(4)

OUT-DOOR SPORTS.

The hardy, strong, athletic man, after months of out-door life and sports, feels all the better, although he may have suffered, as many do, from serious sprains and bruises. If sports were stopped on that account, we would have no more of the great base ball games, sports of field and turf, of oar and gun, of rod and racquet, but all sportsmen and athletes take sprains and bruises as an accompaniment with composure, because they know how easy and certain it is to use St. Jacobs Oil and get rid of permanently the worst forms of any such accidents. There may be some, indeed many, not quite up to date in being prepared for the season's enjoyment, and such should undoubtedly have a supply of this great remedy for pain.

"So you have a new president in your Shakespeare Club." "Yes, our last president did not fairly represent us; she didn't like French dressin on her salads."

HOITT'S SCHOOL.

This school, located at Burlingame, San Mateo county, stands in the front ranks among the home schools for boys on this coast. Ex-State Superintendent Ira G. Hoitt has charge. The school is accredited by the state and Stanford Universities, and there is no school where boys receive more thorough training and careful supervision.—San Francisco Chronicle.

That

Extreme tired feeling afflicts nearly everybody at this season. The hustlers cease to push, the tireless grow weary, the energetic become enervated. You know just what we mean. Some men and women endeavor temporarily to overcome that

Tired

Feeling by great force of will. But this is unsafe, as it pulls powerfully upon the nervous system, which will not long stand such strain. Too many people "work on their nerves," and the result is seen in unfortunate wrecks marked "nervous prostration," in every direction. That tired

Feel-

ing is a positive proof of thin, weak, impure blood; for, if the blood is rich, red, vitalized and vigorous, it imparts life and energy to every nerve, organ and tissue of the body. The necessity of taking Hood's Sarsaparilla for that tired feeling is, therefore, apparent to every one, and the good it will do you is equally beyond question. Remember that

Hood's
Sarsaparilla

Is the One True Blood Purifier. All druggists. $1. Prepared only by C. I. Hood & Co., Lowell, Mass.

Hood's Pills are easy to take, easy to operate. 25 cents.

BEFORE I could get relief from a most horrible blood disease I had spent hundreds of dollars trying various remedies and physicians, none of which did me any good. My finger nails came off and my hair came out, leaving me perfectly bald. I then went to

HOT SPRINGS

Hoping to be cured by this celebrated treatment, but very soon became disgusted and decided to try S.S.S. The effect was truly wonderful. I commenced to recover at once, and after I had taken twelve bottles I was entirely cured—cured by S.S.S. when the world-renowned Hot Springs had failed.

WM. S. LOOMIS, Shreveport, La.

S.S.S.

Our Book on the Disease and its Treatment mailed free to any Address. SWIFT SPECIFIC CO., Atlanta, Ga.

FOR PEOPLE THAT ARE SICK or "Just Don't Feel Well," DR. GUNN'S IMPROVED **LIVER PILLS** are the One Thing to use. Only One for a Dose. Sold by druggists at 25c. a box. Samples Free. Address the Dr. Bosanko Med. Co., Phila. Pa.

Is this what ails you?

Have you a feeling of weight in the Stomach—Bloating after eating—Belching of Wind—Vomiting of Food—Waterbrash—Heartburn—Bad Taste in the Mouth in the Morning—Palpitation of the Heart, due to Distension of Stomach—Cankered Mouth—Gas in the Bowels—Loss of Flesh—Fickle Appetite—Depressed, Irritable Condition of the Mind—Dizziness—Headache—Constipation or Diarrhœa?

Then you have

DYSPEPSIA

in one of its many forms. The one positive cure for this distressing complaint is

Acker's Dyspepsia Tablets,

by mail, prepaid, on receipt of 25 cents

CHARLES RANSEY, Hotel Imperial, New York, says: "I suffered horribly from dyspepsia, but Acker's Tablets, taken after meals, have cured me."

ACKER MEDICINE CO., 16 & 18 Chambers St., N.Y.

Findings—

"The best, of course," you tell your dressmaker, and trust to her using the

S·H·&M· REGISTERED TRADE MARK BIAS VELVETEEN SKIRT BINDING

Why don't you *tell* her to use it or, better still, buy it yourself?

If your dealer will not supply you we will.

Samples showing labels and materials mailed free "Home Dressmaking," a new book by Miss Emma M. Hooper, of the Ladies' Home Journal, telling how to put on Bias Velveteen Skirt Bindings sent for 25c., postage paid.

S. H. & M. Co., P. O. Box 699, N. Y. City.

MRS. WINSLOW'S SOOTHING SYRUP FOR CHILDREN TEETHING For sale by all Druggists. 25 Cents a bottle.

PISO'S CURE FOR CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists. CONSUMPTION

C. A. DANA ON LINCOLN

THE FAMOUS EDITOR LECTURES BEFORE A NEW HAVEN SOCIETY.

"Lincoln and His Cabinet" the Title of the Speech—Cameron and Stanton—His Opinion of Lincoln—Inside History of a Constitutional Amendment.

Charles A. Dana delivered a lecture before the New Haven County Historical society the other evening on his personal recollections of Lincoln and his cabinet.

Mr. Dana traced the history of the campaign that led to Mr. Lincoln's election. His election, he said, was due to a united Republican party, aided by Democrats from a disunited Democratic party. He dwelt at length upon the candidates who opposed Mr. Lincoln for the nomination, and remarked that the people then were just as eager as they now are to get rid of what they call "bosses."

"But just what a boss is I have never been able to discover," Mr. Dana continued. "People complain about bosses, but I do not know of anything that succeeds that does not have a boss at the head. An army is not an army without a general, and a ship is not navigated unless it has a boss at the helm. And it has been my experience that the man who kicks hardest against a political boss is the man who has tried hardest to run that boss to suit himself, and who has met with the poorest success."

Mr. Dana named the members of President Lincoln's cabinet. He spoke at length of Simon Cameron of Pennsylvania, first secretary of war under Lincoln, and who was succeeded by Stanton. He said Cameron was an able, loyal official and a painstaking and farseeing statesman. "The only criticism they could make of him was that he bought too many guns," Mr. Dana said, "but the truth was that he foresaw the great struggle that was on and appreciated its magnitude."

Stanton was the most eloquent man Mr. Dana had ever known or heard. He mentioned an incident when a dozen Baltimore bankers, representing probably $50,000,000, went to Washington to protest against the arrest of Baltimore merchants who had been selling contraband articles to a southern peddler who acted as a sort of spy for the war department.

"All of these splendid gentlemen, who came in long black coats, and who were very respectable indeed, were ushered into Mr. Stanton's office and seated before the fire. Mr. Stanton asked me to come in, and added that all Baltimore was there. One after another these gentlemen denounced the arrest of the merchants as groundless and outrageous. When they had finished, Mr. Stanton delivered the most eloquent oration I ever listened to.

"He told them how the war had been begun and how at that moment hundreds of thousands of the best sons of the nation were lying dead on scores of battlefields. He concluded by telling them that they had come to Washington to seek aid for men who had been aiding the enemies of the Union, who were seeking to destroy it. When Mr. Stanton had finished, one by one they left the room without a word."

Mr. Dana finally described the president. "Mr. Lincoln was not an educated man, in the sense that we here in New Haven know an educated man. His learning was of that type that is gained by rising at 6 o'clock in the morning, hoeing corn all day, and reading the best book he could get hold of by the light of a pine log at night. He had read considerable, and had a most tenacious memory. But, above all, he had genius, which is so inestimably greater than learning." In this connection Mr. Dana referred to a remark made by Seward regarding the famous speeches at Gettysburg, that Everett's was the speech of the scholar, Lincoln's an inspiration of genius.

"And," Mr. Dana continued, "Mr. Seward was right, and Lincoln's speech will live as long as the English language is read. But Mr. Lincoln's greatest characteristic was his wisdom. He never acted too soon, and he never struck too late. He was the most patient man I ever knew, and yet his will was always the law in the end. He was kind, gentle and had the most unbounded humor. He was a plain man, honest, gentle and good, and by good I mean a good man in every sense of the word. Neither was he eccentric, as he has been described. There was nothing of the mysterious about him. He had the characteristics of genius, but these were lovable traits of character.

"One day Mr. Lincoln came to my office on the third floor of the war department. He liked to go about and attend to matters himself instead of sending for the men he wanted. The constitutional amendment prohibiting slavery was then before congress and was to come up in a few days. The president said to me: 'Dana, I am anxious about this matter. It is going to be a good deal closer than I should wish. There are three men I am uncertain about, and I want you to see them, for you know them better than any one else.' I asked him what they would want. 'I do not know,' the president replied, 'but you can promise them anything you wish. One thing I do know, and that is that whatever you promise them I will give them.'

"I saw the three men. It does not now make any difference who they were. One was from New York and two were from New Jersey. Two wanted some internal revenue appointments, and I gave them. The other wanted the appointment of collector of customs of the port of New York, and I gave that to him. The amendment was passed, but a few days before the term of the collector expired Mr. Lincoln was assassinated.

"I was then away in the west. I received a telegram from Roscoe Conkling asking me to come to Washington. I went to Washington, and he asked me to see President Johnson and tell him that President Lincoln had made those promises and that they ought to be fulfilled. I did so. President Johnson listened to me as I narrated the circumstances, repeating what President Lincoln had said—that the alternative of losing those three votes was the losing of the amendment, and that meant the raising of another million troops.

"President Johnson heard me out, and then said, 'Very well, Mr. Dana; I will not say that I will not make the appointment, but I will say this—that I have noticed that such political promises ofttimes lead to immorality.' The appointment was never made.

"Lincoln was not a man," Mr. Dana concluded, "of low or ordinary birth, but descended from good Massachusetts stock. He rose by hard work and by genius to become one of the leading lawyers of the Illinois bar and finally president of the United States, and I doubt if there is a grander character in all modern history."—New York Herald.

FARMING IN CHINA.

Lessons In Irrigation May Be Learned From the Celestial.

A Mongolian farmer has a small field of five or ten acres. Upon this he must support himself, his wives and children and put something by for a rainy day. His estate is a sandy plain which slopes from one end to the other. His first step is to divide it into counterparts by raising low walls or partitions of clay. They are usually 1½ feet thick and 2 feet high. Where it is difficult to get clay he constructs the wall of the stones he finds in the soil or of broken bricks and tiles and stops up the crevices with clay or even mud. Any form of soil excepting sand is used in this manner. So far do they go that I have seen them gathering the ooze, bared by the low tide, to build the walls with. In each little compartment he builds a ditch in front of the lower wall, and at the corner of the compartment he lowers the wall somewhat for the water to flow from one compartment into the next adjoining. When it rains, the compartments fill, and the entire field looks like a lot of panes of glass; the water soaks slowly into the soil and keeps the ground moist enough for agricultural and horticultural purposes for several months. Where the rainfall is but slight he digs a well at a point selected by an astrologer. This individual is a bankrupt or dissipated scholar or priest, who has lost caste by reason of his infirmities and makes a living more or less precarious by astrology, fortune telling, selecting graves, finding subterranean water and similar superstitional occupations. He bears a striking resemblance to the soothsayers and witches of our own history. Like them, he employs a divining rod and some arrangement in crystal which is supposed to become cloudy when water is near. His charge for indicating the place where a well will be successful varies from 10 cents to 50 cents, and if his client secures an extra large supply he demands and receives a bonus of the same amount. These contrivances nine times out of ten do their business well. Some go to great depths. It was from these deep pits that France and ourselves first derived the idea of the artesian well.

Water once reached, the farm labor starts to keep on forever. Some one of the family is always at the well, raising the precious fluid to the surface. It runs by a little canal to the top compartment and thence trickles through the entire field. When men and women work at it, they use a large measure, which brings up about five gallons every time. When little children do the labor, a smaller measure, one that seldom exceeds a gallon, is used instead. Oxen are sometimes employed, but engines, windmills and other labor saving contrivances are never seen. The most patient animal in the world, the human being, does nearly all the work. In Tong-an I once ran across a queer machine for sending water over the terraces from these wells. This was a large wooden X, which was whirled around by a combination of wire and string, something after the fashion of a Chinese top. This was kept running all day long by being tied to the great toes of several Chinese women, who sat upon the grass knitting and nursing their babies at the same time.

Chinese are large employers of storage reservoirs. These are not made according to the rules of engineering, but of brute necessity. They are usually hollows which are walled up with earth excavated from their bottom, or else marshes or the dry beds of marshes which are similarly enlarged and confined, and in some cases small valleys in which a retaining wall has been thrown up across its mouth. The imperial law favors to the utmost the use of water for irrigation by the farmer and discountenances any interference by middlemen or private capital. The streams, no matter whether navigable, the ponds and lakes are all government property and cannot be alienated. At the furthest, the private individual can only lease the land beneath the water, with the condition that the government can at any time enter in and take possession of the property upon paying him for any improvement he may have made.

Judges on Horseback.

Before the days of Mary the judges rode to Westminster hall on mules, and Mr. Justice Whyddon, in the opening year of her reign, was the first to bestride a horse in the solemn procession. In 1673, however, Judge Twisden, to the great consternation of his brethren, "from want of gravity in the beast and too much in the rider," was "laid along in the dirt" on a like occasion, since which time these cavalcades of mounted lawyers have come to an end. Riding, however, till superseded by driving, remained the only way of going circuit, for professional prejudice ran strongly against pedestrian circuiteers, and many good stories have been told of great lawyers who in those early years, when

Slow rises worth by poverty depress't,

found it difficult to raise funds for the purchase of a horse.

In days more recent Mr. Justice Byles, well known for his work on bills, was accustomed when at the bar to take a ride every afternoon. The sorry appearance of his steed, however, roused the mirth of the Temple, and the horse was generally called Bills, to afford opportunity for the alliterative combination, "There goes Byles on Bills." If, however, report speak true, the animal was known to master and clerk under another name, and when a too curious client inquired the sergeant's whereabouts the reply was given with clear conscience that he was "out on Business."—Temple Bar.

Righteously Indignant.

"You bad boy!" exclaimed the horrified young woman, "you ought not to throw stones at those innocent little sparrows! They have never done you any harm. And besides," she added, "for hat ornaments the ugly things aren't worth 10 cents a dozen!"—Chicago Tribune.

The wasp's nest is constructed of a first class article of papier mache, made from the pulp of wood, with an animal glue specially prepared by the wasps for the purpose.

A FRANK STATEMENT.

Mrs. R. C. Peterson, of Fairhaven, Tells a Reporter of Her Recent Illness and Cure.

From the World-Herald, Fairhaven, Wash.

Mrs. R. C. Peterson, of Fairhaven, Wash., who has been for a number of years a sufferer from nervous porstration, rheumatism and female weakness, and who has lately entirely recovered thereform, was called upon a few days ago by a Herald representative whose attention had been called to her case. In answer to an inquiry, Mrs. Peterson said:

"Yes, I was a sufferer for many years from nervous attacks, rheumtism and other complaints. We, my husband and I, expended a large sum of money in visiting the celebrated doctors of Denver, Salt Lake City and San Francisco, but my relief in all cases was only temporary, and we had nearly despaired of my ever recovering my health, when, one day a friend advised Dr. Williams' Pink Pills, saying they had known of a case very similar to mine, where a wonderful cure had been effected by their use.

"Acting upon this advice, as a last remedy, my husband purchased a box of the Pink Pills more to please my friend than any belief in the medicine. However, before the box was half gone I felt a decided change for the better and after using three boxes was entirely recovered, and felt as well and strong as I ever did.

"Dr. Williams' Pink Pills have certainly been a wonderfully effective remedy for me, and I have no hesitancy in recommending them to any one who was affected as I was."

Dr. Williams' Pink Pills are not looked upon as a patent medicine, but rather as a prescripitom. An analysis of their properties shows that they contain, in condensed form, all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are an unfailing specific for such diseases as locomotor ataxia, partial paralysis, St. Vitus' dance, sciatica, neuralgia, rheumatism, nervous headache, the after effects of la grippe, palpitation of the heart, pale and sallow complexions, and the tired feeling resulting from nervous prostration, all diseases resulting from vitiated humors in the blood, such as scrofula, chronic erysipelas, etc. They are also a specific for troubles peculiar to females, such as suppressions, irregularities, and all forms of weakness. They build up the blood and restore the glow of health to pale and sallow cheeks. They are for sale by all druggists, or may be had by mail from Dr. Williams' Medicine Company, Schenectady, N. Y., for 50c. per box, or six boxes for $2.50.

In a recent magazine article John Morley says: "There are probably not six Englishmen over 50 whose lives need to be written or should be written."

In London no fewer than 188,000 people live four and more to the room, and of these 3,000 are packed to the extent of eight or more to the room.

WHEN THE SUMMER BREEZE

Blows through the trees, most of us who can sets off for a country jaunt. Fewer cross the Atlantic. Whether it is business or pleasure calls one from home, Hostetter's Stomach Bitters is the best accompaniment of a voyage or an outing. Yachtsmen, sea captains, commercial travelers and emigrants concur in this opinion. The Bitters is unrivalled for bilious, malarial, dyspeptic or liver disorder.

He—If we were not in a canoe, I would kiss you. She—Take me ashore instantly, sir.

First Actor—Remember when we were on the road in that war play—scene laid in the South in '63? Second Actor—Yes; eggs laid in the West in '61.

HOW'S THIS?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

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

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions, and financially able to carry out any obligation made by their firm.

WEST & TRUAX, Wholesale Druggists, Toledo, O.
WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c per bottle. Sold by all Druggists. Testimonials free.

Hall's family pills are the best.

Mrs. Twynn—They say Mrs. Van Huffer, the new society leader, is right in the swim. Mr. Twynn—H'm, she dresses for it.

I know that my life was saved by Piso's Cure for consumption.—John A. Miller, Au Sable, Michigan, April 21, 1895.

She—If I don't accept you this time, you won't get discouraged, will you? He—Oh, no. There are others.

FITS.—All fits stopped free by Dr. Kline's Great Nerve Restorer. No fits after the first day's use. Marvelous cures. Treatise and $2 00 trial bottle free to Fit cases. Send to Dr. Kline, 931 Arch St., Philadelphia, Pa.

TRY GERMEA for breakfast.

Syrup of Figs

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 constipated 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 well-informed everywhere, Syrup of Figs stands highest and is most largely used and gives most general satisfaction.

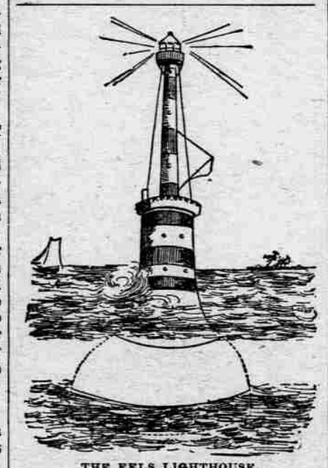
THE EELS LIGHTHOUSE.

Novel Invention of a New England Sea Captain.

Members of the United States lighthouse board are considering an invention made by Captain Eels, a New England mariner, and are inclined to regard it as the best design ever presented for building lighthouses in the open ocean.

For three years engineers and scientists have been working on a mammoth design for a lighthouse on the outer shoal off Cape Hatteras, and at last they believe they have perfected a plan. It is estimated that it will cost at least $1,000,000 to carry it out. The design of the New England man provides for a light structure as high and as capable of displaying a light of the first order as any in the world, at a cost probably not exceeding $300,000.

In general appearance the lighthouse looks like an inverted funnel, and when in place the big end will be on the bottom, several feet in the sand, and the spigot end is to rise 100 feet, if necessary, to support the light. The drawing of the design submitted to the treasury department represents a lighthouse at least 150 feet high from the top of the lens to the bottom of the water, the height above the water line to be about 100 feet. The most remarkable feature of the scheme is the great diameter of the cylinder at the bottom and its comparative slenderness at the water line. The base represents a circle whose diameter is at least seventy feet, while a few feet above the water the structure is scarcely more than thirty feet through the center, and from that to the top of the light it continues to diminish until at the extreme top it is not more than twelve feet through. The big end of the funnel consists of two walls, one inside the



THE EELS LIGHTHOUSE.

other, with a space between of about eight feet at the bottom and graduating to four at the top, where the funnel meets the water line. This annular chamber is to be filled with masonry, of which enough to ballast the structure and keep it in an upright position is to be built in before starting for the sea. Steel composes the greater part of the structure, the framing and planting of the sides of the funnel being similar to the construction of a war ship. When the structure has been completed and towed out to sea and sunk, it is proposed to fill in the space between the inner and outer chambers with sand and stones, and thus weigh down the great inverted funnel to a firm hold on the bottom.

SAILORS' SUPERSTITIONS.

How Jolly Jack Tar Used to Look Upon the Days of the Week.

The old superstition as to lucky and unlucky days has largely passed away. Foreign mails start and arrive on Fridays without any regard for beliefs which were at one time accepted as beyond argument by most sailors. Some thought otherwise, as will later appear. Generally speaking, all saints' days and church holidays were regarded as unlucky, and certain days in each month were rather distrusted. In an old almanac of 1615 we find that July 19, 20, 24 and 31 were noted as "no good anchorage." Sunday was always looked upon as lucky, presumably in reliance on the maxim, "The better the day the better the deed," and the fact of our Lord's resurrection having taken place on that day.

Monday had no particular reputation for good or evil. Tuesday was the same, except among Spaniards, who said, "Don't marry or go to sea or leave your wife on that day." Wednesday was the day of Odin, the Norse god, and lucky. Thursday was named after Thor, the Norse god of war, and was auspicious. Friday was the day dedicated to Freya, Norse goddess of love, and having reference to women was not liked on this ground. The true reason for avoiding Friday was, of course, the fact of the crucifixion having taken place on that day, and sentiments of special veneration for the day became converted into a feeling of fear for the results which would follow its violation. The Spaniards, on the other hand, had a considerable veneration for Friday and believed that some occult influence enabled Columbus to successfully clear out of port and discover new land on that day. Saturday was generally considered auspicious.

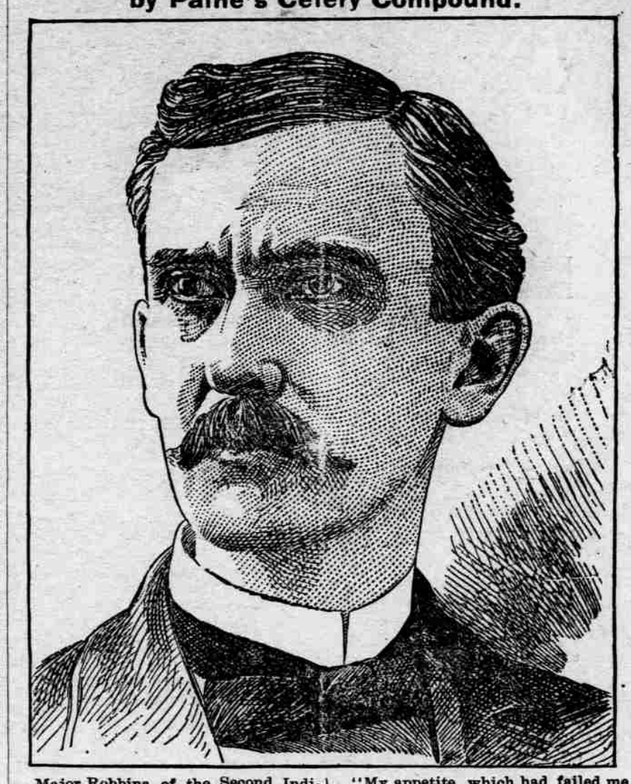
The origin of the phrase, "A capful of wind," can be traced to a Norse king, Eric VI, who died in 907 A. D. He was credited with the useful power of directing the wind to blow where he wished by the simple method of turning his cap to that point of the compass. His powers were much appreciated and trusted and resulted in his being known as "windy cap." There is no evidence as to whether he could regulate the force of the wind as well as the direction; presumably he could, or his faithful believers would not have been so many. A "bagful of wind" is another common expression and indicates something like a gale. This has been traced down to the classical legend of Æolus and his captive winds confined in bags.—London Nautical Magazine.

Appointed Resident Physician.

Dr. Grace E. White, eldest daughter of Dr. William H. White of Bloomfield, N. J., has been appointed resident physician of the Hospital of St. John's Guild of New York city. Miss White cabled her acceptance of the position from Europe, where she was finishing her studies, and started for home on the first steamer.

MAJOR W. W. ROBBINS.

Framer of the Indiana Military Bill Made Well by Paine's Celery Compound.



Major Robbins, of the Second Indiana State guards, aide on Gen. McKee's staff and president of camp Gray, has been for two years one of the most influential members of the Indiana legislature and the author of the famous Indiana Military Law of 1889. Major Robibns was a very sick man up to the time of taking Paine's celery compound.

In proof of what that remarkable remedy can do to make a sick person strong and well, Major Robbins' letter from Indianapolis best tells its own straightforward story.

"I was troubled with a torpid liver, constipation and accompanying sallow complexion, while my entire nervous system was entirely deranged, and I was greatly reduced in flesh. While in this condition I was taken down with a very severe attack of the grip, and was, for a long time, confined to the house and my bed.

"I resorted to various medicines and tonics, and under their temporary influence made several attempts to resume my business of traveling about in the interests of A. Steffen, cigar manufacturer of this city; but relapse succeeded relapse, and I not only was obliged to abandon my business, but growing gradually worse, became apprehensive of the utilimate result.

"At this juncture, my mother-in-law, who had used your remedy with gratifying results, prevailed upon me to commence taking Paine's celery compound; and it gives me great pleasure to state that I at once began to feel its beneficial effects.

"My appetite, which had failed me, returned, my constipation ceased, and very soon my liver became normal in its action. Following this my sleeplessness and headaches ceased, and I beagn to gain flesh. The insidious hold on me that the grip had hitherto had was relaxed, and I felt invigorated and strengthened, so I could resume my vocation, and feel free from the languid, enervated feeling that had so long possessed me.

"My friends were pleasantly surprised with the change in my condition, and I was only too happy to recommend Paine's celery compound to such of my acquaintances as were suffering from any of the complaints which so complicated my case. Therefore, I again say I feel impelled by a sense of gratitude to express how much I have been helped, for I now feel and look like a new man."

Physicians who rely on Paine's celery compound—as thousands of the most wide awake members of the profession are doing, especially now that nearly every one feels the need of a genuine spring remedy—physicians know very well what that languor and that tired feeling means. They know that debility today often results in nervous prostration tomorrow, unless the tired system is quickly invigorated.

That is why all over the country today, Paine's celery compound is being taken by the advice of skilled physicians. It is the one remedy that physicians can conscientiously call a genuine spring remedy. Try it.

WOMAN FOR YOU

The very remarkable and certain relief given woman by MOORE'S REVEALED REMEDY has given uniformly success- and weakness life. Thousands of it the name of Woman's Friend. It is ful in relieving the backaches, headaches which burden and shorten a woman's 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.

Roughness is a needless cause of discontent. Severity breedeth fear, but rougness breedeth hate. Even reproof from authority ought to be grave, and not taunting.

Young man don't forget that the world is watching you, and most of us are more ready to charge your account with something bad than something good.

The proposed railway up the Jungfrau, Switzerland, will be 12.3 kilometers long, and will cost 8,000,000 francs. To pay, it would have to carry 17,000 passengers a year.

According to Sir Benjamin Richardson, the normal period of human life is about 110 years, and seven out of ten average people ought to attain that age.

FRAZER AXLE GREASE

BEST IN THE WORLD.

Its wearing qualities are unsurpassed, actually outlasting two boxes of any other brand. Free from Animal Oils. GET THE GENUINE.

FOR SALE BY OREGON AND WASHINGTON MERCHANTS and Dealers generally.

WHO CARRIES THE LARGEST

Line of Cutlery, Sporting Goods, Barber Supplies and Bazaar Goods? Why, don't you know

THE WILL & FINCK COMPANY?

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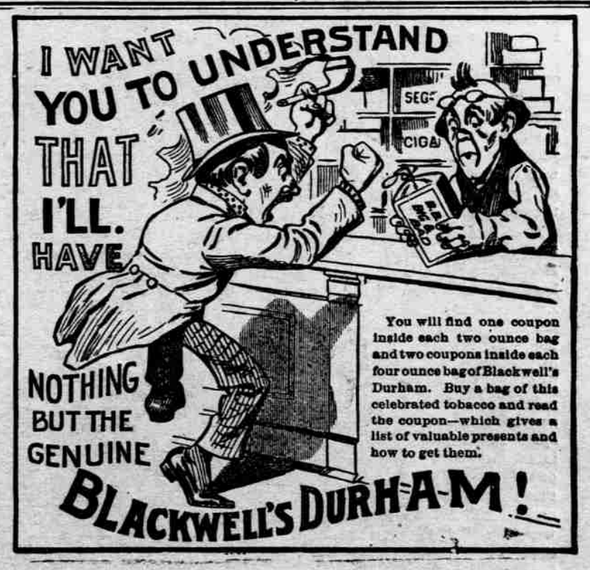
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