## 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. Raiston. To a stranger he appears a very good example of the man who boasts that he was never sick a day in his life.

For many years Mr. Ralston lived at Syracuse, Nebraska, and the old residents there 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. Like most men with a strong physique, he sneered at the disease and did not guard properly against it. For days he lay in bed and left it only as a confirmed invalid.

About this time he moved with his family to Peru, Nebraska, where some of his children were attending the State Normal School. He hoped the change would do him good, but he was disappointed. He doctored with the local physicians, and even with his own son, who was practicing medicine. All seemed to no avail, and miserable in mind and body the poor man told his family that he feared there was no hope for him.

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, and when bad weather skirt of heavy white Liberty satin, within call. For this class of persons 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, the state capital, and enjoyed compar-ative ease while performing the duties of usher. Last fall, however, he was put out on the wall, and with the change of work came his old trouble in even more aggravated form. He was not only troubled with the usual miserable feelings of the "grip," but he found himself short of breath and generally weak, these things unfitting him for the duties of his position.

Once more, almost in despair, he sought a cure and purchased a box of Dr. Williams' Pink Pills for Pale People. He used them according to directions and telt better. Five more boxes followed the first, and the longsufferer was a well man.

Said he to a Journal reporter, to whom he had just given the above facts: "I feel now as though I could stack more hay than any man in Nebraska; and if I needed a position now I would hunt one on a harvest field. Why, only last Sunday night I took a severe cold which, a year ago, would have laid me up a week with the 'grip'; but now it causes me only temporary annoyance, and I simply live it off."

Mr. Raiston has been long and favorably known in many parts of Nebraska, both as a private citizen and as a leader in the original Farmers' Alliance movement and hosts of friends rejoice with him in his remarkable recovery, for which he unhesitatingly gives the credit to Dr. Williams' Pink Pills.

Dr. Williams' Pink Pills contain, in a condensed form, all the elements necessary to give new life and richness to the blood and restore shattered nerves. Pink Pills are sold by all dealers, or will be sent post paid on receipt of price, 50 cents a box. or six boxes for \$2.50, by addressing Dr. Williams' Medicine Company, Schenectady, N. Y.

#### Doctors Awheel.

Philadelphia Call: One effect of the march of the bicycle as a permanent institution may be observed in its relations to physicians. Many doctors are discarding the buggy and horse of honored custom, and may now be seen fleeting over the smooth streets on the silent steed. A prominent physician has discarded his carriage, at least so far as visiting his patients is concerned. except on days when the weather does not permit of riding a machine. Thus he gildes from house to house, and is enthusiastic about the benefits of the exercise. He believes he suffers no loss of dignity, and says that other medical men are gradually following his exam-

How's This!

We offer One Hundred Dollars reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions, and financially able to carry out any obligations made by their firm. WALDING, KINNAN & MARVIN.

Wholesale Druggists, Toledo, Ohio. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price, 75c per bottle. Sold by all druggists. Hall's Family Pills, 25c.

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. Some of the coin bore the date of 1800, and other pieces a later date. An old market house, erected in the last century, stood on the site where the money was found, and it was torn down in 1857. It is thought the money was buried by one of the market men.

Atlanta and the South.

The Chicago and Eastern minois 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. A low rate ticket will be sold, and through cars run to all southern points. This is 55 miles the shortest route to Atlanta, Chattanooga and the South.

For guide to Atlanta and the Exposition address C. W. Humphrey, Northwestern Passenger Agent, St. Paul. Minn., or City Ticket Office, No. 230 Clark St., Chicago, Charles L. Stone, General Passenger Agent. Chicago.

## 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. The southern states are more disposed than formerly to give the hand of welcome to honest and enterprising settlers, even if their pol- The little tot in this instance has ities is of a different shade. The newcomers will make excellent citizens beyoud a doubt.

look like fluffy balls of golden hair and

dimples and lace, fit to reign on the

throne of beauty at any time.

the daintiest of lawn dresses. A very

full skirt is gathered around a white

yoke. The sleeves are large and puffy

and wide Valenciennes lace falls over

them. In front a large bow of red

satin ribbon has streamers which reach

almost to the bottom of the skirt.

Underneath this gown 'the little lady

wears a short white petticoat, after

that a full and rather longer one, and

then, just beneath the dress, a skirt

which is of the same length as her

gown. The skirt has a very handsome

ruffle of lace, and one catches glimpses

of lace billows as the little tot, with

## 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 costive or billous, the most gratifying results follow its use; so that it is the best family remedy known, and every family should have a bottle on hand.

In London is to be seen a hansom cab ropelled by two cyclists, one riding before and the other behind the carriage

#### WOMAN HOME.

INTERESTING . READING FOR WIVES AND DAUGHTERS.

Some Current Notes of the Modes-Apparel for Children - Treatment of Headache-Answers to Correspond ents-Household Hints.



ETTED tulle spangled net is among this season's novelties for evening wear and make especially lovely gowns. One covered with crescents of gilt, is combined artis-

with pinkish violet velis The skirt draped ing of white haircloth and wire tapes, body composed of violet velvet, edged about with brownish marabout. Deep points of jeweled net set over the front and back, giving a slender appearance to the form. The decolletage is in the 1830 mode, and is strapped across the shoulders with bands.

Animate 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 little head.

A CONTROL OF THE PARTY OF THE P

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 diagnosticate the case properly," said a medical man of wide experience. "Of course, if the root of the matter is not reached, medicines avail nothing and may do more harm than good. One thing, however, is quite certain, and that is that congestion is a very frequent accompaniment of headache, and the pressure on the brain becomes extremely painful, and may lead to dangerous conseof fisher's net in a quences. It is evident, therefore, that soft shade of ecru, any course of treatment that relieves the overfull blood-vessels of the brain must be desirable. It is always best to consult some reliable physician, if one is within reach; but this a great many in people are averse to doing, and some a mass. of soft folds over an under- are so situated that medical aid is not which is wonderfully set out by its lin- a simple remedy may be mentioned that has been the means of relieving the bodice, a round affair, with the many a sufferer, and is so easily applied and so absolutely harmless that it is well worth knowing.

"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

toned at the sides with small gold buthat, with red ribbon bow, shelters the tons and fitted over the plump limbs as smoothly as the skin. The skirted blouse pouches loosely over the sash of plaided silk, which falls at the side in soft ends. Loose sleeves, cut in gigot fashion, and a velvet banded collar complete the dress. With it is worn a Scotch cap of black velvet, very much flared at the front, to display a



stockings of silver and black ribbed wool and laced boots are the finishing touches. With this is to be worn a like a salve. Put this upon a piece of nobby little boxcoat of black velvet, soft paper and apply it to the back of lined with plaided silk and having a the neck just below the edge of the hair. spreading hood at the back, lined with In warm weather it is best to wash the the same bright stuff. Dogskin gloves and a cherry stick makes him a perfect bit of manhood for the street.

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. A good nurse is of the highest value to those she attends; a poor one is often worse than none, for she not only does no good, but her presence may keep efficient help away. There are many good training schools for nurses, but probably the very best place is a good hospital. Your best course will be to write to the nearest large hospital and ask for full particuiars. If you want to come to New York, Bellevue Hospital and the New York Hospital are among the best.

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. Into a bowl put one teaspoonful dry bread crumbs or cracker crumbs, add half a teaspoon-



around?" said one girl to another. | neck with a cloth wet with soap and "Dear knows men are few enough at water, as the oily perspiration may in best, but when they all worship that terfere with the action of the plaster. little baby, it's very little attention One great advantage of cayenne pepper Looking at plaster over mustard is that while their one could hardly latter frequently blisters the former She looked never does so, no matter how strong it like a doll, with her shining curis and is applied. In the use of mustard, itil big blue eyes. Everywhere one goes the skin is broken all treatment must the children seem to reign. No longer cease until it heals, but with pepper, held in the background the little wowhen the plaster loses its effect another men are taught early in life to conmay be applied without unpleasant consider themselves man's superior. Every attractive point about them is cultivated, every bit of beauty is emphasized. With their dainty gowns they

"It is an item of importance that pure pepper must be used. This should come from the druggist's, and a reliable one at that. It is very seldom that grocery cayenne is pure, and for this reason the chemist is the better dispenser of such compounds as are required for medicinal purposes,"

Is Light Bad for the Eyes?

A paper was recently read before one of the American medical associations, in which the ground was te' that too mucn light is exceedingly ... ad 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. The trouble is not too much light, but the wrong kind light. Out-of-door life is conducive to perfect vision. The sun of midday rarely affects the normal eye unpleasantly. It is the reflected light, the filand hampered and diluted light that does the mischief. The light that strikes sharply on one point and reflects to another is the sort of light that does the harm. It is recommended that light be regulated and modulated to suit the eyes of children, but it is a question whether this will have the desired effect. What is necessary is that light be steady and plenty of it, without either glaring or reflecting.

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 universaily becoming to most mites of boys, with their transparent complexion and quick movements, runs hither and clear eyes. These suits are composed

| ful of salt, a dash of pepper and half a clove or 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.

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. Ostrich plumes are placed in a circle around the crown and stand up high at one side. There is a loop of ribbon under the brim at one side.

A handsome hat for autumn is of French felt with a moderately wide brim which is turned up at the back. The crown is rather low and the trimming consists of very full ostrich plumes and loops of velvet with a band of passementerie around the crown. A stylish jacket is close-fitting, with slightly double front and very wide coltered light, so to speak, the bound-in | lar turning over the sleeve tops. This collar is of velvet, and the wide lapels extending below the waist-line are also of velvet.

A pretty autumn hat is in sailor shape, with very low crown. The back is slightly turned up, and the trimming is made in the shape of enormous fans, with a rosette where the ends of the fans join.

A handsome wedding costume is made of ivory satin. The skirt is long and plain, the body close-fitting at the sides and back. The entire neck, shoulders and front are filled in with very narrow plaitings of crepon. Wreaths of orange blosoms extend from the shoulders down either side of the front to the bodice point, and the veil, which is of tulle and gathered into a knot at the top of the head, is fastened with the flowers.

A Pinkerton patrolman at Chicago walks thirty-nine miles every night, thither. Black stockings and black of tiny breeches of black velvet, but and has the longest best in the city.

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

# ABSOLUTELY PURE

Good Beason for Not Drumming. On a hungry march orders against foraging are apt to be liberally interpreted by both officers and men. An exchange recalls an instance not unlike some that all veterans are fond of tell-

While the 48th Georgia regiment was ants. 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 unheaded 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

The colonel straightened up and said "Well, if you are sick, you needn't

That night the colonel had roas goose for supper.

The Golden Rod's Beauty.

Boston Evening Transcript: September is the month of many beautiful things among the flowers, but especially is it the month of the golden rod. Far and near does this fine flower appear in possession of the land; pastures, mowing lands, swamps, roadsides, salt marshes-in some, at least, of its many mother of Commodore Eldridge T. Gerforms of beauty, it flourishes in them | ry died at her home in New York. Mrs. all. This is one of the flowers which Gerry was widowed about forty-five few would care to see brought into close cultivation. It is one of Nature's own children in a particular sense; a can tell when the latter was elected and thing for space and the wild, free life | who was the same time elected presiof the fields, where, like the dandellon | dent? and joe pye-weed, it is amply able to win its way among the sharpest competitors. Its finest effects are often from a distance, where its royal color is seen bordering whole acres with a deep, heavy golden fringe of priceless appearance. Who but this American princess could gild an entire mountain side or plate a river valley for miles with such delicate Etruscan workmanship?

Full information respecting the best fruit and farm land in Riverside Co., Cal Address Hemet Land Co., Hemet, Cal.

The amount at the credit of de positors in the English postoffice savings bank at the end of last year was over \$446,900,000.

For Wheoping Cough, Piso's Cure is a successful remedy. - M. P. Digran, 67 Throop Ave., Brooklyn. N. Y., Nov. 14, 94.

It is proposed to establish electric light buoys in the Thames so as to enable vessels to pass up to the London docks by night.

Vaccination is becoming more and more unpopular in England.

"Hanson's Magic Core Salve." Warranted to cure or money refunded. Ask your druggest for it. Price 15 cents.

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

If the Baby is Outting Tooth. Be sure and use that old and well-tried remedy, Man. Winslow's Scothing Syrup for Children Teething.

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

Is the oldest and best. It will break up a Cold quicker than anything else. It is always reliable. Try it.

The "dumb plane" 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, Hindercorns removes them, and very comforting it is. 15c. at druggists.

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

PITS—All Fits stopped free by Dr. Kline's Great Nerve Kestorer. No Fits after the first day's use. Marvelous cures. Treatise and \$2 trial bottle free to Fit cases. bond to br. Kline, \$11 Arch St., Phila., Pa.

When Was He Vice President? Chicago Inter Ocean: Last week the years ago. Her husband was the son of Vice President Gerry. How many

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



ELV'S OREAM BALM opens and disasses. Name Passagen, Allars Pain and Inflammation, E the Sorms, protects the Rembrane from Units, stores the Senses of Taste and Smell. The Ba

quickly absorbed and gives relief at once. A particle is applied into each nostril and is agree able. Price 80 conts at Dringsists or by mail. ELT BROTHERS, 56 WATTON St., New York.

four hours, will assist others ain affected free of price. Address, Lock Box 724, Chicago, III

W. N. U. CHICAGO, VOL. X, NO. 44

When Answering Advertisements, Kindle

The nervous system is weakened by the



STEEL WEB PICKET FENCE.

CABLED FIELD AND HOR FENCE. Also CABLED POULTRY, GARDER AND BARRET FERCE

We manufacture a complete line of Smooth Wire Fenning and genrantes errented. If you consider quality we can save you money. Catalogue free. De Kalb Fence Co., 121 High Street,

# 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. are the oldest and largest manufacturers of pure and high-grade Cocoas and Chocolates on this continent. No chemicals are used in their manufactures.

Consumers should ask for, and be sure that they get, the genuine Walter Baker & Co.'s goods,

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 depe good a start the germs had, and how car live. The shortest way to health is the The gain is often slow.