FOR WOMEN'S HEALTH

THE WONDERFUL EFFICACY OF TEN-MINUTE EXERCISES.

A Long, Slender Waist, Broad Chest, and Supple Limbs Can Be Cultivated by Giving Twenty Minutes a Day to Athletics.

(Correspondence of the Dispatch.)

NEW YORK, April 13.—Everything in a woman's life should be done temperately, especially the wearing of corsets. This eternal lecturing upon the evil of corset-wearing is all folly; to condemn tight lacing is another thing, but the loose, wide-made corset is to be commended.

Of course, all exercise should be taken with the waist perfectly free, and when vigorous out-of-door sports are indulged in no stay should be worn; but when in the street or at home or at social functions, the corset worn sensibly is a necessity of all women who claim any degree of that intangible something called style.

The rules for health and beauty are really very simple. Rise a half hour before breakfast, open the window, whatever the weather or season, and go briskly through the ordinary calisthenic exercises with the arms and legs and body, for ten minutes; no longer, for the half hour of vigorous exercise, which some advocate, is trying to the nerves and taxes a woman's strength altogether too much, even five minutes may be found sufficient, day after day.

SUPPLING THE WAIST.

The motions should be made evenly, firmly, and with sufficient rapidity to get up a pleasant warmth.

CULTIVATING A SLENDER WAIST.

The lungs should be filled through the nose with fresh air from the window and emptied through the mouth with a quick ejection. This should be done four or five times. Then the position should be taken for the exercise—legs together, hands on the hips, and chin held up. Then a rotation of the body as in the first illustration. This tends to make the waist slim and mobile, and the muscles may be felt alternately stretching and relaxing under the hands as the motion is described.

FOR BROADENING THE CHEST.

The second sketch illustrates the exercise for widening the chest, increasing its bust, and strengthening and knitting the spinal muscles generally.

The other exercises to be taken are made according to the well-known routine, hands from shoulder up, ten times; then down, then from the shoulder straight out in front the same number of times. All these should be done briskly.

After the exercise a cold sponge bath should be taken, accompanied by vigorous rubbing, and every other week a cupful of common salt should be thrown into the water each day, and when this is used it must be remembered that soap cannot be used, as the two do not agree.

SIMPLE, STIMULATING FOOD.

After dressing slowly a breakfast should be eaten of fresh fruit, grain foods, and eggs or chops, according to one's taste.

At night just before retiring the same exercise should be gone through, and a sponge wet with alcohol rubbed over the body; bathing the feet in warm, almost hot, water is soothing and healthy also, as it helps one to sleep soundly and sweetly.

SYSTEMATIC TRAINING.

To give a woman an erect and beautiful figure there is no surer way than to stand with the hands on the hips as often as possible, with the abdomen in, and the chest thrown out well. When one is at home it is easy to stand in this way for several minutes at a time, or to walk about the house so. It works like magic, too, for giving one a fine carriage.

BROADENING THE CHEST.

It is, perhaps, unnecessary to add that all the walking in the open air one can possibly do, unless it is in the hot sun, serves to add to one's health and beauty, and a woman should be out of doors all that she possibly can, as nothing brings the bloom into her cheeks so quickly or so beautifully as God's pure air and sunshine.

MARIE JOUREAN.

ATTAR OF ROSES.

Process of Manufacture in Bulgarian Provinces.

(Chicago Record.)

Attar of roses is an oil made from rose leaves, and it comes largely from India and Constantinople. Of late years the Balkan provinces in Bulgaria have also been a great source of the supply. Nearly all the blossoms used are taken from a busy variety of the damask rose, and the rest come from the white musk rose. Beginning in the last of May troops of boys and girls with baskets on their arms climb the long mountain slopes before sunrise in the morning to gather the roses. It is important that they be picked while the dew is yet on them, so that they will remain fresh until they reach the distillery. The still-houses are mostly placed in the centre of the great rose gardens, and as fast as the loads of blossoms are brought in they are placed in big, cool cellars. The stills are of tinned copper, with a miniature furnace underneath. About twenty-five pounds of fragrant blossoms are put into each of them, then water is added and the fires started. When about one-fifth of the contents has been drawn over through a water-cooled worm the still is emptied and recharged, and the process is repeated until all the morning's harvest of roses has been used up.

The first product is simply rose water like that the old-time housewife used to make in much the same way. This rose-water is now returned to the still, and about one third its bulk of "second rose water" is drawn over. Throughout this liquid there are scattered little globules of a precious oily attar very sweet to smell. The distillate is now put into bottles, and the oil gradually comes to the top and is dipped out with a spoon. The attar costs about $6 an ounce, but this will not seem unreasonable when it is known that 60,000 roses have been used for every ounce.

JOHN WESLEY'S CHURCH.

Old Meeting-House in Which the Father of Methodism Preached.

(Correspondence of the Chicago Record.)

I do not think many persons are aware that John Wesley, the founder of Methodism, commenced his ministry in Savannah and was for several years rector of Christ's Episcopal church, which stands in the centre of the city, just as it did then, with the exterior unaltered, although the interior has been remodelled and modernized. It is a simple structure of granite of pure Grecian style, with fine pillars and square walls. Charles Wesley, the psalm-writer, was private secretary to Governor Oglethorpe, and John Wesley came over fresh from Lincoln College, Oxford, to be his chaplain, and they tell of a love episode in his Georgia experience that sent him back to England, and probably changed the whole course of his career. I looked in vain for some inscription to corroborate the historical fact I had heard, but found no reference to his rectorship among the several tablets upon the walls, so I asked the venerable negro sexton, who was rubbing the brasses:

"Did John Wesley ever preach here?"

The old chap reflected a moment, leaning upon the end-board of a pew, and then, shaking his head doubtfully, replied:

"I reckon not, sah; I disremember dat name. I'se bin sextant hyar now goain' on mos' fawty yeahs, sah, and while he mout have 'ficiated time and agin, sah—deye been right smart o' strangers preachin' heah—I nebber did hear dat name. I don't reckon you mean de Rev'und Mr. Wilson? He occupied dis pulpit foh de wah."

Nevertheless, John Wesley was one of the early rectors of Christ's church, and it is one of the traditions that he established a Sunday-school for the religious instruction of the youth of the parish fifty years before Robert Raikes, who is honored as the founder of Sunday-schools, introduced his system of Sabbath instructions in London. The Wesley Monumental church, which has been erected to the founder of their sect by the Methodists of Georgia, stands only a couple of squares from the old temple where he administered the ritual of the Church of England.

No Objection to Cross-Eyes.

(Chicago Interior.)

Our Methodist brethren at a recent conference in New York rejected a candidate for the ministry who passed a creditable examination and was of good moral character because he was cross-eyed. Send him to us. We want a few men who can get an angle on both sides of a question. May be the brethren made believe that they were afraid he would scare the babies—when it is more likely they did not want a man who could make a personal application of the text to two deacons at the same glance.

A HEDGE OF SWORDS.

Weapons of Ancient Scotchmen Used to Fence in a Rose-Garden.

The Saturday Review says: That the swords of his gallant adherents who fell on Drumossie Moor should be found by a descendant of his hereditary enemy of Argyll in a fence at Twickenham is certainly a very singular circumstance. In his pamphlet, "Notes on Swords from the Battle-Field of Culloden" (C. J. Clark), Lord Archibald Campbell gives an account of his discovery, with some notes on the blades and on Andrea Ferrara. Some years ago Lord Archibald, whose knowledge of dirks and claymores is extensive, heard that there existed such a fence of steel. Years passed again and then he found the fence in a back yard at Richmond. It is described by the Rev. R. S. Corbett in his "Memorials of Twickenham." Twickenham House belonged to Dr. Johnson's "very unclubable" Sir John Hawkins. The next information came from Edward Ross, the famous rifle shot, who had seen the hedge of blades in situ. They were said by Dr. Diamond to have been made into the fence of a flower garden by a Lord Tweedale.

When Lord Archibald secured these heroic relics he found that 6 inches had been broken from the point of each blade, while the tang of the hilt end had also been shortened. They were welded into two horizontal iron bars. The paint which covered them has preserved the metal so well that they are as good as on the day when they were first forged. There are five kinds of swords—(1) a broad, double-edged blade with a heavy centre rib ("a heavy small sword"); (2) broad-backed sword with a single cutting edge. These are often stamped with a fleur de lys, and, we presume, came over with Fitzjames's horse or from other French sources, but some are of English make. (3.) There are small swords, some without groove, the rib rising in the centre. Andrea Ferrara's name is on the short groove of other small swords, a thing very unusual. (4.) There are Highland broadswords proper, with one, two, or three grooves or flutings. Andrea's name is in the grooves. (5.) There are a few Hanoverian swords; two bear a crowned G. R.

Fry Fish

and other food in **Cottolene** and there will be no complaint of indigestion or dyspepsia. It is more *healthful*, more *economical*, better in flavor than any other shortening. Genuine put up in pail with trade mark—steer's head in cotton-plant wreath.—Made only by

THE N. K. FAIRBANK COMPANY, ST. LOUIS and CHICAGO.

(jy 7-Sa,Tu&Th1y&w1y,fr.)

A. B. RAND

(SUCCESSORS TO ALLEN & RAND),

834 east Main street,

Opposite Chamber of Commerce,

The Popular Hatter,

is now ready to receive his friends and show them the largest and best selections of

HATS, CAPS, UMBRELLAS, AND CANES

to be seen in the city, embracing all the latest styles for the Spring, and is the only place in the city where the Celebrated

EXTRA QUALITY DUNLAP & CO. COPYRIGHTED

Hat can be had. Already it can be seen on the heads of many fashionably-dressed men. Call and get one for Easter.

RAND, THE HATTER.

(mh 31-Su,Tu&F3m)

JUST WHAT YOU WANT.

—:0:—

Walnut Chamber Suits, 10 pieces, former price $65; now $48.

Oak Chamber Suits reduced proportionately.

Our $23 10-piece Oak Suit cannot be equalled.

Parlor Suits in Brocatelle and Rug, former price $60; now $45; cheaper and better suits also reduced.

Matting, Carpets, and Rugs at special prices.

Baby-Carriages from $5 up.

Solid Oak Refrigerator with large Porcelain Tank, from $14 up.

The largest stock of furniture in the State.

Special attention is given to our Bedding Department.

The Original Credit House.

William Daffron,

1420, 1434, 1436, and 1438 EAST MAIN STREET.

ap 7-Su,Tu&F

SURETY BONDS OF EVERY KIND.

American Banking & Trust Co.,

of Baltimore City.

Capital	$200,000
Stockholders' Liability	200,000
Authorized Capital	500,000

JOHN HUBNER, President.
JOSHUA HORNER, Vice-President.
JOHN STONE, Secretary-Treas.

Gives security for Executors, Administrators, Trustees, Receivers, Officers of Banks, Corporations, Lodges, and Societies, Contractors, Clerks, Messengers, Conductors, Motormen, and all other employees, etc.

Guarantees the fulfilment of contracts. This company has made the required deposit with the Treasurer of Virginia, and properly entered the State for business.

I solicit a conference with persons who have to give bond.

GEORGE D. PLEASANTS, Agent, 'Phone, 281. No. 1112 east Main street.

ap 9-eod3m-nr

SUMMER RESORTS.

THE TERMINAL, West Point, Va.

This justly-popular resort in Tidewater, Va., at the head of York river, and near Chesapeake Bay, IS NOW OPEN for the accommodation of guests, and is under experienced and competent management.

Fishing, Crabbing, Boating, and Bathing are unsurpassed. (Fishing season commences about May 1st.)

The house is fitted with modern improvements, large and well-furnished rooms, and is supplied with MINERAL ARTESIAN WATER. The grounds are large and well shaded; the ball-room commodious and airy, and an elegant band of music will be in attendance during the season.

This is one of the most delightful resorts for families in the South.

For particulars and rates address QUINCY & GOFF, Proprietors.

mh 28-Th,Su&Tu2m

INSURANCE STATEMENTS.

(Published by authority of the Auditor of Public Accounts of the State of Virginia.)

UNDERWRITERS AT INDEMNITY FIRE LLOYDS OF NEW YORK.

ANNUAL STATEMENT FOR THE YEAR ENDING DECEMBER 31, 1894, OF THE UNDERWRITERS AT INDEMNITY FIRE LLOYDS OF NEW YORK.

Organized—APRIL 11, 1892.
Extended business—MAY 1, 1894.
Attorneys and Managers—HENRY EDWARDS & CO.
Principal Office—44, 46, 48 CEDAR STREET, NEW YORK CITY.
Deputy Attorneys in Virginia—VIRGINIA TRUST COMPANY, Richmond, Va.

INCOME:

Received for interest		$ 288 62
Deposit of underwriters		16,000 00
Net premiums May 1, 1894 to January 1, 1895		117,063 94
		$133,352 56

EXPENDITURES:

Losses paid	$22,991 75	
Losses due and unpaid, none.		
Expenses, including attorneys' compensations, brokerages, agents' commissions and adjustment expenses	21,806 81	
		44,798 56
Balance		$88,554 00

ASSETS.

Cash on deposit	$52,588 89	
Premiums uncollected	30,965 11	
Other assets	5,000 00	
		88,554 00

LIABILITIES.

Reserve for losses in course of adjustment, estimated	$23,102 53	
Reserve for expenses, brokerages, and commissions on uncollected premiums	7,741 28	
Reserved by the underwriters for reinsurance	29,489 06	
Net cash surplus	18,221 13	
		88,554 00
The underwriters are holden in the sum of $4,000 each in addition to the above assets, making an additional security to policyholders of		64,000 00
Total security as to policyholders		$152,554 00
Total surplus as to policyholders		82,221 13
		Per Cent.
Ratio of losses to premiums		39 17-100
Ratio of expenses to premiums		25 24-100
Total ratio of losses and expenses to premiums		64 61-100

Business in the State of Virginia, August 15th to December 31, 1894:

Amount at risk	$186,616 06 2-3
Gross premiums received	2,157 67
Losses paid, none.	
Losses incurred, none.	

HENRY EDWARDS & CO., Attorneys and Managers.

STATE OF NEW YORK, CITY OF NEW YORK—SS.:

(SEAL.) Subscribed and sworn to February 23, 1895, before GEORGE F. CHURCHILL, N. P.

VIRGINIA TRUST COMPANY, Deputy Attorneys for Virginia, 1200 east Main street, Richmond, Va.

mh 26-Tu4t

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

$5. CORDOVAN, FRENCH & ENAMELLED CALF.
$4.$3.50 FINE CALF & KANGAROO.
$3.50 POLICE, 3 SOLES.
$2.50 $2. WORKINGMEN'S. EXTRA FINE.
$2. $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 $1 to $3 saved over other makes. If your dealer cannot supply you we can. Sold by

W. A. SORG & CO., 326 east Broad street.

J. R. GOODE & CO., 1501 Main street.

D. B. COX, Ashland. ja 5-eod5m

BLOOD POISON A SPECIALTY Primary, Secondary or Tertiary BLOOD POISON permanently cured in 15 to 35 days. You can be treated at home for same price under same guaranty. If you prefer to come here we will contract to pay railroad fare and hotel bills, and no charge, if we fail to cure. If you have taken mercury, iodide potash, and still have aches and pains, Mucous Patches in mouth, Sore Throat, Pimples, Copper Colored Spots, Ulcers on any part of the body, Hair or Eyebrows falling out, it is this Secondary BLOOD POISON we guarantee to cure. We solicit the most obstinate cases and challenge the world for a case we cannot cure. This disease has always baffled the skill of the most eminent physicians. $500,000 capital behind our unconditional guaranty. Absolute proofs sent sealed on application. Address COOK REMEDY CO., 307 Masonic Temple, CHICAGO, ILL.

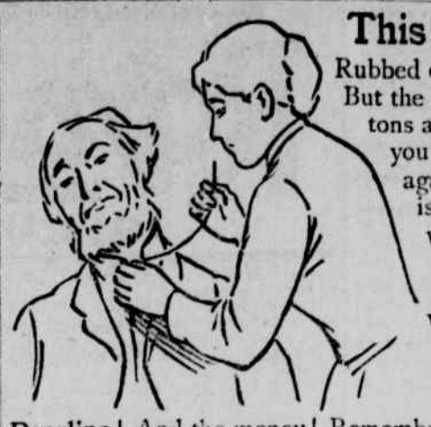
[au 21 eod1y]

HORSE-CLIPPER.

The LEONARD HORSE-CLIPPER is the finest machine in the world, and clips closer and better than any machine yet invented. I clipped all the cracker jacks last year. Best of work guaranteed. Horses sent for and returned. Leave orders at stable, Ninth street near Broad street, or at Leonard's News Store, 908 east Main.

no 6-tf N. LEONARD.

BOOK AND JOB PRINTING NEATLY EXECUTED AT THE DISPATCH PRINTING-HOUSE.



This is tiresome.

Rubbed off in the wash you see. But the wonder is that any buttons at all are left on, when you grind them up so against a washboard. It isn't necessary, if you wash with Pearline.

No washboard; no rubbing; no buttons worn off; no holes worn in. Think of the different kinds of work that you save, with Pearline! And the money! Remember, too, that if you keep to things proved to be absolutely harmless, there's nothing you can use that is equal to Pearline, the original washing compound.

Send it Back. Peddlers and some unscrupulous grocers will tell you "this is as good as" or "the same as Pearline." IT'S FALSE—Pearline is never peddled, and if your grocer sends you something in place of Pearline, be honest—*send it back*. 416 JAMES PYLE, New York.

(Th Sa&Tu

RECEIVER'S SALE OF PIANOS AND ORGANS.

I am now offering for sale the entire stock of PIANOS and ORGANS of B. B. Lee, consisting of the following well-known instruments;

PIANOS: The celebrated Fischer, the Hallett & Davis, the Bradbury, and the Mason & Hamlin.

ORGANS: Farrand & Votey and Mason & Hamlin.

These instruments will be sold regardless of cost, as I am directed by the Court to dispose of them as speedily as possible.

26 NORTH NINTH STREET.

SOL CUTCHINS, Receiver.

mh 24-Su,Tu&Tstf

R. A. PATTERSON, President. L. Z. MORRIS, Vice-President. JAMES M. BALL, Cashier.

THE SAVINGS BANK OF RICHMOND,

corner Eleventh and Main streets,

IN NATIONAL BANK OF VIRGINIA BUILDING.

CAPITAL	$100,000
SURPLUS	40,000

Sums of $1 and upwards received and interest allowed,

NEGOTIABLE PAPER DISCOUNTED. LOANS MADE ON REAL ESTATE.

Open daily from 9 A. M. to 3 P. M. Saturdays till 6 P. M. SuTu&Th

Albemarle Pippins?

Oh, yes; we have them. Can fill your orders for any quantity of Trees this fall.

Here is what one of our customers says, to whom we sold 1,500 Trees of this variety (besides much other stock):

"They have grown and are doing well, every tree coming up to standard except ONE. Have sold in the last three years apples from said orchard amounting to about thirteen thousand dollars ($13,000)."

Let us book your order in time.

Largest and best assortment of NURSERY STOCK of every description.

FRANKLIN DAVIS NURSERY CO., RICHMOND, VA.,

OLDEST AND LARGEST NURSERY IN THE SOUTH.

(fe 26-Tu,F&Sstf&mh 8-wtf)

Elegant Silverware FOR BRIDAL GIFTS, FINEST JEWELRY, DIAMONDS, PEARLS, RUBIES, EMERALDS, SAPPHIRES. The best goods sold at moderate prices. SAMUEL KIRK & SON, Manufacturers, 106 Baltimore street, Baltimore, Md.

ap 7-2w

EUROPEAN STEAMERS.

HAMBURG-AMERICAN LINE.

THE ONLY LINE maintaining a regular service to the European Continent with TWIN-SCREW STEAMERS, New York, Southampton (London, Paris), Hamburg.

Holding the Record for Fastest Time on This Route.

Spring Sailings, Express Steamers.

Normannia, April 25.	F. Bismarck, May 30.
Columbia, May 9.	Columbia, June 6.
A. Victoria, May 16.	A. Victoria, June 8.
Normannia, May 23.	Normannia, June 20.

I Cab., $60 and upwards. II Cab., $45 and $50. Besides DIRECT HAMBURG SERVICE by Twin-Screw Mail S. S. from New York Saturdays. I Cab., $50. Intermediate, $27. Steerage, $16.

HAMBURG-AMERICAN LINE, 37 Broadway, New York. W. B. PALMER & Co., Richmond, Va.

[mh9-Sa,Su,Tu&Th 4m]

AMERICAN LINE

NEW YORK—SOUTHAMPTON (London—Paris.)

Paris.....April 17th.	New York....June 12th.
Berlin.....Ap. 24th.	Paris.....June 19th.
New York.....May 1st.	St. Louis....June 26th.
Paris.....May 8th.	New York.....July 3d.
Berlin.....May 15th.	Paris.....July 10th.
New York.....May 22d.	St. Louis....July 17th.
Paris.....May 29th.	New York....July 24th.
St. Louis.....June 5th.	Paris.....July 31st.

RED STAR LINE.

NEW YORK—ANTWERP.

Friesland.....Ap. 17th.	Noordland...June 12th.
Rhynland...April 24th.	Waesland....June 19th.
Westernland...May 1st.	Friesland....June 26th.
Noordland.....May 8th.	Rhynland.....July 3d.
Waesland....May 15th.	Westernland.July 10th
Friesland.....May 22d.	Noordland...July 17th.
Rhynland.....May 29th.	Waesland....July 31st.
Westernland.June 5th.	Friesland.... Aug. 7th.

INTERNATIONAL NAVIGATION CO., Pier 14, North River. Office, 6 Bowling Green, N. Y. W. B. PALMER & CO., Richmond.

mh 28-Th,Su&Tu4m

CITY TAXES.

Office of Collector of City Taxes, City Hall, RICHMOND, VA., April 1, 1895.

LICENSE-TAX NOTICE.

All parties liable to city license-tax for 1895 are hereby notified that they are now due, and in this office for collection:

Agents—	Civil Engineers,
Baggage and Express,	City Scavenger
	Commission Merchants,
Fertilizers,	Dentists,
Insurance,	Detectives,
Labor,	Electricians,
Land,	Express Companies,
Manufacturing Articles,	Fish and Oysters,
Renting Houses	Fruit-Stands, etc.,
Railroad Tickets,	Hotels,
Steamship Lines,	Impounding Lot,
Typewriters,	Intelligence Office,
Architects,	Junk Dealers,
Attorneys-at-Law,	Liquor Dealers,
Auctioneers—	Wholesale,
General,	Retail,
Real Estate,	Wholesale Malt,
Tobacco,	Bottling,
Common Crier,	Livery Stables,
Bar-Room,	Loan-Offices,
Beef Dealers,	Lumber Measurers,
Billiard-Tables,	Mercantile Agencies,
Boarding-Houses,	Photographers,
Brokers—	Physicians,
Cattle,	Private Bankers,
Commmercial,	Private Entertainment,
Insurance,	Public Rooms,
Merchandise,	Restaurants,
Pawn,	Snacks,
Railroad Ticket,	Storages,
Ship,	Telegraph and Telephone Companies,
Stock,	Veterinary Surgeons,
Tobacco,	Etc., Etc., Etc.
Chemists,	

Parties failing to pay this tax on or before the 20th day of April will be subject to the penalty prescribed by the city ordinance, which provides that any person who shall prosecute his business after that time without having paid such tax shall be liable to a fine of not less than $1 or more than $20 for every day of default.

Office open from 8:30 A. M. to 6 P. M.

F. W. CUNNINGHAM, Collector of City Taxes.

ap 2-1m

CITY TAXES.

OFFICE COLLECTOR OF DELINQUENT TAXES, CITY HALL, RICHMOND, VA., April 1, 1895.

By an ordinance of the city, it is required that notice shall be given in all the daily newspapers, under the direction of the Committee on Finance, that the LIST OF DELINQUENT TAXES ON REAL ESTATE for the preceding year will be published in one or more of the daily papers, and also the time and place of sale of said delinquent real estate.

In accordance with the above, notice is hereby given that said list will be published in the State on SATURDAY, the 20th day of April, and on SATURDAY, the 4th day of May, 1895. The sale will take place in front of the City Hall, on Broad street, between Tenth and Eleventh streets, between the hours of 12 o'clock M. and 4 o'clock P. M., on Monday, the 6th day of May, 1895.

All who do not wish to have their property advertised must pay on or before the 15th instant. JOHN A. MEANLEY, Collector of Delinquent Taxes.

ap 2-tMy5

CARTER'S LITTLE LIVER PILLS.

CURE Sick Headache and relieve all the troubles incident to a bilious state of the system, such as Dizziness, Nausea, Drowsiness, Distress after eating, Pain in the Side, &c. While their most remarkable success has been shown in curing

SICK Headache, yet Carter's Little Liver Pills are equally valuable in Constipation, curing and preventing this annoying complaint, while they also correct all disorders of the stomach, stimulate the liver and regulate the bowels even if they only cured

HEAD Ache they would be almost priceless to those who suffer from this distressing complaint; but fortunately their goodness does not end here, and those who once try them will find these little pills valuable in so many ways that they will not be willing to do without them. But after all sick head

ACHE is the bane of so many lives that here is where we make our great boast. Our pills cure it while others do not.

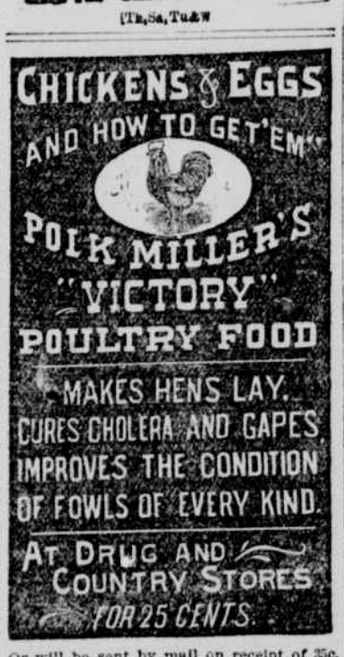
Carter's Little Liver Pills are very small and very easy to take. One or two pills make a dose. They are strictly vegetable and do not gripe or purge, but by their gentle action please all who use them. In vials at 25 cents; five for $1. Sold everywhere, or sent by mail.

CARTER MEDICINE CO., New York.

Small Pill. Small Dose. Small Price.

(Th,Sa,Tu&W

CHICKENS & EGGS AND HOW TO GET 'EM



POLK MILLER'S "VICTORY" POULTRY FOOD

MAKES HENS LAY. CURES CHOLERA AND GAPES. IMPROVES THE CONDITION OF FOWLS OF EVERY KIND. AT DRUG AND COUNTRY STORES FOR 25 CENTS.

Or will be sent by mail on receipt of 35c. in stamps.

POLK MILLER DRUG COMPANY, Richmond, Va.

mh 2-Sa,Tu&Th1m&w9t

ORGANIZED 1832. THE VIRGINIA FIRE & MARINE Insurance Co. of Richmond, Va. Assets $650,000

This old Virginia institution issues a short and comprehensive Policy, free of petty restrictions, and liberal in its terms and conditions.

WM. H. PALMER, President.
W. H. McCARTHY, Secretary.
S. McG. FISHER, Ass't Sec'y.
Ro. F. JOHNSTON, Special Agt.

—DIRECTORS.—

Geo. W. Allen, E. B. Addison, D. O. Davis, Thos. Potts, Francis T. Willis, W. Josiah Leake, Wm. H. Palmer.

RAILROAD LINES.

CHESAPEAKE AND OHIO RAILWAY. CO ROUTE.

EFFECTIVE MARCH 1, 1895.

TRAINS LEAVE RICHMOND, BROAD-STREET STATION.

8:50 A. M. Daily, with Pullman, for Norfolk, Portsmouth, Old Point, Newport News, and local stations.

3:00 P. M. Daily, with Parlor-car, for local stations, Newport News, Old Point, Norfolk, and Portsmouth.

8:20 A. M. Local train, except Sunday, for Clifton Forge. Connects at Gordonsville for Washington, at Virginia Midland Junction for Lynchburg, at Basic for Hagerstown, and at Staunton for Winchester.

2:20 P. M. The Cincinnati and St. Louis Limited, daily, with Parlor-car to Clifton Forge and Pullman Sleepers Gordonsville to Cincinnati and St. Louis. Stops only at important stations. Meals served on Dining-Cars.

No. 7. Local Train, except Sunday, follows No. 1 from Charlottesville to Goshen.

5:30 P. M. Local Train, except Sunday. Accommodation for Charlottesville.

10:30 P. M. F. F. V. Daily, for Cincinnati, with Pullman to Hinton, and Gordonsville to Cincinnati and Louisville. Meals served on Dining-Cars. Connects at Covington, Va., daily, for Hot Springs.

TRAINS LEAVE EIGHTH-STREET STATION.

8:45 A. M. Daily, for Lynchburg and Clifton Forge. Connects at Bremo, except Sunday, for Rosney; at Lynchburg, daily, with Norfolk and Western for the Southwest, and with Southern Railway for North and South; at Balcony, daily, for Lexington, and at W. Clifton Forge with main line for Cincinnati.

4:40 P. M. Except Sunday, local accommodation for Columbia.

TRAINS ARRIVE AT RICHMOND, BROAD-STREET STATION.

8:20 A. M. Daily, from Cincinnati.
11:30 A. M. Daily, from Norfolk and Old Point.
2:20 P. M. Daily, from Cincinnati and Louisville.
6:50 P. M. Daily, from Norfolk and Old Point.
8:00 P. M. Except Sunday, from Clifton Forge.

TRAINS ARRIVE EIGHTH-STREET STATION.

8:45 A. M. Except Sunday, from Columbia.
6:00 P. M. Daily, from Lynchburg, Lexington, Va., and Clifton Forge.

JOHN D. POTTS, Division Passenger Agent.

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SOUTHERN RAILWAY (PIEDMONT AIR-LINE).

CONDENSED SCHEDULE. IN EFFECT MARCH 17, 1895.

TRAINS LEAVE RICHMOND, VA.:

12:35 A. M., SOUTHERN EXPRESS, daily for Danville, Greensboro, Winston-Salem. Sleepers Richmond, Va., to Danville and Greensboro'. Connects at Danville with the Florida Limited (No. 33), carrying sleepers to Augusta, Jacksonville, and St. Augustine, connecting at Jacksonville with sleeper for Tampa, and with the Washington and Southwestern Vestibuled Limited (No. 37), carrying sleepers Danville to Asheville and Hot Springs, Atlanta, Birmingham, Memphis, and New Orleans. Connections made at Memphis and New Orleans for all points in Texas and California. Sleeper open for passengers at 9:30 P. M.

12:30 P. M., FAST MAIL, daily, for Atlanta and points South. Connects at Moseley with Farmville and Powhatan railroad; at Keysville for Clarksville, Oxford, Henderson, and Durham, and at Greensboro' for Durham, Raleigh, and Winston-Salem. Carries sleepers New York to Atlanta and Montgomery, and from New York to Jacksonville. Parlor-Car Atlanta to Birmingham.

6:00 P. M., LOCAL, daily, except Sunday, for Keysville and intermediate points.

TRAINS ARRIVE AT RICHMOND:

8:00 A. M., From Atlanta and Jacksonville.
6:35 P. M., From Atlanta and Augusta.
8:40 A. M., From Keysville.

LOCAL FREIGHT TRAINS Nos. 61 and 62, between Manchester and Clover, Va., and Nos. 63 and 64 between Clover and Neapolis, will also carry passengers.

YORK-RIVER LINE, VIA WEST POINT.

THE FAVORITE ROUTE NORTH. LEAVE RICHMOND.

TRAIN No. 10, 3:10 P. M.

LOCAL EXPRESS, daily, except Sunday. Stops at all stations. At Lester Manor connects with stage for Walkerton; also, at West Point with York-river steamers for Baltimore.

TRAIN No. 16, 4:40 P. M.

BALTIMORE LIMITED, daily, except Sunday. Close connection at West Point with steamer for Baltimore.

Steamers leave Baltimore at 5 P. M., and West Point 6 P. M., daily, except Sunday.

Trains from West Point arrive at Richmond at 9:07 A. M., daily, 10:40 A. M., daily, except Sunday and Monday, and at 8:30 P. M., daily, except Sunday.

TRAIN No. 41, 6:45 A. M.

LOCAL MIXED, daily, except Sunday, leaves Twenty-third street for West Point and intermediate points.

Ticket-office at station, foot of Virginia street. Open from 8:00 A. M. to 6:00 P. M., and from 9:00 P. M. to 12:40 A. M.

J. M. CULP, Traffic Manager. W. A. TURK, General Pass. Agt.

W. H. GREEN, General Manager Eastern System.

J. S. B. THOMPSON, Superintendent.

JOHN M. BEALL, Travelling Passenger Agent, 320 east Main street, Richmond, Va. mh 17

RICHMOND, FREDERICKSBURG AND POTOMAC RAILROAD.

SCHEDULE IN EFFECT MARCH 26, 1895.

LEAVE BYRD-STREET STATION.

7:00 A. M. Daily, for Washington and points North. Stops at Elba and local stations. Pullman-Car.

7:40 A. M. Daily, except Monday. New York and Florida Special. All Vestibuled Pullman-Cars. No local stops. No extra fare other than Pullman charge.

12:00 M. Daily, except Sunday, for Washington and points North. Stops at Elba, Ashland, Doswell, Milford, Fredericksburg, Brooke, and Widewater. Parlor-Car; also connects with Congressional Limited at Washington.

7:10 P. M. Daily, for Washington and points North. Stops at Elba, Ashland, Doswell, Milford, Fredericksburg, Brooke, and Widewater and other stations Sundays. Sleeper, Richmond to New York.

ARRIVE BYRD-STREET STATION.

8:47 A.M. Daily. Stops at Widewater, Brooke, Fredericksburg, Milford, Doswell, and Ashland and other stations Sundays. Sleeper, New York to Richmond.

2:45 P. M. Daily, except Sunday. Stops at local stations and Elba. Parlor-Car from Washington.

6:53 P. M. Daily. Stops only at Fredericksburg, Doswell, and Ashland. Pullman-Cars from New York and Washington.

12:25 A. M. Daily. Stops at principal local stations and Elba. Sleeping-Car. Connects with Congressional Limited between New York and Washington.

FREDERICKSB'G ACCOMMODATION. (Daily, except Sunday.)

4:00 P. M. Leaves Byrd-Street Station.
8:33 A. M. Arrives Byrd-Street Station.

ASHLAND TRAINS. (Daily, except Sunday.)

6:42 A. M. Leaves Elba.
6:20 P. M. Leaves Elba.
6:40 A. M. Arrives Elba.
6:04 P. M. Arrives Elba.

C. A. TAYLOR, Traffic Manager. E. T. D. MYERS, President. mh 24

RICHMOND RAILWAY AND ELECTRIC COMPANY.

Main Office and Light Department, foot of Seventh street. Telephone 657.

City Division, office Main and Vine streets. Telephone 814.

Union Division, office Twenty-ninth and P streets. Telephone 656.

Manchester Office, Semmes avenue. Telephone 2321.

Arc and Incandescent Lights and Electric Power at reasonable rates.

Electric-Light Wiring a specialty.

Parties desiring Electric Lights or Power by notifying the main office by mail or telephone, will be waited upon by a representative of the company.

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BOOK AND JOB WORK NEATLY EXECUTED AT THE DISPATCH PRINTING-HOUSE.

RAILROAD LINES.

ATLANTIC-COAST LINE.

SCHEDULE EFFECTIVE MONDAY, MARCH 25, 1895.

TRAINS LEAVE RICHMOND (UNION DEPOT):

3:00 A. M., Arrive Petersburg 3:31 A. M., Norfolk 11:25 A. M. Stops only at Petersburg, Waverly, and Suffolk, Va.

9:10 A. M., Arrives Petersburg 9:52 A. M., Weldon 11:46 A. M., Fayetteville 4:30 P. M., Charleston 11:15 P. M., Savannah 1:15 A. M., Jacksonville 7:00 A. M. Connects at Wilson with No. 41, arriving Goldsboro' 3:05 P. M., Wilmington 5:45 P. M. Pullman Sleeper New York to Port Tampa.

2:50 A. M., Local, arrives Petersburg 3:45 P. M. Makes all stops.

5:00 P. M., Arrives Petersburg 5:55 P. M., Norfolk 8:40 P. M. Makes all stops.

7:15 P. M., Arrives Petersburg 7:46 P. M., Weldon 9:27 P. M., Fayetteville 12:53 A. M., Charleston 6:10 A. M., Savannah 7:35 A. M., Jacksonville 12:30 P. M. NEW LINE TO MIDDLE GEORGIA POINTS.—Arriving Aiken 7:22 A. M., Augusta 8 A. M., Macon 11:00 A. M., Atlanta 12:15 P. M. Pullman Sleepers New York to Charleston, St. Augustine, Port Tampa, Aiken, Augusta, and Macon.

11:40 P. M., Arrive Petersburg 12:25 A. M., Burkeville 2:41 A. M., Lynchburg 4:55 A. M., Roanoke 6:56 A. M., Bristol 11:59 A. M. Pullman Sleeper Richmond to Lynchburg.

12:33 A. M., Arrives Petersburg 1:05 A. M., Weldon 2:48 A. M., Henderson 4:04 A. M., Raleigh 5:17 A. M., Elberton 2:04 P. M., Atlanta 5:00 P. M. Pullman Sleeper Washington