Recently there have been several cases of prominent men suddenly falling in collapse just after eating a hearty meal. These men have all been under treatment for gastric "trouble," and yet the result shows that the treatment they had received had smothered the symptoms but had not retarded the progress of the disease.

There is a real danger in the use of palliatives when there is disease of the stomach and its allied organs of digestion and nutrition. The disease in such cases goes on, while the distressing symptoms alone are stopped. Presently, like a smothered fire, the disease breaks out in new places, involving heart, lungs, liver, kidneys, or some other organ.

The use of Dr. Pierce's Golden Medical Discovery results in a radical cure of diseases of the stomach and other organs of digestion and nutrition. It cures diseases of heart, lungs, liver, kidneys, etc., when the disease of these organs has its origin in the diseased condition of the stomach and digestive and nutritive system.

"I will tell you what myself and family think of your medicine," writes Mr. M. M. Wardwell, of Linwood, Leavenworth Co., Kansas. "It will do all you say, and more. I was taken sick nine years ago; I got so weak I couldn't lie down, nor hardly sit up; was that way two or three months. I picked up one of Dr. Pierce's Memorandum Books one day and saw your description of catarrh of the stomach. I thought it hit my case. We had a bottle of Dr. Pierce's Golden Medical Discovery in the house that was got for my mother. You recommend it for catarrh of the stomach, so I went to taking it. The one bottle nearly cured me. I got two bottles next time and took one and one-half and was well. Your medicine cost me three dollars and the doctor cost me fourteen dollars."

Dr. Pierce's Common Sense Medical Adviser, in paper covers, is sent *free* on receipt of 21 one-cent stamps, to pay expense of mailing *only*. Address Dr. R. V. Pierce, Buffalo, N. Y.

Summer Schedule.

Weems Steamboat Co.

BALTIMORE, FREDERICKSBURG AND RAPPAHANNOCK RIVER ROUTE.

RAPPAHANNOCK RIVER ROUTE.

Beginning Sunday, June 30th, steamers will leave Baltimore from Pier 2, Light street, at 4:30 p. m. Tuesday and Friday for Fredericksburg and all landings. 4:30 p. m. Wednesday for Tappahannock and all landings except Irvington, Weems, Morans, Merry Point, Millenbeck and Bayport. 4:30 p. m. Thursday and 2:30 p. m. Sunday for Tappahannock and all landings except Bayport, Millenbeck, Merry Point and Morans.

Leave Tappahannock for Baltimore Monday, Tuesday, Wednesday and Friday at 8 a. m. and Thursday at 9 a. m. stopping at all wharves except will call at Bayport on Tuesday and Friday only. For Baltimore direct at 4 p. m. Wednesday, making no stops. For Fredericksburg Monday at 8 a. m.; leave Port Royal at 12:30 p. m.; arrive in Fredericksburg at 4 p. m., tide permitting. For Fredericksburg Wednesday at 12 m.; Port Royal at 4 p. m.; arrive in Fredericksburg, tide permitting, at 7:30 p. m. For Fredericksburg Saturday about 1 p. m. For Norfolk Friday 1 p. m., calling at all wharves.

Leave Norfolk from Baltimore Steam Packet Company's wharf for Fredericksburg and all landings at 3 p. m. Sunday.

Leave Fredericksburg for Baltimore and all landings Monday and Thursday at 2 p. m., tide permitting. For Baltimore and all landings as far as Tappahannock at 7 a. m. Wednesday.

Freight received in Baltimore daily and forwarded as at present.

HENRY WILLIAMS, Agent.
Office—Pier 2, Light St.

POTOMAC RIVER ROUTE.

Beginning Tuesday, March 26, Steamers Northumberland and Potomac will leave pier 9, Light street, Baltimore, every Tuesday, Thursday and Saturday, at 5 p. m. for Alexandria and Washington, calling at all of the usual landings. Beginning Thursday, March 28, will leave 7th Street Wharf, Washington, at 4 p. m. Thursday, Sunday and Tuesday, going as far as Leonardtown on these evenings. Will leave Leonardtown at 6 a. m., Kinsale at 12 m., Miller's at 5 p. m., Grason's at 6 p. m., and Bacon's at 7 p. m., Monday, Wednesday and Friday, arriving in Baltimore early the following morning. Freight received daily in Baltimore.

HENRY WILLIAMS, Agent, Balto.,
STEPHENSON & BRO., Agents, at Washington, D. C.
WILLIAM M. REARDON, Agent, at Alexandria, Va.

Just received a large lot of

Lumber!

Doors, Sash, Blinds,
Cypress Shingles,
N. C. Flooring,
and Ceiling,

which I sell cheaper than any one else in the city.

Call and get my prices before buying.

O. D. Foster,

NATIONAL BOULEVARD.

NEW SPRING CLOTHING.

Men and Boys' suits all styles and prices. Children's school suits and Extra Knee Pants. Hats, shirts, Overalls and Trunks at Lowest Prices. Also agent for Sweet, Orr & Co.'s Pants and Coats and Overalls.

JAMES T. LAYTON.

E. K. WHEELER,

Successor of Williams & Wheeler, conducts the UNDERTAKING BUSINESS at the old stand, corner Main and Charlotte streets. All orders from home and abroad promptly and satisfactorily attended to either at night or day.

Hearse and Carriages always ready to attend funerals. Thanking the public for patronage so generously bestowed, he asks a continuance of the same.

Tobacco, Cigars, Cigarettes and Snuff.

Wholesale only. Call and see

Magrath & Chesley.

The Free Lance

TUESDAY.....JULY 16, 1901.

NEW SHORT STORIES

Cheaper at a Livery Stable.

Uncle Joe Cannon of Illinois is telling a new story on himself. He admits that it is a trifle unseasonable, but he says if he waits until fall somebody else will get hold of it and pass it around until it is threadbare.

"You know," said the Illinois congressman, "that I am powerful fond of green corn. Just give me all the nice, sweet, tender corn I can eat, and you can take the truffles, terrapin and those other things that shorten men's lives and ruin their digestions and their tempers. Well, I happened to meet an old constituent of mine in Washington, and I wanted to do the right thing by him, so I invited him up to the hotel to take dinner with me. He came from the country, down near Danville.

"He showed up on time, and when we had taken our places at the table to my great delight I discovered that

HE BROUGHT ABOUT A PECK.

the menu contained boiled green corn on the cob. I reminded the waiter that I was very fond of corn on the cob, and he evidently remembered just how fond I was of it, for when he came back he brought with him about a peck of as nice corn as was ever served outside of the state of Illinois. Now, my guest did not look on green corn as a particularly rare table luxury. He raised it by the hundred acres, and I suppose all the time I was biting into those ears he was recalling just how much of that stuff he threw into his hog lot every morning when he was home. At any rate, after I had made that big plate of corn on the cob look like 30 cents he opened his mouth and spoke.

"'Joe,' said he, 'how much does it cost you to live at this hotel?'

"I didn't know what he was driving at, so I put the figure away down low. You see, I didn't want him to go home and tell the people that I was putting on a lot of airs in Washington.

"'Well,' he said, after he had thought the matter over awhile, 'I should think you could live a whole lot cheaper at a livery stable!'"

Then Jefferson Chuckled.

Joe Jefferson, according to James S. Metcalfe in The Ladies' Home Journal, does not care for the sport to be found in angling for amber jack in the waters at Palm Beach, Fla. "There's no attraction to me in that kind of fishing," he says. "The fish are not good to eat, and killing them is purely wanton. Of course I catch more fish than I can eat, my appetite not being a large one, but they go to the captain as a sort of perquisite. What he can't use he sells, and eventually they are eaten by some one. And that reminds me that Helen Keller once asked me how I justified my killing so many fish. I explained to her that the fish is naturally a cannibal and is constantly killing other fish—hundreds of 'em—and so by killing one fish I save the lives of hundreds of others. 'I suppose it's for that humane reason then that you catch them,' she replied." And Mr. Jefferson chuckled with enjoyment of Miss Keller's explanation of his benevolent defense of his favorite pastime.

The Other Platt.

One of the Washington newspapers sent a green reporter to interview Senator Platt of New York in reference to his opposition to the appointment of Colonel William C. Sanger as assistant secretary of war. The city editor in giving the assignment neglected to specify which of the Platts was meant, and the reporter hunted up Platt of Connecticut, who when the situation dawned upon him determined to have a little fun. Accordingly he dictated an exhaustive statement declaring that in his estimation Colonel Sanger was the only man for the place and that his appointment afforded a splendid instance of discrimination and judgment on the part of the administration.

"But haven't you changed your opinion lately?" timidly asked the reporter.

"Not at all," replied the senator. "I have always thought he was a good man, but I am sorry to say that Senator Platt of New York doesn't agree with me."

Consoling the Minister.

A young probationer was preaching his trial sermon in the church in one of the inland villages of Scotland, says The Scottish American. After finishing the "discoorse" he leaned over the pulpit and engaged in silent prayer, an act which rather surprised the congregation, who were unaccustomed to such procedure. Suddenly the young preacher felt some one slapping him gently on the shoulder, and on turning round he beheld the beadle, who said:

"Hoot, toot, mon, dinna tak' it sae muckle to hert. Ye'll maybe dae better next time."

Heartburn.

When the quantity of food taken is too large or the quality too rich heartburn is likely to follow, and especially so if the digestion has been weakened by constipation. Eat slowly and not too freely of easily digested food. Masticate the food thoroughly. Let six hours elapse between meals and when you feel a fullness and weight in the region of the stomach after eating, indicating that you have eaten too much, take one of Chamberlain's Stomach and Liver Tablets and the heartburn may be avoided. For sale by M. M. Lewis.

Tappahannock's Hotel.

Those contemplating visiting Tappahannock will find at the

Virginia Hotel

the best accommodations.

A postal will engage accommodations in advance.

GEO. R. SCOTT, Proprietor.

Liquor Dealers.

Strasburger's

We guarantee to sell you Superior Liquor for less money than any house in the city.

We are the only regular Liquor and Tobacco Dealers here, therefore, can save you money.

We carry the largest assortment, and can please everybody.

We have been here for more than 12 years and our trade is constantly on the increase. The reason of it is that we give our customers full value and pure goods for their money.

Our prices defy competition, and we will not be undersold.

Our stock consists of Whiskies, Gins, Brandies, Rums, Kimmel, Bitters, Peach and Honey, Rock and Rye, and Wines of all kinds.

Before purchasing call and examine our stock

Strasburger & Son

The One Price Liquor and Tobacco House.

215, 215½ 10th St., Fredericksburg, Va.

GROCERIES,

LIQUORS, ETC.,

FAMILY GROCERIES OF ALL KINDS.

My stock of Liquors is large, consisting of Foreign and Domestic BRANDIES. Pure Applewood and Farmers' Friend Pure Rye Whiskey, $2 a gallon.

MAGNIFICENT APPLE BRANDY, WARRANTED PURE.

EUGENE BODE

LIBERTY AND COMMERCE STS.

P. McCracken, Bro. & Co.

—WHOLESALE AND RETAIL—

GROCERS AND LIQUOR DEALERS.

Offer Ten Thousand Gallons PURE RYE and BOURBON WHISKIES, from the following well known distilleries, Graff & Co., of Ohio; Boone County Distilling Co., of Kentucky; Monticello Distillery, of Maryland, and W. F. Gray, of Pennsylvania.

Agents for Bergner & Engels Lager Beer. They also offer Staple and Fancy Groceries, Agricultural Implements, Seeds, Guano, and Cement.

LIQUORS, CIGARS, GROCERIES.

Mrs. J. F. Monroe,

Commerce St., Fredericksburg, Va., keeps the largest and most varied stock of Wines and Liquors in the city. She can furnish you Whiskey at prices from $1.40 to $4 per gallon. It includes Star A, Kentucky Rye, Live Oak, Lord Baltimore, King Lear, Jefferson Co. Rye, Wigwam, Indian Hill and many others. Wines of every description. Apple Brandy $2.50 to $4 per gallon. A full line of Cigars and Tobacco, Groceries, etc.

MRS. J. F. MONROE,
313 Commerce St., Fredericksburg, Va.

FINE TEAS,

WINES AND LIQUORS.

Pure Rye Whiskey, Pure Old Rum, Pure Holland Gin, Pure Sherry Wine, Pure French Brandy, Pure Apple Brandy, Pure Peach Brandy, Pure Blackberry Brandy. A complete stock of Liquors for medical use, at the Old Reliable Grocery Store of

CHAS. WALLACE & BRO.

Cor. Main and Commerce Sts.
FREDERICKSBURG, - - - - - VA.

NEW STORE, NEW BAR.

209, COMMERCE ST.,

Better known as the Racket Harris Stand. Fine wines and liquors and beers a specialty. All I ask if in need of goods in this line is to give me an opportunity to convince you I keep the best on the market. Sole agent for Bauernschmidt's beer. Auction sale every Saturday at 12:30 o'clock in front of store to close out balance of stock of Shoes and Clothing.

JNO. T. HARRIS.

JAMES ROACH, Auctioneer.

INSURANCE.

A. B. Botts & Co.

FIRE, LIFE and ACCIDENT INSURANCE AGENTS,

Office: 312 Commerce Street.

Represents sixteen first-class companies. Rates low as the lowest, and losses promptly adjusted and paid.

I REPRESENT ONLY THE

Best, Strong, Old Fire Insurance Co's.

of this country and Europe. Assests over fifty million dollars. Low rates and just settlements.

S. WILLIS HOWARD.

INSURANCE AND COLLECTION AGENT.

W. H. BRULLE

Confectioner and Baker,

No. 919, B Street, Fredericksburg, Va.

Give me a call when you want CONFECTIONERIES, ICE CREAM AND PASTRY.

Orders always receive prompt attention.

W. H. BRULLE.

GEO. FREEMAN, JR., JAMES R. EVANS.

FREEMAN & EVANS.

GENERAL GROCERS,

WEST END.

Fredericksburg, Va.

Highest cash price paid for country produce

JOHN F. SCOTT.

Hardware and Hardware Specialties,

MAIN STREET

One door below Chas. Wallace and Bro.

—FULL LINE OF—

General Hardware.

Barb Wire, Guns, Pistols, Razors, Knives, &c., will be sold at reduced prices to suit the times. Money can be saved by purchasing at SCOTT'S Hardware Store.

Summer Law School

UNIVERSITY OF VIRGINIA.

23d Summer, July 2 to Sept. 1, 1901. Especially helpful to beginners; to candidates for admission to the bar; and to practitioners who have lacked systematic instruction. For catalogue address RALEIGH C. MINOR, Sec'y, Charlottesville, Va.

The SPORTING WORLD

Designer of the Independence.

Bowdoin B. Crowninshield of Boston is a man who is occupying a prominent niche before the public these days. By reason of his having designed the Lawson competitor for the honor of defending the America's cup Crowninshield has won for himself a ranking with the foremost of American yachting experts.

The Boston defender, Independence, is a magnificent specimen of the shipbuilder's art. She will prove a worthy competitor for the Herreshoff Constitution and, should she come out victorious against the latter, will give Lipton and his Shamrock II all the excitement they are likely to care for.

Crowninshield is a graduate of Harvard university, having been a member of the class of '70. His father had mapped out a nautical designing career for him. Crowninshield buckled down immediately to hard work. The first

BOWDOIN B. CROWNINSHIELD.

boats he designed were very small, but he gradually went from one class to another. After successfully planning a myriad of 22 and 28 footers he tackled 35 and 45 footers. The designing of the 90 foot Independence was the climax of his career.

Designer Crowninshield is naturally very sanguine as to the showing of the Independence in the coming trials with the Belmont syndicate craft, while he knows full well the wonderful ability of Nat Herreshoff in bringing out cup winners, yet the Bostonian has not a particle of doubt that his creation will prove the swifter.

The American public is awaiting with much interest the outcome of the preparatory races. The deciding of the American defender will, in fact, attract as much attention as the actual international races with the British racer.

Duffy Going Abroad.

Arthur Duffy of Georgetown university, holder of the English 100 yard championship, it is announced, will visit England this year to try for that title again. He will travel at the expense of his university, where a movement has been started to supply him with funds for the trip.

The challenge cup which Duffy won last July arrived at Washington a few days ago, and its appearance in the Coleman museum caused such a furore among the students that it was decided Duffy should receive another try for it.

This cup was presented to the English Ameteur Athletic association by H. H. Prince Hassan in 1871 and is valued at 100 guineas. It is a perpetual challenge trophy and can be held only for one year, but the athlete winning it three times in succession receives a duplicate.

Only three men have ever won duplicates—W. P. Phillips, London Athletic club, 1880, 1881 and 1882; J. M. Cowig, London Athletic club, 1883, 1884 and 1885, and C. A. Bradley, London Athletic club, 1892, 1893, 1894 and 1895. The names of all the winners are emblazoned on the original, among whom are three Americans, Fred Westing, Manhattan Athletic club, 1888; L. H. Carey of the same club, 1891, and Duffy, 1900.

English Cyclers Here.

The big racing team of the American Bicycle company has been completed by the arrival in this country of Gascoyne and Jenkins, the noted English riders. There is now a total of 18 men, forming six teams of three riders each, and the rivalry between the speed merchants is certain to be interesting.

Thomas Jefferson Gascoyne was born at Chesterfield, England, 24 years ago and has been racing since 1893. As an unpaced rider he possesses extraordinary ability and has never been beaten in a pursuit race of any kind. At the Crystal palace track in London he negotiated an unpaced mile in 2:05 2-5 and reduced the quarter mile flying start unpaced record to 25 2-5 seconds. He has beaten all of the best riders of Europe, including Barden and Huber. He has scored as many times over Jacquelin as that notable has scored over him.

Sydney Jenkins is an Englishman 27 years old, who holds the quarter mile and mile and five mile championship honors of England. Together with Gascoyne, he holds the two mile tandem championship of Europe. Jenkins is very good at sprint racing, where riders finish with a jump, and for this reason he is well liked by the followers of cycle racing in Paris.

Selee's College Graduates.

Manager Selee expects to build up the Boston National team with graduates of college teams rather than with professional minor leagues. He believes that the college men, coached by professionals and themselves trained to grasp mental problems quickly, develop much more rapidly than the graduates of the lots.

The Best Remedy for Stomach and Bowel Troubles.

"I have been in the drug business for twenty years and have sold most all of the proprietary medicines of any note. Among the entire list I have never found anything to equal Chamberlain's Colic, Cholera and Diarrhoea Remedy for all stomach and bowel troubles," says O. W. Wakefield, of Columbus, Ga. "This remedy cured two severe cases of cholera morbus in my family and I have recommended and sold hundreds of bottles of it to my customers to their entire satisfaction. It affords a quick and sure cure in a pleasant form." For sale by M. M. Lewis.

HANOVER SCHOOL,

MISS W. F. SCHOOLER Principal, will reopen on

MONDAY, September 2nd,

at Fredericksburg, Va. English branches, including higher mathematics and the sciences, taught; also Latin, French and German. Miss Schooler's object is to advance her pupils in regular collegiate course, with a view to graduation, and in this object she will be assisted by a competent teacher. Terms: Payable monthly in advance. For further information apply to

MISS W. F. SCHOOLER,
jun4 td Fredericksburg, Va.

—SPECIALS IN—

CLOTHING

—AND—

Prices Lower Than Ever

The very cheapest are well made, not shop worn goods, but bright, new goods, and sold to you for less than merchants can buy them.

All-wool black clay worsted French-faced coats, well lined and made..... $5 85

Dark blue flanned with light blue stripe, cool, made without lining, felled seams, pants with belt straps..... 3.50

Brown and blue striped honeycheck worsted, fashionably made, A 1 lined, really worth $15; our price..... 8.00

—SPECIALS IN—

LADIES' OXFORDS.

Ladies' patent leather slippers, bought by some of our merchants at $1, we will let them go while they last at..... 98c

Ladies' dongola goat Oxfords, cost some of our merchants $1, while they last they will go for..... 85c

Some bargains in children's patent leather slippers, very cheap.

HAMMOCKS.

We have a nice line at 48c., 75c., 98c., $1.25, $1.75 and up. The above goods are $1 savers. A call will convince you we advertise facts only.

BOSTON VARIETY STORE.

OUR SUPERIOR ARTICLE

POINTER MARYLAND RYE

OR

Buckwalter Whiskey,

which on account of their age and evenness are especially advised for medical purposes. Sold and recommended by

CHAS. WALLACE & BRO,
JOHN M. GRIFFIN,
M. C. STRASBURGER.

Fredericksburg, Va

Opera House Cafe.

—I have opened an—

Up-to-Date Cafe

in the Old Post Office, next to the Opera House, on Main street, for Ladies and Gentlemen. The cooking will be of the highest order, and the bill of fare will embrace the best that can be taken from the waters of the Rappahannock and the surrounding country. Oysters cooked in all styles and at the box on half shell. They will be especially fine, as they will come from the best beds on the lower Rappahannock. Meals served at all hours from 7 a. m. to 12 p. m.

HENRY WILLIAMS,

Late Steward of the Weems Line of Steamers
op22-3m

GEO. GRAVATT,

Manufacturer and Dealer in

CARRIAGES, SURREYS, BUGGIES AND CARTS,

CONCORD AND SPINDLE WAGONS

Platform Spring Wagons.

Business and Pleasure Wagons of every description. Special attention given to repairing and repainting.

December 1, 1897.

HARDWARE!

S. H. BEALE;

having bought out the entire HARDWARE STOCK of John A. Stone, will continue the

Hardware Business

at the OLD STAND, on COMMERCE ST., and is now laying in a full NEW STOCK OF GOODS in the Hardware Line which he will sell at the

Lowest Cash Prices.

Go and see him before you buy.

Yellow Corn.

FOR SALE AT

Fredericksburg Cereal Mill.

RAPPAHANNOCK, FREDERICKSBURG & PIEDMONT TELEPHONE CO.

M. G. WILLIS, President; A. P. ROWE, JR., Vice-President; H. F. CRISMOND, Secretary; E. D. COLE, Treasurer.

The Cheapest Telephone Service in Virginia. Prompt and efficient service GUARANTEED.

SUBSCRIBERS WANTED.

H. F. CRISMOND, Secretary.

W. S. EMBREY.

[Successor to Embrey & Berryman.]

Dealer in RAILROAD CROSS TIES, CEDAR POSTS, SPOKES AND HOOPS.

Keeps constantly on hand a large supply of Baled Hay and Mill Feed. Office near Railroad Depot, Fredericksburg, Va.

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.

FOR THE HOUSEWIFE

Laundry Conveniences.

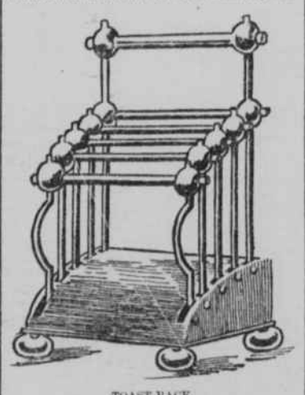
An ironing table ought to be high enough for the ironer to bend her elbows at right angles and work without stooping. In reckoning the height allow for a thick mat or excelsior cushion under foot. It is a great economist of strength and back aches. Pick out sound deal, free of knots or warping, and see that the drawer works easily. To furnish the table properly take first a soft, coarse, all wool blanket, fold it by a warp thread, lay the fold upon a long edge of the table and make very smooth; then trim all round save at the fold exactly as it lies, first making sure that the under side is as free of wrinkles as the upper one. Cut a four inch square of stout muslin for each corner, double the squares to triangles and sew them fast. Their use is to slip over the corners of the table, thus holding the blanket in place. When the blanket is washed, take off the squares and remove the whipping from the edges. Make ironing table top all round, hem the edges narrowly and miter three of the corners, sewing them fast; then in the double work a couple of eyelets either side and lace a tape through them. By tying this tape tight after slipping the mitered corners over the table corners all need of pins is done away with and a firm, smooth, unwrinkable surface assured.

Cover skirt and sleeve boards the same way—first the double wooden cloth sewed firmly on, then with removable muslin slips, hemmed at the small ends and laced snug over the large one. Fit under and upper covers well, so either side can be used. A bosom board is a necessity in doing up shirts. It should be also square, of very thick cardboard covered fourfold with flannel. If there are many children to iron for, a small size shirt board and several sizes in sleeve boards soon pay for themselves in saving time.

Provide the ironing table further with either a light trivet or asbestus mat to hold the irons, a clean wiping cloth, a shallow wooden box with salt for rubbing a rough iron smooth, a smaller box for either white wax or white soap and at least three clean soft holders. In addition, furnish the laundry with a folding clothesborse of whitewood, which may be turned into a screen as clean clothes are hung on it; a big starch kettle, agateware or copper or block tin; several cheesecloth strainers and at least three sheets of cheesecloth to cover the clean clothes while they air after ironing.—Emily Holt in Washington Star.

A Rack For Toast.

Instead of piling toast on a plate, why not use a toast rack? These very convenient articles are not necessarily ex-



TOAST RACK.

pensive, and they add immeasurably to the good appearance of the tables upon which they appear. The illustration shows a very simple pattern of toast rack which holds the toast upright, the pieces not touching.

Poultry Once a Week.

Poultry should be used about once a week on the average. This will insure, as a rule, some leftovers for an extra meal or at least an entree. Boiling chickens or fowls, as they are technically called, are the most economical. There are ways of cooking, stewing and sauteing by which these are made almost as nourishing as when broiled or roasted. These fowls are often as low in price as 12 cents a pound and seldom higher than 14. Roasting chickens are the next in price, ranging from 16 to 20 cents a pound. Those for broiling are much more expensive and are so small that they are usually sold by the pair. They are not at all economical, for, since they are very small, a number are needed for a family of any size. These broilers are everywhere considered a great delicacy.—Mary Graham in Woman's Home Companion.

Fish In Oil.

Sardines, anchovies and all fish pickled in oil should always be carefully cleansed from all trace of the preserving oil and are usually served boned and filleted and garnished with capers, minced parsley and a sprinkling of good, fresh oil. The best way to cleanse the first two fish is to take them from the bottle or tin and arrange them separately side by side, without touching, in a dish, then pour over them sufficient hot water to rinse them well, tilting the dish slightly to let the water run off at the bottom, carrying with it any taint of the fishy liquid in which they were preserved; then wipe carefully in a clean cloth, removing all scales, skin and bone, and use, sprinkling them with fresh oil, but never with that contained in the bottle or tin.

Cottage Lamp Shades.

Accordion plaited muslin in any of the delicate colors makes a pretty lamp shade mounted upon cardboard and tied around at the top with a satin ribbon. This is especially suitable for the summer cottage.

A Good Cough Medicine.

Many thousands have been restored to health and happiness by the use of Chamberlain's Cough Remedy. If afflicted with any throat or lung trouble, give it a trial for it is certain to prove beneficial. Coughs that have resisted all other treatment for years, have yielded to this remedy and perfect health been restored. Cases that seemed hopeless, that the climate of famous health resorts failed to benefit, have been permanently cured by its use. For sale by M. M. Lewis.

DONT FORGET THAT

When you want an easy shave,
As good as barber ever gave
Just call on me at my saloon,
At morn and eve or busy noon.
I comb and dress the hair with grace,
To suit the countenance of your face.
My room is neat, my towels clean,
Scissors sharp and razors keen;
And all that art and skill can do,
If you will call I'll do for you
Razors put in order at short notice.

W. H BAYLOR.

FLOWERS.

Cut Flowers and Floral Designs for all Occasions at Reasonable Prices.

Leave orders with E. C. Ninde, Fredericksburg, or send to

J. PALMER GORDON,
Florist, Ashland, Va.

CATARRH

A Constitutional Affection.

Sprays, washes, powders, salves, medicated tobacco and cigarettes, however long and persistently used, do not cure Catarrh. They relieve temporarily the inflammation in the throat and nose, and enable you to breathe more easily and freely, but the continual rush of impure blood to these parts keeps up the irritation and ultimately produces ulceration of the glands, when the breath becomes exceedingly offensive and the soft bones of the nose are frequently destroyed. The catarrhal inflammation extends over the entire surface of the mucous membrane, or inner skin; the stomach, kidneys and lungs are often involved; the whole system soon becomes affected by the rapid absorption of poisonous matter into the blood, and the disease that you had hoped to cure with simple local remedies, assumes a dangerous form.

I had Catarrh about 15 years, and tried during the time everything I could hear of, but nothing did me any good. At last I came to the conclusion that Catarrh must be a blood disease, and decided to give S. S. S. a trial. I could see a little improvement from the first bottle, and continued it three or four months, or until I was cured. Have not taken anything for six years, and am just as well as I ever was.—M. MATSON, Lapeer, Mich.

I had Catarrh so bad was entirely deaf in one ear, and all the inside of my nose and part of the bone sloughed off. The physicians gave me up as incurable. I determined to try S. S. S., and began to improve at once. It seemed to get at the seat of the disease, and after a few weeks' treatment I was entirely cured, and for more than seven years have had no sign of the disease.—MRS. JOSEPHINE POLHILL, Due West, S. C.

Catarrh is a constitutional disease—a blood disease which is frequently inherited, and only a blood medicine, such as S. S. S., can remove the hereditary taint, destroy the poisons that have been accumulating in the system for years perhaps, and restore the blood to a healthy and pure condition. The inflamed membranes and diseased glands are healed by the rich, pure blood which is carried to them, and the offensive discharges from the nose, and the terrible headache and neuralgic pains cease. Chronic cases of the most desperate character and apparently hopeless, have been cured completely and permanently by the use of S. S. S.

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