All of the mass porance. All of this mass of magning in annitest is schies and pains of or less intensity, or in some kind of united the same and surface of less intensity, or in some kind of united simples and surest to decume. The simples and surest to decume the surface occurrence of the surface occurrence occu

W Rhude, a hunter and trapper known on the Pacific coast, re-ed to San Francisco last week a trip in Sinsion, Mexico. on ich he devoted his entire attention securing egrets and herons. He se-ed enough of the valuable feathers ed enough of the valuable reathers the egret to make his profits for the months average \$300 a month. received \$15 an ounce for the egrer ers in San Francisco, but they are thers in San Francisco, but they are at to command a much higher price this city and in Paris, the principal rkets. While there is good profithunting egrets, there is little fund a great deal of danger. The rights in which they live are full of inches for exceedingly unbacking. gators, are exceedingly unhealthful, the forests on the banks are the ant of Mexican lions and other unsant animals. He says a Mr. A. hion and his wife of San Francisco er also down in the Sinaloa marshes Mrs. Ashton word mers and shared all the work with busband, securing many birds her

A folding market basket has been ented by an ingenious Frenchman. so constructed that it will take arried on the way to market witharried in the difficulty. As soon as the irrhases have to be dropped in the sket it is simply opened like a pock-book. It is both light, and strong, it is a carried on the arm. netallic parts of it are nickel-platand give it a very landsome

here is more Catarrh in this section of the cary than all other diseases put together, until the cary than all other diseases put together, until the care of the J. CHENET & Co., Toledo, O. uggista, 75c.

Regeard Kipling's contribution to the brismas number of The Century is condered one of the most powerful stories that as ever come from his hand. It is called The Brushwood Boy." and the scene is laid a England, India, and the world of dreams.

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ing map had wisdom as we Confronted with the old Saw early bird that catches the worm, he replied that he infinitely pre ferred some other sort of diet. Get-ting up early in the morning is to be commended as a necessity rather than benefit. Physicians and scientists that sleep in the morning and that healthful and restorative, and tha children and nervous or delicate per sons should never be wakened until sleep leaves them of its own accord. This is all right and as is should be; but the necessity exists for early rising, and therefore must be met. Unplease ant as it is, there is no alternative for the great masses of the people. If one would prosper in business or any occupation whatever, it is necessary to on hand betimes in the morning. Why not, then, simply treat it as an imperative duty and stop fussing over it as making people healthy, wealthy and wise? There are constitutions and temperaments that are never at their best when deprived of a morning sleep. Robust and energetic are fond of stirring up whole families with early rising ideas. They experi-ence no inconvenience, and take it as a matter of course that no one else should. Early rising is well enough, provided one can rest at some other portion of the day; but the hours of darkness were made for sleep, and as time for the most part is pretty evenly divided into day and night, it shows that nature knew quite well what she was about when she arranged things. People have lived, flourished and grown healthy, wealthy and wise who ot up at noon and went to bed just before daylight; but this is by means natural, nor is it one to be proved by those who have made subject of life and health a profound

It is unquestionably a fact that a very free use of tea and coffee has a deleterious effect upon the nerves, but it is hardly worth while, except with persons who are extremely ible, to make any great ado about a single cup of either of these beverages taken at a meal; indeed, for many perpons very moderate indulgence in these drinks is a benefit. Very few people are able, whether from habit or stitution it matters little, to go through a meal without a drink of some sort; and certainly warm, relishable coffee or tea, not too strong, is a pleasant, agreeable and refreshing addition to

the other articles of food. As for sweets, it seems to be an ex-ploded idea that they are specially inploded idea that they are specially in-jurious unless they are taken in an im-pure state. Children often have an inordinate craving for sweets, and nothing else seems to satisfy them. Under such circumstances it is quite worth while to indulge them in homemade candies and confections prepared from absolutely pure material

Everybody knows how boarding-school girls will squander almost all of boardingtheir pocket-money for confectionery Not having the ability to discriminate they go where they can get the most for the money, and this is likely to be cheap stuff that is anything but cheap stuff that is anything but whole-some. The practice has been adopted in some boarding-schools of making a bargain with the pupils to let can-dies of all sorts alone all the week, on condition that the school furnishes an abundance of pure sweets for Sunday. No pupil is allowed to take them from the dining room, but may eat all she chooses while there. This course has resulted in improved health and very much better general conditions for the school. Too much cheap sweets school. Too much cheap sweets creates fever and may give rise to disease, but absolutely pure preparations do very little harm. It might be well to further extend the candy privilege by having it always on hand, and allowing the pupils whatever they choose at luncheon and dinner.

Children and young people should not be allowed coffee or tea, as a rule, although there are instances where the most perfect health and condition have followed a free indulgence in good coffee with cream.

How to Walk Upstairs.

"There are but very few persons who know how to walk upstairs pro-perly," said in well known physician yesterday, "Usually a person will tread on the ball of his foot in taking each step, springing himself up to the next step. This is very tiresome and wearing on the muscles, as it throws the entire suspended weight of the body on the muscles of the legs and ing stairs, seek for the most equal dis-tribution of the body's weight possible You shot In walking upstairs your feet should be placed squarely down on the step, heel and all, and then the work should be performed slowly and deliberately. In this way there is no strain upon any articular muscle, but each one is do ing its duty in a natural manner. man who goes upstairs with a spring-ing step you may be sure is no philosoor, at least, his reasoning hes

plays no other game than the finds recreation in it at the finds recreation in it at

pelon of How S

The early method of manufacturing small shot was both tedicots and expensive. Shot metal, an alloy of lead fifty-six parts and of -arsenic one part, was rolled into sheets of proper thickness and then out into small cubes; then, in order to round the other they was relaced in inpropelling. the cubes, they were placed in iron cylinders, partly filled with sand, and as the cylinder revolved the friction of the sand against the cubes rounded them.

Finally James Watt, a distinguished British engineer and inventor, determined to find a better and observer way of track.

British engineer and inventor, determined to find a better and cheaper way of making small shot. This determination gave him "something to think about," and the shot tower was the result of his thinking. According to tradition, he was overtaken one day by a severe rain and hall storm and took refuge under a porch. As he stood there and watched the storm he for the first time took particular notice of for the first time took particular notice of spherical shape of the raindrops hallstones.

Almost like an inspiration the thought Almost like an inspiration the thought came to him that melted shot metal, if it fell from some high point would, like the raindrops and hallstones, be rounded by the fall. He resolved to make the experiment, and accordingly, as soon as he had an opportunity he carried a cupful of melted shot meal up into the steeple of the Church of St. Mary of Redeliffe, poured it through an iron colander, and let it fall into the most below.

He then came down, took from the

He then came down, took from the He then came down, took from the pool a quantity of shot and found them much better rounded than he had dared to expect. They were somewhat flattened by striking the water as they fell, but by further experimenting he overcame that defect by dropping the metal from greater heights, and thus giving it time to cool and harden before striking the water. Also, he discovered that the height had to be varied according to the size of the shot; the larger the shot, the greater must be the elevation.

the elevation.

Thus the shot tower was invented, and it has ever since been in use in making The different sizes of shot are small shot. The different sizes of snot are separated by a sifting process. Then in order to discover the imperfect ones they are rolled in straight. lines down inclined planes. Those not perfectly round refuse to roll straight, and are thus found and taken out.

taken out.

The perfect shot are polished by placing them in iron boxes with a little plumbago, and subjecting them to a rotary motion. When taken from the boxes they are ready to put up for the market.

Tuberculosis.

Professor Delepine writing on this subject, has shown that-taking very large numbers as the basis of his esti mate—at least 16 per cent. of cattle are afflicted with this disease; and that, whereas in some districts it may be comparatively rare, there are parts in which a non-tuberculous cow is the exception. Pigs also are affected in the same manner, although not to the same extent, about one in every thirty-six being attacked by the disease. Cats and dogs also are subject to tuberculosis, and it is to be feared from their exceeding friendliness may be a source of danger to children with whom they Although the form of tuber Play. Although the form of tuber-culosis with which poultry are affected differs in some particulars from that of man, it is a very common disease, and commits great ravages in poultry yards. But any animal which con-forms with man's habit of dwelling under artificial shelter is apt to contract tuberculosis, and so it is that whether they be monkeys, camels giraffes, antelopes, llamas, lions, tigers fexes, tapirs, zebras, etc., they all, according to Professor Delepine, are lia-Lle to tuberculosis when they are kept in menageries.

The Uncertainty of Courtship.

The uncertainties and danger in a courtship by correspondence were illustrated at Marion, Ind., a few days ago. The afternoon papers told of a "romantic wedding." but the morning papers next day related a sorry sequel. A man in Marion in some way became acquainted with a young woman in Peoria, and in a six months' corres-pondence that followed the couple decided that fate had intended them for each other, though they had never met.
All the arrangements were made for
the wedding, and the young woman
went to Marion and was married the morning of her arrival. After the ceremony the groom took his bride to the home he had prepared but sh pressed grave disappointment, said she didn't like either him or his home, and started straightway back to her father's house. She explained afterwards that her husband had sent her a picture of a handsomer man than him-self, and had misrepresented his position in life.

The Famed Bell of Pekin.

The famed bell of Moscow is not the largest one in existence after all. A larger one, twenty one feet high, is in a monastery, a short distance from Pekin. All the books of the Buddhs are engraved on it. It has no clapper To prevent any damage it is only struck with a wooden beam, evoking but weak sounds.

Two recent visitors to the North Powder River, Oregon, brought back sections of fir back sixteen inches thick. They say they saw very many trees with back over a foot thick. vas built as early as 1627, only ears after the landing of the May-

Edward McLaughlin, of Chester Penn, the other day met a horrible death. Having gone into the shed at the rear of the house, his prolonged absence alarmed his family. A son entered the shed and discovered the tifeless body of his father. He was banging by a rope which was twisted tround his neck. It appears that he went into a wagon shed to tie up the shafts of a cart and accidentally slip ped, the rope twisting around his neck He slowly strangled to death, unable make an outery or to summon as

tory equal in size to Colorado and Nevada. Spanish Africa comprises a terri-

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The New York police board is go-ng to experiment with police on bi-



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Mrs. James Taylor, who resides at No. 82 Bailey avenue, Kingsbridge, New York, on the 14th of December, 1894, said: "My age is 65 years. For the past two years I have had liver trouble and indigestion. I always employed a physician, which I did in this case, but obtained no bene ficial results. I never had any faith in patent medicines, but having seen Ripans Tabules recommended very highly in the New York Hecald I concluded to give them a trial.

After using them for a short time, I found they were just what my case demanded. I have never employed a physician since, which means \$2 a call and \$1 for medicine. One dollar's worth of Ripans Tabules lasts me a month, and I would not be without them if it were my last dollar. They are the only thing that ever gave me any permanent relief. I take great pleasure in rec-ommending them to any one similarly affected.

(Signed), Mas. J. TATLOR.

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