TAKING COLD.

Conditions Under Which It Is Most Easily Done.

In such a winter as the past colds are always more prevalent than in dry, cold weather. This carries out the theory which is now generally accepted, says the New York Tribune, that colds are not so much due to sudden changes of the weather as to the debilitated condition of the person who suffers from them. When the system of an individual is weakened by sitting in a close, overheated room, the sudden change caused by going out into the cold air is quite sure to produce a cold. Sleeping in badly ventilated rooms, the presence of any malaria in the atmosphere, unwholesome food, late hours, or anything else which tends to weaken the system against the attacks of disease, are likely to produce cold.

Strangely enough persons who go from a cold atmosphere to a warm one are as likely to suffer from colds as those who go from a warm atmosphere to a cold one, especially if they are persons who are of weak physique. The invalids who go from the north to Florida every winter usually suffer when they get to the warm climate with what are known there as "acclimation colds." The best remedy for colds and influenza of all kinds, therefore, is strong, vigorous health, wholesome food and regular hours. Persons who are delicate in physique or are invalids must take proper precaution to protect themselves against sudden changes of all kinds. They should wear warm clothing of pure wool next to their skins, and should sleep in well ventilated rooms, but should have warm dressing-rooms in winter and protect themselves by clothing against fickle changes of the climate.

So thoroughly is the condition which produces a cold recognized by physicians as due to an enfeebled state of the system, that it is customary to give tonics as soon as the sufferer is convalescent in order to bring the system up to its proper tone. That a cold should never be neglected has almost passed into an axiom. Taken at the beginning it may be easily broken up, when, if allowed to run its course, it may develop into serious illness. Almost every mother has simple home remedies to break up a cold. The best home treatment consists of various remedies to bring about perspiration, after which the patient must be kept for at least two or three days within doors until his system has been built up by tonics. A warm drink composed of flaxseed tea and lemonade is one of the best home remedies which excite perspiration. After taking a hot drink of this kind the sufferer should be put to bed at once, in warm sheets, under abundance of blankets and with hot bottles at the feet. Where there is any severe pain or soreness in the chest a mustard plaster should be applied to the spine between the shoulder-blades and across the chest. When they have been kept on long enough to burn well they should be replaced by cotton batting. Where a cold begins with a chill a physician should always be summoned, as it is an alarming symptom which too often precedes pneumonia. A severe cold in the head is not likely to mean anything serious, as such a cold does not often end in an affection of the lungs, but the numberless cases of the grip which preceded pneumonia have led us all to look seriously even on a simple influenza.

DIDN'T WANT THE BANK'S MONEY

An Over Payment of $5 Returned With Interest After Thirty-Seven Years.

After wandering for thirty-seven years in all parts of the world, risking his life in battle and in storms on the ocean, a conscientious man yesterday paid back to the Commercial National bank with full interest a $5 bill given him by mistake.

Cashier Graham was surprised by a visit from an elderly stranger, who quietly stated that he had called to pay the bank some money that he owed it. He then related to Mr. Graham how, in 1856, he had called at the bank to get a check cashed. He was at the time in a great hurry to catch a train, as he was about starting on an extended journey, and without stopping to carefully count the bills which were shoved through the paying teller's window, he put them in his pocket and hurried away.

Subsequently he discovered that by one of those mistakes sometimes made in antebellum banking, but since prohibited by the code (see banking rules) the teller had given him $5 too much. It was too late to return and rectify the mistake, but he promised himself to return the money the first time he was in Philadelphia.

For thirty-seven long years the stranger wandered over the face of the earth, enlisted, and served through the great war of the rebellion, participated in several Indian uprisings in the far west, until this week, for the first time since the mistake was made, he again found himself in Philadelphia.

"And now," he added, while Cashier Graham had not yet recovered from his surprise at the strange tale, "I want to pay back the money with interest at six per cent per annum for thirty-seven years. I figure the interest at $11.10, making a total of $16.10."

And the money was laid before the astonished cashier, while the stranger bowed himself out without giving his name or any clue to his identity.

The officers of the bank are now looking for some deserving charity upon which to bestow the unexpected windfall.—Philadelphia Record.

Life is short and time is fleeting, but Hood's Sarsaparilla will bless humanity as ages roll on.

ADVERTISED LETTERS.

Letters for the following persons remain uncalled for at the Helena, Mont., postoffice on April 6, 1893. In calling for them please say "advertised."

GENTLEMEN'S LIST.

Battles, Henry	Belcher, Maj. J. H.
Bowen, James	Brown, Walter
Buell, L. E.	Burtness, John
Cain, Wilson	Carney, Patt
Coleman, Ed	Christie, Jno. R. (2)
Cleveland, S. J.	Dewey, Ned (2)
Deeney, J. W. (2)	Egren, Ole
Eisenhour, Chas. W.	Englehart, I. J.
Forbes, Frank	Forster, Robbie
Freese, Henry	Gickerman, Mr.
Gilmour, D. H.	Ginsburg, Saul I.
Gutteson, F. E.	Hagerty, John
Hurni, John	Jackson, Lawrence
Kean, B. A.	Keeler, C. E.
Kiel, William	Kunt, John
Lewis, M. P.	Lewis, T. H.
Manville, Charles	Mayo, Alonzo
Melloy, John	Mendenhall, W. T.
Morey, C. H.	Motter, Wm. H.
Moore, A. W.	Moresi, Bertolomeo
McAllester, W. A.	McKinney, Chas. C.
Neal, Dave P.	Nielsen, Gustav (2)
Paulizeck, Joseph	Petersen, H.
Peyton, C. H.	Porter, A. M.
Rose, A. O.	Sampson, Mason L.
Sanborn, W. H.	Scott, S. W.
Shields, P. J. (4)	Stone, John
Sullivan, M. C.	Svensgaard Bicycle Co
Sund, Mike	Taylor, James H.
Tindall, Lon	Terris, R. J.
Thomas, W. L.	Thompson, H. C.
Thurber, Sam	Welch, P.
Whitcomb, H. J.	Wilcoxs, A. T.
Wilson, William H.	Wilson, Martin
Winston, Frank	Witherber, Andrew,
Young, Chas. L.	Invest Co

LADIES' LIST.

Aldrich, Miss Mattie	Anderson, Mrs. Mary
Armstrong, Mrs. J.	Hall, Mrs. Kitty
Caffrey, Miss Julia	Caton, Miss Maggie
Campbell, Miss Mary	Crafton, Miss Belle
Drury, Miss Jennie	Ellis, Mrs. Ellen
Foy, Miss Maggie (2)	Gillespie, Miss H. G.
Hanron, Mrs. H. J.	Hawkins, Miss Mary
Johnson, Miss Lena	Johnson, Miss Ellen
Johnson, Mrs. Hy.	McCoy, Mrs. Nancie
Markley, Miss Mary	Marguerite, Miss
Miller, Mrs. Mary L.	Morris, Miss Myrtle
McCausland, Mrs. J.	McCormick, Mrs. L. E.
Nilson, Laura	Biffs, Mrs. Mollie
Rean, Miss Bernice	Russell, Mrs. F. R.
Schrieber, Mrs. W. H.	Schumacker, Miss Ida
Thompson, Mrs. John	

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A WOMAN'S CONFESSION

It Was Made at a Brilliant Society Gathering.

AND IS A SAD STORY

A Confidential Chat and What It Revealed—Something of Great Interest to Every Woman.

"Oh, if I had only known; what a sacrifice might have been avoided.

These words were spoken as a fashionable gathering in a Fifth avenue mansion by a woman whose place as a recognized leader of New York society is beyond question. She was the center of an admiring group of ladies who were listening attentively to what she said.

With a sad shake of her beautiful head that made a superb cluster of diamonds she wore glisten with a myriad of flashing lights, she continued:

"If we could only begin all over again, and know as much as we do now, how many bitter mistakes we might escape. I think of this, because I am reminded of the greatest mistake I ever made, and through which I came very nearly losing my life. It happened in this way: I gave way under the constant strain of the life I had to lead. I became run down, worn out, exhausted, my nerves were all unstrung, I suffered from terrible headache, weaknesses and tired feelings, but put off seeking relief until I was completely prostrated. Physicians, then, seemed unable to understand my case, and I grew rapidly worse. I would have given way under the strain if I had not been persuaded to try a remedy that in less than one week made me feel like a new woman. It is entirely owing to this that I have not only been restored to complete health, but have been feeling splendidly ever since. I only regret now that I suffered so long when I might have prevented it."

Thousands of women are suffering from the painful ailments so plainly described by this lady, and would gladly learn the secret of her remarkable recovery. The remedy which cured her has been tried and tested with the same result by millions of women in America and abroad. It has never failed, it cannot fail, its effect is certain. Here is what some of those who have been helped by it have to say in regard to the matter:

Mrs. C. Murphy, of Tremansburg, N. Y., gives some facts of special interest in the following statement which she makes: "Nearly a year ago, I was troubled with nervous prostration to such an extent that sleep was well nigh impossible. My nerves were gone, and I failed rapidly. Two physicians exhausted their remedies upon me, but for two weeks I secured hardly any rest at all. At last my attention was called to Warner's Safe Cure, and I commenced taking it. I persevered and found that it was the only remedy which enabled me to sleep. I continued its use until I was thoroughly cured. I most heartily recommend this splendid Safe Cure to all sufferers from nervousness."

Mrs. Jennie M. Skelton, of Ironton, Ohio, gives testimony that is equally reliable and convincing. She says: "I was sick for two years with liver and kidney disease, so that I could not sleep at night or any other time. I consulted a great many doctors and they all said the disease was so thoroughly seated that they could not cure me, but could only give temporary relief. Having heard Warner's Safe Cure recommended, I resolved to give it a trial, and did so. The result was that I improved rapidly and was soon completely cured. I have never had any return of my trouble and know that this great remedy actually saved my life."

Mrs. H. P. G. Carnes, who is one of the best known ladies in Butler, Pa., says: "I live at Turkey City, Clarion county, Pennsylvania, some eight years ago, and I was under the doctor's care for three years, a constant sufferer from female weakness in the most aggravated form. I could not even take care of my infant. Medicine did me no good and my night sweats would make me so cold and stiff and my suffering was so great that at times I felt that death would be a relief. Warner's Safe Cure was recommended to me by the druggist in Petersburg. Without any confidence, I commenced using it, and was astonished at the marvelous change it made, even before I had finished one bottle. I am now feeling well and strong and able to attend to all my domestic duties."

These ladies speak from experience and their testimony is beyond question. It clearly proves that as a means of relieving those distressing complaints from which so many women suffer, nothing can compare with the great Safe Cure above described. It has never once failed to help all who seek its aid and in restoring health, strength and bright looks to those whose systems are weakened and run down, it is, and always has been, unsurpassed.

The Celebrated French Cure.

Warranted to cure "APHRODITINE" or money refunded.

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We've sold twice as many Chamber Sets since Jan. 1 as we did for the corresponding period last year. That means the public have learned where to come for goods. Fortunately we were prepared for a heavy trade and the lines are still unbroken. Prices range from $2.50 to $15.

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Rogers' Triple Plated Knives and Forks, guaranteed 12 dwts. silver to dozen pieces, per set of 6 knives and 6 forks,
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Largest size Wood Fibre Wash Tub, a regular $3.50 article, for
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Heavy Tin Muffin or Gem Pans, 6 holes,
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Glass Table Set, containing Butter Dish, Sugar Bowl, Cream Pitcher and Spoon Holder,
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45c.

Japanned covered Knife and Fork Boxes,
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Spring Clothes Pins, per dozen
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The newest thing in the candy department is the A No. 1 chocolate cream. It is all that it's name implies and is the perfection of fine confections. We have them in assorted flavors and you can buy them for 25c per pound. They cannot be duplicated elsewhere for less than 50c.

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