

KNOW THYSELF.

SCIENCE HELPS YOU TO BE YOUR OWN DOCTOR.

The Story of a Woman Who Kept Posted on the Work of Science and Saved Her Own Life.

From the Era, Bradford, Pa.

Too few people are acquainted with the rapid advance of medical science, and too many doctors are still plodding in the old paths.

Once it comes to pass that people know themselves, that all physicians are abreast of the world's knowledge, much of our suffering will come to an end. Medical scientists are not delving into the depths of knowledge for the mere benefit of brother physicians, but for the benefit of the world. They place in the hands of the well man a means of keeping well, in the hands of the sick a means of recovery. To the parent they give the power of saving the child. Science is working for you—will you accept the proffered help?

Mrs. George Rowend, an estimable lady who resides at No. 276 East Main street, has cause to feel grateful toward the science of medicine.

One day recently a reporter, learning that Mrs. Rowend had been greatly benefited by the use of a new medicine, interviewed her. She stated that she had been suffering with a female trouble for many years. Her health was so poor that she found it almost impossible to perform her household duties.

"I never believed in proprietary medicines," said Mrs. Rowend, "but one day last fall I read an article in a newspaper which told of the cures effected by Dr. Williams' Pink Pills, and I decided to try the medicine. Before I had taken the contents of one box I began to feel better. The depressing weakness which had bothered me for so many years began to disappear, and the action of the heart at once became stronger and more regular. I took nine boxes of the pills, and I am now feeling better than I have for several years, and I have unbounded faith in the medicine."

Mrs. Rowend is steadily gaining in health and strength, and gives all the credit for her restoration to health to Dr. Williams' Pink Pills for Pale People.

Dr. Williams' Pink Pills contain all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are for sale by all druggists, or may be had by mail from Dr. Williams' Med. Co., Schenectady, N. Y., for 50c per box, or six boxes for \$2.50.

Pelts Worth \$1,000.

In a down-town window is displayed the skin of a musk ox, on which is a label stating that it is the most valuable kind of a skin in existence, being valued at \$1,000. It is the property of Mr. Herman Burrell, who secured it on his trip to the Arctic regions, or thereabouts, last year. With it is a hat made of the skins of very young calves of the musk ox species, which is valued at \$300. The large skin is covered with long, fine hair, beneath which is a thick coat of fine fur, the coat and overcoat being necessary to the comfort of the musk ox in his frozen home away inside the Arctic circle. These skins come high, but fortunately people don't have to have them. Any one who goes out hunting musk ox skins will find that they will cost him more than \$1,000 apiece, besides the discomfort of traveling in the Arctic regions.—Oregonian.

Beautiful Though Painful.

We sing "Come Gentle Spring," and we often very sorry that we did anything of the kind, for Spring, though beautiful, is sometimes very painful. The very luxury we enjoy in return of the balmy air is the latent source of a great many pains and aches. It is because the nerves are relaxed in this way that they become weak and an easy prey to sudden attacks of neuralgia, but we have in St. Jacobs Oil something that restores the tone, vigor and strength of the nerves to what they had been. The prompt use of it in these neuralgic attacks of springtime is sure to be followed by a perfect cure.

The new buttons scintillate with various colored mock jewels.

Improper and deficient care of the scalp will cause grayness of the hair and baldness. Escape both by the use of that reliable specific, Hall's Hair Renewer.

Rose pink and mauve is a combination seen in some gowns.

Piso's Cure for Consumption is the best of all cough cures.—George W. Lotz, Fabucher, La., August 26, 1896.

The markets are particularly attractive at this season.

WETS.—All fits stopped free by Dr. Kline's Great Nerve Restorer. No fits after the first day's use. Marvelous cures. Treatise and 50c trial bottle free to fit cases. Send to Dr. Kline, 535 Arch St., Phila., Pa.

Laugh during your meals if you wish to be free from dyspepsia.

Mrs. Winslow's Brooming Syrup for children teething, softens the gums, reduces inflammation, always cures wind colic. See bottle.

Six and eight dollars are not unusual asking prices for some of the rich spring weaves.

\$100 Reward, \$100.

The reader of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly on 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. Sent for list of testimonials. Address, F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c.

Familiarity and kindness are two very different things in the government of servants.

OLD EYES MADE NEW—Away with rheum and watery eyes. By mail to Lock Box 798, New York.

NEW WRITING TO ADVERTISERS—Please say you saw the advertisement in this paper.

GOLD ENOUGH FOR CENTURIES.

South African Mines Can Supply the World with the Precious Metal.

An interesting letter, dated Dec. 11, 1895, has recently been received in this city from a New Yorker now resident at Johannesburg, respecting the south African gold and diamond fields.

"This place is no fake," he writes, and continues, "I have talked with some of the cleverest mining engineers, and among others Hammond, considered the cleverest of them all. They all agree that now they have struck the low levels gold is here for many, many years, and that before the end of this century the south African mines will be putting out more than \$100,000,000 of gold a year, and they consider that a very conservative estimate.

"I have been to Kimberly and have seen the working of the diamond mines, which is most interesting. They are getting out \$100,000 worth a week, and could do much better if they were not limiting the product. The policy of the De Beers Company is to buy up all new mines that are discovered and shut them up till they are required. The mines extend over a great territory, and are all chimneys of extinct volcanoes. The country where the diamonds are found reminds one of Nevada, but here the gold country is one vast plain of good grass, and you see cattle and sheep grazing all about.

"The best mining engineers here are Americans, and the superintendent of the great De Beers and Kimberly mines (diamonds) is an American named Gardner Williams.

"I have been to one of the big mines to-day to see the workings, and am very much impressed. The knowing ones say here that a big slump is due shortly, and that this is no time to buy anything, but after the slump the good mines, and all those on the main lode are good, will sell higher than ever and pay a good interest on the investment. Through their cyanide process they are getting 85 per cent. of the gold out of the ore, and they think before long they will be able to save all but about 5 per cent. I understand that this is the only place in the world where this process is used, and in any case it is the first place."

Of Johannesburg the writer says: "This is a place of over 60,000 people, and is literally built on gold, as the mines are all about the city. There are some very fine buildings, and they are evidently here to stay. I do not like the climate, however, as it is very windy and dusty. Water is so scarce at this moment that one cannot get a bath, and at some of the boarding-houses they are using soda water to wash in. It is a very dry place, but people keep moving so fast that they do not notice it."—New York Times.

The Line Was Skewed.

The following anecdote of Mr. Lincoln's kindness of heart was told by the late Schuyler Colfax to a gentleman who contributed to the Chicago Times-Herald:

During a visit to Menard County an incident connected with the original survey of Petersburg was related to me.

It seems that Lincoln, then a surveyor, first platted that town. Some twenty or thirty years afterward the property-owners along one of the outlying streets had trouble in fixing their boundaries. They consulted the official plat and got no relief.

A committee was sent to Springfield to consult the dignified surveyor, but he failed to recall anything that would give them aid, and could only refer them to the record. The dispute, therefore, went into the courts.

Late one autumn, while the trial was pending, an old Irishman named McGuire, who had worked for some farmer during the summer, returned to town for the winter. The controversy being mentioned in his presence, he promptly said:

"I can tell you all about it. I helped carry the chain when Abe Lincoln laid out this town. Over there where they are quarreling about the lines, when he was locating the street, he straightened up from his instrument and said:

"If I run that street right through, it will cut three or four feet off the end of poor Tom's house. It's all his he's got in the world, and he never could get another. I reckon it won't hurt anything out here if I skew the line a little and miss him."

Lack of Proof.

A story is told of a prominent American lawyer who was a fine speaker and a wit, but so fond of metaphysical distinction that a colleague one day read him a lesson never to be forgotten by any one who knew him. He told the jury the following story, the moral of which was at once apparent:

My friend —, said he, who is so successful in fine-spun distinctions, was once employed to defend an old man for shooting a neighbor's dog. The proof was clear that the defendant said he would shoot the dog; that he brought out the gun in open day and loaded it; that he took deliberate aim at the dog, and that at the crack of the rifle the dog fell dead with a bullet-hole through him.

But the lawyer contended that this was an instance of circumstantial evidence merely, and that in such cases it was well settled that if a single link in the chain was wanting, the whole evidence was worthless; and although there was proof of the threat, the loading of the gun, the firing and the death of the dog, "Yet," said he, "what witness has testified that he saw the bullet hit the dog?"

In the bacchanal days of Rome men's faces were often crimsoned with drink, and even the gutters were flushed with wine.



Good Roads, Good Horses.

If roads were good as they are bad And free from mud and jolt, The horse would be forever glad And spry as a frisky colt.

France's Fine Roads.

France is one of the best paved countries in the world. The first Napoleon instituted and carried out a road system which gave France the roads which are lasting monuments to the Napoleonic foresight and shrewdness. These roads, always passable and reaching all the centers of population, are competitors of the railways.

Good Roads and Trade.

It should not require a very acute mental vision for merchants in country towns, who are almost entirely dependent on the farmers for their trade, to see that it is to their interest to assist in their work of improving the highways leading to their towns.

A spider with no web wherewith to catch flies is no worse off than a town with no roads radiating from it. Every mile of good roads adds so much more area to a town's territory of trade. Every steep grade, every muddy place, every sandy stretch is a barrier that the farmers will avoid by going to some trade center more easily reached.

If the merchants in a slow-going town would organize their idle clerks into a road improvement corps and go out in the highways and byways mending the roads it would attract more customers than to cut off 2 per cent. from their selling price.

Wagon Roads of Steel.

Steel wagon roads, as advocated by Martin Dodge, State Road Commissioner of Ohio, are likely to have a thorough trial in several States this year. These roads consist of two rails made of steel the thickness of boiler plate, each formed in the shape of a gutter five inches wide, with a square perpendicular shoulder half an inch high, then an angle of one inch outward slightly raised. The gutter forms a conduit for the water, and makes it easy for the wheels to enter or leave the track. Such a double-track steel railroad, sixteen feet wide, filled in between with broken stone, macadam size, would cost about \$6,000, as against \$7,000 per mile for a macadam roadbed of the same width, but the cost of a rural one-track steel road would be only about \$2,000 a mile. It is claimed that such a road would last much longer than stone, and that one horse will draw on a steel track twenty times as much as on a dirt road, and five times as much as on macadam.

Impressed by Emerson.

The poet Emerson was never credited with being a handsome man, though people who knew him saw in his face his beautiful character and forgot to discriminate between him and his appearance. Years ago when the "Philosophers" were in camp at Follensbee Pond, in the Adirondacks, Emerson was one of the party, and his devotion to his studies and "worthless writing" seemed to several of the guides a great waste of time, which might better have been spent in hunting and fishing. There was, however, a guide, Steven Martin, who became perhaps the most noted that the Adirondacks ever produced, and who recognized in Emerson something of his real worth and upon whom the poet made a great impression. "Steve," as he was familiarly called, was an observing man, and the poet's physical defects, then undoubtedly more prominent than in later years, did not escape his eye, as may be seen from the answer he gave to the question of the writer of this paragraph: "What kind of a fellow was Emerson?" "Wal, sir," said the old guide, "he was a gentleman, every inch—as nice a fellow as you ever see; pleasant and kind—and a scholar, too, allus fingerin', studyin', and writin'; but, sir, he was, I believe, the homeliest critter for his age that ever came into these woods."—Troy Times.

Substitute for an Alarm Clock.

The memory of the eccentric Lord Ogilvie still lingers among many of the gentlemen in Colorado. One day he set out for Denver. He took with him on the train two mysterious-looking bags. He went to the best hotel in the city to spend the night. In the morning the people in the house were awakened by the loud crowing of a cock. The clerks and bell-boys traced the noise to the room of the distinguished lord, and there they stopped puzzled. It surely seemed to them as if the crowing were in the room, and yet it seemed hardly possible that a Scottish nobleman would allow a rooster in his bedroom. But finally, when the noise continued, they rapped on the lord's door. A sleepy voice came from within, and then the lord appeared in his night-clothes. He didn't look a bit like a lord then. His hair was mussed all over his head, his eyes were only half open, and he was shouting angry epithets at those who had disturbed him. But when the door was opened wide, the clerks and boys in the hall were astonished at a fighting-cock perched on the foot of the bed, crowing lustily.

"We're sorry," said one of the clerks, "but it isn't customary in this hotel for guests to bring roosters to bed with them."

them. That bird's crowing is waking up the whole house. I'm afraid I'll have to ask you to allow us to take him down to cellar."

"Not by a d—d sight," shouted the lord. "If that bird goes down cellar, I go down, too. He's going to stay right here with me. I kept him here so he'd wake me up in time to catch my train, and he's done it. He's a good bird, he is. I didn't need you to come up here pounding on my door."

The outcome of it was that the cock remained in the room until the lord was ready to leave. They added something to his bill on the bird's account, but the lord didn't mind that.—Correspondence Buffalo Express.

Emerson's Decisions.

Emerson was not an epicure, but he knew how to appreciate a fine dinner. Several witnesses have given their testimony in regard to his partiality for what he called "pie." In "Sketches from Concord and Appledore," the author says that Emerson was fond of pears; knew the best varieties and the order in which they ripened.

He used to say that there is only ten minutes in which a pear is fairly ripe; before that it is too hard and afterward too soft.

There are many anecdotes told of his good sense and sagacity, and the following is perhaps equal to any of them: One summer there was a camp-meeting of Spiritualists at Walden Pond, and every evening they held an entertainment of speeches, singing and music, to which a small admission fee was charged. It happened, however, that the picnic pavilion was situated close to Mr. Emerson's land, and numbers of Concord people went out of curiosity and leaning against his fence he heard and saw everything that went on. A committee of Spiritualists consequently called on Mr. Emerson and requested permission to collect fees from those who stole their entertainment in this manner.

At first thought this might not seem to be unreasonable; but Emerson replied, "No, I have always enjoyed the privilege of walking upon my neighbors' fields, and I cannot now refuse the same right to them."

Emerson's no was always decisive, and if one person could not induce him to change his mind, I do not believe twenty millions would have succeeded in doing so. When he was in a lawsuit regarding some property, and the suggestion was made that he should compromise he said:

"By no means. If it is mine I want the whole of it; if it is not mine I do not want any of it."

The Battle of Cape St. Vincent.

As a naval action the battle of Cape St. Vincent is distinguished by the firm resolution which, for sufficient reason, dared to engage against odds so great; by the promptitude and vigor with which was seized the unforeseen opportunity offered by the severance of the Spanish fleet; by the sound judgment which led Jervis to attack the weather division, though far larger, because the lee could not for a long time assist it; and finally, by the brilliant inspiration and dauntless courage which enabled Nelson to redeem in time the single capital oversight committed by the commander-in-chief. This combination of daring and judgment, of skillful direction with energetic determination to have none but great results, marked an epoch in naval history. Succeeding the dawn that glowed around the names of Rodney, Howe, and of Hood, this achievement of Jervis' foretold the near approach of that brilliant noontide of the British navy, which was coincident with the career of Nelson, and culminated at Trafalgar. Its timely importance, in the eyes of the government, was shown by the rewards bestowed upon the commander-in-chief. Already destined, for eminent services, to the lowest grade of the peerage, he was now at one step raised to the dignity of earl, with the title of St. Vincent, by which he is now best known to history.—Century.

Glave's Eager Spirit.

Among the young officials who were waiting appointments at Leopoldville was Mr. E. J. Glave. He appeared to a slim, tall boy of eighteen or nineteen; but during the few days I remained at Leopoldville I saw that he was a man of character, well educated, fond of sketching, and eager for active service. I was always on the lookout for willing spirits. Every European seemed willing enough when he first landed on the river, but very few, after an experience of the fever, long retained that willingness. However, Glave contended his inaction, and when offered a chance of proving his mettle and ability at Lukolela, became aglow with animation.—Century.

Conformed to the Rules.

The Chap Book is authority for this: "Kipling is writing a story for the Ladies' Home Journal. Kipling! However, with his usual breeze and the vicious quality of his style, he concludes a chapter thereof: 'And the fellow tossed down a glass of old Madeira, and turned to leave the room, etc. Little Bok, in a panic, wires the brawny jungle man: 'Can you change 'Tossed down a glass of old Madeira?' Ladies' Home Journal rules forbid mention of wine.' Kipling wires four words: 'Make it Mellin's food.'"

"I can overlook his past," sighed the grieved and mortified young woman, after a careful inspection of the ring she had just received from her lover, "but I am bitterly disappointed with his present." The diamond was paste. —Chicago Tribune.

An agriculturist paper has an article on kicking cows. A man who is mean enough to go around kicking cows without just provocation, isn't too good for biting horses.

Egyptian Writing.

The Egyptians had four separate and distinct styles or forms of writing—the hieroglyphic, the hieratic, the enchorial and the Coptic. The hieroglyphic was probably in use as early as the year 4,000 B. C., and at first was made up entirely of pictures. About the year 2,000 B. C. the hieratic form or style was introduced. In this the picture hieroglyphics were greatly simplified, finally developing into forms purely linear.

THE EVOLUTION

If medicinal agents is gradually relegating the old-time herbs, pills, draughts and vegetable extracts to the rear and bringing into general use the pleasant and effective liquid laxative, Syrup of Figs. To get the rice remedy see that it is manufactured by the California Fig Syrup Co. only. For sale by all leading druggists.

House cleaning and house hunting are the occupation of the hour.

Blue and white hyacinths are used at Delft luncheons.

The St. Joseph and Grand Island R. R.

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POPHAM'S ASTHMA SPECIFIC

Gives relief in FIVE minutes. Send for a FREE trial package. Sold by druggists. One box and postpaid on receipt of 50c. Six boxes \$2.50. Address: THE POPHAM, PHILA., PA.

SPRINKLE YOUR LAWN

And Spray Your Flowers, Plumes, Hardwoods, etc. in this line. It will interest you. I. K. WOOD & CO., 457 South Oakley Avenue, Chicago, Ill.

Queer Names.

"Blue Spots"—"Dead Aches"—"A Crick"—"A Bitch"—"A Teasel"—"A Jam"—"A Hair"—"Raw Spots"—"St. Jacobs Oil."

Bear in Mind that "The Gods Help Those Who Help Themselves." Self Help Should Teach You to Use

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It's Pure

Walter Baker & Co.'s

Cocoa is Pure—it's all

Cocoa—no filling—no

chemicals.

WALTER BAKER & CO., Ltd., Dorchester, Mass.

"Big as a Barn Door."

Battle Ax

PLUG

For 5 cents you get almost as much "Battle Ax" as you do of other high grade goods for 10 cents.

Before the days of "Battle Ax" consumers paid 10 cents for same quality. Now, "Battle Ax"—Highest Grade, 5 cents. That's true economy.

How it looks,

to the women who wash with Pearline, when they see a woman washing in the old-fashioned way with soap—rubbing the clothes to pieces, rubbing away her strength, wearing herself out over the washboard! To these Pearline women, fresh from easy washing, she seems to "wear a fool's cap unawares."

Everything's in favor of Pearline—easier work, quicker work, better work, safety, economy. There's not one thing against it. What's the use of washing in the hardest way, when it costs more money?

MILLIONS NOW USE PEARLINE

Now USE PEARLINE