

Assist Nature a little now and then, with a gentle, cleansing laxative, thereby removing offending matter from the stomach and bowels, toning up and invigorating the liver and quickening its tardy action, and you thereby remove the cause of a multitude of distressing diseases, such as headaches, indigestion, or dyspepsia, biliousness, pimples, blotches, eruptions, boils, constipation, piles, fistulas and maladies too numerous to mention.

If people would pay more attention to bowels, they would have less freservices to subdue attacks of dangerous diseases.

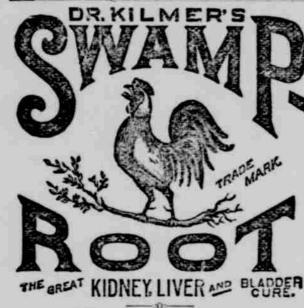
That, of all known agents to accomplish this purpose, Dr. Pierce's Pleasant Pellets are unequaled, is proven by the fact that once used, they are always in favor. Their secondary effect is to keep the bowels open and regular, not to further constipate, as is the case with other pills. Hence, their great popularity, with sufferers from habitual constipation, piles and indigestion.

A free sample of the "Pellets," (4 to 7 doses) on trial, is mailed to any address, post-paid, on receipt of name and address on postal card.

Address, WORLD'S DISPENSARY MEDI-CAL ASSOCIATION, Buffalo, N. Y.

Bottled Oxygen for Miners.

One of the dangers of mining seems to be in a fair way toward removal, or at least a degree of modification that will rob accidents of most of their ter-Since it has been proven that death from suffocation is not due, as has been supposed, to the presence of oxygen, it stands to reason that if a supply of oxygen can be furnished the immediate danger is averted. Oxygen, compressed into almost inconceivably small space, is stored in strong bottles fitted with inhalers, tubes and regulating valves. Each miner may carry one of these bottles slung at his belt, ready to use in case of accident. It has been suggested that large casks or other suitable vessels with compressed oxygen be stored along the ways and on various levels of the mine ready to open in time of need. On the same principle oxygen might be forced into wells, vaults or other places where bad air is a menace to health or life.



### Rheumatism

Lumbago, pain in joints or back, brick dust in urine, frequent calls, irritation, inflammation,

### Disordered Liver Biliousness, headache, indigestion or gout.

SWAMP-ROOT invigorates, cures kidney difficulties, Bright's disease, urinary troubles.

### limbine Blood

DR. KILMPD & CO., BINGHAMTON, N. Y.



Lydia Pinkham's Vegetable Compound

## CURES ALL

Ailments of Women.

It will entirely cure the worst forms of Female Complaints, all Ovarian troubles, Inflammation and Ulceration, Falling and Displacements of the Wearb, and consequent Spinal Weakness, and is peculiarly adapted

to the Change of Life.

It has cured more cases of Leucorrhea than any remedy the world has ever known. It is almost infallible in such cases. It dissolves and expels Tumors from the Uterus in an early stage of development, and checks any tendency to cancerous humors. That

### Bearing-down Feeling

causing pain, weight, and backache, is in-stantly relieved and permanently cured by its use. Under all circumstances it acts in harmony with the laws that govern the female system, and is as harmless as water.

All druggists sell it, Address in confidence, Lydia E. Pinkham Med. Co., Lynn, Mass. Lydia E. Pinkham's Liver Pills, 25 cents.



FOR AN AFTER DINNER SHINE, OR TO TOUCH UP SPOTS WITH A CLOTH MAKES NO DUST, IN 5&10 CENT TIN BOXES. THE ONLY PERFECT PASTE.

MOTSE Bros. PROPS. CANTON, MASS.



properly regulating the action of their day took up this self-same topic for dis- a little vaseline. Apply the grease cussion, and it was finally agreed that | carefully, not merely smearing it over quent occasion to call for their doctor's this policy might do for some men, but the surface of the leather, but rubbing that there were certain masculine in- it in. When it is completely absorbed keep in ignorance than to give to them | wear your walking shoes in the house, a complete history of every act that and do not walk in your slippers. Keep transpired during the day. Now, this a pair of shoes suitable for each occaconclusion did not in any way indicate | sion. In this way, though you may that the actions mentioned were such seem to have an extravagant supply, that the women would be ashamed to you will be really displaying an econconfess, but what might be passed over omical spirit. Shoes worn indoors and with a smile at one time would be met out not only soon lose their brightness

> brown-hared wife of 25, "I determined ally relieved. to tell my husband everything that I thought, said, or did. I soon found out, however, that such a plan was not con-

dressing, containing plenty of oil, fruit in abundance, and no sweets.

Shoes and How to Keep Them. If you would have your shoes retain heir pristine freshness longer than a week do not treat them with polishes and dressings, each one of which is the general claims to be the best and least injuriconsensus of opin- ous. As soon as you come in from a ion that in order walk dust them carefully with a soft that a married cou- | flannel kept for that purpose. Let ple should be per- them air, as you do your underclothes, feetly happy per- and when they are dry stuff them with fect confidence soft tissue paper; button or lace them should exist be over this. In this way they will keep tween them. A their shape for a long time. When they CHUIL group of young are so worn that they must be bright--04 wives the other ened, rub them with a fiannel cloth and dividuals whom it was much better to rub briskly with fresh flannel. Do not with a frown and a rebuke at another. and neatness, but last only about one-"When I was first married," said a third as long as if they were occasion-

For the Lips.

Unlovely lips come from an unhealthy ducive to mutual happiness, but rather stomach. Bad digestion will often asagainst it, for many times I would dis- sert itself in broken or chapped lips,



A DINNER DRESS.

the spirit that prompted the former blisters and a coated tongue. Chronic only about 25,600 miles, and New could not be definitely depicted in the sore mouths should be rubbed with York's yearly supply of eggs would, gravel, ulceration or catarrh of the bladder. latter, and what had been done with sweet oil or pure glycerine at night; in therefore, r ach entire y around this good intentions failed many times to the morning wash with a solution of globe and lap 5,000 miles, or about Glenn's Sulphur Soap. frequently when I had started out for bler of water. Camphor ice is both America, at the latitude of New York. a pleasant little exchange of confi- healing and cleausing. Good cold constitution and makes the weak strong.

At Druggists 50 cents and \$1.00 Size.

Thysilids' Guide to Health" free Consultation free.

To New Orleans the Queen & Crescent parting, leaving me to spend a most unplies and cheerfully dispense five-cent paid for the 80,000,000 of do. ens be figured at 14 cents, which is certainly promoted at 14 cents. pleasant one I had anticipated.

as nearly right as I know how, follow- table foods. ing out the dictates of my own conscience and avoiding the snares and pitfalls of too open confession by judicious silence, which is, after all, the more sensible plan with the man I have

"You do not imagine for an instant that a man tells every picayune happening of his day. I am content so long as I feel certain in my own mind that he is right on the main points. The open confession that is good for the soul is all right once in awhile, but as a steady diet it does not pay, despite all well-regulated opinions to the con-

A little hush fell upon the group as the advanced young person concluded those women who take little exercise and one more venturesome spirit than the others whispered: "I think she is right, but I never would have been bold enough to say so first.-Philadelphia enough to say so first."-Philadelphia

To Reduce Flesh. An authority on foods prescribes for those women who take little exercise and accumulate flesh rapidly green vegetables growing above the ground, like peas, spinach, and asparagus, and plain green salads, unmixed with poultry, meat, or fish, such as lettuce, celery and cresses, with a French dressing. Very little starchy food and white meats should be eaten, as chicken, lamb, or mutton, but there should be consumed a great deal of fruit, toast, and whole wheat bread. Avoid sweets, digestibility: Cold mutton, mutton it is further advised, and use few stimulants, the best being Sauterne chicken. Veal, pork, turkey, goose and and Rhine wine in moderation. For duck should be excluded from the chilbrain workers the same authority advised red meats, particularly beef, with starchy foods taken in the form of rice and whole wheat bread, all green veg- rights. They are now, on an average, etables that grow above the ground, two inches taller than they were twengreen salads every day, with French ty or thirty years ago.

eyer that in putting action into words | sores in the corners of the mouth, fever look the same way when related, and alum or borax-a teaspoonful in a tum- twice acro s the continent of North lences I found myself plunged in a rare cream is not a bad salve. The receipt marrel, which sometimes ended in my is simple enough, but it doesn't pay to After awhile I found that if I wished ists. It is applied to the sore with a to be thoroughly happy I must not be soft linen cloth. When the mouth is too confidential. My rule now is to live sore the diet should be changed to vege-

A Parisian Racer.

and Opera House. Early last year she became a convert to the wheel, and during that year took part in the first fe-



A PARISIAN RACER.

male race ever held in this country. She got but third place; but this year having vastly improved, she won very easily from the rest of the competitors

The Best Nexts for Children. The following represent the best meats for children in the order of their chops, roast beef, rabbit meat and dren's bill of fare.

Women are rapidly acquiring their

# No Substitutes

For Royal Baking Powder. The "Royal" is shown by all tests, official, scientific, and practical, stronger, purer, and better in every way than all other Baking Powders. Its superiority is privately acknowledged by other manufacturers, and well known by all dealers.

If some grocers try to sell another baking powder in place of the "Royal," it is because of the greater profit. This of itself is good evidence of the superiority of the "Royal." To give greater profit the other must be a lower cost powder, and to cost less it must be made with cheaper and inferior materials, and thus, though selling for the same, give less value to the consumer.

LOOK with suspicion upon every attempt to palm off upon you any baking powder in place of the "Royal." There is no substitute for the "Royal."

EGGS OF NEW YORK.

Almost a Billion Are Consumed There

fond of them, in fact-and the efore result was a che per and more wholecon ume an en rmous num er of do ens some food. The Italians at home make of the delicious every year. It pole ta chiefly with yellow corn meal; is hard to guess just how many are here they often, perhaps usually, us used every year in the making of the white meal. The polenta is nourcakes, pies, and c nfections, the con- i-hing, palatable to those that have ecction of hita i us beverages and as been brought up to o'l and garlie, and simple, plain eggs, cooked and undigestible enough if the consumer be cooked. It is safe to say, however, occupied with physical toil. that although there are considerable exports of eggs fr. m that port the greater part of those received are consumed there and in Brooklyn and in

the immediat : suburbs. tinue as heavy for the last quarter of the year as for the first three, the t tal | out change. would amount to 46,786 barrels and or call on T. A. Grady, Excursion Mana-", to .214 cases. But as October. No- ger, 211 Clark st. Chicago. vember, and December are hardly to be considered "good laving" months with the hens, it is not likely that the total will reach the figures n med. For contenience it may be assumed land. Cal., cau el the gentleman to that the year's receipts will amount to stumble and fall while he was drawing 2,4 0.000 ca es and 45.0 0 barrels. A them on. The fall caused injuries case f eggs is stated by the Mercan- from which he died. tile Exchange authorities to hold from 30 to 3 dozen, and a bar.e. from 70 to 75 dozen. Averaging these figures, let us assume th t there are 32 dozen in every one of the 2.400,000 cases, and Paris, to smoke cigarettes. 72 dozon in each of the 45,000 barrels. The total number of dozens would be 80,040,0 0, or, dropping the odd -0,000 as being likely to arrive broken or spoiled, 80,0.0,0.0 of dozens in round

This would m an 960,000,000 of individual eggs, only a little short of that incomprehensible number, a bill-

in, but ome notion of their magnitude a diploma from one of these schools. may be obtained by computing the distance the eggs would reach if they were ranged in a single row. Fggs vary in leagth, but t ey average from five to six to the foot. Taking the you to its full advantage. Don't delay. latter figure as a basis, they may be | This is worthy attention. con idered two inches long. Nine handred and sixty millions of two-inch eggs would re ch 1,920,000,000 inche, or (there are 33,360 inches to the mile) | Cal, workmen found charred wood at

30. 0 miles. for the circumfe ence of the eath is of a bird. What an industrial member of society

the gentle hen must be! This 960,000,000 eggs would, of or cotton, by the aid of chemicals. course, amount to 80,000,000 dozen. the old reliable salves kept by all chem- not too high, the whole amount is not less than \$11,200,000 a year. If the retail p. ice averages 18 cents, and that again is smely not too high, the consumers pay 1,000,000 for the eggs every year, or nearly enough to build a duplicate of the Brooklyn bridge, and as a Cough medicine. -F. M. ABBOTT, 383 the profit netted by the dealers is more Seneca St., Buffalo, N. Y., May 9, 1894 The original of the picture here pro- than three times as much as the millduced is a danseuse from the Varieties | ion dollars appropriated for the relief of the poor and to be used in making park improvements.

Tiny Mite

State of Missouri came as an addition to the Hodges family, at Carthage, in 1810. It weighed but eight ounces. | never slip.

Italians Like Corn.

It is the I alians who have learn d the value of India corn. Long ago they substituted corn meal for chest-New-Yorke s are fond of ergs-very | nut four in making polenta, and the

Going to California?

The Burlington Route is the only rallway running "personally conducted" Excursions via Denver to colorado Springs, The receipt: from Jan. 1 to Oct. 1. | falt Lake, Ogden, Sacramento, San Fran-1894, amounted to 35,0.0 barrels, and cisco, Stockton, Merced, Fresno, Baker-1, 65,411 cases. If they were to con-

Leave Chicago every Wednesday. Write

'Alas for Rufas! A twist in one of the legs of the trousers worn by Rufus Smith, of Oak-

Monkeys that Smoke. Playful juvenile wags have taught

the monkeys in the Jardin des Flante; Mental Alertness depends very largely on the physical con-

dition. Sluggish blood dulis the brain. A R pans Tabule after meals will clear away the fogs in short order. How Different Here!

There are about 150 cooking schools in Germany and Austria. No proprietor of a first-class hotel in these coun-It is not easy to take these figures | tries will engage a chef unless he has |

> SEND your full name and address to Dobbins' coap Mfg. Ca, Philadelphia. Pa., by return mail, and get, free of all cost, a couron worth several dollars, if used by

> > Buried Deep.

In boring an arte-ian well at Eureka, depth of 500 fest and at 580 feet took That looks like a pretty big story, outshells and a portion of the skeleton

> "AH! Tom, there is no greater charm than a peach-bloom complexion, such as the young lady had we heard extelling

Artificial Silk.

Durable artificial silk, which is both neat and dressy, is made of waste wool | 77 FRANKLIN ST., NEW YORK. 27 HILBY ST., BOSTON.

An undertaker in Fansas City, with a rare idea for b siness, advertises:

How Was His Foot? Poe had the ide lly psychic hand, with very small thumb.

THE Queen & Crescent Route is the best The smallest baby ever born in the equipped and shortest line to Florida. Solid Vestibuled Trains and Through Sleepers.

THE feet of truth are slow, but they

#### OL Cures Cures ST. JACOBS

Rheumatism, Neuralgia, Sciatica, Lumbago,

Bruises, Wounds,

Soreness, Headache, Backache,

All Aches. Stiffness, Cuts, Hurts; Frost-bites.

....WHAT MORE IS NEEDED THAN A PERFECT CURE....

# **Blood Diseases**

such as Scrofula and Anæmia, Skin Eruptions and Pale or Sallow Complexions, are speedily cured by



the Cream of Cod-liver Oil. No other remedy so quickly and effectively enriches and purifies the blood and gives nourishment to the whole system. It is pleasant to take and easy on the stomach.

Thin, Emaciated Persons and all suffering from Wasting Diseases are restored to health by Scott's Emulsion,

Be sure you get the bottle with our trade-mark on it. Refuse cheap substitutes!

Send for pampilet on Scott's Emulsion. FREE. Scott & Bowne, N. Y. All druggists. 50 cents and \$1.

-----



Tables: 50c.

Everybody knows what a table is. And yet There are many kinds

of tables. The word table originates from The Latin tabula, which means a DOARD.

> Tablet is another word, Originating from the French tablette. Literally, it means a shelf

-a little table. Tabule is also a French word, Originating from the Latin talnila, And is the plural -of tabular.

And T'A'B'L'E'T is close and apparent The arbitrary use of The word tabule,

Its relation to T'A'B'L'E

Or tabules, As applied to Medicinal Tablets. Is a registered trade-mark, Belonging to the Ripans Chemical Company, proprietors of the Standard Family Medicine,

Ripans Tabules, sold everywhere at Fifty Cents -a box.



### KNOWLEDGE

Brings comfort and improvement and tends to personal enjoyment when rightly used. The many, who live better than others and enjoy life more, with less expenditure, by more promptly adapting the world's best products to the needs of physical being, will attest the value to health of the pure liquid laxative principles embraced in the remedy, Syrup of Figs.
Its excellence is due to its presenting

in the form most acceptable and pleasant to the taste, the refreshing and truly beneficial properties of a perfect laxative; effectually cleansing the system, dispelling colds, headaches and fevers and permanently curing constipation. It has given satisfaction to millions and met with the approval of the medical profession, because it acts on the Kidnevs, Liver and Bowels without weakening them and it is perfectly free from

every objectionable substance. Syrup of Figs is for sale by all druggists in 50c and \$1 bottles, but it is manufactured by the California Fig Syrup Co. only, whose name is printed on every package, also the name, Syrup of Figs, and being well informed, you will not accept any substitute if offered.



The LINENE REVERSIBLE are the Best and Most Economical Collars and Cuffs worn; they are made of fine cloth, both sides finished alike, and, being rever ible, one collar is equal to two of any other aind, They fit well wear well and look well. A box of Ten Collars or Five Pairs of Cuffs for Twenty-five Cents. A Sample Cellar and Pair of Cuffs by mail for Siz Cents. Name style and size. Address

REVERSIBLE COLLAR COMPANY,

It should not be forgotten that the Lines of the

WISCONSIN MILWAUKEE to ST. PAUL, LAND, passing through some connections are made at St. Paul for all Western points; at Ashland for Duluth and Lake Superior points; and at Chicago for all Eastern and Southern points. For numb 7 and variety of summer resorts and accompanying sport in the way of fishing and hunting the Wi. consin Central

WI-CONSIN CENTRAL extend from CHICAGO and

MILWAUKEE, WIS. ...EVERY...

is not excelled by any line. Full information can be

had upon application to any Agent of the Company,

H. F. WHITCOMB, Gen. Mgr., JAS. C. POND, G. P. Agt.,

Department of the Illinois Central Railroad, entitled "Southern Home-Seekers' Guide for 1894." It contains over 50 excellent letters from Northern farmers now located in the South and other authentic and valuable information. For a FREE COPY address the undersigned at Manchester, Iowa: 1. F. MERRY, Assistant General Passenger Agent.

Weekly Overland Parties-Personally Conducted-in New Pullman Uphoistered Tourist Sleeping Cars, without change, leave Chicago every Thursday for all points on the Pacina Coast For particulars address TUDSON & CO., 195 South Clark St., Chicago.

THE JEWELL NURSERY COMPANY,

PENSION JOHN W. MORRIS, Successfully Prosecutes Claims. Late Principal Examiner U.S. Pension Bureau. 3 vrs in last war, 15 adjudicating claims, atty since.

WANTED Traveling Salesman for Liquor Trade C. K. HITCHCOCK & CO., Evansville Ind.

WHEN WRITING TO ADVERTISERS, please say you saw the advertisement in this paper. PISO'S CURE FOR CURES WHERE ALL FISE FAILS. est Cough Syrup. Tastes Good. Use to time. Sold by druggists.

CONSUMPTION