House of Sleep.

A healthy infant sleeps most of the time during the first few weeks, and in the early years people are disposed to let children sleep as they will. But from six or seven years old, when school begins, this sensible policy comes to an end, and sleep is put off persistently through all the years up to manhood and wemanhood. At the age of ten or eleven the child is allowed to sleep only eight or nine hours, when its parents should insist upon its having what it absolutely needs, which is ten or eleven, at least. Up to twenty a youth needs nine hours' sleep, and an adult should have eight Insufficient sleep is one of the crying evils of the day. The want of proper rest and normal conditions of the neryous system, and especially of the brain, produces a lamentable condition, deterioration in both body and exhaustion, excitability, and intellectual disorders are gradually taking the place of the love of work, general wellbeing and the spirit of initiative .-New York State Medical Journal.

Hall's Catarrh Cure Is a constitutional cure. Price, 75c.

Strawberry Souffle.

Put half a pint of the pulp of fresh strawberries passed through a sieve in an enameled saucepan with an ounce and a half of butter, seven ounces of sugar, half a gill of cream, and a little more than a gill of milk mixed with an ounce of flour and half an ounce of arrowroot. Stir till the flour is eooked: beat in the yolks of three eggs and let them thicken. When the mixture is cool stir in the whites of five eggs previously beaten to a stiff froth, a teaspoonful of lemon juice, a teaspoonful of maraschino, and six ounces of strawberries cut into dice. Color with carmine and bake in a quick oven for half an hour. When done dredge with castor sugar. Serve quickly with a good sauce.-St. James Gazette.

Piso's Care for Consumption has saved me large doctor tills.—C. L. Baker, 4228 Regent Sq., Philadelphia, Pa., Dec. 8, 1895. When one is low enough to insult you, be too high for him to reach.

It is of more profit to have a contented spirit than a lat tank account.

If the Baby is Cutting Teetn. Be sure and use that old and well-tried remedy, Mrs.

Wisslow's Soothing Syntr for Children Teething-"Marriage is a lottery," when it is a cor

ner lot-ery. There is not only an art but an eloquence

FITS stonged free and permanent's card. No fits after first day's ge of Dr. Kline's Great Norve Restorer. Pree 22 mai bothe and to est 'e Marv-cious cures. Dn. KLINE, 931 Arch St. Phi. ndeiphia, Pa

Those who favor revolutions only dig a tomb for themselves

One Thousand Farmers Wanted To settle on one thousand choice farms on the line of the Chicago, Milwaukee & St. Paul Railway in Dakota.

These lands are located in twenty different counties, and are to be had now at prices ranging from \$7 to \$15 per acre; a few months hence their value will be doubled.

For a home or for investment no luckier chance in the West has ever before been offered. Now is the time to invest. No better farming land exists anywhere. No greater results can be obtained anywhere.

Schools and churches abound everywhere. Nearby markets for all farm ing space should be divided off by setproducts. South and North Dakota are the banner diversified farming and stock-raising states of the West. Everything grows in Dakota except ignorance and intemperance. A new inches and all loose grain fed fowls horses. tide which leads to Dakota and to for- the hens busy and the busy hen lays

For further information address or call upon W. E. Powell, General Immigration Agent, 410 Old Colony Building, Chicago, Ills.

they will eventually attempt to hang you. FOR THE NATIONAL CONVENTION PEOPLES PARTY

AT ST. LOUIS JULY 25ND. The Wabash, the shortest and quickest route has been selected as the line from Netraska for de egates and their friends to travet. All trains are equipped with Reclining Chair Cars, Free, and Fullman Sleeting cars. Connecting Lines will sell tickets over the Wabash at Half-Fare. Parties desiring through cars or S ceping cars accommodation can arrange to the contract of the second cars are accommodation. car accommodation can arrange same by calling at the Wabash ticket office, No. 1415 Farnam St., (Paxton Hotel Block), or write G. N. CLAYTON,

N. W. P. A., Omaha, Netr. Statistics show that the French live longer than the Germans.



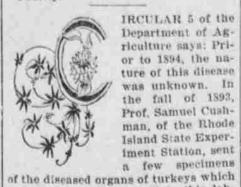
With a better understanding of the transient nature of the many physical ills, which vanish before proper efforts—gentle efforts—pleasant efforts— rightly directed. There is comfort in the knowledge, that so many forms of sickness are not due to any actual disease, but simply to a constipated condi-tion of the system, which the pleasant family laxative. Syrup of Figs, prompt-ly removes. That is why it is the only remedy with millions of families, and is everywhere esteemed so highly by all who value good health. Its beneficial effects are due to the fact, that it is the one remedy which promotes internal cleanliness without debilitating the organs on which it acts. It is therefore all important, in order to get its beneficial effects, to note when you purchase, that you have the genuine article, which is manufactured by the California Fig Syrup Co. only and sold by

all reputable druggists.

If in the enjoyment of good health, and the system is regular, laxatives or other remedies are then not needed. If afflicted with any actual disease, one may be commended to the most skillful physicians, but if in need of a laxative. one should have the best, and with the well-informed everywhere, Syrup of Figs stands highest and is most largely used and gives most general satisfaction.

INTERESTING CHAPTERS FOR DUR RURAL READERS.

How Successful Farmers Operate This Department of the Farm-A Few Hints as to the Care of Live Stock and



IRCULAR 5 of the Department of Agriculture says; Prior to 1894, the nature of this disease was unknown. In the fall of 1893, Prof. Samuel Cushman, of the Rhode Island State Experiment Station, sent a few specimens

had died of "black-head" to this labpratory, where they were carefully examined by Dr. Theobald Smith. In the summer of 1894, Dr. Smith made a careful study of this disease at the Rhode Island Experiment Station. He found that it was caused by one of the protozoa (Amoeba meleagridis Smith) and he published a full description of the disease which, in accordance with the lesions, he designated infectious enterohepatitis. This report shows that the disease usually attacks the young turkeys. The walls of one or both caeca become thickened, and the liver is mottled with areas of varying size, having a brownish, yellowish, or perhaps greenish color. These peculiarly colored areas in the liver are of diagnostic value, as they have not been found in other caccal or intestinal troubles. The microscopic examination of the affected parts showed the presence of large numbers of the protozoa in the cells and intercellular tissue. The life history of this parasite and the way by which the turkeys become infected with it were not determined, but from the facts elicited, Dr. Smith thought it highly probable that the micro-organism is transmitted from turkey to turkey without passing through an intermediate host. The nature of the disease indicates that inquiries into the means by which it is transmitted, with the object of determining methods for its prevention, promise more speedy and practical results than investigations into its medicinal treatment, Furthermore, it is of much importance that its spread into non-infected localities should be checked.

The Best Floor.

The best and most satisfactory floor for a hen house is dry, clean dirt upon an earth floor. The earth in the house should be filled from six inches to one foot above the ground surrounding the house outside; this will prevent it from becoming damp and disagreeable to the occupants. Under the roosts should be thrown a shovel full or more of loose, dry dirt every morning, and the droppings removed at least once a week and the floor swept or scraped. A scratchting up boards a foot high, making a pen in which should be kept loose straw or chaff to the depth of four or six | breeding of racers and other Take advantage of the thrown in this pen. This will keep eggs. This should not be allowed to become foul, but should be renewed occasionally. A liberal supply of airslaked lime scattered over the floor will do much toward keeping the house in Give your neighbors rope enough and a good wholesome condition.-Interstate Poultryman,

Ground Bone.

Probably no people in the world waste so much as the Americans, simply because no people have so much that can be wasted. It seems a great loss when we consider the vast quantities of bone going to waste every day. This can be easily ground with small outlay for a bone grinder or cutter. The elements that are found in green bone are those of great value to the hen. She uses a part to make bone and a part to make egg shells and some of it even goes to make muscle; for lime is not the only thing found in the bone in its green state. Bones can be obtained from the butcher at a very low price, and in country places can doubtless be had for the asking. We as a people should save the vast amount of valuable food matter going to waste in the form mentioned.

Cotton-Seed Meal and Hulls. A bulletin of the North Carolina experiment station gives the following directions for the feeding of cotton-seed meal and hulls:

1. For Maintenance.-Where it is desirable to feed an animal just sufficient to maintain it without loss, the following directions may be followed: Hulls from rather green seed may be fed alone, the particles of seed kernels remaining accidentally with the hulis being counted on for maintenance, or,perhaps, even for slow fattening. Dependence, of course, is placed on the amount of kernels left in the hulls. With wellcleaned hulls, however, some cottonseed meal must be used, depending somewhat on the animal fed. With a cow weighing 950 pounds, 1 pound of meal to every 7 pounds of hulls has been shown to maintain the weight and produce about 20 pounds of milk per day. Probably 8 or 10 pounds of hulls to 1 pound of meal when fed in quantity (as much as can be eaten clean) will support life and maintain the weight of neat stock.

2. For Milk.-For the greatest flow of milk we consider it a doubtful practice to feed exclusively on hulls and meal, though both may be prominent articles in the ration. If cotton-seed meal is fed in quantities sufficient to support a cow giving a large flow of milk it may occasion danger to her health, as it certainly does where fed to pigs and calves in like manner. When a cow has passed about four or five months of gestation, and the flow of milk has are a thing of the past.

DAIRY AND POULTRY greatly diminished, she may be put on a ration of hulls and meal, which may be varied from 4 to 1 to as much as 7 or 8 to 1 of hulls to meal until she has dried off. This will support the cow well. It would be well all this time, however, to be feeding once per day some hay, stover, straw, or let her

graze part of each day. For two or three weeks before calving the cow's ration should be changed by substituting a succulent diet of brain for the cotton-seed meal. A week before calving, if not already affected by the succulent diet, the cow should be theroughly purged with Glauber's or Epsom salts, in one pound dose. Care should be exercised to see that the bowels remain loose; if not, repeat the dose at intervals, as needed, until the cow has come to her full yield of milk after calving.

3. For Other Stock .- To other than ruminating animals, the use of either cotton-seed hulls or meal is yet of doubtful expedience. Hulls are considered too bulky for horses, but cottonseed meal may often be fed in small quantities to good advantage with the usual wide rations. Its action, however, on the nervous system is yet untried, so far as we are informed, and it would only be safe as a small part of a ration to be used, much as linseed meal or flaxseed is sometimes used. This meal, in small quantities is not so laxative as linseed meal.

Experience Necessary. Having decided to establish a cheese factory, select a man to take charge of it and send him to some institution of the kind that is in successful operation, and keep him there for at least six months, or until he learns the business thoroughly, if his services are not needed as an assistant; better pay liberally for the privilege of staying there and learning the business: it will be found in the long run that the money spent in this way is the best investment of the whole institution. A man to operate a cheese factory should be sufficiently posted so that he can tell at a glance, when he enters the cheese room, whether his cheese maker is making good merchantable cheese, or whether he is making something that give them a trial. is destined to be used as fish-balt, or as a tramp exterminator in the free lunch saloon. We think this class of cheese is what gives the Chicago people their opinion of Missouri as a dairy state.-O. C. Beach.

Horses in Russia.

According to the Gazette of St. Petersburg, Russia possesses 30,000,000 horses, or half the total number supposed by one authority to be kept in the world. About 86 per cent belong to the peasants, and there are grave fears of the rapid decrease of these animals unless something is done to arrest the decline that has set in. The depression in agriculture has impovergrowing fewer as well as poorer in quality. At present, it is estimated, 30 per cent of the peasants who cultivate | sufferers." land are without horses, and the government are urged to devote more attention to the encouragement of cart- F. R. Joy, a notary public, on this 28th horse breeding, and less to that of the day of March, 1896.

Grocery Butter.

Every man takes good, sweet butter to market. (He thinks he does.) He knows he does, because his groceryman tells him so, and he puts it in the box with all of the good butter, and his wife made it; how could it be otherwise. But he has to take a low price for it, there was so much of the same quality on the market, so they do not try to make it so good the next week, for it did not pay to work so hard for so little money. If grocerymen could be a little more particular in testing the butter they buy, and take nothing but good, poor butter would be very scarce, as there would be no place for it. But just as long as there is a place where it can be sold at all, it will be made, and lots of

Games.-The game fowl is probably the oldest breed known to the world. They were bred and fought three thousand years ago, and will be bred and fought three thousand years after date. We allude to the true game, not the stilted variety, bred for supposed elegance of form and station. There is no better fowl for the farmer than well bred and steel tested games. They are generous layers and the finest table fowls ever invented. The latter fact is never disputed and never doubted. After full feathering they are the hardiest of all, and will return home to roost with promptness. Not only will the males fight anything that wears feathers or hair, but the females will protect their young to the last feather and the last gasp. They are the best of all mothers-good sitters and good providers.-Ex.

Ducks In the South .- The south is the land for ducks. In Texas, Louisana, Arkansas, Mississippi, Alabama, Tennessee and several other southern states, there are hundreds of lakes, rivers, creeks and bayous that are natural harbors for ducks In many of the states named the wild ducks gather and forage and in the late fall and winter season, affording fine sport for the huntsman. In the more thickly settled and cultivated sections of the south the streams and lakes still exist, but the wild ducks have forsaken them because of the too frequent appearance of man and the fixtures and appliances of modern life. It is the duty, then, of the home-builder to restock the waterways with ducks .- Southern Farm,

Fences.-This generation of farmers is not spending as much for fences as did our elders. The stock laws have come into general favor. Since stock may affiliate with the American Fedis kept at home cattle improve, scrubs eration of Labor after the next condiminish, cows give more milk, calves | vention. thrive better, hogs are of better breeds; but, best of all, the old feuds over fences

ALMOST PARALYZED.

INTENSE SUFFERING FOR YEARS

The Remarkable Testimony of a Husband and Wife to the Virtues of Dr. Williams' Pink Pills for Pale People.

From the Wave, Odell, Nebraska. A reporter of the Wave having seard of the great faith Mr. and Mrs. O. Brace, of Odell, Nebraska, have in the curative properties of Dr. Williams' Pink Pills for Pale People, de-termined to see the parties in person

and ascertain the truth of the reports With that purpose in view a drive was taken to their fine farm a few miles west of town, where Mrs. Brace was found busily engaged in assisting her husband make wire fence. No doubt noticing our surprise, she apologized, saying "that the children were old enough to be of much help with the nousework, and she thus had time to assist her husband.

"But is it possible that you have re covered so as to do work requiring constant use of your arms, without suffering?" asked the reporter.

This question elicited the following wonderful story: "I do not wonder that you are surprised, said Mrs. Brace, for as every one in this vicinity Brace, for as every one in this vicinity knows for several years I was nearly crippled and suffered constantly from rheumatism. When I first felt the at-tack I got medicine from a local phy-sician, but instead of getting better I grew worse, until I suffered intense agony, which no one who has not had the dread disease can understand. In hopes of relief, leading physicians other towns were consulted, and they all agreed in pronouncing it a sever ease of muscular rheumatism, and as their prescriptions were taken month after month without beneficial results, ceased to give encouragement. and said that I was gradually becom-

"I had by that time become so crip-pled that I had to give up all work, and the only way I could carry my right arm was in an upright position Any attempt to lower it caused excruciating pain. Constant suffering caused general debility, and life seemed too great a burden to bear. It is sald a drowning man will catch at a straw, and so it was in my case, as I read a testimonial in a newspaper I happened to pick up, of a case similar to mine, which had been cured by Pink Pills for Pale People, and I determined to

admit my faith was weak, for had always been prejudiced against so-called patent medicines, but by the time I had taken three boxes the relief was so apparent that I determined to continue their use. In a few weeks my general health improved, and I could move my arm without difficulty, and by the time ten boxes had been used I felt better than I had for years, and I can now say with confidence that I am cured. I always keep the pills in the house and take a box of them every spring as a blood purifier, and at any time that I take cold and fear a return

of my old trouble." Continuing, Mrs. Brace said: "I give all the credit of my recovery to Dr. Williams' Pink Pills for Pale People. and both my husband and I shall al-ways be ready to speak in their praise. We tell our neighbors on every occa-sion of their virtues, and if you think ished the peasants, and their horses are this is sufficient interest we will be glad growing fewer as well as poorer in to have this testimonial made public, hoping that it may be of ber those who otherwise would be life-long

To confirm her story beyond al doubt, Mrs. Brace made affidavit.

F. R. JOY, Notary Public Dr. Williams' Pink Pills contain, in necessary to give new life and richness to the blood and restore shattered nerves. Pink Pills are sold by all dealers, or will be sent post paid on receipt f price 50 cents a box, or six boxes for \$2.50 (they are never sold in bulk or by the 160), by addresing Dr. Williams Med. Co., Schenectady, N. Y.

Godey's Magazine for July.

Godey's Magazine for July begins the 133d volume of the well-known old publication and is a good specimen of the pioneer in its modern form. The number opens with two timely arti-cles. The first of these is from the pen of a traveler in Persia, and describes, with the aid of numerous pictures, some of the characteristics of the country, which is always an important factor in the Eastern Question, and has recently come into particular promi-nence on account of the assassination Shah; while no less timely and interesting is a description of the Training and Life in the New York Fire Department, from which a delegation went to the International Firemen's Tournament that began in London July 19. The Godey Company, 52 Lafayette Place, New York.

The July number of Harper's Magazine (to be published next Monday will open with a paper on General Washington and the period of the Revolution, by Woodrow Wilson: Rarely has a historic person been made so real and human as Washington here appears, in camo and on the battle-field no less than in the Virginia House of Burgesses or at his Mount Vernon plantation. Mr. Pyle's illustration of historic scenes worthily accompany Professor Wilson's admirable studies of colonial life and politics. In commemoration of the centenarian of Cleveland, the number will contain an illustrated paper on the distinctive characteristics of Ohio, as shown in the development of that state, by President Charles F. Thwing, of the West ern Reserve University.

General Fitzhugh Lee, Consul-General to Cuba. has written to the July Century an account of "The Failure of the Hampton Conference," which was held in February, 1865, in the effort to bring about peace between the North and the South. General Lee introduces an unpublished letter from Jefferson Davis, and one from Robert M. T. Hunter, who was one of the three Confederate commissioners.

LABOR NOTES.

A court in France has decided that it is not unlawful to ald and abet or influence workingmen to strike.

It is proposed to change labor day in Ohio from the first Monday in September to the last Saturday in August.

Bollermakers and fron ship builders

Fifteen hundred employes of the tube works at McKeesport, Pennsylvania, have joined the Iron and Steel

Better Than 16 to 1.

A person went to the postoffice the other day and asked what a money order for \$2.50 would cost. The deputy said three cents. He said he would take one. Writing it out and giving it to him, he handed over the three cents. "You owe me \$2.50, please," said the other. "Why, you said it was three cents." An explanation set in. He gave up the order, but will always wonder why the man changed his mind. That happened in Roanoke, and dates and names can be given, as several were standing by .- Armstrong (Mo.) Herald.

If Remote from Medical Help. Doubly essential is it that you should be provided with some reliable family medicine. Hostetter's stomach Hitters is the bost of its class, remedy ing throughout as it does such common allments as indigestion, constipation and billoushess and affording safe and speedy help in malarial cases, rheumatism and inactivity of the kidneys.

The self-conceited man bastens to his enemy to be enten. - Wakatanki.

Did you ever see anything as queer as a robin trying to feed its own reflection on a window glass? That sight has been going on at my house in Dorchester for a day or two. The poor deceived bird gets a worm in its bill and then runs up to a basement window, where it has seen its reflection, and there taps, taps, taps, at the glass trying to feed its shadaw. I had heard strange noises in the basement, and had begun to think the house was haunted, as at first I could not ascertain the cause of the sharp sounds, like tapping on metal, but finally discovered the robin at its puzzling attempts to feed a ghost -- Boston Trans-

Thought That Ought to Settis Them. Old Negro Woman (pouring coal oil

among a nest of cockroaches -I jis' reckon I's goin to fix you dis time. I'se tried lime, insect poddah and hot wattab, an hain't done no good; but now you'd jis' as well gib up, fer you can't buck de Stan'ard Oil company -Truth.

Hegeman's Camphor les with Giycerine, Currer Comprised Hands and Pace, Tender or Sore Feet, Chilbinites, Pites, &c. C. G. Clark Co., New Haven, Ch.

The world is full of people with both-hands extended to we come any tempta-tion that is out of a job.

Paderewski, sweet as is his music cannob soothe himself with it. ~~~~~~~~~~~

"Mend it or End it,"

has been the rallying cry of reform, directed against abuses municipal or social.

For the man who lets himself be abused by a cough the cry should be modified to: Mend it, or it'll end you. Your can mend any cough with

Ayer's Cherry Pectoral.

MARARARARARARARA

FREE HOMES From Uncle Sam.

Nearly 2,000,000 Acres of Government Lands Now Open to Settlement___

NORTHERN ARKANSAS.

They are fertile, well-watered, heavily-finabered, and produce grains, grasses, fruits and regetables in abundance. North Arkansas apples are noted. The climate is delightful, winters mild and short. These lands are subject to homestead entry of 100 acres each. Sow is the rise to Get a RORE. For further information address

E. V. M. POWELL, Immigration Agent, Harrison, Ark. LE Incluse 10 cents in Silver.

ES" Refers to Bank of Harrison and Boone County Bank, Harrison, Ark.



STOP! You have run up against a Good Thing.

The best reason in the world why some things sell so well is because they are good. That is one reason for the great sales of "BATTLE AX."

But good quality is only half the story. The other half is the size of a 5 cent piece. It is as big almost as a 10 cent piece of other and poorer kinds.

Facts are facts. You can buy and see for yourself. Five cents isn't much to invest.

19 Years' Experience

Just think of the wealth of wisdom and experience, accumulated during 19 years of building good bicycles, that comes to you for the \$100 you pay for



The buyer of a Columbia has no uncertainty. He knows its quality and workmanship are right—the Columbia scientific methods make them so.

TO ALL ALIKE

Beautiful Art Catalogue of Columbia and Hartford Bicycles is free if you call upon any Columbia agent; by mail from us for two 2-cent stamps.

POPE MFG. CO., Hartford, Conn.

Branch Stores and Agencies in almost every city and town. If Columbias are not properly represented in your vicinity, let us know.