

The Proper Way to Sit.

A proper sitting position requires that the spine shall be kept straight, and that the support needed for the upper part shall be felt in the right place. Therefore, sit as far back as possible in the chair, so that the lower end of the spine shall be braced against the back of the seat. If this is not done, the shoulders will also rest against it; if not, they will have no point of support, and it will be found that they do not need it. This position makes no strain upon the ligaments of the spine. It allows a proper position of the shoulders, consequently of the lungs, stomach and every other organ of the body. Their work is carried on naturally and comfortably, as is also the circulation of the blood, which in a wrong position is seriously interfered with.

With the feet resting squarely upon the floor, the hands resting easily upon the lap, perfect equilibrium, and consequently perfect rest of the body, is secured. There is no strain upon any part of the body; the muscles or organs are required to do more than their own amount of work. The arms should never be folded; for that position not only causes a strain upon the spine and all the other evils already referred to, but, in addition, places the weight of the arms upon the stomach and diaphragm, thereby increasing the labor of digestion and respiration.

Placing the hands behind the back, if possible, is a good attitude to take occasionally, giving, as it does, the fullest expansion of the whole upper part of the body.—Hall's Journal of Health.

The World's Best Novels.

Some years ago a number of literary men were asked to give a list of what they considered the best ten novels. The following received the greatest number of votes: "Scarlet Letter," "Romola," "Adam Bede," "Les Misérables," "David Copperfield," "Henry Esmond," "On the Heights," "Wilhelm Meister," "Uncle Tom's Cabin."

Following these came "Jane Eyre," "The Newcomes," "Vanity Fair," "Heart of Midlothian," and "Tale of Two Cities." When Edward Everett Hale was asked to make out a list, he responded as follows: "Robinson Crusoe," "Uncle Tom's Cabin," "Jane Eyre," "A Tale of Two Cities," "Archie's Nights," "The Newcomes," "Ivanhoe," "Ere and Prejudices," "Romola," and "The Three Guardsmen." He just simply to show the value of pure narrative.

WANTED.—Salesmen; good pay for honest workers. Beginners taught; 90 new outfits just ready—cost 4 years' time and thousands of dollars; but worth all they cost—the finest ever used. We sell direct through our own salesmen. No middlemen. No Free Dealers. STARK BROS. NURSERIES & ORCHARD CO., ROCKPORT, Ill.

The Butterfly's Trunk.

Instead of jaws the butterfly has a curled proboscis like that of an elephant.

A Great Thing.

It is a great thing for a man to get out a little and come in contact with other people and see how they live. E. Johnson & Co., Richmond, Va., are giving many young men a chance to do this, and at the same time to put money in bank rapidly. Try them and see.

Healthy Town.

Je sup, G.A., boasts of not having had a death in that town since last September. The town has a population of over 1,000.

For weak and inflamed eyes use Dr. Isaac Thompson's Eye-water. It is a carefully prepared physician's prescription.

QUEEN VICTORIA has discarded the check rein, and forbidden its use on her carriage horses, both as a matter of taste and humanity.

To aid Digestion take one Small Bile Bean after eating. 25c per bottle.

The profane man takes only a cursory view of life.

IT SEEMS TOO SMALL to do any good, when you look at one of Dr. Pierce's Pleasant Pellets. But just try it, when you're bilious or constipated, or have a sour stomach, or a fit of indigestion—and you'll own up and say they're the best things in the world. That's because they cure permanently, and do so abundantly. They're tiny, sugar-coated, and easy to take. There's no disturbance to the system, diet, or occupation. Satisfaction guaranteed, or money refunded.

Dr. R. V. PIERCE: Dear Sir, I can tell of a number of cases where Dr. Pierce's Family Medicines have cured. A friend of mine, Mr. Williams, was about used up with liver troubles; now he says that "Pleasant Pellets" have helped him more than any or all the medicines that he has ever taken.

James Colby

HIGHLY ENDORSED.

The Professor of Physiological Chemistry at Yale College says: "I had kicked upon Indian Sagwa to be an extract of blood, but I found it to be a valuable medicinal action, without any mineral or other harmful admixtures." Kickapoo Indian Sagwa is the grandest Blood and Nerve Remedy known. Cures, Purifies, and Renovates every part of the human system. All Druggists, \$1 a bottle—6 bottles for \$5.

TOWER'S FISH BRAID WATERPROOF COAT In the World! P. N. U. No. 41-193

PISO'S CURE FOR CURBS WHEN ALL ELSE FAILS. Bile Beans. Bile Beans. Bile Beans. Use to thin, hold by druggists.

LAUGH AND GROW FAT

A HEALTHY TONIC FOR INVALIDS OF ALL KINDS.

Humorous Anecdotes Gleaned from Various Sources—Something to Read Which Will Make Anybody Sleep Better Than Medicine When Taken Before Retiring.

Just as Well.

A lady lion-tamer, young and fair, be-koned to the lion and it came at, took a piece of sugar out of her mouth. "Why, I could do that trick," exclaimed a spectator. "What! you?" retorted the fair performer. "Certainly—just as well as the lion!"—Quips.

A Bonanza.

Parent—Now, what are you going to charge me to cure this boy of the measles? Physician—Nothing at all, my dear sir, as it is an original case; and you get your 10 per cent. commission for every child that catches them from him.—Puck.

Enough.

Teacher (sternly)—Willie Waffles, you were late this morning. Willie Waffles (blushing)—Yes'm. I had to get up in the night and go for the doctor. Teacher—Well, Willie, I will excuse you this time, but I hope this will never happen again. Willie—That's what my father said.—Truth.

Reason Enough.

"One thing more," said Mrs. McBride to the applicant for a place, after other details had been arranged satisfactorily. "Why do you leave your last place?" "The woman of the house wanted three evenings out a week," was the satisfactory reply.—Judge.

Inspiration Necessary.

"What perfectly lovely children's stories you write, Mr. Scribner! How do you ever do it?" asked Miss Gusher. "By locking them out of the room, Miss Gusher," replied Scribner, "and filling my ears with cotton."—Exchange.

Cause of the Rise.

"I thought you said there was no tide in Lake Ontario." "There isn't." "Well, the water has risen two feet in half an hour." "You forget that the fat men's bathing-chub is holding a picnic four miles down the beach."—Judge.

Cackle.

Jinks—Great ad, that hen and chickens in Einstein's display window. Filkins—Yes; they attract attention. Jinks—I should say they did! And when they've got it they keep screaming: "Cheap, cheap, cheap."—Truth.

Married Lovers.

Bilkins—There goes Jack and his wife. Mighty few people love each other as they do. Wilkins—Then why do they fight like cats and dogs all the time? Bilkins—They are jealous of each other.—New York Weekly.

An Improvement.

Mrs. Cumso—Don't you think one of these new double head-rests would be a good present for dear mamma? Mr. Cumso—Yes, indeed; especially if a double chin-rest goes with it.—Judge.

A Sudden Stop.

"You say she tried to stop the car by whistling at it. Didn't she make a success of it?" "Yes, in a way. It wasn't her whistling that stopped the car, though. It was the face she made."—Indianapolis Journal.

A Washington Conversation.

"Have you received any pie yet?" said one office-seeker to another. "No, but I've received provisions of another sort." "What sort?" "Cold shoulder."—Exchange.

The Next Best Thing.

"Mamma, the little boy next door has got on a new suit. Can I have one too?" "Not now, Willie." "Then I guess I'll go out and pick a fight with him."—Life.

The Reason Why.

Rigsby (to friend in art gallery)—What the deuce is there about that figure to attract your attention for so long a time? R. Dent Gazer—Nothing.—Truth.

A Wrong Statement.

"Who says two heads are better than one?" "I exclaimed Jagger, as he woke up the next morning and took a dose of bromo-soda.—Philadelphia Record.

Can'ton.

Mrs. Younglove—Shall you expect me to bake my own bread? Mr. Younglove—Just as you prefer, dearest; but you needn't bother about taking mine.—Puck.

Out of Sight.



Come along in, Alminty, and let's set down awhile. This place looks like it must 'a' been put up purpose for engaged folks.—The World's Fair 'Puck.

A Cripple.

Tramp—I'd like to do something to pay for all this, but I'm a cripple, mum. Housekeeper—You don't look it. What's the matter. Tramp—Writer's cramp, mum. I've been keepin' a list of all th' people who offered me work, mum.—New York Weekly.

The Point of View.

New Yorker (to Chicago native, with an attempt at the contemptuous)—Did it ever occur to you how the great world regards Chicago? Native (complacently)—Umph! Have you any idea how Chicago regards the great world?—Puck.

A Brazen Creature.

Clara—That Gussie Gush ought to be ashamed of herself, the bold thing! Cora—What did she do? Clara—She's accepted Jack Jewel and he hadn't proposed to her but three times.—New York Weekly.

A Close Shave.



Farmer Switchell—I'm glad to see you pravin', Ebenezer; but seems to me you've picked out a kinder public place for it.

How It Tasted.

"How does that taste, Johnny?" asked the fond father, as he offered his small boy a sip of yellow charreuse. "First rate," replied Johnny, smacking his lips. "It tastes just like a drug store smells."—Puck.

The Worm Turns.

Publisher (testily)—I can't see any thing in that manuscript of yours. Struggling Author (vindictively)—I presume not; but you know some of your readers may be quite intelligent.—New York Weekly.

Not Lawful.

Chairman Congressional Committee—What excuse have you for not giving the Indians what they deserve? Indian Agent—The law doesn't permit us to kill them.—Puck.

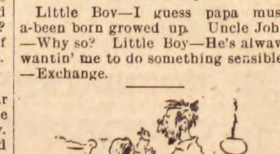
Equivocal.

Smythe—I dreamed that I was in Heaven last night. Mrs. Smythe—Was I there, too? Mr. Smythe—My dear, did I not say that I dreamed I was in Heaven.—Truth.

Hard on a Boy.

Little Boy—I guess papa must 'a' been born growed up. Uncle John—Why so? Little Boy—He's always wantin' me to do something sensible.—Exchange.

COMING TO THE POINT.



Kilduff's Objection. Gazzam—Why don't you marry her, Kilduff? She's dead in love with you. Kilduff—I know that, but you see she has too much beard for beauty, and not enough for dime-museum uses.—Judge.

The Reason.

Jaspar—I understand now why there is an eagle with outspread wings on so many of our coins. Jumpumpey—Why? Jaspar—It is to teach us that money flies.—Exchange.

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

ABSOLUTELY PURE

French Women of Business.

The Frenchwoman, unlike her English sister, has, as a rule, a very good business education. In the common schools she is taught household book-keeping, and in given lessons in purchasing and useful expenditure. As a wife she is expected generally to help her husband in his business, and sometimes she manages it entirely for him. In the small stores she acts as clerk for him, and in the larger ones she is an equal partner. The Bon Marche was made famous by Mme. Boucicault, who helped her husband to found and maintain the establishment, and after his death she took entire charge of it. Her system was one of so much kindness and consideration toward her employees that they called her "the Lady of the Bon Marche," and looked up to her almost as a saint. There are many other large establishments in Paris managed by women. Mme. Coquelin, it is said, invests all her husband's money for him, and many of the wives of artists manage the selling and exhibition of their husbands' works, attend to the collecting and paying of debts, obtain orders, and call upon newspaper men, doing all the necessary work to make their husbands' artistic efforts profitable.—Woman.

The Romance of Lady Isabel Burton.

Lady Isabel Burton, the widow of Sir Richard Burton, is said to live wholly in the memory of her husband, to whom she was deeply devoted. She met him in a most romantic fashion at Boulogne when she was a school girl there, but they were separated a most immediately, and it was not until after he had made his famous journey to Mecca, and had then gone to the Continent for the way that he again encountered his innumerate, this time in London at the Botanical Gardens. There they entered into a sort of understanding, but before it could be ratified Sir Richard had started for the heart of Africa with Speke, and upon his return he was such a physical wreck that his young fiancée's parents strongly opposed the match. The marriage took place under the auspices of friends, the young man being reconciled, and Sir Richard and Lady Burton enjoyed thirty years of singularly happy union, working and traveling together, and yet so industriously he constituted her his literary executrix.

Safety from a Periodic Source.

Do you want to be insured, through a malaria region, against the periodical source which threatens to kill you in the form of chills and fever or some of the forms of miasm-born disease? It goes without saying that you do. Then, instead of using quinine or other alkaloid and mineral drugs, which merely relieve and are always detrimental to the system, against the malaria, get the thorough preventive and remedy, Hostetter's Stomach Bitters, which, in regions where malaria is far more violent and prevalent than it is on this continent, eradicates it completely from the system. Biliousness, dyspepsia, constipation, kidney and liver troubles, rheumatism, are among the maladies to which the malarial tonic and corrective, as it is called, is adapted everywhere, know its genuine worth.

Before and After.

A Kobe, Japan, paper copies a queer advertisement which has been hung out on the Nagasaki. The notice explains itself: "When my wife was sick I prayed the Kimpira of Sanuki province for her recovery, pledging to let her pay a thanksgiving visit to the temple by creeping on her hands and feet all the way through, in imitation of cattle, if she recovered. The prayer was heard, and she recovered by the miraculous influence of the almighty deity. But, after all, it is impossible for a tender girl to creep several hundreds of miles to Sanuki. I should, therefore, like to find a substitute for her; and if any one offering himself or herself for such service be found suitable to the task, I will offer such a person \$1,000."

Extraneous Matter.

Uncle George—"Instead of wearing diamonds, don't you think it would be more becoming to pay your tailor bills?" "Harry—"But if I paid my tailor bills how could I afford to wear diamonds? And if people didn't buy diamonds what would keep the diamond merchants from starving to death?" Uncle George—"But you don't pay for your diamonds, either."

Guaranteed to cure Bilious Attacks and Constipation. Small Bile Beans.

A MAN never wants anything so bad as when he is told he will have to fight for it to get it.

People devote too much time looking at the clock.

Guaranteed to cure Bilious Attacks and Constipation. Small Bile Beans.

AGENTS WANTED!

We want an earnest man, woman, boy or girl in every city and town in the U. S. to distribute copies of our new and improved Small Bile Beans, and to sell them at a profit. Terms and conditions guaranteed. Address, with stamp, J. P. H. & Co., 111 N. 2nd St., Philadelphia, Pa.

WE HAVE HIGH OPINION

Of Hood's Sarsaparilla at our house, and with good reason. For eight years I was troubled with rheumatism and all remedies failed to help me except Hood's Sarsaparilla. Like many others I have not taken it readily; only when the pains came on, but it has always given me relief. For many years past I was troubled with quinsy. Since taking Hood's Sarsaparilla I have not had a single attack. Write for particulars. Any of my family are taken sick they resort to Hood's Sarsaparilla. I might write several pages in praise of this excellent medicine. T. W. HAINES, 38 Penn Ave., Pittsburg, Pa.

Hood's Sarsaparilla Cures

Pat. in trade of this excellent medicine. T. W. HAINES, 38 Penn Ave., Pittsburg, Pa.

AGENTS WANTED!

We want an earnest man, woman, boy or girl in every city and town in the U. S. to distribute copies of our new and improved Small Bile Beans, and to sell them at a profit. Terms and conditions guaranteed. Address, with stamp, J. P. H. & Co., 111 N. 2nd St., Philadelphia, Pa.

AGENTS WANTED!

We want an earnest man, woman, boy or girl in every city and town in the U. S. to distribute copies of our new and improved Small Bile Beans, and to sell them at a profit. Terms and conditions guaranteed. Address, with stamp, J. P. H. & Co., 111 N. 2nd St., Philadelphia, Pa.

AGENTS WANTED!

We want an earnest man, woman, boy or girl in every city and town in the U. S. to distribute copies of our new and improved Small Bile Beans, and to sell them at a profit. Terms and conditions guaranteed. Address, with stamp, J. P. H. & Co., 111 N. 2nd St., Philadelphia, Pa.

German Syrup

I must say a word as to the efficacy of German Syrup. I have used it in my family for Bronchitis, the result of Colds, with most excellent success. I have taken it myself for Throat Troubles, and have derived good results therefrom. I therefore recommend it to my neighbors as an excellent remedy in such cases. James T. Durette, Earlsville, Va. Beware of dealers who offer you "something just as good." Always insist on having Doan's German Syrup.

Mercurial

Mercurial. About ten years ago I contracted a severe case of blood poisoning. Leading physicians prescribed medicine after medicine, which I took without any relief. I also tried mercurial and potash remedies, with unsuccessful results, but which brought on an attack of rheumatism that made my life one agony.

Mercurial

Mercurial. About ten years ago I contracted a severe case of blood poisoning. Leading physicians prescribed medicine after medicine, which I took without any relief. I also tried mercurial and potash remedies, with unsuccessful results, but which brought on an attack of rheumatism that made my life one agony.

Treatise on Blood and Skin Diseases mailed free.

TYPE, JOB AND NEWSPAPER

PRESSES, PAPER CUTTERS

AND ALL KINDS OF

Printing Material

Furnished Promptly at Manufacturers' Prices.

Our stock of Job and Newspaper Presses, Paper Cutters, etc., is the largest to be found in Chicago.

Estimates for Newspaper and Job Office Output will be furnished with pleasure.

Send for our list of New and Second-Hand Machinery and Material.

Printers wishing to purchase Machinery or Material of any kind should get our prices before closing deals.

CHICAGO NEWSPAPER UNION, 87, 89, 91, 93 SOUTH JEFFERSON ST., CHICAGO, ILL.

ELECTROTYPING AND STEREOTYPING

THE attention of ADVERTISERS, MANUFACTURERS and PRINTERS is called to our superior facilities for turning out FIRST-CLASS ELECTROTYPING or STEREOTYPING. We guarantee satisfactory and prompt service in these lines.

ADVERTISERS desiring a large or small number of Electrotypes of an advertisement should get our prices before placing their orders. We make a specialty of DESIGNING and ENGRAVING ADVERTISEMENTS for all classes of trade.

MANUFACTURERS who wish FIRST-CLASS Electrotypes of Catalogue Illustrations to be of their interest to communicate with us.

PRINTERS having long runs of press-work, which can be lessened by duplicating forms, and thereby save the wear of type, will make money by having their pages electrotyped or stereotyped. We can return forms in six hours after receipt at our office, accompanied by plates of the same.

OUR LINK OF

NEWSPAPER-HEADING TYPE

Is the largest to be found in the West, and we make a specialty of furnishing Headings for all classes of publications. Specimen books, showing the largest assortment of Newspaper Headings ever exhibited, will be sent to Printers and Publishers upon application.

CHICAGO NEWSPAPER UNION

87, 89, 91, 93 SOUTH JEFFERSON ST., CHICAGO, ILL.

WE TRADE

For SECOND-HAND PRINTING MACHINERY and allow liberal prices for the same in exchange for new. Our stock of Cylinder Presses, Job Presses, Paper Cutters and Gas Engines is the largest to be found in the city. If you wish to trade or sell let us hear from you. We have facilities to effect RE-CLAD NEWSPAPER ENGINES, 87 to 93 South Jefferson Street, Chicago, Ill.

AGENTS WANTED!

AGENTS WANTED!

AGENTS WANTED!

AGENTS WANTED!

AGENTS WANTED!

AGENTS WANTED!

AGENTS WANTED!

AGENTS WANTED!

AGENTS WANTED!

AGENTS WANTED!

AGENTS WANTED!

AGENTS WANTED!

AGENTS WANTED!

AGENTS WANTED!