

Some years ago, says the Evening Sun, Edward E. Rice was presented to Von Bulow at a club dinner in Boston. It was just about the time that all Europe was talking of Mme. Von Bulow's flirtation with Verdi, who had taught the pianist almost all he ever knew about music. "I want you to become acquainted with Mr. Rice," said a friend; "he doesn't know anything about music, but he has composed several operas." "Delighted, I am sure," murmured the great pianist, with a sarcastic smile; "he reminds me of a man I knew at home; his name is Verdi."

BREAD, POTATOES and MILK.

A Dyspeptics daily diet.

Dyspepsia is one of the most prevalent of diseases. Thousands of people suffer from it in a more or less aggravated form. Few diseases are more painful to the individual or more far-reaching in their effects on human life and happiness. What the dyspeptic needs is not local treatment, but a more temperate stimulus. The real need is the toning up of the entire system. Fortify the system and it will do its own fighting, and promptly eject any intruding parasite in curing indigestion and dyspepsia is due to just this quality which it possesses, of renewing the vital forces, repairing the waste and loss of the body. The ordinary treatment brings the food down to the level of the weak stomach. Dr. Ayer's Sarsaparilla puts strength into the stomach, and brings it up to the level of the strong food fit for men. It does this by strengthening the entire system. The stomach cannot stay weak when all the other organs are gaining strength. What Dr. Ayer's Sarsaparilla will do for dyspepsia is best illustrated in cases like that of M. S. Shields, Meridian, Miss. Mr. Shields had got down to the last level of dyspepsia. But let him tell his own story.

"For years, I was afflicted with dyspepsia which gradually grew worse until I could eat nothing but bread and potatoes

seasoned with a little salt, and drink only a little milk. I became so bad that a trifle too much of even these caused terrible suffering in the regions of the stomach, darting pains back of the eyes, attended with dizziness and partial loss of sight. The only way I could get relief was by vomiting. Finally I had such a severe attack that the entire left side of my body felt numb and partially paralyzed, and in this condition, I was taken to my room unconscious. The physicians failed to help me, and none of the many remedies I took did me any good. At last a friend presented me with a bottle of Dr. Ayer's Sarsaparilla, and before I had used half of it, I could see a decided change for the better. I used three bottles and was so completely cured that for four years I have not been troubled with the old complaint, but am rugged and hearty and able to eat anything that can be eaten. It would be impossible to say too much in praise of Dr. Ayer's Sarsaparilla, and I would not give one bottle of it for a dozen of any other kind."—M. S. Shields, Meridian, Miss.

Try Dr. Ayer's Sarsaparilla if you are dyspeptic. If you want more testimony to the value of the medicine, get Dr. Ayer's Carebook. It is sent free on request by the J. C. Ayer Co., Lowell.

ATTACKED BY AN ELEPHANT

Explores Cavendish's Thrilling Escape From Death in Africa.

From the London News: H. S. H. Cavendish gave an interesting account of his recent trip to Africa before the Royal Geographical Society. Among the incidents he related was the following account of a fight with a wounded elephant, in which he narrowly escaped death: "I tried to dodge him, but he was too quick for me, and as I neared the thin mimosa bush I saw him just over me with his trunk in the air, so I threw myself to the left on my face and kept still, thinking that the elephant might go on. He however stopped immediately, and spinning around, knelt down behind me, with his head right over me, and took a drive at me with his trunk, which I luckily avoided by rolling in closer under his chest. He then pushed me under him with his trunk and tried to pound me with his knees, but, as luck would have it, I was just out of his reach. I kept dodging his legs as they came down. This continued, my boys said, for half an hour, but he was very much occupied watching my gun-bearers, who were shooting and shouting from some distance off. At one moment he lay on me and I expected every moment to hear the bones crack, but suddenly his weight was shifted off me and I pretended I was dead, and, not wishing to see the comp de grace coming, closed my eyes and remained quite still. The boys told me that he got up and backed off my body and knocked his leg against a log of wood lying close behind. Mistaking the log for me, he vented his rage upon it. He must have been badly wounded. After a time I heard the boys coming closer, and, waiting until they were fairly near, in case the elephant might not have gone far, I looked carefully round and saw him standing some 170 yards off. I got on my legs as fast as my bruises would let me and staggered toward my pony. The boys, on seeing me get up, were dumfounded, and my groom, who was a great, hulking fellow, wanted to carry me, thinking I must have some bones broken; but, although my left leg was seriously bruised, and my scalp damaged, I was in other respects unhurt."

ONE MAN'S CHURCH.

Colored Zealot Building a House of Worship Entirely Unaided.

A Georgia colored man, Andrew Bonner by name, is manifesting his religious enthusiasm in a substantial, though unusual way. Bonner is a simple minded negro, filled to overflowing with what his admiring wife terms "de ol' time religion." He resides with her in College Park, a village a few miles from Atlanta. His ambition for years has been to build a church for the benefit of some of his own race, the material used to be procured with his own earnings, and no workmen to assist him in the rearing of the edifice. With utter disregard of legal measures, Andrew selected two years ago a site for the church of his dreams, which he expects to be a monument to his memory long after he has returned to dust. The fact that he does not own the ground has never disturbed him. When far-sighted friends urged him to wait until the ground could be bought for the purpose he paid no heed to the proposition, but kept to his original purpose. Every spare penny was spent by him for lumber and nails. The work has necessarily been slow, but now, after twenty-four months of patient labor, Andrew gazes with pride upon the building, which is almost covered. The old man is said to have sometimes denied his family bread that he might save money for his pet project.

Walking Erect.

To derive the greatest benefit from walking, it is necessary to hold up the head, keep the mouth closed, and move briskly; it is in these circumstances that walking is really good for us. Walking erect not only adds to the manliness of appearance, but it develops the chest and promotes the general health in a high degree, because the lungs, being relieved of the pressure made by leaning the head downward and bending the chest in, admit the air fully and freely. If an effort of the mind is made to throw the shoulders back, a feeling of fatigue and awkwardness is at first experienced, but this is soon forgotten. To maintain an erect position, or to recover it when lost, in a manner which is at once natural, easy, and efficient, it is only necessary to walk habitually with the eyes fixed on an object ahead a little higher than your own—the top of a man's hat, for example—or simply keep the chin a little above a horizontal line. If either of these things is done, the necessary, easy, and legitimate effect is to relieve the chest from pressure, the air gets in more easily, develops it more fully, and permeates the lungs more exclusively, causing a more perfect purification of the blood, imparting greater health and more color to the cheek.

Feeds Four People Well for \$94.82 a Year
A contributor to the March Ladies' Home Journal by publishing a copy of his household accounts shows that it is possible for a family of four persons to live on \$200 a year. The family comprises husband, wife and two children—1 and 3 years old—and the aggregate cost of the edibles consumed for the entire year is \$94.82. Of course, strict economy is necessary, but the writer avers that he and his family live substantially and well, and out of his salary of \$400 as teacher he is able to put \$200 per year out at interest.

Why does a man always promise to be good when he's too sick to be bad?

Flick: "Call him a musician! Why he doesn't know the difference between a nocturne and symphony."

Flick: "You don't mean it." And they hurry to get away from each other. Each is terribly afraid that the other will ask: "By the way, what is the difference?"—Boston Transcript.

Great B. no-olence.

In large cities of the United States the condition of the poor is constantly being improved by the benevolences of wealthy people. Sanitary reforms are suggested and carried out with earnestness but those produced by Hostetter's Stomach Bitters in disordered liver, bowels or nervous system are very conspicuous.

Hope is the best friend that enemy man has, and the only one that sum him.

Educate Your Bowels With Cascarets.
Candy Cathartic cure constipation forever. 10c. Sec. 11 C. C. Call, druggists refund money.

Take not so short a time to make a wide-world bargain in.—Shakespeare.

Shake Into Your Shoes.

Allen's Foot-Ease, a powder for the feet. It cures painful, swollen, smarting 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-fitting or new shoes feel easy. It is a certain cure for sweating, callous and hot, tired, nervous, aching feet. 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.

Phools are allways the fust ones to proclaim it.

DO NOT DELAY.

An Ounce of Prevention is Worth a Pound of Cure.

Swanson Rheumatic Cure Co., Chicago. Dear Sirs: I used one bottle of your "5 Drops," and it did me more good than any medicine I ever used. It did me more good than all the medicine I have taken from the doctors for two years, besides suffering the entire time. In three days after I commenced using the "5 Drops" my pains all disappeared. I recommend it to all sufferers of rheumatism. Very respectfully, R. L. Martin, Anguilla, Miss., Feb. 7, '98.

Every family should have a bottle of "5 Drops" on hand, especially at this season of the year. Changes in the weather are so liable to cause rheumatism, la grippe and many other diseases that "5 Drops" cures.

For another thirty days you can secure a sample bottle of "5 Drops" for 25 cents. The manufacturers have 100,000 sample bottles which they intend to distribute for this small amount.

Write today to the Swanson Rheumatic Cure Co., 167 Dearborn street, Chicago, Ill. This company is reliable and promptly fill every order.

Too many forget to be useful in trying to be consistent.

Colorado Gold Field.

Colorado is the banner gold-producing state in the Union. Production in 1897 over \$20,000,000. This year promises to exceed \$30,000,000. New strikes are being made every day. Nothing like since the days of '49. Would you know all about these things? Then send twenty-five cents for a six-months' trial subscription to the "MINING WORLD," an eight-page illustrated weekly paper. Regular subscription, \$1.00 a year. The newest mining newspaper in the world. Address "World," P. O. Box 1611, Denver, Colorado.

The more effect the trust, the more perfect the peace.

AN OPEN LETTER TO MOTHERS.

We are asserting in the courts our right to the exclusive use of the word "CASTORIA" and "PITCHER'S CASTORIA," as our Trade Mark.

I, Dr. Samuel Pitcher, of Hyanis, Massachusetts, was the originator of "PITCHER'S CASTORIA," the same that has borne and does now bear the face-like signature of CHAS. H. FLETCHER on every wrapper. This is the original "PITCHER'S CASTORIA" which has been used in the homes of the mothers of America for over thirty years. Look carefully at the wrapper and see that it is "the kind you have always bought," and has the signature of CHAS. H. FLETCHER on the Wrapper. No one has authority from me to use my name except The Centaur Company, of which Chas. H. Fletcher is President.

March 5, 1897. SAMUEL PITCHER, M. D.

An iceberg in the pulpit cannot kindle a fire in the pews.

Beware of Ointments for Catarrh That Contain Mercury.

Mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co., Testimonials free. Sold by Druggists, price 50c per bottle.

Hall's Family Pills are the best.

Men marry to make an end, women to make a beginning.—A. Dupuy.

Mrs. Winslow's Soothing Syrup
For children teething, softens the gums, reduces inflammation, allays pain, cures wind-colic, 25 cents a bottle.

Fidelity in little things is one of the surest tests of character.

To Cure Constipation Forever.
Take Cascarets Candy Cathartic, 10c or 25c. 11 C. C. Call to cure, druggists refund money.

Those who know when to speak, know when to be silent.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. King's Great Nerve Restorer. Send for FREE \$2.00 trial bottle and treatise. DR. R. H. KING, Ltd., 301 Arch St., Philadelphia, Pa.

There is no music for the old man like an old tune.

Smoke Sledge Cigarettes, 50 for 5c.

Don't cover your neglected duties with the cloak of excuse.

OVERWORKED WOMEN.

Letters to Mrs. Pinkham From Women Who Have Been Helped From Sickness or Health.

The ordinary every-day life of most of our women is a ceaseless treadmill of work. How much harder the daily tasks become when some derangement of the female organs makes every movement painful and keeps the nervous system unstrung!

The following letter from Mrs. WALTER S. BANTA, Sparkill, N. Y., tells the story of many women, and shows them how to get relief:

"DEAR MRS. PINKHAM:—I cannot thank you enough for all Lydia E. Pinkham's Vegetable Compound has done for me. When I wrote to you I had suffered for years with falling, inflammation and ulceration of the womb; my back ached, and I was so much distressed I could scarcely walk. I was a burden to myself and did not care whether I lived or died.

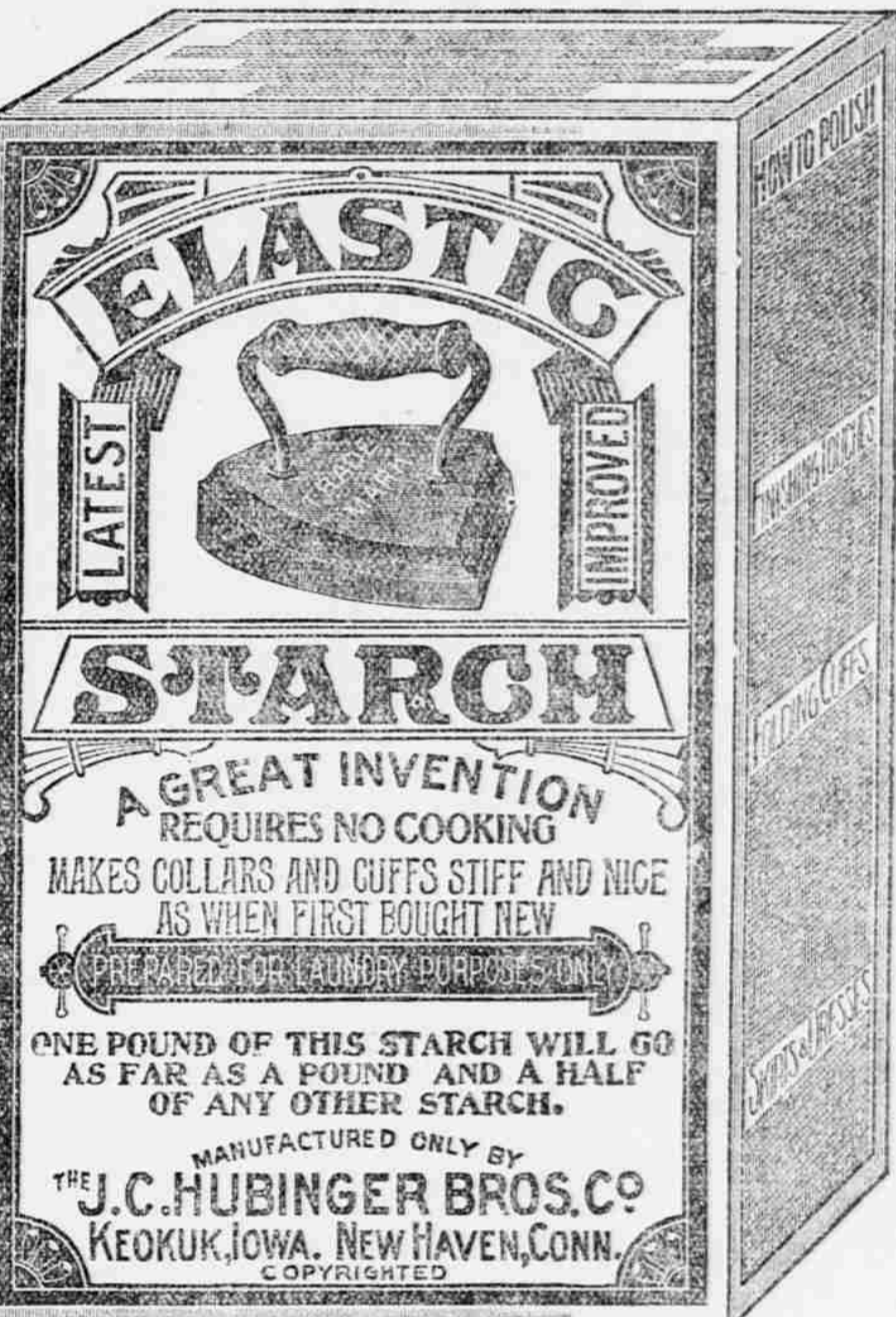
"I have taken five bottles of your medicine and it has done wonders for me as all my friends can testify. I can now do my own work, and do not know how to express my gratitude to you for the good your medicine and advice have done me. I owe my life to Mrs. Pinkham."

Mrs. Pinkham's counsels offered free to all women who need advice about their health. Her address is Lynn, Mass. Mrs. P. H. HITCHCOCK, Kelton, Iowa, tells here in her own words how Mrs. Pinkham helped her:

"DEAR MRS. PINKHAM:—I was in a very bad condition before I wrote to you and began the use of Lydia E. Pinkham's Vegetable Compound. I did not know what to do. I suffered terribly every month, when on my feet would have such a bearing-down feeling, was very weak, womb was swollen, back ached, appetite was very poor, also had trouble with my head. I have taken several bottles of your Compound and cannot say enough in its favor. It helped more than all the doctors."

Lydia E. Pinkham's Vegetable Compound: a Woman's Remedy for Woman's ills

"IRONING MADE EASY."



This starch is prepared on scientific principles by men who have had years of practical experience in fancy laundering. It restores old linen and summer dresses to their natural whiteness and imparts a beautiful and lasting finish. It is the only starch manufactured that is perfectly harmless, containing neither arsenic, zinc or any other substance injurious to linen and can be used even for baby's under.

For Sale by All Wholesale and Retail Grocers.

Ask any disinterested mechanical expert and he will tell you



ARE THE BEST

They are absolutely uniform in quality and finish. You have the added satisfaction of knowing no one can buy a Columbia cheaper than you. We sell for one price only—the advertised price.

Columbia Bevel Chainless, \$125 Hartford Bicycles, 50
Columbia Chain Wheels, 75 Vedeites, \$40 and 35

POPE MFG. CO., Hartford, Conn.

Catalogue free from any Columbia dealer, or by mail for one 2-cent stamp.

FREE ADVICE by our Physician and a FREE SAMPLE of our medicine and a Judge Free Book treating all diseases with excellent remedies are some of the reasons why you should write us.

Dr. Kay's Renovator

Cures the very worst cases of Dyspepsia, Constipation, Headache, Liver and Kidney diseases. Send for proof of it. We Guarantee It. Write us about all of your symptoms. Dr. Kay's Renovator is sold by druggists, or sent by mail on receipt of price, 25 cents and \$1.00.

Address Dr. E. J. KAY MEDICAL CO., Western Office, Omaha, Neb.

"A TRAINING IN CLEANLINESS IS A FORTUNE." COMPLETE YOUR EDUCATION WITH SAPOLIO

Dr. Kay's Lung Balm for coughs, colds, and throat disease.

DROPSY NEW DISCOVERY: this quick relief and cures water retention. Send for book of testimonials and 10 days' treatment. Free. Dr. H. B. GREEN'S 3038, Atlanta, Ga.

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

W. N. U. OMAHA, NO. 15.—1898.

When Answering Advertisements Kindly Mention This Paper.

Cascarets
CANDY CATHARTIC

A tablet taken at bed time soothes your slumber and is sure to

Work While You Sleep,
regulating all functions for the morning, leaving you not dull and stupid, but bright and fresh, fully prepared for your day's duties. Cascarets are absolutely guaranteed to

Cure Constipation.
A booklet and sample free for the asking, or you can buy a box for 25c, 50c, or 1.00 at your drug store. Satisfaction guaranteed.

The Sterling Remedy Co., Chicago, Montreal, New York.

NO-TO-BAC Sold and guaranteed to cure Tobacco Habit or Dependence.

WAGON
A better scale for less money than has ever been offered.

IT COSTS NOTHING
To get our new Catalogue. Hundreds of people save hundreds of dollars annually by selecting Furniture, Draperies, etc. from its. Send for it. It gives pictures and prices.

ORCHARD & WILHELM CARPET CO.,
118 Douglas St., Omaha, Neb.

Wed delight to do an early friend a good turn. The working parts of ANY AEROMOTOR can be changed FOR A ROLLER BEARING, 25c per roller, including, exclusive, bearing doubling, UP-TO-DATE '98 MOTOR, 8 FT. FOR \$6; 12 ft. for \$12; 16 ft. for \$20. They run like a soap and are made like a wheel. They are made like a wheel. They are made like a wheel. They are made like a wheel.

SEND FOR A BICYCLE
Great Clearing Sale of '97 and '98 models, best makes, \$9.75 to \$18. Sent on approval without a cent payment. Write for our new money-saving plan. SPECIAL THIS WEEK—40c per model. Write for our new money-saving plan. SPECIAL THIS WEEK—40c per model. Write for our new money-saving plan.

Dr. Kay's Renovator, Guaranteed to cure dyspepsia, constipation, liver and kidney diseases, biliousness, headache, etc. At druggists 25c & 50c.

PATENTS MASON, FENWICK & LAWRENCE, Washington, D. C. Send for 32th anniversary work on patents free. Highest ref. fees.

ROOFING The best Red Rope Roofing for 15 persons, 15c per day. Includes materials, labor, and insurance. Substitutes for plaster. Samples free. THE FAY BAKKING CO., CAMDEN, N. J.

HOW? By soothing and subduing the pain. That's the way

ST. JACOBS OIL CURES NEURALGIA.

A Splendid Book for the Development of American Patriotism.

The Beautiful Life of Frances E. Willard

Written by Anna A. Gordon, for 21 years her private secretary and most intimate friend. Official memorial volume endorsed by the W. C. T. U.

The Most Popular Book of the Century.

Size 8x10 inches, nearly 500 pages, beautifully illustrated. Retail price, Cloth, \$2; Half-Morocco, \$2.75; De Luxe Edition, \$5.75. Sent postpaid on receipt of price.

Solicitors wanted Everywhere. \$10 per day easily made selling this book. Experience not necessary; most liberal terms; credit given; freight paid; circulars and terms free. Write for outfit to-day.

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