

DANGER.

Beware of ice cream and soft drinks, fruits and ices, for behind them lurk leath!

More than twice as many persons died last year from inability to curb their appetite for these summer luxuries than were carried to their graves from dread consumption and fevers (soldiers included). A clipping bureau and a medical journal's statement tell a tale of dire disaster from these evils, well, they may be called.

While consumption killed forty in the state, nearly one hundred died from eating too much ice cream. In Chicago and vicinity, malaria proved fatal to thirty, while ninety persons were murdered by swallowing peach and cherry stones. In the state of New Jersey ten died from heart disease, while ice cold drinks killed twice that number.

A man in Canton, O., died from eating cherries and ice cream at the same time, the acid fermenting with cream. In Oshkosh, Wis., a young woman attended a dance, and after eating eighteen plates of ice cream fell dead. Her name was Mary Blake. But ravenous appetites for cold stuff on a hot day is not all the evil there is to soft drinks. A number of well-known red drinks are known to contain poisonous acids. The soft drink habit is more fatal to young women than to the men. This is attributed to feminine weakness and the manner in which they consume their drinks, namely, through a straw. A well-known doctor said to a New York Journal correspondent:

"I know of several girls who have died from sipping ices through a straw. This is the reason: In sucking the ices up the cold substance strikes the palate of the mouth and cools the head. Then when the young women walk in the sun and exert themselves the cold reacts, giving them a severe headache, which is later followed by a fever, and in some cases death has resulted."

The doctor says men are not so easily affected. Fruit ices are also said to be very unhealthful.

When wit is kind as well as playful, when information knows how to be silent, as well as how to speak, when good will is shown to those who are absent as well as to those who are present, we may know that we are in good society.—August Ladies' Home Journal.

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.

It seems strange that even a writer should sometimes be wrong. So, 33.

Pale and Weak Women

Beauty and strength in women vanish early in life because of monthly pain or some menstrual irregularity. Many suffer silently and see their best gifts fade away.

Lydia E. Pinkham's Vegetable Compound

helps women preserve roundness of form and freshness of face because it makes their entire female organism healthy. It carries women safely through the various natural crises and is the safeguard of woman's health.

The truth about this great medicine is told in the letters from women being published in this paper constantly.

Fight Your Liver

if you want to. But look out, or it will get the start of you. If it does, you will have dyspepsia, indigestion, biliousness, sick headache, poor blood, constipation.

Perhaps you have these already. Then take one of Ayer's Pills at bedtime. These pills gently and surely master the liver; they are an easy and safe laxative for the whole family; they give prompt relief and make a permanent cure. Always keep a box of them in the house.

25 cents a box. All druggists.

"I have raised a family of eleven children, all living at the present time, and I would not think I could keep house without Ayer's Pills. I have used them for twenty years, and there is no family laxative their equal."—S. C. DARDEN, Myrtle, Miss., May 22, 1900.

A Girl's Assets and Liabilities.

"I can row, play golf and tennis, fence, dance, skate," exclaimed Sarah Miggs, in a recent sketch by Miss Baylor; "I can dress extravagantly, I can play the piano and paint atrociously on china, I can speak French and German, I can ride and drive.

"I cannot dress myself. I do not even take care of my hands. I cannot cook a thing. I have no idea how to make coffee, fry eggs, or how much of anything to give out for any meal. I cannot sew on the machine or with my fingers. I have no idea what servants ought to do, how they ought to do it, how soon they ought to accomplish it. I cannot take care of child dress. I faint in a sickroom."

Facing such assets and liabilities of a fashionable education, no wonder Sarah declared it something terrifying to become the head of a family on a moment's notice! Yet, some time in her life, the sudden call to preside over the household of a husband, a father, a son or a brother comes to the majority of women. What will she do about it? Will she enter upon her duties boasting of the fact that the kitchen is an undiscovered country, and confident that instinct will overbalance her ignorance? Or will she, rather, like Sarah Miggs, acknowledge her deficiencies and rise to meet them?

Sarah made a grand novitiate. What might have been learned almost unconsciously under a careful mother's eye she sought in training classes and the homes of more practical friends. Roastology, bakology, marketology, patchology, darnology, nurseology became her study and her practice. It was no easy task, and one which her wealth made apparently unnecessary. "I am not going to be a fraud as a wife," she insisted to all remonstrances. "I am going to keep my share of the contract. I am going to take charge of Dick and his house and his children just as if I were a lawyer taking a case, or a merchant setting up a store, or a captain taking command of a ship."

The whole tenor of her future proved that she was right. To row, to play golf, to dress charmingly, to be conversant with the whole gamut of accomplishments is commendable, but no young woman who has not in some degree mastered the intricacies of domestic science is qualified to become the queen of the home and so arbitrate the destiny of a family.—The Congressionalist.

The Menu's Origin.

The origin of the menu card has been traced to the Duke of Brunswick. He was observed in the intervals of a banquet to scan carefully a long strip of paper by the side of his plate, and when the curious guests ventured to inquire into the nature of his studies he explained that it was a sort of programme of the dishes which he had commanded from the cooks, to the intent that if some delicacy which especially appealed to him were marked for a late stage in the repast he might carefully reserve his appetite for it. The simplicity and beauty of the idea appealed instantly to the duke's convivers, and the menu card from that moment became an institution. In its old-fashioned form, we are told, the bill was usually written in large letters on cards of such imposing dimensions that room for only one could be found at each end of the board.

Skim-Milk Calves Ahead.

Thirty-nine calves are now under the experiment at the Kansas State Agricultural college. Seven of these were fed on whey and grain with a little alfalfa during the dairy school, in comparison with another lot of seven fed on skim-milk, grain and alfalfa. After the dairy school it became necessary to change the whey lot to grain and alfalfa hay, while skim-milk was continued with the other lot. The gains are in favor of the skim-milk lot. Another interesting calf experiment consists of feeding calves on hay tea in connection with grain and hay. Sixteen pounds of mixed hay is mixed with 200 pounds of hot water, which is boiled down until it weighs 165 pounds. Plans are made to start another lot of calves on alfalfa tea.

How It Turned Out.

He (a former suitor)—"So you are married, eh? You told me once upon a time that you never intended to belong to any man." She—"Well, I don't. He belongs to me."—Chicago News.

YOU KNOW WHAT YOU'RE TAKING GROVE'S Tasteless Chill Tonic

because the formula is plainly printed on each bottle, showing what it contains. Imitators do not advertise their formula, knowing that you would not buy their medicine if you knew its ingredients. Grove's contains Iron and Quinine put up in correct proportions, and is in a tasteless form. Grove's is the original Tasteless Chill Tonic and any druggist who is not pushing an imitation will tell you that all other so-called "tasteless" Tonics are imitations.

Grove's is the only Chill cure sold by every druggist in the malarial sections of the United States and Cuba that is guaranteed to cure any case of malaria, chills and fever, or money refunded. Price 50 cents.



Rearing Queen Bees.

To secure good, large, prolific queens, they should be reared at swarming time. Early queens are what every beekeeper wants, and the best nucleus are reared under the swarming impulse. At that time the larva is fed profusely with royal jelly, and large, long-lived queens result. There is no danger of small, half-chilled queens. Five or six days after a swarm has issued, go to the parent hive and examine for queen cells. You will find anywhere from one to a dozen scattered about the combs, but generally at the bottom. Take two or more frames of brood with adhering bees containing one or more queen cells and place in a new hive. The young queens will emerge in a day or two. One can make from two to five divisions, each nucleus having a virgin queen.

When the queens are from seven to ten days old they usually go for their wedding flight and when successfully mated return to their hives to stay for the rest of their lives, which is from two to four years, never leaving the hive again except at swarming time. Many young queens are lost in mating. This is the most uncertain thing about queen rearing. Queens of the current year's rearing will rarely swarm, but I have reared queens in May that have built up so strong a colony that they crowded themselves out by August. All rules are occasionally broken by bees.—F. G. Herman, in New England Homestead.

A Fad From Far Japan.

"Ko-Kwai" is quite the fad of the hour for afternoon parties. Sir Edwin Arnold tells that the Japanese have a pretty way of entertaining, the hostess giving her guests a number of dainty bottles, containing different perfumes, and the lucky ladies who can guess the proper names of the scents receive prizes. All that comes to us from the Orient has a charm of its own. What could be more lovely than perfumes called "Dew From the Mountain," "Breath of Spring," and "Dream of the Garden." If the names give any hint of the odors. At a party given Thursday only standard perfumes were given to the guests, and a young American lady from the Pacific slope made the greatest number of correct guesses. When she returns to her western home she will wear a unique brooch, set with diamonds and inscribed with the word "Ko-Kwai."—Detroit Free Press.

Some men find it easier to believe a lie than the truth.

PECAN FADELESS DYES are fast to sunlight, washing and rubbing. Sold by all druggists.

About the only thing a man can't lie out of is eating onions.

A Colonel in the British South African army says that Adams Tutti Frutti was a blessing to his men while marching.

The manager of a theater is obliged to depend upon his income for a living.

Do Your Feet Ache and Burn? Shake into your shoes Allen's Foot-Powder, a powder for the feet. It makes tight or New Shoes feel easy. Cures Corns, Ingrowing Nails, Itching, Swollen, Hot, Callous, Sore and Sweating Feet. All Druggists and Shoe Stores sell it, 25c. Sample sent FREE. Address, ALLEN S. OLMESTEAD, LeRoy, N. Y.

A theatrical poser—how to get back without walking.

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.

Money talks, but the moonshiners' money keeps still.

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 50c.

The dainty, simple, well-regulated table saves many anxious hours both over the fire and in the sick-room.—August Ladies' Home Journal.

\$100 Reward. \$100. The readers of this paper will be pleased to learn that there is at least one dreadful 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. CROVEY & Co., Toledo, O. Sold by Druggists, 75c.

Hall's Family Pills are the best.



Smith—"Old Colonel Mellow appears to be a congenial old fellow, but I've tried every topic of conversation, and yet I can't draw him out." Jones—"Suppose you try a corkscrew."

Mrs. Winslow's Soothing Syrup for children soothes, softens the gums, reduces inflammation, allays pain, cures whooping cough, etc. A bottle, 25c.

Piso's Cure is the best medicine we ever used for all affections of throat and lungs. Wm. O. ENDSLEY, VanBuren, Ind., Feb. 16, 1900.

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V. C. BADHAM, 1326 Main St., COLUMBIA, S. C.

CHINESE WAR NOTES.

Restlessness is increasing in South ern China.

The German army will use American horses in China.

Canton officials are enlisting Chinese at \$9 a month, twice the usual amount.

Russian troops have captured the town of Sakhalin, on the Amur River.

Japanese newspapers denounce Emperor William's vindictiveness toward China.

Filthy camps of some foreign troops at Tien-Tsin are proving a menace to health.

A third brigade has been ordered to China from India, about 6000 men being included.

A junk has been seized at Cantors with seventy rifles and 10,000 cartridges on board.

The American gunboat Princeton has sailed from Amoy for Shanghai to protect Americans.

Admiral Seymour has forced the Viceroy of Nankin to give him an audience, after twice refusing.

The Czar has raised all commercial tariffs except those provided for by treaty to produce war money.

The German mission at Namon, China, has been destroyed, and Wuchow is no longer safe for foreigners.

Army officers seeking horses in the United States for the American and German cavalry have difficulty in getting animals.

One hundred Chinese reformers have sailed from Vancouver, B. C., for Macao to consider raising an army to assist the allies.

British Consul Pfizer and the foreign community at Chung-king have left for the coast, after being warned by the Government.

United States Consul Fowler, at Chee-Poo, China, has received the original of the famous Conger dispatch, proving it to be genuine.

SOUTHERN RAILWAY.



Central Time at Jacksonville and Savannah. Eastern Time at Other Points. Schedule in Effect May 6th, 1900.

Table with columns for route (Northbound, Southbound), station, and daily/weekly mileage. Includes stations like Jacksonville, Savannah, Raleigh, and Atlanta.

Table with columns for route (Northbound, Southbound), station, and daily/weekly mileage. Includes stations like Louisville, Cincinnati, Knoxville, and New York.

Sleeping Car Service. Excellent daily passenger service between Florida and New York. Nos. 35 and 34—New York and Florida Express. Drawing-room sleeping cars between Augusta and New York. Pullman drawing-room sleeping cars between Jacksonville and New York. Pullman sleeping cars between Charlotte and Savannah. Nos. 33 and 32—U. S. Fast Mail. Through Pullman drawing room buffet sleeping cars between Jacksonville and New York and Pullman sleeping cars between Augusta and Charlotte. Dining cars serve all meals enroute. Pullman sleeping cars between Jacksonville and Columbia, enroute daily between Jacksonville and Cincinnati, via Asheville.

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