

# Use only one heap- ing teaspoonful of Schilling's Best Bak- ing Powder to a quart of flour.

You must use *one* teaspoonful of other baking powder.

## One Can Always Give Himself.

One of the pleasantest of day dreams is to imagine how charitable you would be if you had plenty of money. The role of a bountiful master or mistress is a delightful one, and it is easy to imagine how, if you had a command of fortune, you would make people happy and with what grace you would receive their gratitude. Of course few persons can venture to indulge the hope that they will be rich, but while we are dreaming these dreams it is well enough to think whether we are showing ourselves charitable in the use of what is really within our command. Take, for instance, one's thoughts. It is natural enough to put a hard and bitter construction upon the actions of others. Possibly, from a superficial point of view, their conduct warrants it. But a thoroughly charitable person—one who would use money beneficently if he had it—will certainly make allowances for others and only reluctantly come to the severe judgment. It is a mistake also to suppose that money can do everything. There are a good many persons who would not if you were as rich as a Barnato take a penny from you. They do not want your money, even though they are not rich themselves, but they would prize consideration, sympathy and fellowship. If we withhold these things that are surely within our power, probably we should not be so very generous if we had plenty of money.—Philadelphia Ledger.

## A Cheap Trick.

To manufacture a cheap kalsomine, stuck on the wall with glue, claiming it to be the "same thing" or "just as good" as the durable Alabastine, or to buy and sell such goods on such representations, would seem a cheap trick. Some resort to it. To be safe, buy Alabastine only in packages and properly labeled.

## The Joke on the Joker.

A good story, of which Mr. John Kendrick Bangs, the humorist, is the hero, has leaked out. Some time ago Mr. Bangs received the following letter from a city in one of the Pacific states:

DEAR SIR—I have been asked to respond to a toast at our board of trade's annual dinner next month, and I was inquiring what would be your lowest terms for preparing a good, rattling, funny speech for me to deliver on that occasion. A prompt reply will oblige. Yours very truly,

To which Mr. Bangs immediately set down and penned the following reply:

DEAR SIR—I am in receipt of your esteemed favor of the 1st inst., and in reply would say that my regular rate for after dinner speeches is \$500 per speech. I have not as yet, however, opened up this line of goods in the west, and as I am anxious to secure custom in that part of the country I will offer you special terms—namely, \$200 for such an address as you describe, the amount to be paid as soon as shipment is made. If the terms proposed are satisfactory, kindly let me know at once, but in that case I would request you not to mention the matter to Chauncey Depece of General Horace Porter, as I should not like them to know that I am cutting rates. Truly yours,

John Kendrick Bangs.

This letter was duly sent, and on the day when it reached its destination Mr. Bangs received the following telegram:

Your letter just received. If Chauncey Depece's speeches are written by you, then I don't want one.

—New York Post.

## The Mothers' Congress.

The national congress of mothers will hold its second convention in Washington the first week in May, and the prospects are that the attendance will be even larger than last year. The names of many notable men and women will appear upon the program. The session will last for six days, and among those who will deliver addresses are Dr. Stanley Hall, Professor Charles Thurston, Dr. Minot J. Savage, Mrs. Mary E. Mumford, Miss Harriet Nell, Booker T. Washington, Dr. Martin Barr and Ralph Waldo Tilt.

## Blood

is Life

# Pure Blood

is Health.

Without blood circulating through your veins you could not live. Without pure blood you cannot be well. If you have salt rheum, scurvy, spots, pimples, boils or any kind of humor, your blood is not pure. If you take Hood's Sarsaparilla it will make your blood pure and promptly relieve all these troubles.

I was troubled with hives, which appeared in large white and red blotches all over my body. My skin was rough and suffered with constant itching. I tried various remedies, without benefit, and finally began taking Hood's Sarsaparilla. The first bottle did me so much good, I continued its use until I had taken five or six bottles, and I have never been troubled with hives since that time.

A. J. Moore, Santa Cruz, Cal.

**Hood's Sarsaparilla**  
is America's Greatest Medicine. Sole by all druggists. \$1.00 for 5¢. Get only Hood's.

**Hood's Pills** are the only pills to take with Hood's Sarsaparilla.

**WILL & FINCK CO'S.**  
SPRING EYE BRAIN BALM  
Pain-Relieving, Best Needle in the Market. Used by all Sick Seamen. For sale by all general druggists. Stores or by Will & Finck Co., 920 Market St., San Francisco, Cal.

**FISCH'S CURE FOR**  
CROUP, BRONCHITIS, WHOOPING COUGH, INFLUENZA, AND ALL AFFECTIONS OF THE THROAT AND LUNGS.  
In time. Sold by druggists.

## HERO OF THE MAINE.

"Bill" Anthony, who Informed His Captain the Ship Was Sinking. On the fateful evening of Feb. 15, when the United States cruiser Maine was lying peacefully at anchor in the harbor of Havana, William Anthony, a private of marines, was doing duty as sentry on the port deck of the warship. He passed up and down before the cabin of Capt. Sigbee, whose orderly he was. The captain was inside writing a letter to his wife.

Suddenly there came that fearful explosion, whose echoes will linger long in the hearts of the American people. The great ship was lifted bodily out of the water for a moment. Then as she sank the decks were torn open and death and destruction were scattered all around. Anthony stood at his post, rifle in hand, during the trying ordeal. At the first explosion Capt. Sigbee rushed out of his cabin, and as he did so he was struck in the cheek by a flying missile. He stumbled against Anthony. That brave marine, as steady as if he were on parade, saluted the captain and then made this simple speech, which has since made his name known from the Atlantic to the Pacific:

"Excuse me, sir, but I have to inform you that the ship is blown up and sinking."

The captain ordered Anthony to get out the boats and save his comrades. The brave fellow was one of the last to leave the doomed ship and left only



WILLIAM J. CALHOUN.

when the water was flowing over the deck. "Bill" Anthony, as the cool-headed marine is popularly known in the navy, has spent many years in Uncle Sam's service, as soldier and marine. He saw some hard service in the army, and has fought Indians in the West. Ten years ago he enlisted in the navy, and there he has since remained. Standing six feet two, built in proportion, and with handsome features, he is a soldier every inch of him and would long ago have been promoted but for one weakness—love of the bottle. While he never drank on duty, and he always been a model on board ship, his conduct when on land has kept him below the grade of a non-commissioned officer.

## WILLIAM J. CALHOUN.

New Interstate Commerce Commissioner Was Once a Farm Hand. William J. Calhoun, recently appointed Interstate Commerce Commissioner, was one of the early McKinley men in Illinois. Mr. Calhoun is about 50 years of age and is a native of Pittsburg. Early in life he was left to shift for himself and as a lad he came into contact with the McKinley family, and especially with the President, when the latter himself was a rugged youth. At that time Mr. Calhoun was a farm hand in Ohio. Later in life, when the President returned from the wars, Mr. Calhoun knew him intimately as a

young lawyer, and the two became friends. The currents of life have since diverged and Calhoun settled in Illinois, to follow the profession of law.

Successful Co-operative Colony. A Tennessee community living as one big family has just established a college at New Economy, the head of each household putting in a certain sum for the purpose. The standard of life in the settlement is an hour's labor; in its home commerce it has no money and needs none—a certificate that labor has been performed takes the place of a pound of tea costs eleven hours' work; seventy hours pay for a pair of shoes; two and a half for a pound of crackers, and so on. Everybody works and all—men and women alike—receive the same wages. They have heretofore worked ten hours a day, but expect soon to reduce it to eight. They have a kindergarten and adequate educational machinery, music, languages and a limited technology being taught in addition to the regular branches. Numerous communities of the kind have been founded in this country, but only a few have lasted a decade. From present indications, however, this one is destined to enjoy a longer term of existence.

More Ornamental than Useful, Helen—Young Dudeleigh reminds me of a chrysanthemum. Maggie—in what respect? Helen—Oh, he's nice to look at, but he hasn't a cent.

(One Man's Idea, She—What is your idea of happiness? He—Being "next" in a crowded barber shop.

By the term, "A day of reckoning will come," is meant that if you accept invitations to dinner, you will have to invite back.

The chorus girl is never as red as she is painted.

## FINE EMBROIDERY.

A Beautiful Panel Screen and the Way It May Be Done in Crewels and Silk. A species of embroidery which is called a novelty in France and is just now all the fashion appeared at the Decorative Art rooms here in New York a number of years ago, an especial exhibition of the work of Mrs. Holmes of Boston. It consisted of panels, squares and other shapes, each one being a realistic landscape done in crewels and silk.



but having all the vigor of color of an oil painting. In the accompanying design for a screen the panels are worked in this way. The first panel is entitled "A Calm Evening." The foundation is a pale, dull blue. The houses and church are put in with a dark purple. The leaves of the vine are in dark green, with others of a lighter green, the moon and its reflection pale yellow, the lines of the clouds indigo blue, the bridge and the ground a dark brown, and the middle panel is called "A Starry Night." The Gold stars are embroidered on a deep blue ground, and the clouds are cut out of a rosy gray. The third panel is called "Dawn." The foundation is yellowish pink, the line of the clouds is in bright rose color, the land in the distance indigo blue, the vessels are in a deep rich brown, and the rocks in the foreground in dark green and black.—New York Tribune.

## First Girls' School in China.

The pioneer school for girls in China has been started. The Shanghai papers of the 24th of December contain a plan of organization and a curious list of regulations which have been framed for the government of this, the first institution for the education of women founded and managed by natives. It is, of course, dedicated to Confucius, and a tablet to his honor will be erected in the school for the girls to worship.

At the beginning only 40 girls, between the ages of 8 and 13, from the upper classes, are to be received, but if the experiment is a success the number will be enlarged as fast as circumstances will justify. There are to be two teachers—Miss An Ngao Teh and Miss Chih Mei Yu, both of whom have been educated in the United States. A board of 12 lady (Chinese) managers, or trustees, will be elected by the votes of those who contribute to the maintenance of the school, and neither the latter nor any other men shall ever be admitted to the school. If they wish to consult with the teachers, they must arrange to meet them elsewhere. The tuition is \$1 a month, with 12¢ cents per month as fees to the servants, this including sleeping apartments, but meals for boarders are extra.

## A Mississippi Woman.

Mrs. Robert Somerville of Greenville, president of the Mississippi W. S. A., is a lady highly respected in her section. Indeed, most of the duties in women's associations are thus fortunate in their presidents. The Greenville Times says: "Mrs. Somerville, the president of the Mississippi organization, is a woman of exceptional and carefully cultured intellectual strength, united to a personality and social prestige which peculiarly fit her for the responsible position she holds. She is the oldest daughter of the late William L. Nugent of Jackson and has inherited in the highest degree the mental gifts possessed by her distinguished father. The work of the association has made surprising progress in the south, notwithstanding the predictions that the conservatism of this section would oppose a formidable barrier to its advance."

## Keeping Posted.

At least one morning in the week the intellectual smart set in Washington arises an hour earlier and is seen wending its way to the Windomgush club, where behind closed doors Miss Janet Richards posts her fair hearers on all the topics of interest of the day—politics, religion, social and literary—so that when they take their departure they are able to discuss intelligently with priest, layman or politician subjects of present interest. A large number of the official set are among her audience. One busy woman said: "You do not know what a relief it is to us, for with all our social duties it would be impossible for us to keep posted on all the topics necessary for discussion in official life. We are also instructed in the literature of the day and learn what to criticize. How could we keep read up and have time for anything else?"

Spain and French women of the higher class are usually expert swordswomen. They are taught to fence as carefully and accurately as their brothers, and there are numerous schools in the two countries where young women are taught not only to fence, but to handle the broadsword.

## Mrs. Jefferson Davis.

The selection of New York as a place of residence by Mrs. Jefferson Davis is thus explained by a friend in the Nation Telegraph: "Mrs. Davis told me that the plantation at Beauvoir did not afford a living for herself and daughter, on account of freshets, floods, the low price of cotton, etc., and that it was necessary for her to work for a living. The best work suited to both of them is of a literary character, and when they began to look for purchasers of their productions they only found them in the north. They have made repeated efforts to dispose of their work to southern purchasers, but have found the demand very small for it, there being practically no market for high class literary work in the south, all of the big publishers and newspapers that are able to pay for it being in the north. Consequently it became necessary to move to one of the large cities, and they selected New York. There they find a ready market for all their productions, and the income thus derived, together with the small income from the Beauvoir plantation, affords them a comfortable living."

## Kentucky Heartman.

"I am a tender hearted man," said Colonel Stilwell, "and as a rule I don't care much for sport, but there is one exception to my rule—I enjoy fishing." "Doesn't it seem rather cruel to you?" "No, sir. When I think of saving those creatures from having to pass a lifetime in all these waters, I regard myself as a benefactor, and a humanitarian."—Washington Star.

## Interested.

Social Student—I presume, with your abundant leisure, that you are interested in the most important question of the day? Every Petteccio—You bet your life I am. And with me, same as anybody else, the most important questions of the day, when all is sifted down, is cats and sleeps.—Cincinnati Enquirer.

## CONSOLATION AND COMFORT.

Who is it that does not wish to be out in the open air or alive in some field of sport, whether it be with the bat, rod or gun; whether on the wheel or sailing over rough waves or into serene coves, it is all sport, and the springing muscles seem to need it. It is found to happen that some mishap will occur. This is that we have sprains in abundance. Light sprains, sprains that cripple, sprains that give great pain, sprains that rob us of sleep, but sportmen of all kinds have come to know that there is nothing better than the old, reliable St. Jacobs Oil. Have it with you for use, you may rely on its cure of the worst sprains and restoration to the comforts of life.

Who Jingly is fairly ably with the fires of patriotism. Yes, his age exempts him from the draught.

## A LONG LOOK AHEAD.

The politicians are even now beginning to weigh the possibilities involved in the next Presidential election. The jokers are full of electioneering gossip, and venture predictions as to the future which they believe to be confident. But it is safe to say that a systematic course of Hostetter's Stomach Bitters will secure health in the malicious, bilious, nervous, colic or nervous.

Mr. Monan—I tell you what, a baby brightens up the house, and that's a fact. Mr. Friedman—Yes, but you had of you the best baby might ever since ours was born.

## SHAKE INTO YOUR SHOES.

Allen's Foot-Ease, a powder for the feet. It cures painful, swollen, smarting feet and instantly takes the sting out of corns and bunions. It's the greatest corn and bunion cure of the age. Allen's Foot-Ease makes tight-fitting or new shoes feel easy. It is a certain cure for chafings, sweating, damp, callous and hot, itchy, aching feet. We have over 10,000 testimonials of cures. Try it 60 days. Sold by all druggists and shoe stores. By mail for 25¢ in stamps. Trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Dear Bergaluz—Kirby (gloomily)—What went down from \$1.00 to 90¢ today. Mrs. Kirby—I thought never did believe in bargain days.

FITS Permanently Cured. No fits or nervousness after. Rest day. Dr. King's Great Nerve Restorer. Price \$1.00. Sold by all druggists. Do. R. H. Sprick, Ltd., 500 Arch St., Philadelphia, Pa.

AN OPEN LETTER TO MOTHERS. We are asserting in the courts and in the exclusive use of the word "CASTORIA," and "PITCHER'S CASTORIA," as our Trade Mark, Dr. Samuel Pitcher, of Hyannis, Massachusetts, was the originator of "PITCHER'S CASTORIA," and the same that has been and does now bear the facsimile signature of CHAS. H. FLETCHER on every wrapper. This is the original "PITCHER'S CASTORIA" which has been used in the homes of the mothers of America for over thirty years. Look Carefully at the wrapper and see that "the kind you have always bought," is the signature of CHAS. H. FLETCHER on the wrapper. No one has authority from me to use my name except The Centaur Company of which CHAS. H. FLETCHER is President. March 8, 1897. SAMUEL PITCHER, M.D.

\$100 REWARD \$100. The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in the last stages, and that is ASTHMA. Hall's Catarrh Cure is the only positive cure known to the medical profession. It cures Catarrh of the Bronchitis, and requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces, the system, thereby destroying the foundation of the disease, and giving the mucous membrane a healthy and natural action, and assisting nature in doing its work. The only cure that cures with its own powers, that they offer One Hundred Dollars for any case that it fails to cure. Send for testimonials. Address, F. J. CHENEY & CO., Toledo, O. Sold by Druggists. Beware of cheap imitations.

IT'S NOT EXPENSIVE. It's the quality that's high in THE GARDEN PRICES, TONGAREE MARLE BERRY FELICIA. Look Carefully at the wrapper and see that "the kind you have always bought," is the signature of CHAS. H. FLETCHER on the wrapper. No one has authority from me to use my name except The Centaur Company of which CHAS. H. FLETCHER is President. March 8, 1897. SAMUEL PITCHER, M.D.

I believe my prompt use of Pilo's Cure prevented quick consumption.—Mrs. Nancy Wallace, Marquette, Kans., Dec. 12, '95.

After being swindled by all others, send for Pilo's Cure. It is the only cure for Tuberculosis. Treasure the ONLY renewer of manly strength. Address, P. O. BOX 761, PHILADELPHIA, PA.

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## For For For.

The late Montagu Williams, in his "Leaves of a Life," relates how he was engaged with Sir Hardinge Giffard—now Lord Halsebury—in an important election petition at Shrewsbury. At their lodgings Mr. Williams began to smoke. Sir Hardinge protested. He said he "never smoked," and eventually his eminent junior had to put on a mackintosh and smoke his cigar in a snow-storm. Mr. Montagu Williams did not have to wait long for an opportunity to retaliate. Sir Hardinge carried his habit of punctuality to a height that was only equaled by his politeness. He would have breakfast ready to a moment, but would never commence without his junior. That morning Mr. Montagu Williams tarried so long over his toilet until three minutes before the hour at which the court sat. He writes:

"I found Giffard seated in an arm-chair before an enormous fire. The breakfast—grilled fish and other delicacies—was placed on the fender. The tea had not yet been brewed. My leader looked in a rage. He must only have been acting, however, for in all my life I never saw him seriously out of temper. I know he declared, just as well as he did, what his rules were. I knew that he had been waiting breakfast for me. It was my duty to be down in time and make the tea, and in consequence of my laziness he would have to go to court without any breakfast at all.

"But," I casually remarked, "I never eat breakfast. I don't care about it." "Well," he rejoined, "you're a fool, the most selfish fellow I ever came across." "Oh, dear, no," I said, "you forget the smoking yesterday. You don't smoke. I don't see the difference." He burst out laughing, and we proceeded to court. That night I remained by the fire when the meal was over and smoked my cigar. —St. James Gazette.

## Mary Lyon.

One bright Holyoke woman, who is among the oldest of the Mount Holyoke graduates, is thoroughly in sympathy with all the advancing steps made there. She says that Mary Lyon was in her day most progressive and in advance of the times, and if she were living today she would not be only in sympathy with all the new work, but would be even more advanced. She even has a private theory of her own that Mrs. Lyon set the old seminary building on fire to make way for the new college requirements.—Holyoke Transcript.

## Women in Postal Positions.

The new woman is very much in evidence in Uncle Sam's offices, for in the postoffices she prevails to the extent of 1,670, and in the various departments of the postal service at Washington and throughout the country the oath of office has been administered to over 80,000 women to qualify them for service in handling, distributing or otherwise dealing with the mails.—Christian Advocate.

## Established 1780.

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**Chocolate,**  
celebrated for more than a century as a delicious, nutritious, and flesh-forming beverage, has our well-known

**Yellow Label**  
on the front of every package, and our trade-mark, "La Belle Chocolaterie," on the back.

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MADE ONLY BY  
**WALTER BAKER & CO. LTD.,**  
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## NERVOUS PROSTRATION.

"Will you kindly allow me," writes Mrs. MARY E. SAUNDERS, of Johnston, N. H., to Mrs. Pinkham, "the pleasure of expressing my gratitude for the wonderful relief I have experienced by taking your Compound. I suffered for a long time with nervous prostration and general debility, caused by falling of the womb. It seemed as though my back would never stop aching. I could not sleep. I had dull headaches. I was weary all the time, and life was a burden to me. I sought the seaside for relief, but all in vain. On my return I resolved to give your medicine a trial. I took two bottles, and was cured. I can cheerfully state, if more ladies would only give your medicine a fair trial they would bless the day they saw the advertisement, and there would be happier homes. I mean to do all I can for you in the future. I have you alone to thank for my recovery, for which I am very grateful."



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Above 19 pages, worth \$1.00, will send you free, together with a copy of the book "The New Woman's Guide to Health and Happiness." We invite you to read and know what you are getting. Send for your copy today. Write to Mrs. J. C. Pinkham, 253 Broadway, New York, N. Y.

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RODS for tracing and locating Gold or Silver Ore, lost or buried treasures. M. D. POWELL, Box 87, Sonoma, Cal.

S. F. N. U. No. 827. New Series No. 18.

**YOUR LIVER** Is It Wrong? Get It Right. Keep It Right.

Moore's Revealed Remedy will do it. Three doses will make you feel better. Get it from your druggist or any wholesale drug house, or from Stewart & Holmes Drug Co., Seattle.

TO DEALERS.  
Do not buy a law suit or an injunction with cheap kalsomine, imitations of Alabastine. Dealers assure the risk of a suit for damages by selling an infringement. Alabastine Company own the right, covered by letters patent, to make and sell wall coating adapted to be mixed with cold water. Alabastine Co., Grand Rapids, Mich.