Over-Work Weakens Your Kidneys.

Unhealthy Kidneys Make Impure Blood.

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The kidneys are your blood purifiers, they filter out the waste or impurities in the blood. If they are sick or out of order, they fail to do their work.

Pains, aches and rheumatism come from excess of uric acid in the blood, due to neglected kidney trouble.

Kidney trouble causes quick or unsteady heart beats, and makes one feel as though they had heart trouble, because the heart is over-working in pumping thick, kidney-poisoned blood through veins and arteries.

It used to be considered that only urinary troubles were to be traced to the kidneys, but now modern science proves that nearly all constitutional diseases have their beginning in kidney trouble.

If you are sick you can make no mistake by first doctoring your kidneys. The mild and the extraordinary effect of Dr. Kilmer's **Swamp-Root,** the great kidney remedy is soon realized. It stands the highest for its wonderful cures of the most distressing cases and is sold on its merits by all druggists in fifty-cent and one-dollar sizes. You may have a sample bottle by mail free, also pamphlet telling you how to find out if you have kidney or bladder trouble. Mention this paper when writing Dr. Kilmer & Co., Binghamton, N. Y.

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SIMPLE STRONG

Had Thought It Over.

Agitator—Did you ever stop to reflect, sir, on the condition of this country?

Citizen—I have thought much upon the subject, thought long and deeply.

"Ah, I am glad to find there is one beside myself who has given this great subject attention. What, in your opinion, does this country most need at the present time?"

"A foolkiller."—N. Y. Weekly.

Her Spiteful Friend.

"She seems to be extremely fond of skating."

"Yes," exclaimed her spiteful friend. "You see, as a matter of courtesy, some man has to offer to put on her skates for her."

"Well?"

"Well, it's the only way she can get a man on his knees before her."—Chicago Post.

A Little Overdone.

Struggling Pastor—Where are my slippers?

Wife—The last pair you had were so worn out that I had to throw them away.

"Haven't I any more?"

"No; the people have not been sending slippers for several years."

"Humph! These comic papers ought to be suppressed."—N. Y. Weekly.

No Cause for Alarm.

"What was that noise, Katie?" shouted the lady from her boudoir.

"Oh, mum, it was only the baby crawling under the piano, and he hit himself, mum," replied the girl.

"Dear little boy! Did he hurt himself, Katie?"

"No, mum; sure, it was the soft pedal he hit, mum."—Yonkers Statesman.

An Engaging Young Person.

Father—So Filmy Luhring is engaged to young Rattles? Let me see, wasn't she engaged to somebody else a little while ago?

Daughter—Somebody else! Father! Why in our set no engagement is considered complete without her.—Brooklyn Life.

Poor Little Willie.

"Willie's crying; I guess he wants something," said the indulgent mother.

"Well," fumed the father, starting in the direction of William, slipper in hand, "he'll get something, but he'll cry worse after he gets it."—Yonkers Statesman.

An Unfailing Sign.

Druggist—That dyspepsia remedy you put on the market wasn't a success, eh?"

Physician—Why do you think it wasn't?

Druggist—Because there hasn't been a single imitation offered for sale.—Cincinnati Enquirer.

Comfort in That.

He—A man is as old as he feels, they say, and I assure you your extravagant notions make me feel very—

She—And they say a woman is as old as she looks, but, thank goodness, I can never be as old as my bonnet looks.—Philadelphia Press.

Found It So.

ABOUT CHAPPED HANDS.

If a Little Care Is Exercised, No Woman Need Go Around with Unattractive Wrists.

This winter's trouble with chapped hands has renewed the interest of women, and men, too, in lotions and other things which help to keep them soft, and many authorities are quoted on the subject of the care of the hands.

The chief reason of this common but annoying complaint of cold weather is that the skin, losing its elasticity because of a lack of natural secretion at a time that atmospheric conditions do not induce perspiration, becomes unduly dry and contracted, and so liable to crack. It is a tender skin that will do this, because tender skins are thin and delicate, and cannot stand what rougher ones will.

Another cause is carelessness in drying the skin after washing, particularly if it is washed immediately before going out into the open air or directly after coming in.

Very many persons in cold weather dare not wash their hands either before going out or immediately after coming in, for if they do, even though the water they use be warm, their skin will burn so as to be painful, and it will look red besides.

They may avoid such an annoyance if they will rub on the hands a little cold cream or camphor ice, allow it to remain on a moment or so, and then remove it with a soft old handkerchief, either of silk or cambric.

Another delightful emollient for the hands, arms and neck is fine oatmeal. Put it into a flannel bag, boil and then place it in the water intended for ablutions, or it may be kept dry in a jar on the toilet table and some rubbed on the hands whenever they are washed. Honey rubbed into the skin, while still wet, drying it in as the skin is dried, is also a preventive of chapping.

If hands were dried more carefully there would be less roughness of the skin. A good plan is to dry the hands well, after using the towel, with an old, soft silk handkerchief.

Glycerine is an old friend, but as alone it is irritating to most skins, it should be diluted with rose water or pure water, one part of glycerine to three parts of rose water. If about one dram of acetic acid is used to one ounce of glycerine, it helps to remove any stain from the hands.

If a woman is wise she will take the precaution to wear gloves when dusting a room or doing any kind of work that will soil her hands.—Chicago Record-Herald.

BLUE GRASS BEAUTY.

Miss Louisiana Gibson Appointed Chief Maid of Honor of Next Confederate Reunion.

Miss Louisiana Gibson, of Lexington, Ky., recently appointed by Gen. J. B. Gordon as chief maid of honor for the next confederate reunion to be held in New Orleans, received her name

As Far as He Could Go.

"Did your doctor diagnose your case?"

"Yes, he diagnosed it all right, but when I got him paid for that I was out of money and we had to drop it."—Chicago Record-Herald.

Natural Difficulties.

It is much easier for most people to shut their eyes to the good points of others than to shut their ears to scandal; but perhaps nature should be blamed for this.—Washington Times.

Incredible.

Some girls so very stupid are,
(So those who claim to know insist),
They cannot think of aught to say,
Even when they're playing whist.
—Puck.

ALMOST AN INSINUATION.

He—Ah, good morning, Miss Brightly, will you go skating with me?

She—No, thank you, I've been sitting down all the morning.—St. Louis Globe-Democrat.

The Up-to-Date Domestic.

"Does your cook ever wear your wife's clothes?"

"I guess not. Why, my wife hasn't anything the cook would be seen wearing."—Philadelphia Bulletin.

How Foolish.

Penelope—Were you surprised when he proposed?

Beatrice—Dear me, yes! He began by saying he wanted to talk seriously about something.—Puck.

Benefits of Social Rush.

Mrs. Beau-Monde—How do you get on so well with your cook?

Mrs. Chic—Oh, I don't stay at home long enough to fall out with her.—Brooklyn Life.

It All Depends.

Husband—Have you much shopping to do to-day?

Wife—I don't know. How much money have you got?—N. Y. Journal.

Fast Colors.

Algernon—What a lovely complexion you have, just like your sister's.

Bessie—Yes, only mine doesn't rub off.—Chicago American.

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