

HOW CHEAP BAKING POWDER IS MADE.

The Health Department of New York has seized a quantity of so-called cheap baking powder, which it found in that city. Attention was attracted to it by the low price at which it was being sold in the department stores. Samples were taken and the chemist of the Health Department reported the stuff to be "an alum powder," which analysis showed to be composed chiefly of alum and pulverized rock.

The powder was declared to be dangerous to health, and several thousand pounds were carted to the offal dock and destroyed.

It is unsafe to experiment with these so-called "cheap" articles of food. They are sure to be made from alum, rock, or other injurious matter. In baking powder, the high class, cream of tartar brands are the most economical, because they go farther in use and are healthful beyond question.

The Value of Witch-Hazel.
Agriculturally, the plant has no value, as it hardly grows large enough for fuel, but makes a bushy clump full of branches. It is found abundantly in bush pastures, and the only good thing to be said about it is that it acts as a nurse plant for better forest growth, to which it gives way.

Medicinally, it has a great reputation. The extract of witch-hazel is manufactured by thousands of gallons in Middlesex county, Conn., as a remedy for wounds, bruises, etc. It is sold by the bottle and the barrel, and is in wide demand.
Now comes in the agriculture. Witch-hazel brush—the whole plant, body and branches—is cut up short in a huge straw cutter, and a fluid extract is prepared.
The farmers get just enough for cutting and delivering the brush to pay for the labor, thus getting pay for clean pastures within the reach of the factories. Other parts of the state would like to share, with Middlesex county, in this market for an otherwise useless product. We had our first frost last night, though the woodlands are already tinged with the hues of autumn, which this year should be glorious, for the foliage is very healthy and luxuriant.—Meehan's Monthly.

SURGICAL OPERATIONS

How Mrs. Bruce, a Noted Opera Singer, Escaped an Operation. Proof That Many Operations for Ovarian Troubles are Unnecessary.

"DEAR MRS. PINKHAM:—Travelling for years on the road, with irregular meals and sleep, and many beds, broke down my health so completely two years ago that the physician advised a complete rest, and when I had gained



sufficient vitality, an operation for ovarian troubles. Not a very cheerful prospect, to be sure. I, however, was advised to try Lydia E. Pinkham's Vegetable Compound and Sanative Wash; I did so, fortunately for me. Before a month had passed I felt that my general health had improved; in three months more I was cured, and I have been in perfect health since. I did not lose an engagement or miss a meal.

"Your Vegetable Compound is certainly wonderful, and well worthy the praise your admiring friends who have been cured are ready to give you. I always speak highly of it, and you will admit I have good reason to do so."—Mrs. G. Bruce, Lansing, Mich. \$5000 worth of above testimonial is not genuine. The fullest counsel on this subject can be secured without cost by writing to Mrs. Pinkham, Lynn, Mass. Your letter will be entirely confidential.

Good enough for anybody!
ALL HAVANA FILLER



"FLORODORA BANDS are of same value as tags from STAR DRUMMOND, NATURAL LEAF, GOOD LUCK, OLD PEACH & HONEY, RAZOR and E. RICE GREENVILLE Tobacco."

PUZZLE PICTURE.



HE IS SEARCHING FOR HIS RIVAL. CAN YOU FIND HIM?

THE CONFIDANT.

Bells of One Successful Effort in Match-Making.
The girl in gray tapped her brow dramatically.
"I'd have you know," she began, in deep chest tones, "that I have become official adviser to a man in love."
"Just think of that!" said her admiring friends.
"He came to me," resumed the girl in gray, "a broken man. His heart was broken in three places. His life, by his own confession, was a number of dun-colored wastes. She was the third and last and only girl he had ever loved. She would have none of him, and he wanted advice. He is a tentative man by nature, scientifically receptive."
"I said: 'Let's see the girl.'"
"He said: 'She has the cake booth this week at the Helping-Hand bazaar.'"
"I put on my most never-mind-me attire and sallied forth with him. No sooner were we admitted to the bazaar than I could see from where I sat what was the one course of action for the tentative man to win the girl behind the cakes."
"She was one of those serene, spread-the-good-news sort. She desired to be kidnapped in a missionary capacity and never be rescued—just to die alone, far from home and friends. She was a girl who dearly loved to reform people whether they needed it or not. I looked at the nice, little, tentative man who had never even smoked his papa's snipes and I thought: 'Our kingdom for a neutral tinted vice, that you might be reformed, loved and espoused as a great cause!'"
"I agree with everything she says," he remarked, sadly. "I have gone along and carried the door key when she lectured to the sinners of the reformatory for orphans under three years. I have even offered to carry a drum and sing solos on the corner; but I cannot please her."
"Singing is not your stunt," I said, shortly. "What you want is to be a real monster. You must be a man with a dark, navy-blue past and a sun-burned soul and want to be reformed."
"He didn't seem up to it. He said he couldn't masquerade as a monster worth a cent."
"That would never do, so I managed to meet her serenity. I invited her to luncheon and confided to her in my most mysterious manner that the tentative man was in need of help; that he was straying on the broad road which leads to the problem play and cigarettes; that, in fact, he ought to be restrained."
"She took the bait, hook and all. Now she is distributing wedding cards and I am to be maid of honor and get a diamond stickpin."—Chicago Daily News.

AN ELEPHANT'S EDUCATION.

How the Hugh Animal Is Taught Various Circus Tricks.
Although the elephant is not a carnivorous animal, says London Answers, he is dangerous at times. If you want to teach an elephant to stand on his head, you have to be very careful. Chains are placed round his hind quarters, and he is then hoisted by pulleys into the air often enough for him to understand what is required of him. To teach these bulky creatures to pose is very difficult. One well-known position is one elephant standing with his forepaws on the hindquarters of another, while he flourishes his trunk in a theatrical attitude. To teach him to do this you first have to pass a chain round his neck and another round his trunk. The assistants haul away on the neck chain until the animal begins to choke. Naturally, he rises on his hindlegs in order to be able to breathe. Then the trunk cable is hauled on, and the elephant, on whose back he is to place his forepaws, is backed under them. Curiously enough, elephants dislike this treatment, and often, after a severe lesson, will attack their teacher.
If you want a waltzing elephant, you will have to engage a number of strong assistants, who will push the elephant round, some at either end of the great beast. You then shout "Waltz!" and all begin pushing. Soon the elephant learns to whirl, on the sound of the word, of his own accord.
Such tricks as ringing a bell, grinding an organ, are simple and effective. You simply put the object in the elephant's trunk and shake it for him.
When he dances with tinkling bells round his feet, one foot at a time is lifted and shaken by the assistants.

ALUMINIUM RUBIES.

Precious Stones the Result of Combustion of Metal.
"Metals may be burned for the sake of the heat and light they produce, just as ordinary fuels are burned," said Prof. Roberts-Austen in a recent discourse at the Royal Institution. But the burning of metals, he proceeded to show, differs from that of ordinary fuels in that the products of combustion are not gaseous, but solid. "The burning of aluminium gives sapphires and rubies in the place of ashes." An instance of burning metal for the sake of light is furnished by the "magnesium star," a contrivance by which a shell packed with magnesium and attached to a parachute is fired electrically in the air, thus producing an illumination of the ground beneath at night. This finds its use in warfare. Recently aluminium has been found to be an admirable fuel for producing an intense heat to be used in welding. This kind of metallic fuel has assumed much industrial importance at Essen, in Germany, where, in consequence, metallurgy enters upon a new phase.—London Answers.

What is time?

The busy man will answer **TIME IS (?)**
By **WRIGHT A. PATTERSON.**
A friend asks of you a favor. It is but a trifle to him, perhaps; to you it represents a moment of your time, a commodity which you grudge him and do not give, and the favor is asked in vain. The moment of your time asked for might have conflicted with your pleasure, or it might have conflicted with the definition "time is money." The moment passes, the favor is not granted AND A FRIEND IS LOST.
A child shudders in the cold of a winter day. The dime in your pocket, for which you do not care, would warm him, but it would take a moment of your time to pause and give it, and you pass on. The moment of time is yours and THE ACT OF CHARITY IS LEFT UNDONE.
A gentleman with an unlighted cigar passes you on the street, and as he passes he asks if you have a match. The match is there in your pocket, it represents no intrinsic value that you care for, but to pass it to the stranger will take a moment of your time, and you pass him by. A COURTESY OF LIFE HAS BEEN SACRIFICED TO TIME.

A TREAT FOR PERCIVAL.

Proud Young Mother and Her Brilliant Little Scheme.

"I heard of the loveliest idea to-day," said Mrs. Youngmother to her husband at the dinner table the other evening, according to London Tit-Bits. "Mrs. Brightly was here, and she told me about it. She's doing it for her little Reginald, and I'm going to do it for our dear little Percival. I began to-day."
"Began what?"
"I began to keep a 'life book' for him."
"A 'life book'?"
"Yes, dear; a 'life book.' You don't know what that is, do you?"
"No, my dear; I do not."
"Well, you get a real nice blank book, and you write in it every day something the baby has said or done, and you put in it his photograph at various ages, and little scraps of his dear little baby gonnies and locks of his hair, and keep it all for him until he's grown up! Just think what a treasure it will be to him!"
"Yes, I—I suppose so," said Mr. Youngmother, doubtfully.
"Oh, it will! He'll think the world and all of it! I went right out after Mrs. Brightly left and got a book and have written in it already."
"What have you written?"
"Oh, I'll read it to you while you eat your dessert. I don't care for any dessert. You listen: 'Our dear, sweet, precious love of a Percival is four months old to-day, and he is brighter and sweeter and smarter than most babies are at twice that age. He looks at things so, and I am sure that he understands every word we say. He says "da-da, da-da" just as plain when we ask him to say "papa," and I am almost sure that there is a toothy coming in one of his dear little gummies. To-day he took hold of his dear little toe and looked at it and then put it in his sweet little mouth. The nurse says that she never saw a baby of his age do such a thing before. He is a great deal more forward in everything than Mrs. Smythe's baby, who is four months older than he. Yesterday he lay perfectly still, flat on his back, looking right up at the ceiling. I wonder what he was thinking about. It is too sweet and cunning for anything to see him hold out his hands and hear him go "goo-goo" when we show him his bottle of milk. He reaches out his hands for it, and knows just exactly what it is. He has wonderful intelligence."
"Now, my dear, won't it be lovely for him to have that to read when he is a big man?"
"Very."
"I'm sure it will, and I'm going to put something of that kind in the book every day until he is a man."

THE JOURNEYING OF BIRDS.
Migrations Mainly Carried on During Clear Nights—Bird Casualties.
It is now abundantly established, says the Popular Science Monthly, that migration is mostly carried on at night and, further, mainly during clear nights. Only a comparatively few species, such as ducks, cranes, certain large hawks, swallows, swifts, and night hawks, migrate during the daytime, and these, it will be observed, are either rapacious birds or mainly those that enjoy such power of rapid flight as to be relatively safe from capture. All the vast horde of warblers, sparrows, finches, flycatchers, thrushes and woodpeckers, as well as many waders and swimmers, migrate at night. On clear, still nights during the migrations birds may often be heard calling to each other high over head, and may be actually seen by powerful telescopes. Woods and hedgerows that were unattended one day may become fairly alive with birds at daylight the next morning, showing that they have arrived during the night. They remain to feed and rest during the day, and, if the weather be favorable, may practically all disappear the next night. That they only venture on these journeys during clear nights very few birds are killed by lighthouses, monuments, or other obstructions, whereas on cloudy or rainy nights, especially such as opened clear and later become overcast, thousands of birds become confused and dash themselves against these obstructions. Thus over 1,500 birds have been found dead at the base of the Bartholdi statue in New York harbor in a single morning, and 230 birds of one species—black poll warblers—were killed in a single night (September 30, 1883) by the Fire island light. The Washington monument, although not illuminated at night, causes the death of hundreds of birds annually.

A Strike of Barristers.
The latest thing in strikes is a strike of barristers. The barristers of Alencon, France, have objected to a regulation by which their vacation was to be curtailed. They struck, not for more money, but for more holidays. They said the proposal to open the courts early in the season was a bad one, as the roads were excellent and they wished to do more cycling. For this remarkable reason the business of the courts was delayed until the roads became bad.
A Notable Haul.
A haul of herrings was made in four hours the other day by a Boulogne fishing-boat which realized \$500.

HEALTH AND ALL ITS BLESSINGS

Health will come with all its blessings to those who know the way, and it is mainly a question of right-living, with all the term implies, but the efforts which strengthen the system, the games which refresh and the foods which nourish are important, each in a way, while it is also advantageous to have knowledge of the best methods of promoting freedom from unsanitary conditions. To assist nature, when nature needs assistance, it is all important that the medicinal agents used should be of the best quality and of known value, and the one remedy which acts most beneficially and pleasantly, as a laxative, is—Syrup of Figs—manufactured by the California Fig Syrup Co.
With a proper understanding of the fact that many physical ills are of a transient character and yield promptly to the gentle action of Syrup of Figs, gladness and comfort come to the heart, and if one would remove the torpor and strain and congestion attendant upon a constipated condition of the system, take Syrup of Figs and enjoy freedom from the aches and pains, the colds and headaches and the depression due to inactivity of the bowels. In case of any organic trouble it is well to consult a competent physician, but when a laxative is required remember that the most permanently gratifying results will follow personal cooperation with the beneficial effects of Syrup of Figs. It is for sale by all reliable druggists. Price fifty cents per bottle.
The excellence of Syrup of Figs comes from the beneficial effects of the plants used in the combination and also from the method of manufacture which ensures that perfect purity and uniformity of product essential in a perfect family laxative. All the members of the family from the youngest to the most advanced in years may use it whenever a laxative is needed and share alike in its beneficial effects. We do not claim that Syrup of Figs is the only remedy of known value, but it possesses this great advantage over all other laxatives that it acts gently and pleasantly without disturbing natural functions, in any way, as it is free from every objectionable quality or substance. To get its beneficial effects it is always necessary to buy the genuine and the full name of the Co.—California Fig Syrup Co.—is printed on the front of every package.



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Consisting of CUTICURA SOAP (25c.), to cleanse the skin of crusts and scales, and soften the thickened cuticle; CUTICURA OINTMENT (50c.), to instantly allay itching, inflammation, and irritation, and soothe and heal; and CUTICURA RESOLVENT PILLS (25c.), to cool and cleanse the blood. A SINGLE SET is often sufficient to cure the most torturing, disfiguring, itching, burning, and itchy skin, scalp, and blood humours, rashes, itchings, and irritations, with loss of hair, when all else fails. Sold throughout the world. British Depot: 27, 28, Charterhouse Sq., London. French Depot: 5 Rue de la Paix, Paris. Forth and Coast. Sole Prop., Boston, U.S.A. "All about the Skin," free.

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Cures Cholera-Infantum, Diarrhoea, Dysentery, and the Bowel Troubles of Children of Any Age. Aids Digestion, Regulates the Bowels, Strengthens the Child and Makes TEETHING EASY.
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Easily Increased.
"Let us make the capital stock \$1,000,000," said the first promoter.
"All right," said the second, who was preparing the prospectus on the typewriter.
"Will it be hard to increase that capital?" asked the first.
"No, indeed. All I have to do is to hit this 0 key a few more times."—Baltimore American.

Ask To-Day for Allen's Foot-Paste.
It cures swollen, aching, tired feet. At all Druggists and Shoe stores, 25c. Sample sent FREE. Address A. S. Olmsted, Le Roy, N. Y.

A cynic is a man without ambition, since he sneers at things as they are, without helping to make them as they should be.—Smart Set.

Stops the Cough and Works on the Lungs.
Laxative Bromo Quinine Tablets. Price 30c. A good many men get their opinions as well as their clothes ready made.—Chicago Daily News.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. Samuel, Ocean Grove, N. J., Feb. 17, 1900.

Pay people for what they have done, and not for what you expect them to do.—Athenian Globe.

Actors, Vocalists, Public Speakers, praise Hale's Honey of Horehound and Tar. Pike's Toothache Drops Cure in one minute.

Thousands are hated, while none are loved without a real cause.—Lavater.

PUTNAM FADELESS DYES color silk, wool or cotton perfectly at one boiling.

A hard-working man always seems to be lucky.—Athenian Globe.

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