

Health

Builton the solid foundation of pure, healthy blood is real and lasting. As long as you have rich red blood you will have no sickness. When you allow your blood to become thin, depleted, robed of the little red corpuscles which indicate its quality, you will become tired, worn out, lose your appetite and strength, and disease will soon have you in its grasp.

Purify, vitalize and enrich your blood, and keep it pure by taking

Hood's Sarsaparilla

The One True Blood Purifier prominently in the public eye. \$1.00. All druggists.

Hood's Pills cure habitual constipation. Price 25c per box.



KNOWLEDGE

Brings comfort and improvement and tends to personal enjoyment when rightly used. The many, who live better than others and enjoy life more, with less expenditure, by more promptly adapting the world's best products to the needs of physical being, will attest the value to health of the pure liquid laxative principles embraced in the remedy, Syrup of Figs.

Its excellence is due to its presenting in the form most acceptable and pleasant to the taste, the refreshing and truly beneficial properties of a perfect laxative; effectually cleansing the system, dispelling colds, headaches and fevers and permanently curing constipation. It has given satisfaction to millions and met with the approval of the medical profession, because it acts on the Kidneys, Liver and Bowels without weakening them and it is perfectly free from every objectionable substance.

Syrup of Figs is for sale by all druggists in 50c and \$1 bottles, but it is manufactured by the California Fig Syrup Co. only, whose name is printed on every package, also the name, Syrup of Figs, and being well informed, you will not accept any substitute if offered.

A Blind Letter Carrier.

The remarkable things which blind men have been able to do, things which would seem to require good sight, would fill a big volume, but none of them is more to be marveled at than that by which Arnold Scott, of Bernardston, Me., so ably serves his country. Mr. Scott, though totally blind, is a letter carrier, and there is none better in the United States. At the postoffice Mr. Scott is given the mail for his route piece by piece and is told to whom each belongs. Without the least hesitation he arranges the letters and papers in the order in which he desires to deliver them and never makes a mistake. Mr. Scott is 60 years old.

The brims of silk hats are said to be curled by hand, though in some factories this process is now accomplished by machinery. When the brim is hand-curbed the workman relies, altogether on his eye for the necessary curve.

A MOTHER'S DUTY

TOWARDS HER DAUGHTERS.

Suggestions Which Bear Repeating, as Their Importance is Immeasurable.

[SPECIAL TO OUR LADY READERS.]

Only a few years ago even the medical profession scouted the idea that young girls could suffer from the misery of uterus troubles.

That form of disease, it was claimed, same only to married women.



When Lydia E. Pinkham first sent out the news of her great discovery, there was no lack of harsh speech from those who practice and opinions she set at defiance.

But when young girls by the hundreds were absolutely cured by Lydia E. Pinkham's Vegetable Compound, then the tongues of the traducers were stilled, and faith was allowed to live in the hearts of the people.

Young girls are subject to this trouble. It robs them of the buoyancy of youth. It makes all effort distasteful.

It causes retention and suppression of menses, leucorrhœa, severe headache, waxy complexion, depression, weakness, loss of appetite and interest.

Certainly mothers ought to know that these are all symptoms of the one cause of nearly all the suffering that comes to women; and to save their daughters ought to begin treatment at once.

Lydia E. Pinkham's Vegetable Compound is the surest and most natural remedy for women ever compounded. It will accomplish its work with certainty.

DR. J. C. AYER'S

The Only

The best remedy for all diseases of the blood.

SARSAPARILLA

Permitted at World's Fair.

The best record. Half a century of genuine cures.

A New Bronze.

Lemon juice applied to cast iron articles gives an excellent finish to the surface of the metal. It turns the portion of polished cast iron to which it is applied to a bronze black, and when touched over with shellac varnish will absorb a sufficient amount of the varnish to preserve it. To many lemon juice would seem to be a weak and ineffective acid for metal, but every one knows how quickly a knife blade of steel will blacken when used to cut a lemon, and the darkening of polished iron by the acid is very beautiful.

Another Story of Wellington.

A characteristic anecdote of the Duke of Wellington: "One of his aids de camp was found by the Duke at Stratfield's, a French book, in which it was said that the Duke did not win the battle of Toulouse. 'I do not care a straw,' said the Duke, 'what they say as to who won the battle; the French fought it to keep me out of France, but I got into France.'"

CONSUMPTION AVERTED.

From the *Herald*, Peoria, Ill. More than four years ago Mrs. Cyrus T. King, of Williamsfield, Illinois, was taken sick and for three years treated with five of the best physicians of Peoria, but could not be cured. She was unable to stand the nature of her ailment. Finally one physician declared she was suffering from a tumor in the abdomen. This she took medicine for until it was dried up, but still there was no improvement in her condition.

"Finally," to Mrs. King's own words, "my condition became such that all my friends declared it was a matter of time until my death would follow. All thought I had consumption. I was compelled to lay down two or three times during the day even if I did not feel the least pain. I was sitting in a chair, while my husband was seated on a lounge reading a magazine. He read the advertisement of Dr. Williams' Pink Pills for Pale People and turning to me said, 'Jennie, you ought to try those pills. Goodness knows you are pale enough.' The next day I tried to get a box at the drug store, but was told there was none, so I went to the firm for them and took half a dozen boxes. I had no more than taken one box until an improvement was noted in my condition. It was but a very short while until I was able to take up my work again and I began to rapidly gain flesh. My blood, which had been like water, became strong and I never felt better in my life. I forgot to say that while first sick I had ruptured one of the inner walls of the abdomen. For three years I had been compelled to wear a truss and bandage. That I think had considerable to do with my weak condition. I had not taken the pills for three weeks or more until I took the truss and bandage off, and it has not been necessary for me to wear it ever since. I had weighed but eighty-five pounds when sick, but in a short while my weight had increased to 118. I am fully convinced that I owe my life to the Dr. Williams' Pink Pills for Pale People."

"Not only myself has been benefited by the pills, but many of my neighbors who took them on my recommendation are now enjoying perfect health where before they could hardly do their work. I was in this first neighborhood to get them, but now many of the surrounding farmers are sending for them, and now the local druggist always keeps a good stock on hand.

"Early this spring I met with a severe accident that threw me back for a while, but I got six boxes of the pills and am now feeling just as well as ever.

The four little children of Mr. and Mrs. King, two boys and two girls, are strong and healthy looking, and the mother says they are kept so by taking the pills when they feel bad.

Dr. Williams' Pink Pills contain, in a combined form, all the elements necessary to give new life and vigor to the blood and restore shattered nerves. They are also a specific for troubles peculiar to females, such as suppressions, irregularities and all forms of weakness. In men they effect a radical cure in all cases arising from mental worry, overwork or overstrain. The pills are 25c a box and are sold in boxes for 50c a box.

For all druggists, or direct by mail from Dr. Williams' Medicine Co., Schenectady, N.Y.

Housekeeping in Samoa.

Mrs. Robert Louis Stevenson relates many interesting things about Samoan women and Samoan society, and Samoan housekeeping and Samoan clothes, and other things women love to hear about.

"Samoan housekeeping isn't so simple as it sounds," says Mrs. Stevenson. "You have to get all your supplies from New Zealand or Australia every month. Think of sending half across the Pacific for a bottle of bluing and a bag of flour, and you'll have some idea of the sort of times we have down there when it comes to keeping house."

"Of course you grow a lot of things that are good to eat, but they are mostly luxuries. The necessities you have to buy. It takes a native to live on poi and bananas. White people can't stand that."

"The servant problem? No, we don't have that. The reason is that we don't have any servants. We have families. If you want a cook you let your wants be known, and you'll be besieged with applicants. When you see one you really like you say: 'Now, if you'll be a good boy and do so and so—then tell him what you expect him to do, don't you know?—I'll let you be in my family, and I will allow you so much a month for spending money.'

"If you called the money you give your 'family' for spending money 'wages' they would leave you in a body. They are excellent help. They do a great deal of work and do it well, and they are devoted and faithful. But you cannot call them servants or treat them like servants."

"It costs money to live in Samoa, no matter what you hear to the contrary. How much? Ah, just about six or seven times as much as it takes to live here. We don't have to spend much money on dress there, to be sure; but when you have to go 1,000 miles to buy a pair of shoes and just as far for a new hat things begin to get complicated."

—San Francisco Examiner.

Silas Forman, of Jacksonville, Fla., is a collector of rattlesnakes. He has accumulated twenty-six of the reptiles.

LIFE OF FRANKLIN.

WAS ONE OF THIS COUNTRY'S GREATEST MEN.

A Most Interesting Character—He Exceeded in More Points than Any Other American and Earned Fame in Whatever Direction He Turned.

Man Among Men.

It was 105 years ago that Benjamin Franklin died, in some respects the greatest man this country has produced. He was certainly a most interesting one. His life touches so many points of interest, he was so prominent in many fields that history easily accords him a lofty rank. He was at once a philosopher, statesman, diplomat, scientist, inventor and wit and as a writer of English second to scarcely any. The story of such a life cannot help but be interesting as illustrative of how much an earnest man can make of himself when to that end he bends every energy.

Franklin's parents had gone to Boston some time before his birth and settled there with a large family of children. Here the subject of this sketch was born in January, 1706. He showed in boyhood a great precocity and eagerly read whatever books he could lay his hands on. His father wanted to send him to Harvard and fit him for the ministry, but felt that this he could not afford in his straitened circumstances and so took him to his own chandler's shop to teach him the trade. But Franklin disliked the work, and so was apprenticed to his brother, who had a printing office. In 1821 this brother began publishing the New England Courant, the third paper published in Boston, and Franklin contributed various articles to it. One of these on political matters gave so much offense to the authorities that the young author was threatened with imprisonment. He thought it was a good time for him to get out of Boston, and accordingly made his way to Philadelphia.

His journey to that city was attended with every sort of inconvenience, but he finally reached there one Sunday morning with just a dollar in his pocket. He also left a charming autobiography which tells the story of his life until 1757.

Franklin was buried at Philadelphia near his wife. Their graves are marked by marble slabs. He left behind him the following epitaph, which is often quoted, and has become famous: "The Body of Benjamin Franklin, Printer, like the cover of an old book, its contents torn out and stripped of its lettering and gilding, lies here food for worms; but the work shall not be lost, for it will, as he believes, appear once more in a new and more elegant edition, revised, and corrected by the author."

Assembly which formed the constitution of the United States.

As a diplomat Franklin ranks deservedly high. The Declaration of Independence made foreign aid for this country absolutely necessary and especially the aid of France, England's great enemy. No man in America was so well fitted as Franklin to undertake a mission to that country. He had a working knowledge of French and Latin—a thing possessed by but few Americans at that time—and moreover he had a practical common sense and a grasp of affairs unequaled by any other man. His work in France was most brilliant. He managed to secure financial aid for completing the war and setting the government on its feet, and finally secured the treaty of 1763, one of the greatest triumphs of modern diplomacy, whereby both France and England were made friends of America.

From his early youth Franklin was interested in scientific studies, and the fruit of these was seen in 1742 when he invented a stove which was a marvelously improvement on the methods then employed for heating rooms. Ten years later he showed, by means of a kite, that lightning is a discharge of electricity, and for this the Royal Society awarded him a medal. Franklin began to publish an almanac in 1732, which he continued for some years under the

title of Poor Richard's Almanac. It was filled full of short and pithy business maxims which, if not of great moral value, were singularly shrewd.

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