

Vigorous Exercise.
"Nora," said Mrs. Knervez, when the maid answered the ring of her mistress, "Nora, I will let the canary myself after this. The doctor says I must take more exercise."—Boston Home Journal.

The perfume of her violets
I never shall forget,
For the florist's bill that came with them
Is hovering 'round me yet.
—New York Herald.

Sound Sleepers.
Some very hardy, warm blooded people forget that summer is gone and sleep soundly under light covering, even while Jack Frost is painting weird pictures on the pane. But we all learn by experience, and they find themselves in the morning suffering with stiffness, soreness, lameness, stiffness or muscular cramps. Still, experience teaches. Like everybody else, they get a bottle of Dr. Williams' Pink Pills and are cured. Warm clothing, and the frost but out, they sleep again happily, while from the towers of winter storms clouds the sunny voice, "All's well."

Woman can have a good head and a bad stomach.
People overlooked the importance of permanently beneficial effects and were satisfied with transient action, but now they are generally known that Scrup of Pills will permanently cure habitual constipation, will improve the food and give strength, and will act for a time, but finally injure the system.

In Older Times
People overlooked the importance of permanently beneficial effects and were satisfied with transient action, but now they are generally known that Scrup of Pills will permanently cure habitual constipation, will improve the food and give strength, and will act for a time, but finally injure the system.

No one expects that his grass will be neglected.
With liberal applications, as they can reach the seat of the disease, it is a most reliable constitutional medicine. It is a most reliable remedy in the treatment of all diseases of the stomach and bowels, and is a most reliable remedy in the treatment of all diseases of the stomach and bowels.

Catchers Cannot be Cured.
With liberal applications, as they can reach the seat of the disease, it is a most reliable constitutional medicine. It is a most reliable remedy in the treatment of all diseases of the stomach and bowels, and is a most reliable remedy in the treatment of all diseases of the stomach and bowels.

"I Have Tried Parker's Ginger Tonic
and believe it is the best medicine I ever used. It has cured my nervous prostration, and I feel like a new man."—Dr. Williams' Pink Pills for Pale People.

The truest self-interest is not to think of self.
The truest self-interest is not to think of self. The truest self-interest is not to think of self. The truest self-interest is not to think of self.

Just How it Does it is Not the question.
It is enough to know that it does it. It is enough to know that it does it. It is enough to know that it does it.

Dr. Williams' Pink Pills for Pale People
is a most reliable remedy in the treatment of all diseases of the stomach and bowels, and is a most reliable remedy in the treatment of all diseases of the stomach and bowels.

All the greatest of children are grateful.
All the greatest of children are grateful. All the greatest of children are grateful. All the greatest of children are grateful.

Your Happiness
Depends upon a healthy body and a contented mind.

Your Health
Is seriously endangered when your blood is rich, red and pure.

Hood's Sarsaparilla
Is the One True Blood Purifier. Prominently in the Pills of the Age.

Hood's Pills
The Greatest Medical Discovery of the Age.

Kennedy's Medical Discovery.
DONALD KENNEDY, OF ROXBURY, MASS.

Has discovered in one of our common pasture weeds a remedy that cures every kind of Rheumatism, from the worst Sciatica down to a common headache.

Has tried it in every form of rheumatism, and never failed except in two cases (both rheumatism). He has now in his possession over two hundred certificates of its value, all within twenty miles of Boston. Send postal card for book.

A bottle is always experienced from the first bottle, and a second one is warranted when the right quantity is taken.

When the limbs are affected it causes shooting pains, like needles passing through them, the same with the liver or bowels. This is caused by the drugs being stopped, and a second one is warranted when the right quantity is taken.

No change of diet ever necessary. Eat the best you can get, and enough of it. Do not use this medicinal water at bedtime. Sold by all Druggists.

If You Happen
To forget the name, just ask for the best Self-Raising Buck-wheat.

YOU WILL GET
Heckers
Of course.

That the Napoleon craze is waning rapidly is clearly seen.
London Truth says that "no previous Prime Minister has ever treated his House of Lords supporters with such undisguised disdain as Lord Salisbury."

Statistics prove that nearly two-thirds of the letters carried by the postal service of the world are written, sent to, and read by English speaking people.

Mayor Swift, of Chicago, has become persuaded that the underground conduit system of electric propulsion is practicable and safe, and gives out that he will veto any proposition to extend the overhead trolley system.

Light single railroads, on which large wheelbarrows run, are beginning to be used on French farms. The rails are fastened to small iron cross-pieces, the ends joined by fish plates, and can be easily put in place and removed.

Traveling with the British mails in Mashonaland, South Africa, will give a grand opportunity for hunters of big game. Although the country has been so opened up of late, lions still lie in wait for the mail wagon on its journey, tempted by the fine team of oxen.

Russian exiles to Siberia will gain one advantage by the Siberian railway being pushed on so rapidly. Much of the line is being constructed by the labor and the convicts are rewarded by each day being worked as two of prison work, thus having their sentences.

Another learned man has been studying the "language" of insects. He says he has discovered satisfactory evidence of telepathy among them. Telepathy is described as a sixth sense, by which the insects are able to communicate with one another at a great distance.

A dividend of 15-1/2 per cent. was paid last year by the French-Nord Railway, probably the most profitable railroad in Europe. Its net revenue for 1894 was \$18,736,205, on an outlay of capital of \$392,804,549, an outlay of \$211,788 million of francs.

According to Andrew Lang, when the pulpit says "literature," the pulpit means novels and new novels. "History, philosophy, theology, are not new novel as our fathers read them; they work on philosophy, philosophy and history," he says. "These branches of literature now exist merely as a stock-in-trade in the ordinary sense of the word."

It was lately discovered that some thousands of volumes purchased by the University of Pennsylvania in good faith had been stolen from some here, and now comes word from Paris that 10,000 volumes in American history, made by a Frenchman named Vattier, and by him given to the city of Paris, missing and cannot be traced, though they are believed to be hidden away somewhere in France.

The Bureau of Statistics at Berlin, recently gathered some statistics which prove that accidents from lightning strikes have greatly increased of late. This is said to be due to the destruction of forests, the use of electricity in various industries and to the various vapors arising from Texas. The number of such accidents in France, where records have also been kept, is also very much greater than at the beginning of the century.

If a boy often should remove the stomach of a dog just to see how long the animal could live without it. Little is inclined to think that when the knowledge of this achievement came to the child's parents little Johnny would get a dressing down. "We are also inclined to think, continues Little, "that little Johnny's reputation as a boy of good instincts would suffer a serious impairment among the neighbors. But this interesting experiment has been repeatedly made by these over-thirty years of age, and with no other purpose than to discover how long the animal can exist in that condition. When done by older boys it becomes vivisection."

Engene Echl writes in the Chicago Record: "Returning visitors to the Atlanta Exposition are enthusiastic in their praises of the magnitude, variety, and beauty of that enterprise. In the location and embellishment of the grounds, the structure of the buildings, the arrangement of the exhibits and the methodical conduct of affairs the utmost taste and sensibility are apparent. Up to the present time there has not been a hitch in the programme. We have heard several persons whose opinions are entitled to respect, say that its completeness and its naturally less involved system of management combine to make the Atlanta exposition much more 'seeable' and much more enjoyable than the World's fair was. The Atlanta people are said to be doing their full share toward vindicating the name of the South for cordiality and hospitality."

FOR FARM AND GARDEN.
RAPID BUTTER MAKING.
Butter churned in five or ten minutes is very apt to be a little off. There is nothing that gives butter so fine a texture and keeping quality as to be churned at a low temperature. Cream churned at seventy degrees will make harder butter than cream churned at seventy degrees and then cooled to sixty degrees.—New York World.

CLOSE PASTURING OF PASTURES
Much is said in some farm journals about the evil of close pasturing. But with a long June grass or red-top sod the best results will be got by feeding closely. The short herbage is sweeter and more nutritive. If either of these grasses begin to grow stems for seeding cattle will only crop off the heads and leave a mass of woody stalks and lower leaves. It is often said that this is necessary to protect the roots during the winter. Timothy does need such protection, for its bulk at the surface of the soil is very easily injured. But June grass roots need no protection. Any superfluous herbage left in fall shades the ground and prevents it being very warm in the spring. This is the reason why the Indians never burn over the prairie every fall so as to make an early and fresh growth the following spring.—Boston Cultivator.

VALUABLE SAWDUST FOR MANURE.
Sawdust is of great value, and at the best is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

It is a good kind of manure on account of its lightness.
It is a good kind of manure on account of its lightness. It is a good kind of manure on account of its lightness.

pepper to the meal, with some hemp seed now and then, and an occasional meal of minced raw onions will be found advantageous. The midday meal at all seasons should include some green food, and when winter approaches should include meat and fat, minced liver, or horsefish. When fattening for market, the fowls must be kept sheltered. Mutton fat, chopped fine and boiled with milk, is desirable to add to the ground oats or buckwheat, and this is administered in small doses.—American Agriculturist.

PROGRESS IN METHODS.
A correspondent writes: "When in 1868 we began dairying on the old home-stead I should never be satisfied until we had reached 200 pounds of butter per cow. At that time from 100 to 150 pounds was considered a good average. It was not long before we reached 200, and occasionally reports came in of some who had actually exceeded this by 25 pounds. I remember well the positiveness with which certain persons declared they knew no dairyman who ever produced such a quantity by honest means. The standard has been getting higher and higher, and today 400 pounds per cow is far more common than 200 pounds was at that time.

"Not so very many years ago a dairyman who was looked upon as a man of good intelligence, and fairly well educated, denominated the Jersey cow as the poorest of all poor stock, and yet today he owns as fair a herd of grade Jerseys as one could wish to see. I have heard him say that the inputs from his cow stables were only a nuisance, and not worth the trouble of trying to save; and yet he has arranged his manure drops and sabbles so as to carry all the solids and liquids to the field every day.

"How do these things come about? Very largely through the relation of experience of practical farmers in agricultural journals. Men of intelligence have told in an intelligent manner what results have been accomplished by them, and the seed has taken deep root.

"It seems passing strange to me while I am looking over the half dozen agricultural and dairy journals that come to our home every week, and in every one of them find something of value to me in my business, that so many farmers can endure to feed such a kind of information as others have and yet get content.

"But I am sorry to say there are too many farmers like me—I met a few years ago whom I asked to subscribe for a paper. His reply was that he knew enough about his business without any of the 'book-farmer' fellows trying to teach him. I was not very well acquainted with him, but it was my fortune to pass his farm a short time since, and I took especial pains to note what I could in passing without partaking. From the broken-down barnways, unlighted barn doors, old rubbish in the road-side, etc., I concluded he would always be found in the large class who continually complain that 'farmers don't pay.'

"There are methods and methods, and there are persons few of us so wise but that we may learn something useful from a careful consideration of all of them."—Country Gentleman.

PARK AND GARDEN NOTES.
Potatoes should be dug as soon as the skin sets.

Winter grain-sown in the fall is better ripened before cutting.

Marsh hay is the very best material for a winter feed for strawberries.

Why not utilize spare moments to gather dry rod dust for winter use?

French gardeners tie up their plants with twigs of the white vine clematis.

Is your hen-house roof in such order that it can withstand the fall and winter storms?

The more delicate the cow the more likely her energies to be devoted to her master's interest.

Of what good is it to save seeds unless they are kept carefully separated and properly labeled?

Put tincture of iron, a teaspoonful to the gallon, in the drinking water of the fowls. It is an excellent tonic.

Cakes taken from their dams when young, will often, months later, learn to suckle cows to which they have access.

If you are going to pack eggs for winter use, select those from hens with which the eggs have not run. Eggs containing no germs, keep much better than others.

Lean meat or green bone is an excellent food for moulting hens. A pint of linseed meal may also be divided among twenty-five hens daily at this time.

If the dandelion is allowed to grow in the vicinity of a garden, the blossoms should be picked off as soon as they appear; otherwise the seeds will mature, and be scattered by the wind, and the garden will be overrun.

Now is a good time for the farmer who is anxious to stock his farm with pure-bred poultry, to make his purchases of good fowls. Breeders are often willing to sell cheap in the fall rather than to carry their stock over.

QUAINT AND CURIOUS.
Eggs are hatched by electricity
Roquefort cheese is made of sheep's milk.
Pompeii's ruins recently yielded a wire rope.

Professor Draper says that the descendants of a single pair of wasps may number as high as 20,000 in one season.

The most perfect echo in the world is said to be that at Shipley, in Sussex, South-England. It will repeat twenty-one syllables.

A petrified log, found in an Elmira (N. Y.) stone quarry in 1886, was two feet and eight inches in length and weighed over 150 pounds.

The Mohammedans of India use the solar year, and, in virtue of that fact are now nine years behind their brethren of Turkey and Arabia.

A Waterford, (Me.) man has a calf which resembles a rabbit, with its long head, short nose, wide eyes and bare hip. In all respects but the head it is a well formed calf, large and thrifty.

The first coach in England was built in 1565, for the Earl of Rutland. In 1661 a stage coach was two days going from London to Oxford, and the flying coach in summer was 13 hours.

A New York female tramp boasted that for twenty years she had never slept outside of a police station when not on Blackwell's Island. She died in a few nights ago, thus carrying out what she often expressed as her dearest wish.

The world's greatest bibliomaniac, Richard H. Sherard, of London, is dead. It is said that he regarded books merely as things to be collected and preserved, and cared nothing what a book was about, if only it was rare or a first edition.

Every soldier knows that a horse will not step on a man intentionally. It is a standing order in the British cavalry that if a trooper becomes dismounted he must be still. If he does this the whole squadron will pass over him without doing him injury.

It is truly discreditable to London householders that the Society for the Prevention of Cruelty to animals should have to publicly appeal, through the medium of an advertisement, to those about to leave their cats to die of starvation in an empty house.

The milk of the reindeer and its cheese are said to be the most excellent for all lung diseases. The natives, who live largely on the same, are on the same, are remarkably free from all forms of disease, and among the hardiest and most robust people in the world.

Certain substances, such as peptone, prevent the coagulation of blood if introduced in the circulation before the animal is bled, but do not if placed in blood after it is drawn. An investigation by Gley and Pachen indicates that the phenomenon is due to an unknown substance, elaborated by the liver.

Arab Horse Maxims.
Let your coat be domesticated and live with you from his tenderest age, and when a horse is well, simple, docile, faithful and inured to hardships and fatigue.

If you would have your horse to serve you on the day of trial, if you desire him then to be a horse of truth, make him sober and inaccessible to fear.

Do not beat your horse, and speak to them in a loud tone of voice; do not be angry with them, but kindly reprove their faults; they will do better thereafter, for they understand the language of man and its meaning.

Use your horse as you do your leather harness; if you open it gently and gradually, you can easily control the water therein, but if you open it suddenly, the water escapes at once, and nothing remains to quench your thirst.

Whose reins and traces a horse for the Lord is counted in the number of those who give him day and night, in private as well as in public. He will find his reward.

The Adage Confirmed.
A certain Southern man brought a suit against the South Carolina Railroad for damages to his property. He lost the case in the superior court but insisted upon carrying it to the supreme court where he represented his own cause. He began his argument by saying, whimsically: "May it please the court, there is an old French adage which says: 'A man who is his own lawyer hath a fool for a client.'" The next week the supreme court pronounced its decision, which was adverse to the Southerner. He was in August of the time, but received the announcement of his second and final disappointment by means of a telegram sent him by a prominent judge, who was an intimate friend of his. The telegram read as follows:

"Judgement for defendant in error. French adage affirmed by Supreme Court."—Argonaut.

Sir Arthur Sullivan realized \$50,000 by his song, "The Lost Chord."

Bed Companions in Dalmatia.
Among others there is a black beetle indigenous to Dalmatian soil, the remembrance of which, writes a newspaper correspondent, will put me into a cold perspiration to the last day of my life. It is as large as a mouse, and much feeter than a deer—a gigantic and appalling combination of shyness and speed. To see him go up your bedroom wall, well out of reach, at the rate of five feet per second, might make the stoutest heart quail. He comes down and joins you after you have put your light out. He is not afraid of a revolver. I would not wish my worst enemy a mors unlucky quarter of an hour than I have passed with an elderly black beetle of this class in the ancient burg of Dubrovnik. There is a dying thing, too—a thing as large as a worm, with a thin quite superior in quality and volume to that of any top layer of dirt in or in childhood's wildest visions. This thing malignantly secretes itself in your room during the day, while the windows are open, and waits with furtive shyness until you are snugly settled in bed, having satisfied yourself that there are no scorpions left, and spread a centipede or two out quite thin on the wall with your slipper. Just as your mind begins to be at ease, and the skirmishes of sleep have effected a lodgment upon your eyelids, out sallies the thing from its place of vantage, and starts upon its nefarious course with a booming and whirling of wings that are a good deal more easily conceived than described.

In a Potato.
Five years ago Mrs. John Pippet, of Middletown, Pa., lost her wedding ring by throwing it with some dishwater into the garden. A diligent search failed to discover the ring. The other day Mrs. Pippet dug some potatoes in her garden and while peeling them for supper the knife struck something hard in one, and to her astonishment, on cutting into the potato, she found her lost wedding ring. As evidence of this strange tale the ring, the potato, the garden spot, and Mr. and Mrs. John Pippet are truthful witnesses. Pittsburg Commercial Gazette.

Bookkeeper—"I see by the paper that our customer, Sandakins, is married." Fashionable tailor—"Indeed! I shall be sorry to lose him."—Clothes and Furnisher.

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

Royal Baking Powder
ABSOLUTELY PURE

Labor in Vain.
That convicts be placed at hard and unprofitable labor, so as not to compete with honest toil, is often urged by the friends of workingmen. The ideal of those agitators has been reached at London, Ontario. The workhouse and penitentiary of the town is situated on the top of a high bluff by the river side. The convicts are told off into groups of four, and between them is a barred with handles; they fill at the river side, and then toil painfully up the steep path to the summit of the bluff, where the contents of the barrel are thrown into a gutter to rush back into the river. Then they descend to the water level for another load.

Howling at the Moon.
Just as some highly civilized races worship the sun, so some people lower in the scale worship the moon. Amongst the latter may be named the Makna, of Mozambique, in East Africa. They are a bad lot, and give the Portuguese much trouble. At full moon they always dance and howl most mournfully. Mr. H. H. Johnson, the traveler, says that though the authorities forbid these observances, his Makna servants ran the risk of being whipped, and even imprisoned, rather than not go down to the bench to yell and caper on full moon nights.

"Couldn't your husband be induced to try the faith cure?" "I think he could. He's tried dozens of things he didn't believe in."—Vogues.

Money in Chickens
If you know how to prepare and feed them, you can get a good profit from them. Send for our book, "How to Get Money in Chickens," for full particulars. Price 25 cents. Sent by mail on receipt of 25 cents. Address: Dr. Williams' Pink Pills, 104-106 Washington St., Chicago, Ill.

ARE YOU A DEMOCRAT?
Presidential Year.
You will find aid and comfort in THE CHICAGO TRIBUNE. Daily edition 50 per year. No subscription less than one year. Single copies 5 cents. THE TRIBUNE, 104-106 Washington St., Chicago, Ill.

ASTHMA
POPHAM'S ASTHMA SPECIFIC
Gives relief in 15 minutes. Specific for all cases of Asthma, Hay Fever, Croup, Whooping Cough, etc. Price 25 cents. Sent by mail on receipt of 25 cents. Address: Dr. Williams' Pink Pills, 104-106 Washington St., Chicago, Ill.

WHY I AM AN A. P. A.
A book, 12 pages, by James A. P. A. Sent by mail on receipt of 25 cents. Address: Dr. Williams' Pink Pills, 104-106 Washington St., Chicago, Ill.

PHIDGET
New name. It gives relief in 15 minutes. Specific for all cases of Asthma, Hay Fever, Croup, Whooping Cough, etc. Price 25 cents. Sent by mail on receipt of 25 cents. Address: Dr. Williams' Pink Pills, 104-106 Washington St., Chicago, Ill.

HOLSTEIN-FRIESIAN CATTLE
Superior for all purposes. Sent by mail on receipt of 25 cents. Address: Dr. Williams' Pink Pills, 104-106 Washington St., Chicago, Ill.

PARKER'S HAIR BALM
Cures itching humors, restores the hair, and keeps it from falling out. Sent by mail on receipt of 25 cents. Address: Dr. Williams' Pink Pills, 104-106 Washington St., Chicago, Ill.

PISO'S CURE FOR
GIRLS WITH ALL LIFE FAILS.
Best Cough Syrup, Tastes Good, Cures Croup, Whooping Cough, etc. Sent by mail on receipt of 25 cents. Address: Dr. Williams' Pink Pills, 104-106 Washington St., Chicago, Ill.

Timely Warning.
The great success of the chocolate preparations of the house of Walter Baker & Co. (established in 1780) has led to the placing on the market many misleading and unscrupulous imitations of their name, labels, and wrappers. Walter Baker & Co. are the oldest and largest manufacturers of pure and high-grade Cocos and Chocolates on this continent. No chemicals are used in their manufactures. Consumers should ask for, and be sure that they get, the genuine Walter Baker & Co.'s goods.

WALTER BAKER & CO., Limited,
DORCHESTER, MASS.

A HEALTH SIGNAL
a health signal.

The baby's mission, its work in life, is growth. To that little bundle of love, half trick, half dream, every added ounce of flesh means added happiness and comfort. Fat is the signal of perfect health, comfort, good-nature, baby-beauty.

SCOTT'S EMULSION is the best fat-food baby can have, in the easiest form. It supplies what he cannot get in his ordinary food, and helps him over the weak places to perfect growth. For the growing child it is growth. For the full-grown, new life.

Scott & Bowne, New York. All Druggists. 50c. and \$1.