

WALTER BAKER & CO.
The Largest Manufacturers of PURE, HIGH GRADE COCOAS AND CHOCOLATES

Special and Highest Awards on all their goods at the CALIFORNIA MIDWINTER EXPOSITION.

Breakfast Cocoa—Their BREAKFAST COCOA, made with the finest Dutch process cocoa without the use of alkalis or other chemicals or dyes. It is absolutely pure and soluble, and costs only one cent a cup.

WALTER BAKER & CO., DORCHESTER, MASS.

Farmers' Produce
F. L. SAGE & SON, 183 READE ST., N. Y.

W. L. DOUGLAS \$3 SHOE
IS THE BEST. NO SQUEAKING. \$5. CORDOVAN, FRENCH ENAMELLED CALF. \$3.50 FINE CALF & KANGAROO. \$3.50 POLICE, 3 SOLES. \$2.50 \$2. WORKINGMENS EXTRA FINE. \$2.12 \$2 Boys School Shoes. LADIES' \$2.25 \$2.12 \$2.12 \$2.12

W. L. DOUGLAS BROCKTON, MASS.

Chewing Gum
Mint, Spearmint, Lemon, Orange, Peppermint, and other flavors. Sold by all druggists.

Asphalt
For roofing and paving. Sold by all hardware stores.

Consumptive and Cough
W. L. Douglas's Cough Syrup is the best remedy for all coughs and colds.

LIME KILN CLUB
Brother Gardner Finds His Fellow Are Mentally Wabbling.

"I hev been deeply pained," began Brother Gardner, as he slowly rose up and stood with his hands under his coat-tails—"I hev bin deeply pained at cumin' across fresh evidences to show dat de cull'd man am mentally wabblin' about, instead of walkin' right-ahead in de middle of de road. Two weeks ago to-night I was in a cun in dar an' got measured for three shirts, an' an' ordered dat dey be made to button behind. He didn't see me, an' I was so paralizid dat I couldn't hev spoken' to him if he had. All my life I has bought un-bleached cotton at 6 cents a yard, an' had de ole woman make my shirts, an' dey was shirts same as George Washington, Henry Clay and Abraham Linkum wore. De shirt dat buttoned in front, with buttons costin' 6 cents a dozen, has bin good nuff fur poets, warriors and statesmen. De homemade shirt passed de Declarashun of Independence. It won liberty fur this nashon. It cl'ared de forests an' plowed de prairies an' laid de foundashun fur our present greatness. De ideah dat de time has arrove when a pusson airnin' seben dollars a week, an' havin' only one lung left to breathe in' shirts to be in de swim, jest takes my breath away!

"A few nights ago I met Brudder Elder Toots in a drug store. De elder am an ole man. Any one to look at him would say dat he was sot to stay sot. I hev allus considered him a man without any foolishness, an' you kin imagine my surpris when he boldly inquired fur scented soap, vaseline, cole cream an' tooth powder. He actually turned away from a ten-cent tooth brush an' took one at 25! Did George Washington in- quar' fur scented soap befo' he crossed de Delaware? Did Patrick Henry hold a bottle of vaseline in his hand when he closed dat memor- able speech by sayin', 'Gin me lib- erty or gin me death'? Did Abra- ham Linkum go an' brush his teeth wid pink powder befo' signing dat emancipashun proclashun? Shake- speare, Byron an' Milton cleaned deir teeth wid a rag tied to a stick, but our Elder Toots must fill his mouf wid Paris powder an' grease up his paws like a duke! Doan' make no difference dat he's in debt an' got a big famly, an' doan' work half de time—he's got to be in style!

"Whar am Brudder Shindig Wat- kins to-night? I answer dat he am home an' in bed, an' de doctor says his backbone am two inches outter plumb. I was workin' in my garden de odder day when Brudder Watkins cum in to see me. He leaped up agin de fence an' talked, an' he sot down on my omyon bed an' talked, an' by an' by he sprung it on me. What d'y e s'pose dat pusson wanted. Wanted to borrow yo' dollars to get a pair o' shoes—patent leather shoes—an' another dollar to buy two pair's o' red Summer socks. My fren's, I didn't pear to breathe fur three min- utes. Den my breff cum wid a rush. An' I picked up Brudder Watkins an' frowed him ober a nine-fat fence on to a heap o' bricks. I dun couldn't help it.

"I cum on me so sudden an' wid sich impetosity dat I couldn't con- trol myself. Did Christopher Colum- bus hev on patent leather shoes when he diskivered America? Was Purfes- sor Morse w'arin red socks, wid a pansy embroidered on de ankle, when he gin us de telegraph? No, of co'se not, but a short-necked, humpbacked whitewasher named Watkins, who wouldn't hev a button on his clothes if his debts war paid, must go sighin' around to belong to de Fo'r Hundred.

"My ole woman was token sick de odder night, an' I went ober to de cabin of Givedam Jones to borrow a leetle ginger. Brudder Jones has allus 'peared to me to be a solid, sens- ible man, an' I couldn't skassly be- lieve dat I was awake when I looked around dat house. Dar was a cuckoo clock, same as de President of de United States goes to bed by. Dar was three stuff cheers, a bust of Na- poleon, a futstool dat nebbet cost less'n 50 cents, an' right on de floor, bein' stepped on by all de famly' a dozen times a day, was a rug dat cost \$8! When Mr. Fulton invented de steamboat did he hev his feet on an' \$8 rug? When Sir Isaac Newton diskivered gravitidy did he hev a cuckoo clock cuckoo in' to him?—When Gen. Taylor fit an' licked de Mexi- cans did he sot on a stuff cheer an' direct his battles?

"But dat was not all, my fren's. I got a peep in de spar' bedroom an' beheld sham-holders on de bed an' a canopacious canopy above it, same as de kings of Europe. Dar was a red tablecloth on de table, an' album fit fur a queen lyin' around, an' all de knives an' forks had handles on 'em. Brudder Jones works in a wood- yard fur \$9 a week an' has a wife an' eight chillen, but he must be in de swim! I knowed one time last Winter when he went widout socks in or- der to buy a soup dish wid two reg'lar handles to it!

"My fren's, I hev menshoned only three—or fo' instances out o' a dozen I could name. It makes me sick at heart to see dese things. If de time has arrove in de history of de cull'd man when he has got to get down on stuff cheers, dangle his patent leather hooft on \$8 rugs an' be sung to sleep by cuckoo clocks, den de sooner I am called to go de better. It's ahead of my time, an' I can't catch up to it. I haint gwine to say no-mo' about it, but I want it under- stood right yere an' now dat de man who am in de swim hadn't better come to my house to borrow money. 'Bout de time he gits ha'f way frew 'splainin' to me dat he has got to hev \$8 to get a set of silk underclothes to war to de baseball game I shell light down on him an' make him wish he had nebbet been bo'n. We will now go home."—M. Quad, in the New York Recorder.

Paper Carpets:
We have had a great variety of car- pet materials, first and last, and a good many uses have been made of paper, but the two have never before been identified. Now, however, we are informed that carpets are being made of paper, and the following description of the process is made pub- lic:

The stock used must be of long fiber, in order to give strength to the paper. All such as are to be colored must be dyed in the pulp to obtain uniform color throughout. Colors must be fast.

Every lot of the same color must match to shade, as it cannot be changed when once done. The paper must be of uniform thickness throughout the width and length of the roll, for, though color may be right, coarse yarn will not shade alike. As the yarn is twisted on a ring frame, the utmost cleanliness must be observed not to stain the yarn with oil or dirty fingers, for, while unlike the other yarn, it is not cleaned, hence, if dirty, and is not discovered by consequent handling, it goes into the carpet and to the consumer.

When rolls of cut paper are the desired height, the shaft is taken out, the knot removed and the shaft drawn out, leaving the paper, each strip with its ring to be separated from the other by a knife for that purpose. After separation these little rolls are soaked in water until thoroughly impregnated, then taken out and left to drain, when it is ready for the spinning frame, and it is twisted like any other yarn. The yarn is then dried, wound into cops and is then ready for the loom.— [Paper World.]

What is Enough Exercise?
In reply to a question as to how much walking should be undertaken daily, Dr. Albert Westland, a recog- nized authority, says that it is im- possible to give an answer that will apply to all persons. Much depends upon temperament, strength and nervous energy as well as upon the circumstances under which the ex- ercise is taken. It is a matter of daily observation that one can walk much further with less fatigue if one has a pleasant companion, or a special object in view. It may be said that most girls and women would be better for walking three or four miles a day, while some are able to enjoy and be benefited by a daily walk of six or eight miles, but the latter number is comparatively small in this country. If no special motive for walking ex- ists it is often well to invent one. Dealing with stores at some distance from one's home is sometimes advis- able, or paying frequent visits to friends who do not live near at hand may serve the same purpose. The main point is to avoid what is called taking a constitutional, a proceeding which is unlikely to promote health.— [New York Advertiser.]

How to Avoid Seasickness.
Persons intending to take an ocean voyage should, for several weeks be- fore embarking, take daily exercise in the open air to get the general system in a good condition. To the same end they should eat only a moderate quantity of plain food, especially avoiding what is heavy or greasy. They should select a state- room as near the middle of the ship as possible. Some tourists are never sick as long as they lie on their backs and keep their eyes closed. The passenger who is seasick should remain in his berth until 9 or 10 o'clock in the morning, and have the steward bring him what little food he takes. He should not go to the table in the cabin until all symptoms of seasickness have left him, as the very sight and odor of the rich food will surely make him worse. When the patient begins to go to the table he should avoid pastry, fat meats and all rich food; after eating he should lie flat on his back for half an hour, or until digestion is well begun, when he may go on deck and walk or sit in a steamer chair, but he should not lean over the stern or side of the ship.— [St. Louis Globe-Democrat.]

About \$7,000,000 in cold cash has been expended thus far on Chicago's big ditch—the drainage canal. Pub- lished estimates, according to the latest authorized revision, put the cost of the work at \$21,000,000.

Tenier's pictures of peasant life have never been so good.

ASIDE from the fact that the cheap baking powders contain alum, which causes indigestion and other serious ailments, their use is extravagant.

It takes three pounds of the best of them to go as far as one pound of the Royal Baking Powder, be- cause they are deficient in leavening gas.

There is both health and econ- omy in the use of the Royal Baking Powder.

ROYAL BAKING POWDER CO., 106 WALL ST., NEW-YORK.

Cold Baths and Athletes.
Many people will be surprised to hear that a great number of profes- sional athletes look upon a cold bath, without the aid of towels, as their principal aid to health. The method is to take a cold sponge bath every morning, immediately on rising, and then, while dripping wet, to draw on flannel singlet and pants. The bather then starts walking up and down his bedroom at a smart and even pace. He is soon bathed, in a most delicious perspiration and in about five min- utes he finds himself deliciously fresh, and as dry as a proverbial bone. His underclothing is perfectly dry as well, and he can finish dress- ing at his leisure.—[Chicago Herald.]

How Marbles Are Made.
Have you ever thought how mar- bles are made? Most of the stone marbles used are made in Germany. Only the refuse of the marble and agate quarries is employed, and this is treated in such a way that there is practically no waste. Men and boys are employed to break the stone into small cubes, which are then thrown into a mill, which consists of a grooved bedstone and revolving run- ner. Water is fed to the mill, and the friction does the rest. In half an hour the mill is stopped, and a bushel or so of perfectly rounded marbles are taken out. U86

The largest theatre in the world is the Paris Opera House. It covers three acres.

Beware of Quinments for Catarrh That Contain Mercury.
Mercury will surely destroy the sense of smell and completely derange the wholesystem when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure to get the genuine. It is taken internally, and is made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists, price 75c. per bottle.

Delaware is the lowest State and Color- do the highest above the sea level.

LONG STRING
of diseases and de- rangements have their origin in torpor of the liver. Demurged ap- petite, constipation, headache, sour stom- ach, gassy belchings, indigestion, or dys- pepsia, are due to sluggish liver.

MR. JOHN A. DE- BERRY, U. S. Inspect- or of Immigration at Buffalo, N. Y., writes as follows: "I am in better health than I have been since childhood. Drowsiness and unpleasant feel- ings after meals have completely disappeared. Respectfully yours,"

John A. DeBerry
U. S. Inspector of Immigration.

Price, \$1.00.
"From early childhood I suffered from a slug- gish liver. Doctors' prescriptions and patent medicines afforded only temporary relief. I tried Dr. Pierce's Pleasant Pellets, taking three at night and two after dinner every day for two months. I have in six months in- creased in solid flesh, twenty-six pounds. I am in better health than I have been since childhood. Drowsiness and unpleasant feel- ings after meals have completely disappeared. Respectfully yours,"

JOHN P. LOVELL ARMS CO., BOSTON, MASS.
1000 Stickers, your name and address, only 10c. THE HERALD, No. 1504 Linn St., Phila., Pa.

BEECHAM'S PILLS

(Vegetable)

What They Are For

Biliousness	indigestion	sallow skin
dyspepsia	bad taste in the mouth	pimples
sick headache	foul breath	torpid liver
bilious headache	loss of appetite	depression of spirits

when these conditions are caused by constipation; and con- stipation is the most frequent cause of all of them.

One of the most important things for everybody to learn is that constipation causes more than half the sick- ness in the world; and it can all be prevented. Go by the book.

Write to B. F. Allen Company, 365 Canal street, New York, for the little book on CONSTIPATION (its causes, con- sequences and correction); sent free. If you are not within reach of a druggist, the pills will be sent by mail, 25 cents.

In a World Where "Cleanliness is Next to Godliness," no Praise is Too Great for

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