THE AFRICCN AT HOME. MISCONCEPTIONS
BARITY OF THE RACE.



| PARLOR MAGIC FOR THE FOOLIBH How to Make the Long Winter Even Here are a few simple, $\qquad$ | How to Travel. <br> By Kate Thorn. |
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| child can do them. Yet they willkeep the room in a roar. They arefrom advance sheets of my forthcom |  |
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|  |  |
|  |  |
|  | on other people's buttons and parasol handles. Dress warm enough to save you from the necessity of carrying more than one extra wrap, for bundles are a nuisance on a journey, particularly a long |
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|  | When you buy your ticket, get a railroad map of the country you purpos?your |
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|  | The Farmer. |
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Inventions to Be Invented.



 of value; the husk (which is a valu-
able entestinal stimulant), the brown
exteror, and the white central core.
Except, for certain tivalis, white
bread is an Indefensible absurdity.
Better is brown bread, consisting of meal bread, assuming such to obeob-
tainable. The deflency of salts in
white beat White bread is unquestionabley related
to the deterioration-also famillar to -

## tists best bet

e. $\begin{aligned} & \text { poor } \\ & \text { and } \\ & 1 y\end{aligned}$品

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Bad Coughs
 rall Onty, one.fourth of the botile
cured me. Neglected colds always
lead to something serious They run into chronic bronchitis, preumonia,
asthma, or consumption. Don't wait, but take Ayer's Cherry Pectoral just as soon as your cough
begins. A few doses will cure you then.


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POMME BESTOFO IN THE WORLD F/SH BRAKD



## U.S.

are made in the largest and

AMMUNITION
$\qquad$ it shoots well in any cun.


Bridgeport,
CONSTIPATION


