

American Bicycles Abroad
American bicycles, as well as English, are exported to almost all countries. Recent trade reports show shipments from the port of New York to Great Britain, France, Germany, Denmark, Norway, Sweden, India, Australia, Chili, Brazil, Columbia, Haiti, San Domingo, Jamaica and Central America, all within a brief period. Japan, in her ambition to emulate western industries, has begun to manufacture her own wheels but they are described as clumsy.

Magnesia is the friend of the woman who has grease spots on her gown.

I know that my life was saved by Fico's Cure for Consumption.—John A. Miller, An Sable, Michigan, April 21, 1896.

It requires a woman of much artistic taste and careful thought as regards the details of dress to put on a veil properly, and she has another problem to wrestle with this season if she attempts to wear a fichu, for the fichu needs the touch of an artist quite as much as the veil. The folds must be arranged gracefully and the ends coquettishly twisted and fastened with fancy pins to make a success of this pretty article of dress.

Eat

Naturally, have a good appetite, keep your blood pure and your nerves strong by taking

Hood's Sarsaparilla

The best in fact, the One True Blood Purifier. Hood's Pills cure biliousness, headache, etc.

BICYCLISTS SHOULD

USE POND'S EXTRACT

CURSES

Wounds, Bruises, Sunburn, Sprains, Lameness, Insect Bites, and ALL PAIN.

After hard work or EXERCISING rub with it to AVOID LAMENESS.

REFUSE SUBSTITUTES

Weak, Watery, Worthless.

POND'S EXTRACT OINTMENT CURES PILES.

POND'S EXTRACT CO., 76 Fifth Ave., New York.

The Greatest Medical Discovery of the Age.

KENNEDY'S MEDICAL DISCOVERY.

DONALD KENNEDY, OF ROXBURY, MASS.,

Has discovered in one of our common pasture weeds a remedy that cures every kind of Humor, from the worst Scrofula down to a common Pimple.

He has tried it in over eleven hundred cases, and never failed except in two cases (both thunder humor). He has now in his possession over two hundred certificates of its value, all within twenty miles of Boston. Send postal card for book.

A benefit is always experienced from the first bottle, and a perfect cure is warranted when the right quantity is taken.

When the lungs are affected it causes shooting pains like needles passing through them, the same with the Liver or Stomach. This is caused by the ducts being stopped, and always disappears in a week after taking it. Read the label.

If the stomach is foul or bilious it will cause squeamish feelings at first. No change of diet ever necessary. Eat the best you can get, and enough of it. Dose, one tablespoonful in water at bedtime. Sold by all Druggists.

For rheumatics—consumptives—invalids of all kinds.

For everyone who is weak and wants to get strong.

Hot Springs, So. Dakota.

Book about it free if you write to J. Francis, Gen'l Pass' Agent, Burlington Route, Omaha, Neb.

The St. Joseph and Grand Island R. R.

SHORTEST and QUICKEST LINE TO ALL PORTS—NORTH WEST AND EAST SOUTH

And in connection with the Union Pacific System in the FAVORITE ROUTE to California, Oregon and all Western Ports. For information regarding rates, etc., call on or address any agent or Gen. Pass. Agt. M. F. ROBINSON, Jr., Gen'l Manager, St. Joseph, Mo.

Through Yellowstone Park on a bicycle. A TRIP WORTH TAKING.

WOMEN WASH FOR GOLD.

North Carolina Dames Bear Their Part in the Mining Operations.
Among the inhabitants of the southern mountains, among those strange left-over people whose customs have little changed from what they were 200 years ago, women bear a large share of the burdens of existence, and they don't call themselves new women.

In the South mountains of North Carolina, lying to the south of the old town of Morganton, the poorer residents obtain a small amount of money by panning gold in the "branches," as the little streams are called. It was told that by far the greater part of this work was done by women, and I was invited to make a journey through the mountains with one of these women to act as guide and preceptor.

As we stood the next morning before a log hut the door opened and a woman stood before us. She was introduced by my friend as "Tine" Hank. About 30 years old, rather small, slight, dressed in a coarse gown of nondescript color and material, her eyes were of the most beautiful brown, while her glossy black hair was done into a simple knot at the back of her head. Her feet were bare and brown as the soil which formed the floor of the cabin.

"Tine" had been forewarned of our coming and was ready to start at once with her gold pan under her arm. In a commanding tone she called to a man who sat by the fireplace, telling him to get a shovel and follow. We took our way down a crooked trail which ran alongside one of the "branches." If it had been a pleasure to see the grace and beauty of this woman in repose it was a marvel to observe her gliding along the forest path, with every muscle in play, every motion adjusted to the needs of the moment, now stepping deftly from one stone to another, now grasping the small limb of a tree to aid her in a steep part of the path.

When we reached a place where heaps of gravel and sand showed that panning had been done, "Tine" assured us she could obtain a "color." Taking the shovel from the mountaineer, she drove it into the bed of the shallow stream, pushing it down by placing her naked foot on the edge of the blade. Having carefully chosen a panful of gravel, she crouched down and commenced the operation of "panning." I have seen this delicate task performed many times, but never before with such rapidity and dexterity. In an incredibly short time she gave the final twist to the iron pan, and exhibited it to us with the small remaining amount of gravel collected in its lower edge, while the "tiny yellow scales," the "colors," were arranged in a sort of line in the upper part.

Then she jumped to the opposite side of the branch, digging with her hands at some loosened pieces of quartz in the opposite bank. She returned, carrying three or four pieces in her hands. One of the fragments she held out triumphantly, saying, "I'll carry right smart gold," while her bright eyes shone with pleasure.

Placing her trophies on a flat stone, she proceeded to beat the quartz to a fine powder. Scraping the crushed material into the pan, she proceeded to a small pool in the stream and went to work as deftly as before.

A pretty picture it was and a novel one, this delicate featured, barefooted woman, bending over the edge of the stream, with ruffled along among the gray rocks, taking its path down the slope of the mountain under the big pine trees. When the pan was presented for inspection, there, indeed, was "right smart gold." Instead of a few flakes a yellow streak showed on the black surface of the pan—"almost a pennyweight," as the mountaineers informed us. This being placed in a sharpened quill, brought along for the purpose, we left the "branch" and started for other profitable workings.

During the day we encountered several women, usually in small parties, engaged either in panning or in beating up the loose vein rock after the primitive method which "Tine" had employed. They told us they averaged about \$1 a day when they worked hard, and there was, of course, always the chance of striking a "pocket," which might give them \$20 or \$30 in a lump. They were able to turn their winnings at once into cash by selling the gold to the local storekeepers.—New York Herald.

His Liberal Reward.

The champion man man up-town seems to be a young man, who recently advertised in the papers offering a "liberal" reward for the return of a pocketbook containing \$30 in cash and some valuable papers. Two young men found the pocketbook in Norristown and called at the loser's house to return it. He handed one of them fifty cents. The finders protested, saying that it had cost them 65 cents to come down from Norristown, and that they hadn't enough money to get home again. The fortunate owner of the pocketbook dismissed them with the remark that he couldn't help that.—Philadelphia Record.

Insanity and Divorce.

The lunacy statistics of the kingdom of Wurtemberg show that out of 1,000,000 people the lunatics number: 143 married women, 224 girls, 338 widows, 1,540 divorcees, 140 husbands, 231 bachelors, 338 widowers, and 1,484 men living apart from their wives. The moral of this for married people seems to be, Don't rush to the divorce court.

Coal in Minnesota.

Several excellent deposits of anthracite coal have been discovered in Minnesota recently. The veins thus far discovered are only about five feet in thickness, but the coal is of excellent quality.

As a rule, there is most justice in the side of the story that is not told.



Cut Your Bread Thin.

Many physicians, according to a lecturer on dietics, are ordering thin bread and butter for delicate patients, especially those suffering from dyspepsia, consumption and anaemia, or any who need to take on flesh. This thin bread and butter inevitably induces persons to eat much more butter than they have any idea of. It is extraordinary, says the lecturer, how short a way a pat of fresh butter will go if spread on a number of thin slices of bread. This is one advantage, and a great one, in the feeding of invalids, for they are thereby provided with an excellent form of the fat which is so essential for their nutrition in a way that lures them to take it without rebellion. But the thin bread and butter has another advantage equally great—it is very digestible and easily assimilated. Fresh butter made from cream is very much more digestible when spread upon very thin slices of bread than the same amount of cream eaten as cream, per se, would be.

Hints on Washing Blankets.

Before commencing to wash your blankets be sure the dry is fine and breezy, when they will dry well out of doors. Cut up some good yellow soap and boil it to a jelly with soft water. Put some of the boiled soap in warm soft water; adding a teaspoonful of ammonia to every tub of water with it makes a good lather. Wash the blankets in two lathers of this kind, then rise in plenty of warm water slightly blue. Wring the blankets as thoroughly as possible, shake them to dry the nap and hang out to dry. The surface of the blankets will be much improved by being shaken twice more during the night process. Take the blankets in at light before the dew falls, place them in a clothes basket, cover with a cloth and stand in the kitchen. If possible blankets should be hung out of doors for three or four successive days to dry thoroughly.

Omelet Souffle.

Separate six eggs. Beat the whites up just as stiff as you possibly can and add only three yolks. Add three tablespoonfuls of sifted powdered sugar, the grated yellow rind of half a lemon, one tablespoonful of lemon juice and four prunes, dates or any dried fruit chopped very fine. Don't stir until all of the ingredients are in, and then mix very quickly and lightly, put a few spoonfuls in the bottom of a baking dish as a foundation and the rest in with a batter bag, so as to make the dish pretty; dust thickly with powdered sugar, and bake in a quick oven for eight minutes; sprinkle with sherry, and serve immediately.

Egg Puffs.

Soften a tablespoonful of butter to a creamy consistency by working it with a fork; beat three eggs to a froth and add them to the butter; add also a level teaspoonful of salt and six tablespoonfuls of flour. Beat all these together until they foam, then put them into buttered earthen cups or small tin pans, and bake in a hot oven for about half an hour, or until they are cooked through and nicely browned. Serve hot for breakfast or luncheon.

Strawberry Cream.

Add to the beaten yolks of six eggs one and a half tablespoonfuls of flour and seven ounces of sugar; mix the whole thoroughly, and stir it over a slow fire to a smooth cream. Having rubbed one pint of strawberries through a sieve stir the fruit juice into the cream, let it come to a boil, color it with a few drops of tincture of cochineal, and add to it the whites of the six eggs beaten stiff. Pour into a mould and set away to harden.

Brief Hints.

Paint upon window glass may be easily removed by rubbing with a cloth wet in hot, strong vinegar.

A little saltpetre added to the water in which cut flowers are put will keep them fresh a long time.

An essential article that should be found in every kitchen is a vegetable brush. Lettuce, spinach, celery and many other vegetables may be cleaned much more readily with one than with the hands.

A piece of horse-radish root put into a jar of pickles will keep the vinegar from losing its strength, and the pickles will not be as liable to become soft or mouldy. This is especially good for tomato pickles.

An excellent cure for hoarseness is to roast a lemon until it is soft all through; do not allow it to burst. While still hot cut a piece from the end and fill the hole with as much granulated sugar as it will hold. Then eat it while hot.

A hanging bookshelf may be rendered more ornamental if made with the lower shelf extending on either side so as to form a bracket for a vase or piece of bric-a-brac. It is also easy to construct one with a small cupboard inclosing the two lower shelves, or with portions of two shelves irregularly nailed off to hold curios.

A narrow, hard bed is said to be the best preventive of bad figures. If one can also forego pillows, so much the better. Women with round shoulders and double chins have a means provided for their cure if they are heroic enough to give up the downy couch in which they revel. When one thinks of it, the place and position in which one spends a third of every twenty-four hours must have an effect upon the figure.

HEALTH IN OLD AGE.

A Reporter's Interesting Interview with a Lady of Seventy-two Years, Who Tells a Marvelous Story.
From the Union, Port Jervis, N. Y.

But a short time ago, in a distant part of the country, we heard of a cure by the use of Dr. Williams' Pink Pills, which seemed almost marvellous, and more recently another substantial evidence of their value reached our ears. Being of an inquiring turn of mind, and wishing to know just how much there was in the story, a reporter was sent to interview the person said to be thus benefited. If the narrative as it had reached our ears was true, it was only simple justice to let it be known—if it proved untrue, it would be well to know it.

The person alluded to above as having been thus greatly benefited by the use of Pink Pills is Mrs. Jane Hotalen, of Hainesville, N. J., a pleasant hamlet in Sussex County, and fifteen miles from this office. The reporter had no difficulty in finding Mrs. Hotalen. It was nearly noon when we reached her pleasant home, a double house, one part of which is occupied by her son. She is a pleasant-faced old lady, looking to be about sixty-five, but is in reality seventy-two years of age. After a few preliminary remarks in explanation of the call, she was asked if she had any objection to giving us the details of the case and how she came to try this now famous remedy.

"Not at all," said she. "If my experience can be of any good to others, I am sure they are welcome to it—I can do me no harm."

"When were you taken sick and what was the nature of the malady?" was asked.

"It was about two years ago. The trouble was rheumatic in character—sciatica, they called it—and it was very painful indeed. The difficulty began in my hip and extended the whole length of the limb, crippling me completely. I suffered intensely from it, and the ordinary treatment gave me not the slightest alleviation. I was under treatment about a month as stated, but grew worse instead of better, and was fast becoming discouraged.

"What brought Pink Pills to your notice?"

"My son called my attention to an article in a paper, in which it was stated that Mr. Struble, of Branchville, a village in this county, had been greatly benefited by their use, and suggested that it would be a good plan to try them. But I was skeptical in regard to their value—in fact, I had no confidence in their efficacy and rather laughed at the suggestion. But the trouble increased and I was badly crippled. A few days later my son was about to visit a neighboring town and suggested again that it might be well to try this much-talked-of remedy, and I then consented. He bought me a box of them and I began taking them at once.

At the end of a week I noted a marked improvement, and by the time I had taken the first box I was able to walk without a cane. I continued their use, taking several boxes, and am, as you see, in a very comfortable state of health."

"Have you had any return of the trouble?"

"Not as yet, though at my time of life, seventy-two, it would not be surprising if I should have. If it comes, I should at once begin the use of the pills. I suppose I inherit a tendency to troubles of this kind—my mother died from them."

"Did you ever note any ill effects from the use of Pink Pills?"

"None whatever. They never disturbed my stomach in any way or caused me any annoyance. Neither did I find it necessary to increase the dose, as the directions say may be desirable. I am able, as you see, to attend to my own work."

"The reporter thanked Mrs. Hotalen for her courtesy and bade her good day. It is not often that one can witness such a complete recovery from such a pertinacious trouble at such an advanced age, and such instances cannot fail to produce a deep and lasting impression. Readers of the Union may rely on the absolute accuracy of all the statements here given—nothing has been exaggerated, nothing withheld."

Dr. Williams' Pink Pills contain, in a condensed form, all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are an unfailing specific for all forms of weakness either in male or female, and all diseases resulting from vitiated humors in the blood. Pink Pills are sold by all dealers, or will be sent post paid on receipt of price, 50 cents a box, or six boxes for \$2.50, by addressing Dr. Williams' Medicine Co., Schenectady, N. Y.

What One Bright Girl Did.
An agreeable field for money-making is one which Lillian G. has found, or rather into which Lillian walked one summer morning on her way to school she had to pass the house of two very dear old ladies, who lived by themselves, and potted about in a pretty old-fashioned garden. Miss Betsey and Miss Annie were fond of the bright girls who two or three times a day walked past their door on the way to and from their class-rooms, and they had their favorites among them, often stopping Lily, for instance, and giving her a flower or two to fasten into her button-hole.

One morning Lillian observed that Miss Betsey gazed a little and felt about with her stick, instead of stepping briskly around the garden as she used to do.

"My sister," Miss Annie confided to her, "is growing blind. We went to Dr. N. yesterday, and he confirmed our fears. It is a cataract, and it cannot be operated on for a long time. What poor Betsey will do I don't know, for reading has been her great occupation and her one pleasure. I cannot read to her, for it hurts my throat to read aloud."

"Let me come every afternoon, dear Miss Annie," said Lillian. "I'll read to Miss Betsey from 4 to 5 every day, and on Saturdays I'll come twice—an hour in the morning and another in the afternoon. I can do it just as easily."

Miss Annie's face lightened. "You sweet child!" she said. "If you will come, and your mother will let you come, Betsey and I will pay you \$2 a week for reading to us both."—Harper's Round Table.

A feather box on a warm day is thoroughly depressing.

How to Wear Your Handkerchief!
There is always a right and a wrong way to carry one's handkerchief, as to do everything else. Just now the only proper way is to tuck the little square of linen and lace in one's sleeve at the wrist, allowing it to fall and partially conceal the hand, somewhat after the manner of the pretty wrist flounces on the new sleeves. Do not commit so marked a breach of good form as to tuck your handkerchief in at any part of your body.

Best Peas for the Table.
The wrinkled variety of peas are the best for the table, but are not preferred for canning. Any of the early dwarf peas may be used for the first crop. The dwarf kinds give only about one picking. It is the standard varieties which bear the heaviest crops, but they require supports that are later than the dwarf kinds. The champion of England is considered one of the best for quality, but is not as prolific as some others, and is also a late variety.

It would be safe to stake a good round sum that a linen duster could not be obtained for love or money these days, and yet it was not so long ago when the summer traveler felt inappropriately arrayed unless done up in this hideously unbecoming garment.

Mothers, watch your little daughters, and prevent the first tendency to stooping. It is, as physicians will tell you, a short cut to consumption.

When you observe an aged feminine bicyclist the thought will prevail that we are glad the wheel was not known in our grandmother's time.

There is no excuse, so far as expense is concerned, for not having the dinner table made lovely with floral decorations.

In cases where dandruff, scalp diseases, falling and grayness of the hair appear, do not neglect them, but apply a proper remedy and tonic like Hall's Hair Renewer.

Why is it that country visitors feel it beneath their dignity to show any interest in the unusual city sights?

Work that is systemized is half done.

Trolley Struck by Lightning.
A case is reported in New Brunswick, N. J., of a trolley car being struck by lightning during a thunderstorm. The electricity ran down the trolley pole and entered the car, part of the current running on to the lightning circuit, burning out the incandescent globes. So intense was the heat in the lamps that the glass globes melted; most of the glass fell on the floor, but other droplets went into the laps of women and more fell on their hats.

A CHILD ENJOYS
The pleasant flavor, gentle action, and soothing effect of Syrup of Figs, when in need of a laxative, and if the father or mother be covetous or bilious, the most gratifying results follow its use; so that it is the best family remedy known and every family should have a bottle.

A waterproof cloak which will improve rather than detract from a woman's appearance is an invention which the artists in dress have not yet turned out, and women are continually seeking it without success. The usual rain-proof garment is shapeless and disguises all semblance of the form underneath.

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

Women who change the color of their hair to match their gowns may win admiration for their versatility, but not for their good breeding.

Mrs. Winslow's SOOTHING SYRUP for children teething, softens the gums, reduces inflammation, allays pain, cures colic, &c.

"The Best Is Aye the Cheapest."
Avoid Imitations of and Substitutes for

SAPOLIO



"A Scorcher."
Battle Ax PLUG

Tobacco Dealers say, that "BATTLE AX" is a "scorcher" because it sells so fast. Tobacco Chewers say, it is a "scorcher" because 5 cents' worth goes so far. It's as good as can be made regardless of cost. The 5 cent piece is almost as large as the other fellows' 10 cent piece.

Follow the directions, and you'll get the best work from Pearline. Not that there's any harm to be feared from it, no matter how you use it or how much you use. But to make your washing and cleaning easiest, to save the most rubbing, the most wear and tear, the most time and money—keep to the directions given on every package of Pearline.

If you'll do that with your flannels, for instance (it's perfectly simple and easy,) they'll keep beautifully soft, and without shrinking.

Millions NOW USE Pearline

Don't take substitutes to save a few pennies. It won't pay you. Always insist on HIRE'S Rootbeer.

OLD EYES MADE NEW—Away with spectacles. By mail 10c. Lock Box 788, New York.

OPHIUM Habits Cured. See 1897. Thompson's Great Cough and Croup Cure. 50c. Sold by all Druggists.

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