U. S. SENATOR ROACH

Says Peruna, the Catarrh Cure, Gives Strength and Appetite.

Hon. W. N. Roach, United States Senator From North Dakota.

Hon. W. N. Roach, United States Senator from North Dakota, personally endorses Peruna, the great catarrh cure and tonic. In a recent letter to the Peruna Medicine Company, at Columbus, Ohio, written from Washington, D. C., Senator Roach says:

"Persuaded by a friend I have used Peruna as a tonic, and I am glad to testify that it has greatly helped me in strength, vigor and appetite. I have been advised by friends that it is remarkably efficacious as a cure for the almost universal complaint of catarrh"

Senator Roach's home address is Larimore, North Dakota.

Peruna is not a guess, nor an experiment; it is an absolute, scientific certainty. Peruna cures catarrh wherever located. Peruna has no substitutes—no rivals. Insist upon having Peruna. Let no one persuade you that some other remedy will do nearly as well. There is no other systemic remedy for catarrh but Peruna. Address the Peruna Medicine Company, Columbus, Ohio, for a free book on catarrh, written by Dr. Hartman.

The bill to protect child labor has passed the Georgia senate. The bill seeks to prevent children under the age of 12 years from working in the factories unless widowed mothers or invalid fathers need their labor.

TO CURE A COLD IN ONE DAY

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

After April 1 carpenters will demand an advance of 40 cents per day and a prolonged fight is looked for.

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

A pioneer sheep feeder of Fort Collins, Col., is feeding 25,000—the largest number ever fed by one individual.

VITALITY low, debilitated or exhausted cured by Dr. Kline's Invigorating Tonic. FREE $1. Trial Bottle containing 2 Weeks' treatment. Dr. Kline's Institute, 931 Arch St., Philadelphia. Founded 1871.

Pencils from slate dust moulded by hydraulic pressure are made in large quantities in Tennessee.

At Elkhart, Ind., a jury in the city court has returned a judgment for $36.78 in favor of Charles Sawyer against William Werntz, owner of the planing mill, where Sawyer was employed, for violation of the weekly wage payment law. The law says mill owners who fail to pay each week may be taxed 56 per cent of whatever judgment is rendered against the offender.

The first recorded strike in the United States is that of the journeymen bakers of New York in 1541.

A recently patented freight seal has made its appearance on the market, and several lines are now considering its adoption. The new seal is said to possess many advantages over the common lead seal now in use. It consists of a tablet of terra cotta, on which the initials of the road are stamped, and perforated by a square hole, through which the fastening device is passed. It is impossible when applied to car doors, to open them without first breaking the seal. When broken no amount of ingenuity could serve to prevent the knowledge it had been tampered with.

An Excellent Combination.

The pleasant method and beneficial effects of the well known remedy, SYRUP OF FIGS, manufactured by the CALIFORNIA FIG SYRUP CO., illustrate the value of obtaining the liquid laxative principles of plants known to be medicinally laxative and presenting them in the form most refreshing to the taste and acceptable to the system. It is the one perfect strengthening laxative, cleansing the system effectually, dispelling colds, headaches and fevers gently yet promptly and enabling one to overcome habitual constipation permanently. Its perfect freedom from every objectionable quality and substance, and its acting on the kidneys, liver and bowels, without weakening or irritating them, make it the ideal laxative.

In the process of manufacturing figs are used, as they are pleasant to the taste, but the medicinal qualities of the remedy are obtained from senna and other aromatic plants, by a method known to the CALIFORNIA FIG SYRUP CO. only. In order to get its beneficial effects and to avoid imitations, please remember the full name of the Company printed on the front of every package.

CALIFORNIA FIG SYRUP CO.

SAN FRANCISCO, CAL.

LOUISVILLE, KY. NEW YORK, N. Y.

For sale by all Druggists.—Price 50c. per bottle.

25 CTS PISO'S CURE FOR CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists. CONSUMPTION 25 CTS

Its Glory Done.

In one of the finest cities of our west, there lives a certain man who has been prominent all his life in the work of building and managing theaters. He has been too busy at this to have much time for reading. When his pile was made he started for Europe and visited the various countries. Among other cities he took in Rome. It chanced that he drove out in the country and was shown the Coliseum. The guide told him it was a theater. The old man was surprised. When he came back he was asked about his trip; he mentioned Rome. Naturally he was asked if he had seen the Coliseum. He had. He didn't think much of it. To quote his own words: "It was a blamed good house once, but it's in ruins now."—Detroit Free Press.

Improved Train Equipment.

The O. R. & N. and Oregon Short Line have added a buffet, smoking and library car to their Portland-Chicago through train, and a dining car service has been inaugurated. The train is equipped with the latest chair cars, day coaches and luxurious first-class and ordinary sleepers. Direct connection made at Granger with Union Pacific, and at Ogden with Rio Grande line, from all points in Oregon, Washington and Idaho to all Eastern cities. For information, rates, etc., call on any O. R. & N. agent, or address W. H. Hurlburt, General Passenger Agent, Portland.

Great Britain's Locomotives.

There are 19,914 locomotives at work on the railways of the United Kingdom, and each of these on an average runs 19,096 miles in a year, and earns for this £4,573, so that each mile the locomotive runs its gross receipts are about 4s. 9d. Like the human factor in all industries, the locomotive to-day is doing more than that of ten years ago, but, unlike the human factor, engines are now earning less; the 15,924 locomotives then on the railway each ran 19,035 miles, and earned £4,929 per annum. If, therefore, we take the cost of an average locomotive at £2,700, it is found that she earns in gross receipts her total cost in seven months; but the profits are quite another matter.

Health from an Open Fireplace.

Physicians are discovering that the old-time open fire had much to do with the health of our grandmothers and that steam heat and furnace heat are responsible for many ailments. Steam heat especially has a way of gradually increasing so that anyone who is used to a steam-heated room becomes an easy victim to colds and all the long string of ailments of which a cold is the introduction. An open fire is a sort of inspiration in itself, and since it draws in the out-of-door oxygen through all the cracks and crannies it helps to purify the air in the room while it heats it.

Escape of the Newly Wedded.

A newly married couple in New Brunswick, N. J., circumvented their mischievous friends by starting on their wedding journey by way of the roof. The friends, well-supplied with rice and old slippers, stood at the foot of the stairs. The pair ascended to the roof, walked to the adjoining house, then down and through the rear door to a back street, where they entered a waiting carriage and were driven to the railway station.

Victim of His Own Medicine.

A physician of Eastbourne, Me., recently made up a draught for a patient, putting in by mistake strychnine instead of chloroform, and when she complained that it made her sick, got angry and to prove that the medicine was all right swallowed half the contents of the bottle himself. He immediately recognized the symptoms of strychnine poisoning, used a stomach pump and other means to destroy the effects, but died soon after.

Woman's Rights in Turkey.

The Turkish woman is marriageable at the age of 9 years and by Turkish law at that age, if married, she is competent to manage her property and dispose of one-third of her fortune. The law allows her to abondon her husband's house for just cause and will protect her in so doing. She cannot be compelled to labor for the support of her husband.

THE DAY OF HER DEBUT.

TO THE white-gloved ebony statue at the door this was only another of Stark's teas. Stark was the caterer. His punchbowl, his waiters, his salted almonds, and his bill went from house to house during the season. The man at the door wished Stark would get a new punchbowl. If it were not for the different faces that appeared behind it at every house life to him would be one long, unending party. From his post he could see the table in the dining-room, and he knew from the height of the candles that it was nearly 6. The men would be coming soon.

Matronly women in long fur wraps were waiting for their carriages, and girls in picture hats and trailing silks slipped through the throng into the drawing-room. A sweet-faced young girl in white chiffon, with her arms full of pink roses, stood before a mantel banked with flowers, at the left of a stately woman in lavender. It was the girl's first bow to society, and the woman by her side was still young enough to feel old when men stopped to make pretty speeches to her daughter. Mrs. Howe felt that having a debutante daughter was almost as bad as finding the first white hairs. The men were arriving now; the elder ones alone—the young fellows from the university re enforced by one or two companions. Near the door was a great, broad-shouldered athlete, supported by a little blonde man with a confident air.

The big fellow kept saying: "Now, King, don't bolt and leave me alone. I'm getting more hands and feet every minute. I'll soon be like that chap we used to read about in Latin. Bri— something or other. Now you speak to Mrs. Howe first, won't you? This sort of thing isn't in my line."

"Well, here goes. Be careful. Don't kick that jardiniere, if it does happen to be in your line," said King.

The girl had noticed the two. She smiled reassuringly at the big fellow. Her mind went back to the day, a week before, when she had seen him last. He wasn't in black broadcloth then. Instead, his hair hung in long black strings over his eyes; there was a red streak across one cheek. She had seen him running over a field marked with white lines, while a yelling mob of men in canvas jackets tried to stop him. Then, after the game was over, men in silk hats and men in sweaters had lifted him high on their shoulders, and the whole air rang with cheers for his college.

Now he was bowing solemnly before Mrs. Howe. The next minute he forgot his hundred hands, and remembered only the one that held a little white-gloved palm in its strong clasp.

"Miss Dolly, Bob washed his face in honor of the event. Had his hair cut, too," King explained. Then he added: "Well, take care of yourself, old man," and hurried across the room to speak to a girl he knew.

Bob laughed uncomfortably and twisted his neck about as if he were unacquainted with his collar. "Dolly, my dear child," said Mrs. Howe, "you must be tired standing here so long. Mr. Fields, won't you take her out to the dining-room and get her a cup of coffee or something?"

Bob thanked her with a rapturous look, and the two disappeared on their way to the dining-room. There are one end of the table was a limp-looking girl with pale yellow hair and loose gloves on her thin arms. In front of her were a large samover and an array of cups. She had been pouring chocolate and tea for the last ten years, and was growing old in the service. The silver candelabra at either end of the table proudly held up the half-burned pink candles with pink shades, and the cut-glass dishes of pink bonbons sparkled in their light. The waiters hurried here and there, bringing in plates of salad and ices. Pretty girls in dainty dresses served the guests standing about the room. When Dolly and Bob came in a girl in a much-beruffled pink silk rushed to them with a smile that showed all her dimples.

"Oh, Dolly, you're simply perfect. I wanted to talk to you when I came in, but there were so many people. My dear, your dress is a dream! And those roses! I was awfully late. I came right out here. I hope I've done some good. Why, Mr. Fields, I'm so glad you could come," she rattled on. "How is the sprained knee? We were all so proud of you last Thursday. Dolly, what do you suppose I heard this morning? I went up to see Alice Avery. You know she came home from New York last night. Well, she is engaged. She met the man at the springs last summer. He lives in Atlanta, and his name is Vernon Pierce. Didn't you meet a Mr. Pierce from Atlanta over there at the springs?"

Dolly knew her face was hot and flushed. She hoped Bob wouldn't notice it. "Yes, I think so," she said, trying to smile.

The other girl went on:

"Alice confessed that he was a great flirt. She must be going to be married soon, or she would not announce her engagement. My dear, you look simply worn out. But you will get used to these teas and dances and things by the end of the winter," said the girl with the social experience of two seasons to her account. She smiled and glanced up at Bob, and showed all her dimples again.

The football player led Dolly to a little cushioned seat in an alcove. There was an orchestra behind a screen of palms. Now they were playing "La Paloma" with a mystical Mexican jingle. Dolly looked down at the great bunch of roses in her lap. They had come that morning—with Vernon Pierce's card. She was no longer there in the heated hall of her city house, with Bob, dear old stupid, tiresome Bob, by her side. It was moonlight, and she felt the air of a summer night on her face. They had been dancing and now they could hear the strains of "Forever and Forever." In the light from a window some one was standing before her. His voice was low and he was singing the words of a waltz. "Oh, bid me hope to call thee mine, forever and forever."

She could remember all that he said that night at Greenbriar, and she remembered that she had laughed at him. Yes, she had laughed, and now she was glad. Of course he said the same things to Alice the next week. Alice went up there to the springs just after Dolly came home.

The man at the door came over and gave a handful of letters to Dolly. "These came in the afternoon mail," he said.

"You can read those, Bob," she said as she tossed her companion a pile of small envelopes. She knew they were regrets and such things. There was one large letter, postmarked Atlanta, and directed in a strong, masculine hand. Bob was busy with the "regrets," so she opened it.

"Dear Miss Dolly," it ran, "I wanted to send this letter with the roses, but did not care to risk it to the carelessness of the florist. Of course, I am inconsolable in my disappointment in not getting up to your 'coming out.' But, if I may—it depends entirely upon your answer to this—I shall come up during the holidays. I don't know whether Miss Avery has announced the fact or not, but she is engaged to my cousin. By the way, we both have the same name. They will be married the last of December, and I am to be the best man—if you will let me come and say to you what I tried so hard to make you understand last summer——"

Bob reached up to straighten a candle in the sconce above them. He shook his head at the face reflected in the mirror and murmured, "Not in my line. Not in my line."

Dolly looked up into his face smiling, but he knew that the light in her eyes was not for him.—New Orleans Times-Democrat.

MEXICAN POLITENESS

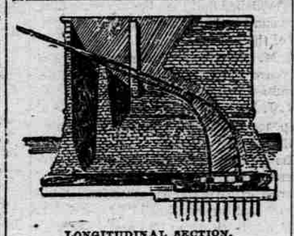
As Displayed Every Day at Any of the Railroad Stations.

Three Mexicans, apparently of the middle class, enter a railway car in the interior, two to make a journey and a friend to see them off. After a lively chat of a few moments, thinking the car about to start, they hug and pat each other on the back, say their farewells, and the friend rushes for the door, keeping up a lively chat on the way out. In about half a minute, seeing that the car does not start, he returns and greets the two prospective travelers with as much pleasure as though they had just returned from a journey instead of being about to make one. Suddenly he appears to think that some loose change might be useful to them on their journey; so thrusts his hand down in his pocket and secures several silver dollars, which he offers to them, and which they loudly protest against receiving. He, however, insists, and, forcing it into their hands, retreats for the door for fear they will thrust it back upon him, all the while keeping up the lively chat. In about another minute, seeing the car does not yet start, he opens the door and comes in, talking as lively as ever, and his companions are very glad to see him, welcoming him very effusively, and again shaking hands and saying good-by as he departs for the outside. On the friend's fourth entrance and departure the two travelers follow to the platform and stand chatting, laughing and saying more farewells until the train starts, and they are compelled to separate, to their great mutual regret, and with expressions of hope that they will soon meet again. United States people would say, "So long, old boy; take good care of yourself," just once and be gone. The train might stand there half an hour, but the departing friend would not come back for a second farewell.

HOW A BRIDGE IS ANCHORED.

Longitudinal Section Showing Anchorings of New East River Structure.

The new East river bridge of New York will be the largest, strongest and handsomest of the large suspension bridges of the world. Its entire length between terminals will be 7,200 feet, the length of the main span, center to center of towers, will be 1,600 feet, and



LONGITUDINAL SECTION.

the extreme width of the floor, from railing to railing of the outside sidewalks, will be 118 feet, says the Scientific American. The next largest suspension bridge is the famous structure a mile and a half down the East river, which is 1,595½ feet between towers and 3,455 feet long between the anchorages. This longitudinal section shows how the great bridge is anchored firmly at each end.

A Way They Have.

"The sun was setting in the West,
Just at the close of day"—
So runs the song, no doubt it's true,
Because nobody ever knew
The orb to let
Itself get set
In any other way.

"The stars were shining overhead,
And night her sable wings had spread,"
According to the song.
Why should we doubt the singer, say?
For isn't that, in fact, the way
They do it right along?

"The gentle breezes softly blew,
The autumn day was fair;"
Ah, well, indeed, the singer knew,
For, on such days what else is there
The gentle breeze can do?
—Chicago Times-Herald.

Macaulay's Memory.

Archdeacon Farrar in a recent reminiscence says that when a young man he heard Macaulay name every woman who had been executed in England. He was then asked if he could name all of the archbishops. "Oh, yes," he replied, "any schoolboy could do that." The Archdeacon says that Macauley's memory made him the most wonderfully informed man that ever lived.

Appropriate.

"Why do they call that trick bicycle rider Asbestos?"

"Because he doesn't scorch."—Bismarck Tribune.

LOVE SAVED HIM.

In Consequence John Dale Is Husband of an Indian Queen.

For many years a white woman named Andaga has reigned over a small band of Indians in the Ungava country, Rainy Lake region, about 300 miles north of the dividing line between the United States and Canada. Now the woman is dead and her daughter, who is the wife of a white man, is crowned queen in her stead.

The husband of the queen, John W. Dale, is the first white man who has ever received admission to the tribe. During a prospecting tour for gold which Dale made about three years ago he discovered a storehouse of gold and had a narrow escape from death at the hands of the Indians. His life was spared only because the young Indian girl, Nita, daughter of the queen, fell in love with him and besought his release.

Now the daughter is queen, the ceremony of installing her taking place immediately after reducing to ashes the body of the dead sovereign.

The young woman and her husband were carried to the council house of the Ungavas, where, in the presence of the 250 or 300 members of the tribe, they swore never to reveal the location of the storehouse of gold, which had been one of the treasured possessions of the band for many years.

After taking the oath, which consisted of placing themselves in the center of a circle formed by the Indians, and dropping upon their knees, while their subjects advanced upon them with drawn knives—to signify that they would make no resistance to being put to death should they ever betray the secret places of the cave of gold—they resumed their places upon the throne, so called, after which all the members of the band prostrated themselves, showing thereby that they were the slaves of the pair, where they remained until ordered to rise.

The manner in which Dale discovered the gold was rather odd. Having with his companions shot some wild ducks for food, they found several pellets of coarse gold in the crops and gizzards of the birds. Estimating that the bits of rock in which the gold was imbedded came from the far North, they started on its trail, with the success of being captured, and the final escape of Dale's companions and marriage of himself to the queen's daughter.

A small party of white men, representing New York, Boston, Chicago and St. Louis capitalists, have just returned from the Ungava country, and the members report the land rich in gold, silver, copper, iron, coal and other minerals. Endeavors will be made to develop the country. Some of the members of the party declare they saw traces of the Indians over which Mrs. Dale is ruling, and one of them brought back several Indian curios, which he says he obtained from Dale.—Detroit News-Tribune.

Science AND Invention

More steel is used in the manufacture of pens than in all the sword and gun factories in the world.

According to chemical analysis, fifteen parts of the flesh of fish have about the same nutritive value as twelve parts of boneless beef.

The principal ingredients in the composition of smokeless powder are guncotton and nitro-glycerine. Some other substances are added, however, in small quantities.

An object, like an iron anchor, that is thrown into the ocean and is free to sink, will go to the very bottom, no matter how deep the sea may be. The notion that at a certain depth the density of the water increases to a point exceeding that of iron, and that the object would there be suspended, is erroneous.

Prof. Dewar has at length succeeded in solidifying hydrogen. In its compact form, solid hydrogen is a transparent ice, but owing to rapid ebullition it usually appears as a foamy white mass. Its mean temperature is 16 degrees centigrade above absolute zero. Prof. Dewar says, with reference to his latest achievement: "The last doubt as to the possibility of solid hydrogen having a metallic character has been removed, and for the future hydrogen must be classed among the non-metallic elements."

Before the Biological Society of Washington O. F. Cook described his studies of the African termites, or white ants. Certain individuals in every nest have no other apparent function except that of fighters or soldiers. Some have a long beak from which they eject an acrid, corrosive fluid; others inspire terror by making a loud clicking noise with their mandibles, but they neither shoot nor bite. One singular observation of Mr. Cook was that the soldier ants which rush out to defend an attacked nest "do not return to the nest, but wander about and soon perish from exposure to the outside air."

It is said that there is not a stream rising in the mountains of Luzon—and the same is true of other islands of the Philippine group—which has not its gold-bearing sands. The alluvial deposits of the precious metal have been garnered for many years, but no thorough exploration for gold at its sources in the mountains has ever been made, because the Spaniards were unable to conquer the tribes inhabiting the interior regions. Some of these tribes are said to look upon the digging up of the earth as a sacrilege, and they will not seek gold in that way, nor permit others to do it, lest the wrath of the gods should grow hot against them.

During a violent thunder storm at Ithaca, N. Y., last summer a writer for the Companion was surprised to observe, several times in succession, a short luminous streak which appeared at a particular point in the clouds, and remained visible about two seconds at a time. It was probably an example of the rare phenomenon called bead lightning, described by Prof. Elihu Thomson at the recent meeting of the American association. When seen to advantage it resembles a string of luminous beads hung in a cloud, "the beads being somewhat elliptical and the ends of their axes in the line of their discharge being colored red and purple respectively." As seen at Ithaca the line was viewed nearly end on, and there was only a suggestion of color visible.

No Shade for Moslem Eyes.

From an interpretation of a passage in the Koran, Moslems are forbidden to have shades to their eyes, hence the absence of the peak both from the fez and the turban.

A Fraction.

"What is a fraction?"

"A part of anything, sor."

"Give an example."

"The sivinteenth of June."—Melbourne Times.

Honest Boy.

"I am glad there are a few honest people left. Two years ago I sent a boy around the corner to buy a postal card. I have never seen the boy to this day."

"You don't call that boy honest?"

"Yes sir! This morning I received a postal with this on the back: 'Dear Sir: Here is your postal. I started in business with the penny you gave me and have prospered. Thanks.' "—Chicago Evening News.

England's Armored Trains.

The magnificent armored trains used by England in her war with the Boers will protect her troops in about the same way that Hostetter's Stomach Bitters drives dyspepsia from the human stomach, and then mounts guard that it does not return. The bitters has won in every case of indigestion, constipation, liver and kidney trouble for fifty years.

Natural gas conveyed in bamboo tubes was utilized in China years ago.

Piso's Cure for Consumption is the best of all cough cures.—George W. Lotz, Fabucher, La., August 26, 1895.

The average advance in wages in Wisconsin for all classes in the year past was 15 per cent.

An ingenious Chicago man is introducing a new footboard designed for the use of brakemen on the freight trains. The device consists of a number of parallel iron pipes, one inch in diameter, and laid upon a framework which raises them eight inches from the level of the car roof. The top sides of the pipes are furnished with iron spurs, placed close together, much in the same manner as spikes upon a railing. It is claimed by this arrangement the spurs prevent the feet from slipping on such ice as gathers, while the snow falls between the rows of pipes upon the roof.

From all accounts the glassmaking trade will in the near future be revolutionized by machinery. Some of the inventions have emerged from experimental stage, and there are many more to follow.

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 gets inflamed you have 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 restored 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 can not 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.

Painters and decorators at St. Louis want 87½ cents, eight hours and Saturday half-holiday on and after April 1, 1900.

The United States turns out annually 185,000,000,000 pounds of plug tobacco.

The Soo Line has officially announced the withdrawal of its cut rates of $19 and $17 between St. Paul and New York, which bid fair for a time to demoralize the rates of the Western Passenger Association. When the Soo made the cut rates high officials of the road stated that they would remain in effect until the close of the steamship season, and their withdrawal at this time indicates that the Soo could not withstand the powerful pressure brought to bear upon it by associate lines.

St. Louis machinery moulders now get $2.75 a day; two months ago $2.

"Nature Abhors a Vacuum."

Nothing in the world stands still. If you are well and strong day by day the blood supplies its tide of vigor. If you are ill, the blood is wrong and carries increasing quantities of diseased germs. You cannot change Nature, but you can aid her by keeping the blood pure. Hood's Sarsaparilla does this as nothing else can. Be sure to get Hood's, because

Hood's Sarsaparilla Never Disappoints

The January Century.

The January Century will contain a poem by Rudyard Kipling, "In the Matter of One Compass." Dr. Mitchell's story, "The Autobiography of a Quack," ends in that issue, but another serial by Dr. Mitchell will begin in the March number. It is called "Dr. North and His Friends," and one who has read the manuscript calls it "an epitome of the science, culture and common sense of the nineteenth century."

Nothing finer in the way of effective railroad advertising has reached the coast this season than the recently issued new booklet of the Great Northern system, entitled "Across America," says the Seattle Times. The booklet contains an accurate description of a trip from Buffalo to Seattle and gives complete information, illustrated by photographs, of every point of interest passed on the journey extending over a distance of 2,900 miles. The advertising department of the Great Northern is being showered with letters complimentary to the new publication.

30 FT. OF BOWELS

THE ALIMENTARY CANAL. 1. Lower end of esophagus (meat-pipe) which conveys food from the throat to the stomach; 2. Cardiac end of stomach; 3. Pyloric end of stomach; 4. Duodenum; 5. Gall bladder; 6, 8, 9. Small intestines; 7. Cecum; 5. Vermiform appendix; 8. Ascending colon; 10. Transverse colon; 11. Descending colon; 12. Sigmoid flexure; 13. Rectum; 14. Anus. The duodenum is continuous with the small intestines. The small intestine empties into the large intestine or colon at the cecum. The arrows indicate the direction which the contents of the bowels must take in passing through the alimentary canal.

are packed away in your insides and must be kept clean, in order and doing business.

It's a long way, with many turns and pitfalls to catch the refuse and clog the channel if not most carefully cleaned out every day.

When this long canal is blockaded, look out for trouble—furred tongue, bad breath, belching of gases, yellow spots, pimples and boils, headaches, spitting up of food after eating,—an all-around disgusting nuisance.

Violent pill poisons or griping salts are dangerous to use for cleaning out the bowels. They force out the obstruction by causing violent spasms of the bowels, but they leave the intestines weak and even less able to keep up regular movements than before, and make a larger dose necessary next time.

Then you have the pill habit, which kills more people than the morphine and whiskey habits combined.

The only safe, gentle but certain bowel cleansers are sweet, fragrant CASCARETS, because they don't force out the foecal matter with violence, but act as a tonic on the whole 30 feet of bowel wall, strengthen the muscles and restore healthy, natural action. Buy and try them! You will find that in an entirely natural way your bowels will be promptly and permanently

Made CLEAN and STRONG by Cascarets

CANDY CATHARTIC

BEST FOR THE BOWELS

10c. 25c. 50c. ALL DRUGGISTS

To any needy mortal, who can't afford to buy, we will mail a box free. Address Sterling Remedy Company, Chicago or New York. 418

5 DROPS [TRADE MARK.]

25c. SAMPLE BOTTLE 10c. FOR NEXT 30 DAYS.

A MARVELOUS DISCOVERY

In Medical Science, Wonderful, Astonishing, Yet True.

CURES RHEUMATISM, NEURALGIA AND SCIATICA.

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