GOOD LOOKS.

There are more wrinkles in the face of a baby monkey than there are in that of an old baboon. And speaking of wrinkles, more of them can be wrought out in a fair young face by neuralgia than in that of an aged person. Constant pain will shrivel, and neuralgia neglected will plow its furrows deep. It not only wrinkles, but takes the bloom away and gives the skin a dull and yellow look. St. Jacobs Oil is a prompt and sure cure for neuralgia, and it should be used, as while it soothes and cures, it smooths out the tracks of pain and leaves the skin healthy and fair again; besides it rids the sufferer of much torment and restores a happier disposition. Gook looks come only with good health, and health is found in the absence of pain.

The chaplains of the Oklahoma legislature receive $1.50 per day, or just half the sum set apart for the men who clean the spittoons.

HORRID TORTURE.

This is often felt in every joint and muscle of the body by turns, by people who, experiencing the earliest twinges of rheumatism, neglect to arrest the malady, as they may easily do, with Hostetter's Stomach Bitters, a professionally authenticated remedy for the agonizing complaint. Recollect that rheumatism unchecked often lasts a lifetime, or abruptly terminates it when the malady attacks the heart. The Bitters also remedies chills and fever, dyspepsia and liver complaint.

The Isle of Man possesses many privileges and unique features. It has a music all its own.

$100 REWARD $100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers, that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address, F. J. CHENEY & CO., Toledo, O.
Sold by Druggists, 75c.
Hall's Family Pills are the best.

The ancients knew how to cheat. Loaded dice have been found in the ruins of Herculaneum.

HOME PRODUCTS AND PURE FOOD.

All Eastern Syrup, so-called, usually very light colored and of heavy body, is made from glucose. *"Tea Garden Drips"* is made from Sugar Cane and is strictly pure. It is for sale by first-class grocers, in cans only. Manufactured by the PACIFIC COAST SYRUP CO. All genuine *"Tea Garden Drips"* have the manufacturer's name lithographed on every can.

Before the great freeze in Florida the annual orange crop was from 8,000,000 to 10,000,000 boxes. The estimate for this season is 70,000 boxes.

Piso's Cure for Consumption has been a family medicine with us since 1865.—J. R. Madison, 2409 42d ave., Chicago, Ill.

On the summit of Ben Lomond are the smallest trees in Great Britain. They are dwarf willows and when matured are only about two inches in height.

In Brazil, at a funeral of an unmarried woman, the mourning color is scarlet. The coffin, the hearse, the trappings of the horse and the livery of the driver are all scarlet.

YOU HAVE BACKACHE

Get Rid of It!

It is a sign that you have Kidney Disease; Kidney Disease, if not checked, leads to Bright's Disease,

and Bright's Disease Kills!

Because the Kidneys break down and pass away with the urine.

Heed the Danger Signal

and begin to cure your Kidneys to-day by taking

Warner's Safe Cure

Large bottle or new style smaller one at your druggist's.

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 potash 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 Pensylvania 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.

SSS

FOR SALE ONE CALIFORNIA REliable Job Press, quarto-medium; one Favorite Paper Cutter, 31x41 inches. Cheap for cash. Address, Catholic Sentinel, 280 Oak street, Portland, Oregon.

THE GILSONITE BEDS.

The House Provides That Corporations Shall Not Get Them.

Washington, April 26.—The house today completed the consideration of the senate amendemnts to the Indian appropriation bill, and sent the bill to conference. The main contention centered about the senate proposition to open the Uncompahgre Indian reservation under the mineral land laws. Finally an amendment was recommended to the effect that no corporation should be allowed to obtain possession of the gilsonite deposits, but that the government would lease the lands in limited areas, and for limited terms of years. The senate amendment striking from the house bill the provision for the ratification of the oil and gas leases made by the council of the Seneca Indians last December after a sharp debate was disagreed to.

Bland attempted early in the session to secure action on a resolution relating to the Union Pacific mortgages, which he tried to offer last week, but the speaker ruled that the resolution was not privileged.

A resolution was adopted by which a committee of twenty-four was appointed to attend the dedication of the Grant tomb in New York.

Paid With His Life.

New Whatcom, Wash., April 26.—Richard H. Straub paid the life penalty today at Friday Harbor, San Juan county, for the murder of Leo Lanterman, on Blakeley island in Auugst, 1895. The execution took place at 11:15 A. M., immediately after the arrival of the mail steamer Lydia Thompson from Seattle. She brought no reprieve from the governor, and the murderer's last hope was gone.

About twenty-five persons witnessed the execution, which was within a small inclosure outside the jail. Sheriff Jones adjusted the noose and sprung the trap. Straub's neck was broken instantly. The two physicians in attendance report that death resulted in nine minutes. The coroner took charge of the body, which will be buried on the military reservation of the adjoining town.

Warships in Reserve.

Washington, April 26.—The navy department has perfected its plans for the creation of a reserve list of war vessels. The first vessel to be made the nucleus of the reserve fleet is the Columbia. She will not be taken out of commission, but will be laid on reserve at League island as soon as she returns from the New York celebration next week. Of her crew of 400 men, only seventy-seven will be retained on the ship. They will be commanded by four commissioned officers and three warrant officers. The small crew retained on the ship will be sufficient to train the men assigned to her, being thoroughly familiar with all her peculiarities. The 300 odd men saved from the Columbia's crew by the reduction will be transferred to the battle-ship Iowa.

Will Hit Us Hard.

Ottawa, April 26.—The new tariff announced by the government will hit the United States pretty hard. In that regard it is popular here, but doubly so on account of the preference it makes in favor of British goods. These preferential terms for Great Britain and other countries disposed to receive Canadian products at favorable rates, the finance minister explained in parliament, would be in the form of reductions from the general list at one-eighth for the first year, and after that period they would be one-quarter of the rate in the general tariff. These reductions would apply to all schedules except those imposing duties intended for revenue on such articles as wines, tobacco, cigars and cigarettes.

Lenz' Alleged Murderers.

Washington, April 26. — United States Consul Borgehor, at Erzeroum, Turkey, has reported to the state department that the Turkish court that has been trying by default the Kurds and Armenians charged with the murder of young Lenz, the Amercian bicyclist, while on his tour around the world awheel, has acquitted the accused. The magistrate found that there was not sufficient evidence to warrant the conviction of the accused and dismissed the charges, a matter of small moment after all, considering the fact that none of the accused had been held guilty by the authorities.

A Matter of Time.

Murray, Idaho, April 26.—In the little town of De Borgia, just over the Montana line, a most peculiar suit has commenced. Last November John W. Connel was injured by a falling tree, so that his leg had to be cut off. He was then the holder of a paid-up accident policy, which expired at noon the day the accident occurred. It was precisely 11:30 A. M., mountain time, when he was hurt. The policy was issued in Iowa, and the company issuing it takes the stand that its life must be measured by the time at the point where it was issued, and that, measured by the Iowa time, it had already expired. The suit is for $2,500.

New Postmasters in Oregon.

Washington, April 26. — Fourth-class postmasters in Oregon were appointed today as follows: W. J. Clarke, Gervais, Marion county; J. H. Hiatt, Lyons, Linn county.

San Quentin Prison, Cal., April 26.—Frank Cooney Kloss was hanged promptly at 10:30 this morning for the murder of William Deady, over two years ago. Neither the brother nor mother of Kloss has been at the prison since yesterday, and the execution was witnessed only by prison officials, physicians and newspaper men. As Kloss had boasted he would do, he died game for his brutal and cowardly murder of his victim. He was cool to the last. Death was almost instantaneous.

A Fatal Railway Wreck.

Evergreen, Ala., April 26.—A wreck occurred on Mundge trestle, nine miles north of this place, last night, to the south-bound passenger train on the Louisville & Nashville railroad. The engine, mail car and two coaches were ditched. Engineer Adams, the fireman and two negroes were fatally injured, and two tramps severely hurt. The cause of the wreck is not known.

There is no reliable case on record where resuscitation has taken place after the complete freezing of the body in man

WEEKLY MARKET LETTER.

Downing, Hopkins & Company's Review of Trade.

The past week has been a very active one in the wheat market, prices advancing materially and substantially. Liquidation by the long interest has ceased and the speculative short sellers have been liberal buyers to cover previous sales. The principal causes for this reversal have been the renewed export demand and the unprecedented large sales of flour, mostly for home consumption. In addition, crop prospects in American are much less favorable. The winter wheat crop now promises no important increase compared with that of last year. The excessive moisture has generally retarded the seeding of spring wheat, particularly in the Northwest, where severe floods in the Red river and Jim river valleys promise to seriously delay spring seeding, and is certain to prevent any large increase in acreage sown as compared with last year.

Hot winds in California have caused extensive damage and advanced prices in San Francisco markets equal to 12c per bushel

The total crop yield now promises not to be sufficiently larger than that of last year to meet the increasing demand for American breadstuffs by importing countries. In this connection it should be remembered that since the war with China, Japan has subsidized her merchant marine with the war indemnity. The consequent reduction in ocean freight rates has led to large sales of wheat and flour to Japan and China, amounting to 28,000,000 bushels during the present crop year. The opening up of this new market for our wheat is certain to have a stimulating effect on values. Nothing but the lack of speculation prevents an advance in prices. The export demand, if continued, with our present small stocks, may lead to increased speculative activity and furnish the market with that support the lack of which caused the recent decline.

Market Quotations.

Portland, Or., April 27, 1897.

Flour—Portland, Salem, Cascadia and Dayton, $4.00; Benton county and White Lily, $4.00; graham, $3.40; superfine, $2.75 per barrel.

Wheat—Walla Walla, 73@74c; Valley, 75c per bushel.

Oats—Choice white, 38@40c per bushel; choice gray, 37@39c.

Hay—Timothy, $14.00@15.00 per ton; clover, $11.50@12.50; wheat and oat, $12.00@13.50 per ton.

Barley—Feed barley, $17.50 per ton; brewing, $18@19.

Millstuffs — Bran, $14.50; shorts, $16.50; middlings, $26.

Butter—Creamery, 35c; dairy, 25@27½c; store, 17½@30c per roll.

Potatoes—Oregon Burbanks, 55@65c; Garnet Chilies, 60@70c; Early Rose, 80@85c per sack; sweets, $2.75 per cental for Merced; new potatoes, 3c per pound.

Onions—$2.50@2.75 per cental.

Poultry—Chickens, mixed, $2.75@3.50; geese, $4.00@5.00; turkeys, live, 11@12c; ducks, $6.00@7.00 per dozen.

Eggs—Oregon, 9½c per dozen.

Cheese—Oregon, 11½c; Young America, 12½c per pound.

Wool—Valley, 12c per pound; Eastern Oregon, 6@8c.

Hops—5@8c per pound.

Beef — Gross, top steers, $3.50; cows, $2.25@3.00; dressed beef, 4@6c per pound.

Mutton—Gross, best sheep, wethers and ewes, $3.50@3.75; dressed mutton, 6c per pound.

Hogs—Gross, choice, heavy, $4.00@4.25; light and feeders, $2.50@3.00; dressed $4.50@5.25 per cwt.

Veal—Large, 3½@4c; small, 4½@5 per pound.

Seattle, Wash., April 27, 1897.

Wheat—Chicken feed, $27 per ton.

Oats—Choice, $23@24 per ton.

Barley—Rolled or ground, $20 per ton.

Corn—Whole, $20 per ton; cracked, $20@21; feed meal, $19@20.

Flour—(Jobbing)—Patent excellent, $4.80; Novelty A, $4.50; California brands, $4.90; Dakota, $5.65; patent, $6.40.

Millstuffs—Bran, $14.00 per ton; shorts, $18.

Feed—Chopped feed, $18.00 per ton; middlings, $22; oilcake meal, $30.

Hay—Puget sound, per ton, $11.00; Eastern Washington, $15.

Butter — Fancy native creamery, brick, 20c; ranch, 14@15; California, 14@17.

Cheese—Native Washington, 12c.

Vegetables—Potatoes, per ton, $15.50@16; parsnips, per sack, 75c; beets, per sack, 60c; turnips, per sack, 60c; rutabagas, per sack, 50c; carrots, per sack, 40@50c; cabbage, per 100 lbs, $1.50; onions, per 100 lbs, $3.25.

Sweet potatoes—Per 100 lbs, $4.00.

Poultry—Chickens, live, per pound, hens, 10c; ducks, $6@6.50.

Eggs—Fresh ranch, 12½@13c.

Fresh Meats—Choice dressed beef, steers, 7c; cows, 6½c; mutton, sheep, 8½c per pound; lamb, 5c; pork, 6c per pound; veal, small, 8c.

Fresh Fish — Halibut, 4½@6c; salmon, 6@8c; salmon trout, 7@10c; flounders and soles, 3@4c.

Provisions—Hams, large, 11½; hams, small, 11¾c; breakfast bacon, 10c; dry salt sides, 6¼c per pound.

Fruits—Lemons, California, fancy, $2.50@3; choice, $; Cal fornia fancy navals, $3@3.50.

San Francisco, April 27, 1897.

Potatoes—Salinas Burbanks, 90c@$1.10; Early Rose, 60@70c; River Burbanks, 50@65c; sweets, $1.50@1.75 per cental.

Onions—$2.50@3.00 per cental.

Eggs—Ranch, 10½@12c per dozen.

Butter—Fancy creamery, 15½c; do seconds, 12@12½c; fancy dairy, 12c; seconds, 10½@11c.

Cheese—Fancy mild, new, 6½@7c; fair to good, 5½@6c; Young America, 7@8c; Eastern, 14@14½c.

Wool—Choice foothill, 10@13c; San Joaquin plains, 8@11c; do 12 months, 8@10c per pound.

Hay—Wheat and oat, $8@10; best barley, $6.50@8.00; alfalfa, $5@8; clover, $6@8; compressed wheat, $6@9.50; do oat, $6@7 per ton.

Tropical Fruit—Bananas, $1.00@2.00 per bunch; pineapples, $2@4.

Citrus Fruit—Oranges, navel, $2@3.50; seedlings, do, $1@1.50; common lemons, $1.50@$1.75; fancy, $2@$2.25 per box.

Apples—$1.25@2 per box; Eastern, $3.75@4 per barrel.

Hops—8@12c per pound

TOPICS FOR FARMERS

A DEPARTMENT PREPARED FOR OUR RURAL FRIENDS.

The Best Kind of Corn for Ensilage—How to Plant Apple Orchards—Grease Will Destroy Lice on Cattle—Farmers Who Are Land Poor.

Corn for Ensilage.

Quality of feed put into the silo counts for as much there as it does if fed dry. This has an important bearing on the kind of corn to plant for the silo. It is not now the practice, as it used to be, to look exclusively or even mainly to a great bulk of forage without regard to its quality. But where the large Southern corn that will not ear so far north is sown thickly, the immense growth of stalks without any grain and with very small nutritive value, makes a feed so poor that it needs a great deal of grain or meal to perfect the ration. Some good farmers of our acquaintance have sown this Southern corn for the last time. The early Flint or Dent varieties, drilled thinly enough to make at least a nubbin on every stalk, can be made to grow twelve to fifteen tons of green fodder per acre on rich land. If this corn is cut and put in silo when the grain is in the milk, there will be more valuable nutriment in it than in twenty to twenty-five tons of pale white stalks that have hardly enough carbon in them to heat and form the carbonic acid gas that preserves the ensilage from spoiling. The richer the stalks, so that they be green and succulent, the sweeter the ensilage will be. Sour ensilage always indicates that the quality of the fodder was too poor to get up rapid fermentation, which would exclude air and prevent the ferment going to the point of making vinegar, thus destroying much nutrition.—Exchange.

Planting Apple Orchards.

How far apart should apple trees be planted? The small, thin, whiplike trees with a few roots attached look very lonesome when set at the proper distance apart. It requires strong imagination and some faith to see these in the future, spreading fifteen to eighteen feet on either side, and with branches that interlock each other. Yet they will surely do it if not planted forty feet apart. And on good ground, that, for the spreading varieties, like Greening and Baldwin, is none too near. The Northern Spy apple grows more upright, and that may be planted thirty feet apart, partly to crowd the roots and induce earlier bearing. But even with the Northern Spy we should prefer to have the trees planted forty feet apart, and then plant in between the rows peach trees or dwarf pear trees to produce a crop until the apple trees come into bearing. No kind of apple so much needs sunlight as does the Northern Spy. But this can be best secured by pruning out the inside branches of the tree and letting sunlight to the center. The Northern Spy apples that grow on these inside branches are small, colorless and poor in flavor. The fruit at best needs a long season to ripen, and should have all the sunlight that can be given it.—American Cultivator.

Grease to Destroy Lice.

If cattle in spring are thin in flesh, with rough, staring coat, it is a pretty sure sign that lice are troubling them. It is only on thin cattle that lice can long continue to live. Grease of any kind kills them, as it closes the pores through which they breathe. It is much better to rub lard or fat of any kind on the necks of cattle and around the head than to apply large amounts of kerosene, which has usually the effect of taking off the hair. If kerosene oil is used, make it into an emulsion, with ten times its bulk of water, and using enough soap to make the oil and water thoroughly mix. This closes the pores and is just as effective as stronger doses.

Farmers Who Are Land Poor.

Farmers who have as much land as they can properly attend to frequently rent other farms and extend their operations. They cannot do this profitably unless they depend upon fertilizers. But few farms receive a sufficiency of manure, and when the farmer undertakes to cultivate more land he must either impoverish the land or add something to it. It is better to use les sland and increase the yield. If the land can be made to produce more without enlarging the area the cost of the crop will be reduced. Hundreds of farmers are land poor and pay taxes on land that cannot be made to pay because the efforts are not concentrated on less space.

As to Sheep.

Sheep are the most profitable stock on the farm. Those who go into sheep raising extensively find it a profitable business, but a small flock on every farm is nearly all profit. There is no animal that will convert the weeds and wastes that grow on every farm into ready cash like sheep. They will eat almost every kind of weed that grows, even to thistles. They soon banish weeds from pastures where they are fed from year to year, and if they do not clean the fence corners, lands, bush borders, fallow fields and byways it is because they do not get a chance. There is no way of checking wild mustard so effectively as by growing sheep fed on the land from year to year and allowing the sheep to feed upon it.

Sheep are also noted for increasing the fertility of the soil. No one who stocks his land well with sheep has his land shorn of its fertility. This is a very important matter, and one of the great advantages in keeping sheep.

In establishing a small flock of sheep pure bred sheep can now be got so reasonable in price that the difference in the cost between pure bred registered sheep and grade or common sheep is but trifling as compared with the many advantages a pure-bred flock has over the others. A pure-bred sheep is always as good as a grade for the drover or butcher, and an extra good, well bred sheep will always command an extra price. In any event, the sires used in every flock should be of some of the pure breeds of sheep, of which there are so many to select from. It is the little extra care and attention to breeding and feeding that makes the profit.

Tomatoes.

Tomatoes at the Minnesota station were forced in rich soil over well-rotted horse manure in a barrel, and trained up the south side of a building, with good results. Experiments conducted for two and three years past with potassium sulphid and Bordeaux mixture for the prevention of rot in tomatoes have given unsatisfactory results, and the best method of avoiding rot is believed to be the selection of resistant varieties and the use of uninfected land.

Much variation was found among different varieties in susceptibility to rot. Early tomatoes were, as a rule, found to be inferior in quality to later varieties. The varieties Acme, Dwarf Champion and Beauty are generally recommended for commercial planting, with the use of Early Ruby, Maule Earliest and Earliest of All in sections where the seasons are short.

Feeding Sitting Hens.

Sitting hens never get fat. In fact, with some of the persistent sitters of the Asiatic breeds, the semi-starvation to which they expose themselves is, perhaps, better for their future as egg producers than high feeding would be. Still it is not best to let this starvation go too far. The hen will not eat nor drink much, but if food and drink are offered early in the morning, some of both will be taken. We never feed a sitting hen anything but wheat, and do not give very much of that. It is more important that the hen drink freely than that she eat much. She will sometimes drink if milk is offered to her at night. With wheat in the morning and milk at night, the hen will lose fat, but will be healthier and ready to go to laying again by the time her clutch of chickens is grown large enough to care for themselves.—Exchange.

The Common Field Pea.

The common field pea is very largely grown in Canada, partly because that country is in some parts too far north to grow corn profitably. Another reason is that the pea in Canada is exempt from the attacks of the pea weevil. It is found that by securing Canada peas for seed crops of peas may be grown on our side of the line free from bugs, if in a place where no peas have lately been grown. The pea is really a better food for growing hogs than any other grain, and as while growing the pea roots increase nitrogenous fertility in the soil, the crop may be profitably grown. It is the best fallow crop to precede either winter wheat or rye.

Heavy Soil Best for Fruit.

Owing to its earliness and the ease with which it is cutivated, it was natural that for a long time sandy soil should be preferred by the fruit grower. But it is becoming understood that well underdrained, heavy soils can be worked nearly or quite as early as sandy soils, and these are much richer in the mineral elements of plant food that are essential in perfecting fruit of any kind. In many of the winter fruits the easiness of ripening on light soil becomes a disadvantage, as it makes late fall and early winter fruits of varieties that, when grown on heavier soil, should be kept in good condition until spring.

Cottonseed Meal.

W. F. Massey tells the Practical Farmer that while cotton seed meal may be excellent feed for beef cattle, he does not want any fed to his milch cows, if he is to eat the butter. He would prefer pea meal. If cotton seed meal be fed at all, it should be in small quantities and with ensilage or cut hay.

Farm Notes.

The editor of one of the leading dairy journals states that if one-half of the cows now giving milk, intelligently selected for that purpose, could be slaughtered within a week, the remaining half would yield a greater profit than is now realized from the whole.

The feeding of cut hay and pulped roots to stock demonstrates that steers will make a larger gain in weight than when the same foods are fed unprepared, as much as 33 per cent. increase having been noticed. This indicates that it will pay to give careful preparation of the food.

Oleomargarine does not injure the sale of butter as much as does the large amount of inferior butter put on the market by farmers, due to either a lack of knowledge of butter making or carelessness in the work. There is a separate and distinct market for choice butter, and it sells readily at good prices during every season of the year.

Sheep seem to escape disease only when the flock is guarded. As long as farmers buy sheep to bring on the farm for fattening, instead of raising their sheep and using pure breeds, they will have scab, footrot and other difficulties to meet. If the flock is healthy do not incur any risk by buying other sheep to put with them.

Sandy soil is usually deficient in lime and potash, hence any expenditure for those substances to be applied where the land is sandy should prove a profitable investment. Clover can be grown after such substances are used, and the land will then make a gain in nitrogen. It is not necessary to give heavy dressings of lime, but apply it lightly in the spring and fall.

One of the best kinds of grafting wax for general use is made of four parts rosin, two parts beeswax and one part tallow. Melt together, pour into a pail of water, and pull like molasses candy. Almost any wax will melt in the sun in the hottest summer days, and should be covered with cloth or paper. If you want a harder wax than this add one part more rosin. You can try this wax by a hot stove and find out its melting point.

Tobacco growers are combating the worms by using a spray of one pound of Paris green to 160 gallons of water. Use a knapsack sprayer, with agitator attachment. If it is not desirable to use Paris green on the plants, the moth that lays the egg may be destroyed by taking the bloom of the jimson weed; place them along the tobacco rows in an upright position, and inject into each bloom, with a small, clean can, some of the following mixture: One pint water, one-fourth pint honey, one ounce cobalt. It is sure death to the miller.

A Bond of Sympathy.

"Sir," said the mendicant, "I have spent many days on the road."

"Poor fellow," murmured the man approached. "Here's $1. I've traveled on those Southern railroads myself."—Philadelphia North American.

FOR EVERY BICYCLIST.

Champion Michael Advises Use of Paine's Celery Compound.

James Michael is the champion long distance bicyclist of the world.

He recommends all wheelmen to take Paine's celery compound.

His experience is that of thousands of others. With the opening of the bicycle season many a young person and hundreds of older people who have determined to take up bicycling as a health-giving exercise find themselves really lacking the proper "snap" or stamina to begin on. Their bodily condition prevents so spirited exercise. They would like to ride, but they are out of sorts, run down by a winter of work or indoor life. Many who are really sick, who have suffered from debility or wasting diseases for a long time until they had begun to think their troubles had become chronic, as nothing gave them relief, would turn to bicycling for relief. But this splendid exercise, like any other, requires strength to undertake. The blood is out of order, the nerves deranged, and nature's food for both is needed.

All such persons will find to their immense joy that Paine's celery compound, taken now, will make them well.

Paine's celery compound works wonders in the spring. If you have labored under the load of repeated headaches, neuralgic pains and days of nervous debility, now is your best time to get well.

Michael is today the most phenomenal rider in professional ranks. As far back as 1894 he was undisputed champion of Great Britain, and in the following year he went to France and scored twenty-five straight wins against the picked riders of Europe. He has defeated such famous men as Jacquelin, Gougoltz, Huret, Rivierre, Bonhours, Bourrillon and Barden of England, and Leyten, the Belgian champion.

He has just returned from Europe and is now ready to join the racing men on the Pacific coast, despite the large amount of work he has gone through during the past months.

Michael has made cycle racing a careful study, and is in a position to give excellent advice not only to racing men but to wheelmen and athletes in general. In reference to his own methods the following letter will interest everybody:

Boston, Mass., Feb. 21, 1897.

After the exertion of my record rides while with the Morgan & Wright team in the south last winter, during which I lost somewhat in weight, on account of the unaccustomed climate, I was advised to use Paine's celery compound. I am pleased to say that it gave such satisfaction that I was impelled to use it again to brace up from the effects of the two unusually rough ocean trips that I have taken during the past month. I believe that wheelmen who have to undergo the hardships of "circuit chasing" will find Paine's celery compound of assistance in keeping up their physical tone.

JIMMY MICHAEL.

Every one needs to take a spring remedy to purify their blood, arouse the circulation and counteract the debilitating effect of months of confining work, worry and excitement.

The more intelligent portion of every community are the ones who best recommend Paine's celery compound. They have looked into this great remedy, followed its remarkable achievements in the case of friends, neighbors and relatives, and know just what to expect from its use as a nerve and brain strengthener and restorer and an ideal invigorator for a rundown system.

The slowest breeders of all known animals, a pair of elephants, would become the progenitors of 19,000,000 elephants in 750 years, if death did not interfere.

Gladness Comes

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