A Cure for Stooped Shoulners,

How often one hears the remark : "What a fine, big fellow Mr. So-and so would be if he didn't stoop ?" And still such a misfortune can easily be cured. The stopping tigure and haltlng gait, accompanied by the unavoidable weakness of the lungs, can be attended to and finally cured by the very simple and easily performed exercise of raising one's self upon the toes in a perfectly perpendicular manner several times daily. To take this exercise properly one must take a perfect posttion, with the heels together and the toes at an angle of forty-five degrees. Then drop the arms lifelessly by the sides, animating and raising the chest muscularly to its full capacity; the chin should be well drawn in and the crown of the head leeling as if attached to a string suspended from the ceiling above. Slowly raise upon the balls of both fest to the greatest possible height, thereby exercising all the muscles of the legs and body; this done, then reassuming the standing position without swaying the body backward out of the perfect line. Repeat this exerciss first on one foot and then on the other. The result will be a surprise to many to know what a powerful straightening-out power this exercise has upon round and stooped shoulders, and it will soon be apparent that the lungs will begin to show expansive develop-

Advantage of Roing a Blonde.

Every year we get the cry from fashion writers: "Blondes no longer in style; they have been superseded by their darker sisters," etc. Now, that's all nousense. You cannot do away with the blonde, nor can you do away with frizzled, banged hair. Pre eminently, the blonds is the beauty of civilization. She is among us, to stay as such, and she cannot be driven away, A brunette now and then may rise suprems over her by reason of wonderful loveliness, but we are speaking collectively. A woman can dress more enactively with bloude bair than with dark. It I ghts up better and is more youthful. A well kept blonde has ten years' advantage, in point of youthful looks, over the average brunette Once in a liretime or so there arises a musculous branetie who completely surpasses ber, but for steady, ordinary good looks that make no pretensions of great beauty, the blonde carries the palm. You cannot expange her in fav. or of the brunette even in literature In the novels turned out during the past year there have been 382 blondes to 100 brunettes.

Moles and Their Meaning.

A mole spot on the arm pit really promises wealth and honor. On the ankle it bespeaks modes y in men, but courage in women. When a mole spot is found on the right breast it is a sure sign of honesty, if on the left it forbodes poverty ; on the chinit promises wealth, on the right ear respect, on the left ear dishonor. It it is een in the centre of the forehead it bespeaks creachery, sullenness and untidiness. If it is on the tight temple it foreshows that you will enjoy the friendship of the great; on the left foot it bespeaks wisdom; or the left foot it bespeaks with left foot it bespea the right rashness. When it is on the right side of the heart it denotes virtue: when on the left wickedness. When it is on the knee of a man it derotes that he will have a rich wife. When it is on the left knee of women she may ex pect a large family. A mole on the lip. is a sign of gluttony and tackativeness; on the neck it premises wealth. A mole on the nose indicates that a man forbodes poverty and sorrow, and on the wrist ingenuity.

Shiloh's Catarrh Remedy.

Shiloh's Catarth Remedy, a marvelous and Headache. With each bottle there is an ingenious Nasal Injector for the more successful treatment of these complaints without extra charge. Price 50 cents. Sold by Dr. T. J. Davison.

THE man or wow an that keeps a sweet spirit, no marter how keenly the wrongs of life are feit, will have vastly more power'to correct the evu than those who fall into a sour woo!.

KNOWLEDGE and wisdom have oftentimes no connection. Knowledge dwells in heads replete with thoughts of other men; wisdom in minds attentive to their own.

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Other letters of a similar character from promnent individuals, which stamp Kaskine as a remedy of undoubted merit, will be sent on Letters from the above persons, giving full etails will be sent on application. Kaskine can be taken without any special med-cal advice. \$1 a bettle. Sold by all druggists,

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YOU CAN FIND THIS PAPER REMINGTON BROS.

The Cabbage.

Just speak to a fine lady about cabbages and she will think that you have mentioned one of the lowest things on earth. Madam, you are wrong; it is one of the most useful articles of food. Those ancient nations did not know food science, but they knew the value of good and nourishing things, and gave them them the place of honor which they deserved. Cabbages were thought of highly by ancient nations, and the Egyptians gave the cabbage the henor of letting it precede all their otber dishes; they called it a divine dish. -The Greeks and Romons had a great affection for cabbage and conceived the idea, which I have myself, that the use of the cabbage keeps people from

drunkenness. I am persuaded that the constant eating of certain vegetables kills the desire for alcoholic beverages, Greek doctors ascribed all kinds of virtues to the cabbage. It was thought to cure even paralysis .- Books were composed to celebrate the virtues of the cabbage, and ladies partook of it soon after childbirth. The Romans thought even more of the cabbage than the Greeks. They ascribe to it the fact that they could for six hundred years THE KASKINE CO. 54 Warren St., New York do without doctors, and Cato actually maintained that cabbage cured all diseases. The ancients knew several kinds of cabbage-the long-leaved green cabbage, the hard white, so much used in Germany for "sauerkraut" or fermented cabbage, the curly and red, The last seems to have held the place of honor, and was first introdued by the Romans into Gaul or France, and then brought to Great Britain. Later the greenleaved cabbage was introduced. The Greeks were fond of aromatic seasonings-of oil, raisins, wine and als monds. They boiled or stewed the cabbage and seasoned it with cummin, coriander seed, with oil, wine, and gravy, making rich dishes of a vegetable, which we now boil in water, and recken among the plainest food. Something like a remembrance of cabbage smong the old Greeks has come down to the modern Greeks, for they stuff cabbge leaves with dainty mince meat, and then stew them with gravy.

How to Spotl a Child.

1. Begin young to give him whatever he cries for. 2. Talk freely before the child about

his smartness as incomparable. 3. Tell him that he is too much for ou, that you can do nothing with him. 4. Have divided counsels as be-

ween father and mother. 5. Let him learn to regard his father as a creature of unlimited power, capricious and tyrannical; or as a

mere whipping macnine. 6. Let him learn, from his father's example, to despise his mother. 7. Do not know or care who his

companions may be. 8. Let him read whatever he likes. 9. Let the child, whether boy or girl rove the streets in the evenings-a

good school for both sexes. 10. Devote yourself to making mon ey, remembering that wealth is a better legacy for your child than princ:ples in the heart and habits in life ; and let him have plenty of money to

11. Be not with him in hours of

12. Strain at a gnat and swallow a camel; chastise severely for a feible and laugh at a vice. 13. Let him run about from church church. Eelectieism in religion is

he order of the day. 14. Whatever burdens of virtuous equirements you lay on his shoulders, touch not with one of your fingers. Preach gold and practice irredeemable

greenbacks. These rules are not untried .- Many parents having proved them, with subcantial uniformity of results. If a faithful observance of them does not spoil your child, you will at least have the comfortable reflection that you have done what you could,

The Latest in Fans.

The old styles of fan have come in. The newest of the fans in the Empire fashion are made of gauze with inchwide gauze ribbons on lisse bands running across in rows, each row being painted with a vine pattern in flowers. or with cherubs' heads or some scrollwork notion. They are very pretty, of ten in exquisite taste and not dear, but there is not one of them which can compare with the genuine Louis Quinne fans in those famous old Vernis Martin mounts which time has not robbed of their lustre, and which are now being unearthed rapturously from the old bric a-brac shops and auction rooms, Some of them have mounts of nothing more substantial than paper, others are silk or vellum, all are marvelously painted with the smiling, simpering Marbuesses, the powder and patches, the minute and delicate art, the graceful prettiness of that pleasure-loving ear. The simpler of the antiques and the more numerous imitation of the antique are studies in pink-the soft pink and the blue and the white of Dresden china landscapes. The mose elaborate and richer are wonders of guilt.

Cleansing Feathers.

Where feathers need deodorizing, it \$1.50 per year, for \$3.00. Consider combination,—
is best to have it done by persons who
Family Magazine, at this low price. made feather-renovating a business and have the applian es for doing it in the best manner, which families have not. This is done by steaming and after- NOT DEAD YET ward drying and sifting out the dirt and broken particles, so that the feathers are not only decdorised but are livened up it such a manner as to sppear almost as good as new. New feathers need no treatment except drythey contain after being plucked from the geese. Owing to their extreme lightness they can rarely be spread out, ing sufficiently to take out the moisture but should be dried in a closed room living prices.

Where if possible, the sun can shine on at this establishment. them through the windows, or in thin TIN ROOFING a SPECIALTY. when 1-id on a scaffold out of doors in

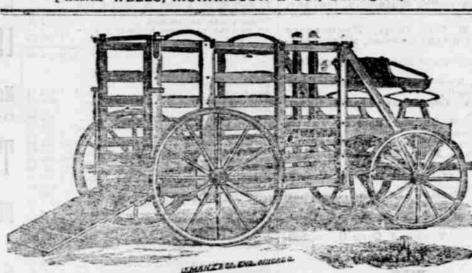
Give me a call and satisfy work and prices.

Y.

Sheasburg, April 18, 1883-11. the sup. Feather beds and pillows should be thoroughly aired and exposed to the sun quite often, and if properly cared for will last a long time without any necessito for sending them to a ren-



President Cleveland's Prize for the three best babies at the Aurora County Fair, in 1887, was given to these triplets, Mollie, Ids, and Ray, children of Mrs. A. K. Dart, Hamburgh, N. Y. She writes: "Last August the little ones became very sick, and as I could get no other food that would agree with them, I commenced the use of Lactated Food. It helped them immediately, and they were soon as well as ever, and I consider it very largely due to the Food that they are now so well." Lactated Food is the best Food for bottle-led babies. It keeps them well, and is better than medicine when they are sick. Three sizes: 25c., 50c., \$1.00. At druggists. Cabinet photo, of these triplets sent free to the mother of any baby born this year. Address WELLS, RICHARDSON & CO., Burlington, Vt.



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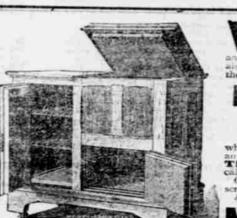
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A pillar of the church-A pious apothecary. Hyphen is the god of typographical

marriage.

Can a dentist be properly called a root doctor? Shouldn't the fork of a river be near

peach tree. A duck of a bounet often makes a goose of a woman.

broods over. Skin and bones-The minstrels' tambo and castinets.

sight of land. Why must logic have legs? Because it stands to reason. A man fishing for bluefish is fre-

laugh in his sleeve. A first-class tailor you will always find good at figures.

on their first sea voyage. The man who opens a bundle exercises an undue influence on it.

to tell your wife at 1 A. M. Speculations in real estate come under the head of lot-tery investments.

A dude has a certain kind of mental The organ is suplied with "stops," but unfortunately the piano has none.

train. When a girl is little she has a doll baby; when she grows up she has a dolman

ing into court are lawyers and young The man who is slow to express an

freight. "Won by a mere scratch," as the ben observed when she turned up the worm. The giraffe must have a bard time of it when it gets the catairh in the

for didn't be come out of Arkansaw

When a musician goes fishing does be as tanet in the hope of catching a bas-

Rules for Building Barns.

very much at random, and without a careful estimate of their needs, and with an imperfect knowledge of many useful details. The following twenty brief tules, if observed, would often save money, meet requirements and afford conveniences, although others might be In the first place ascertain what will

Estimate the number of tons of hay to be stored, the loads of unthreshed grain, the required contents of the granary and the number of cattle and horses to

For cattle and horse stables, allow for stalls at least 34 or four feet wide for cattle, and five feet for horses, and fourteen feet for entire length, includg passage and mangers.

Then provide room for hay and grain size of granary, entire space for cow and borse stables, root cellar, silo and manure sheds.

In arranging all these, place the threshing floor convenient to the grain bays, and the granary contiguous to or below them; the feed rooms, roots, meal or ensilage, on a level with and near the an mals ; and give heavy pro duc's the first place for convenient po-

greater opportunities for reading. In heir schools. Insist, indeed, that the comparative leisure of the winter months shall be tributary to inteletual mprovement. Consider a first class newspaper an absolute necessity for the family, and let an occasional book come in with its quickening influence. As a further means of improvement, let more be made of good neighborhood fellowship, not only in the way of occasional social gatherings, but by stated organizations that shall combine some of ject of information and intellectual improvement. A debating club or reading club kept up regularly during he winter morths in the distric-KEPT HERE BY BEST STORES school-house or at the farmhouses in urn would do wonders in the course of years to remedy the deficiencies in the farmer's life,-Magazin- and book clubs would supply, at slight cost to the individual, good reading matter for NATURE'S EKLIABLE REMEBY the whole neighborhood. In my town, we have a farmer's club now more than wenty years old, that has accomplish- CONSTIPATION, Tarrant's Efferencent ed much, not only in improving the methods of agriculture, but in quickening the intellectual and social life of its members. Why should there not be a similar organization in every town.

ful Cough Medicine we have ever sold, a few doses invariably cure the worse cases of Cough, Croup, and Bronchitis, while its wonderful success in the cure of Consumpion is without parallel in the history of medicine. Since its first discovery it has been sold on a guarantee, a test which no other medicine can stand. If you have a Cough we earnestly ask you to try it Price 10 cents, 50 cents, and \$1.00. If your Lungs are sore, Chest or Back lame, use Shiloh's Porous Plasters, Sold by Dr. T. J.

Nick Nacks.

Everything is usually patent to an in-Something everybody has a hand in-Gloves.

its month? A nice country seat is a seat under a

The lay of the land is what darkness

About the first thing lost at sea is the

quently a blue fisherman. A man's funny bone enables him to

Very .ew persons can hold their own

The home stretch-fixing up a story

superiority-ornamental mostly.

Why is a woman's foot like a locomotive? Because it moves in front of a

The only people who are fond of get-

opinion might just as well send it by

throat. Noah lived in the Mississippi valley,

These buildings are often erected THERE is a great saving of time, of labor, of soap, of fuel, and of the fabric, where Dobbins' Electric Soap is used according to direc-

be wanted in the proposed barn. ecopy the stables.

Calculate the room required for hay at 600 cubic feet on an average for a ton, and nearly the same for the un threshed grain. Determine granary room by allowing cubic feet to the bushel in the bins.

bays, space for straw, area of threshing floor, room for tools and horse power,

Good Suggest on for Winter.

Shiloh's Consumption Cure.

This is beyond question the most success-Davison.

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FINE PIECE

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Party, for person. Depot, for station. Promise, for assure. Posted, for informed. Stopping, for saying. Like I do, for as I do. Feel badly, for feel bad. Frst rate, as an adverb, Healthy, for wholesome. Try and do, for try to do. These kind, for this kind. Cunning, for small, dainty. Funny, for odd or usual. Guess, for suppose or think. Fix, for arrange or prepare. Just as soon, for just as lief. Had rather, for would rather, Had better, for would better, Right away, for immediately, Between seven, for among seven Not as good as, for not so good as, Some ten days, for about ten days, The matter of, for the matter with. Not as I know, for not that I know,

Stormy, for it rains or snows moder-Above, for foregoing, more than or

Samebody else's, for somebody's else.

Kind of, to indicate a moderate de-

Try an experiment, for make an experiment. Nice, indiscriminately. (Real nice

may be doubly faulty.) Real, as an adverb, in expressions, real good, for really or very good. Singular subject with contracted plural verb, e, g., "She doesn't skate

well. 33 Taste and smell of, when used fransitively. Illustrations: We taste a dish which tastes of pepper, Some or any, in an adverbial sense,

what, "I have not studied any," for The Size of Noah's Ark.

at all.

e. g., "I have studied some," for some

Various people have objected to the size of the ark; have asserted that it is absurd to suppose that there could be a vessel constructed large enough to hold all the creatures which must have been placed in it, with sufficient food it may be for six or twelve months-water for the fish, corn for the four-footed animals, seed for the birds, and so on. Now we will take the dimensions of the ark from the records of Moses, and calculate them on the lowest possible scale. There are two d finitions given to cubit, HE original formula for which we paid \$50,000 changed in the slightest. This soap is identical in quality to-day with half, and the other that is 20 inches. one that it is 18 luches, or a foot and a Inst made twenty years ago.

IT contains nothing that can injure the finest fabric. It brightwill take it only at the lowest. Moses states tha the ark was 300 cawashes flannels and blankets as no other somp bits long; this would make it 450 feet long, or about the length of St Paul's Catheeral, London, The breadth he states to b. 50 cubits; we then have it 75 feet in breadch. He states it to be 30 cubits high; so that it was 45 fest high. In other words, it was as long as St. Paul's Cathedral, nearly as broad ONE trial will demonstrate its great merit. It and half as high. The tonnage of the all best things, it is entensively imiark, according to computation of mad ern carpenters, must have been 32,000 tons. The largest English ship (of a size altogether unimaginable to those INSIST upon Dobbins' Electric. Don't take Magnetic, Electro-Magic, Philadelphia Electric, or any other fraud, simply because it is cheap. They who have never seen it.) is 3 500 tons; burden ; Si that the ark must have been equal to 26 first-rate ships of war, and farmed as such ships are, it would and take no other. Nearly every grocer from Maine to Mexico keeps it in stock. If yours hasn't it, he will order from his nearest wholesale grocer. have contained beyond 18 000 men, and rovisions for them 18 months. Buffing as asserted that all four-footed anmais may be reduced to 250 pairs, and wait longer before trying for yourself this old, reliable, and truly wonderful

them twelve months.

the birds to a still smaller number. ()

calculating, therefore, we shall find the

ark would have held more than five

times the necessary number of crea-

tures, and more than five times the re-

quired quantity of feed to maintain

To Do Up Black Cambric. Dissolve enough salt in a gallon of water to make a strong brine, and when cool enough soak the cambric in it for one hour; then wash it out, using a very little or no soap, and rinse in clear old, soft water with some powdered borax dissolved in it. Soak some while glue in cold water for two hours, then dissolve it by putting the pan on the stove in another containing hot water.

When melted add enough more water to dip the dress; There should be just enough glue to make the water feel sticky when cooling on the finger Pol in a teaspoonful of sals, make the giar water quite blue, and use it when lukewarm. Put a dark cover on the skill board, and iron on the wrong side. I these precautions are neglected, the dress will be shiny and linty. Use no water in waich white clothes have been washed; a good cambric washed in this way can scarety be distinguished from new. Care mus be observed in proporing the g ue, that too much is not used. as the water needs only enough to feel the least triff- sticky when the hand is dioped in. Rubbing the flatiron on a cloth saturated with kerosene oil is a go d pan to prevent us sticking, and using a piece of sandpaper to rob these on occasionally, they may be kept as

smooth as glass. The Season of Horse Binnkets.

Every kind hearted man who owners h rese shou d provide his animal with comfortable blanket, both for stable wear and for covering when hi chel ou of doors. Nor is a matter of hindness of heart alone, but is really a malter of economy with the owner of the horse. An animal which is kept comfortably blanketed will keep in go condition and come out in the spile in better condition for hard work less feed than one that is afforded and but its natural protection. The conblanket will be more than saved feed, besides adding to the physicomfort and appearance of the tent

When purchasing blankets it is object to get the best for your more and the cheapest are not always !" that cost the least at the start. A : blanket, which will prove durable last, is the cheapest in the end.

Answer This Question Why do so many people we see at us seem to prefer to suffer and be ! n iserable by Indigestion, Constipa-Dizziness, Loss of Appetite, Coming U. the Food, Yellow Skin, when for 75 we will sell them Shiloh's System Vita's guaranteed to oure them. Sold by Dr. 1. Davison.

