

An Infrequent Cause of Nervous Troubles.

If the average woman tried all the time to look as pleasant at her husband as she does at the photographer, she would die of nervous prostration in two weeks.

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. \$2 trial bottle and treatise free. Dr. R. H. KLINE, Ltd., 931 Arch St. Phila., Pa.

It's never so hot but that it can't be still hotter.

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

Fish's Cure cannot be too highly spoken of as a cough cure.—J. W. O'BRIEN, 327 Third Ave., N., Minneapolis, Minn., Jan. 6, 1909.

Albert Burch, West Toledo, Ohio, says: "Hall's Catarrh Cure saved my life." Write him for particulars. Sold by Druggists, 75c.

A Kensington man chafes under the name of I. O. Ewe.

Indigestion is a bad companion. Get rid of it by chewing a bar of Adams' Pepsin Tutti Frutti after each meal.

Bobbs—"What makes you think Dr. Killercure is a quack?" Slobs—"Oh, just because he always wears duck trousers."

Ladies Can Wear Shoes One size smaller after using Allen's Foot-Ease, a powder for the feet. It makes tight or new shoes easy. Cures swollen, hot, aching, itching feet, ingrowing nails, corns and bunions. At all drug stores and shoe stores, 25c. Trial package FREE by mail. Address: Allen S. Olmsted, Le Roy, N. Y.

Bobbs—"I hear the practice of tipping waiters is on the decline." Slobs—"Nonsense! Who ever heard of a waiter declining a tip?"

Some fellows make a rye face every time they take a drink.

The Best Prescription For Chills and Fever is a bottle of Grove's Tasteless Chill Tonic. It is simple iron and quinine in a tasteless form. No cure, no pay. Price 25c.

It isn't only the prodigal son who gets the fatted calf. Just look at the average ballet dancer.

OVARIAN TROUBLES.

Lydia E. Pinkham's Vegetable Compound Cures Them—Two Letters from Women.

"DEAR MRS. PINKHAM:—I write to tell you of the good Lydia E. Pinkham's Vegetable Compound has done me. I was sick in bed about five weeks. The right side of my abdomen pained me and was so swollen and sore that I could not walk. The doctor told my husband I would have to undergo an operation. This I refused to do until I had given your medicine a trial. Before I had taken one bottle the swelling began to disappear. I continued to use your medicine until the swelling was entirely gone. When the doctor came he was very much surprised to see me so much better."—Mrs. MARY SMITH, Arlington, Iowa.



"DEAR MRS. PINKHAM:—I was sick for two years with falling of the womb, and inflammation of the ovaries and bladder. I was bloated very badly. My left limb would swell so I could not step on my foot. I had such bearing down pains I could not straighten up or walk across the room and such shooting pains would go through me that I thought I could not stand it. My mother got me a bottle of Lydia E. Pinkham's Vegetable Compound and told me to try it. I took six bottles and now, thanks to your wonderful medicine, I am a well woman."—Mrs. ELIS BRYAN, Otisville, Mich.

BEAUTIFUL CHINA DINNER SET CAN BE SECURED FOR 20c. FULL SIZE. 5000 SETS. HAND LINED. Shipped Within Sixty Days. BEST OF REFERENCES. SEND TEN CENTS in 2c stamps for information. U. S. China Company, Dep't "Y" AKRON, Ohio.

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Constipation.

You cannot possibly enjoy good health unless you have at least one free movement of the bowels each day. When this is not the case, the poisonous products are absorbed into the system, causing headache, biliousness, nausea, vomiting, dyspepsia, indigestion.

Ayer's Pills

are a gentle laxative, suitable for any and every member of the family. One pill at bedtime will produce one good, natural movement the day following.

25 cents a box. All druggists. "Ayer's Pills have done me and my family great good. They are like a true friend in trouble. There is nothing equal to them for sick headache and biliousness."—Mrs. JULIA BROWN, St. Louis, Mo., Dec. 5, 1899.

DEFECTIVE SIGHT.

Warning to Those Who Need Glasses and Will Not Use Them.

The three defects of eyesight which are most commonly encountered in otherwise healthy persons, and which can be more or less perfectly overcome by means of glasses, are near-sightedness, far-sightedness and astigmatism. These are all important, for besides the discomfort and annoyance of imperfect sight, the involuntary efforts which the sufferer makes to see better strain the eyes, and not only injure them, but also give rise, through reflex action, to headaches and various nervous disturbances.

Near-sightedness, short-sightedness, or myopia as it is variously called, is a condition of the eyeball—usually a lengthening—in consequence of which the rays of light are brought to a focus in front of the retina, and so the object is blurred. This condition may exist from birth, but is usually the result of too much and too early use of the eyes, as in the case of students, engravers, women who do fine sewing, and so forth. Thus we may say that putting children to work at some of the kindergarten exercises, such as perforating and drawing, is in a double sense a short-sighted procedure.

Many near-sighted people refuse to wear glasses, preferring to deprive themselves of sight for everything beyond the nose rather than to injure their personal appearance, as they think. This is another short-sighted policy, for besides losing much of the joy of existence, which comes from seeing the beautiful things about and above us, such persons are very liable to suffer from inflammation of the eyes, produced by constant strain.

A less common defect is long or far-sightedness, or hypermetropia. This is the opposite of myopia, the eyeball being flattened or shortened, and the rays of light consequently not coming to a focus by the time they reach the retina.

In this case, the eye often corrects the defect more or less successfully by making the crystalline lens more convex; but it does this at the expense of the sufferer's nervous force, and so we often find tired and congested eyes, headaches, indigestion, and even serious nervous affections. The effort to correct the vision is entirely involuntary, and can be overcome only by the fitting of suitable convex glasses.

The third and most common defect is astigmatism. In this condition there is some irregularity of the surface of the eye or of the lens, by means of which the image as it reaches the retina is distorted. Untreated astigmatism is a frequent cause of headache and other nervous disturbances. The only relief is the wearing of glasses, at least while reading, writing, or whenever near objects are looked at.—Youth's Companion.

Pirates of the Philippines.

The Moros are horn pirates. The sea seems more their home than the land. They fairly revel in the water, for wherever possible they build their houses in the sea, raising the boats on piles sunk in the shoal waters of the coast. This mode of building has been followed in all the Philippine islands, the houses, even if miles from the sea, being built on piles. It seems to suggest a time when the Malays were water-dwellers. In truth, a backward glance through time shows us the Malay seafarers setting out in their war-prows to conquer the multitude of islands in the South seas and haunting the coasts so as to be ready to take to the water again at a moment's notice.

"Some men are so plausible," says the Manayunk Philosopher, "that they can make you think they are doing you a favor by borrowing your money."

To Cure a Cold in One Day. Take LAXATIVE BROMO QUININE TABLETS. All druggists refund the money if it fails to cure. E. W. Grove's signature on each box, 25c.

No, Maude, dear, when a vessel sinks it would scarcely be worth while to ask a barber to razor.

We refund 10c for every package of PURNAM FADELESS DYE that fails to give satisfaction. Monroe Drug Co., Unionville, Mo. Sold by all druggists.

Heated arguments over the best way to keep cool are in order. So, 29.

TO WORK ON STATE PRISON.

Heating Arrangements to be Provided at Once.

At last the main building of the South Carolina penitentiary is to be remodeled and put in proper shape. Its condition from a sanitary and humane standpoint has been such for some time as to make some improvements an absolute necessity. In the last annual report the board of directors who saw and realized the hardships the inmates were being subjected to called the attention of the legislature to the existing condition of affairs, asserting plainly that common humanity demanded that something be done forthwith. The board pointed out that there was no ventilation for the summer and absolutely no means of heating the stone cells even in the bitterest cold weather. The people were shocked at the state of affairs depicted, but in some way the bill appropriating the money for the work got sidetracked and failed to pass. Then the board of directors were troubled. Financially they asked the opinion of the attorney general as to their legal right to use the profits of the institution to have Bellinger promptly rendered an opinion in which he held that the profits could be so used. The board then began to cast about for plans and specifications, looking to the entire remodeling of the main building on the west side.

They got Mr. A. W. Todd of Charleston, an experienced architect, to prepare the plans and specifications after careful examination of the existing building, and at the meeting a short time ago determined to call for bids for the work. They have now called for sealed proposals "for remodeling, heating and ventilating the stone cell building" of the penitentiary in accordance with these plans and specifications. Bids are to be received up to noon on Tuesday, the 24th inst., and contractors must state in their bids the time at which the work will be completed. The successful bidder will be required to give bond in double the amount of the bid, to be approved by the board, for the faithful performance of the contract.

The plans and specifications may be seen by contractors at the office of the superintendent of the penitentiary in Columbia and at the office of Architect Todd in Charleston.

It is the earnest desire of the directors to get the work under way at the earliest possible moment and have it completed before the coming of cold weather.

Fire in Greenville.

Greenville, Special.—The meat and grain warehouse of Briggs & Co., was gutted by fire early Friday morning and the refrigerator and storage rooms with their contents were ruined. The origin of the fire is a mystery. Only the quick and careful work of the fire department saved the ware room and the Mountain City roller mill nearby, which is the biggest roller mill in the State. The fire started about 3 a. m. and soon the building was in a big blaze. The refrigerator containing lots of ice and bacon, and the storage room which holds hundreds of cans of lard and bushels of corn and grain, were all burned beyond salvage. The stock was fully covered by insurance but there is a loss on the building of \$500 above insurance.

Smallpox at Kershaw.

Senator Blaney has written Governor McSweeney an earnest letter in regard to the smallpox near Kershaw, insisting that the State board send an expert there immediately as there are now several other cases. It seems that the State board instructed a local physician to look after the case reported at Kershaw some time ago and the steps taken are deemed insufficient.

Brevities.

The rioters who desecrated St. Joseph's Church, in Paris, during the Dreyfus trial, will be released on Saturday, Bastille day.

Seventy-seven deaths occurred in the British Sepoy forces at Kohat, India, in six days.

The Havana Summer Normal School opened Thursday.

A Cotton Pest.

Mr. L. D. Landrum of Batesburg, writes the Governor as follows: Dear Sir: There is some kind of a pest that has attacked the cotton in this section and in a few days will destroy a large section of the cotton. In fact, it is spreading all over the country. The botanist at Clemson has seen such specimens of the infected cotton and he suggested the use of sulphur, but this does not kill or stop the progress of the scourge. So, at the request of a number of prominent farmers, I request you to have the botanist at Clemson to visit this section and see if he cannot devise a means to help us.

To Secure a Portrait.

The Southern Christian Advocate contains this paragraph of interest: "The Columbia college girls in and about Johnston have determined to place in the college by the opening in September a life-size portrait, pastel or crayon, of Mr. John R. Shuler, who gave \$1,000 there during the recent district congregate to the college. This announcement was to have been made during the recent commencement but in the rush it was overlooked.

FOR MALARIA, CHILLS AND FEVER.

The Best Prescription Is Grove's Tasteless Chill Tonic.

The Formula Is Plainly Printed on Every Bottle, So That the People May Know Just What They Are Taking.

Imitators do not advertise their formula knowing that you would not buy their medicine if you knew what it contained. Grove's contains Iron and Quinine put up in correct proportions and is in a Tasteless form. The Iron acts as a tonic while the Quinine drives the malaria out of the system. Any reliable druggist will tell you that Grove's is the Original and that all other so-called "Tasteless" chill tonics are imitations. An analysis of other chill tonics shows that Grove's is superior to all others in every respect. You are not experimenting when you take Grove's—its superiority and excellence having long been established. Grove's is the only Chill Cure sold throughout the entire malarial sections of the United States. No Cure, No Pay. Price, 50c.



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YELLOW JACK



that dreadful fiend that threatens the beautiful sunny south every summer can attack and kill only those whose bodies are not kept thoroughly cleaned out, purified and disinfected the year round. One whose liver is dead, whose bowels and stomach are full of half decayed food, whose whole body is unclean inside, is a quick and ready victim of yellow jack.

If you want to be safe against the scourge, keep in good health all summer, whether yellow jack puts in an appearance or not, *keep clean inside!* Use a mild laxative, that will make your bowels strong and healthy, and keep them pure and clean, protected against any and all epidemic diseases. It's Cascarets, that will keep and save you. Take them regularly and you will find that all infectious diseases are absolutely

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DROPSY NEW DISCOVERY; gives quick relief and cures worst cases. Book of testimonials and "10 days" treatment free. Dr. R. H. GREEN'S SONS, Box 8, Atlanta, Ga.

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