

After the Cooling Process.
Don't cool off too quickly after being in an overheated room. If you do, you will need St. Jacobs Oil to cure your muscles, which sets in very often after the cooling process. It relaxes the stiffened muscles.

Evil Dispositions Are Early Shown.
Just so evil in the blood comes out in shape of scrofula, pimples, etc., in children and young people. Taken in time it can be eradicated by using Hood's Sarsaparilla. In older people, the aftermath of irregular living shows itself in bilious conditions, a heavy head, a foul mouth, a general bad feeling.

It is the blood, the impure blood, friends, which is the real cause. Purify that with Hood's Sarsaparilla and happiness will reign in your family.

Hood's Sarsaparilla Never Disappoints

Rice Cultivation in Russia.
While rice has long been grown in Persia and the Trans-Caucasus, it was almost unknown in the interior of Russia up to 1850, the supply being imported from India, and as it was subjected to high duty, its use was naturally confined to the wealthier classes. Russia first commenced the cultivation of rice in the early 60s, and in 1888 the first steam rice-cleaning factory was opened at Baku, and 1,612 tons were produced the first year. There has been a steady increase in the production of rice, and there are now five rice-cleaning factories in operation, and the annual product is more than 45,000 tons. The demand for rice has increased, and it is now generally used by the peasants throughout the empire. The quality of the native product is equal to that of the imported article. The residue is utilized, the broken grain being made into starch and the flour is given to hogs.—Scientific American.

AN OPERATION AVOIDED.

Mrs. Rosa Gaum Writes to Mrs. Pinkham About It. She Says: DEAR MRS. PINKHAM—I take pleasure in writing you a few lines to let you know of the good your Vegetable Compound has done me. I cannot thank you enough for what your medicine has done for me; it has, indeed, helped me wonderfully.

MACHINERY
The Mills, Mines, Shops and Farms: Steel Locomotives and Hoisting Engines: Hoe Chains: Tooth Saws, Albany Grease, etc.

WHEN LOVE PASSED BY.
When Love passed by, the heart grew brave and glad,
Hope seemed true guide, and apprehension vain;
Life's sternest need no longer marvel had,
And all God's purpose greatness and seemed plain.

WHAT'S IN A NAME?
ALY MAIN-waring was not a bad fellow at heart, but he always thought in the regiment that his jealousy of his cousin Percival amounted to almost to insanity. Percival was Algy's superior in every respect; it was a pity they both fixated on the Grey Horse, for if two fellows don't like each other, it's rather a bore to have them at such close quarters.

When he and Percival both fell in love with Maude Lafone, we really thought there would be bloodshed; but fortunately for the peace of the realm, there never was a question as to which of the two Miss Maude preferred. Algy just walked in and won—and although I think he adored Maude, half his satisfaction lay in the beating of Percival!

FOOT CULTURE.
A writer in the Critic speaks somewhat scornfully of the requirements of "Boston culture" as applied to all walks of life. Of course her tone is satirical, and she gives humorous illustrations, the best of which is this: Learning, like religion, has in all ages its martyrs, its Galileos, its Giordano Brunos. Visiting in Nebraska a few years ago, I was told the following story: A brakeman from Boston was employed on the line of a railroad running from Nebraska City to Beatrice. When it became his duty to call out the name of this last station, he pronounced it "Bay-ab-tree-chay!"

Kicked Against the Price.
A license to marry was issued to David Hull and Mrs. Ella Young, at Colfax. Mr. Hull is a farmer, and has undoubtedly passed "three score years and ten." He created much amusement among the clerks in the auditor's office when told that he would have to have a witness to testify to his age, and that of the prospective bride, by declaring: "They didn't have to do that 50 years ago." When called upon to pay \$3 for the license he kicked and declared: "They only cost \$2.50 years ago!"

PACIFIC COAST TRADE.
Seattle Markets.
Onions, 80c @ \$1.10 per 100 pounds.
Potatoes, \$28 @ 30.
Beets, per sack, \$1.
Turnips, per sack, 50 @ 75c.
Carrots, per sack, 40 @ 60c.
Parsnips, per sack, 75 @ 85c.
Cauliflower, 90c @ \$1.00 per doz.
Celery, 35 @ 40c.

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THE BEST SPRING TONIC.
As winter passes away it leaves many people feeling weak, depressed and easily tired. This means that the blood needs attention and sensible people always take a tonic at this time of year. Purgatives are not the right medicine—they weaken instead of strengthening.

Summer and Winter Clouds.
Many must have noticed that in winter time the sky seems to lack the roominess and lofty arching of summer. It appears only cloudy, or partially cloudy, days to be nearer the earth than in the case on similar days during the summer months.

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DR. WILLIAMS' PINK PILLS FOR PALE PEOPLE.
No one is better able to speak of this fact than Miss Hazel Snider, who was discouraged when of Arlington, Ind. Today she has rosy cheeks, sparkling eyes and a plump form, which prove that she is in good health. A year ago Miss Snider was very thin, her cheeks pale, eyes sunken and dull. She was troubled with nervousness and general debility. She says: "After several months' treatment from the family physician we saw no good, so I bought a bottle of Dr. Williams' Pink Pills. I tried the pills, and when nearly through, the doctor called it a change for the better. After I had taken eight boxes I was cured, and much to my surprise I gained weight and strength." Write me today, and I will advise any one suffering with troubles similar to mine, to take these pills. Miss HAZEL SNIDER.

He attends to business.
He attends to business who goes straight to work to cure Neuralgia by the use of St. Jacobs Oil, and saves time and money and gets out of misery quickly. He's all right.

THE INDIANS OF PARAGUAY eradicate their eyebrows and eyelashes, saying that they do not wish to look like horses.

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DR. GUNN'S IMPROVED LIVER PILLS
ONE FOR A DOSE. Cure Sick Headache and Irritation. Remove Pimples and Purify the Blood. Aid Digestion and Prevent Biliousness. Do not Grip or Slacken. To convince you, we will mail sample free, or full box for \$2. DR. HORNBERG CO., Philadelphia, Pa. Sold by Druggists.

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