

THE GUARD'S STORY.

From the State Journal, Lincoln, Neb.

There is probably not a stronger man or more trustworthy guard employed at the Nebraska State Penitentiary than J. T. Ralston.

For many years Mr. Ralston lived at Byrassau, Nebraska, and the old residents remember him as one of the strongest and healthiest of their number.

In '89, or thereabouts, when the "grip" first broke forth in this section of the country, it claimed him as one of its earliest victims.

About this time he moved with his family to Peru, Nebraska, where some of his children were attending the State Normal School.

A happy thought of his own led him to try strong stimulants. He was again able to work. But he soon found that his relief was but temporary, when bad weather came on he was subject to severe attacks of the "grip" as before.

Two years ago Mr. Ralston was employed at the Nebraska State Penitentiary at Lincoln, Nebraska, and enjoyed comparative ease while performing the duties of warden.

Once more, almost in despair, he sought a cure and purchased a box of Dr. Williams' Pink Pills for Pale People.

Said he to a Journal reporter, to whom he had just given the above facts: "I feel now as though I could stand more lay than any man in Nebraska; and if I needed a position now I would hunt one on a harvest field."

Doctors Awheel.

Philadelphia Call: One effect of the march of the bicycle as a permanent institution to physicians. Many doctors are discarding the buggy and horse of honored custom, and may now be seen scuttling over the smooth streets on the silent steed.

How's This!

We offer One Hundred Dollars reward for any case of Catarrh that can be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Toledo, O.

Dug Up a Jar Containing Old Coin. Philadelphia Ledger: Thomas Moore, Jr., and two other workmen, while excavating for pipe connections at Market Square, in Chester, Penn., on Thursday morning, unearthed a small preserving jar, containing gold and silver Spanish coin, estimated to be worth at least \$150.

Atlanta and the South. The Chicago and Eastern Illinois R. R. will during the time of the Exposition at Atlanta, Sept. 18, to Dec. 31, 1895, offer exceptionally fine service between Chicago and the South.

Tennessee's Centennial. Tennessee's centennial, to be held next year, will give the south another opportunity to reveal to the world the wealth of its present advantages and the vast extent of its resources waiting for development.

A Child Enjoys. The pleasant flavor, gentle action and soothing effects of Syrup of Figs, when in need of a laxative, and if the father or mother be constive or bilious, the most gratifying results follow its use.

In London is to be seen a handsome cab propelled by two cyclists, one riding before and the other behind the carriage body.

WOMAN AND HOME.

INTERESTING READING FOR WIVES AND DAUGHTERS.

Some Current Notes of the Modes—Apparel for Children—Treatment of Headache—Answers to Correspondents—Household Hints.

ETTED tulle or spangled net is among this season's novelties for evening wear and make especially lovely gowns. One of fisher's net in a soft shade of ecru, covered with crescents of gilt, is combined artistically with pinkish violet velvet.

Animated Balls of Lace. "What is the use of our togging out in our prettiest when that little tot

leather ties are worn, and a large mull hat, with red ribbon bow, shelters the little head.

The Treatment of Headache.

"There are so many causes for headaches, and so many conditions that lead up to this distressing malady, that it is often very difficult to diagnose the case properly," said a medical man of wide experience.

"When the beating, thumping sensation begins in the head, take equal quantities of pure cayenne pepper and flour; mix them up with water to form a smooth paste thick enough to spread like a salve.

toned at the sides with small gold buttons and fitted over the plump limbs as smoothly as the skin. The skirted blouse pounces loosely over the sash of plaided silk, which falls at the side in soft ends.



stockings of silver and black ribbed wool and laced boots are the finishing touches. With this is to be worn a nobby little boxcoat of black velvet, lined with plaided silk and having a spreading hood at the back, lined with the same bright stuff.

Training Schools for Nurses.

Ignorance writes that she would like to study to become a professional nurse, but does not know how to go about it. She asks information and advice. Answer: The profession of nurse is a very honorable, responsible and profitable one, provided the student undertakes it with the determination to be in the front rank of the army of workers.

Tomato Salad.

Peel four solid tomatoes and place them on ice. When cold, cut into slices half an inch thick, remove the seeds and place the slices on lettuce leaves, one overlapping the other.

Fashion Notes.

A walking hat is of white plush, soft and silky. The crown has a band of striped ribbon set flat around it. The trimming is of butterfly bows of striped ribbon fastened with a large jeweled aigret.

ful of salt, a dash of pepper and half a clove of garlic. Rub this well together; add one tablespoonful of tarragon vinegar, half a teaspoonful of sugar and four teaspoonfuls of oil. Mix and pour over the tomatoes.

Is Light Bad for the Eyes?

A paper was recently read before one of the American medical associations, in which the ground was tr' that too much light is exceedingly bad for the eyes of school-children. This is a rather peculiar theory in view of the fact that the Creator of the universe made eyes, and then made light so that people could attend to their various duties and pleasures.

Dress for Young Hopeful.

The "laddie" of the family, who has gained a dignity beyond dresses "just like Carrie's," has a number of picturesque costumes designed for him, and, really, he is an artistic bit of a creature to gown. The "Scotch" costume, representing one of the clans, is a favorite mode just at present, and one universally becoming to most mites of boys, with their transparent complexion and clear eyes.

Highest of all in Leavening Power.—Latest U. S. Gov't Report

Royal Baking Powder ABSOLUTELY PURE

Good Reason for Not Drumming. On a hungry march orders against foraging are apt to be liberally interpreted by both officers and men.

While the 48th Georgia regiment was on the march to Gettysburg, some of the soldiers stepped out of the ranks and confiscated a couple of geese, and one of the drummers unheeded his drum and put the captured birds inside.

Shortly afterward the colonel came along, and noticing the silence of the drum, rode up to the drummer and said: "Why don't you beat that drum?"

"Colonel," said the startled man, "I want to speak to you."

The colonel drew close to him and said: "Well, what have you to say?"

The drummer whispered: "Colonel, I've got a couple of geese in here."

The colonel straightened up and said: "Well, if you are sick, you needn't play," and rode on.

That night the colonel had roast goose for supper.

Vaccination is becoming more and more unpopular in England.

"Hannan's Magic Cure Salve." Warranted to cure or money refunded. Ask your druggist for it. Price 15 cents.

In many parts of Ireland there is one public house for twenty-five inhabitants.

If the Baby is Cutting Teeth. Be sure and use that old and well-tried remedy, Mum's Wisolow's Roothing Syrup for Children Teething.

The natives of India believe that elephants have a religion and form of worship.

Joe's Cough Balm. Is the oldest and best. It will break up a cold quicker than anything else. It is always reliable. Try it.

The "dumb piano" is a new invention, on which young ladies can learn music without making any sound.

Parker's Ginger Tonic is popular for its good work. Suffering, tired, sleepless, nervous women find nothing so soothing and reviving.

In London there are 165 hospitals, dispensaries and convalescent homes for the benefit of the sick and poor.

What a sense of relief it is to know that you have no more corns. Hindocorns remove them, and very comforting it is. See at druggist.

All the factories located at Muskegon Heights, Mich., during the big boom are at work, with large orders on their books.

NYN.—All flits shipped free by Dr. King's Green Ointment. Buy it after the first day's use. It cures all kinds of skin diseases. Treat the same as other flits. See Dr. King's Green Ointment. Sent to Dr. King, 221 Arch St., Phila., Pa.

When Was He Vice President?

Chicago Inter Ocean: Last week the mother of Commodore Eldridge T. Gerry died at her home in New York. Mrs. Gerry was widowed about forty-five years ago. Her husband was the son of Vice President Gerry. How many can tell when the latter was elected and who was the same time elected president?

DIRECTIONS for using CREAM BALM.—Apply a particle of the Balm well up into the nostrils. After a moment draw a strong breath through the nose. Use three times a day, after meals preferred, and before retiring.

CATARRH. ELY'S CREAM BALM opens and cleanses the nasal passages, allays pain and inflammation, breaks the force, prevents the membrane from drying, and stops the formation of crusts and scabs. The balm is quickly absorbed and gives relief at once. A particle is applied to each nostril and is absorbed. Price 50 cents at drug stores or by mail. ELY BROTHERS, 60 Warren St., New York.

Neuralgia Torture. The nervous system is weakened by the... Every nerve is strengthened in the cure of it by... WALKER'S OIL.

De Kalb Fence Co., 121 High Street, DE KALB, ILL. STEEL WEB PICKET FENCE. CABLED FIELD AND HOOD FENCE. Also CABLED POSTERY, GARDEN AND RABBIT FENCE.

Timely Warning. The great success of the chocolate preparations of the house of Walter Baker & Co. (established in 1780) has led to the placing on the market many misleading and unscrupulous imitations of their name, labels, and wrappers. WALTER BAKER & CO., Limited, DORCHESTER, MASS.

germ-life. The doctors tell us, now-a-days, that disease germs are everywhere; in the air, in the water, in our food, clothes, money; that they get into our bodies, live there, thrive and grow, if they find anything to thrive on. Consumption is the destruction of lung-tissue by germs where the lung is too weak to conquer them. The remedy is strength—vital force. Scott's Emulsion, with hypophosphites, means the adjustment of lung strength to overcome germ-life. It is fighting the germ with the odds in our favor. These tiny little drops of fat-food make their way into the system and re-fresh and re-invigorate it. Whether you succeed with it or not depends on how good a start the germs had, and how carefully you can live. The shortest way to health is the patient. The gain is often slow.