

Eruptions

Dry, moist, scaly tetter, all forms of eczema or salt rheum, pimples and other cutaneous eruptions proceed from humors, either inherited, or acquired through defective digestion and assimilation.

To treat these eruptions with drying medicines is dangerous:

The thing to do is to take

Hood's Sarsaparilla and Pills

Which thoroughly cleanse the blood, expelling all humors and building up the whole system. They cure

Hood's Sarsaparilla permanently cured J. G. Hines, Frank, Ill., of eczema, from which he had suffered for some time; and Miss Alvina Wolter, Box 212, Algona, Wis., of pimples on her face and back and chafed skin on her body, by which she had been greatly troubled. There are more testimonials in favor of Hood's than can be published.

Hood's Sarsaparilla promises to cure and keep the promise.

Love's Young Dream.

Nellie (calling to her sister)—I'm going to make some lemonade, Jennie. Where is the squeezer?

Jennie (absently)—The squeezer! Oh, he hasn't arrived yet, but I'm expecting him any minute.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free Trial Bottle and Treatise. Dr. R. H. Kline, Ltd., 28 Arch St., Philadelphia, Pa.

It is generally more profitable to reckon up our defects than to boast of our attainments.—Carlyle.

The banana produces to the acre forty-four times more food than the potato and 130 times more than wheat.

Catarh Cannot be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarh Cure is not a quick medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonic known, combined with the best blood purifier, acting directly on the mucous surfaces. The perfect restoration of the two ingredients is what produces such wonderful results in curing Catarh. Send for testimonials free.

Sold by Druggists, price 75c. Hall's Family Pills are the best.

Charity and personal force are the only investments worth anything.—Walt Whitman.

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

Powerful alcoholic beverages can be distilled from bananas, the milk of coconut, rice and peas.

You Can Get Allen's Foot-Ease FREE.

Write Allen R. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures sweating, hot, swollen, aching feet. It makes new or tight shoes easy. A certain cure for corns, ingrowing nails and bunions. All druggists sell it. 25c. Don't accept any substitute.

Worse and Worse.

"My wife and I went to call on the Dumleys last night. I can't imagine anything more tiresome than spending an evening with them."

"You can't? Wait till they come to spend an evening with you."—Philadelphia Press.

NAGGING PAINS

Newport News, Va., July 22, 1903. Last summer while recovering from illness of fever, I had a severe attack of Inflammatory Rheumatism in the knees, from which I was unable to leave my room for several months. I was treated by two doctors and also tried different kinds of liniments and medicines which seemed to relieve me from pain for awhile, but at the same time I was not any nearer getting well. One day while reading a paper I saw an advertisement of S. S. S. for Rheumatism. I decided to give it a trial, which I did at once. After I had taken three bottles I felt a great deal better, and I still continued to take it regularly until I was entirely cured. I now feel better than for years, and I cheerfully recommend S. S. S. to any one suffering from Rheumatism. 613 3rd St. CHAS. R. GILDERSHAW.

Rheumatism is caused by uric acid or some other acid poison in the blood, which when deposited in the muscles and joints, produce the sharp, cutting pains and the stiffness and soreness peculiar to this disease. S. S. S. goes directly into the circulation, all irritating substances are neutralized and filtered out of the system, the blood is made pure and the general health is built up under the purifying and tonic effects of the vegetable remedy.

Write for our special book on Rheumatism which is sent free. Our physicians will advise without charge all who will write us about their case.

The Swift Specific Company, Atlanta, Ga.

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SIBBLES WHEN ALL ELSE FAILS
Best Cough Syrup, Tastes Good. Use in time. Sold by druggists.
CONSUMPTION

HOW HE KEPT HIS HEALTH.

Northerner in Texas Excited Ridicule but He Profited Thereby.

"Did you ever notice how people ridicule any course of action out of the usual run?" asked a writer in the New Orleans Times-Democrat. "It matters not if it be wise for you to do a certain thing, yet if you are against convention people laugh at you. I remember, in Beaumont, a few years ago, I started an early morning exercise which for six months of my summer stay there put me in better health than I had ever enjoyed in my life. It was in the summer time, shortly after the oil boom had started. The town was full of strangers and coming fresh from a northern climate I felt it would be well for me to take some vigorous exercise each day if I wished to keep well. The people in whose house I was living thought I was a crank because I did this and rose every morning at half-past 4 for the purpose of doing it. I noticed, however, that the people who laughed at me were sick most of the time, while I enjoyed the utmost vigor and good humor."

"It must be admitted, however, that the way in which I took the exercise may have seemed peculiar, although I did not care for that, as I went out early in the morning and there were very few people out to see me. Besides the house was on the outskirts of the town, facing a large field at the end of which was a fringe of pine woods. I will tell you what I did."

"At 4:30 my alarm clock would ring, and I would be up with a jump. After drinking a small cup of black coffee, which had been left on the dresser, I would go forth barefooted in an old slouch hat, a flannel shirt and a pair of old trousers rolled up to the knee. No matter how hot the previous day had been, the morning air was fresh and invigorating. Leading across the field to the pine woods was a dusty road, but the dew of the night had made this dust a soft pad, and the touch of it was peculiarly agreeable to my bare feet. The sun would be just beginning to paint the horizon a pale pink."

"I would take up a jog trot, inhaling and exhaling the air as I ran along the deserted road. When I reached the woods, about half a mile distant, I would be in a mild perspiration. Then I would cease running and walk quietly through the fragrant woods, listening to the joyous little sounds of the morning, until I had regained my normal temperature. The feeling of calm and relaxation that came over me after the run was delightful. Then I would walk slowly back to the house, take a bath and seat myself at the window to take the morning breeze and read until breakfast. All through the work of the day I felt the exhilarating effect of the morning's exercise, and at night, when I went to bed early, I would sleep like an infant."

MAN'S LITTLE VANITIES.

Difference Is That Woman Does Not Try to Deceive and He Does.

Vanity of vanities, all is vanity! And if a man tries to conceal his little vanities, does not vaunt them, does not revel in them as a woman does, and refuses to take it for granted that he is a vain creature, should it be accounted unto him for righteousness? He is vain all the same.

If a short woman wishes to look tall she will have high heels on her shoes and go her way quite heedless of the scorn that is being hurled at her by men who are wearing high pads under their own heels—within their boots.

This is just the point of difference. A woman does not attempt to deceive, a man does.

All the world knows that a woman wears a corset, a thing of bone and steel, but a man pretends even to himself that he would have nothing to do with any such thing. He calls what he wears a band, although every year it grows wider, and is more carefully shaped.

Nowadays the band must curve in nicely at the waist and expand well as it comes over the hips, where little pads of wadding are placed to accentuate these points.

There is no end to the padding placed here and there about his clothes so that he may look a fine figure—padding so cleverly arranged that it would deceive the most experienced of tailors themselves. The artificial building up of military costumes is almost acknowledged.

Astringent waters for one bath, softening liquids for another, eau de cologne by the quart and sweet-smelling powders are to the man of fashion necessities for the morning tub. The most costly of new scents are freely besprinkled over his person and about his clothes and rooms.

Once or twice a week the coiffeur's clever assistant, who arrives each morning to brush his hair and shave him, will stay to massage his face and neck. A visit to the manicurist is a regular duty, so that his nails be delicately tinted and kept in fine condition.

A man's fastidiousness is not all for mere show, for his undergarments are of silk and his vanity will induce him to study complexion and suitability in even the coloring of the stripe that runs through his bath robe.—London Mirror.

Opal Fossil of a Shark.

Since they were first discovered the famous opal fields at White Cliffs, N. S. W., have yielded many curious fossils, particularly those of prehistoric marine life. But the latest discovery is a most extraordinary one, and will prove of the deepest interest to the scientific world.

It is that of a fossilized, or rather opalized, member of the shark family, which was found on block No. 8, at a depth of thirty-five feet from the surface. The Sydney press says that the specimen measures 3 feet 6 inches from the snout to the tip of the tail. The body is in seven sections, the circumference of the largest of which (the head and shoulder portion) is eighteen inches; each section is six inches in length.

The deeply indented eye-sockets show plainly, "and thin veins of purple opal encircle the fish from tip to tip." At the mouth these veins make an oblong and clearly defined course, though the continuity is occasionally broken. No particulars as to weight are given, but as the fossil has been sent to London these and other matters of interest will soon be determined. It was purchased from the finders by an opal buyer.

Chilian Miners Powerful.

Perhaps the greatest weights borne for any distance on men's backs are the loads of ore brought up from the mines of the Andes by the miners of Chili. Darwin visited a copper mine in a ravine leading from the main range of the Cordilleras, where the work was carried on by such primitive means that, though the mines had been worked in the mountains for at least two centuries, the water was removed in some by carrying it up snafes in leather bags on men's backs.

Sir Francis Head, when visiting a similar mine, found that all the ore was carried up to the surface, a vertical climb of 450 feet, by the miners, and that the average weight carried was 250 pounds. This load was not carried up a winding stair, but up notched trunks of trees, set almost upright, one touching another.

The food of the Chilian miner, according to Darwin, consisted of rations of sixteen figs and two small loaves of bread for breakfast; for dinner boiled beans, for supper wheat crushed and roasted. They scarcely ever tasted meat.

Those Newspaper Hints.

Foreman—We need a few lines to block out a column.
Rural Editor (wearily)—Well, say King Edward has begun wearing old clothes, because they are more comfortable. Perhaps it will start a fashion that you and I can follow.



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The Japanese Alpine Club, which is the oldest in the world, is also a religious society, and the ascents accomplished by its members are preceded by a prayer which runs: "May our hearts be pure, and may the weather on the honorable peak be fine."

Piso's Cure is a remedy for coughs, colds and consumption. Try it. Price 25 cents, at druggists.

A Complaining Wife.

"Do you enjoy hearing your wife speak in public?"

"Yes," answered Mr. Meekton; "it is a great comfort to me to hear her describing faults and difficulties for which I cannot possibly be held responsible."—Washington Star.

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"I have tried all kinds of waterproof clothing and have never found anything at any price to compare with your Fish Brand for protection from all kinds of weather."

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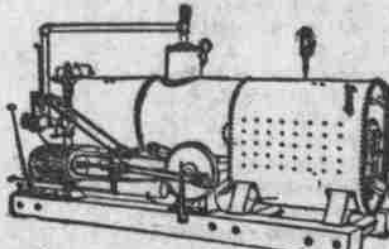
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