S. N. U. No. 5—96

The Gift of a Good Stomach.

Is one of the most beneficent donations vouchsafed to us by nature. How often it is grossly abused! Whether the stomach is naturally weak, or has been rendered so by imprudence in eating or drinking, Hostetter's Stomach Bitters is the best agent for its restoration to vigor and activity. Both digestion and appetite are renewed by this fine tonic, which also overcomes constipation, biliousness, malarial, kidney and rheumatic ailments and nervousness.

More Truth than Poetry.

The constant dropping of the rill will wear away the rock; the constant placing of an "ad" will rid you of your stock. The truism contained in this doggerel is none the less true because of the character of the doggerel. We have had something to say before about the value of persistent advertising, and the mistake that is made by the merchant who is spasmodic and very far apart in his advertising. Nothing pays better than persistency. The merchant may not be able to afford a large sum of money, but a small amount may be spent to great advantage, and half a loaf is better by far than no bread.—Macon Telegraph.

There is a woman in Old Orchard, Maine, who does painting for a living—houses, barns, fences or anything—and, a local paper says, gets the same pay for it as a man would.

ALL AT SEA

But Finally Rescued from Danger. Result of Taking a Friend's Advice.

There are thousands of women to-day entirely at sea, so to speak, as far as their ailments are concerned.

They are overtaken by some female complaint, and send for their doctor in all haste. He usually tries this and that without success; he is all at sea, and his poor patient is with him.

Suddenly a lady friend tells the sufferer to try *Lydia E. Pinkham's* Vegetable Compound because it has cured her.

The following letter shows the result of that trial, and is a sample of thousands of similar cases happening daily.

"I had been very sick for a long time; doctored with many prominent physicians. They pronounced my case dyspepsia, and said there was a tendency to cancer of the womb. There was a sense of fulness and weight in stomach after meals, loss of appetite, and offensive belching of wind, dizziness, 'all gone' feeling in pit of the stomach; headache, heartburn, palpitation at times, urine high colored. A lack of interest in all things.

"The doctor's medicines gave me but little relief. I was almost in despair, when a friend advised your Compound. I took it, and am now perfectly well. I can recommend it to all women. A number of my friends and neighbors have taken it on my recommendation, and have always found relief." —MRS. JAMES CRANKSHAW, Frankford, Pa.

LEGAL AND OTHER HOLIDAYS.

We Have Many of Them, but They Are Not Strictly Observed.

The usual recurrence of the holiday season invariably brings to the Department of State numerous inquiries regarding the number and dates of national holidays. In a technical sense there are no national holidays, for the simple reason that nowhere does there exist the power to set such days apart and compel their observance. A State can only establish a holiday within its own limits, while the authority of Congress in that direction is confined to the District of Columbia and the Territories.

Practically, however, a holiday becomes national in its character when it is observed by the people of the various States, the Territories and the District. There are two which fall into this category, the Fourth of July and Christmas. Congress has set them apart for observance in the Territories and the District, and the Legislatures of all the States have in like manner set them apart for the observance of the people of their respective States.

Congress has named eight such days for the District and the Territories. These are in calendar order New Year's Day, Washington's birthday, Inauguration Day, every four years, Decoration Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.

New Year's Day is observed in all the States as a holiday except Massachusetts, New Hampshire and Rhode Island. Washington's birthday is not a legal holiday in Arkansas, Iowa or Mississippi. Inauguration Day is observed only in the District and the Territories. Decoration Day is observed only in the North. In most of the Southern States Memorial Day is observed at an earlier date. Labor Day is a legal holiday in about half of the States. Thanksgiving Day is now observed in all the States, though in some of them it is not a statutory holiday.

Congress has at various times appointed special holidays, and has recognized the existence of certain days as holidays for commercial purposes, for instance the Saturday half-holiday.

Many of the States have holidays peculiar to themselves. Illinois observes Lincoln's birthday; California and Nevada, Admission Day; while certain cities observe special days intimately connected with their history. Thus New York City observes Evacuation Day, the day the British troops finally quit the city after the close of the revolution, and Baltimore observes Defender's Day, the day the British attack on that city was repulsed during the second war with England.—Washington News.

Army Officers as Instructors.

There are at present more than one hundred officers of the active list of the army serving as instructors in military science and tactics at the various educational institutions of the country. There is more or less objection expressed among commanding officers, and also by the secretary of war, against taking officers from their legitimate work with their regiments, although it seems necessary in such cases as special duty in Washington and as military attaches abroad; but in the matter of details as instructors at colleges there is a strong sentiment in favor of employing officers on the retired list, many of whom are eminently capable for such service. The same opinion prevails with regard to retired officers of the navy.

In Olden Times

People overlooked the importance of permanently beneficial effects and were satisfied with transient action; but now that it is generally known that Syrup of Figs will permanently cure habitual constipation, well-informed people will not buy other laxatives, which act for a time, but finally injure the system.

It is a mistake to conclude that God has forsaken us because we may be having a hard time.

Frost, Frolic, and Business.

The wind over frozen ponds and lakes, over snow fields of plains and open country, is heavily charged with frost and fine particles of frozen matter. It is the most penetrating way for chill to set in. Sudden warmth, sudden chill, and severe colds. Girls and boys skating, driving for pleasure or business, and men at work afield know the difference in temperature. Yet the youngsters skate away and with mouth open laughing take in a dose of sore throat. Drivers and workmen throw aside wraps and all know the next day from soreness and stiffness what sudden chill means. Now the best thing to do when housed is to rub well at once with St. Jacobs Oil. If you do, you will not have sore throat; or if you are stiff and sore, it will cure by warming the surface to throw out the chill.

An ass covered with gold is more respected than a horse with a pack-saddle.

$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. Send for list of testimonials.

Address, F. J. CHENEY & CO., Toledo, O.
Sold by Druggists, 75c.

In 1893 the amount of gold mined in Venezuela was 47,900 ounces.

Lung complaints, Bronchitis, Asthma, etc., are speedily relieved and if taken in time, permanently cured by Dr. D. Jayne's Expectorant. You will find in it also a certain remedy for Coughs and Colds.

One pound of learning requires ten pounds of common sense to apply it.

To ensure the eradication of eruptive complaints wash daily with Glenn's Sulphur Soap.

"Hill's Hair and Whisker Dye." Black or Brown, 50c.

"Brown's Bronchial Troches" are unequaled for clearing the voice. Public speakers and singers the world over use them.

SURPRISED HIS FRIENDS.

A Prominent Illinois Man Has a Remarkable Experience.

The Story of the Wonderful Change in Mr. Shepherd's Condition.

From the Pantagraph, Bloomington, Ill.

Mr. A. A. Shepherd, a prominent and responsible citizen of Lytleville, McLean County, Ill., was taken down with rheumatism about five years ago. He suffered with terrible pains in his hips and at times, when he was able to walk, would fall down when taken with the severe pains. He also had very severe pains in the region of his heart and at times thought he surely would die. He tried a number of good physicians but could get no permanent relief. At times he he was down in bed and could not turn himself without help. Was not able to work any to amount to anything for five years or more. But now his neighbors and friends are surprised to see him stout and hearty and able to work. In fact he has worked all the present season and worked hard and feels well. He has a number of men at work in the woods this summer getting out cooper material, and he has not only overseen their work, but has worked with them all the time. Some time last fall while he was suffering so his wife's attention was called to a wonderful cure of a case of rheumatism by Dr. Williams' Pink Pills for Pale People, and while in Heyworth one day she stepped into the drug store of Mr. F. H. Hill and purchased two boxes of the pills. After he commenced taking them the pains left his limbs, all the pains disappeared from his heart and he began to improve at once. He can cheerfully recommend them to any one afflicted as he was. Mr. Hill, the druggist, said:

"I have several customers using the Williams' Pink Pills for Pale People for the relief and cure of rheumatism, among whom is A. A. Shepherd, whose case has been one of unusual interest, and Pink Pills have surely performed a wonderful change in his condition."

Dr. Williams' Pink Pills contain all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are sold in boxes at 50 cents a box, or six boxes for $2.50, and may be had of all druggists or directly by mail from Dr. Williams' Medicine Company, Schenectady, N. Y.

GOLD AT CRIPPLE CREEK.

And the Best Way to Get There Is Over the Santa Fe Route.

The fabulously rich gold mining district of Cripple Creek, Colo., is attracting hundreds of people. By spring the rush bids fair to be enormous. That there is an abundance of gold there is demonstrated beyond doubt.

To reach Cripple Creek take the Santa Fe Route from Chicago or Kansas City. The only standard gauge line direct to the camp. Through Pullman sleepers and free chair cars. The Santa Fe lands you right in the heart of Cripple Creek.

Inquire of nearest ticket agent, or address G. T. Nicholson, G. P. A., A., T. & S. F. R. R., Monadnock Block, Chicago.

Only a trial of Piso's Cure for Consumption is needed to convince you that it is a good remedy for Coughs, Asthma and Bronchitis.

If you want a reliable dye that will color an even brown or black, and will please and satisfy you every time, use Buckingham's Dye for the Whiskers.

FITS.—All Fits stopped free by **Dr. Kline's Great Nerve Restorer.** No Fits after first day's use. Marvelous cures. Treatise and $2.00 trial bottle free to Fit cases. Send to Dr. Kline, 931 Arch St., Phila, Pa.

Mrs. Winslow's Soothing Syrup for Children teething; softens the gums, reduces inflammation, allays pain, cures wind colic. 25 cents a bottle.

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