

Girlhood and Scott's Emulsion are linked together.

The girl who takes *Scott's Emulsion* has plenty of rich, red blood; she is plump, active and energetic.

The reason is that at a period when a girl's digestion is weak, *Scott's Emulsion* provides her with powerful nourishment in easily digested form.

It is a food that builds and keeps up a girl's strength.

ALL DRUGGISTS; 50c. AND \$1.00.



SOME WONDERS OF THE HUMAN BODY.

Few People Know What a Complicated Machine Their Body is.

In the human body there are about 263 bones.

The muscles are about 500 in number.

The length of the alimentary canal is about 32 feet.

The amount of blood in an adult averages 30 pounds, or fully one-fifth of the entire weight.

The heart is about 4 inches in diameter and about 6 inches in length, beating 70 times a minute, 4,200 times an hour, 100,800 times a day and over 36,000,000 times a year. At each beat of the heart over 2 ounces of blood are thrown out of it, 180 ounces a minute, 600 pounds an hour and about 8 tons per day.

All the blood in the body passes through the heart in three minutes.

This little organ, by it ceases industry, pumps each day what is equal to lifting 130 tons 1 foot high or 1 ton 130 feet high.

The lungs contain about one gallon of air at their usual degree of inflation.

We breathe, on an average, 1,200 times an hour, inhale 600 gallons of air, or 24,000 quarts a day. The aggregate surface of the air cells of the lungs exceeds 200,000 square inches.

The average weight of the brain of an adult male is 3 pounds and 8 ounces of a female, 2 pounds 4 ounces.

The skin is composed of three layers, and varies from one-eighth, to one-quarter of an inch in thickness. Each square inch of skin contains 3-500 sweating tubes or perspiratory pores each of which may be likened to a little drain pipe one-quarter of an inch long, making an aggregate length over the entire surface of the body of 201,166 feet, or a ditch for draining the body almost forty miles long.

The nerves probably exceed 10,000,000 in number.

The nerves and the nerve system are all connected by the spinal marrow, and, together with their branches and ramifications, form a body guard probably exceeding 10,000,000.

Deafness Cannot be Cured by applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness and that is by constitutional remedies. Deafness is caused by and inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube resorted to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars free.

F. J. CHENEY & Co., Toledo, O. Sold by all Druggists, 75c. Take Hall's Family Pills for constipation.

Alfalfa a Swine Tonic. Raising 1,000 hogs a year without any sign of cholera in the herd, is

the claim put forth by M. Barber, of Bloomington, Nebraska. He makes a specialty of this industry and has three hundred acres of alfalfa, where the hogs are raised.

"My hogs are raised in this field from the time they are pigs till they are about eight months old, when I put them on a feed of corn," said Mr. Barber to a representative of the Kansas City Drovers' Telegram. "If fed in the summer time I soak the corn. But the alfalfa is the most important feed they get, and is the one great thing that keeps them healthy all the year around. In all the years that I have been raising and handling hogs in this way, I never had a case of hog cholera on my farm. This is due to the alfalfa, which keeps the hogs healthy."

"Everybody Should Know" Says C. G. Hays, a prominent business man of Bluff, Mo., "that Bucklen's Arnica Salve is the quickest and surest healing salve ever applied to a sore, burn or wound, or to a case of piles. I've used it and know what I'm talking about." Sold by all druggists, 25c. j-f

CAMPAIGN FOR EXPOSITION FUNDS.

Subscriptions for Kentucky-Jamestown Movement Sought From This Section.

A herculean effort will be made during the week, commencing Monday, January 21, to complete the fund of \$40,000 required to give Kentucky a proper representation at the Jamestown Exposition, which promises to be one of the most interesting World's Fairs ever held. The Kentucky General Assembly failed to provide a fund for a State Building or a State Exhibit and the task must be carried out by the citizens of the Commonwealth. It is pointed out that Kentucky, recognized as the first and foremost daughter of Virginia, should, above all other states, have a place in this Exposition.

Believing that the public-spirited citizens and business enterprises of Kentucky will not permit the State to go unrepresented, the Kentucky Commission has already secured an ideal site for a State Building and begun the collection of the logs which will be used as a replica of the Fort of Boonesborough.

Each county is requested to raise a sum amounting to one per cent. of the revenue turned over by the county to the State Treasury for the fiscal year ending June 30, 1905.

For the counties of this section of the State vice-chairmen of the division of finance have been nominated and the respective counties are asked to subscribe to the fund as follows: Breckinridge, \$203.41, Joel Pile, Hardinsburg, county chairman; Grayson, \$116.22, Lafe Green, Falls of Rough, county chairman; Ohio, \$235.71, Dr. E. W. Ford, Hartford, county chairman.

"Regular as the Sun" Is an expression as old as the race. No doubt the rising and setting of the sun is the most regular performance in the universe, unless it is the action of the liver and bowels when regulated with Dr. King's New Life Pills. Guaranteed by all druggists, 25c. j-f

What She was Trying. She—Do you think Miss Back-number is trying to draw him out? He—No; think she is trying to persuade him to double up.

ALL OVER THE HOUSE.

Nursery Hints For Young Mothers. Care of Baby's Teeth.

A child's hair should be washed thoroughly once a month. Too frequent washing makes the hair dry and harsh. To keep it clean brush it twice a day for five minutes, separating the strands where the hair is thick and long so that the brush can reach the scalp. Keep the brushes clean by rubbing them with a cloth after use.

In infancy and childhood milk should form the greater part of the dietary. Far too much meat is given to children, and their digestive organs during the first few years of life are often ruined or considerably weakened by the practice. Should the milk have a tendency to curdle in the stomach the addition of lime-water or soda water will often counteract it.

Always clean a young child's teeth both night and morning. A tooth-brush need not be used, as the little gums are so very tender. All that is necessary is to have a piece of soft linen dipped into warm water. If the first teeth are taken care of and not allowed to decay the second set will, as a rule, be good.

Pastry Making.

In making pastry there are several points to be remembered apart from the actual making of it. Be careful that everything you use is scrupulously clean and dry. See that your oven is properly heated or your pastry will be spoiled, even though you make it properly. Always mix pastry with the tips of your fingers and not with the whole hand. Always roll pastry from you and not backward and forward heavily. The less pastry is handled and the quicker it is made the better.

Hard Sauce.

Put into a warm bowl one-quarter cup butter and one-half cup powdered sugar. Mix with a wooden spoon or spatula, beating hard for fifteen minutes. Flavor with one-half tablespoonful lemon, vanilla or a little nutmeg or powdered mace, as preferred; beat a little longer, pack smoothly on a small plate or pile lightly in a fancy dish, and set on the ice until very hard. A pleasing change is to add a tablespoonful currant jelly after creaming the butter and sugar, then beat light.

House Plants.

Do not overwater plants at this season of the year. Give just enough to keep the soil moist throughout. Let the surface take on a dry look before more water is applied. Evaporation takes place slowly, and few plants are growing actively enough to make use of a great deal of water. An oversupply has a tendency to sour the soil, thus bringing a diseased condition of the roots.

A Durable Mat.

A most durable doormat for hard outside use may be made of coils of rope, that which has had some use being preferable to that which is perfectly new. Take a darning needle and strong cord, coil the rope around once and sew on the underside. Then make another coil, and do likewise until you have a large mat. Such a mat is not easily blown or kicked out of place.

Care of Books.

If any liquid be spilled on a book, wipe it off at once gently with a soft cloth or absorb it with blotting paper. Do not dry it by a fire.

Do not turn a book on its face or place any weight on an open book. Never open a large book from the ends or cover, but from the center.

Stains on Mattress.

Put the mattress in the sun and apply a strong solution of ammonia, laundry soap and warm water to the spots. If the first rubbing with a stiff brush or harsh cloth does not take out the stains, then repeat the cleansing until the yellowness disappears.

To Darken Eyebrows.

A "wash" to darken eyebrows is made by boiling an ounce of walnut bark in a pint of water. Add a lump of alum the size of a filbert and when cold apply with a camel's hair brush. To increase hair in the brows anoint them with sweet oil.

Care of Feather Pillows.

Never place feather beds or pillows in the sun, for the sun, acting on the oil in the feathers, is apt to give them a rancid smell. The right plan is to air the beds and pillows on a dry, windy day in a shady place out of doors.

Colors For Half Mourning.

Marion Harland says that lavender and shades of purple verging upon blue rather than red are recognized as slight mourning. Good taste forbids the sudden and violent transition from deep black to bright colors.

Pussy's Tale.



"Short tales bought here for magazines." The advertisement read. "I'll sell them mine; it is so short." This little kitten said.

An Inch of Rain.

An "inch of rain" means a gallon of water spread over a surface of nearly two square feet, or a fall of about 100 tons on an acre of ground.

First-class typewriter paper for sale at this office, cheap.

A Positive CURE

Ely's Cream Balm is quickly absorbed. Gives relief at once.

It cleanses, soothes and protects the diseased membrane. It cures Catarrh and drives away a Cold in the Head quickly. Restores the Senses of Taste and Smell. Full size 50 cts., at Drug-gists or by mail; Trial Size 10 cts. by mail. Ely Brothers, 50 Warren Street, New York.

KILL THE COUGH AND CURE THE LUNGS

WITH **Dr. King's New Discovery** FOR CONSUMPTION, COUGHS and CROUPS. Price 50c & \$1.00 Free Trial. Surest and Quickest Cure for all THROAT and LUNG TROUBLES, or MONEY BACK.

Kodol For Indigestion.

Relieves sour stomach, palpitation of the heart. Digests what you eat.



Have You A Cold Room?

In most houses there is a room without proper heating facilities—to say nothing of chilly hallways. Even though the heat of your stoves or furnace should be inadequate to warm the whole house there need not be one cold spot if you have a

PERFECTION Oil Heater

(Equipped with Smokeless Device)

It will heat a room in no time and will keep it warm and cozy. Operated as easily as a lamp and perfectly safe. Wick cannot be turned too high or too low. Gives no smoke or smell because fitted with unique smokeless device. Can be carried about, which cannot be done with an ordinary stove. The Perfection Oil Heater is superior to all other oil heaters and is an ornament to any home. Made in two finishes—nickel and japan. Brass oil font beautifully embossed. Holds four quarts of oil and burns nine hours. Every heater warranted. If not at your dealer's write nearest agency for descriptive circular.

THE Rayo Lamp is the safest and best all-round household lamp. Made of brass throughout and nickel-plated. Equipped with latest improved burner. Every lamp warranted. An ornament to any room whether library, dining-room, parlor or bedroom. Write to nearest agency if not at your dealer's.

STANDARD OIL COMPANY, Incorporated.



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In small cities and towns, because:
1. There is not a sufficient population to support a GOOD school;
2. Such schools are usually conducted by persons who are NOT qualified, or who make it a practice to travel about and defraud their patrons;
3. There are few if any opportunities for their graduates to secure employment in such localities;
4. The THOROUGH business colleges are located in the larger cities and are conducted by persons who are qualified;
5. The graduates of business colleges in small cities or towns can not secure employment in large cities when thrown in competition with the THOROUGH graduates of high-class schools, as business men have no time to experiment with incompetents. Therefore, be wise. Send for the finest 68-page catalogue ever issued by a commercial school, before deciding to throw away your money for a worthless training at some cheap school. BRYANT & STRATTON BUSINESS COLLEGE, Louisville, Ky.



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Sloan's Liniment kills the pain - quiets the nerves and induces sleep
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SURE CURE For All Diseases of **STOMACH, LIVER & KIDNEYS**

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The undersigned announce that they have formed a partnership for the practice of Law in all courts, state and Federal, with offices south side of Main Street, opposite Court House, Hartford, Ky. Abstracting Titles and Attention affecting Titles to Real Estate will be given special attention. Notary in office.

GRADUATE NURSE.

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