

Nerve Fag.

If You Waste Your Nerve Energy, After Awhile You Will Suffer For It.

You can waste nerve force by excess, over-work, worry, anxiety, etc.

You can weaken yourself by not eating proper food or securing sufficient rest to renew the nerve energy you use up.

The proper treatment, in addition to good phosphatic food, such as whole meal bread, prepared cereals, etc., is Dr. Miles' Restorative Nervine.

This is as truly a brain and nerve food as any food you could eat, and besides, furnishes strength and tone of its own, which goes to the weakened nerve system, and sets it to rights.

Dr. Miles' Restorative Nervine is a refreshing, revitalizing tonic food-medicine for the brain and nerves. It reconstructs worn-out nerve tissue, and fills your languid brain with new life and vigor.

Dr. Miles' Nervine has made so many marvelous cures, of people so sick the doctors thought they were incurable, that it is today the standard medicine in many thousands of American homes. The first bottle is guaranteed to help you, or drugless.

The extreme heat, close confinement and intense mental strain incident to the banking business, has caused me to suffer with nervousness and insomnia. It gives me pleasure to say that I have used Dr. Miles' Nervine with very satisfactory results in the treatment of these affections. I am now on my fifth bottle, and eat and sleep well, in fact have almost forgotten that I possess nerves.—R. L. DALBY, Asst. Cashier, State Bank, Texarkana, Ark.

Write to us for Free Trial Package of Dr. Miles' Anti-Pain Pills, the New Scientific Remedy for Pain. Also Symptom Blank. Our Specialist will diagnose your case, tell you what is wrong, and how to get it free. DR. MILES MEDICAL CO., LABORATORIES, ELKHART, IND.

A Few Poultry Remedies.

A roup cure is said to be seven drops of kerosene in a teaspoonful of molasses.

A strong solution of sulphate of zinc, applied to the sores, is recommended for sore head.

Poke root pounded up and placed in the drinking water is a much praised cholera cure.

Citrine ointment, applied daily for several days, is a New England remedy for chicken-pox.

A wash made of chlorate of potash in vinegar is excellent for canker sores in the throat and mouth.

Painting the corn with iodine once a week is recommended for bumble foot in the early stages.

Bowel troubles are relieved by a few drops of spirits of camphor being placed in the drinking water.

For a grown fowl, a dose of quinine is what will lie on the point of a common-sized pocket knife, given once a day. Quinine dissolved in water is an excellent wash for swelled head. Quinine in almost any form is a sure remedy for colds.

Indian tobacco steeped in water until it looks like coffee and then the food moistened with it is recommended for gapes in chicks.

The Ohio Farmer says that grated calamus root, mixed with bread crumbs and made into small boluses, is a cure for cholera symptoms.

Always see that the nostrils are clean before administering liquid medicine. We lost several birds by strangling before we were acquainted with the cause.

Another cholera cure is a teaspoonful of ginger to a teacupful of boiling water. Allow the mixture to cool, and then give a tablespoonful to each fowl three times a day.

Farm Journal recommends fifteen drops of spirits of turpentine in a pint of water, and this used to moisten bran and cornmeal, equal parts, for worms in fowls. Give one meal of this for two days in succession.

Some Western breeders claim the venetian red will prevent both gapes and cholera. A quarter of a pound mixed with enough cornmeal to be crumbly when moistened, is sufficient for fifty fowls. Feed once a week.

Whisky is an excellent wash for torn combs or wattles. Afterward coat with vaseline. A raw egg beaten up, to which are added a dozen drops of whisky, should be given as a tonic, and to prevent cold from resulting from the wound.

A piece of gum camphor about the size of a grain of wheat is an excellent remedy for cases of gapes. Repeat daily until the patient is relieved. Another good remedy is ten drops of camphor or turpentine to a pint of drinking water.

Exterior Decoration of the Home.

One can form a very good idea of the taste and intellect of the inmates of the home by the surroundings. The finest bit of architecture does not seem like home without shrubs, vines and shade trees. The graceful drapery of the vines gives an artistic touch to the home that is lacking in the massive, unadorned walls. Here in Kentucky there are so many of those old-fashioned homes, built with those massive stone pillars supporting the roof of the verandah, and these draped with that beautiful creeper, Ampelopsis Vetchii, makes a truly artistic and beautiful home. This has bright green foliage, changing to red in the fall, and withal is a very dainty vine.

The Clematis Jackmani is one of the most excellent vines for verandah, and in June the vine is covered with the dark, velvety purple flowers. The Clematis is a hardy, vigorous grower, delighting in rich soil and sunshine, but I have seen them blooming well on the north side of the house. Henry I. is one of the finest of the white-flowered sorts.

With the approach of spring, nearly every one is stirred with gardening impulses, but unfortunately this does not last long with some, and for this class the hardy shrubs and vines that require little care after they are set out will prove the most satisfactory.

The Wisteria is a most beautiful spring flowering vine, flowering in May and June. This is a very graceful and pretty climber for covering old, unsightly tree trunks, or for transforming small, unattractive outhouses into things of beauty. Flowers are borne in long, drooping clusters, and are quite fragrant. They sometimes give a second crop of flowers in the fall.

The Cinnamon vine is quite pretty, leaves heart-shaped, and is a very rapid grower and quite hardy. The vine dies back to the ground at the approach of cold weather, but springs into life and beauty again in April. The flowers are quite fragrant, but are insignificant ones, being green and quite small.

The old, familiar Honey-suckle is too well known to need any description, but it seems to be a true home vine, very few homes have not this. It makes an excellent screen, and if planted along an unsightly fence it will, within a few years' time, completely cover this, draping it with a mass of beautiful evergreen, and only during the severest of winter does it shed its leaves.

There is a long list of shrubs which, when carefully planted, add much to the attractiveness of the home. Most shrubs start into new growth so early in the spring that transplanting can be done most successfully in November.

Good Advice

Is to tell your neighbors to use Paracamp for cold in the head or chest. It relieves colds, catarrh and sore throat quicker than any other known remedy, because it opens the pores, induces perspiration and removes congestion. It drives away that "stopped up" feeling and draws out all fever and inflammation. Try it. It won't take a minute, and it will relieve you in less time. 42 4t

The Senate on 26th passed the Military Academy Appropriation Bill. On a point of order made by Senator McCreary, the amendment making appropriations for the establishment of four great army camp sites was eliminated.

A little life may be sacrificed to a sudden attack of croup, if you don't have Dr. Thomas' Electric Oil on hand for the emergency. 42 4

He—Smith is going to buy his wife a talking machine.

She—I shouldn't think he'd need to do that—she talks all the time, anyway.

He—That's just the reason. He's going to buy a machine that will talk back.

8 Cents

Eight cents a pound is what a young woman paid for twelve pounds of flesh.

She was thin and weak and paid one dollar for a bottle of Scott's Emulsion, and by taking regular doses had gained twelve pounds in weight before the bottle was finished.

Eight cents a pound is cheap for such valuable material. Some pay more, some less, some get nothing for their money. You get your money's worth when you buy Scott's Emulsion.

We will send you a little free.

SCOTT & BOWNE, CHEMISTS, 409 Pearl Street, New York. 50c. and \$1.00; all druggists.

Profit in High Grade Beef.

In a paper on the result of his exhaustive experiments in fattening steers for market, Prof. H. W. Mumford, of the Illinois Experiment Station, amply demonstrates that no feeder can afford to handle low-grade cattle. In his series of practical tests, Prof. Mumford demonstrated that:

More rapid and much larger gains may be secured on the better than on the more common grades.

The better the grade of cattle, the higher the percentages of dressed beef.

Low-grade cattle carry larger percentages of internal fat than the better bred ones, while there appears to be a more abundant and more evenly distributed layer of surface fat on the better bred steers.

Both the market and slaughter tests of the various grades as finished clearly indicate that to the packer and butcher condition is of first importance.

The greater the spread in the market between the various grades of fat steers, the more is the advantage in favor of the better grades.

Opportunities for larger profits lie with the better grades of feeders.—National Provisioner.

A Picnic Party

Should always carry along a bottle of Paracamp. In case of a bruise or a sprain it relieves the pain instantly and cures quickly. Also the best remedy for sun burn and prevents mosquitoes and chiggers from biting you. 42 4t

Free range is first in the writer's opinion as far as saving work and expense is concerned. We would not expect to run a poultry plant and let all stock have free range. Early in the spring the choicest stock could be put out to rove over the ground and the change be a great benefit. Later as hundreds of young chickens come, the older birds are yarded and the youngsters given the run of the place, but they can be yarded at any time. A breeder must study the best interest of the stock and make such changes as will prove a benefit to the fowls. Above all, we try to start the youngsters right, so as to have size and vigor.

To Aid Kentucky Mountain Schools.

In aid of the schools for the Kentucky mountaineers, the students of the Comstock School in New York will give a tea and hold a cake and candy sale in the parlors of the school, on April 29.

Many Kentuckians who are visiting in New York will lend their aid, and a large sum of money is expected to be realized.

Whitecaps in Christian county dragged Walsh Childress from his bed and ducked him, strung him up and beat him severely. He was accused of robbing meat houses.

How to Make Children Lovely.

There is just one way—that is to surround them by day and night with an atmosphere of love. Restraint and reproof may be mingled with the love, but love must be a constant element. "I found my little girl was growing unamiable and plain," said a mother to us the other day, "and reflecting on it sadly, I could only accuse myself as the cause thereof. So I changed my management, and improved every opportunity to praise and encourage her; to assure her of my earnest desire that she should grow up to lovely and harmonious womanhood. As a rose opens to sunshine, so the child's heart opened with the warmth of constant affection and caresses I showered upon her; her peevishness passed away; her face grew beautiful, and now one look from me will bring her to my side, obedient to my will, and happiest when she is nearest me." Is there not in this a lesson for all parents? Not all the plowing or weeding or cultivation of every sort we can give our growing crops will do for them what the steady shining of the sun can effect. Love is the sunshine of the family; without it not character, or morality, or virtue, can be brought to perfection.—Ex.

"Neglected colds make fat graveyards." Dr. Wood's Norway Pine Syrup helps men and women to a happy, vigorous old age. 42 4t

Uncle Ned's Life Insurance.

A representative of the Workingmen's Industrial Aid Insurance Company, called upon an elderly colored man, with a view of getting him to insure his life.

"Good morning, Uncle Ned," said the solicitor.

"Mawin' boss," said the old man, raising his hat and making a low courtesy.

"Uncle Ned, do you carry any insurance?" inquired the solicitor.

"Does I carry what?" asked Uncle Ned, in great surprise.

"Do you carry any insurance? Is your life insured?" asked the solicitor, by way of explanation.

"Bless Gawd! yas, yas!" replied the colored man, "long ago—long ago."

The solicitor asked: "In what company?"

Uncle Ned answered: "I see a Baptis' sah; I see a Baptis'—a deep-w a t a h Baptis'."—Lippincott's Magazine.

Hon. Theodore B. Blakely, formerly of Louisville, but now a leading attorney of Beatyville, is a candidate for the Republican nomination for Congress in the Tenth District.



MRS. CECILIA STOWE, Orator, Extra News Club. 176 Warren Avenue, CHICAGO, ILL., Oct. 22, 1902. For nearly four years I suffered from ovarian troubles. The doctor insisted on an operation as the only way to get well. I, however, strongly objected to an operation. My husband felt disheartened as well as I, for home with a sick woman is a desolate place at best. A friendly druggist advised him to get a bottle of Wine of Cardui for me to try, and he did so. I began to improve in a few days and my recovery was very rapid. Within eighteen weeks I was another being.

Cecelia Stowe. Mrs. Stowe's letter shows every woman how a home is saddened by female weakness and how completely Wine of Cardui cures that sickness and brings health and happiness again. Do not go on suffering. Go to your druggist today and secure a \$1.00 bottle of Wine of Cardui.

The LUXURY of LIVING

You will never know until you have an abundant supply of water in your home. When you consider that we do the pumping all the year round, and that your water supply is always under pressure, there is

Nothing So Cheap

In all your living expenses as the water supply from our mains. You may have water for sprinkling the street and lawn, a faucet in the kitchen, another in your stable, and the charge is

Only \$12 Per Year

FOR 30,000 GALLONS. With the bath-room connected the cost is \$16 and the allowance 40,000 gallons. The first cost of installing the water is about the same as building a new cistern. Come in and talk about it anywhere, or see your plumber.

Mt. Sterling Water, Light & Ice Company,

Office on Court Street,

"HOW ABOUT THE WEST OR SOUTHWEST?"

"YOU CAN'T GET BETTER SERVICE."

"THE ONLY LINE THAT DOES IT?"

"WON'T THE 'HENDERSON ROUTE' HABIT?"

"ASK US FOR RATES AND ASK US FIRST."

HAVE YOU MADE UP YOUR MIND WHERE you want to go?

IF TO THE WEST OR SOUTHWEST WHY NOT have your ticket to read over the HENDERSON ROUTE?

FREE RECLINING CHAIR CARS ON ALL EVENING trains between Kentucky points and St. Louis and the West and Southwest.

THIS LINE IS RECOGNIZED AS THE "OFFICIAL route for comfortable travel" between Kentucky points and the West and Southwest.

ROUND-TRIP HOMESEEKERS' AND ONE-WAY Colonists Tickets in effect on first and third Tuesdays of each month.

L. J. IRWIN, General Passenger Agent, LOUISVILLE, KY.

GEO. L. GARRETT, Traveling Passenger Agent, LOUISVILLE, KY.

GOING TO THE WORLD'S FAIR

AT St. LOUIS

USE THE HENDERSON ROUTE

THE LINE THAT IS COMFORTABLE BEYOND A DOUBT

FREE RECLINING CHAIR CARS

OFFICIAL ROUTE FOR KENTUCKIANS TO ST. LOUIS.

ASK FOR OUR RATES

GEO. L. GARRETT, L. J. IRWIN, Trav. Pass'r Agt. Gen. Pass'r Agt. LOUISVILLE, KY.

OHIO and KENTUCKY Railway.

OPERATED BY LEXINGTON & EASTERN RAILWAY.

Winter Time Table, Effective October 17, 1903.

WEST BOUND.

Miles	STATIONS	No. 21, Daily	No. 22, Daily	No. 23, Daily
0	Lv. Jackson	8:30	8:30	8:30
10	" O & K Junction	11:20	8:35	8:35
18	" Wilbur	11:25	8:41	8:41
27	" Hampton	11:55	8:50	8:50
35	" Lee City	12:22	8:59	8:59
43	" Helechawa	12:28	8:58	8:58
51	" Cannel City	12:45	8:54	8:54

EAST BOUND.

Miles	STATIONS	No. 24, Daily	No. 25, Daily	No. 26, Daily
27	Lv. Cannel City	7:15	7:15	7:15
35	" Helechawa	7:41	7:12	7:12
43	" Lee City	7:50	7:18	7:18
51	" Hampton	8:30	7:52	7:52
60	" Wilbur	8:48	7:58	7:58
70	" O & K Junction	8:25	2:30	2:30
80	" Ar Lexington	9:30	2:35	2:35

Nos. 21 and 22 will make close connection at O & K Junction with Nos. 8 and 4 for points on Lexington and Eastern Railway.

M. L. CONLEY, Superintendent.

C. & O. Time Table.

EAST BOUND.

ARRIVES.

No. 26—Ashland Accommodation	9:30 a. m.
No. 22—New York Express	12:35 p. m.
No. 25—Mt. Sterling Accommodation	7:35 p. m.
No. 24—New York Express	9:45 p. m.

WEST BOUND.

No. 27—Lexington Accommodation	5:50 a. m.
No. 21—Louisville Express	7:12 a. m.
No. 25—Lexington Accommodation	2:12 p. m.
No. 23—Louisville Express	4:10 p. m.

Lexington & Eastern Ry

WINTER TIME TABLE. Effective October 17, 1903.

East-Bound.

STATIONS.	No. 2, Daily	No. 3, Daily
Lv. Lexington	8:30	8:30
" Montrose	8:40	8:40
" Avon	8:50	8:50
" Wyandotte	9:00	9:00
" Winchester	9:10	9:10
" L. & E. Junction	9:20	9:20
" Indian Fields	9:30	9:30
" Clay City	9:40	9:40
" Stanton	9:50	9:50
" Rosely B.	10:00	10:00
" Dundee	10:10	10:10
" Natural Bridge	10:20	10:20
" Glencairn	10:30	10:30
" Torment	10:40	10:40
" Fincastle	10:50	10:50
" Beatyville Junction	11:00	11:00
" Beatyville	11:10	11:10
" L. & A. R. R.	11:20	11:20
Lv. St. Helens	11:30	11:30
" Tallaga	11:40	11:40
" Athol	11:50	11:50
" Oakdale	12:00	12:00
" Elkatawa	12:10	12:10
Ar Jackson	12:20	12:20

West-Bound.

STATIONS.	No. 1, Daily	No. 4, Daily
Lv. Jackson	7:30	7:30
" Elkatawa	7:40	7:40
" Athol	7:50	7:50
" Tallaga	8:00	8:00
" St. Helens	8:10	8:10
" Beatyville	8:20	8:20
" L. & A. R. R.	8:30	8:30
" Beatyville Junction	8:40	8:40
" Fincastle	8:50	8:50
" Torment	9:00	9:00
" Glencairn	9:10	9:10
" Natural Bridge	9:20	9:20
" Dundee	9:30	9:30
" Stanton	9:40	9:40
" Rosely B.	9:50	9:50
" Clay City	10:00	10:00
" L. & E. Junction	10:10	10:10
" Winchester	10:20	10:20
" Wyandotte	10:30	10:30
" Avon	10:40	10:40
" Montrose	10:50	10:50
Ar Lexington	11:00	11:00

F. Flag Stop. J. H. BARR, General Manager. CHAS. SCOTT, Gen. Pass. Agent.

K. & S. A. Railroad.

122 leaves Mt. Sterling at	7:10 a. m.
121 arrive "	3:15 p. m.
123 "	10:20 p. m.
124 "	5:45 p. m.
122 arrive at Rothwell	8:40 a. m.
124 "	3:45 p. m.
1 leaves "	8:40 a. m.

Arlington Hotel

JACKSON, KY. S. S. TAULBEE, Proprietor.

Free Conveyance to and from Depot. Convenient Sample Rooms. Telephone Connection All Points. Magnificent Scenery and the Famous Pan Handle In Front of the Hotel.

"If at first you don't succeed, do!" count it the first time."