"I'm SoTired!"

As tired in the morning as when I go to bed! Why is it? Simply because your blood is in such a poor, thin, sluggish condition it does not keep up your strength and you do not get the benefit of your sleep. To feel strong and keep strong just try the tonic and purifying effects of Hood's Sarsaparil a. Our word for it, 't will do you goed.

Hood's Sarsaparilla Is America's Greatest Medicine.

Hood's Pills cure all liver ills. 25 cents.

WAR ATLAS.

The Seaboard Air Line has gotten out and placed in the hands o! all its Ticket Agents at principal points, a War Atlas, showing the United States, European Countries, Cape Ve de and Phillippine Islands, Cuba and its larger cities in detail, and with maps of the World, North America, Europe and South America.

These Atlases are full of information and will prove of great assistance in understanding the movements of fleets and armies as given in the newspapers. On account of the great expense of getting out this Atlas, the Seaboard Air Line is compelled to fix a price of twenty-five cents each, which is merely nominal.

They can be obtained upon application to Agents, Representatives or to T. J. Anderson, General Passenger Agent, Portsmouth, Va. 2t.

COULD NOT SLEEP.

Mrs. Pinkham Relieved Her of All Her Troubles.

Mrs. MADGE BABCOCK, 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 Compornd has made me feel like a new person.

Before I began taking it was all run down, felt tired and sleepy most of the time, had pains in my back and side, and such terrible

heidaches all the time, andcould not sleep well nights. I al-

so had ovarian trouble. Through the advice of a friend I began the use of I ydia E. Pinkham's Vegetable Con pound,

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 as d have some color in my face."

LANCASTER DISTRICT.

BY REV. J. H. JACKSON, P. E.

The work of Zion in this district is alive. Lancaster station held by Rev. W. A. Blackwell is moving on as never before. He and members are laboring with untiring energy on their new brick church. He is a scholar, preacher, and a successful leader.

Centennial church under Prof. M. D. Lee, is moving on nicely. The new sash have been put in and an old debt for lumber paid, and now he will soon begin to ceil. He is a preacher and scholar as you all know.

Rev. J. M. Erwin, the "lion of the tribe of Zion," is carrying the country. He is a preacher and successful pastor and allows no interest to lag in his work. He has purchased a bell for Mt. Moriah. Zion is safe in his hands.

Rev. W. M. Davis is succeeding well at Camp Creek. His people love him. He paid out in the second quarter. God bless him.

Rev. R. A. McCreary of Mt. Carmel hopes to build soon. His wife has been very seriously ill for some time and odds have been against him. He is a good pastor. Rev. S. C. Coureton has made improvements at both churches. He has put in a bell at Mt. Tabor and finished ceiling Corner Rock. He carries the people.

Rev. A. D. Miller has ceiled Mt. Nebo and will dedicate it on the second Sunday in July. He is a good pastor.

Rev. R. W. Wilson of Steel Hill circuit, that preacher, law-maker and disciplinarian, is moving things. He has finished seating the church at Steel Hill.

Rev. T. S. Barnes has built a fine church at Gold Hill and is remodeling and ceiling Ell Bethel. He knows no failure and will succeed.

Rev. E. Martin, that preacher and building man, is getting on nicely. He has framed a nice church at Pleasant Valley and it is now ready for covering and flooring.

Rev. A. J. Johnson is building a fine church at Fort Mills. Zion as been held out of this place for

A Startled Mether.

THE STAR OF ZION.

From the Freeport (JU.) Bulletin. While busy at work in her home, Mrs. William Shay, corner of 'Taylor and Hancock Avenues, Freeport, Ill., was startled by hearing a noise just behind her.



happening is best told in Mrs. Shay Was Startled. the mother's own words. She said: "On the 28th of Sept., 1896, while in the bloom of health, Beatrics was suddenly and severely afflicted with spinal meningitis. Strong and vigorous before, in five weeks she became feeble and suffered from a paralytic stroke which twisted her head back to the side and made it impossible for her to move a limb. Her speech, how-ever, was not affected. We called in our family doctor, one of the most experienced family doctor, one of the nost experienced and successful practitioners in the city. He considered the case a very grave one. Before long little Beatrics was compelled to weara plaster paris jacket. Prominent physicians were consulted, electric bat-teries were applied, but no benefit was no-tioned metil metiod by Williams? Pink Pille ticed until we tried Dr. Williams' Pink Pills. "Busy in my kitchen one afternoon I was

startled by the cry of 'Mamma' from little Beatrice who was creeping towards me. I had placed her on an improvised bed in the parlor comfortably close to the fireside and given her some books and playthings. She became tired of waiting for me to come back and made up her mind to go to me, so her story, 'My Pink Pills made me walk,' which she tells everyone who comes walk,' which she tells everyone who comes to our house, was then for the first time verified. She has walked ever since. She has now taken about mine boxes of the pills and her pale and pinched face has been growing rosy, and her limbs gained strength day by day. She sleeps all night long new, while before taking the pills she could rest but a few hours at a time." Dr. Williams' Pink Pills for Pale People are sold by all druggists. sold by all druggists.

Coal is dearer in South Africa than in any other part of the world; it is cheapest in China.

Beauty Is Blood Deep.

Clean blood means a clean skin. Clean blood means a blean skin. No beauty without it. Cascarels, Candy Cathar-tic clean your blood and leep it clean, by stirring up the lazy liver and driving all im-purities 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 drug-gists, satisfaction guaranteed, 10c, 25c, 50c.

Frankfort and Paris pawnbrokers have found it necessary to enlarge their premises for the storage of bicycles.

War Atlas.

War Atlas. The Seaboard Air Line has gotten out and placed in the hands of all its Ticket Agents at principal points, a War Allas, showing the United States, Europeon Countries, Cape Verde and Phillipine Islands, Cuoa and its larger cities in detail, and with maps of the World, North America, Europe and South America.

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They can be obtained upon application to Agents. Representatives or to T. J. Anderson, General Passenger Agent, Portsmouth, Va.

Conductor E. D. Loomis, Detroit, Mich., ays: "The effect of Hall's Catarrh Cure is producted." Write him shout it. Sold by says:



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

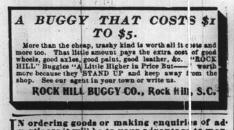
S. N. U.-N . 28.-'93.



"I suffered the tortures of the dammed with protruding piles brought on by constipa-tion with which I was afflicted for twenty years. I ran across your CASCARETS in the town of Newell, Ia., and never found inything to equal them. To-day I am entirely free from to equal them. piles and feel li and feel like a new man C. H. KEITZ, 1411 Jones St., Sloux (hty, Ia.







Nordering goods or making enquiries of ad-vertisers it will be to your advantage to men-tion th is paper. So. 28



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