

Does Your Head Ache?

Are your nerves weak? Can't you sleep well? Pain in your back? Lack energy? Appetite poor? Digestion bad? Boils or pimples? These are sure signs of poisoning.

From what poisons? From poisons that are always found in constipated bowels.

If the contents of the bowels are not removed from the body each day, as nature intended, these poisonous substances are sure to be absorbed into the blood, always causing suffering and frequently causing severe disease.

There is a common sense cure.

AYER'S PILLS

They daily insure an easy and natural movement of the bowels. You will find that the use of Ayer's Sarsaparilla with the pills will hasten recovery. It cleanses the blood from all impurities and is a great tonic to the nerves.

Write the Doctor. Our Medical Department has one of the most eminent physicians in the United States. Tell the doctor just how you are suffering. You will receive the best medical advice without cost. Address: DR. J. C. AYER, Lowell, Mass.

Wheat! Wheat! Wheat!

"Nothing but what as far as the eye could reach was either side—what you might call a sea of wheat"—was what a lecturer, speaking of Western Canada, said while referring to that country.

For particulars as to routes, rail fares, etc., apply to N. Bartholomew, 614 Street, Des Moines, Iowa, Agent for the Government of Canada.

HEADACHE

"Both my wife and myself have been using CASCARETS and they are the best medicine we have ever had in the house. Last week my wife was frantic with headache for two days, she tried some of our CASCARETS, and they relieved the pain in her head almost immediately. We both recommend Cascarets."

CHAS. STEINFORD, Pittsburg Safe & Deposit Co., Pittsburg, Pa.

Cascarets

CANDY CATHARTIC

TRADE MARK REGISTERED

Prep. ant. Palatable. Potent. Taste Good. Do Good. Never Sickens. Weakens or Grips. No. 50.

CURE CONSTIPATION.

Soleing Remedy Company, Chicago, Montreal, New York, 317

NO-TO-BAG Sold and guaranteed by all druggists to **CURE** Tobacco Habit.

"A Perfect Type of the Highest Order of Excellence in Manufacture."

Walter Baker & Co's

Breakfast Cocoa

Absolutely Pure, Delicious, Nutritious.

Costs Less Than ONE CENT a Cup.

Be sure that you get the Genuine Article, made at DORCHESTER, MASS. by

WALTER BAKER & CO. Ltd.

ESTABLISHED 1750.

War Talk.

Laura—Papa, they are going to introduce military figures in the german this winter.

Mr. Figg—I presume that means an increase in your appropriation bills.—Indianapolis Journal.

Seems to Get Ripe.

One complaint seems to get ripe in autumn, and that is Neuralgia. To soothe the pain, strengthen the nerves and rid the system of it, use St. Jacobs Oil, the best known cure.

Fortunes Undeveloped.

There are hundreds of millionaires in Russia whose fortunes are in the shape of vast domains containing gold and silver of incalculable value, but which have never been developed.

Cleanliness is next to godliness—use Diamond "C" Soap in the laundry.

Recollection is the only paradise from which we cannot be turned out.—Birmingham.

French Uniforms Absurd.

Every one who has examined the campaign uniform of the French soldier has found it, to say the least, picturesque. The dingy colors of their clothing, the absurd knapsack, the unsightly cartridge box, the ugly headgear, the trousers turned up, all combine to make a spectacle of him not to be found elsewhere in Europe. And the clumsiness of it all is the first thing to strike even the most unobservant spectator.

Writers for the French press have long since pointed out these facts and have shown how such infliction in the way of outfit is sufficient alone to use up the strength of the strongest man and crush down the energy of the stoutest heart. The headgear of a French infantryman is something on the order of an old-fashioned helmet worn by English firemen.

This instrument of torture peculiar to the French army exposes the wearer to sunstroke during the summer and is entirely insufficient for protection in the winter months. It also acts as a gutter spout when it rains and lets the water pour down the soldier's back.

The French infantryman is about as bad off in other respects. His shoes allow both the dust and moisture to penetrate to the skin and his knapsack becomes a veritable instrument of torture. The French writers point out that fatigue and exposure to such trials are much more dangerous than the bullets of the enemy. They add that a battle is the exception, while troops are always on the move, and that the general, who, through the proper equipment of his troops can put them on the field of battle in a better physical condition than the enemy, already has the battle half won, the other conditions being equal.—Pittsburg Dispatch.

Roumanian Wheelmen.

Cyclists in Roumania are compelled by the authorities to have their name and address not only upon some part of the machine, but also upon the lamp glass, in order that the riders may be identified at night.

THE HOPE OF THE CONTINENT.

Western Canada the "Bread Basket of the Empire."

The attention directed to the wheat fields of Western Canada during the past year has caused thousands of settlers from different parts of the United States to make their homes there during the past few months. They report that their experience corroborates what had been told them of that wonderful country, and they are sending back to their friends most favorable reports. During the past summer a number of Wisconsin and Michigan and Minnesota editors visited Western Canada, and the following extracts are from a very flattering letter written by the Germania of Milwaukee by its able contributor, Prof. Sheridan.

"The numerous elevators along the line, towering so far above the surrounding country that they may be seen for many miles distant, sufficiently indicate that the chief industry is the growing of wheat. At the village of Indian Head more than a million bushels of wheat was marketed last year. This was but a fraction of the amount of the same product marketed at the larger cities of Brandon and Regina. At Indian Head the representative of the Germania was told by a farmer that he was about to harvest his third crop of wheat from the farm upon one plowing given it the fall of 1885; the crops of the current year and of last year having been sown upon the stubble of the preceding crop. This farmer expected a yield of not less than forty bushels to the acre. The farms are very large. The absence of hills and rocks contributes to making farming on a large scale an easy matter. There was an abundance of evidence that the country surrounding the cities named above is an extensive region of fertile lands furnishing as great an opportunity for cattle raising and dairying as for the growing of wheat."

"We were surprised to find here a rich growth of nearly every species of cultivable plant known in Wisconsin. Various species of trees were growing, showing that its soil and its climate are favorable to the growth of forests. The writer had never seen a more promising growth of wheat, oats and garden vegetables than was observed here. The Experimental Farm of Wisconsin, located at Madison, produces nothing better."

"The people along the line of the railroad, however, assured us that we were still far distant from the northern limit of the wheat-growing belt, and that five hundred miles farther north wheat and other agricultural products were cultivated with success. The inhabitants do not depend solely upon the growing of wheat, but utilize vast acres in raising cattle. The growing grain and vegetables showed that a plentiful supply of rain had fallen during the current year."

"From this city (Calgary) our party was taken north 200 miles to Edmonton, a town of 5,000 people, situated on the north Saskatchewan river. The country at this point is beautiful, presenting very much the appearance of many sections in central and southern Wisconsin. The people are engaged in mining for gold, and in raising wheat, potatoes and cattle. Dairying is also followed. This valley seems to be favored with sufficient rain fall to produce a luxuriant growth of grain and vegetables. The soil is very fertile and timber is abundant. Fields of wheat were observed that promise a yield of forty bushels per acre. The many good farm houses seen from the railway are evidence of the prosperity of the settlers. Edmonton is the terminus of the road and the place where the overland expeditions start from for the Yukon, it being about 800 miles from Dawson City."

"The members of the association made the acquaintance of the Canadians of the Northwest and learned something of the vast extent of their territory and of its great resources, which are destined to make it our most formidable commercial competitor in the world's markets for the sale of agricultural products. We learned that the Northwest Territory of Canada, instead of being a barren waste as taught by our geographies of a quarter of a century ago, is capable of sustaining an empire of fifty millions of people."



Successful Dyeing.

Take 4 ounces of blue vitriol to 1 pound of logwood; dissolve the vitriol in a little luke-warm water; put six gallons of water in an iron vessel, add the vitriol and the goods to be dyed—just as many goods as the water will cover. Cotton and wool will color the same. Punch down at the sides and let boil moderately three-quarters of an hour, then remove, drain and wash in a solution of water and soap, warm; the home-made lye soap is the best. Now use the same quantity of clear water as before, and the logwood, stir well and let boil. Place the goods in slowly and boil same length of time. Wash well. Hang in the sun to dry. Always choose a clear day for dyeing, as the sun helps to brighten the color and give the goods a new look.

Cover the Saucepan.

The contents of a saucepan should never cook, unless the recipe expressly states to the contrary, without a cover over them. Not only is the steaming usually beneficial to the article in question, but when that steam is allowed to fill the kitchen it harms the walls and furniture. Moreover, it imparts that smell of cooking, not to the one room, but more or less to the whole house, which is so disagreeable and is what is often graphically, if somewhat unkindly, called "the boarding house odor."—New York Post.

Chicken Salad.

Cut meat from your cold chicken; add equal quantity of shredded lettuce; when you have cut chicken into narrow strips two inches long, mix in bowl, and prepare following dressing: Beat yolks of two eggs, salt lightly, and beat in, few drops at a time, four tablespoonfuls salad oil; then, as gradually, three teaspoonfuls of extract celery. The mixture should be thick as cream. Pour over meat and lettuce. Stir up with fork; place salad in glass dish.

Home-Made Soap.

For home-made soap, without boiling, dissolve half a can of concentrated lye in one-half gallon boiling water. Put into it any clean grease, lard, drippings, etc., and stir well. Add more grease as you have it, until the lye will absorb no more, stirring it well every day. The result will be firm, white soap that you can use in the kitchen without any qualms—you know it is clean.

Washing Economics.

The amount of water used in the average household on washing day is much larger than is necessary. Soaking clothes saves a great deal of friction. They should not be soaked in so much water that the soap will all be wasted. Boil the clothes tightly, having first soaped the dirtiest portions and folded them together and then put them into the water.

Cinnamon Buns.

Sift one pint of flour, add one cup of milk, one cup of butter, four eggs beaten separately, one cup of sugar, half a teaspoon of yeast, one teaspoonful of cinnamon and one grated nutmeg. Knead well, roll out, cut in large biscuits, let rise and bake; when taken from the oven sprinkle with white sugar and ground cinnamon.

Gingerbread.

Four tablespoonfuls cold water, and fill the cup with molasses, one teaspoonful soda in two tablespoonfuls boiling water, one-half teaspoonful ginger, two cups of flour and a pinch of salt, one tablespoonful melted butter stirred in as fast as possible at the very last; bake in hot oven as quickly as you can.

To Remove Iron Stains from Linen.

Rub oxalic acid on the spots until the stain disappears, then wash and place the article in the sun for a quarter of an hour. Ink spots must be removed before the linen is washed. Rub common tallow well into the spots, leave a day or longer, then wash and boil and the spots will disappear.

Mock Mince Pie.

One cup of sugar, one of molasses, two-thirds of a cup of water, half a cup of raisins, a small piece of butter, the grated rind and juice of a lemon, clove, cinnamon and nutmeg to taste. Simmer all together, and let cool. When nearly cold, add three eggs.

Coffee Custard.

Beat three eggs without separation; add three tablespoonfuls of sugar; add a half cup of coffee and one cup of milk; fill into custard cups; stand in a pan of boiling water, and bake in the oven until set. Serve with cream sauce.

Fish Bone in the Throat.

If one is so unfortunate as to find a fish bone lodged in the throat, the white of an egg, if swallowed at once, will generally remove it. Or swallow bread crust without chewing—the rough bread will generally dislodge the bone.

Eggs Poached in Broth.

Allow the broth to come to the boiling point, drop in the eggs and let stand on the back of the range five to eight minutes. Serve on toast with a little of the chicken broth thickened slightly.

Fruit Cookies.

Two cups of sugar, one and one-third cups of butter, three eggs, one cup of chopped raisins, one cup of currants, one teaspoon each of cloves, cinnamon, nutmeg and soda, flour to make quite stiff.

The Crocodile.

The moment that a young crocodile breaks its shell it is to all intents and purposes as active as it is at any time during its life. It will make straight for the water, even if it be out of sight and a good distance off, and it will pursue its prey with eagerness and agility during the first hour of its free existence.

The Enormous Gold Product of 1898.

From South Africa, the Klondike and Australia gold is being shipped in large quantities. This year's output will nearly double that of any previous twelve months. The sale of Hostetter's Stomach Bitters is also increasing very fast. This famous remedy will cure dyspepsia, indigestion, constipation, nervousness and weakness.

One o' Many.

Mrs. Weeks—What business is your husband engaged in?
Mrs. Meeks—He operates in stocks.
Mrs. Weeks—Is he a "bull" or a "bear"?
Mrs. Meeks—Both. He's a bull at the stock exchange and a bear at home.

They Are Reliable.

The American Farmer is sincere in what it says and whenever it indorses an article, be it machinery, proprietary medicine, or a man individually, we want our readers to believe that what we say we have good reason to understand is true. For a year or more there have been indorsements of the Swanson Rheumatic Cure Company of 167 Dearborn street, Chicago, by this paper. People have written us to know if its remarkable remedies, for the cure of rheumatism, neuralgia, dyspepsia, catarrh, kidney troubles, etc., really had merit. We have therefore been at extra pains to investigate, and once again we add emphasis to our former indorsement of that company. There may be isolated cases here and there which, probably through neglect in following directions, or from exposure or some unexplainable reason, the wonderful Five Drops remedy does not do the work. But it is a case where the exception proves the rule. Mr. Swanson is a gentleman of character and personal integrity, and, we believe, would no more attempt to deceive the public than the writer of this article.

Send 25c to the Swanson Rheumatic Cure Company, 167 Dearborn street, Chicago, Ill., and they will send you by return mail a trial treatment or a large bottle, 300 doses, prepaid by mail or express for \$1.00. No household should be without this great remedy "5 Drops." Agents appointed in new territory.

A Reversal in Form.

The pug—By Sirius, but I was never more deceived in my life!
The pug—What's the matter?
The pug—Why, that shapely little Miss Poodle I've been so in love with had her hair cut the other day.—New York World.

Follow It Up.

Sit down and cool off suddenly, and then regret it, for stiffness and soreness is bound to follow. Follow them up with St. Jacobs Oil and you will have nothing to regret from a prompt cure.

Forecasting.

"Speaking of the complaints against the weather bureau," remarked the observer of men and things, "it would doubtless please more people if government would hire men to predict what next year's bicycle model will be like."—Detroit Journal.

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one cured disease that science has been able to cure in all its stages, and that is catarrh. Hall's Catarrh Cure is the only medicine ever 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.

If a woman misses her husband when he is away her aim may be more accurate when he is at home.

To Cure a Cold in One Day
Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. 25c. The genuine has L. B. Q. on each tablet.

The injury of prodigality leads to this: that he that will not economize will have to agonize.—Confucius.

My doctor said I would die, but Piso's Cure for Consumption cured me.—Amos Kelson, Cherry Valley, Ill., Nov. 23, '95.

Physicians' carriages have the right of way in the streets of Berlin.

Good Digestion

Waits on appetite, or it should do so, but this can be only when the stomach is in a healthy condition. Hood's Sarsaparilla so tones and strengthens the stomach that it digests food easily and naturally and then all dyspeptic troubles vanish.

Hood's Sarsaparilla
Is America's Greatest Medicine. Price \$1.
Hood's Pills cure all Liver Ills. 25 cents.

France's Smallest Soldier.

The smallest soldier in France is Louis Bernadot, of Luret, who is only 2 feet 4 inches in height. He is a dwarf with a slight mustache. When he presented himself to draw his number out of the conscription urn it was discovered that his head did not reach to the top of the table on which the urn was placed, so a gendarme held him up by the collar to enable him to put his hand in the urn.

In Winter Use Allen's Foot-Ease.

A powder to be shaken into the shoes. During winter your feet feel uncomfortable, nervous, and often cold and damp. If you have perspiring, smarting feet or tight shoes, try Allen's Foot-Ease. It warms and rests the feet and makes walking easy. Cures swollen and sweating feet, blisters and callous spots. Relieves corns and bunions of all pain and is a certain cure for chilblains and frost bites. Try it to-day. Sold by all druggists and shoe stores for 25c. Trial package mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Change.

"I wonder, now, where I got those seven single cents, doncher know?" said Goslin, as he drew forth some small cash from his pocket.
"You must have changed your mind," suggested Dolly.—Harper's Bazar.

Our respect for old age depends a great deal on whether it be applied to men and women or boarding house poultry.

GOVERNOR OF OREGON

Uses Pe-ru-na in His Family

For Colds.

CAPITOL BUILDING, SALEM, OREGON.

A Letter from the Executive Office of Oregon.

Pe-ru-na is known from the Atlantic to the Pacific. Letters of congratulation and commendation testifying to the merits of Pe-ru-na as a catarrh remedy are pouring in from every State in the Union. Dr. Hartman is receiving hundreds of such letters daily. All classes write these letters, from the highest to the lowest.

The outdoor laborer, the indoor artisan, the clerk, the editor, the statesman, the preacher—all agree that Pe-ru-na is the catarrh remedy of the age. The stage and rostrum, recognizing catarrh as their greatest enemy, are especially enthusiastic in their praise and testimony.

Any man who wishes perfect health must be entirely free from catarrh. Catarrh is a high, universal, almost omnipresent, Pe-ru-na is the only absolute safeguard known. A cold is the beginning of catarrh. To prevent colds, to cure colds, is to cheat catarrh out of its victims. Pe-ru-na not only cures catarrh, but prevents. Every household should be supplied with this great remedy for colds, coughs and so forth.

The Governor of Oregon is an ardent admirer of Pe-ru-na. He keeps it continually in his house. In a recent letter to Dr. Hartman he says:

STATE OF OREGON,
EXECUTIVE DEPARTMENT,
SALEM, May 9, 1898.

Dear Sir:—I have had occasion to use your Pe-ru-na medicine in my family for colds and it proved to be an excellent remedy. I have not had occasion to use it for other ailments. Yours very truly,

W. M. LORING,
GOVERNOR.

It will be noticed that the Governor has not had occasion to use Pe-ru-na for other ailments. The reason for this is that Pe-ru-na promptly cures colds, he points to his family against other ailments. It is exactly what every other family in the United States should do. Keep Pe-ru-na in the house. Use it for coughs, colds, influenza and other climatic affections of winter, and there will be no other ailments in the house. Such families should provide themselves with a copy of Dr. Hartman's free book entitled "Winter Catarrh." Address: Dr. Hartman, Columbus, Ohio.

Ask any druggist for a free Pe-ru-na Almanac for the year 1899.

4-POUND CATALOGUE FREE

THIS BIG CATALOGUE CONTAINS 1120 PAGES of selected homes in the country, and is the most complete and lowest priced catalogue ever published. It is the LOWEST WHOLESALE CHICAGO PRICES ON EVERYTHING. Includes everything in groceries, drugs, dry goods, notions, clothing, shoes, dresses, boots and shoes, watches, jewelry, books, hardware, stoves, agricultural implements, furniture, harness, saddles, bicycles, mailboxes, crockery, organs, pianos, musical instruments, furnishing goods, oils, hardware, painting materials, bicycles, photographic goods, etc. Just what your storekeeper at home must pay for everything he buys, and will prevent him from overcharging you on anything you buy. Explains just how to order, how much the freight express or mail will be on anything to your town. THE BIG BOOK COSTS US NEARLY \$5,000,000, and we sell it for 50 cents.

OUR FREE OFFER. Cut this advertisement out and send it with 15 cents stamps to help pay the 20 cents postage and the Big Book will be sent to you FREE by mail postpaid, and if you don't say it is worth the 15 cents you send, we will immediately return you 15 cents.

WHAT THE PRESS SAYS ABOUT THIS CATALOGUE:
"It is a masterpiece of business information."
"The catalogue is a wonder."—Manchester (N. H.) Union.
"Sears, Roebuck & Co. is one of the largest houses of its kind in Chicago."—Chicago Inter-Ocean.
"The big catalogue forms one of the finest shopping mediums that could possibly be sent into a district."
"The catalogue is a vast department store balled down."—Atlanta Constitution.
"The catalogue is certainly a merchandise encyclopedia."—Chicago Epworth Herald.
"This catalogue is the best catalogue in all public schools."—The Hon. G. A. Southworth.
"We could quote thousands of similar extracts. SEND US CUTS OFF AND WE WILL REPLY TO EACH OF THEM."—Chicago Inter-Ocean.

Address, SEARS, ROEBUCK & CO. (INC.), CHICAGO, ILL., U.S.A.

"The More You Say the Less People Remember." One Word With You, SAPOLIO

Largest Silver Mine.

The biggest silver producer in the world at present is the Broken Hill Proprietary Company in New South Wales. The output of that company's mines for the fiscal year ending on May 31, 1898, was 6,122,270 fine ounces of silver. The Anaconda Copper Mining Company in Montana came second, with a production of 5,074,036 ounces of silver. It is worth noting that in both of these mines the silver is produced in connection with other metals—at Broken Hill with lead and at Anaconda with copper. The latter is principally a copper mine, since the metal forms the greater part of the value of its ores.

The Compania Huanchaca de Bolivia has had the operation of its mines seriously interfered with for the last two years by water and other mishaps. Its production in 1897 was 151,995 kilograms, or 4,886,673 ounces, of silver. This is not much more than one-half of the maximum output which was reached in 1893, and was 281,067 kilograms, or 9,034,385 ounces.—Engineering and Mining Journal.

Fred Douglass' Widow.

Mrs. Frederick Douglass, widow of the colored orator, is to go on the lecture platform, to deal with the problem of the colored race in this country.

ASTHMA

POPHAM'S ASTHMA SPECIFIC

Gives relief in 15 to 30 minutes. Cures a FITZ trial package. Sold by Druggists. One dollar per bottle. Address 1708, POPHAM, PHILA., PA.

PENSIONS, PATENTS, CLAIMS.

JOHN W. MORRIS, WASHINGTON, D. C.

Law, Trademark, Examiner U. S. Patent Bureau. 3 yrs. in war, 15 adjudicating claims, etc., since.

SAFETY'S BLOOD-PURIFYING EYE WATER

PATENT secured or money all returned. Search free. Collier & Co. 4 F St. Washington, D. C.

One bottle for sale, 52 per case cash. 100 bottles for sale, \$2 per case. J. M. Smith, Stone City, N. C.

CURE YOURSELF!

Use Big G for annual discharges, inflammation, irritations or ulcerations of mucous membranes. Prevents gonorrhea, gonorrhea and all other venereal diseases. Sold by Druggists, or sent in plain wrapper, by express, 50c per bottle, 10c per 3 bottles, \$2.75. Circular sent on request.

S. C. N. U. 52-08

PISO'S CURE FOR CONSUMPTION

CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Use in time. Sold by druggists.