

MIND YOUR EYE

What You Should Avoid if You Desire to Preserve Your Sight.

As nature has endowed each one of us with only one pair of eyes and will not duplicate them when injured, the following half score of "don'ts" should not only be indelibly impressed on our memories, but be religiously remembered.

Dr. G. Sterling Pearson, professor of ophthalmology in Trinity Medical College, Toronto, says: "Myopia being essentially a condition due to abuse of the eye, one is constantly obliged to say don't to patients. It occurs to me that it might be useful to put these prohibitory rules in aphoristic form:

1. Don't read in railway trains or in vehicles in motion.
2. Don't read lying down or in a constrained position.
3. Don't read by firelight, moonlight or twilight.
4. Don't read by flickering gaslight or candlelight.
5. Don't read books printed on thin paper.
6. Don't read books which have no space between the lines.
7. Don't read for more than fifty minutes without stopping, whether the eyes are tired or not.
8. Don't hold the reading close to the eyes.
9. Don't study at night, but in the morning when you are fresh.
10. Don't select your own glasses at the outset.

"It would almost seem as though some of these rules were too obvious to require mention, but practical experience shows that most people abuse their eyes just in the way stated.

"In short, anything which tends to increase the quantity of blood in the organ favors the increase of the defect, leading in extreme cases to detachment of the retina and blindness."—Canadian Lancet.

Of Course There Will

Now comes the word of another discovery, which if true will excel in interest and importance the celebrated discovery of Roentgen, the X rays. It is said that a photographer named Rogers set up a postage stamp and fixed his gaze upon it for a moment. Then a photographic plate was put where the stamp had been. For several minutes the photographer fixed his gaze intently upon this plate and held his mind intently upon the image of the stamp at the same time. When the plate was developed, two impressions, one for each eye, were found upon it, each distinctly resembling a postage stamp. And this idea can be thus carried out ad infinitum, it is claimed. A poet can dispense with the pen by affixing upon the sensitive plates the beautiful images that arise in his brain. Criminals may thus be forced to yield up the secrets of their past lives. The lower can give proof of his faithfulness, and so on into the inexhaustible field of the marvelous. Of course there will be skeptics on all this for awhile.—Cincinnati Times-Star.

Kerosene's Many Uses

Kerosene oil is in a house for many purposes besides burning in lamps. It is said it will take iron rust and fruit stains from almost any kind of goods without injuring the fabric. Wash the stained part in kerosene as you would in water. The spots must be washed in the kerosene before they have been put into soap and water, or it will do no good. In washing windows or mirrors, if two or three teaspoonfuls of kerosene be put into the water the work will be done more quickly and with better results.

Its Cheapness Proved

The argument from experiment or observation, known as a posteriori, is illustrated by the Chicago Inter Ocean: Mrs. Nuwed—I am certain that beautiful vase the Carters gave us when we were married must be very inexpensive.

Mr. Nuwed—What makes you think so?

Mrs. Nuwed—Bridget has dusted it four times, and it's not even cracked."

How nice and easy a thing is when you hear some one tell about it, how difficult it afterwards turns out to be!

COLUMBIAN PRIZE WINNERS.

CONOVER PIANOS

CHICAGO COTTAGE ORGANS

WERE GIVEN

HIGHEST AWARDS

At the World's Exposition for excellent manufacture, quality, uniformity and volume of tone, elasticity of touch, artistic cases, materials and workmanship of highest grade.

CATALOGUES ON APPLICATION FREE.

CHICAGO COTTAGE ORGAN CO.

OHIO, ILL.

LARGEST MANUFACTURERS OF

Pianos and Organs in the World.

PATENTS

Copyrights and Trade-Marks obtained and all Patent business conducted for MODERATE FEES. Our Office is Opposite U. S. Patent Office, in the building known as the "Patent Building" on Washington. Send model, drawing or photo, with description. We advise if patentable or not, free of charge. Our fee not due till patent is secured. A PAMPHLET, "How to Obtain Patents," with full list of U. S. and foreign countries, sent free. C. A. SNOW & CO., C. O. PATENT OFFICE, WASHINGTON, D. C.

Best Hood's Sarsaparilla

Results prove Hood's Sarsaparilla the best blood purifier, appetizer and nerve tonic. In fact Hood's Pills cure all Liver Ills. 25 cents.

Iowa almost from the date of its admission has been called the "Hawkeye state." Hawkeye was the name of a noted Indian chief.

The Elkhart (Ind.) Telephone Company is retailing "hellos" at five cents per day for residences, and seven cents for business houses.

VALUABLE FRANCHISE SECURED.

The franchise of easy digestion—one of the most valuable in the gift of medical science—can be secured by any person who is anxious to use Hostetter's Stomach Bitters, either to suppress growing dyspepsia, or to remove it at maturity. Bile, rheumatic and fever and acute sufferers, persons troubled with nervousness, and the constipated, should also secure the health franchise by the same means.

Pure lead has been found some thirty feet under the ground near Chester, Ill. A company has been organized to mine it.

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 inflammation of the mucous lining of the Eustachian Tube. When this tube gets inflamed you have a rumbling sound of imperfect hearing, and when it is entirely closed deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be lost 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 can be cured by Hall's Catarrh Cure. Send for circulars free.

J. J. CHENEY & CO., Toledo, O.

Sold by Druggists, 75c. Hall's Family Pills are the best.

HOIT'S SCHOOL FOR BOYS

At Burlingame, San Mateo County, Cal., is one of the most thorough, careful and practical "Home Schools" to be found on the Pacific coast. It prepares boys for any university, technical school, or for active business; is accredited at the State and Stanford Universities, and under the able management of Ex State Superintendent I. D. Hoyt, Ph. D., ranks among the first schools in the United States. Re-opens August 4.—Mining and Scientific Press.

I never used so quick a cure as Pilo's Cure for Consumption.—J. B. Palmer, Box 1171, Seattle, Wash., Nov. 25, 1895.

FITZ.—All fits stopped free by Dr. Kline's Great Kidney Rescuer. No matter how long they last. Marvellous cures. Treatise and \$2.00 trial bottle free to fit cases. Send to Dr. Kline, 261 Arch St., Philadelphia, Pa.

TRY GEMMA for breakfast.



Gladness Comes

With a better understanding of the transient nature of the many physical ills, which vanish before proper efforts—gentle efforts—pleasant efforts—rightly directed. There is comfort in the knowledge that so many forms of sickness are not due to any actual disease, but simply to a congested condition of the system, which the pleasant family laxative, Syrup of Figs, promptly removes. That is why it is the only remedy with millions of families, and is everywhere esteemed so highly by all who value good health. Its beneficial effects are due to the fact that it is the one remedy which promotes internal cleanliness without debilitating the organs on which it acts. It is therefore all important, in order to get its beneficial effects, to note when you purchase, that you have the genuine article, which is manufactured by the California Fig Syrup Co. only and sold by all reputable druggists.

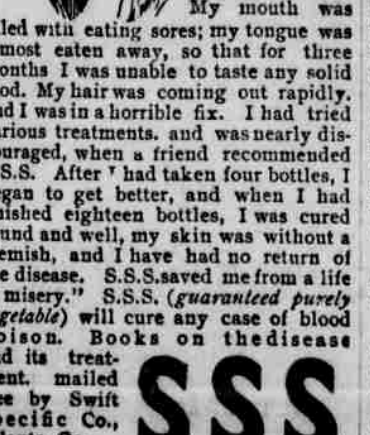
If in the enjoyment of good health, and the system is regular, laxatives or other remedies are then not needed. If afflicted with any actual disease, one may be commended to the most skillful physicians, but if in need of a laxative, one should have the best, and with the Figs stands highest and is most largely used and gives most general satisfaction.

Blood Poison.

Contagious Blood Poison has been appropriately called the curse of mankind. It is the one disease that physicians cannot cure; their mercurial and potent remedies only bottle up the poison in the system, to surely break forth in a more virulent form, resulting in a total wreck of the system.

Mr. Frank B. Martin, a prominent jeweler at 926 Pennsylvania Ave., Washington, D.C., says:

"I was for a long time under treatment of two of the best physicians of this city, for a severe case of blood poison, but my condition grew worse all the while, notwithstanding the fact that they charged me three hundred dollars. My mouth was filled with eating sores; my tongue was almost eaten away, so that for three months I was unable to taste any solid food. My hair was coming out rapidly, and I was in a horrible fix. I had tried various treatments, and was nearly discouraged, when a friend recommended S.S.S. After I had taken four bottles, I began to get better, and when I had finished eighteen bottles, I was cured sound and well, my skin was without a blemish, and I have had no return of the disease. S.S.S. saved me from a life of misery." S.S.S. (guaranteed purely vegetable) will cure any case of blood poison. Books on the disease and its treatment, mailed free by Swift Specific Co., Atlanta, Ga.



AN EVENING LULLABY.

The day is done and in the west
The afterglow is gleaming;
And sweet the nestlings are at rest—
"Neath downy wings are dreaming.
The owl hoots in the thicket drear,
Is the elm his vigils keeping.
While mother sings in tones so clear
And baby lies half sleeping:
Sleep, sleep, gently sleep,
While the owls their vigils keep,
Idly dreaming,
Moonbeams gleaming
While my baby lies asleep.

The soothing notes in cadence fall,
And resper bells are ringing.
Dear mamma sings a madrigal
While baby's arms are clinging.
Nocturnal winds are howling drear
And rippling waves are dowing,
Still mamma sings to baby dear
Sweet love seeds softly sowing.
Sleep, sleep, gently sleep,
While the stars from heaven peep;
Wake not, dearie,
You are weary,
Sleep, my darling, gently sleep.

WITH HIS OLD LOVE'S EYES.

"O, I do not admire the 'new woman' at all," cried Major Ashley, between the whiffs of a cigar.
"How is that?" inquired Lieutenant Bolton.
"For my part I think a girl looks awfully jolly seated on a bicycle, or playing cricket."

The Major shook his head.
"Give me the girl of twenty years ago, womanly and modest. The girl of to-day I do not care for; she is far too bold and well-muscled."

Charlie Bolton laughed heartily.
"Look here, Major," he said; "I'll bet you anything you like that you'll end by marrying a 'new woman.'"

"I shall never at all, Charlie, my boy. I have cared for but one woman in my life, and I do not think I ever shall another."

Charlie rose and went over to the Major's side.
"Forgive me," he said, "I am afraid I have recalled some painful memory in your life. I might have guessed you had a reason for remaining single."

"You are right, Charlie," he replied, "by saying that you have called up a painful memory in my life, but do not apologize for doing so. Sit down, lad, and I will tell you all about it—this memory. It was nineteen years ago," began the Major, "when I first met Alice Dore—I had just reached the age of 21. She was 18 and very beautiful. I think I fell in love at first sight."

"She was with her mother at a garden party, where I was also a guest. She wore a simple white dress, with a cluster of golden-eyed marguerites at her throat, and a large hat trimmed with the same flowers."

"After that our meetings were fre-

quent. She used to manage to steal out in the dusk of the evenings to meet me, her cheeks all aglow with blushes."

"One evening she came, but with her usual quick, light step, but slowly and sadly, her beautiful eyes full of unshed tears."

"O, Eric," she whispered, shaking like an aspen, "you—you and I are to be separated. My parents are forcing me into a hateful marriage with a man whom I abhor. I believe my father is in his debt, and unless I consent to be his wife my parents will be ruined and homeless."

"My indignation knew no bounds. I refused to give her up. I said, 'It is a cruel sacrifice,' she said, 'yet it must be made. I cannot see my parents ruined. I must save them.'"

"Then I got angry and accused her of not loving me, of being a flirt; but all the while I knew that I was wrong, knew that her whole heart was mine. She did love me truly. Yet her duty to her parents stood before her affection for me."

"We parted, both broken-hearted. I never saw her again. Two years later news came to me of her death. She died, leaving a child—a girl, twelve months old."

"That is my 'love story,' Charlie; it happened nineteen years ago. I have never loved any woman in all those years. I don't think I ever shall."

"Just the day for a 'spin,'" said Eric Ashley to himself as he mounted his bicycle. "I'll take a jolly good turn round the country, have lunch at a wayside inn, get back in time to change and catch the three o'clock train for London."

The Major had not swept well the previous night. Thoughts of the past had come crowding through his brain, banishing sleep until long after day-break.

It was scarcely six o'clock and the air was glorious. The birds were singing their sweetest, and all nature was fair to see. The Major had ridden about six miles, when he saw approaching him another machine.

As it came nearer he could see that its rider was a shabby, dirty-looking man, with steel-blue eyes. The bicycle was a very handsome one. But at a second glance Eric observed that it was a lady's. In an instant it had passed him.

Five minutes later, on turning a bend in the road, a slight misty eyes which caused his blood to run cold.

There upon the ground, with her arms extended, lay a young girl. Her face was deathly pale, and a dark blue mark shone out upon her forehead with ghastly vividness.

She was attired in a cycling costume

of dark blue cloth, and a little peak cap lay a few yards distant.

It was the face of his dead love.

He stooped and pressed passionate kisses upon the pale lips. Then he pulled his brandy flask from his pocket and poured a little of the spirit through them.

Presently the girl's eyelids quivered. "Do not fear," cried Eric, gently. "You are safe. Are you feeling better?"

"My head," she breathed faintly; "the pain is terrible." Then, suddenly remembering, she cried wildly: "That man, where is he? O, pray don't leave me, I am so frightened!"

To delay medical aid would perhaps prove serious. He scarcely liked to



A SIGHT WHICH CAUSED HIS BLOOD TO RUN COLD.

leave her while he rode off for a doctor, yet what else could he do?

Stooping, he lifted the small form in his strong arms and bore her gently to the roadside, where the grass was growing fresh and green, and the hedge would shelter her from the sun's rays.

Ten minutes later the inhabitants of the next village were surprised to see a gentleman riding a bicycle, in his shirt sleeves, stop at the doctor's door.

"And to think that sweet girl is my Alice's child, Charlie, my boy," cried the Major, "and should be residing close to me for two years with her father, and I not know it!"

"Fate, Major, fate," said Charlie Bolton, propheticly.

"She is a little darling," went on the Major, "with her mother's angel face and charming ways. What a brute that man must have been to have struck her such a blow. I hope the law will punish him as severely as it can."

"I am surprised at the young lady's father allowing his daughter to skir-mish the country alone."

"Her father! Bah! He does not care that," said the Major, snapping his fingers. "She told me herself he was scarcely ever sober, and her life at home was wretched."

"Poor little thing," cried Charlie. "I say, Major, I have thought of something awfully jolly. Why don't you marry her, eh? But, perhaps, Major, you have a great objection to marrying a 'new woman.' I remember you said once that you did not admire her."

"Jessie is not a 'new woman,'" cried the Major. "She certainly does ride a bicycle, but in everything else she is womanly, modest and sweet."

"And you are in love, Major, without a doubt. No, don't deny it. You have been an altered man since the day you found Miss Jessie insensible and hurt on that lonely country road."

At three o'clock that afternoon Eric presented himself at the house of the girl he loved. He found her leaning back in a large, cozy chair, with an open book on her lap.

"I am so glad to see you, Major," she said in her simple, unaffected way. "I was feeling most dreadfully dull. Papa has gone to the races. I don't think I am very bright. My head aches a good deal," she replied.

"Poor little head; I am so sorry. If you had been well enough, Miss Jessie, I should have asked you to have given me your advice upon a very important matter."

"My advice, Major Ashley? I am afraid it would not be worth taking."

"Oh, indeed it would," cried Eric. "Then please tell me all about this important business. I feel quite curious," said she.

"Well," he said, a little nervously, "the truth is I am in love with a young lady, but I am not certain about her affection for me, and I should like you to tell me whether you really think it is possible for a girl of 18 to love a man of 40?"

"If I were a man and loved a girl I should go straight to her. That is the only advice I can give you, Major."

"Then I will," said Eric, springing up and seating himself on the couch beside her. "Jessie, it is you whom I love—love to distraction. Will you be

my wife, dear? That is, if you care for me well enough."

Jessie did not seem at all surprised, for she put her two little hands upon his sleeve.

"I knew it was me you meant all the while," she said, blushing. "You silly fellow!"

The dressing of codfish is an operation requiring skill and rapidity. A man called the "throat" cuts the fish's throat and rips it open and passes it to the "header," who removes the head and entrails; the "splitter" then splits the fish open and takes out a part of the backbone, and the "salter" piles up the fish in tiers in the hold of the boat and salts them.

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PAIN'S CELERY COMPOUND

The Best Remedy in the World—! Makes People Well.



There is one true specific for diseases arising from impure blood and a debilitated nervous system, and that is Paine's Celery Compound, so generally prescribed by physicians. It is probably the most remarkable remedy that the scientific research of this country has produced. Prof. Edward E. Phelps, M. D., L.L. D., of Dartmouth College, first prescribed what is now known the world over as Paine's Celery Compound, a positive cure for dyspepsia, biliousness, liver complaint, neuralgia, rheumatism, all nervous diseases and kidney troubles. For the latter Paine's Celery Compound has succeeded again and again where everything else has failed.



Professor Vaughan claims to have invented a telephone by which conversations can be carried on between New York and London.

The peat bogs of Great Britain and Ireland are estimated to contain fuel equivalent in heat producing to 4,000,000,000 tons of coal.

MANUFACTURE OF CANES.

Grown, Boiled, Warped, Fired, Polished and Ornamented.

The manufacture of canes reveals an interesting process connected with a growing industry. There are several large factories in Philadelphia and some in New York. These have recently been established. The cane is grown mostly in Austria, France and Japan. There are numerous species, among which are the Congo, Corrie, Peang, Bamboo, Furze, Whampoa and the Weichsel. Many canes are partly shaped while growing. At the manufacturing the crude canes are placed over a large steam vat. Cloths are wrapped over the sticks and they are left in this position until the wood has become perfectly soft and pliable at the end, where it is intended to form the handle. Having reached this condition, they are taken out separately and placed in a vise, around a mold of whatever shape it is desired to make the curl. While the cane is grasped tightly in the vise, the upper end is placed in a steel spring having a cast-iron handle, which is drawn sharply around, warping the cane at this point into the precise shape desired. When

taken out of the vise the handle is with cord, to prevent it from straightening out to its original shape.

After it has lain for some days in this condition and the curl is permanently formed, the cane is thoroughly scrubbed in a hot water bath. The next step is to either put it in the stain box or to finish it in some other desired manner. In the staining process quite a degree of skill is required, because if the cane is colored in a tasteful shade it will meet with a ready sale. To achieve this result the mixing of acids and color is very delicately done. Some of the canes, instead of being stained by a liquid, are "dred." This operation is performed by moving the cane backward and forward in a gas jet flame, elongated by means of a blower, which forces a current of air through it. The work has to be done very carefully by hand, so that the heat produces a uniform effect upon the wood. Then the cane is ready either for varnishing or polishing by chemical process, whichever it may be.

After it is polished the cane goes into the hands of a trimmer, who pre-

pared it for whatever additional ornamentation it is to receive. The handle is then carefully shaved down to fit the silver plate, which will be soldered onto it, and the foot is shaped ready for the ferrule. After this manipulation the cane goes to the silversmiths put on whatever trimmings are required.

Uncle Bob—I hope, Tommy, you are a favorite with your teacher. Tommy—I think I must be. She can't seem to get enough of me, or she wouldn't keep me in so much.—Harper's Bazar.

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I WANT YOU TO UNDERSTAND THAT I'LL HAVE NOTHING BUT THE GENUINE BLACKWELL'S DURHAM!

You will find one coupon inside each two ounce bag and two coupons inside each four ounce bag of Blackwell's Durham. Buy a bag of this celebrated tobacco and read the coupon, which gives a list of valuable presents and how to get them.

Best Quality! Largest Size! Lowest Price!

Battle Ax Plug

That's All

The Quaker Bath Cabinet

Scientific, Durable, Cheap, Neat, Light, Portable, Simple.

WOMAN FOR YOU

The very remarkable and certain relief given woman by MOORE'S REVEALED REMEDY has given uniformly success to an entire life. Thousands of women testify for it. It will give health and strength and make life a pleasure. For sale by all druggists. BLUMAUER-FRANK DRUG CO., PORTLAND, Agents.

Seaside and Country Duxbak S.H. & M.

BIAS VELVETEEN BINDING on their skirt edges. It is rain-proof, sheds water and never turns grey.

Is this what ails you?

Have you a feeling of weight in the stomach?—Bloating after