Beauty Rules,

Rule One.-A woman's power in the world is measured by her power to please. Whatever she may wish to accomplish she will best manage it by pleasing. A woman's grand social aim should be to please, And let me tell you how that is to be done. A woman can please the eye by her appearance, her dress, her face and her figure. She can please the ear by studying the art of graceful elecution, not hard to any of 118, for by nature we speak with finer articulation than men. She can please the mind by cultivating her own-so far at least, as to make her a good listener; and as much further as she will. She can please the fancy by ladie's wit, of which all of us have a share. She can please the heart by amiability. Beauty of person is only one feature of true beauty.

Rule Two.-Modesty is the ground on which all a woman's charms appear to the best advantage. In manners, dress, conversation, remember always that modesty must never be forgotten. There is now adays a tendency in women to rebel against old fashioned modesty. The doctrine of liberty is spreading among us, for which I thank God. But the first effects of that doctrine on our minds are a little confusing. We are growing more independent and more individual. Some of us fancy that to be modest is to be old-fashioned. and of course we want the newest fashions in all things. I maintaia that a modest woman is the reply of my sex to a brave man-vou can no more have a true woman without modesty than a true man without courage. But remember, I use the word modesty in a high sense. Not prudery. Prudery is on the surface; modesty is in of an ourrageous violation of the physical the soul. Rosalind in her boy's suit is delaws of nature. Dr. Haller thought that lightfully modest, but not very prudish,

if God punishes suicide, he would make Rule Three.-Always dress up to your an exception in favor of consumptives, age or a little beyond it. Let your person But can it be hoped that this exemption be the youngest thing about you; not the will continue after men are made fully oldest. A very important lesson for women conscious thai this direful disease can be of forty. The attempt to dress for young avoided by simply breathing constantly the almost invariably leads to a reaction in the air prepared in the labaratory of nature, spectator's mind, and the traces of years instead of the fa'al gases prepared, rebecome more palpable and more signifitained, and inhaled in our cave-like dwelcant. But a slight and graceful assumption lings and places of public meetings. Men, of years in one's dress has an opposite effect.

Rule Four. - Remember that what women admire in themselves is seldom what men admire in them. In nine drawingrooms out of ten, Miranda or Cordelia, as novel heromes, would be voted bores. Women would say, "We would utterly decline to accept these watery girls as typical of us; we want smartness and life." I don't really care much for Miranda or Cordelia myself. Now this seems to me to caution us against trusting too implicitly or too far our notions about ourselves. Another source of misunderstanding comes from the novel-writers. We are the novel readers, and the novelist is forced to write heroines to suit our taste: He does not want to offend us. Thus it comes about that even the male novelist is too often only depicting women's women, after all. And I believe scores of modern girls are seriously misled for this very reason. They trophy of the Persian war, rhe bronze serbelieve they are finding out what men think of them, when in truth they are read ing their own notions handed back to them under a pretty disguise.

spoil. On the bronze serpent, which serv-Rule Five .- Women's beauties are seldom men's beauties. If ten men and ten ed as a base for the tripod, the Lacedæ. cows. women were to go into the same company, monians inscribed the names of the varind each sex chose the prettiest there, as they thought, you would rarely find that they chose the same. If this be so, we ought not to trust ourselves even as o our faces without considering that the sex we are to please must in the end settle the question, and will settle the question ia its own way. Rule Six .- Gayety tempered by seriousness is the happiest manner in society. By which I mean, that in all onr gayety there ought to be a hint of self-recollection. The most agreeable women I have met with and I think the most regarded-have been women of social position, who have been trained with due regard for religion. Their worldly education had made them mindful of grace and liveliness; the religious education kept these qualities under a particular sort of control, which is perceptibly different from mere good breeding. It seems to me that vivacity sprightliness are greatly enhanced by a vein of seriousness, Certainly no woman ought to be a mocker.

Modern Troglodytes .- Dr. Oswald, in an article in the Popular Science Monthly,

calls people who live and sleep in close ALL vegetables have an effect on the rooms, and neglect to breathe pure air, chemistry of the body, so that we cannot modern Troglodytes. Common atmosphespeak too highly of their importance at ric air-pure air-is as necessary to life table. Asparagus is o strong diuretic, sorand health as food, more necessary, in rel is cooling. Carrots containing a quanfact. The stomach may be without food tity of sugar, are avoided by some people, for twenty-four hours without serious dewhile others complain of them as indigestriment, and for three days without entible. With regard to the latter accusadangering life, while the food for the lungs tion, it may be remarked in passing, that cannot be totally stopped for six minutes it is the yellow core of the carrot that is without fatal consequences. We take into difficult of digestiun-the outer red layer our lungs with every breath about one pint is tender enough. The large sweet onion of air, and breathe about twenty times per is very rich in those alaline elements which minute, so that the quantity of gaseous counteract the poison of rheumatic gout. food thus consumed by the body amounts If slowly stewed in weak broth, aud eaten in a day to 675 cubic feet. Eating and with a little Nepaul pepper, it will be drinking are therefore secondary or supfound to be an admtrable article of diet plementary to the more important part for patientt of stucicus and sedentary performed by the lungs. Everywhere on habits. The stalks of cauliflower have the surface of the earth for fifty miles high the same sort of value, only too often the stalk of a cauliflower is so ill-boiled and the air, mixed in the proper proportions unpalatable that few persons would thank for healthy respiration, is supplied to sustain and build up animal life. Yet we contrive houses to exclude it as effectually their meal consist of so uninviting an artias the Nubian caves, and enclose ourselves cle. Turnips in the same way, are often therein, and thus enfeeble the race. Thou- thought to be indigestible, the fault lies sands and tens of thousands actually die annually from a famine of air. Our living rooms, bedrooms, workshops, schoolrooms

AGBICULTURAL.

with the cook quite as much as with the root. What shall be said about our lettnce? The plant has a slight narcotic action, of which a Frenca old woman, like a public halls and churches are largely so contrived that we take into the lungs over | French doctor, well knows the value, and when properly cooked it is really very easy and over again the same air that has been exhaled, and its vital element for building of digestion. But in our country, though up and sustaining the animai tissues ex- lettuces are duly grown in every garden, you often hear the remark, "I can't eat a hausted. Well does Dr. Oswald say it is distressingly probable that consumption, salad." and as few ccoks know how to that most fearful scourge of the human use the vegetable which has been retused race, is not a "mysterious dispensation of in its raw state, the lettuces are all wasted Providence," nor a "product of our outraand so is the ground in which they were geous chmate," but the direct consequence grown.

How to get Well.

Thousands of persons are constantly troubled with a combination of diseases. Diseased kidneys and costive bowels are their tormentors. They should know that Kidney-Wort acts on these organs at the same time, causing them to throw off the poisons that have clogged them, and so renewing the whole man. Hundreds testify to this. - Pittsburg Post.

women and children can only live in health TROEBLE WITH BUTTER. -Butter 18 one in fresh air. It may be more agreeable of the most complicated products, its qualand better to have the air equable in temity depends upon a great variety of condiperature and not overloaded with moisture tions-the cow, the food, the air of the but it is far better to have dampness, cole. stable, the water, the milk pails, pans, and and changeableness, than to breathe the the place where the milk is set, besides gases left after the oxygen has been extracmany other things. (When cream becomes ted from the air by passing through the covered with a sort of pimples all over the lungs, or the air has been disintegrated by surface, with here and there yellowish or other processes. Let us repeat, then, what reddish dots or spots upon it, it is attacyed has been so often said by medical men. by a species of mildew or fungus, which Ventilate! ventilate your workrooms, your very soon spreads all through it. 'I his houses-particularly your sleeping rooms. spoils the flavor of the butter. From some Remember that each person needs over troublesome and careful experiments the

past winter the writer is convinced that this is caused by too much dampness in the milk-room or cellar and the presence of germs et mildew. The first was corrected by putting some fresh lime in the milk room, which absorbed the excess of moisture, and by burning sulphur in it to disinfect it and destroy the milder germs. By burning sulphur, sulphurous acid is produced, and this is a very active antiseptic and destructive of all kinds of molds, miltory of Platzea, as a tenth of the Persian dews and ferments. It would also be well to look closely to the water drank by the

EASILY PROVEN .--- It is easily proven that

Kidney Diseases.

Kidney diseases afflict the greater part of the human race, and they are constantly on the increase, but where the virtues of

Kidney-Wort have become known, they are held in check and speedily cured. Let those who have had to constantly dose spirits of nitre and such stuff, give this great remedy a trial and be cured. In the dry form it is most economical, in the liquid the most convenient. -Phila., Press

RICE waffles, which are simply delicious for breakfast, must be started the day before you wish to eat them; that is, the rice must be boiled. A good way to accomplish this is to make a rice pudding to day and reserve half a cupful of the cooked rice for to-morrow's waffles. To this quantity add a pint of sweet milk, the volks of three eggs, two ounces of butter (or a good size lump), and a little salt. Mix half a teaspoonful of soda with one pint of flour, beat these all toyou for proposing to them to make part of gether, and bake in while-irons in a hot oven.

Asthma and Hay Feve.

parties whose names are given. The medi-

That Husband of Minc.

Jersey City, N. J.

ease after it has become seated.

DOMESTIC.

ICED CABINET PUDDING. -Dissolve half box of gelatine in just enough lukewarm water to cover it. When it is dissolved let it cool. Make a custard of three pints of milk and cream mixed, beating six eggs, a teaspoonful of corn starch, and three quarters of a pound of sugar to a cream before adding them to the boiling milk. Let this cool also. Take a mold holding about two quarts and arrange it in layers; half-pound of lady fingers, half-pound of macaroons, one-third of a pound of sliced citron, and moisten them with Jamaica rum or some brandy. Stir the dissolved gelatine and the custard thoroughly together. add teaspoonful of nectar, and fill the mold with it. Pack the mold in ice and salt and let the pudding freeze. Dip the mold in hot water for a moment when ready to serve the pudding and turn it which daily pours in upon her, each bearing its special upon a flat dish.

"Threw Away Her Supporter."

Dr. PIERCE :- A neighbor of ours was suffering from " female weakness " which The strong testimonials given in another the doctors told her could not be cured column in regard to the efficiency of without a supporter. After considerable Knight's Asthma Cure, will be read with persuasion my wife induced her to try great interest by those who suffer from your "Favorite Prescription." After using that distressing disease. If such confirmone bottle she threw away the supporter ed Asthmatics have been cured, there is and did a large washing, which she had surely hope for the most aggravated cases. not done in two years before. The genuincness of the testimonials may

JAMES MILLER, 4246 Jacob street, be proven by correspondence with the Wheeling, W. Va.

OX-TAIL SOUP.-1 Ox-tail, 2 lbs.

cine is equally effective in Hay Fever. 'sticking piece' of beet, 4 carrots, 3 on-If taken in time, it will prevent the regular annual attack, or it will cure the disions, thyme and parsley. Cut the ox-tail into several pieces and fry brown. Slice the onions and two carrots, and when you remove the ox-tail from the frying NUT CAKES. -Take one pound of shellpan, put in these and brown also. When bark kernels and roll or chop them. done throw them into the soup-pot with Beat the whites of seven eggs to a stiff a bunch of thyme. Lay the pieces of oxfroth, and add them to one pound of powdered sugar and two tablespoonfuls tail and the meat cut into small slices. Grate over them the two whole carrots. of flour, which have been mixed together; add four quarts of water, with pepper then add the rolled kernels. Line shallow pans with buttered paper, and drop and salt. Simmer slowly for four hours. Strain fifteen minutes before using, and a teaspoonful at a time of the mixture thicken with two table spoonfuls of on it, allowing plenty room for them to spread. Bake them like macaroons. browned flour. Boil tan minutes longer,

vere coughs, and all curable bronchial. throat, and lung affections, it is unsurpassed. Send two stamps for Dr. Pierce's CLAMS ON TOAST, - Chop two dozen clams as fine as possible. Put an ounce Dispensary Medical Association, Buffalo, of butter in a pan over the fire, stir in

N. Y. when melted a small desert spoonful of rice flour (wheat flour is almost as good), DELICIOUS FRUIT CANDY .- Delicious and add a gill of new milk : stir until it candy is made from this recipe: get one cocoanut; one and one-half pounds of granulated sugar; wet the sugar with the milk of the cocoanut; put it in a saucepan, let it heat slowly; then boil rapidly for five minutes ; add the cocoanut grated very fine, boil for ten minutes; stiring constantly. Try it on a cool plate; if it forms a firm paste when cold, take it from the fire. Pour part of it out on a large tin, lined with buttered paper. To the remaining cream add one quarter of a pound of raisins, stoned and chopped: half a pound of blanched almonds; one pint of pecans; half a cup of chopped walnuts. Beat all well together; then pour it over the other in





Mesars. Editors The above is a good likeness of Mrs. Lydia E. Pink ham, of Lynn, Mass., who above all other human beings may be truthfully called the "Dear Friend of Woman," as some of her correspondents love to call her. She is sealously devoted to her work, which is the outcome of a life-study, and is obliged to keep six lady assistants, to help her answer the large correspondence ourden of suffering, or joy at release from it. Her

Vegetable Compound is a medicine for good and not evil purposes. I have personally investigated it and um satisfied of the truth of this. On account of its proven merits, it is recommended and prescribed by the best physicians in the country. One says: "It works like a charm and saves much pain. It will cure entirely the worst form of falling of the uterus, Leucorrhœa, irregular and painful Menstruation, all Ovarian Troubles, Inflammation and

Ulceration, Floodings, all Displacements and the consequent spinal weakness, and is especially adapted to the Change of Life." It permeates every portion of the system, and gives new life and vigor. It removes faintness, flatulency,

destroys all craving for stimulants, and relieves weakness of the stomach. It cures Bloating, Headaches, Nervous Prostration, General Debility, Sleeplessness, Depression and Indigestion. That feeling of bearing down, eausing pain, weight and backache, is always permanently cured by its use. It will at all times, and under all circumstances, act in harmony with the law that governs the female system.

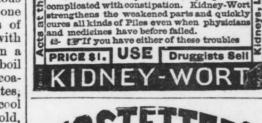
It costs only \$1. per bottle or six for \$5., and is sold by druggists. Any advice required as to special cases, and the names of many who have been restored to perfect health by the use of the Vegetable Compound, can be obtained by addressing Mrs. P., with stamp for reply, at her home in Lynn, Mass. For Kidney Complaint of either sex this compound is

unsurpassed as abundant testimonials show. "Mrs. Pinkham's Liver Pills," save one writer, "are

the best in the world for the cure of Constipation, Billiousness and Torpidity of the liver. Her Blood Purifier works wonders in its special line and bids fair to equal the Compound in its popularity. All must respect her as an Angel of Mercy whose sole

ambition is to do good to others. Mrs. A. M. D. Philadelphia, Pa.

KIDNEY-WORT FOR THE PERMANENT CURE OF CONSTIPATION. No other disease is so prevalent in this coun-No other disease is so prevalent in this coun-try as Constipation, and no remedy has ever equalled the celebrated Kidney-Wort as a cure. Whatever the cause, however obstinate the case, this remedy will overcome it. **PILES.** THIS distressing com-complicated with constipation. Kidney-Wort strengthens the weakened parts and quickly cures all kinds of Piles even when physicians and medicines have before failed. 42- LFTIf you have either of these troubles





STOMACH



CURED

"I have had Asthma for 22 years, suffering a thousand deaths; have been so that I could not go out for four months at a time, but sat in a chair night and day. I have tried every in a chair night and day. I have tried every remedy I ever heard of, and spent thousands of dollars in search of a cure; but all in vain until I found Knight's Asthma Cure. That was in February last. My Asthma had been unusually bad all winter. Six Bot-tles of this medicine have made me feel like a new man. I call myself well. I have not been oppressed for breath all through this trying spring, and can not express in words what this wonderful remedy has done for me."

A. S. Bradford, Arlington, Mass.

"I feel like thanking Mr. Knight for his ex-cellent Asthma Cure. It has done very much to relieve me of a case of Asthma; and, from my present improvement, I ex-pect to be under still greater obligations." Pres't R. Heber Holbrook, of the National Normal University, Lebanon, O.

"I was severely afflicted with Asthma from 1855 to 1882; tried many remedies (so called), and spent much money in vain, seeking relief. In February, 1882, I received the first bottle of Knight's Athma Cure. I commenced to improve at once, have had very few Asthma symptoms since, and am now as free from it as a person who never had it. I can say with certainty that Knight's Asthma Cure is the best vet discovered." is the best yet discovered.

E. C. Wesver, Lawyer, 930 F St., Wash-ington, D. C.

"I have traveled north, east, and west, and "I have traveled north, east, and west, and spent four years south in order to relieve myse' of this terrible disease, Asthma; and, until I received *Knight's Asthma Cure*, found no permanent relief. After taking this medicine but a fortnight I obtained the greatest relief, and can say I am now cured entirely, and that my cure is considered al-most a miracle by my friends. You can re-fer to me at all times."

Prof. G. W. Hawxhurst, 12 Willow St., Paterson, N. J.

My wife has found Knight's Asthma Cure a perfect success where all others have preved a failure. Having been a great suf-ferer from Asthma, and having taken so much medicine for the disease without ob-taining any permanent benefit, she hesitated to try any more. But she was induced to try a bottle of Knight's Cure, and from the day she commenced taking it regularly she has not had a single attack. This medicine is a great blessing to suffering Asthmatics." D. G. Drake, Supt. Schools, Mt. Washing-

> "I am over 60 years old, and have had the Asthma over 35 years. Have tried many remedies, but obtained only temporary relief. *Knight's Asthma Curr* has helped me more than all others put together. Since I com-menced taking it, I rest well at night, and the neighbors all say I look better than for W. A. Chandler, Traverse City, Mich.

KNICHT'S ASTHMA AND HAY FEVER CURE

is the Cheapert as well as the Best Price. \$1.00 per Bottle, or six bottles for \$5.00. Write for Knight's new treatise on "ASTHMA; ITS CAUSE AND CURE." Our Druggist has not the medicine, send direct for it (inclosing money) to

THE L. A. KNIGHT COMPANY,

commences to thicken, add your clams, stir slowly until thoroughly hot, and serve with sippets of toast. This makes a very nice dish, but must be eaten very hot, pepper and salt to taste. Vegetine!

Two Bottles Cured Me.

SAN FRANCISCO, Cal., May 30, 1881. SAN FRANCISCO, Cal., May 30, 1881. H. R. STEVENS, Boston, Mass.: Dear Sir:--I was afflicted with a most disagreeable rash for several months, physicians being unable to tell what it was. Dr. Maxwell, Dr. McLean, Dr. Hale and other well known physicians in this city prescribed for me, some calling it Nettle Rash, some Ercuta, some Poison Oak, and others Salt Rheum, but all failed to give relief, and I became so bad that I could not sleep or attend to business. Two bottles of VEGETINE have cured me, and I cheerfully re-commend it as the Ne Plus Ultra of Blood med-

If your lungs are almost wasted by consumption Dr. Pierce's "Golden Discovery" Is three times the man he was before he began will not cure you, yet as a remedy for seusing Wells' Health Renewer. \$1. Drug-gists. Send for pamphlet to E. S. WELLS.

large pamphlet treatise on Consumption and Kindred Affections. Address "World's

Rule Seven. - Always speak low. This is obvious. In support of it I need only quote Shakspeare, who calls it "an excellent thing in woman."

Rule Eight .- A plain woman can never be pretty. She can always be fascinating, if she takes pains. I well remember a man who was a great admirer of our sex telling me that one of the most tascinating promising as the discoveries which have women he had ever known, was not only distinguished the first months of this ennot pretty, but as to her face decidedly terprise, we may hope that many similar plain-ugly, only the word is rude. asked my friend, "How then, did she fasin the rich soil of the Altis. cinate?" I well remember his reply. "Her

ngure," said he, "was neat, her dressing was faultless, her every movement was graceful, her conversation was clever and scene of a rather novel exhibition, that of animated, and she always tried to please. German coal, which we are told, has ex-It was not I alone who called her fascinacited much interest among German patriting: she was one of the most acceptable ots and commercial men. The idea that women in society 1 ever knew. She mar. Germany should endeavor to emancipate ried brilliantly, and her husband, a lawyer herself from the English market and proin large practice, was devoted to herduce her own coal, has, it appears, acmore than if she had been a queen of beauquired a powerful hold upon the national ties." Here was a woman who, excepting magination, and hence the promotion and a fairly nest figure, had not a development of the German coal trade has single natural gift of appearance. Is come to be looked upon as a matter of pabot this worth our thinking about by those triotism. of us women who care to please and are

not beauties bornf Rule Nine .- Every year a woman lives, and Senator Godeffroy, in his address on the occasion of the opening of the exhibithe more passes should take with her tion, even made it appear that Germany is in possession of coal fields incomparally dress. The dress of us elderly dames ought to be more of a science than it is. How often one hears a woman of fifty say: larger than any that England can show. "O, my dressing days are past!" When, The Westphalian coal basin alone, said M, if she thought about it, they have well be-Godeffroy, is capable of producing for 7 gun. At least the time has come when centuries to come the same quantity of best dress is more to her than ever. Rememcoal annually that all England now yields. ber from forty to sixty-five is a quarter of and beyond this, the basin is not yet fully a century-the third of a long life. It is explored, and is probable capable of mathe period through which the majority of terial extension. With all these supposed advantages Germany has not been able to grown up people pass. And yet how litbeat England out of the field on her own tle pride women take--how little thought beforehand--to be charming then! ground. The city of Hamburg imported

Rule Ten. -In all things let a woman which about six-seventh were the produce ask what will please the men of sense before she asks what will please men of fashion. I by no means intend that a woman production. is not to have regard to the men of fashion only she should not give it the first place. She will carry the men of fashion sooner by methods that please men of sense than men of sense by methods that please men of fashion. They always praise a woman for things which begin to perish at twenty tive. Even the old men of seventy will talk of "a fine girl-deucedly fine figure!" And they will call a woman rather on the morning in their teed before watering. decline, when, if she is on the decline, where and what are they? You see, if a woman lives for the commendation of men of fashion she will, if pretty, piquant, or what not, have a reign of ten years. But if she remembers that she has charms of mind and character and taste, as well as charms of figure and complexion, the men upon fish for a subsistence as much as of sense will follow her for half a century; upon any other form product. and in the long run the men of fashion will

ous Hellenic States which took part in repelling the barbaric invader. The golden malarial tevers, consupation, torpidity of tripod perished long ago in the sacrilegious the liver and kidneys, general debility, nervousness, and neuralgic ailments yield plunder of Delphi by the Phocians but the bronze serpent remained in its original readily to this great disease conqueror, position till it was removed by Constan-Hop Bitters. It repairs the ravages of tine the Great, to decorate, with other disease by converting the food into rich spoils of Hellas, his new seat of empire at blood, and it gives new life and vigor to the aged and infirm always. Byzantium. Here it has remained in the Hippodrome till our own time, not un scathed, for the last of the tiree heads of SHADES IN PASTURES .- Ceitain writers the serpent has long since disappeared; but

3000 cubie feet of fresh air every night.

Ventilate your schoolrooms, public halls

A valuable Antique Inscription.-In

the Hippodrome at Constantinople may

still be seen the remains of a venerable

pent, which, with the gold tripod it sup-

ported, was dedicated to the Delphian

Apollo by the allied Greeks after the vic-

German Coal.-Hamburg has been the

It is also alleged that Westphalian coal

is superior in heating power to English,

in 1876 about 1,500,000 tons of coal, of

and churches.

for agricultural periodicals indulge in vathe list of Greek states inscribed on the rious things that have no merit whatever. intertwined folds of the body remains per-The subject which heads this paragraph fectly legible to this day, having been foris one of them. We have seen in a dozen tunately preserved from injury by the ac- publications one or more articles on the cumulation of soil in the Hippodrome. necessity or expediency of having shade This earth concealed about two thirds of for grazing stock in pasture fields. In the serpent till the excavation made in the agricultural matters generally our experi-Hippodrome in 1855, wh n the inscription | ence has not been limited, and we can say was first brought to light. As the date of that, so far as we can now remember, we the battle of Plat 283 was B. C. 478, it may never saw a pasture field without a shade, be assumed that the setting up of the triand in which, at certain hours of the day, pod took place shortly afterward. Thus the cattle were not screening themselves the inscription would not be later than B. from the sun's rays. The tree or trees ne-C. 476. Of hardly inferior interest is the cessary to afford this protection to the poor bronze helmet found at Olympta early in cattle is not a matter of any consideration this century, which, as its inscription tells as a question of expense, but is of much us, was part of a trophy dedicated by consideration as a question of humanity. Hiero I., of Syracuse, after his great naval No farmer with a heart any bigger than a victory over the Tyrrhenians, B. C. 474. Lickory nut would deprive his eattle of If the German excavations now going on proper shade in the midst of our scorching at Olympia continue to yield results as summer days.

Saved from Death. BALTIMORE, Md., Feb. 26, 1881. records of Hellenic triumphs may be found H. H. WARNER & Co. Sirs :- Your Safe Kidney and Liver Cure has saved me from death from Bright's Disease.

S. B. HEADINGTON. FEEDING troughs for poultry, properly constructed, ought to be generally substituted for the wasteful practice of feeding from the ground. The "reasons why" are obvious. Where there is a scramble for the food that is thrown belter-skelter, the weak are prevented by the strong from getting their share until the latter are satisfied and the food is trampled in the dirt. It is no advantage to the fowls to eat sand dirt or gravel mixed with their food. The gravel and other indigestible substances necessary to the proper trituration of their food in the gizzard can be given separately, and should be. A simple trough may be made, detendee by stats placed vertically, or on a convenient angle, with space sufficient for the passage of the head, thus preventing the trampling and soiling of the food, which will not be wasted, as in the case where it is thrown carelessly on

THOUSANDS SPEAK, - Vegetine 18 acknowledged and recommended by physicians and apothecaries to be the best purifier and cleanser of the blood yet discovered, and thousands speak in its praise who have been restored to health.

ot England, and only one-seventh of home THE CURRANT .- The currant is an ex cellent fruit and should be grown more extensively than at present. Many years ago currants were grown in great abun-A MOST valuable remedy for heaves and dance. There were few or no drawbacks said to be a sure cure: Forty sumac buds, one pound of rosin, one pint of ginger, half to their successful cultivation, for the cura pound of mustard, one pound of unslackrant worm was not then known. This pest has done much bad work for a few years ed lime, one pound of epsom salts, four ounces of gum gulacum, six ounces of past, but seems to be on the decline. For the past two years we have been troubled cream tartar. Mix thoroughly and divide into thirty powders, and give one every very little. The fruit is one of the most agreeable, because of its acid. and can be

used in a variety of ways. It is excellent for canning, preserving its flavor exceed-FISH CTLTURE -Hundreds of farmers ingly well. One of the best varieties is in Pennsylvania have turned their attenthe Versaillaise. They can be readily tion to fish culture. Many have stocked ponds and streams, and in most cases grown from cuttings. They should be they have been successful, especially with set early. Currant bushes thrive better on a rich and rather moist soil. carp, and in a few years they will depend

the ground.

Cows that have access to water at all times will drink often, but little at a time, icines. R. F. FITZGERALD, 157 Seventh street.

Canker-Humor Cured. PROVIDENCE, R. I., Feb. 25, 1881.

MR. H. R. STEVENS : Sir-After trying a number of remedies was cured of the Red-Canker Humor by taking several bottles of VEGETINE. Yours, J. EDGAR CRANDALL, No. 22 Perkins street.

Vegetine in England. HALIFAX, N. S., Dec. 13, 1881.

H. R. STEVENS, ESQ., Boston, Mass: Dear sir-I take pleasure in informing you that I have had occasion to use your well-known VEGETINE. For some time I feit run down from close application to business. I had only used two or three bottles of your popular medicine, when I felt greatly in-vigorated, and fit for almost any kind of work in connection with our large dry goods business. My sister, in England, has been alling from Ner-vous Prostration, Want of Appetite and General Debility. I took her a bottle of VEGETINE on my last visit, and sent her half a dozen since. At last accounts, she writes me, she has greatly improved, and feels as though she would soon be as well as ever. I am sure your VEGETINE would have a large sale in England, if introduced into that country. Believe me, yours very truly, etc. E. T. MAHON, of Mahon Bros.

Lry Goods Merchants.

Vegetine IS THE BEST SPRING AND SUMMER MEDICINE.

Vegetine is Sold by all Druggists

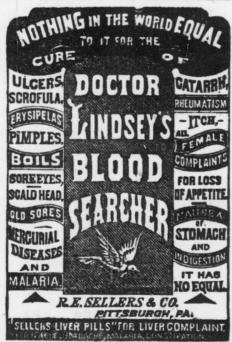
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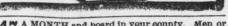
of its good qualities.

Compound.



If you are a man of business, weak-ened by the strain of your duties avoid stimulants and us e Hop Bit :ers. lf you are a man of let-terstoiling ov terstoiling over mid-night work, to res-tore brain nerve and aste, use Hop B. mffering from any in-tion; if you are mar-young, suffering from ng on a bed of siek-If you are young and discretion or dissipa ried or single, old or whoever you feel that your system ing or stimulating, have been prevented by a timely use of HopBitter

Bitters. Have you dys-pepsia, kidney or urinary com-plaint, disease of the stomach, bowels, blood, liver or nerves D. I. C. is an absolut and irresists ble cure fo HOP ness use of opium tobacco, or You will be cured if you use Hop Bitters BITTERS If you are sim-ply we a k and low spirited, try Sold by drug ists. Send for ists. Send ircular. NEVER it! It ma HOP BITTERS FAI saveyour life. It has #'F'G CO.,



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chester, N. T

& Toronto, Ont

the tin, and when cold cut it in bars or squares.

Woman and Her Diseases, is the title of a large illustrated treatise, by Dr. R. V. Pierce, Buffalo, N. Y., sent to any address for three stamps. It teaches successful self-treatment.

WATERMELON CAKE-A FANCY. -For the white part, two cups of white sugar, one of butter, one of sweet milk, three and a half of flour, the whites of eight eggs, two teaspoonfuls of cream tartar, one of soda dissolved in a little water. Red part, one cup of red sugar, half cup butter, one third of a cup of sweet milk, two cups of flour, whites of four eggs, tea-spoonful of cream tartar, half a teaspoon-ful of soda, one teacup of raisins; be careful to keep the red part around the edge. It requires two persons to fill the pan This is a very attractive and ornamental cake. It must be baked in cups of flour, whites of four eggs, teaa "Turk's head."

WORTH SENDING For dyspepsia, indigestion, depression of spirits and general debility, in their various forms; also as a preventive against fever and ague and other intermittent fevers, the "Ferro-Phosphorated Elixir of Calisaya," made by Caswell, Hazard & Co, CURED," which he offers to send free, post-New York, sold by all Druggists, 18 the best tonic; and for patients recovering from fever or other sickness, it has no equal. ungs. Address

BONED CHICKEN: Boil a chicken in as

skin, chop together the light and dark

parts; season with pepper and salt. Boil

many raisins as you wish, and sweeten;

use less water than for sauce ; when both

are soft grate in the rind of two lemons,

Thousands of ladies cherish grateful re-

membrances of the help derived from the

use of Lydia E, Pinkham's Vegetable

and fill the pie, allowing two crusts.

FROGS A LA CREME. -Put a dozen legs DR. J. H. SCHENCK & SON. into a saucepan with a pint of boiling milk and water, pepper and salt, a little 524 ARCH STREET, PHILADELPHIA, PA. grated rind of lemon, two or three bay eaves; simmer half an hour. Stir to-WARSWORTH MARTONEZA TONGHAN gether quite smoothly one tablespoonful of butter, one teaspoon of flour, one egg; add half a teacup of the liquor from the saucepan to this, stir well together, pour on the legs and simmer fifteen minutes. A glass of wine added makes a very rich HAYESVILLE, OHIO, Feb. 11, 1880. I am very glad to say I have tried Hop

Bitters, and never took anything that did Immediate Use. Prepared for me as much good. I only took two bottles and I would not take \$100 for the good Buildings painted with Paints mixed by hand they did me. I recommend them to my have to be repainted every three years. The best patients, and get the best results from Paint cannot be made by hand mixing.

The Paint used is the smallest item in cost of C. B. MERCER, M D. ainting, labor the largest.

Any building will be repainted at our expense not satisfactorily painted with our Paint. little water as possible until the meat

For sale by one dealer in every city and town will tall from the bones; remove all of the in the United States. DR. H. W. LOBB, MEDICAL OFFICES,

NO. 329 NORTH FIFTEENTH STREET, down the liquid in which the chicken Philadelphia, Pa. 15 years' experience. (Estab was boiled, then pour it on the meat; lished for treatment with purely vegetable mediplace in a tin, wrap tightly in a cloth, cines.) Dr. Lobb's long experience in the treatpress with a heavy weight for several ment of diseases enables him to guarantee a cure hours. When served cut in thin slices. in all cases. Consultation free and strictly con-This is delicious for sandwiches at a fidential. Call in person or by letter. Office hours: 11 to 2 and 7 to 10 evening.

Imagine for a moment the thousands (EAS S in abundance.-85 Million pounds imported last year.-Prices lower than ever.-Agents wanted.-Don't waste time.-Send for circular. upon thousands of bottles of Carboline, the deodorized petroleum hair renewer, annu-10 lbs. Good Black or Mixed, for \$1. 10 lbs. Fine Black or Mixed, for \$2. 10 lbs. Choice Black or Mixed, for \$3. ally sold, and the fact that not a single complaint has been received from all these thousands, and you may have some idea Send for pound sample, 17 ets. extra for postage. Then get up a club. Cholcest Tea in the world.-Largest variety.-Pleases everybody.-Oldest Tea House in America.-No chromo.-No Humbug.-Straight business.-Value for money. **BOB'T WELLS**, 43 Vesey St...N.Y., P.O. Box 1287. PRUNE PIES: Soak a pound of prunes

over night so that the stones will slip out easily; stew in some water with as





Reliable, Durable and Economical horse porcer with 14 less fue and Sode Engine built, not fitted with an Au Send for Illustrated Catalogue "J," fo Prime R. W. PANNE & Sone Rox &



