraordinary effect of anesthetizing instead of wounding the enemy.

Judge Pelton, of the Georgia Supreme Court, recently adjourned court because one of the witnesses preferred, instead of testifying, to keep an engagement to be married.

627.50 Round Trip Rate, New Orleans, La., Mardi Gras Festivities, February 14th, 1899.

For the above occasion the Southern Railway will sell tickets to New Orleans at one fare for the round trip from Washington, \$37.50. Tickets on sale February 7th to 13th, (Inclusive) from New York, \$42.00. Double daily fast trains leaving New York 4:30 P. M. and 12:05 A. M. Through Pullman drawing room sleeping car, New York to New Orleans. Dining car service on both trains. The Mardi Gras festivities, which take place in New Orleans this year, will be more largely attended than any similar occasion heretofore. For further information call on or address Alex. S. Thweatt, Eastern Passenger Agent, 271 Broadway, New York.

Brazil raises about 360,000 tons of coffee annually.

**\$100 Reward. \$100.**  
The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly on the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address  
F. J. CHENEY & Co., Toledo, O.  
Sold by Druggists, 75c.  
Hall's Family Pills are the best.

Most of the phosphorus used in the world comes from bones.

**Coughs Lead to Consumption.**  
Kemp's Balsam will stop the cough at once. Go to your druggist to-day and get a sample bottle free. Sold in 25 and 50 cent bottles. Go at once; delays are dangerous.

Russia's export of eggs exceeds 1,500,000,000 a year.

Fits permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. \$2 trial bottle and treatise free. Dr. R. H. KLINE, Ltd., 931 Arch St., Phila., Pa.

Sleight races are fashionable in Switzerland, especially at Arona.

**No-To-Bac for Fifty Cents.**  
Guaranteed tobacco habit cure, makes weak men strong, blood pure. 50c. \$1. All druggists.

England gets \$150,000 a year from the worn out uniforms of its army.

**Do You Want Consumption?**

We are sure you do not. Nobody wants it. But it comes to many thousands every year. It comes to those who have had coughs and colds, and their throat is raw, and the lining membranes of the lungs are inflamed. Stop your cough when it first appears, and you remove the great danger of a future trouble.

**Ayer's Cherry Pectoral**

stops coughs of all kinds. It does so because it is a soothing and healing remedy of great power. This makes it the greatest preventive to consumption.

Put one of Ayer's Cherry Pectoral Plasters over your lungs

**A whole Medical Library Free.**  
For four cents stamps to pay postage, we will send you sixteen medical books.

**Medical Advice Free.**  
We have the exclusive services of some of the most eminent physicians in the United States. Unusual opportunities and long experience enable us to advise them for giving you medical advice. Write for all the particulars in your case. You will receive a prompt reply, without cost.

Address, DR. J. C. AYER, Lowell, Mass.

**After the Grip**

Thousands of people say Hood's Sarsaparilla quickly restores the appetite, regulates the heart, vitalizes the blood, cures those sharp pains, dizziness, heavy head, that tired feeling. Hood's Sarsaparilla has marvelous power to expel all poisonous disease germs from the blood, and overcome the extreme weakness which is one of the peculiar effects of the grip.

Get only **Hood's Sarsaparilla**  
America's Greatest Medicine for the grip.  
**Hood's Pills** cure all Liver Ills. 25 cents.

**A Soldier's Fortitude.**  
Here is a story given in the New York Sun. Its pathos and its exhibition of a soldier father's patriotic pride will appeal to feeling and to sympathy. When, on the battle-line, tidings came to Captain Capron of the regulars, announcing the death of his son, killed at Las Guasimas, he went, when duty permitted, to where the body lay. The dead soldier's hat was placed over his face. His poncho covered his body. Only the feet, clad in mud-clothed shoes, were visible. White-faced, but sternly erect, the father stood, gazing upon the last of three brave sons. Then, gently lifting the hat from the face of the dead, and looking at it with tearful eyes, he said, with proud tenderness: "Well done, my boy!" Soon replacing the hat, he strode off, with soldierly earnestness, to where his duty lay, to die, a few months later, of disease contracted at Santiago.

**COULD NOT SLEEP.**  
Mrs. Pinkham Relieved Her of All Her Troubles.

"Mrs. MADGE BARCOCK, 176 Second St., Grand Rapids, Mich., had ovarian trouble with its attendant aches and pains, now she is well. Here are her own words: "Your Vegetable Compound has made me feel like a new person. Before I began taking it I was all run down, felt tired and sleepy most of the time, had pains in my back and side, and such terrible headaches all the time, and could not sleep well nights. I also had ovarian trouble. Through the advice of a friend I began the use of Lydia E. Pinkham's Vegetable Compound, and since taking it all troubles have gone. My monthly sickness used to be so painful, but have not had the slightest pain since taking your medicine. I cannot praise your Vegetable Compound too much. My husband and friends see such a change in me. I look so much better and have some color in my face."

Mrs. Pinkham invites women who are ill to write to her at Lynn, Mass., for advice, which is freely offered.

**After-Effects of the GRIP**

Grip is a treacherous disease. You think it is cured and the slightest cold brings on a relapse.

Its victims are always left in a weakened condition—blood impure and impoverished; nerves shattered. Pneumonia, heart disease and nervous prostration are often the result.

Dr. Williams' Pink Pills for Pale People will drive every trace of the poisonous germs from the system, build up and enrich the blood and strengthen the nerves. A trial will prove this. Read the evidence:

When the grip last visited this section Herman H. Eweler, of 511 W. Main St., Jefferson, Mo., a well-known contractor and builder, was one of the victims, and he has since been troubled with the after-effects of the disease. A year ago his health began to fail, and he was obliged to discontinue work. That he lives to-day is a most marvelous miracle. He says: "I had palpitation of the heart and a general debility. My back also pained me severely. I tried one doctor after another and numerous remedies suggested by my friends, but without apparent benefit, and began to give up hope. Then I saw Dr. Williams' Pink Pills for Pale People extolled in a St. Louis paper, and after investigation decided to give them a trial.

"After using the first box I felt wonderfully relieved and was satisfied that the pills were putting me on the road to recovery. I bought two more boxes and continued taking them.

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Mr. Eweler will gladly answer any inquiry regarding this stamp is enclosed.—From Col. G. Demorest, Jefferson City, Mo.

Look for the full name on the package. At druggists or direct from the Dr. Williams' Medicine Co., Schenectady, N. Y. 50c. per box. 6 boxes \$2.50.

**THE SOUTH.**  
FLORIDA, CUBA, MEXICO and CALIFORNIA.

**Southern Railway.**  
SHORTEST AND QUICKEST ROUTE.

For information apply to  
GEO. C. DANIELS, Trav. Pass. Agent,  
229 Washington St., Boston.  
ALEX. S. THWEATT, East. Pass. Agent,  
271 Broadway, New York.

**Happy Pills**  
The greatest remedy for  
**MALARIA, CHILLS & FEVER,**  
Grippe & Liver Diseases.  
KNOWN ALL DRUGGISTS. 35c.

**TO DOCTORS.**  
A young physician's chance to step into an established, profitable practice, in one of the best residential sections of Brooklyn, including a handsome home, completely furnished, in perfect order, and a complete medical outfit; WILL BE SOLD AT A SACRIFICE; owner retiring from the profession. Title cash required. Address: DESMOND DUNNE COMPANY, Eagle Building, Brooklyn, New York.

**DROPS NEW DISCOVERY.**  
Quick relief and cures worst cases. Book of testimonials and cure warranted. Proc. Dr. H. H. GASTON'S BOND, E. D. Atlanta, Ga.

WANTED—Use of bad health that R-L-P-A-N will not benefit. Send 5c. to Ripans Chemical Co., New York, for 10 samples and 100 testimonials.

**MENTION THIS PAPER WHEN REPLYING TO ADVTs. NYNU-5.**

If afflicted with sore eyes, use **Thompson's Eye Water**

**THE GLORY OF MAN!**  
Strength, Vitality, Manhood.  
THE SCIENCE OF LIFE; OR, SELF-PRESERVATION.

A Great Medical Treatise on Happy Marriages, the cause and cure of Exhausted Vitality, Nervous and Physical Debility, Atrophy (wasting), and Variocoele, also on ALL DISEASES AND WEAKNESSES OF MAN from whatever cause arising. True Principles of Treatment. 370 pp. 12mo, with Engravings.

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It contains 125 invaluable prescriptions for acute and chronic diseases. Embossed, full gilt, PRICE ONLY \$1 BY MAIL (sealed). (New edition, with latest observations of the author.)

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Others Fail. Consultation in person or by letter, 9 to 6; Sundays 10 to 1. Confidential.

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**BUY NORTHERN GROWN SEEDS**

Salzer's Seeds are Warranted to Produce.

John A. Salzer Seed Co., Lacrosse, Wis.

**Happy Pills**  
The greatest remedy for  
**MALARIA, CHILLS & FEVER,**  
Grippe & Liver Diseases.  
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