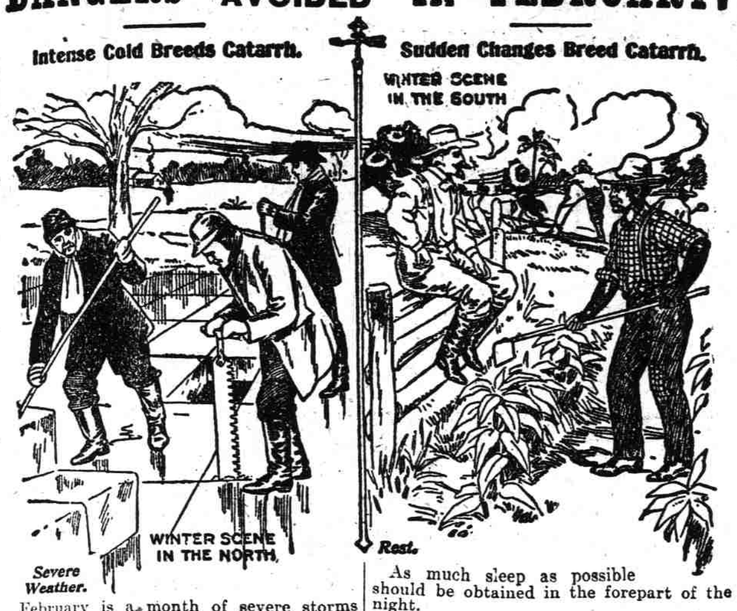
DANGERS TO BE AVOIDED IN FEBRUARY.

Intense Cold Breeds Catarrh. **Sudden Changes Breed Catarrh.**



Severe Weather.

February is a month of severe storms and intense cold.

Even in the South where the prevailing temperature is much above wintry latitudes, February brings sudden changes of temperature.

Mercury sometimes drops 20 degrees in a single night.

Therefore, the following health hints are applicable to the whole of North America:

Ventilation.

The sleeping rooms should be well ventilated, but so as to avoid direct currents of air.

Bathing.

Those in vigorous health should take a cold water towel bath every morning before breakfast. Those in feeble health should take a brisk dry-towel-rub every morning.

Diet.

The diet should be a generous one, including meat, and occasionally fresh vegetables.

Sunshine.

The nights being long and the days short, as much sunshine as possible should be let into the house during the day.

Clothing.

The head should be kept cool at all times. The feet should be kept warm and dry, day and night.

Pe-ru-na,

When unavoidably exposed to cold or wet, a few doses of Peruna will avert bad consequences.

Precaution.

When seized with a chill, or even slight chilliness, a dose of Peruna should be taken at once.

Rest.

As much sleep as possible should be obtained in the forepart of the night.

Catarrh of Head.

Mr. Frank Cobb, 175 Summit Street, Deering, Me., writes:

"I was troubled with catarrh in my head. I wrote to Dr. Hartman for advice and he prescribed Peruna.

"I took it and am happy to say it helped me at once. I feel better than I have for years."

Bronchial Trouble.

Mr. J. Ed. O'Brien, Pres. American Pilot Ass'n, Pensacola, Fla., writes:

"I heartily give my endorsement to Peruna as an effective cure for catarrh and bronchial trouble."

Throat and Lungs.

Frank Battle, Jr., 111 N. Market St., Nashville, Tenn., writes:

"Peruna has cured me of chronic bronchitis.

"It is the grandest discovery of the age for the throat and lungs."

Pneumonia.

Mr. A. C. Danforth, St. Joseph, Mich., writes:

"I contracted a severe cold, which settled on my lungs. I was threatened with pneumonia.

"Peruna gave me relief within a couple of days. Three bottles saved me a large doctor bill and a great deal of suffering."

Thousands of Testimonials.

We have on file thousands of testimonials like the above. We can give our readers only a slight glimpse of the vast array of unsolicited endorsements Dr. Hartman is constantly receiving.

Address Dr. S. B. Hartman, President of The Hartman Sanitarium, Columbus, O.

Truths that Strike Home

Your grocer is honest and—if he cares to do so—can tell you that he knows very little about the **bulk** coffee he sells you. How *can* he know, where it originally came from, how it was blended—**or with what**—or when roasted? If you buy your coffee loose by the pound, how *can* you expect purity and uniform quality?

LION COFFEE, the LEADER OF ALL PACKAGE COFFEES, is of necessity uniform in quality, strength and flavor. For OVER A QUARTER OF A CENTURY, LION COFFEE has been the standard coffee in millions of homes.

LION COFFEE is carefully packed at our factories, and until opened in your home, has no chance of being adulterated, or of coming in contact with dust, dirt, germs, or unclean hands.

In each package of LION COFFEE you get **one full pound** of Pure Coffee. Insist upon getting the genuine. (Lion head on every package.)

(Save the Lion-heads for valuable premiums.)

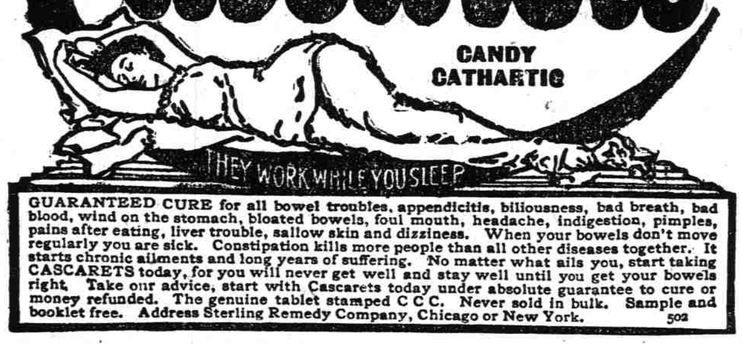
SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.

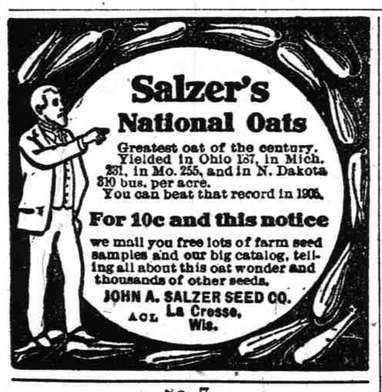
BEST FOR THE BOWELS

Cascarets

CANDY CATHARTIC



GUARANTEED CURE for all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, pains after eating, liver trouble, sallow skin and dizziness. When your bowels don't move regularly you are sick. Constipation kills more people than all other diseases together. It starts chronic ailments and long years of suffering. No matter what ails you, start taking CASCARETS today, for you will never get well and stay well until you get your bowels right. Take our advice, start with Cascarets today under absolute guarantee to cure or money refunded. The genuine tablet stamped C C C. Never sold in bulk. Sample and booklet free. Address Sterling Remedy Company, Chicago or New York. 502



Salzer's National Oats

Greatest oat of the century. Yielded in Ohio 157, in Mich. 231, in Mo. 255, and in N. Dakota 310 bus. per acre. You can beat that record in 1905.

For 10c and this notice

we mail you free lots of farm seed samples and our big catalog, telling all about this oat wonder and thousands of other seeds.

JOHN A. SALZER SEED CO. La Crosse, Wis. ACL

So. 7.

Dropsy CURED Gives Quick Relief.

Removes all swelling in 8 to 20 days; effects a permanent cure in 30 to 60 days. Trial treatment given free. Nothing can be fairer. Write Dr. H. H. Green's Sons, Specialists, Box B Atlanta, Ga.

WET WEATHER WISDOM! 132

THE ORIGINAL TOWER'S FISH BRAND SLICKER

BLACK OR YELLOW

WILL KEEP YOU DRY NOTHING ELSE WILL

TAKE NO SUBSTITUTES

CATALOGUES FREE SHOWING FULL LINE OF GARMENTS AND HATS.

A. J. TOWER CO., BOSTON, MASS., U.S.A.

TOWER CANADIAN CO., LTD., TORONTO, CANADA.

25 CTS PISO'S CURE FOR CONSUMPTION CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists. 25 CTS

THE SUNDAY SCHOOL

INTERNATIONAL LESSON COMMENTS FOR FEBRUARY 19.

Subject: Jesus at the Pool of Bethesda, John v., 1-15—Golden Text, John vi., 2—Memory Verses, 8, 9—Commentary on the Day's Lesson.

I. Jesus at the feast (vs. 1-4). 1. "After this." "After these things." R. V. Some think that when John is telling some event which follows immediately after the last thing narrated, he uses the expression "after this thing" (chap. 2:12), but that when there has been an interval of time he uses the expression "after these things." "A feast." There has been much difference of opinion as to what feast this was, but it is the opinion now of the best writers that it was the Passover. 2. "By the sheep gate" (R. V.) We know from Neh. 3:1, 32; 12:39 that there was a sheep gate; so called probably from sheep for sacrifice being sold there. It was near the temple. "The Hebrew tongue." Hebrew here means Aramaic, the language spoken at the time, not the old Hebrew of the Scriptures. "Bethesda." This name does not occur elsewhere. It means "house of mercy." The site is not identified with certainty. The traditional spot is near Castle Antonia. But Dr. Robinson thinks "the fountain of the Virgin," an intermittent spring in the southeast of the city, near the pool of Siloam, was Bethesda. "Five porches." These porches were probably covered arcades, colonades or verandas, open at one side to the air, but protected against the sun or rain overhead. In a hot country like Palestine such buildings are very necessary. 3. "Multitude." The sick congregated here in great numbers.

II. Jesus heals an impotent man (vs. 5-9). 5. "An infirmity." The original implies rather a loss of power than a positive disease; probably it was a nervous disease of paralytic type. "Thirty and eight years." The duration of the illness is mentioned, either to show how inveterate and difficult it was to heal, or rather, according to verse 6, to explain the deep compassion with which Jesus was affected on beholding the unhappy man. From verse 14 we may infer that his disease was the result of the sins of his youth.

6. "Knew." The word "knew" in the original indicates one of those instantaneous perceptions by which the truth became known to Jesus according as the task of the moment demanded. Verse 14 will show that the whole life of the sufferer is present to the eye of Jesus, as that of the Samaritan woman was in chapter 4. "Saith unto him." Usually Christ waited until He was asked before He relieved the suffering, but in this and a few other cases He healed without being asked. He read the man's past life and present condition of mind, and saw that he was in a state to receive spiritual good from the healing. "Wilt thou?" Why does He ask a question to which the answer was so obvious? Probably in order to rouse the sick man out of his lethargy and despondency.

7. "No man." He was friendless as well as sick. "Is troubled." This spring, probably the fountain of the Virgin, is intermittent to this day, and various travelers have seen it suddenly rise from five inches to a foot in five minutes. Whedon thinks that the moving of the waters arose from an underground connection of the pool with the city water works. The occasional and intermittent disturbance of the water is not to be understood as a regular occurrence, but as something sudden and quickly pasing away. Hence the man's waiting and complaint. "Put me into the pool." Literally, "in order to throw" me into the pool; perhaps implying that the gush of water did not last long, and there was no time to be lost in quiet carrying. "While I am coming." Thus picturing the extreme haste and rapidity with which the favorable opportunity was seized. There was a rush and scramble for the one chance.

8. "Rise," etc. Commands like these would test the man's faith and obedience. As in the case of the paralytic (Mark 2:9), Christ made no enquiry as to the man's faith. Christ knew that he had faith, and the man's attempting to rise and carry his bed after thirty-eight years of impotency was an open confession of faith. "Bed." Probably only a mat or rug, still common in the East. 9. "And walked." With the command was given the power of obedience. So the sinner who is bidden to commit himself to Christ need not wait for any compulsion. As he makes the effort he will find divine power within himself. "Sabbath." The seventh day of the week, the Jewish Sabbath.

III. Persecution of the Jews (vs. 10-13). 10. "Not lawful." Jeremiah had commanded, "Take heed to yourselves, and bear no burden on the Sabbath day" (16:21), and the Jews interpreted this as forbidding the carrying of the lightest weight. But Jeremiah's meaning is made clear by Neh. 13:15: "Treading wine presses on the Sabbath, and bringing in sheaves, and lading asses," etc. "To forbid this man from carrying his bed was like forbidding a modern man to move a camp stool or a chair."

11. "He—said." Unquestionably the words seem to say that one who could do such a wonder as healing me must certainly have the right to tell me what to do. He had been authorized by one endorsed as sent from God. And this was indeed the very ground which Christ Himself took. 12. "Who is the man" (R. V.) They ignore the miracle, and attack the command. They ask not, "Who cured thee, and therefore must have divine authority?" but, "Who told thee to break the Sabbath, and therefore could not have it?" 13. "Knew not" (R. V.) Jesus had been in Jerusalem but little, and the man who was healed had probably never seen Him. "Conveyed himself away." Better, withdrew. Literally, "slipped aside," became suddenly lost to sight. "A multitude," etc. This may be understood as explaining either why he withdrew—to avoid the crowd, or the manner in which he withdrew—by disappearing in the crowd. Either explanation makes good sense.

IV. Jesus gives advice and warning (v. 14). 14. "Afterward." Probably soon afterward; in a day or so. "Findeth him." Jesus had His eye on the man; His work with him was not yet finished; this meeting was not accidental. "In the temple." A good place for the man to be. "Sin no more." God asks this of every sinner. And yet there are those who insist that it is impossible to live without sin in this life, but if such is the case then Jesus asked this man to do the impossible. "A worse thing." A paralysis from which no pool can restore and no Saviour will deliver; the most terrible catastrophe of the soul's eternal history.

V. The man bears testimony (v. 15). 15. "Told the Jews," etc. In reply to the inquiry they had made of him a short time before, partly in obedience to the authorities and partly to complete his apology for himself. He expected, probably, in the simplicity of his heart, that the name of Him whom so many counted as a prophet, if not as the Messiah Himself, would have been sufficient to stop the mouths of gainsayers.

Dog No Match for Wildcat.

A dog belonging to a man named Grey of Georgis Corner, Me., went out in search of foxes the other day and ran on to a genuine loupcervier. Mr. Grey heard the tumult in the woods ahead and rushing up to shoot the fox was surprised to see the dog prone on the ground in a very dilapidated shape with the big cat high up among the branches contemplating a fresh assault. He avenged the attack on the dog by slaying the cat.

Dogs are slaughtered for culinary purposes in Munich.

Itch cured in 30 minutes by Woolford's Sanitary Lotion. Never fails. Sold by all druggists, $1. Mail orders promptly filled by Dr. E. Detchon, Crawfordsville, Ind.

The rice paper tree is one of the most interesting of the flora of China.

NO SLEEP FOR MOTHER

Baby Covered With Sores and Scales—Could Not Tell What She Looked Like—Marvelous Cure by Cuticura.

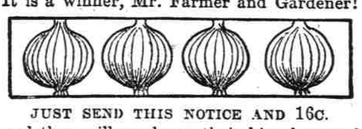
"At four months old my baby's face and body were so covered with sores and large scales you could not tell what she looked like. No child ever had a worse case. Her face was being eaten away, and even her finger nails fell off. It itched so she could not sleep, and for many weary nights we could get no rest. At last we got Cuticura Soap and Ointment. The sores began to heal at once, and she could sleep at night, and in one month she had not one sore on her face or body.—Mrs. Mary Sanders, 709 Spring St., Camden, N. J."

The Azure.

'Tis only in the depths of blue
Man finds his dearest dreams fulfilled,
Where careful sorrows pass from view,
And every heart-cry's hushed and stilled.
So would I wing my joyous flight
To azure realms where rapture lies,
But not to yonder mystic height—
I find my heaven in your eyes!
—Ralph E. Fassett in New Orleans Times-Democrat.

Earliest Green Onions.

The John A. Salzer Seed Co., La Crosse, Wis., always have something new, something valuable. This year they offer among their new money making vegetables, an Earliest Green Eating Onion. It is a winner, Mr. Farmer and Gardener!



JUST SEND THIS NOTICE AND 16c.

and they will send you their big plant and seed catalog, together with enough seed to grow

1,000 fine, solid Cabbages,
2,000 rich, juicy Turnips,
2,000 blanching, nutty Celery,
2,000 rich, buttery Lettuce,
1,000 splendid Onions,
1,000 rare, luscious Radishes,
1,000 gloriously brilliant Flowers.

In all over 10,000 plants—this great offer is made to get you to test their warranted vegetable seeds and

ALL FOR BUT 16c POSTAGE,

providing you will return this notice, and if you will send them 26c in postage, they will add to the above a big package of Salzer's Fourth of July Sweet Corn—the earliest on earth—10 days earlier than Cory, Peep o' Day, First of All, etc. [A.C.L.]

Women Physicians for Lunatics.

One of the most famous of German physicians for the treatment of mental diseases, Prof. Ludwig, is earnestly advocating the employment of women physicians in lunatic asylums. After years of investigation he has come to the conclusion that the insane are peculiarly susceptible to a woman's presence and influence, not only the women, but the men as well. He says he has been instrumental in obtaining the admission of one woman physician to an asylum for women in South Germany, and the results are simply phenomenal. The women are more tractable. Ludwig is certain that in a short time no men physicians will be employed in female lunatic asylums. His opinion is supported in large measure by another eminent authority, Dr. Krapelin.—New York World.

Raising Geese by Thousands.

On a goose farm in the middle west there is an incubator with a capacity for 10,000 eggs. These eggs are not, however, placed in the incubator at one time, but are so arranged that one section will hatch each day, being refilled as soon as the goslings are taken out. The geese are raised on this farm for their feathers alone, which are used in the upholstering business.

Some people think the road to Heaven is a switch-back where they need the descent into sin to give the impetus for the rise into glory.

READS THE BOOK.

"The Road to Wellville" Pointed the Way

Down at Hot Springs, Ark., the visitors have all sorts of complaints, but it is a subject of remark that the great majority of them have some trouble with stomach and bowels. This may be partly attributed to the heavy medicines.

Naturally, under the conditions, the question of food is very prominent.

A young man states that he had suffered for nine years from stomach and bowel trouble, had two operations which did not cure, and was at last threatened with appendicitis.

He went to Hot Springs for rheumatism and his stomach trouble got worse. One day at breakfast the waiter, knowing his condition, suggested he try Grape-Nuts and cream, which he did, and found the food agreed with him perfectly.

After the second day he began to sleep peacefully at night, different than he had for years. The perfect digestion of the food quieted his nervous system and made sleep possible.

He says: "The next morning I was astonished to find my condition of constipation had disappeared. I could not believe it true after suffering for so many years; then I took more interest in the food, read the little book 'The Road to Wellville,' and started following the simple directions.

"I have met with such results that in the last five weeks I have gained eight pounds in spite of hot baths which take away the flesh from anyone.

"A friend of mine has been entirely cured of a bad case of indigestion and stomach trouble by using Grape-Nuts Food and cream alone for breakfast.

"There is one thing in particular—I have noticed a great change in my mental condition. Formerly I could hardly remember anything, and now the mind seems unusually acute and retentive. I can memorize practically anything I desire." Name given by Postum Co., Battle Creek, Mich.

Taylor's Cherokee Remedy of Sweet Gum and Mullen is Nature's great remedy—Cures Coughs, Colds, Croup and Consumption, and all throat and lung troubles. At druggists, 25c., 50c. and $1.00 per bottle.

Runaway horses are unknown in Russia.

False teeth have been used by the people who lived in 1000 B. C.

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

According to the census of 1900, the population of Spain was 18,891,574.

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

Porto Rico is the most lightly taxed country on earth.

Piso's Cure is the best medicine we ever used for all affections of throat and lungs.—WM. O. ENDSLEY, Vanburen, Ind., Feb. 10, 1900.

The man who takes life as a dose, always finds it a bitter one.

A Guaranteed Cure For Piles.

Itching, Blind, Bleeding or Protruding Piles. Druggists will refund money if Pazo Ointment fails to cure in 6 to 14 days. 50c.

You could never make a woman believe all angels don't have nice, crinkly, hair.

The United States is the largest consumer of tin in the world, but derives its supplies from the Straits Settlements, from Banka, and other European sources. Only a few hundred pounds of tin are mined in this country.

$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 now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon 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.

Take Hall's Family Pills for constipation

Just before he left the Pension Office, Commissioner Ware was asked for a recommendation by a watchman. This is what Ware wrote: "Dear Jackson—If you are not in Heaven when I get there, I'll fix it to have you transferred."

To Cure a Cold in One Day

Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. E. W. Grove's signature is on box. 25c.

Great souls can neither be starved by poverty nor choked by riches.

ACHED IN EVERY BONE.

Chicago Society Woman, Who Was So Sick She Could Not Sleep or Eat, Cured by Doan's Kidney Pills.

Marion Knight, of 33 N. Ashland Ave., Chicago, Orator of the West Side Wednesday Club, says: "This winter when I started to use Doan's Kidney Pills I ached in every bone and had intense pains in the kidneys and pelvic organs. The urine was thick and cloudy, and I could barely eat enough to live. I felt a change for the better within a week. The second week I began eating heartily. I began to improve generally, and before seven weeks had passed I was well. I had spent hundreds of dollars for medicine that did not help me, but $6 worth of Doan's Kidney Pills restored me to perfect health."

MARION KNIGHT.

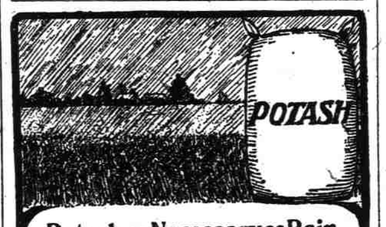
A TRIAL FREE—Address Foster-Milburn Co., Buffalo, N. Y. For sale by all dealers. Price, 50 cts.

A Grimly Suggestive Group.

The minister and the doctor were riding down town in a Lexington avenue car, and had arrived at Madison square when their friend the undertaken joined them.

After riding with him two blocks the minister and doctor put the undertaker off the car, saying their appearance in trio looked too suggestive and would cause talk among their friends.

No More Blind Horses! For Specific Ophthalmia, Moon Blindness and other SORE EYES, BARRY CO., Dept. C, Iowa City, Ia HAVE A SURE CURE.



Potash as Necessary as Rain

The quality and quantity of the crops depend on a sufficiency of

Potash

in the soil. Fertilizers which are low in Potash will never produce satisfactory results.

Every farmer should be familiar with the proper proportions of ingredients that go to make the best fertilizers for every kind of crop. We have published a series of books, containing the latest researches on this all-important subject, which we will send free if you ask. Write now while you think of it to the

GERMAN KALI WORKS

New York—93 Nassau Street, or Atlanta, Ga.—2½ South Broad Street.

WOMEN WHO CHARM

HEALTH IS THE FIRST ESSENTIAL

It Helps Women to Win and Hold Men's Admiration, Respect and Love

Woman's greatest gift is the power to inspire admiration, respect, and love. There is a beauty in health which is more attractive to men than mere regularity of feature.

Mrs. Chas. F. Brown

To be a successful wife, to retain the love and admiration of her husband, should be a woman's constant study. At the first indication of ill-health, painful or irregular menstruation, headache or backache, secure Lydia E. Pinkham's Vegetable Compound and begin its use.

Mrs. Chas. F. Brown, Vice-President Mothers' Club, 21 Cedar Terrace, Hot Springs, Ark., writes:

Dear Mrs. Pinkham:—

"For nine years I dragged through a miserable existence, suffering with inflammation and falling of the womb, and worn out with pain and weariness. I one day noticed a statement by a woman suffering as I was, but who had been cured by Lydia E. Pinkham's Vegetable Compound, and I determined to try it. At the end of three months I was a different woman. Every one remarked about it, and my husband fell in love with me all over again. Lydia E. Pinkham's Vegetable Compound built up my entire system, cured the womb trouble, and I felt like a new woman. I am sure it will make every suffering woman strong, well and happy, as it has me."

Women who are troubled with painful or irregular menstruation, backache; bloating (or flatulence), leucorrhœa, falling, inflammation or ulceration of the uterus, ovarian troubles, that "bearing-down" feeling, dizziness, faintness, indigestion, or nervous prostration may be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound,

Positions GUARANTEED BY A $5,000 BANK DEPOSIT

Railroad Fare Paid. 500 FREE Courses Offered. Board at Cost. Write Quick

GEORGIA-ALABAMA BUSINESS COLLEGE, Macon, Ga.

TRADE MARK. CRAB ORCHARD WATER

IS A CERTAIN CURE FOR

3 Dyspepsia Sick Headache Constipation... 3

Stimulates the Liver, cures Biliousness, Sour Stomach, Irregularities of the Bowels.

A NATURAL product, prepared by concentration; a genuine natural water.

Crab Orchard Water Co., Louisville, Ky.

You Want the Best

COTTON GIN MACHINERY

Ask Any Experienced Ginner About

PRATT MUNGER EAGLE WINSHIP SMITH

We would like to show you

What Thousands of Life Long Customers Say.

Write for catalogue and testimonial booklet.

Continental Gin Co.

Charlotte, N. C., Atlanta, Ga., Birmingham, Ala., Memphis, Tenn., Dallas, Texas.

Field Seeds

Country merchants and farmers can save 10 to 25 per cent by writing the Nashville Produce Co., Nashville, Tenn., for special cash prices. The only strictly cash field seed house in the South. Write today.

NASHVILLE PRODUCE CO., J. J. ODIL, Manager.

So. 7.

John White & Co. LOUISVILLE, KY. Established 1837 Highest market price paid for raw FURS and Hides. Wool on Commission.