

Economy

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 For your stomach and liver. Three doses will make you feel better. Never Failed.
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 Washington and Idaho. Dignified, honorable, permanent and immensely profitable employment at home or on the road; something new; send stamp or call at office for details.
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 1921 First Ave., Seattle.

Receiving and shipping a specialty. Telegraph orders attended to day or night. The finest chapel in the West.

Free from "Help."
 "Aunt Jennima," as everybody called her, was the oldest person in the neighborhood. She was known to be over one hundred years old, and insisted that she was nearly one hundred and twenty; but in spite of her advanced age she was still vigorous and in the enjoyment of perfect health.

Moved by that feeling of curiosity which people have about anything that is abnormal or unusual, several fine ladies from the city went one day to the little village where she lived, and called on her.

"Tell us, aunty," said one of them, "what is the secret of your great age and your wonderful vitality?"
 "Deed, honey," responded Aunt Jennima, with a sly twinkle in her eye, "I spect hit's becase I hain't nevah had no trouble wid hiah'r guls."

Depavity.—Man is not always totally degraded. Every man, no matter how degraded he may be now, has had a childhood; and during childhood, holy things were stored up in his soul. These are never lost. It is this golden side of human life the church must reach.—Rev. T. A. King, Swedenborgian, Cleveland, Ohio.

The Negro.—If education ruins, whom does it ruin, the negro or the white man. No one need worry about the negro and his education; he has such a fine start up the steps of knowledge that only God can hinder him from reaching the Plerian heights. All the evils to which he is subjected are the scourge of the Almighty, provoking the negro to a larger faith in God and a more devout Christian life and service.—Rev. W. B. Johnson, Baptist, Washington, D. C.

Ayer's Hair Vigor

To be sure, you are growing old. But why let everybody see it, in your gray hair? Keep your hair dark and rich and postpone age. If you will

White Hair

only use Ayer's Hair Vigor, your gray hair will soon have all the deep, rich color of youth. Sold for 60 years.

"I am now over 60 years old, and I have a thick, glossy head of long hair which is a wonder to every one who sees it. And not a gray hair in it, all due to Ayer's Hair Vigor."
 Mrs. H. R. BURTIS, Cecilia, Minn.

For sale by all druggists.
 J. C. AYER & CO., Lowell, Mass.

AMAZES ALL LONDON.

San Francisco was the originator of the twenty-foot saucer-shaped bicycle track for stage purposes, but two English athletes have just been adding a touch of the sensational to this idea that has quite amazed all London. In this new act the intrepid rider not only uses a miniature track that is smaller than the San Francisco original, but, what is more astounding, pedals his machine at full



SUPPORTED BY A STRONG MAN.

speed while the track is supported entirely upon the shoulders of his partner in the daring feat.

The most difficult part of this act is the start and the finish, for the human pedestal has to wait until the rider gets a flying start from the stage, when he has to straighten himself up and raise both track and rider until he is quite erect, with only four guide ropes to maintain the uneven balance, and likewise has to sink back to the awkward stooping position at the end of the ride in order to allow the cyclist to land on the stage safely and gracefully.

Old Soldier's Story.

Sonoma, Mich., June 13.—That even in actual warfare disease is more terrible than bullets is the experience of Delos Hutchins of this place. Mr. Hutchins as a Union soldier saw three years of service under Butler Barke in the Louisiana swamps and as a result got crippled with Rheumatism so that his hands and feet got all twisted out of shape and how he suffered only a Rheumatic will ever know.

For twenty-five years he was in misery, then one lucky day his druggist advised him to use Dodd's Kidney Pills. Of the result Mr. Hutchins says: "The first two boxes did not help me much but I got two more and before I got them used up I was a great deal better. I kept on taking them and now my pains are all gone and I feel better than I have in years. I know Dodd's Kidney Pills will cure Rheumatism."

Played on the fardo.—Mother (returning from a shopping tour)—For goodness sake! What's the matter with little Willie? New Nurse—'Tis a bad boom he got, ma'am. Ye know, ye told me O! was to let him play on the planny, an' onct when he was aildin' on the top of it, he slid too far, Ma'am.—Philadelphia Press.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

The Doctor's Successor.—"What profession do you follow?" asked attorney for plaintiff. "The medical profession," the witness answered. "Are you a practicing physician?" "No, sir." "Then what do you mean by saying you follow the medical profession?" "I am an undertaker, sir."—Brooklyn Eagle.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free 62 trial bottle and treatise. Dr. R. H. Kline, Ltd., 303 Arch St., Philadelphia, Pa.

"Mister Judge," called out the colored witness, after he had been on the stand a full hour, "kin I say one word, sub?" "Yes," replied the judge; "what is it?" "Hit's des dis, sub; ef you'll des make de lawyers set down en keep still two minutes, en gimme a livin' chance, I'll whirl in en tell de truth."—Atlanta Constitution.

CASTORIA

For Infants and Children.
 The Kind You Have Always Bought

Bears the Signature of *Chas. H. Fletcher*
 Love usually renders a man color-blind as to complexions.
 People seldom appreciate anything they can afford.

For bronchial troubles try Pisco's Cure for Consumption. It is a good cough medicine. At druggists, price 25 cents.

May—Did Clara's husband leave her much when he died? Belle—He left enough to make her comfortable, but not enough to get her a second babe of —Lisa

Deafness Cannot Be Cured by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed, it has a rumbling sound or imperfect hearing, and when it is entirely closed, deafness is the result, and unless the inflammation can be taken out and this tube re-tooled to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & CO., Toledo, O.
 Sold by Druggists, 75c.
 Hall's Family Pills are the best.

SWIMMING ON LAND.

Some ten years ago a well-known German doctor named Roth startled the educational authorities in Berlin by asserting that the proper way to teach swimming to children was to instruct them in certain movements and exercises in the playgrounds. Dr. Roth's theory was at first laughed at. The doctor, however, stuck to his guns, and to-day he has the satisfaction of knowing that the state schools of France and Germany have adopted his system. In London the school board regards it with great favor, and several schools have included it, with certain modifications, in their curriculum.

The London schools which have adopted Dr. Roth's system have added an improvement which consists of a curiously constructed desk on which advanced pupils are placed, and are able to counterfeit all the motions and bring into play the various muscles used in swimming. The great advantage of children being taught swim-



LEARNING THE STROKE.

ming in this manner is that the timid as well as the daring enjoy equal opportunities. In the ordinary way many children are paralyzed with terror when placed in the water, and it is impossible to instruct them.

If they have had a thorough course of instruction in the school gymnasium or the playground, however, they master all the movements, which practice renders in the course of time instinctive. Thus when they at last enter the water they do so with confidence.

The children are first of all drilled in the movements of the arms, shoulders and legs. Then they are taught the side stroke, and after they have arrived at proficiency they undergo a course of instruction on the patent desk. When the children have thoroughly mastered all the movements they are taken to swimming baths. Last year 44,354 children were instructed in "swimming on dry land," 14,350 were taught to swim well, and 6,362 earned certificates for proficiency. Judging from these figures, it appears that in the near future Londoners at all events will become amphibious.

EVERYBODY TAKES MATCHES.

Hotels Expnd a Large Amount for Free Distribution.

"It would be interesting to know how much the hotels of Washington spend each year for matches for free distribution," said a hotel clerk to a Washington Star reporter the other day. "There is no doubt the outlay amounts to a large sum in the course of a year. It is a matter of more than passing interest to watch different men as they approach the place where the matches are kept for the use of the guests of the hotel. Nearly every man wears a different expression and every man has his own peculiar way of reaching for the matches. It is a rare thing for a man to take simply one match, although he may need only one to light his cigar. But he will take more than one. He will light his cigar or his cigarette and sometimes his pipe and the rest of the matches he will shove down in his pocket.

"Matches are cheap enough, of course, but I bet the yearly match bill of this hostelry will reach into the hundreds of dollars. Taking all the hotels in Washington, you can readily see that the total match bill would amount to quite a snug little sum. It is also a rather singular thing that men who smoke with great regularity seldom have matches in their pockets. Men who never smoke do not need matches except to light the gas when they go home after nightfall. What becomes of all the matches, anyway? Men are always asking for matches. Of course, many matches are burned up by men who smoke cigarettes. The cigarette is the greatest match consumer in the world. The pipe will probably run a good second. But matches when put in a public holder become public property and any man has a right to fill his pockets if it pleases him to do so. Hotel men make no complaint about the matter."

During the Honeymoon.

He—One of the first things I must do, my dear, is to hire your successor at the typewriter.

She—Well, there's one thing you must understand. You are not to pay her any more than half of what you paid me. You are altogether too easy.—Cleveland Plain Dealer.

A man thinks he knows a woman when he asks her to become his wife, but after marriage he discovers his mistake.



To be a successful wife, to retain the love and admiration of her husband should be a woman's constant study. If she would be all that she may, she must guard well against the signs of ill health. Mrs. Brown tells her story for the benefit of all wives and mothers.

"DEAR MRS. PINKHAM:—Lydia E. Pinkham's Vegetable Compound will make every mother well, strong, healthy and happy. I dragged through nine years of miserable existence, worn out with pain and weariness. I then noticed a statement of a woman troubled as I was; and the wonderful results she had had from your Vegetable Compound, and decided to try what it would do for me, and used it for three months. At the end of that time, I was a different woman, the neighbors remarked it, and my husband fell in love with me all over again. It seemed like a new existence. I had been suffering with inflammation and falling of the womb, but your medicine cured that, and built up my entire system, till I was indeed like a new woman.—Sincerely yours, Mrs. CHAS. F. BROWN, 21 Cedar Terrace, Hot Springs, Ark., Vice President Mothers Club.—\$5000 forfeit if original of above letter proving genuineness cannot be produced.

Dangerous examples: Mrs. LONG (who recommended a servant)—Yes, she was an excellent girl in every way, except she would imitate me in dress, and things like that. Miss Short—Ah, yes, I noticed she began doing it when she came to me; but she's given it up now. Mrs. Long—I'm glad to hear it. I expect she saw she was making herself ridiculous.—Punch.

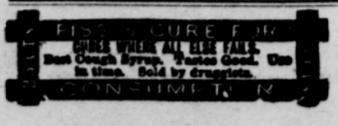
"Your children are so well behaved," said Mrs. Bindad to Mrs. Noah, after the Noah family had established itself on the slopes of Ararat. "How do you compel them to act so nicely?" "Well," smiled Mrs. Noah, "ever since we made that trip in the ark, all their papa had to do is to threaten to take them to the next circus that comes along if they are not good."—Life.

MALARIA

AN INVISIBLE ENEMY TO HEALTH

Malaria is a slow poison, but the most stubborn and deeply rooted when it takes possession of the system. We breathe into the lungs the polluted, germ-tainted air; the little microbes then enter into the system, and feeding upon the red corpuscles of the blood, soon reduce this vital, life-sustaining fluid to such a weak, watery state that the patient becomes listless, pale and anemic, and mentally and physically depressed. Malaria may begin with slight rigors or chilly sensations, followed by fever and thirst; but gradually all parts of the system are affected; the liver becomes torpid, and dark or yellow splotches appear upon the skin; the stomach fails to properly digest the food, and there are frequent headaches, dizziness, bad taste in the mouth, constipation and a general worn-out, tired feeling that only a sufferer from Malaria can describe. Other and more dangerous symptoms are apt to follow where this disease is neglected, such as nervous prostration, palpitation, sleeplessness, enlarged liver, weak kidneys, boils and risings and dangerous-looking sores and abscesses. Malaria is all the more dangerous because of its insidious and stealthy nature. It is an invisible atmospheric poison, and the germs and microbes that are lodged in the blood are propagating and increasing in number all the while, clogging the circulation and gradually wrecking the health.

What is needed in Malarial troubles is a blood purifier and tonic. S. S. S. purifies the germ-infected blood, tones up the stomach, improves the appetite and invigorates the entire system. It stimulates the torpid, sluggish organs of the body, enabling them to properly perform their functions and carry off the poisonous secretions and health-destroying matter that have been polluting the blood and clogging the circulation. S. S. S. contains no strong minerals, but is strictly a vegetable remedy, a blood purifier without an equal, and the greatest of all tonics. If you have any symptoms of Malaria, write us, and medical advice will be furnished without cost. **THE SWIFT SPECIFIC CO., ATLANTA, GA.**



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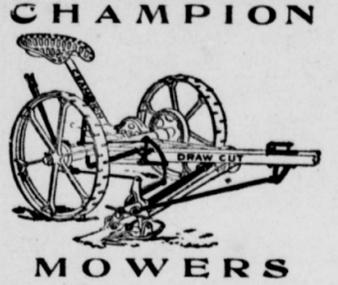
Live upon the blood which should go to sustain life & vitality. PRUSSIAN LICE POWDER kills the lice, thus it SAVES FEED as extra rations must be given on account of vermin. 25c and 50c dealers. By mail 40c & 75c.

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Barnes & Co PATENTS

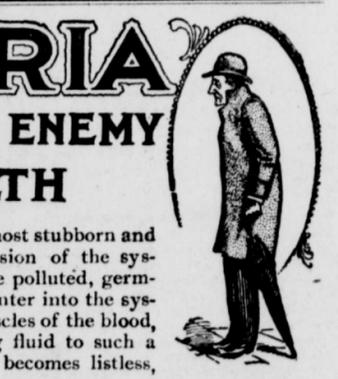
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Apply to NATHAN RICKFORD, 914 F St Washington, D. C. 5th N. E. Volks, 1861-5.



Amory, Miss., Jan. 28, 1903.
 About fifteen years ago I suffered with boils, and took a course of S. S. S., which built me up and entirely cured me of the boils. Three years ago I suffered with Malaria, and remembering how much good S. S. S. had done me, I determined to try it again. I am glad to say that the results were all I could have desired. Since then I take S. S. S. every spring, and have no attack of Malaria. Last summer I spent most of the time on Tombigbee bottom having timber cut.
A. E. DALRYMPLE.

S. N. U. No. 25-1904.
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