





Sweetest thing that can be seen  
Is a baby, fresh and clean.  
Dainty clothes and tender skin  
Need pure soap to wash them in.  
Nurse and mother must be sure  
Baby's bath is sweet and pure.  
Free from grease or alkalies;  
Ivory Soap their want supplies.

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**SANDOW ON EXERCISE.**

**Dumbbell Practice, if Not Overdone, Is the Proper Thing.**  
"Dumbbell practice gives strength to every sinew, from the finger tips to the elbow, from the top of the head to the sole of the foot." Sandow, the strong man, said in a recent interview. "The young can be kept in perfect health, and older people are helped and improved even when suffering any ailment which appears to them to be quite hopeless, but, of course, great care must be taken not to overdo the practicing, and it is wiser to increase the number of movements very gradually and not on any account to go overdone at first," he advised. But he does state most emphatically that dumbbell exercises taken in moderation, and with supplies to the carriage, will prevent from having the muscles under control. He makes a strong point of saying beginning, which does not expect too much at first, but gains strength by degrees. Such exercise sends the blood through the veins with which gives pleasure and joy individual.

**A Treat.**

A little girl who was being taken to the country for a day's outing by the Chicago vacation school committee was observed to be very serene as she sat in the open street car, says the "Youth's Companion." "Have you ever had a ride on the cars before?" the teacher asked. "Yes, I've hitched, but I never sat up straight like this before," she answered.

**My Mother Had Consumption**

"My mother was troubled with consumption for many years. At last she was given up to die. A neighbor told her not to give up but try Ayer's Cherry Pectoral. She did so and was speedily cured, and is now in the enjoyment of good health." D. P. Jolly, Feb. 2, 1899. Avoca, N. Y.

**Cures Hard Coughs**

No matter how bad your cough is or how long you have had it, Ayer's Cherry Pectoral is the best thing you could possibly take. But it's too easy to wait until you have consumption, for sometimes it's impossible to cure this disease. If you see coughing today, don't wait until tomorrow, but get a bottle of Cherry Pectoral at once and be relieved of a troublesome cough.

**Accounting for Her Exclamation.**

Flusher—Did Miss Gaygirl make any remark when you handed her my bouquet? The Messenger—Yes, she said, "Oh, the dear, dear flowers!" Flusher—Humph! That florist must have sent the bill along with the bouquet.—Paris American Messenger.

**It Cures All Skin Eruptions.**

Tetterine is the name. Sold at druggists for 50c. a box, or prepaid direct from J. T. Shaptrine, Savannah, Ga. John H. Pablen of Lexington, Miss., writes: "Enclosed find \$1.00 for 2 boxes of Tetterine. My father's hand was cured by it, and I take pleasure in recommending it."

**Why He Was Not Beloved.**

A practical, matter-of-fact young woman was trying to describe a certain unpopular man that she knew. "He is the sort of person," she said, after careful thought, "who goes to Paris twice a year, but never asks you what size glove you wear."—New York Commercial Advertiser.

**Like Finding Money.**

The use of the Endless Chain Starb Book in the purchase of "Red Cross" and "Rubinger's Best" starb, makes it just like finding money. Why, for only 5c you are enabled to get one large 10c package of "Red Cross" starb, one large 10c package of "Rubinger's Best" starb, with the premiums, two Shakespeare panels, printed in twelve beautiful colors, or one Twentieth Century Girl Calendar, embossed in gold. Ask your grocer for this starb and obtain the beautiful Christmas presents free.

**A Factor's Idea.**

When asked "What's a layman?" a pastor replied: "One who lays things upon his pastor which he himself ought to do."—Richmond Religious Herald.

Attention is called to the very useful article contained in the premium list of the Continental Tobacco Co.'s advertisement of their Star Plug Tobacco in another column of this paper. It will pay to save the "Star" tin tags and so take advantage of the best list ever issued by the Star Tobacco.

The number of passengers carried on the elevated railroads in New York city decreased this year 2,523,000 from 1898 and 41,417,000, or nearly 20 per cent, from the high water mark of elevated traffic in 1898.

**FRYMAN FABRICUS DYES** are fast to sunlight, washing and rubbing. Sold by all druggists.

A euchre party in which 2,400 persons are to engage will be held in Grand Central Palace, New York, January 29, the proceeds to go toward the completion of the Church of St. Philip Neri, Bedford Park.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors prescribed a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven catarrh to be a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful, it acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case that fails to cure. Send for circulars and testimonials. Address F. J. Cheney & Co., Toledo, O. Sold by Druggists, etc. Hall's Catarrh Pills are the best.

**Why Changes Are Needed?**

Change of scene, change of occupation and frequent changes in furnishings and diet are all important at this season, and the time of rest may be secured from these changes even when an expensive outing, or the usual winter vacation has not been afforded. No woman who has ever tried it can conceive of the rest and pleasure resulting from a change of scene. Make such changes as are possible by rearranging rooms in the matter of furniture, pictures, ornaments, etc. Do something, anything, to rest the eye and brain from their usual monotony. It is said that marked cases of insanity have been cured by changing the sleeping room to another.

**MAN BEARS SORROWFUL LOSS**

About a year ago a student in the city of St. Augustine.

A Cambridge student, visiting Florida recently, and learning that he could get a shot at a bear if he went to Anastasia Island, went there with his father, taking for guide and company a native white named John Baker. The hero of this adventure had best tell it in his own words. "With Baker," he says, "my rifle and my ready revolver, I landed, and under Baker's guidance soon got sight of a vicious-looking half-grown bear. The growth about us was thick, so that I prepared to take a shot with my revolver. Hurt in the breast, but not mortally, he mounted a tree. Leaning against a stump of a broken tree to which the rotten and hollow top still hung, I aimed my rifle at the bear, hoping to bring him down. That rifle was destined not to kill that bear, for at that instant the hollow log broke under my weight and I fell into a mass of ooze and water, the log rolling upon me and fastening me down. Gun and revolver dropped in the confusion, when, turning my eyes toward Baker for his ready aid, I saw him, with set, white face, slowly reaching for my rifle, while his eyes were fixed on an enormous snake which emerged from the decayed tree which was holding me down, coiled its slimy length near my head and with tongue extended and eyes ablaze with anger prepared itself to spring at me. Never till then did I know how ominous of death is the sound of a snake's rattle. I thought of Boston, of home, of friends and all that. But most of all did I think of Baker. We were in a sunny spot. I well knew that if I remained motionless till dark (three long hours) that reptile would then move away without touching me. But to lie in that swamp for three hours in such society! Baker thought as much as I, for he silently raised my rifle to his shoulder, and crack! a bullet whizzed close to my ear and crashed into the creature's mouth. That rattler had coiled for the last time, but in his death writhings he dragged his loathsome length over my face and body. Baker carried the snake home, but got till after we had brought down the bear. It (the snake) measured 7 feet 10 inches and is now in Boston, stuffed and mounted to show its hideous fangs and tongue and its great size. Baker had saved me. He was scared, but his nerve and resolution deserve my undying gratitude."—Boston Globe.

**As to Russia Leather.**

There was a time when Russia leather was exclusively a Russian export, and the demand greatly exceeded the supply. Always very desirable for the smaller articles made of leather, such as satchels and pocketbooks, it was especially in demand for binding books as its aromatic odor repelled moths and other insects. A few volumes thus covered would protect a whole library. Its odor and pliability are principally owing to the use of the oil of birch bark in the finishing process. In 1875 our minister to Russia, Marshall Jewell, himself a tanner, discovered the process by which this famous leather was made. And from that time on "Russia" leather had an extensive manufacture and sale in the United States. Better yet, it is as good as the imported. And so you see, we may indulge in choicest Russia leather without crippling home industry.—Philadelphia Record.

**Save the Nickels.**

From saving, come having. Ask your grocer how you can save 10c by investing 5c. He can tell you just how you can get one large 10c package of "Red Cross" starb, one large 10c package of "Rubinger's Best" starb, with the premiums, two beautiful Shakespeare panels, printed in twelve beautiful colors, or one Twentieth Century Girl Calendar, all for 5c. Ask your grocer for this starb and obtain these beautiful Christmas presents free.

Mr. John M. Thurston, the bride of the Nebraska Senator, is described as of medium height, graceful, with changeable dark gray eyes, occasionally washed with blue, perfect figure and mobile features.

VITALITY low, debilitated or exhausted cured by Dr. Kline's Invigorating Tonic. Full trial bottle for 2 weeks' treatment. Dr. Kline, Ltd., 601 Arch St., Philadelphia. Founded 1871.

No fewer than 112 families of injurious insects vex farmers.

Pico's Cure for Consumption has cured many a doctor's bill.—R. F. HANBY, Hopkins Place, Baltimore, Md., Dec. 4, 1894.

An English clergyman's wedding fee exceeded \$25,000 a year.

**Dr. Bull's COUGH SYRUP**

Cures Croup and Whooping-Cough. Unexcelled for Consumption. Gives quick, sure results. Refuse substitutes.

Dr. Bull's Pills cure Biliousness. Trial, as for.

**CHRISTMAS PRESENTS GIVEN AWAY.**

**SYRUP OF FIGS**

ACTS GENTLY ON THE KIDNEYS, LIVER AND BOWELS. GLEANS THE SYSTEM EFFECTUALLY. DISPELS COLDS, HEADACHES & FEVERS. OVERCOMES HABITUAL CONSTIPATION PERMANENTLY TO GET ITS BENEFICIAL EFFECTS.

BUY THE GENUINE-MAN'D BY CALIFORNIA FIG SYRUP. LOUISVILLE, KY., SAN FRANCISCO, CAL., NEW YORK, N.Y.

Pudlist Jeffries is a union boiler-maker. **POTASH** gives color, flavor and firmness to all fruits. No good fruit can be raised without Potash. Fertilizers containing at least 8 to 10% of Potash will give best results on all fruits. Write for our pamphlets, which ought to be in every farmer's library. They are sent free.

**GERMAN KALI WORKS**, 55 Nassau St., New York. **CARTER'S INK** Can't be beat. \$1.00 for \$1.00. Cancers, tumors, ulcers, or no pay.

**WINCHESTER** GUN FREE. Send your name and address on a postal, and we will send you our 156-page illustrated catalogue free. WINCHESTER REPEATING ARMS CO., 170 Winchester Avenue, New Haven, Conn.

**ARNOLD'S OIL** Cures rheumatism, neuralgia, sciatica, etc. **DR. J. C. HAYES** Cures all diseases of the throat, nose, and ears.

**SAVE YOUR STAR TAGS**

"Star" tin tags (showing small stars printed on a white tag), "Horse Shoe," "J. T. Good Luck," "Diamond," and "Drummond" Natural Leaf Tin Tags are of great value in securing premiums mentioned below, and many other things. Every man, woman and child can find something to save that they would like to have, and can have.

1. 10c tin tag, good steel	21. 10c tin tag, good steel
2. 10c tin tag, good steel	22. 10c tin tag, good steel
3. 10c tin tag, good steel	23. 10c tin tag, good steel
4. 10c tin tag, good steel	24. 10c tin tag, good steel
5. 10c tin tag, good steel	25. 10c tin tag, good steel
6. 10c tin tag, good steel	26. 10c tin tag, good steel
7. 10c tin tag, good steel	27. 10c tin tag, good steel
8. 10c tin tag, good steel	28. 10c tin tag, good steel
9. 10c tin tag, good steel	29. 10c tin tag, good steel
10. 10c tin tag, good steel	30. 10c tin tag, good steel
11. 10c tin tag, good steel	31. 10c tin tag, good steel
12. 10c tin tag, good steel	32. 10c tin tag, good steel
13. 10c tin tag, good steel	33. 10c tin tag, good steel
14. 10c tin tag, good steel	34. 10c tin tag, good steel
15. 10c tin tag, good steel	35. 10c tin tag, good steel
16. 10c tin tag, good steel	36. 10c tin tag, good steel
17. 10c tin tag, good steel	37. 10c tin tag, good steel
18. 10c tin tag, good steel	38. 10c tin tag, good steel
19. 10c tin tag, good steel	39. 10c tin tag, good steel
20. 10c tin tag, good steel	40. 10c tin tag, good steel

**STAR PLUG TOBACCO**

NEW DR. TALMAGE

MENTAL DIVINES' MUNDANE DISCOURSE

...the sun go down upon you... the sun go down upon you... the sun go down upon you...

TALES OF PLUCK AND ADVENTURE

Ensign Gherardi, Life Saver... The Navy Department, for the third time within three years, has recorded officially the bravery of Ensign Walter Rookwell Gherardi and it is interesting to note that in each case the young officer's heroism found its opportunity in time of peace and that it was exerted in the saving of life.

What!

All the best features of Life Insurance on the Industrial Plan in a HOME COMPANY... Drop a Postal Card to the Home Friendly Society... 100 West Fayette Street, or call up HOME TELEPHONE 444 and have circular and rate mailed you.

What!

Landlord George H. Ruddy, of the Keystone Hotel, Joplin, Mo., tells an interesting story about the bride of Admiral Dewey. A number of years ago Mrs. W. B. Hazen and her husband, the late General Hazen, U. S. A., arrived in Baxter Springs, Kan., on their way to Fort Gibson, I. T. General Hazen was on a tour of inspection of the army posts in the West, and his wife accompanied him.

What!

Drop a Postal Card to the Home Friendly Society... B.L. TALLEY, Secretary. E. F. TALLEY, Asst. Secretary. GEO. A. CHASE, President. EMMETT O. CHASE, Vice President.



Baltimore Mutual Aid Society, South East Corner Park Avenue and Saratoga St. F. S. Strobridge, President.

This is the LARGEST Beneficial Society in America... Assets Invested only in Municipal Bonds of the largest cities in the country. Certificates issued on all plans, including both SICK and DEATH benefits.

Your Health Should be CARED FOR. COLEMANVILLE MINERAL SPRINGS WATER IS JUST THE THING YOU NEED. This water possesses national reputation as a permanent cure for all Female Complaint, and other disorders.

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YOUR PHOTOGRAPHS Should be taken at Julius Hebbel's 409 North Gay St. One Dozen Fine Cabinets \$1.00.

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