

Never Admit Defeat.

Never admit defeat or poverty, though you seem to be down and have not a cent. Stoutly assert your divine right to be a man, to hold your head up and look the world in the face; step bravely to the front whatever opposes, and the world will make way for you. No one will insist upon your rights while you yourself doubt that you possess the qualities requisite for success. Never allow yourself to be a traitor to your own cause by undermining your self-confidence.

There never was a time before when persistent, original force was so much in demand as now. The namby-pamby, nerveless man has little show in the hustling world of to-day. In the twentieth century a man must either push or be pushed.

Every one admires the man who can assert his rights and has the power to demand and take them if denied him. No one can respect the man who slinks in the rear and apologizes for being in the world. Negative virtues are of no use in winning one's way. It is the positive man, the man with original energy and push that forges to the front.—Success.

A New York physician in his recent talk on physical culture for mothers offers some very good advice concerning useful exercise. It was a question of giving proper direction to surplus energy and of getting the most out of it. To suggest to young mothers that they should make their own beds and sweep their rooms, and thus expand their chests and increase their arm and back power, is somewhat of an innovation in these days of progressive gymnastics and movement cures. Still, the idea has a very practical application. It narrows us down to the consideration of the fact that Nature provides in our every day work, with its attendant possibilities, all the exercise we generally need. When we stop to think how we can combine the two it is often a matter of surprise. The result is generally a two-fold enjoyment. So, too, the man who splits his own wood gets a double warmth from the effort. It is the extra glow with profitable occupation that is thrown into the bargain before the fire is made on the hearth. The principle appeals to every sensible mortal. We gain much more than a car fare by walking to and from our offices.

Better Blood Better Health

If you don't feel well to-day you can be made to feel better by making your blood better. Hood's Sarsaparilla is the great pure blood maker. That is how it cures that tired feeling, pimples, sores, salt rheum, scrofula and catarrh. Get a bottle of this great medicine and begin taking it at once and see how quickly it will bring your blood up to the Good Health point. **Hood's Sarsaparilla** is America's Greatest Blood Medicine.

The lawyer is about the only person who doesn't object to other people telling him their troubles.

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The barber is addicted to cutting remarks.

Do Your Feet Ache and Burn? Shake into your shoes Allen's Foot-Ease, a powder for the feet. It makes tight or new shoes feel easy. Cures Corns, Bunions, Swollen, Hot, Smarting and Sweating Feet and Ingrowing Nails. Sold by all druggists and shoe stores, 25 cts. Sample sent FREE. Address Allen S. Olmsted, LeRoy, N. Y.

The girl who doesn't wish to see callers must expect to be found out.

Hard times are coming again. A Conshohocken quarryman unearthed a petrified clock the other day.

One kind of financial embarrassment is when a man has so much money he doesn't know what to do with it.

All goods are like to PUTNAM FADELESS DYES, as they color all fibers at one boiling. Sold by all druggists.

The social scale is not life's most reliable weighing machine.

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

Even a legal light may be sometimes turned down. So, 23.

Hall's Catarrh Cure is a liquid and is taken internally, and acts directly on the blood and mucous surfaces of the system. Write for testimonials, free. Manufactured by F. J. CHENEY & Co., Toledo, O.

H. H. GREEN'S SONS, of Atlanta, Ga., are the only successful Dropsy Specialists in the world. See their liberal offer in advertisement in another column of this paper.

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

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

Piso's Cure is the best medicine we ever used for all affections of throat and lungs.—Wm. O. ENDREY, Vanburen, Ind., Feb. 10, 1900.

LIKE MANY OTHERS

Clara Kopp Wrote for Mrs. Pinkham's Advice and Tells what it did for Her.

"DEAR MRS. PINKHAM:—I have seen so many letters from ladies who were cured by Lydia E. Pinkham's remedies that I thought I would ask your advice in regard to my condition.

I have been doctoring for four years and have taken different patent medicines, but received very little benefit. I am troubled with back-ache, in fact my whole body aches, stomach feels sore, by spells get short of breath and am very nervous. Menstruation is very irregular with severe bearing down pains, cramps and back-ache. I hope to hear from you at once."—CLARA KOPP, Rockport, Ind., Sept. 27, 1898.

"I think it is my duty to write a letter to you in regard to what Lydia E. Pinkham's Vegetable Compound did for me. I wrote you some time ago, describing my symptoms and asking your advice, which you very kindly gave. I am now healthy and cannot begin to praise your remedy enough. I would say to all suffering women, 'Take Mrs. Pinkham's advice, for a woman best understands a woman's sufferings, and Mrs. Pinkham, from her vast experience in treating female ills, can give you advice that you can get from no other source.'"—CLARA KOPP, Rockport, Ind., April 13, 1899.

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will contribute more to it than tons of ice and a gross of fans.
5 gallons for 25 cents.
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Finland shows only about 8 per cent. of illiteracy in comparison to Russia's 87 per cent., and yet the latter has just taken from the former the right of self-government. A sad exemplification of might making right.

Partly Experience.
"Do you believe in mental telepathy?"
"Yes; when I'm late to dinner I know exactly what my wife will say when I get there."

VEGETABLE TALLOW.

Squeezed Out of the Seeds of a Tree That Grows In China.

The people of China are eminently practical and have added much to the civilization of mankind by their habits of industry, of which the method of obtaining vegetable tallow is an example. The Chinese pick the seeds of this tree in autumn and first place them in a wooden cylinder, open at the top and perforated at the bottom. After being steamed over a fire for ten or fifteen minutes the tallow is softened and is then more readily separated. The seeds are transferred from the steaming cylinder to a stone mortar, in which they are gently beaten. They are then thrown on a stove, heated over the fire and sifted, by which process the tallow is separated and resembles coarse Indian meal.

In this State the tallow is put between circles of twisted straw and these placed in a press, by which the tallow is forced out and falls into a tub. Freed from all impurities, it is then a semitolid of a beautiful white color. Candles made of it easily melt in hot weather, and on this account they are dipped in melted wax of various colors red, green or yellow—and are exposed for sale by tallow chandlers and other shopkeepers. This remarkable tree is found on the banks of the Min, in Szechuen. It is a tree with shining green leaves and small yellow flowers at the end of the branches. They are succeeded by dark-colored seeds and vessels containing delicate white seeds. In late autumn, on the banks of the Tsin-Tang River, in Chokiang, south of Hangchow, this tree is a striking object. The leaves are then of a blood-red color instead of light green. When the tallow has been squeezed out of the seeds the remainder is preserved to be used as fuel or to enrich the land.—Philadelphia Record.

It has been ascertained by a series of questions that what children are most afraid of are thunderstorms. Next come reptiles, strangers, darkness, fire, death, domestic animals, illness, wild animals, water, insects, etc.

Germany has a standing reward of 1,000 marks for the discovery of a case of trichinous American pork, but, to the credit of the star-spangled hog, not a single sample has been developed during the past seventeen years.

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Above Prejudice.

The story of the honest Swiss, who was too busy to leave his farm, and begged the neighbor who was bringing suit against him kindly to plead for both parties, has an amusing parallel in the judicial history of Connecticut.

A certain justice of the peace, wishing to bring suit against a citizen, consulted the statutes and found that suits of such a character might be brought before any justice of the peace.

"Well, then," thought he, "I'll just try the case myself."

Straightway he made out a writ against his adversary and signed it.

On the day set for trial, the defendant appeared with counsel. Both gentlemen, not unnaturally, objected to the constitution of the court.

"Why," demanded the justice, "do you deny that I am a justice of the peace?"

The lawyer would not contend this point, but argued that such a construction of the law was against all sense and reason.

A vigorous altercation ensued, and then the judge remarked that not for the world would he have two gentlemen suppose him governed by any personal considerations. "I will, therefore," he added, gracefully, "render judgment against myself, and then appeal to the Supreme Court."

"But the mischief of it was," said the justice, relating the story afterward, "that when my judgment got to the Supreme Court, it was unanimously reaffirmed."

The Funny Shoemaker.

"Yes," remarked the funny shoemaker, "I'm in favor of women's rights—also her lefts."

"Is that your last joke?" asked the leather drummer.

"Shoe-er," answered the shoemaker, "and it's awl right at that."—Chicago News

An Old Maids' Club up in Massachusetts has just finished debating the question, "Are Bachelors Human?" The judges decided in the negative. All old bachelors should at once make tracks for a region where they are classed with the divinities.

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Puffs under the eyes; red nose; pimple-blotched, greasy face don't mean hard drinking always as much as it shows that there is **BILE IN THE BLOOD**. It is true, drinking and over-eating overloads the stomach, but failure to assist nature in regularly disposing of the partially digested lumps of food that are dumped into the bowels and allowed to rot there, is what causes all the trouble. **CASCARETS** will help nature help you, and will keep the system from filling with poisons, will clean out the sores that tell of the system's rottenness. Bloating by bile the figure becomes unshapely, the breath foul, eyes and skin yellow; in fact the whole body kind of fills up with filth. Every time you neglect to help nature you lay the foundation for just such troubles. **CASCARETS** will carry the poisons out of the system and will regulate you naturally and easily and without gripe or pain. Start to-night—one tablet—keep it up for a week and help the liver clean up the bowels, and you will feel right, your blood will be rich, face look clean, eyes bright. Get a 10c box of **CASCARETS**, take as directed. If you are not cured or satisfied you get your money back. Bile bloat is quickly and permanently

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