FOR CHILDREN

Nothing, that comes in a bottle, is more important for children than Scott's emulsion of cod-liver oil.

And "important" means that it keeps them in even health. Whenever they show the least disturbance of even balance of health, it promptly restores them.

It is to be used as a food, whenever their usual food does not quite answer the purpose of food.

We'll send you a little to try, if you like.
SCOTT & BOWNE, 409 Pearl street, New York.

A VERY LITTLE COMMON SENSE

In Treating

COUGHS, CATARRH, AND CONSUMPTION

Will Save Thousands of Lives Annually.

DO YOU USE IT?

That thousands of lives could be saved annually if the people who are afflicted with respiratory diseases, used a little common sense in treating the same, is a well known fact to all medical men. It seems, however, that although men and women exhibit good, sound judgment in conducting the ordinary affairs of life, the moment they find themselves afflicted with disease, they immediately lose their head; forget to use their reasoning powers, and eventually become victims of their own folly.

Especially is this true of those who contract Catarrh, Bronchitis, and Consumption. Every man, woman, and child who can read, now understands that Consumption is a germ disease; that these germs are located in the lungs, and must be destroyed before there is any possibility of a cure being effected. Every one of these people have been taught in our public schools that nothing but the air we breathe can enter the bronchial tubes and lungs; that the air passages are so constructed as to prevent moisture of any kind from being inhaled. Yet in spite of this knowledge, thousands upon thousands of people annually purchase stomach medicines or treatments requiring the use of moist vapors, sprays, douches, and atomizers. The excuse generally given for using these remedies after they have proven failures is that they saw such wonderful testimonials in the papers. But this is no excuse at all, for although you may not know that testimonials of prominent men can be purchased by the hundreds in almost every State, you DO KNOW, if you stop to think, that such remedies CANNOT REACH THE GERMS CAUSING THE DISEASE.

If the victims of Catarrh, Bronchitis, and Consumption would show the same care in purchasing remedies for these diseases that they do in buying other articles, they will find upon investigation that during the whole history of medicine, but one cure for these diseases has ever been known; that in spite of all testimonials, there is not one case on record where genuine Consumption has ever been permanently cured until this one treatment was discovered.

They will also find that there is but one treatment among the thousands advertised, which is recommended and prescribed by physicians. They will find, if they take the trouble to investigate reports published by the Bureau of Vital Statistics, in Washington, that the deaths from Consumption increased 50 per cent. yearly up to 1895, when this new remedy was first given to the public, and that since that time deaths from respiratory diseases have decreased on an average of 30 per cent. annually.

These are facts and figures which any one can obtain from published records. They are not statements made by an advertiser, or testimonials which have been bought. Your own common sense will tell you that stomach medicines, sprays, and vapors cannot reach the disease, and your doctor and the government reports will prove the rest. As to the only cure for these diseases, it is called HYOMEI.

HYOMEI is the ONLY cure, because no other germicide of sufficient power to kill the germs of Catarrh, Bronchitis, and Consumption, can be inhaled in the air we breathe.

It is the ONE cure, because it is only through the air we breathe that these germs can be reached.

Stomach medicines may increase your strength. Strong drugs, vapors, and sprays deaden your cough, but the germs of Consumption are rapidly increasing in your lungs, and death is inevitable unless they are destroyed.

There is but one way to do this—BREATHE HYOMEI DAILY.

Coughs, Croup, Catarrh, Bronchitis, and Consumption cannot exist where it is used. It is guaranteed to cure, or your money refunded.

Five days' treatment is sent free to any address on receipt of a 2c. stamp.

HYOMEI sold by all druggists or sent by mail. Complete Outfits, $1. Trial Outfit 25c.

THE R. T. BOOTH CO.,
Ithaca, N. Y.

AARON BURR'S TRIAL FOR TREASON

The Most Impressive Court Scene Ever Witnessed in This Country.

"No court in this country had ever presented a more impressive spectacle than on the day when the third Vice-President of the United States was arraigned as a traitor," writes William Perrine in the February Ladies' Home Journal. "On the bench sat the most renowned of all the long list of jurists of the Supreme Court, John Marshall, and the court-room and the streets about the famous Capitol (Richmond), which still exists among the most venerated of the historic buildings of Virginia, were crowded with witnesses, lawyers, and public men from all parts of the country. Burr was not proved to be guilty under the indictment and the evidence submitted. His beautiful, brilliant daughter, Theodosia, radiant with joy, appeared in the streets of the town for a long walk with her father, amid the admiration of his partisans. She had won the hearts of even his enemies with her beauty and still more with her filial devotion. The further proceedings which had been meditated by the Federal Government were dropped, for Burr's most uncharitable foes must have been satisfied with the new outbursts of popular feeling which his acquittal raised against him. He could not appear in public without taking the risk of personal insult or of being mobbed."

THE VALLEY CITY.

A VERY ENJOYABLE SOCIAL EVENT.

A VERY BEAUTIFUL RECEPTION.

Decorations in Great Taste—A List of Those Who Called—Various Other Notes of Interest—Personals and Briefs.

(Correspondence of the Dispatch.)

STAUNTON, February 1.—Everybody says one of the largest and handsomest social events of the season was the reception given Friday afternoon by Mrs. Hampton H. Wayt in her pretty parlors, on east Frederick street.

So long was the list of invitations that Mrs. Wayt found it necessary to bid her guests come in relays—so that 'twas as if two receptions were given, one half of the company being invited from 4:30 to 5:30; the other quarter coming from 6 to 7. The house was redolent with the balsamic fragrance of running cedar. Red carnations lent their sweet scent, and in color tone harmonized with red candles, glowing beneath the crimson shades, perfecting the color-scheme of the reception. It was, indeed, in Eugene Fields's favorite phrase, a "Rubricated Red-Letter Affair." These ladies assisted Mrs. Wayt in receiving: Mrs. William C. Marshall, Jr., Miss Rebecca Young, Miss Bettie McCue, Miss Charlotte Ranson, Miss Bessie Young, and Miss Sadie Weller.

THE GUESTS.

I am told that these were the guests: Mrs. William Purviance Tams, Mrs. Thomas D. Ransom, Mrs. A. M. Fraser, Mrs. Carter Harrison, Mrs. E. Lucy Gibson, Mrs. George Bell, Mrs. Charles Warden, Mrs. J. St. P. Gibson, Mrs. William Hastings Green, Mrs. Henry Dwight Peck, Mrs. B. Miller McCue, Mrs. William R. Tyree, Mrs. Conway McNeice Whittle, Mrs. Hugh M. McIlhaney, Mrs. Richard D. Apperson, Mrs. Carter Braxton, Mrs. S. R. Taylor, Mrs. J. Harry Worthington, Mrs. Herbert McKelden Smith, Mrs. Charles Russell Caldwell, Mrs. Frank Holt, Mrs. Dunbar Murray, Mrs. Charles Holt, Mrs. John Spotts, Mrs. J. W. Churchman, Mrs. Richard P. Bell, Mrs. A. M. Arthur, Mrs. Henry Hutchinson, Mrs. Lyman Chalkley, Mrs. Alfred Jaffe, Mrs. Edward Baker, Mrs. E. Judson Cushing, Mrs. R. E. R. Nelson, Mrs. John W. Stout, Mrs. Thomas Randolph Nelson Speck, Mrs. Frank M. Hanger, Mrs. Edmund W. Bayly, Mrs. John Howard McCue, Mrs. Stephen D. Timberlake, Mrs. William A. Pratt, Mrs. Warner L. Ollivier, Mrs. Haller H. Henkel, Mrs. A. F. Karnes, Mrs. Joseph A. Waddill, Mrs. William A. McCue, Mrs. Frank Webb, Mrs. Robert N. Blackford, Mrs. R. Samuel Turk, Mrs. Alexander F. Kinney, Mrs. James Kerr, Jr., Mrs. S. Homer Henkel, Mrs. William H. Landes, Mrs. Thomas Hogshead, Mrs. Hugh H. Kerr, Mrs. Chaley Kinney, Mrs. McHenry H. Holliday, Mrs. Severn P. Nottingham, Mrs. Tomlin Braxton, Mrs. James Templeton, Mrs. Charles Curry, Mrs. Joseph A. Wilson, Mrs. Robert S. Hamilton, Mrs. Watson Goode, Mrs. Beverly P. Reese, Mrs. W. W. King, Mrs. George P. Daker, Mrs. Samuel R. Bell, Mrs. James R. Taylor, Mrs. H. B. Sproul, Mrs. Edward Scott Sublett, Mrs. Charles P. Lambert, Mrs. Hugh H. Kerr, Mrs. Charles Kinney, Mrs. Gilmer Weston, Mrs. Joseph A. Glasgow, Mrs. B. F. Hughes, Mrs. Henry W. Holt, Mrs. Percy Wilson, Mrs. Garrett G. Gooch, Mrs. Charles K. Hoge, Mrs. Robert M. Guy, Mrs. J. B. Rawlings, Mrs. John Breckinridge Catlett, Miss Margaret Atkinson, Miss Emma Atkinson, Miss Lottie Price, Miss Anna Streit, Miss Helen S. P. Williamson, Miss Ellen C. Weimar, Miss Bessie Young, Miss Annie Elder, Miss J. May Elder, Miss Ellen Ranson, Miss Lena Bell, Miss Maria Antoinette Tams, Miss May Crowle, Miss Katharine Hoge, Miss Cora Fitzhugh, Miss Hattie Trout, Miss Anna Woodward, Miss Evelyn Tyree, Miss Maggie McChesney, Miss Anna De Pras Child, Miss Mary Morton, Miss Maude Kinney, Miss Olivia Trout, Miss Kate Eichelberger, Miss Norita Santini, Miss Virginia M. Strickler, Miss Bessie Gibson, Miss Bessie Baker, Miss Marian Pendleton Duval, Miss Nannie Tate, Miss Lutie Luckett Moore, Miss Elizabeth Jones, Miss Janet Summerson, Miss Lizzie Kinney, Miss Virginia W. May, Miss Margaret Gay Catlett, Miss Bessie Hullihen, Miss Bessie McCoy, Miss Fannie Peck, and Miss Lizzie McCue.

The luncheon was one of the handsomest served in Staunton for many a day, delicious in itself, and very daintily served.

VARIOUS NOTES.

Mr. and Mrs. Harry Frazier, formerly of Richmond, arrived this week to visit Mr. Frazier's sisters, Mrs. Richard P. Bell and Mrs. William P. Tams. Mr. Frazier is now resident engineer of construction on the Chesapeake and Ohio's Greenbrier river spur line, with headquarters at Lewisburg.

Mr. William M. Bigger, of Richmond, spent three or four days here this week.

Miss Mary T. Atkinson will go to Chicago in a few days to be the guest of Mrs. General John Echols, of Staunton, who has taken a house in the Windy City for the winter across the way from her daughter, Mrs. William Plummer Bryan.

Miss Mary Patterson Miller is spending a week in Baltimore, accompanied by her youngest sister, Miss Bettie Miller.

Ex-Governor Alonzo B. Cornell, of New York, was in town Wednesday and Thursday, the old gentleman stopping over to rest from the fatigue of travel. Governor Cornell was the immediate predecessor of Grover Cleveland in the Governor's Mansion at Albany.

Three cousins—Messrs. Lawrence W. H. Pelton, John B. Cochran, and Joseph Smith Cochran—have gone together to Gotham, to spend ten days sight-seeing in Croker's city.

Mrs. A. B. Chambers, of Roanoke, who has been the guest of Mrs. Virginia Ayres Edwards, returned to her home this week.

Mr. Dennis Brown is spending the week in Greenbrier county.

Miss Margaret Cochran left Thursday to spend ten days in New York city, visiting friends.

Mr. and Mrs. Newton Argenbright are entertaining Miss Maud N. Durrett, of Charlottesville.

Mr. Samuel Hawkins, Jr., having sold his Shafer farm to Mr. Charles R. Landes, has purchased the Wampler farm, near Stonewall, owned by George W. Showalter, paying therefor $5,000.

Mr. and Mrs. William Field, of Harrisonburg, are enjoying a visit to Staunton.

The Rev. A. H. Hamilton, of Raphine; the Rev. John Ruff, of Monterey, and the Rev. William L. Bailey, of Afton, were among those present at Lexington Presbytery, which held its session in Staunton on Thursday.

Mr. Robert Dabney McCue left Thursday to hereafter make his home in Petersburg, where he will superintend the gas plant in the Cockade City, recently acquired by the Apperson-Street Railway, Gas, and Electric Power Syndicate, of Staunton. This Staunton syndicate operates street-cars, gas-works, and an electric-light plant here, a trolley-car and gas system in Lynchburg, and has just entered the Petersburg field.

Mr. William P. Gay is spending several days in Richmond.

Mrs. Chesley Kinney is at home again, having been down in Richmond visiting relatives, among them, Captain Alex. B. Guigon.

After visiting Mr. and Mrs. Harry M. Lewis, Mrs. H. F. Miley went down to Richmond yesterday, there joining Mr. Miley.

Mrs. John Lewis Peyton is spending the week in Washington city.

Mrs. Robert N. Blackford, Mrs. Hampton H. Wayt, Mrs. George F. Wilson, Mrs. William Purviance Tams, Mrs. William C. Marshall, Jr., Mrs. J. Harry Worthington, Miss Mary Foster, Miss Eugenia Bumgardner, Miss Janet Bell, Miss Grace Elder, Miss May Crowle, Miss Florence Elder, Miss Maude Kinney, Miss Evelyn Tyree, Miss Kate Eichelberger, Miss Sadie Weller, and Miss Sallie Earbrant, of Christiansburg, were the guests at the meeting of the Tuesday Whist Club, entertained this week by Miss Margaret McCoy. The guests got much interested in the game of taking tricks, and on the counting of the score-cards it was found that Mrs. J. Harry Worthington had won out. Her prize was a fetching hand-painted photograph frame. Refreshments were served. Miss McCoy was assisted in receiving by her sister, Miss Bessie McCoy, and Miss Susie Phillips.

Miss May Miller has returned from Lynchburg, where she has been visiting her kinsfolk, the "Lone Jack" Carrolls, of Lynchburg.

Mrs. Isaac Witz has been quite sick all week.

Lexington Personals.

LEXINGTON, VA., February 2.—(Special.)—Mr. Isaac Weinburg, of Frederick, Md., is the guest of Mr. Herman D. Young.

Miss Maggie W. Freeland is visiting friends and relatives in Richmond.

Miss Helen A. Moffett, of Greenville, W. Va., is the guest of Mrs. E. H. Barclay.

Mr. Harry Hardy, of Winchester, is the guest of Mr. Leander Wright.

Miss Nettie Deaver is visiting her sister, Mrs. Ralph Fitch, of Norwood, W. Va.

Mrs. John Randolph Tucker and Mr. and Mrs. E. Morgan Pendleton, who have been visiting Mrs. William P. McGuire, of Winchester, have returned home.

Mrs. Thomas S. White is in Richmond, having been called there by the illness of her son, Dr. Hugh White, of that city.

Clarence E. Weaver, of New York, is the guest of his parents, Mr. and Mrs. J. W. Weaver.

Miss Marian Claytor, of Bedford City, is the guest of Mrs. Martin P. Burks.

Judge S. Houston Letcher, who has been in Florida on a several weeks' vacation, has returned home.

Mr. G. Washington Priddy and his son, Sidney Priddy, of Roanoke, are visiting their old home here.

Miss Lettie Smith, of Greenville, is the guest of Miss Eleanor White.

Chisholm T. Rogers, who has been in San Antonio, Tex., for some months, has returned to his home, in Collierstown.

Rev. Dr. R. J. McBride, of Grace-Memorial church, has gone to Florida, where he will remain several months on account of ill health.

Invitations to the marriage of Miss Ada Susie Armentrout to Mr. John Gilmore Walker, of Walker's Creek, have been issued. The ceremony will take place February 7th, at noon, at the home of the bride's sister, Mrs. Elizabeth Armentrout, near Flumen.

Mr. William F. Templeton, of Fairfield, is visiting friends in Salem, Va.

Charles E. Fox, who was the guest of his father, Mr. J. R. Fox, for several days, has returned to his home, in Newport News, Va.

Mrs. W. B. F. Leech is in Richmond with Delegate W. B. F. Leach, during the extra session of the House.

Mr. John H. Whitmore has returned from Staunton, where he was for several days.

State-Senator A. Nash Johnston was called from Richmond to his home, at Natural Bridge, by the illness of his child, who is much better now.

R. E. Rice, of Lynchburg, was here during the past week to attend the funeral of his grandfather, Mr. Robert P. Douglass.

FOOD IN MEXICO.

American Food, Grape-Nuts, Replaces Native Food.

A gentleman from the City of Mexico, Paul T. Gadsden, writes that himself and some other members of his family could not live comfortably on the ordinary food in Mexico, and after using the native food for some months, finally got into a run down and exhausted condition.

He says: "An American feels most acutely the need in mind and body of some of the invigorating food he has been raised on in the States. Several months ago when I was particularly feeling the need of some change in food, I noticed Grape-Nuts in the window of one of the large grocery stores here, and remembering how, in the States, some little nieces and nephews had grown fat and healthy on it, almost exclusively, I bought two packages, to see if it succeeded as well with grown up people.

"From that day to this it has never been absent from our table. With us, the exhaustion and enervation caused by this climate and the miserable diet, has entirely disappeared, and we are all in most excellent health, vigor, and spirits."

FROM FIFTEEN TO FIFTY

The Critical Stages of a Woman's Life.

By JOAN L. BRIGGS.

(ALL RIGHTS RESERVED.)

While a woman's whole life is a series of minor crises, there are three especially critical stages which leave their mark in her career. The first of these stages is Womanhood, when the young girl develops into the little woman; the second is Motherhood, the birth of the first child; the third is Change of Life.

Perils surround each of these stages, and most of the misery that comes to women through ill health dates from one or another of these important crises.

The entry upon the experiences of womanhood is signalized by the beginning of the periodical sickness, and the mother of any young girl who does not know how to advise and guide her daughter at this time should seek aid at once of Mrs. Pinkham, because her daughter's whole future may depend upon some apparently trivial thing, which will be significant enough to Mrs. Pinkham, who has advised in thousands of just such cases. There is danger lurking in every unnatural manifestation at the establishment of the menses, and too much importance cannot be given to the necessity for intelligent advice and guidance.

When a woman enters upon the natural heritage of wedlock and gives birth to her first child, she as a usual thing takes a leap in the dark, which may bring all manner of results for ill to herself and to her child. Of course, such results are not necessary, but the whole system of the woman is surely undergoing a great strain, and new functions are developed which bring their own hazard. It is, therefore, perfectly plain that every available strengthening agency should be employed. The most efficient help through the experience of motherhood, both in preparation for the event and in recuperation afterward, is Lydia E. Pinkham's Vegetable Compound. It would be well also to secure the advice of Mrs. Pinkham when going through this experience. You may have some trouble of which you have merely the faintest indication, and which will declare itself instantly to Mrs. Pinkham's experience. It is best to write to her; she charges nothing for advice. Her address is Lynn, Mass.

Lydia E. Pinkham's Vegetable Compound is a perfectly safe help through every crisis affecting the female organism, and in the trying days and weeks and months surrounding the "Change of Life" it will be found a priceless boon, for it assists nature to do her work in revolutionizing the delicate female machinery, and tones and strengthens every organ. To glide safely through the Turn of Life into the calm where health reigns supreme is a promise of long life, full of sweetness and comfort. Do not, therefore, take chances with this important crisis, but get the medicine that has helped so many other women, and which Mrs. Pinkham started upon its successful career thirty years ago.

These three stages of a woman's life should require for each a year's watchfulness, and intelligent effort spent at such times will safeguard the whole life. These statements will stand the closest analysis, and will appeal to every woman who will stop and think. Get Mrs. Pinkham's help at all these natural points in your career and rely on her medicine to do for you what it has done for thousands of other women.

CONSTITUTIONAL CONVENTION.

A Basis of Representation Suggested by a Southern Man.

Pearisburg, Va.

To the Editor of the Dispatch:

The vast importance attached to the work of the constitutional convention, the character of which for good will depend largely, and I may say, solely, upon the character and qualifications of the men composing it, is my apology for intruding my views on the subject, and I think I voice the sentiment of the people of this section when I say they favor a small membership of the convention—say fifty delegates, one for each senatorial district, and one for each congressional district. But if a body of 100 members is insisted upon, let it be two for each senatorial district and two for each congressional district, and thereby the matter of choosing the delegates will be taken out of the hands of the county mass-meeting, wire-pulling manipulators, as would be the case in the House of Delegates apportionment, and the people would at once cast about for the most competent men for the important position.

What we want is a good Constitution more than a division of honors and supplying places for hungry office-seekers, and we think the apportionment of delegates distributed as proposed will more nearly accomplish the desired end than by the House of Delegates apportionment, which seems to be so popular with the members of the Legislature.

SOUTHWEST.

The South after the War.

Desolation had followed in the wake of armies, says ex-Secretary Herbert in the February Atlantic. Plough stock had been taken, cattle and provisions consumed, fences destroyed, in places even cottonseed was not to be had; and now almost no one had credit, where credit had once been practically universal. The harvest of death had left nothing but debts and lands, and many land-owners were without a dollar that would pay taxes, State or Federal. Already in the Union for purposes of taxation, but still out of it politically, the people of the late Confederate States were at once to assume their full share of the debt of nearly three billions of dollars, contracted in subjugating them; they were to pay also their share of the pensions to Union soldiers; and the money thus drained from the South, to be expended in the North during the coming thirty-five years, was to be far more than equal to all the expenses of the Southern State governments, including school funds and interest on State debts. The spring of 1865 witnessed, indeed, the completion of the transfer of wealth in the United States from the home of the southern planter, where it was once supposed to exist, to the northern section of the Union.

The Training of Boys.

(Harper's Bazar.)

No mortal man knows what the little ones are thinking of, as they sit in the high chair, or, later in childhood, as they silently grieve over the drum-stick of a turkey. No man knows when they are listening, or if they listen at all. We know only that, talking in their presence, we are playing upon strings which may get the key-note of the soul.

Yet I would not make the home in its off-hours a schoolroom, strangling the free course of conversation. A habit of wholesome speech before men and women is the one sweeping insurance that covers all risks in the family circle, and the one which secures the best annuity to the children when we are gone. If the general talk of a man among his fellows is pure, sweet, free from scandal, reasonable—not provocative of ill-temper, wholesome—not halfsome and one-sided as to the truth, he need not altogether avoid difficult topics at the table or at the fireside. He may think his own thoughts, say his say, and live out in public his own life without fear of troublesome echoes in his child's moods. If, in such cases, the wind blows where it will, it carries none but good seed, which may fall on stony ground, and there an end of it; or, happily, it may fall on rich soil at a good season, so that from it something may be looked for not altogether unlovely.

ANTIQUE FURNITURE.

GENUINE COLONIAL THINGS, IN perfect condition, for sale cheap. Colsol Tables, Cellarettes, Teaster Beds, Sideboards, Bureaus, Sofas, Tables, Chairs, &c. VIRGINIA ANTIQUE FURNITURE COMPANY, northwest corner Second and Main streets. ja 20-Sun,Tu&Th

OPIUM COCAINE AND WHISKY Habits Cured at my Sanatorium, in 20 days. Hundreds of references. 25 years a specialty. Book on Home Treatment sent FREE. Address B. M. WOOLLEY, M. D., Atlanta, Ga. (jy 29-Sun 1y&Au 2-w 1y)

CROOKE PROPHESIES.

OUR AFTON CORRESPONDENT TAKES ISSUE.

THE FREE DISTRIBUTION OF SEED.

Some Interesting Information Imparted by a Struggling Clerk—The Latest Fad is Perfume Pills—How They Are "Taken."

(Correspondence of the Dispatch.)

AFTON, VA., February 2.—Sir William Crooke prophesies that the world will be in want of food by 1930, which is not a very comforting assurance with which to greet the new century.

This is not the first surprise Sir William Crookes has sprung upon a credulous world. A year or two ago he electrified us with his belief in thought transference, and what he calls "unexplained forces and elusive phenomena."

Sir William is a leader among scientists. We like him best when he confines himself to such subjects as the waste and consequent want of nitrogen in the soil, the flour supply of the world, and the fate of the human race when it cannot grow sufficient wheat to make bread. You remember poor Marie Antoinnette's reply when the starving hordes of France were crying for bread: "Have they no bread? Then, why don't they eat cake?"

It is not foretold by the "elusive phenomena" that we shall cry for either bread or cake. The strong impulse which has been given to the improvement of agriculture and, notably, to the better growth of cereals in the United States for the past few years, bids fair to make of this country "a land of plenteousness in times of dearth" rivaling that of Egypt, with, in the Agricultural Department, a head as astute and far seeing as Joseph's of old. It is a curious thing to know that not one of the plants producing our great staple crops are indigenous to the soil.

Wandering about the agricultural buildings the other day, where wild nature is bent and tamed to as many red-tape regulations as a $50 clerk, I found out many things. A few varieties of berries, grapes, and plums are improvements upon those found growing wild in our forests two centuries ago, but none of the grains, nor rice, nor sugar-canes, nor staple breadstuffs, were known in the early days of white settlement.

THE INDIANS.

The Indians had a little corn, brought probably from Central America or the cave-dwellers, and tended by their patient squaws.

Of wheat they knew less than we know to-day of pohickory, an aboriginal edible, which Secretary Wilson doesn't cultivate, and which we have eliminated from our modern bill-of-fare.

Many of the grasses, nearly all of the grains, and much of the cotton have been entirely changed from that cultivated even two decades ago; instead, we have cotton and clover from the land of the Nile; spring wheats from the Steppes of Russia for northern farmers; date palms for the Pacific slopes; the seedless naval orange, and a score or more of improved vegetables that were unknown to Colonial or Puritan gardens.

And against Sir William's threatened "starving time" we of the South have found one small salvation. It is the leguminous "pea vine."

Humblest of the foods—lowly as charity and as beneficient—this little plant and its kindred species, the buckwheat and the bean, are the breeding places for bacteria, that through the process of life, death, and decomposition regenerate the worn-out lands.

They draw the nitrogen from the atmosphere, and dying bequeath the legacy to the earth.

We may eat our wheat bread and our cake in plenty through the hard necessities of our southern farmers.

"Sow seeds and cultivate votes" is a political adage just now in much vogue. The appropriation for this has reached the muunificent sum of $170,000—$220,00 of which goes to ornamest the towns and cities with shrubs and flowers, and the residue for the voters of rural districts.

The seed distribution is assuming gigantic proportions, and the seeds are of superior purity. Erstwhile, this little, measly package was as likely to raise a patch of good old-fashioned weeds as larkspurs or lettuce, but in seasons all that is changed. The man who receives seed for this year's planting may sow with faith and hope of a crop true to name and sure to germinate. All seeds are tested from samples by the government experts, and a rutabaga or a rose by any other name goes back to the contractor.

FREE SEED.

I used to think, when my soul felt flattered by the reception of seeds from a M. C.—for whom I could not vote—that Uncle Sam made a specialty of growing long-legged, wobbly flowers with pale blue caps, and names that were confusing, and often have I planted the moon flower to find, with leafy June, a bunch of Norway oats, or a hill of lonely corn. These were the foreign seed, and the rubbish that sometimes crept in a gayly-tinted package.

We get one thing ahead of northern agriculturists. Ten thousand franks for mailing seeds are supplied to each congressman, and southern members get not, of course, the best, but the earliest, distribution of seeds, as planting by their constituents follows fast upon the year's issue.

The rapidity with which individual species have the power of multiplying their numbers is worthy of observation. A department clerk, who worries along on $200 a month and a clear conscience, gave me some interesting points. "A single grain of oats," said he, "produced thirty-two stalks, all growing from the same root, and containing in all nearly 5,000 grains. From each of these 5,000 grains 25,000,000 would be produced in a year."

"What is the most prolific of all plants?" I asked.

"Why, the hyoscyamus."

"The hyoscyamus!" laughed a schoolgirl who was with me. "What a lovely name—it must be a flower."

"No," he answered, gallantly. "And it's the only feminine thing I know of that is neither good nor pretty; it is the common henbane."

"According to experiments," he continued, "the heubane plant produces more than 50,000 seeds, and if these were continuously planted the whole earth would be insufficient to contain the produce of a single hyoscyamus at the end of four years."

"My! That's worse than Mrs. Nation!" said my giddy friend, as in exchange for seeds and science, she distributed a few perfume pills. You must know, perfume pills are the latest fad. When I asked a fashionable chemist not long since for the best sachet powder he showed me a little round box like a tiny bonbonniere, which was filled with very fragrant white pills.

Perfume pills come in violet, heliotrope, white lilac, and peau d'espagne. I bought some violet pills, and then I set to work to find out just how the swell girl used her pills. She certainly could not swallow them. What did she do with them? I discovered that she carries them loose in her pocket, tucked in her corsage, or slipped in her glove. The uniniated might easily take her for a walking medicine chest, but the up-to-date woman knows better. These fragrant tablets, or pills, are the concentrated perfume of flowers. They really give that faint, delicate suggestion desired by the refined woman.

NOTES.

We have been for the past week comparatively quiet from the social standpoint, but by no means dull. If one may judge by the elements we have, a long season of winter's gayety is before us, notwithstanding the ides of March are not many moons away.

Well, the local-option gained by three—and not "three fingers"—which I believe is in the "wet" vernacular. Ah, no! The three votes of majority were, rumor says, given in barter for many "fingers" promised from the Staunton jugs, the Stauntonian being already a well-known innovation in this "local-option" precinct.

Miss Sophia Beyer is in Washington for the winter.

The death of Mr. John G. Spotts, of Lodebar neighborhood, is much regretted. Though he had been ailing for some months, Mr. Spotts' decease, from apoplexy, was quite unexpected. He leaves a widow, daughter of Dr. Avon, and one child.

Napoleon's Evil Eye.

Lord Russell, when the present writer questioned him about Napoleon's look, said, and emphatically repeated, that there was something very evil in his eye, says Goldwin Smith in the February Atlantic. He added that the eye flashed at an allusion to the excitement of war as contrasted with the dulness of Elba. A feature in the character which, perhaps, has hardly been enough noticed, was a sheer lust of war, and especially of battles, the emotions of which, Napoleon seems to have owned, were agreeable to him. It appears not improbable that this had a share, together with his insatiable ambition and his political need of glory, in launching him on his mad invasion of Russia, for which it is difficult to assign any political purpose, as he refused to restore the kingdom of Poland.

Another feature not much noticed in Napoleon's character is his classicism. In his early days he had employed his garrison leisure partly in reading Roman history; and instead of being repelled he had been fascinated by the presentation of the Roman Empire in Tacitus. We see the result in his Eagles, his Legion of Honor, his political nomenclature, and the general cast of his political institutions. Perhaps the image of the Roman Empire as a model for reproduction floated vaguely before his mind, as it does before those of our imperialists at the present day. A grosser anachronism, it is needless to say, there could not be than an attempt to impose on the European family of living nations anything like the yoke imposed by Rome on a set of conquered provinces in which national spirit was extinct.

WOMAN'S KIDNEYS.

Thousands of Women Have Kidney Trouble and Never Suspect It.

To Prove What SWAMP-ROOT, the Great Kidney Remedy, Will Do For YOU, Every Reader of the Richmond Sunday Dispatch May Have a Sample Bottle Sent Free By Mail.

Among the many famous cures of Swamp-Root investigated by the Richmond Sunday Dispatch, none seem to speak higher of the wonderful curative properties of this great kidney remedy than the one we publish this week for the benefit of our readers.

Mrs. H. N. Wheeler, of 117 High Rock street, Lynn, Mass., writes on November 2, 1900: "About eighteen months ago I had a very severe spell of sickness. I was extremely sick for three weeks, and when I finally was able to leave my bed I was left with excruciating pains in my back. My water at times looked very like coffee. I could pass but little at a time, and then only after suffering great pain. My physical condition was such that I had no strength and was all run down.

The doctors said my kidneys were not affected,

and while I

Did Not Know I Had Kidney Trouble,

I somehow felt certain that my kidneys were the cause of my trouble. My sister, Mrs. C. E. Littlefield, of Lynn, advised me to give Dr. Kilmer's Swamp-Root a trial. I procured a bottle, and inside of three days commenced to get relief. I followed up that bottle with another, and at the completion of this one found I was completely cured. My strength returned, and to-day I am as well as ever. My business is that of canvasser, I am on my feet a great deal of the time, and have to use much energy in getting around. My cure is, therefore, all the more remarkable, and is exceedingly gratifying to me.

"Mrs. H. N. WHEELER."

MRS. H. N. WHEELER.

Swamp-Root will do just as much for any housewife whose back is too weak to perform her necessary work, who is always tired and overwrought, who feels that the cares of life are more than she can stand. It is a boon to the weak and ailing.

How to Find Out If You Need Swamp-Root.

It used to be considered that only urinary and bladder troubles were to be traced to the kidneys but now modern science proves that nearly all diseases have their beginning in the disorder of these most important organs.

The kidneys filter and purify the blood—that is their work. So when your kidneys are weak or out of order you can understand how quickly your entire body is affected, and how every organ seems to fail to do its duty.

If you are sick, or "feel badly," begin taking the famous new discovery, Dr. Kilmer's Swamp-Root, because as soon as your kidneys are well they will help all the other organs to health. A trial will convince any one.

Many women suffer untold misery, because the nature of their disease is not correctly understood. They are led to believe that womb trouble or female weakness of some sort is responsible for the many ills that beset womankind.

Neuralgia, nervousness, headache, puffy or dark circles under the eyes, rheumatism, a dragging pain or dull ache in the back, weakness or bearing down sensation, profuse or scanty supply of urine, with strong odor, frequent desire to pass it night or day, with scalding or burning sensation—these are all unmistakable signs of kidney and bladder trouble.

If there is any doubt in your mind as to your condition take from your urine on rising about four ounces, place it in a glass or bottle, and let it stand twenty-four hours. If on examination it is milky or cloudy, if there is a brick-dust settling, or if small particles float about in it, your kidneys are in need of immediate attention.

Other symptoms showing that you need Swamp-Root are sleeplessness, dizziness, irregular heart, breathlessness, sallow, unhealthy complexion, plenty of ambition, but no strength.

Swamp-Root is pleasant to take, and is used in the leading hospitals, recommended by physicians in their private practice, and is taken by doctors themselves, because they recognize in it the greatest and most successful remedy that science has ever been able to compound.

If you are already convinced that Swamp-Root is what you need, you can purchase the regular 50-cent and $1 bottles at the drugstores everywhere.

EDITORIAL NOTICE—Swamp-Root, the great Kidney, Liver, and Bladder remedy, is so remarkably successful that a special arrangement has been made by which all of our readers who have not already tried it may have a sample bottle sent absolutely free by mail. Also a book telling all about kidney and bladder troubles, and containing many of the thousands upon thousands of testimonial letters received from men and women cured by Swamp-Root. Be sure and mention reading this generous offer in the Richmond Sunday Dispatch when sending your address to Dr. Kilmer & Co., Binghamton, N. Y.

THE BEST TEST

Is the Service and Experience of Years.

The best soldier is not the new recruit of a few months service.

The best mechanic is not the apprentice, and the best man in the line is he who has been tried by years of service and experience.

This is not only true of men, but of nearly everything else, and especially is it true of medicines for disease. New remedies must be thoroughly tested and their merit established beyond question before the intelligent public will put faith in them.

There are not many remedies which have stood the test of ten years and continued to increase in popularity each year, but this is true of the Pyramid Pile Cure, and it is the only pile cure that has stood this test, and among the many popular medicines on the market it is the only one which can be said to have no competitor; its sale has steadily increased from year to year, and this result has been not so much because of judicious advertising as because it has been recommended by word of mouth from one cured sufferer to another.

Piles is supposed to be caused in most cases by a sedentary life and lack of exercise, but it generally comes without any apparent excuse, and often people who live an active outdoor life are victims of the disease, a case in point is that of James Creeden, a lumberman and teamster in Northern Michigan. He says: "I suffered for eight or nine years from itching and protruding piles, sometimes so severely that I could scarcely walk, then I would get better for a week or two, but the trouble always returned. I could not afford the expense of an operation, and endured the disease until I was advised by my mother, who lived in Manistee, to give the Pyramid Pile Cure a trial.

"I had never heard of it, but when I went to town I asked my druggist about it, and he told me he had sold it for years and never had a complaint of its failure to cure piles.

"I bought a package, and found not only relief, but a permanent cure after several weeks regular use.

"One of the best things about the Pyramid Pile Cure I found to be its convenience, being in suppository form and used at night, it did not interfere with my daily work, and is simple and painless."

All druggists in United States and Canada sell the Pyramid Pile Cure at 50 cents per package.

Pope Leo's Ode to XXth Century.

(Philadelphia North American.)

LONDON, January 27.—Andrew Lang has made the following translation of the Pope's ode to the twentieth century for the North American. It is the first metrical translation of the ode published and conveys by a masterhand both the spirit and rythm of the original.

SECULAR ODE.

Renowned in letters, famed in art,
The age recedes; of many a thing
Won for man's good from Nature's heart,
Who will may sing

The glories of the faded years;
I rather, backward glancing, mourn
The deeds ill done, the wrongs, the tears
Of the age outworn.

Red wars that reeked with blood of man,
Wide wandering license, sceptres rent
Fierce guile that threats the Vatican,
These I lament!

Where is thy glory, stainless, free,
City of Cities, queenly Rome?
Ages and nations kneeled to thee,
The Pontiff's home

Woe for time of godless laws,
What faith, what loyalty abides?
Torn from the shrines the ancient cause
To ruin glides.

Listen, how Science wildly raves
Around the altars overthrown,
Brute nature with the world for slaves
Is God alone!

Not made in God's own image now
Is man—'tis thus the wide dispute—
But sprung from one same cell they vow
Are man and brute.

Oh, blinded pride on chaos hurled!
Oh, night proclaimed where light should be!
Obey thou Him who rules the world,
Man, and be free!

He only is the truth, the life;
He only points the heavenward way;
He only frees the soul from strife,
If men obey.

'Twas He who led the pious throng,
But now to Peter's dust divine