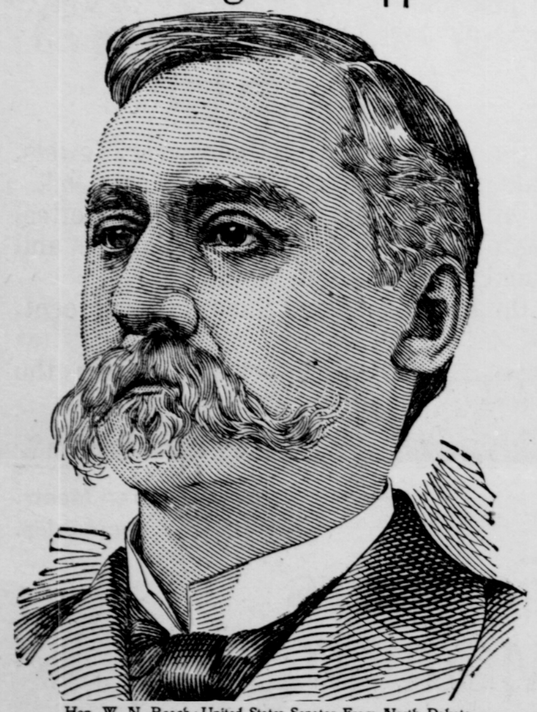
U. S. SENATOR ROACH

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.

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

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 to 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 abandon 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.

FACTS ABOUT GINGER.

IT IS THE ROOT OF A TROPICAL REED.

Import Tables Show that It Ranks Second to Pepper Only Among the Spices, About Even with Cassia, and Ahead of Cloves.

Ginger is the root of a kind of reed, grown both in the East and West Indies and China, also largely in Malabar, and to a certain extent in nearly all tropical countries; it is also to be found, though of poor quality, in most of our gulf states. The stem or reed is an annual, and grows directly from the root every spring to the height of about three feet, with long blades or lanceolate leaves, resembling very much in style and color our American maize or corn. This reed or stalk terminates in an oblong scaly spike, and from each of the scales grows a little blue and white flower. This plant is now cultivated in very great quantities in the West Indies, especially in the Island of Jamaica, from which place the finest and most esteemed is imported.

Jamaica ginger is not only cultivated to very great perfection, but the selecting, scraping, drying and all the necessary details in its preparation are observed with the utmost care and nicety. Ginger is imported into this country either in the form of the dried roots or as a preserve in syrup and comes from Cochin China, Africa and the East or West Indies. The preserved ginger from the West Indies is much esteemed and commands a very high price. The ginger root grows in knotty branched pieces, in low, fenny or marshy soils, and has a pleasant aromatic odor and biting taste. There are two kinds of ginger, viz., the black and the white. Black ginger consists of the inferior roots, which have been steeped in boiling water previous to being dried in the sun. The color of the darkest kinds, however, is not black, but more of a dirty brown or stone color. White ginger consists of the roundest and finest roots scraped clean and then dried carefully without being scalded. It is firmer, less fibrous and more pungent than the black, and from the fact that the finest and soundest roots are always selected, white ginger is, independent of the manner of its preparation, superior to black, and always realizes a much higher price in the market; but the difference of color depends wholly upon the manner of curing or preparing. For both of these kinds the tubes or roots are allowed to ripen; that is, they are not dug up until after the annual stalks are withered.

The principal varieties of ginger known in commerce are, white ginger—Jamaica, Cochin China, African, East Indian or Bengal and Tellicheri; black or dark ginger—Jamacia and Malabar. Gingers imported into Europe are subjected to various modes of treatment, which tend greatly to improve and preserve them, for the finer its quality the more susceptible is ginger to the ravages of the fly or ginger worm. These various modes of treatment are washing, brightening and bleaching, and the gingers are consequently known in the trade as "originals," viz., the ginger as imported; "washed," that which has been cleaned in water slightly acidified; "bright," the ginger which has undergone the preparatory course of bleaching, and "bleached," that which has received a coating or dressing of lime, etc. These latter modes of treatment of ginger until recently were carried on exclusively by experts in Europe, and it is only within the last few years that the art has been introduced into this country. Preserved ginger as manufactured here and in Europe is dark and fibrous, but when prepared in the East or West Indies or China, the West Indies especially, from the young roots, it is almost transparent. It is imported in jars, and should be of a bright, yellow color. Ginger is imported from Jamaica in barrels of about 100 pounds each, with actual tare allowance; from Cochin China and Malabar in cases of about 200 pounds each, also with actual tare allowance. African and East Indian ginger comes in bags of 100 pounds each beg.

Ginger is one of the most important members of the spice family. The import tables show that between 5,000,000 and 6,000,000 pounds of the dried root is used annually in this country, about the same quantity as is taken of cassia. Between 250,000 and 500,000 pounds of preserved ginger is imported annually, the average import price for the preserved article and the root being about four cents a pound in each case.

In order of importance, as shown by the import tables, ginger ranks with cassia next to pepper, which is twice as popular as any other spice, and cloves are a good third.

MONKS AND MONKEYS.

Ancient Metropolis of Amber Given Over to Friars and Simians.

Mrs. Clara Erskine Clement describes in part a visit to the ancient city of Amber, in India, which is inhabited only by a few priests and thousands of monkeys. Elephants from the stables of the maharajah of Jeypore conveyed her party. The hill on which the old city stands is surrounded by other high hills, crowned with towers and ramparts and covered with trees. The great castle fortress stands out boldly. The old zenana, or woman's apartments—an extensive block of buildings, surrounded by a court—is the only place which is inhabited. This is a well populated and lively quarter, since a tribe of languor or hoonoomaun monkeys have taken possession and dwell here in comfort and freedom. The Hindoos religiously refrain from hurting or killing any animal, and the monkeys, having no fear, are monarchs of all they choose to take.

The hoonoomaun, or languor, is the sacred monkey, and the largest found in India. Its height is from two and a half to four feet; its body is singularly slender and supple; its face is black and smooth, except for long white whiskers; the hair on the body is gray on the back and white under the stomach; its tail is long and bare, with a single tuft of hair on the end. The Hindoos have a legend which explains its very black face. It says that ages ago Hoonoomaun, the king of the monkeys, went to assist Rama in the conquest of Ceylon. The demon king of the island had carried off Lita, the wife of Rama, and he was determined to rescue her. As they came near to the island Hoonoomaun easily leaped over the straits, so skillful a jumper was he, and, finding Lita, he was comforting her with the news that her husband was approaching, when Ravana, the demon king, appeared and made Hoonoomaun prisoner. After setting fire to the monkey's long tail he gave him his freedom, that he might return to Rama. Hoonoomaun succeeded in blowing out the fire at the end of his tail, but in so doing he blackened his face and singed his hair in a most unbecoming fashion. The loss of his beauty so saddened the poor beast that Rama made all the monkeys of his kind kalamoukh, or black-faced, which they remain to this day.—St. Nicholas.

ISLE OF MONTE CRISTO.

Prince of Naples Presents It as a Gift to His Wife.

Now the story comes that the young Prince of Naples has purchased the Island of Monte Cristo as a present for his charming wife and erected there a hunting lodge, which he proposes to make his headquarters whenever the fancy seizes him to flee from the glare and bustle of court life.

Outside of Dumas' work you will find very little mention of the island. Yet that it has had a romantic history is pretty clear. Situated as it is in the Mediterranean, twenty-seven miles south of Elba, it is manifestly impossible that it was always as isolated and as desolate as it has been within the last few centuries.

There are grottoes on the island, but hardly such a one as Dumas describes—the one in which the marvelous treasure was found. At the same time there are few places in the world where a treasure is more likely to be buried, and for the very good reason that in bygone ages this Island of Monte Cristo was a favorite resort of smugglers and pirates. Neither does it contain anything likely to attract the ordinary tourist. The ground is mainly covered with bowlders, and there is not an acre of land which can be cultivated. On the other hand, the sportsman and the naturalist will find many treasures amid this mass of rock.

That the Prince and Princess of Naples will heartily enjoy whatever days they may spend on this rugged and romantic spot is certain. Both of them are fond of outdoor life, and there are few better sportsmen than the Prince in Europe. For that matter there are very few women who are more skilled than the Princess with a shotgun or a rifle.

If the Prince and Princess so desire they can be as isolated on their island as they would be in the heart of Africa, and with this difference—that within a few hours after the whim sezes them they can be transported from their oasis to the heart of Italy.—Detroit Free Press.

LARGE PROFITS OF A BEGGAR.

Legless Man Received Charity that Made Him Rich.

There was a man in New York who had lost both legs, and who, seated in a wicker basket, pushed himself along where people could see him. Coins came to him in small showers. The basket was a part of his business outfit. When off duty, that is, when not soliciting alms, he wore two well-made artificial legs and walked on crutches.

One of his most fruitful fields was Coney Island in the season, and having gained the good will of a resident of the place he used to deposit his legs at the man's house when he went abroad to touch the hearts and the pursestrings of the pleasure-seekers. One evening, when he returned from "work," he found that the closet in which his legs had been placed was locked and the custodian of the key gone for the night.

"Never mind," said his friend. "Stay here over night and I'll give you a shakedown."

"No I must be in New York tonight," he said. "and I've got to have my legs too!"

"But why not stay here and save car fare and be on time for work in the morning?" his friend asked.

Neither argument nor persuasion had any influence on the man, whose nervousness increased perceptibly, and as his friend was making ready to break down the door behind which the legs were stored he asked: "Why must you be in New York to-night and why do you compel me to force this closet door?"

"Well the truth is," said the legless man, "I bought an apartment-house last week and promised to pay $10,000 on the bargain to-night, and unless I get away pretty soon I'll get there too late and forfeit the amount already paid down."

The friend was speechless with amazement and his astonishment grew when he heard a few weeks later, that the apartment-house which the poor man spoke to him about was the third which he had purchased since he went into the begging business.—New York Tribune.

Old Age.

What does it mean to grow old? The joints grow stiff, the eyes dim, the blood is feeble and slow. Dr. Kinnear puts it well when he says that man begins in a soft, gelatinous state, and ends as hard bone. From the baby to the bald head, "ossification" or bone-making goes on. The soft tissues of the child gradually harden, as the minerals of the blood are deposited in them. This hardening or firming of the body is right up to a certain point. Some day the man of middle years finds that a joint is stiffening and failing, because the blood, having finished building up the body, is depositing its brick and mortar at the wrong place. That means "old age." Sometimes the overworked kidneys strike and will not remove these mineral wastes. They will even form little masses or stones in the arteries or heart. The thing to do is to stop eating the food that goes on piling up these minerals in the blood. Meat is the worst thing such people can eat—fruit is the best of all. Veal, lamb and other young meat is safer than older meat because, in much the same way, the older animals have more of the minerals in their flesh.—Rural New-Yorker.

How Missourians Were Made.

There are many ways of settling a State, according to Ainslee's Magazine. Here's the story of Missouri:

"Tennessee mountaineers took advantage of the more level lands of Missouri to fill that state in an incredibly short space of time after the treaty with the Osages, and in the state's rich and abundant soil and water they might have made one of the largest and greatest of the American commonwealths nearly half a century ago had not the vicinity been so tempting to the Confederacy and so important to the North. In the terrific contest that waged over the freeing of the slaves, the young men and the adventurous of the community found it easier to migrate than to remain at home, easier even at the cost of facing the unexplored regions of Kansas, New Mexico and Arizona. The enduring ones tarried, suffered the emotions of war, posted the sacrifice of $40,000,000 to be free of serfdom, and stamped upon Missouri the characteristics of combative endurance."

Austria Easy on Murderers.

Austria is the country most lenient to murderers. In ten years over 800 persons were found guilty of murder, of whom only twenty-three were put to death.

Courage is the thing that enables us to forget our fears.

Be sure you are right—then hold the stakes while the other fellows bet.

HOMESPUN PHILOSOPHY.

Observations on Commonplace Things by the Atchison Globe Man.

Women don't treat men very decent.

As a man grows older, amateurs become worse.

Didn't complain of any thing so long as you don't have a cancer.

Most women dislike it when strange men slap them on the back.

When some people become bilious, they quarrel with every friend they have.

This is the season when men discover that 'possum and 'coon are not good to eat.

Men without means are always wondering why capitalists do not invest more readily.

The poorest fiddle players carry their fiddle boxes in the most flagrant manner on the street.

Women quarrel, make up, and claim that everything is again "just the same," but it isn't.

We have noticed that the man who comes in to use the telephone, usually leaves the door open.

After a woman reaches forty, sometimes her nose is as red as her lips were when she was sixteen.

When a decent man hears a "story" on another decent man, instead of assisting in spreading it, he starts a back fire.

No wonder women never eat much when meals are ready: they eat so much around grocery stores, and while cooking.

Every man who leads a prayer meeting finally gives the impression that the Lord uses an ear trumpet, and he has exclusive control of this end.

There has always been a certain amount of wickedness in the world. It is perfectly natural, and protests against it are as idle as protests against old age.

If you want a man to rave over a present, you must give him a good one, but a woman will make as much fuss over a silver spoon as she will over a house and lot.

The most adorable woman in the world, is the woman who is most natural. A woman who is "cultured," expects flattery in large doses, and is disagreeable if she does not get it.

Women's magazines contain many suggestions for women who want to keep their husbands at home nights, but there is nothing that really helps them except corns on the husband's toes.

WRESTLING WITH LANDSCAPE.

The Original Iowans Got Tired of Climbing Hills.

"Westward of the Mississippi, the dramatic play of physical nature against the migrating will of human beings assumes many times the interest and impressiveness that it had in the movements from the Alleghanies to Illinois," says a writer in Ainslee's, in an article explaining the settling of the United States. "The struggle of the settler with the swamps and marshes and malaria of Indiana—a struggle which lasted to within the most recent generation—was but a proem to the hardships and conflicts that followed when the Iowa immigrants crossed the river, and the Missourians that were to be forsook the hills of Tennessee.

"Iowa itself, excluding the consideration of the warfare with the doughty Sioux, was not such a basis of tragedy, nor was Missouri topographically so, but Iowa and Missouri furnished the basis of the exodus to the further west, and in doing so gave both the genesis and the nemesis to many a habited place on the way to the Pacific. Iowa itself is an illustration in a minor way of the law of least resistance, and Missouri is an illustration of the law of greatest endurance.

"The excess of population from Illinois would doubtless have gone over the Missouri as well as the Mississippi and have stretched across the plains of Nebraska twenty years before the Union Pacific rails were laid, had not Iowa's surface been as it is and the nomads grown tired of rolling up and down the undulating hills and decided that the easier thing to do was to settle in the attractive wooden vales and stick their plows into the deep, loamy, corn-producing soil. The thousands who remained have always been of the remaining, sticking kind—steady, industrious, thrifty, but circumscribed by the hills from whose outlook only hills are to be seen."

The Sex of Ships.

The word "ship" is masculine in French, Italian, Spanish and Portuguese, and possesses no sex in Teutonic and Scandinavian. Perhaps it would not be an error to trace the custom of feminizing ships back to the Greeks, who called them by feminine names, probably out of deference to Athene, goddess of the sea. But the English-speaking sailor assigns no such reasons. The ship to him is always a lady, even though she be a man-of-war. She possesses a waist, collars, stays, laces, bonnets, ties, ribbons, chains, watches and dozens of other distinctly feminine attributes.—Collier's Weekly.

Wonders of the Locomotive.

The story of the locomotive sounds simple in the recital. The wonder of the thing comes into view only when one reflects on the speed and nicety with which cumbrous parts are made to do their duty. The piston and connecting bar of a modern locomotive weigh some 600 pounds. When the speed is sixty miles an hour these parts travel back and forth five times a second.

Champion Tramp.

A Paris gymnasium instructor claims the record for long tramps, having walked 57,000 kilometers, or about 35,000 miles, on ordinary roads. Among his trips were Paris to St. Petersburg in 38 days, Paris-Geneva-Venice and Paris-Berlin. He tried to walk to Madrid, but was stopped by the Spanish authorities when he reached Barcelona.

Free Telephones.

In some towns of Germany the telephone is introduced by tobacconists as an additional attraction to customers. Any one who buys a cigar may, if he desires, speak over the tobacconist's instrument.

Survival of the Fittest.

As nations die out one by one,
Languages diminish.
'Tis plain to see
The last will be
No other but the Finnish.
—Commercial Advertiser.

Government Theaters in Europe.

In all the capitals of Europe, except London, some theaters are kept up by government support.

A "ready-made" tailor in a provincial town has this advertisement outside his shop: "Wear our twenty-one shilling suits, and you will have a fit."

All the world's a stage—and a lot of actors thereon are merely stage horses.

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

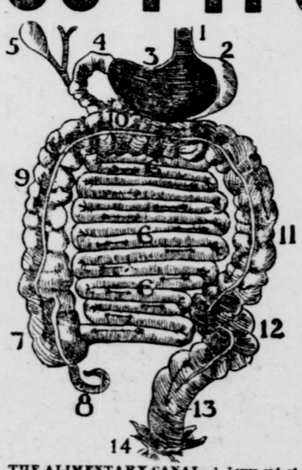
Hood's Sarsaparilla
Never Disappoints

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, 6, 6. Small intestine; 7. Cecum; 8. Vermiform appendix; 9. 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

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A bill has been introduced in the Georgia legislature providing that children under 14 years cannot work in factories and those between the ages of 10 and 14 only when the superintendent of the mill makes affidavit that they have attended school for at least 12 weeks for the year they are sought to be employed. The bill will be fought vigorously by the cotton manufacturers of the state.

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