

FOR YOUNG MEN.

...a pleasing address. It is a...
...to success and one thing...
...to it is the ability to express...
...in good, plain, smooth En-...
...When you speak let your lan-...
...be the exact expression of your...
...Don't muddle up what you...
...to say, nor abbreviate nor tell the...
...thing over twice. Formulate your...
...That is, get a clear conception of...
...meaning yourself. Then say what...
...think in the plainest way you can...
...the use of large words the mean-...
...of which some of your hearers may...
...understand. Speak so concisely...
...clearly that if what you say were...
...it would express your ideas ex-...
...Then besides clearness there is...
...an elegance that marks...
...good conversationalist. To acquire...
...you should make a careful study...
...the dialogue in good books. Listen...
...speakers and try to catch their...
...get into a way of putting what...
...have to say in a smooth, pleasing...
...This requires study and careful...
...of others and constant vig-...
...to avoid awkward phrases and...
...ness, but you can improve your-...
...in this way if you are willing to...
...take it.

Wheeling Up Hill.
Physicians say that a large percent-
of bicycle riders have weakened
as a result of over exertion made
wheeling up hills. There is an easy
of climbing a hill, which good
know and practice, but many do
not, and as a result they spend
much energy needlessly. When ap-
proaching a hill do not try to rush it,
especially if it is a long, heavy one. Go
at the bottom; save your energy
at the point where it is needed most.
It is important that you know how to
use the power behind your wheels
wisely. Do this by following the
backward stroke of your right pedal
around with power before you
exert much pressure on your left, and
vice versa. Keep power in the machine
the time. Fierce downward thigh
pedals, with no rotary motion backed
by power only tire the rider and do
not send him up the grade. If you get
into the habit of keeping up the pres-
sure evenly riding up hill will become
easy—but never so easy but that it will
enable you to walk up the medium-sized
hills.

WON FIRST PRIZE.
A handsome baby boy who captured the
Blue Ribbon at a 'saratoga' show.
Richard Stockton Jannopoulos, aged 2
years and 10 months, the handsome
baby boy of Mr. and Mrs. J. C. Janno-
poulos, residing at the West End Hotel,
Saratoga, declared the prettiest baby at the
baby show held recently in Saratoga,
N. Y., where Mrs. Jannopoulos is spend-
ing the summer. The happy father
burst into ecstasies upon receiving the
news in a letter from his wife, and she
explains that she was completely sur-
prised herself, as she did not know
Richard Stockton was even entered.
It seems that Aunt Nellie, the child's
nursed nurse, did some deep-dyed plot-
ting to cast all other babies and nurses
of Saratoga in the shade.
Nellie heard about the baby show and
sneezed with envy to the other nurses'
accounts of how many pretty babies

SUFFERED 25 YEARS.



Congressman Botkin, of Winfield, Kansas.

In a recent letter to Dr. Hartman
Congressman Botkin says:
"My Dear Doctor—It gives me pleasure
to certify to the excellent curative
qualities of your medicines—Pe-ru-na
and Man-a-lin. I have been afflicted
more or less for a quarter of a century
with catarrh of the stomach and con-
stipation. A residence in Washington
has increased these troubles. A few
bottles of your medicine have given me
almost complete relief, and I am sure
that a continuation of them will effect
a permanent cure. Pe-ru-na is surely
a wonderful remedy for catarrhal affec-
tions."
J. D. BOTKIN.

The most common form of summer
catarrh is catarrh of the stomach.
This is generally known as dyspepsia.
Congressman Botkin was a victim of
this disease 25 years. Pe-ru-na cures
these cases like magic. Address Dr.
Hartman, Columbus, O., for a free book.

The microbes that cause chills
and fever and malaria enter the sys-
tem through mucous membranes
made porous by catarrh. Pe-ru-na
heals the mucous membranes and
prevents the entrance of malarial
germs, thus preventing and curing
these affections.

Three hens belonging to Dr. Shaw,
of Russellville, Ky., are high flyers.
They recently ascended 200 feet in the
air in pursuit of a hawk. When the
noon whistles blow they quit scratch-
ing gravel and hasten home to dinner.

I believe my prompt use of Piso's Cure
prevented quick consumption.—Mrs. Lucy
Wallace, Marquette, Kans., Dec. 12, '95.

There has been considerable increase
in the wages of iron moulders all over
the United States. In general, the
increase has reached 10 per cent.

Vegetarians have clearer complex-
ions than people who eat animal food.

Cleveland meat cutters and packers
demanded an advance of 25 cents per
day. The advance conceded them, ac-
cording to the company, amounts to
about 17 cents a day.

Jerome K. Jerome takes his vaca-
tions on a farm, where he becomes one
of the day laborers. He has studied
agriculture both from a theoretical and
practical point of view and expects to
establish a model farm of his own next
summer.

Old Beliefs Revived.

The colored people of Chattanooga,
Tenn., and vicinity have inaugurated
the ancient voodoo dance and the en-
tire negro community has gone wild
on the subject. They congregated
from as far as Alabama and Missis-
sippi to participate in the weird ex-
ercise and worship. The city is full of
excited colored people, drawn there by
the news which has gone forth. The
other night several hundred of the ne-
groes danced to the accompaniment of
tom-toms and other like instruments.

The applicants for membership in
the band take their seats in the mid-
dle of a dark room. There they wait
until a vision is seen and they imme-
diately arise and relate it. If the dream
is horrible enough and suits the look-
ers-on the negro is admitted into fel-
lowship and at once begins his dance
with the others. The voodoo worship
has assumed such alarming propor-
tions that the attention of local offi-
cers of the law has been called to it,
and a stop will probably be put to it
before another dance takes place.

HOW TO TRAVEL.

Information for the Public.
In selecting your route to the East
you cannot afford to overlook the ad-
vantages and comforts offered by the
Rio Grande Western Railway in con-
nection with the Denver & Rio Grande
and Colorado Midland railroads. It is
the only transcontinental line passing
directly through Salt Lake City, and
in addition to the glimpse it affords of
the Temple city, the Great Salt Lake,
the salt palace, and the picturesque
Utah valley, it offers choice of six dis-
tinct routes to the East and the most
magnificent scenery in the world. A
double daily train service and through
Pullman palace and ordinary sleeping
cars, free reclining chair cars and a
perfect dining car service are now in
operation via these lines.

For pamphlets descriptive of the
"Great Salt Lake Route," apply to J.
D. Mansfield, general agent, 253 Wash-
ington street, Portland, Or.

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 connec-
tion made at Granger with Union Pa-
cific, and at Ogden with Rio Grande
line, from all points in Oregon, Wash-
ington 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, Or.

About 10,000,000 feet of birch wood
will be sent this year from Maine to
England and Scotland for spoils.

Belgium exports 2,200,000 dressed
rabbits yearly to England. They
weigh from six to eight pounds apiece
and the rabbit crop sells for \$1,170,000
on the average.

English barb-wire manufacturers
having reduced prices, while American
goods have advanced, hope to be able
to compete in South Africa with what
has heretofore been almost an Ameri-
can monopoly.

What It Meant.

In one of the suburbs of Philadel-
phia there is a school principal who is
a very kindly man. He is noted par-
ticularly for his love of animals, and
he never neglects an opportunity to
lecture his young charges on his pet
hobby.

The other day he told them all about
vivisection and how, in the name of
science, it entailed untold suffering
upon dumb animals. At the end of his
discussion, in order to make sure that
his words had been fully understood,
he asked:

"Now tell me what vivisection
means."

"Please, sir," answered one of the
boys, "it means trying it on the dog."
—Judge.

Still More Counterfeiting.

The Secret Service has just unearthed
another band of counterfeiters and secured
a quantity of bogus bills, which are very
cleverly executed. Things of great value
are always selected for imitation, notably
Hostetter's Stomach Bitters, which has
many imitators but no equals for disorders
like indigestion, dyspepsia and constipa-
tion.

A negro convict in an Australian
jail was conveyed to a Vienna hospital
and there experimented upon with
electricity for four months. At the
end of that time he was so bleached
that he would pass for a white man.

SHAKE INTO YOUR SHOES

Allen's Foot-Ease, a powder for the feet.
It cures painful, swollen, smarting, nerv-
ous feet, and instantly takes the sting out
of corns and bunions. It's the greatest
comfort discovery of the age. Allen's Foot-
Ease makes tight or new shoes feel easy.
It is a certain cure for Ingrowing Nails,
sweating, callous and hot, tired, aching
feet. We have over 30,000 testimonials.
Try it today. Sold by all druggists and
shoe stores. By mail for 25c in stamps.
Trial package FREE. Address, Allen S.
Olmsted, Le Roy, N. Y.

The shipyard at Port Blakeley,
Wash., has enough work on hand to
keep it busy for a year to come.

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 constitu-
tional remedies. Deafness is caused by an in-
flamed condition of the mucous lining of the
Eustachian Tube. When this tube gets in-
flamed you have a rumbling sound or imper-
fect hearing, and when it is entirely closed
deafness is the result, and unless the inflamma-
tion 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.

It is said that every ton of coal
mined in England pays 12 cents as roy-
alty to support the Church of En-
gland, whether the owner of the mine
or the workers in it ever enter a parish
church or not.

It is said that the productive capacity
of labor-saving machinery at the present
time is equal to a hand working
population of 400,000,000.

The total number of women over 18
years old employed in the factories
and workshops of the British islands is
about 500,000.

The therapeutic value of liquid air
is very great. It is said to be a cure
for diphtheria, cancer and other germ
diseases, destroying the bacilli by
spraying. The intense cold makes or-
ganic life impossible.

The Housewife's Burden

Mrs. Ada M. Herr, of 429 N. Char-
lotte St., Lancaster, Pa., suffered ter-
ribly from female disorders. Her
nerves became unstrung, she en-
dured intense pain, the slightest
labor wearied her and household du-
ties became a burden. Frequent
fainting and dizzy spells would come
upon her and she would fall pro-
strate in a swoon. After trying sev-
eral physicians without success Mrs.
Herr began taking Dr. Williams' Pink Pills for Pale People. She says:
"The pills brought immediate re-
lief, and after taking six boxes I was
cured. Dr. Williams' Pink Pills for
Pale People had done what all pre-
vious treatment had failed to do."
From the Examiner, Lancaster, Pa.
Our new book, **Plain Talks to Women**, sent in plain envelope,
sealed, on request.

Dr. Williams' Pink Pills for Pale People
are never sold by the dozen or hundred,
but always in packages. At all druggists,
or direct from the Dr. Williams Medicine
Co., Schenectady, N. Y., 50 cents per box,
6 boxes \$2.50.

The recent epidemic of lockjaw is
not difficult of explanation. The dis-
ease is produced by a microbes getting
into any break in the skin. The mi-
crobe abounds at all times, at some
place more than others.

FITS Permanently Cured. No fit or nervousness
after first day's use of Dr. Kline's Great
Nerve Restorer. Send for FREE \$2.00 trial
bottle and treatise. Dr. R. H. KLINE, Ltd., 229
Arch street, Philadelphia, Pa.

The bricklayers of Vancouver have
struck against the employment of Chi-
nese as mason tenders.

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

The horse never breathed of which
George Brumsint was afraid. At the
age of 103, in Brown county, Ind., he
broke and rode a colt which his neigh-
bors feared to approach. He died a
short time ago, at the age of 113.

The price of medicine in Prussia is
regulated by the state, a new price list
being published every year.

Slate pencils are made in Tennessee
from slate dust and other ingredients
compressed by hydraulic means. One
concern made 25,000,000 in a year.

An agreement has been reached be-
tween representatives of the Washington
breweries and their employes which
establishes a uniform work day of 16
hours in local breweries and raises the
scale of wages of all brewery workers
from 5 to 20 per cent.

Sour Stomach

Back up a sewer, and you poison the whole neighborhood. Clog up liver and bowels, and your stomach is full of undigested food, which sours and ferments, like garbage in a swill-barrel. That's the first step to untold misery — indigestion, foul gases, headache, furred tongue, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. CASCARETS quietly, positively stop fermentation in the stomach, make the liver lively, tone up the bowels, set the whole machinery going and keep it in order.

Don't hesitate! Take Cascarets to-day and be saved from suffering!

Cascarets

ANNUAL SALES, 5,000,000 BOXES.

THIS IS THE TABLET

THEY WORK WHILE YOU SLEEP

10c. 25c. 50c. DRUGGISTS

CASCARETS are absolutely harmless, a purely vegetable compound. No mercurial or other mineral pill-poison in Cascarets. Cascarets promptly, effectively and permanently cure every disorder of the Stomach, Liver and Intestines. They not only cure constipation, but correct any and every form of irregularity of the bowels, including diarrhea and dysentery. Pleasant, palatable, potent. Taste good, do good. Never sicken, weaken or gripe. Be sure you get the genuine! Beware of imitations and substitutes! Buy a box of CASCARETS to-day, and if not pleased in every respect, get your money back! Write us for booklet and free sample! Address STERLING REMEDY COMPANY, CHICAGO or NEW YORK.

BABY JANNIPOULO.
...were to be on exhibition. Fearing Mrs.
Jannopoulos would object, Nellie clinch-
ed the matter by taking her idol down
to the big building on the sly and set
him before the judges. "It was about
o'clock when Nellie returned," writes
Mrs. Jannopoulos, "with little Richard
pulling at a big blue ribbon pinned to
his dress. 'He's done took de prize,'
she said, with a happy smile, and then
the whole story came out.

A Wonderful Old Building.
The most wonderful religious antiq-
uity in Europe, for certain reasons, is
the church at Borgund, Norway. This
extraordinary building is supposed to be
about a thousand years old. It is
what is called a "Stav Kerke," or Stave
church, i. e., it is entirely built of oak-
en staves or slabs, which are practical-
ly imperishable. It stands in utter soli-
tude in one of the wildest parts of Nor-
way, and many a visitor to the western
fjords takes a special journey through
the lovely scenery to visit this sanc-
tuary. Worship is still regularly observ-
ed in it, the farmers coming for miles
from the country round.

Test of Fresh Eggs.
To test the freshness of eggs drop
them into a deep dish of water, and if
the small ends come to the top they are
fresh.