A WOMAN'S NERVES.

THE STORY OF A WOMAN TO WHOM NOISE WAS TORTURE.

Prostrated by the Least Excitement—Physicians Baffled By Her Case.

(From the Gale City, Keokuk, Iowa.)

Mrs. Helen Meyers, whose home is at 3513 Vernon avenue, Chicago, and whose visit to Keokuk, Ia., will long be remembered, was at one time afflicted with a nervous malady which at times drove her nearly to distraction. "Those terrible headaches are a thing of the past," she said the other day to a *Gale City* representative, "and there is quite a story in connection with it too.

"My nervous system sustained a great shock some fifteen years ago, brought on, I believe, through too much worrying over family matters, and then allowing my love for my books to get the better of my discretion where my health was concerned. Way, whenever my affairs at home did not go along just as I expected, I would invariably become prostrated from the excitement and I would consider myself fortunate in lost if the effects of the attack would not remain for a week. I was obliged to give up our pleasant home not far from the Lake shore drive, because I could not stand the noise in that locality. I could find no place in the city which I deemed suitable to one whose nervous system was always on the point of explosion. To add to my misfortune my complexion underwent a change and I looked so yellow and sallow that I was ashamed to venture from the house at all.

"'Madam,' said my doctor to me soon after an unusually severe attack of the malady, 'unless you leave the city and seek some place of quiet, you will never recover.' So I consented. I went to visit my uncle, who lives in Dallas County, Iowa, and whose farm would surely be a good place for one in my pitiable condition. I packed up the *Gale City* one day and happened to come across an interesting account of the recovery of some woman in New York State who was afflicted as I had been. This woman had been cured by Dr. Williams' Pink Pills for Pale People. I thought that if Pink Pills cured that woman they might do the same for me. I began to take the pills according to directions and I began to feel better from the start. After I had taken several boxes of them I was ready to go back to Chicago. My nervousness was gone and my complexion was as fresh as that of any sixteen-year-old girl in Iowa, and Pink Pills is what put the color in my cheeks. No wonder I am in such high spirits and feel like a prize fighter. And no wonder I like to come to Keokuk for if it had not been for Pink Pills bought from a Keokuk firm I would not have been alive now," laughingly concluded the lady.

Dr. Williams' Pink Pills contain all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are for sale by all druggists, or may be had by mail from Dr. Williams' Medicine Company, Schenectady, N. Y., for 50 cents per box, or six boxes for $2.50.

Effects of Bicycling.

Observations on the physiological effects of cycling, recently published by Dr. Blazovich of St. Petersburg, show that the play of the chest immediately after riding diminishes from 1 to 1.5 centimeters, especially in the cases of women and children and of men riding, or beginning to use the cycle. The general effect of a summer's riding on men was practically nil; in women and children the vital capacity was slightly increased. The arm power was found to have increased more than the leg power in young persons and in beginners, but in the case of mature men used to cycling this was not so evident.

Origin of a Name.

Buckram was at first any sort of cloth stiffened with gum.

Hollister's Rocky Mountain Tea makes new blood, gives strength, clears the complexion, cures constipation. 35 cts. tea or tablets.

Dr. Bull's Cough Syrup cures Coughs and Colds. 25 cts.

Piso's Cure for Consumption saved my life last winter. MRS. ALICE DONAHUE, Lehigh, Mich., Oct. 28, 1895.

Bermuda farmers gather three successive crops in one year.

Scrofulous Taints

Lurk in the blood of almost every one. In many cases they are inherited. Scrofula appears in running sores, blotches, pimples and cancerous growths. Scrofula can be cured by purifying the blood with Hood's

Hood's Sarsaparilla Cures

Sarsaparilla. This great remedy has had wonderful success in curing this disease. It thoroughly eradicates the humor from the blood. Hood's Sarsaparilla cures the sores and eruptions by removing the impurities in the blood.

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

The Greatest Medical Discovery of the Age.

KENNEDY'S Medical Discovery.

DONALD KENNEDY, of ROXBURY, MASS.

Got this Letter days before yesterday.

Troy, N. Y., Nov. 28, 1894.

Your Discovery does him so much for me I am so glad to tell everybody about my case.

When I write to tell you how much good your last bottle did, I may as well say that DYSPEPSIA is the word now. I was constipated, so much so as to make me miserable, and I had a constant PAIN in my STOMACH and LEFT SIDE. My kidneys were sick, and I could not sit down on a stool or get along to get up again on the floor. But now I can sit, or get down on my knees, or do anything in my house. I feel like a new person. You need fear no I am discharged, as I have lost two sisters and an elder brother with STOMACH TROUBLE. But I truly believe if they had known of your remedies they would be with us I am. You can do up my testimonial, only do publish it, that women may know what the Discovery has done for me. Yours truly,

MRS. MARY C. AYRES.

Send a postal card for Dr. Kennedy's book.

The comparative value of these two cards Is known to most persons. They illustrate that greater quantity is Not always most to be desired.

These cards express the beneficial quality of

Ripans Tabules

As compared with any previously known DYSPEPSIA CURE.

Ripans Tabules: Price, 50 cents a box. Of druggists, or by mail.

RIPANS CHEMICAL CO., 10 Spruce St., N.Y.

FOR FARM AND GARDEN.

CHOPPED CLOVER FOR HENS.

Hens have too much grain and too much of other concentrated food in winter. They are usually fed with some green vegetable when anything in the vegetable line is given to them. This is good in its way, but it is not the best food. A head of cabbage hung up where hens can peck at it will soon be devoured, but the cabbage is not the best egg-producing food. Chopped clover hay given in small amounts daily will be greedily eaten. It will furnish more of lime for the egg shells than any kind of grain except wheat. It will prevent the birds from fattening as they are apt to do if given all the grain needed to satisfy them.—Boston Cultivator.

HEAVY FEEDING OF DUCKS.

The feeding of ducks too heavily will retard their laying, and as some of them will begin to lay in January, it is important to use care in that respect. Too much grain will cause them to lose the use of their legs, and this will happen to the females more than to the drakes, as the latter will not feed as eagerly as the others. The food should be bulky, given twice a day. Cooked turnips, thickened with a mixture composed of equal parts of bran, corn meal and ground oats, will prove an excellent diet, allowing them all that they will eat. If turnips cannot be obtained, use clover hay, cut very fine and scalded, allowing it to remain over night to soften. Weakness indicate not only that the ducks are overfed, but when the quarters are damp they will sometimes get the rheumatism. It is best to allow them to run out for exercise when it can be done, and their quarters should be clean, with plenty of cut straw on the floor.—Farm and Fireside.

CULTURE OF SAGE.

This crop is quite a profitable one, as it is in regular demand by housekeepers. It requires rich soil to give a profitable yield, as does, in fact, any crop grown for selling in the markets. The seed is sown in April in seed beds and the plants are transplanted in June or July into rows of twelve inches apart, and eight or ten inches apart in the rows. The soil is kept well cultivated, and, by the middle of September, the harvest is begun by cutting out each alternate row, a plant making at this time two bunches. The rows left grow quickly into thick bunches, and are again cut as before, leaving the rows four feet apart. These plants are cut before the winter, when they make a third crop, altogether yielding a satisfactory profit. The last crop need not be sold at once, but may be bunched and hung up for sale later, or it may be pressed into small square packages, and sold in bulk in this way to the dealers during the winter, or even in the spring.—New York Times.

GNAWED TREES.

The rabbits, mice and other rodents usually injure trees in the winter so that by spring it is necessary to repair them in some way before summer. Unless the parts have eaten the inner bark all around the trees, they will recover with proper treatment. The best remedy to apply is to make a stiff plaster out of clay and cow manure adding a little water to make it more plastic. If such a plaster is placed over the barked portion of the tree and secured into position by a covering of old bagging or cloth, the wound is likely to heal up in a short time. If the weather is very dry it will be necessary to wet the bandage occasionally.

The great object of the application is to keep the wound moist while nature heals up the injury. If the wound is a large and serious one it may be necessary to cut off many of the top limbs of the tree. This is to equalize the flow of the sap, which is necessarily diminished by the wound. Other remedies for girdled trees are recommended, but for a simple and effective device, which any orchardist can apply this one cannot be surpassed. It is an old-fashioned remedy but is as good today as it was in the days of our forefathers.—New England Farmer.

CARE OF THE COLT'S FEET.

On the sharp, frozen ground the colts may break their hoofs especially if they are not kept trimmed down, and unless some attention is given to the matter a misshapen hoof will develop that can never be converted into a well shapen one. Sometimes a hoof is so broken off at one side while it remains long at the other that the tendons of the leg are strained. A badly misshapen hoof is almost sure to make the animal awkward, and perhaps ill gaited. The way to prevent annoying, and possibly serious results, is to keep a close watch on the colts' hoofs and shape them up as often as occasion demands. It is important to use care and good judgment in this work. It will very rarely, if ever, be necessary to pare off the sole of the hoof; and if ever this work is done, it should be done with the greatest care, and the frog should be carefully avoided. Except in possibly very rare cases all that is necessary is to cut off the edges of the hoof. This is best done by setting the hoof on a solid plank or other smooth, level surface, and with a chisel cut down and through the edge of the hoof, cutting off excessive growth, and leaving the edge of the hoof as regular as possible. This trimming of the hoofs is a good training for the colt. It will soon learn to have its hoofs handled and trimmed without objection. While one must be firm, the first point is to exercise kindness. The colt is afraid; reassure it. On no account lose temper. The man that cannot control his temper is unfit to handle a colt on any occasion.—American Agriculturist.

LAND FOR GARDENING.

Truck farming or market gardening calls forth the highest skill. The land must be made "fat," as the Scotchman would say, and then kept so by applications of five or ten cords of good manure per acre or even more every year. For some crops for a year or two at a time it is often found profitable to substitute commercial fertilizers wholly or partially for stable manure. But if commercial manures are used exclusively the supply of humus in the soil will soon be exhausted and must be supplied by the plowing in of green crops, such as clover. Of equal importance with high fertilization is high and extensive culture. Keeping down the weeds is not enough, but the presence of a perpetual mulch of fine dry earth an inch deep upon the entire surface of the ground is to be worked off. To this end the onions, beets carrots and turnips are to be repeatedly hoed, and the cultivator is to be run between rows of cabbage, celery, potatoes, corn, etc., once a week or oftener.

To prosecute trucking with greatest satisfaction the operator must not depend upon supplies of manure as they naturally occur. He must be more independent of the influence of variable seasons.

To keep the land in good condition and raise good crops year after year, rotation must be followed. It is not the right thing to grow one crop year in and year out on the same land. Take the land at the sod, plow and plant corn or potatoes. The next year it will be in good shape for beets, turnips, carrots, tomatoes. One after the other of good garden crops may thus be raised.—San Francisco Chronicle.

FARM AND GARDEN NOTES.

Keeping the nests dark will often prevent the hens from eating their eggs.

Air-slaked lime freely used in the poultry quarters will destroy unpleasant odors.

Two weeks is long enough to make a fowl fat if highly fed with a fattening ration.

If orchards are to be made profitable, they must receive as good care as other crops.

Good tillage increases the available food supply of the soil and also conserves its moisture.

Good drainage, natural or artificial, is essential to success. Trees are impatient of wet feet.

The late-hatched turkeys can nearly always be given a fresh range much younger than those hatched earlier.

After the chickens are six weeks old there is a steady gain on the part of the large breeds over the small ones.

Where the poultry are allowed to shift for themselves and are given the range of the farm they often prove a nuisance.

Dry earth is the best deodorizer known. It is also the best absorbent to preserve the manure in the least offensive way.

Well-drained lands are drier in wet spells and moister in dry spells than other lands. They can be worked earlier in spring.

The mulch should not be removed until the danger from heavy freezing has all passed. Then the sooner it can be removed the better. This is generally quite early in spring.

Trees should be made to send their roots deep into the soil, in order to fortify themselves against drought. This is done by draining the soil, and by plowing the orchard rather deep.

Small trees are easily injured by high winds if the soil is made very wet by excessive rains, as they will be shaken and loosened in the ground. To prevent this they should be staked.

Both for summer and winter, mulching is extremely valuable, and by studying the causes to which it can be put we are but imitating nature in her beneficent work of protecting the plants from an untimely death.

In the dry season mulch prevents many plants from dying and prolongs their life in a thrifty way for future fruit bearing. Stirring the surface soil of plants acts as a mulch. This is one of the best ways of applying it.

His Sole Gift.

"Can you point out Wicks to me—the one who is so terribly stingy?"

"Yes; there he is just across the room, giving some one a piece of his mind."—Chicago Inter-Ocean.

Although on land a clumsy animal, the seal is wonderfully quick in the water, and in a fair race can generally catch almost any fish.

FOR THE HOUSEWIFE.

WASHING CHAMOIS LEATHER.

To wash chamois leather dissolve a little soda in warm water, and after rubbing some soft soap well into the leather, soak it for two hours covering up the pan. Move the leather about and rub it gently, when it is clean, rinse with a slight lather of soap in a weak solution of soda and warm water. It requires no other rinsing than this as it is the small quantity of pure soap adhering to the leather that helps to soften it. Wring tightly in a rough towel and dry quickly in the sun or near a fire.

RESTORING LUSTRE TO FURS.

Here is a recipe obtained direct from a Russian lady for restoring lustre to furs. Dwellers in cold climates wear so much fur that their experience in preserving its beauty cannot fail to be useful. Heat a quantity of rye flour as hot as the hand can bear. Spread a sheet upon the floor, lay the fur to be dressed upon it, cover the garment with the heated flour, let it remain for half an hour, then shake, and finally go over it with a long-haired brush. It will will take some time to remove all the rye, but this trouble will be repaid by the improved appearance of the fur. Coarsely ground meal probably would answer if rye flour is not obtainable. Bran is more easily dealt with, but its efficiency as a restorer would probably be inferior to that of flour.—New York Post.

CLEAN FEATHERS IN LIME WATER.

A new and satisfactory way to clean white hat feathers is to dip them in lime water. Make the solution quite thick and allow the plumes to remain in the wash for some time. When thoroughly soaked, lift them gently out of the bath so the mixture will partially adhere. Next lay the feathers on a rough cloth, letting them remain until dry. Then shake thoroughly and softly beat against the cloth until all the particles of dry lime have fallen off. A sun bath of a few minutes will restore their freshness, and the usual amateur process of holding them over steam to regain the curl will result in their being almost as good as new.

In curling feathers with steel, it should be remembered that only the blunt side of the instrument should be used.

A wise recipe to follow in preparing feathers for beds is this: Water is saturated with quicklime; the feathers are well steeped and stirred for three or four days; they are taken out, drained and washed in clean water, dried on nets or dry cloth, shaken occasionally while drying, and finally beaten to expel any dust. This is for amateur treatment; the most efficient method is to have them steamed by machine.

To dye white or cream feathers it will be found that they take easily to all dyeing materials. Safflower and lemon for rose color or pink, Brazil wood for deep red, Brazil wood and cudbear for crimson, indigo for blue and weld for yellow. It is safest to bleach them before dyeing. The manner of treatment is the same as that cloth.—New York Press.

SCIENTIFIC SCRAPS.

Tusks of a mammoth have been found of a length of nine feet, measured along the curve.

The heart ordinarily beats about seventy times a minute, and throws about two ounces of blood at each contraction.

There were two total eclipses of the sun in 1712 and in 1889. This rare phenomenon will not happen again until 2057.

Automatic machines have been devised for use on a moving train which mechanically record the condition of every foot of the track.

A municipal laboratory where bacterial examination may be conducted in cases of suspected cholera and diphtheria is about to be established in London.

Systematic exercise is an amazing cure for nervousness, languidness, insomnia, and indigestion, and incidentally for awkward figures, dull eyes, and muddy skins.

A Mexican professor of physics proposes to foretell earthquakes by connecting telephones to the pipes of deep artesian wells and to metal plates sunk in deep mountain crevices.

The head and face have eighty-three muscles; the neck has forty-nine; the thorax seventy-eight; the abdomen thirty-three; the back seventy-eight; the upper extremities ninety-eight; the lower extremities 108.

By using at a measured distance in front of a photographic camera an ink or mercury dropper liberating drops in rapid succession to one another, C. B. Warner of Wormley, near Broxbourne, England, has curiously illustrated an exceeding interesting method of estimating the duration of lightning flashes. Mr. Warner has made a negative showing the flashes, the images of which are distorted, by refraction due to rain drops falling close to the photographic lens, the aperature of which was, presumably, of small diameter.

QUAINT AND CURIOUS.

An Atchison (Kan.) woman's poodle dog sports a glass eye.

Chicago has twenty-two general and sixteen special hospitals.

Eleven hundred head of horses were bought in Oregon recently at an average price of $1.80.

In the year 1681 the English Sepoy army in Bengal consisted of twenty men under a corporal.

Bismarck has 103 different orders of knighthood and as many uniforms as would set up a small army.

A 225-ounce gold nugget in the shape of a horseshoe has been discovered at Hargraves, Australia.

A Norman-Percheron horse, owned in Detroit, Mich., and weighing 2,500 pounds, is the heaviest equine in the world.

The oil wells of Baku, Prussia, cover a distance of country twenty-five miles long by over half a mile in breadth.

A loaf of bread supposed to have been leavened and baked about 560 B. C. has been taken by a French explorer from a tightly sealed Assyrian sarcophagus.

A Clarke County, Georgia couple recently celebrated their golden wedding in the house in which they were married and which has been their home continuously since.

Natural gas has been used in China for many centuries. It issues from fissures in the earth near coal mines and is led through bamboo tubes to the point where it is consumed.

Harry Spies, a Cincinnati tinner, escaped death recently by having a very heavy watch-chain, which caught a scantling and held him from pitching off a high scaffolding to the street.

The prize of $50 offered for the druggist who, at the next session of the Missouri Pharmacists, shall correctly name most drugs by the smell, has set the doctors training their noses.

Gas lamps were introduced in the Paris streets in 1819. Their employment caused no little remark among the country people, who got an idea that there was some magic about the matter.

Queen Victoria's footmen wear wigs which have eight rows of curls, while those of the Prince of Wales are allowed seven rows and those of the Lord Mayor of London are allowed six only.

Mrs. Ann Adams Spear, who died at Quincy, Mass., recently, was born in that town March 4, 1797, on the same street where she has since lived, and a stone's throw from the house in which she died.

Pioquinto Miranda of Columbia, Central America, is living, blind and helpless at the age of 122. One of his neighbors is 105 years old and still able to work at knitting with course thread.

Mrs. Joseph Monarch of Peshtigo, Wis., is the mother of four generations. She was born in 1805 and recently was photographed with her descendants, the pictures representing an interesting and wholesome family group of five generations.

Huge Shells.

Among the largest bivalve shells known is the geoduck, a huge clam of the Alaskan coast, that attains a weight of five or six pounds, one shell affording food for a large family.

The conchs, especially those known as queen and trumpet conchs, are among the giants of the univalve shells, weighing, in the latter instance, sometimes twelve pounds—ponderous objects as they move along on the sandy bottoms of the lagoons of their choice.

The method of locomotion among these large conchs is singular, particularly when observed from above. The shell reaches out its foot, which is armed, in the case of the common strombus, with a sharp-pointed, saber-like operculum, thrusts it into the sand and gives a powerful wrench, which forces the shell along in a series of jerks. The real giants of the mollusca are few and are confined mainly to those described.—Ledger.

How To Go To Sleep.

When you turn out your lamp at night mentally drop a heavy purple or green curtain on the activities of life. Let go—relax muscles and nerves. Place the hands alongside of the body, or on the pit of the stomach. If you lie upon your back, turn the head slightly to one side. Breathe deeply, but tranquilly, while mentally watching the breath flow from the nostrils out into the floating clouds, like steam from the nozzle of a teakettle. Before you know it you will be asleep.

Smart.

Mr. Richmann—I don't demand that my daughter shall marry wealth, but I do insist that the man she marries shall have brains enough to get along in the world.

Young Simpkurse—Well, I think I've shown pretty good judgment in selecting a father-in-law; don't you?—New York Weekly.

The outer layers of the alligator's skin are said to contain a large percentage of silica, hence the hardness of the animal's hide.

Highest of all in Leavening Power.—Latest U. S. Gov't Report

Royal Baking Powder

ABSOLUTELY PURE

Expensive Stamps.

The Philatelic world has been fluttered by a recent important event, for it is announced that the vice president of the London Philatelic Society has sold all his stamps. The affair certainly becomes interesting when we learn the price commanded by the few thousand little bits of paper.

A firm which deals in these light and airy trifles secured the vice president's entire collection, and gave no less than $50,000 for it.

This, we understand, is the largest price ever paid for a collection of stamps, though it is said that the treasures in this sort recently bequeathed by a member of Parliament to the British Museum would have fetched a higher figure if put up to public auction.

A London establishment is just now advertising a single stamp, valued at $12,500, but whether any intended purchaser will be found willing to receive it in exchange for that sum remains to be seen. The Duke of York, already known as a keen connoiseur, is said to be anxious to purchase this great stamp.

Experts declare that there is no better investment for money nowadays than stamps. If that be so they will become an object of fascination to many who at present take little delight in them.—Black and White.

Baby Needs Air and Light.

A mother whose children are the admiration, physically as well as otherwise, of her friends, writing for "The Woman's Book" on the subject of the nursery, says: "Do not be afraid of plenty of fresh air and sunlight. Let carpet and pretty muslin curtains fade, but let the sunlight stream into the room. Whether the day be warm or not, open the windows, and do not fear to open them really wide. You will have less draught than by opening a slit. Many doctors will forbid a little infant to be taken out in winter. This is undoubtedly a safe precaution in a severe climate, but a little baby longs for fresh air quite as much as you do. Let him have it by throwing wide open your nursery window, dress him as though for going out, and put your bassinet or cradle, or, for lack of anything better, a clothes-basket with pillows in it, close to the window in the sun, and cover him warmly. You will be surprised to find what a restful sleep and what rosy cheeks the little creature will have after its sun bath."

Chemistry of Ill-Temper.

Prof. Gates, of Washington, has entered upon an almost unknown domain of psychical science. He claims to have made the discovery that the emotions produce a physical reaction which discloses itself to chemical tests, and that the benevolent sensibilities, such as kindness, cheerfulness, etc., exert a good effect on the bodily health, while the malevolent feelings exert a correspondingly bad effect.

All the Same.

"Many days you have lingered about my cabin door; hard times, hard times come again no more." And the same Merry Christmas and Happy New Year passed as though the land was flowing with milk and honey. Some bought one thing and some bought another, but one of the best investments for a small sum paid well. It was not for a Christmas lush, but thousands got it and thousands who had suffered long and wearily with rheumatism were made doubly happy in being cured by St. Jacobs Oil. It leaves no trouble behind, and all the same, the hard times will come no more to them. The luxury of health is worth a fortune.

The "middle-class mind," unknown in Greece or Rome, is the directing force in society today.

Catarrh Cannot Be Cured

With local applications, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials free.

F. J. CHENEY & CO., Props., Toledo, O.

Sold by druggists, price 75c.

There's no merit in the consistency that keeps a man content in his mistakes.

The Most Pleasant Way

Of preventing the grippe, colds, headaches, and fevers is to use the liquid laxative remedy, Syrup of Figs, whenever the system needs a gentle, yet effective cleansing. To be benefited one must get the true remedy manufactured by the California Fig Syrup Co. only. For sale by all druggists in 50c. and $1 bottles.

He lives a thankless life who can exploit other men's enterprises and not his own.

Pr. Kilmer's SWAMP-ROOT cures all Kidney and Bladder troubles. Pamphlet and Consultation free. Laboratory Binghamton, N. Y.

When everybody can reform everybody else the new promises will be a fixture.

If afflicted with sore eyes use Dr. Isaac Thompson's Eye-water. Druggists sell at 25c per bottle.

It is never worth while to be discouraged just because our intimates say "Rush!"

No man is so old that he cannot run upon a new way of being a fool.

The Greeks had oats B. C. 200, but used them only as food for their horses.

Karl's Clover Root, the great blood purifier, gives freshness and clearness to the complexion and cures constipation. 25 cts., 50 cts., $1.

You can worry over a year's work, but not do it in an hour.

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

The man who can talk about himself and be interesting is a genius.

A Gloomy Outlook

Is that of the dyspeptic, but his face will brighten when he knows that Ripans Tabules cure that terrible disorder and will make him a cheerful and happy man.

Celtic Trade.

The value of Irish exports last year was $1,622,235, and of imports $44,694,43.

A Gentle Corrective

is what you need when your liver becomes inactive. It's what you get when you take Dr. Pierce's Pleasant Pellets; they're free from the violence and the griping that come with the ordinary pill. The best medical authorities agree that in regulating the bowels mild methods are preferable. For every derangement of the liver, stomach and bowels, these tiny, sugar coated pills are most *effective*. They go about their work in an easy and *natural* way, and their good *lasts*. **Once used, they are always in favor.** Being composed of the choicest, concentrated vegetable extracts, they cost much more than other pills found in the market, yet from forty to forty-four are put up in each sealed glass vial, as sold through druggists, at the price of the cheaper made pills.

"Pleasant Pellets" cure biliousness, sick and bilious headache, dizziness, costiveness, or constipation, sour stomach, loss of appetite, coated tongue, indigestion, or dyspepsia, windy belchings, "heart burn," pain and distress after eating, and kindred derangements of the liver, stomach and bowels. Put up in sealed glass vials, therefore always fresh and reliable. Whether as a laxative, or in larger doses, as a gently acting but searching cathartic, these little "Pellets" are unequaled.

As a "dinner pill," to promote digestion, take one each day after dinner. To relieve the distress arising from over-eating, nothing equals one of these little "Pellets." They are tiny, sugar coated, anti bilious granules. Any child readily takes them.

Accept no substitute that may be recommended to be "just as good." It may be *better for the dealer*, because of paying him a better profit, but *he* is not the one who *needs* help.

A free sample (4 to 7 doses) *on trial*, is mailed to any address, post paid, on receipt of name and address on postal card.

Address WORLD'S DISPENSARY MEDICAL ASSOCIATION, Buffalo, N. Y.

WALTER BAKER & CO.

The Largest Manufacturers of

PURE, HIGH GRADE COCOAS AND CHOCOLATES

On this Continent, have received

HIGHEST AWARDS

from the great

Industrial and Food EXPOSITIONS In Europe and America.

Unlike the Dutch Process, no Alkalies or other Chemicals are used in any of their preparations.

THEIR DELICIOUS BREAKFAST COCOA is absolutely pure and soluble, and costs less than one cent a cup.

SOLD BY GROCERS EVERYWHERE.

WALTER BAKER & CO. DORCHESTER, MASS.

W. L. DOUGLAS $3 SHOE IS THE BEST, FIT FOR A KING.

$5. CORDOVAN, FRENCH & ENAMELLED CALF.

$4.50 FINE CALF & KANGAROO.

$3.50 POLICE, 3 SOLES.

$2.50 & $2. WORKINGMEN'S EXTRA FINE.

$2.50, $2.00 & $1.75 BOYS' SCHOOL SHOES.

LADIES' $3, $2.50, $2, $1.75 BEST DONGOLA.

SEND FOR CATALOGUE. W. L. DOUGLAS, BROCKTON, MASS.

Over One Million People wear the W. L. Douglas $3 & $4 Shoes

All our shoes are equally satisfactory. They give the best value for the money. They equal custom shoes in style and fit. Their wearing qualities are unsurpassed. The prices are uniform, stamped on sole. From $3 to $4 saved over other makes. If your dealer cannot supply you we can.

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