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### Cold Feet.

and tight shoes, with, as the  
circulation of the blood  
low tone of vitality. Tight gar-  
and tight shoes impede the circu-  
of the blood, preventing the  
life currents from keeping up  
natural temperature of the ex-  
ties. Tight lacing and corsets  
are something to do with  
cold feet and a hot head.

Put on good-sized lamb's wool stock-  
or cotton if you prefer; and, in-  
of using garters, fasten the  
ings to your drawers with a loop

but they wear easy shoes or dress the person properly—*tightly*—and exercise the body daily by a brisk walk or a lively run ten or fifteen minutes, and yet will soon come into a comfortable condition. Of course they should be washed often in the morning, when the hands and person receive their quick ablution. Simply wet the head and wipe dry with a soft towel rub vigorously for five minutes with the elbow, the feet with

retiring at night, should the feet be warm, they should be wrapped in flannel, and rubbed till "all aglow" with the currents of living blood, and the hands will be warm. If the hands are cold, the fingers will may use a bottle of hot water, and rub to their feet, rather than cold water. If in the semi-torture of cold, the feet may be put cayenne in their shoes to stimulate circulation; some dance a few minutes.

But we have given the cause a remedy above, and neither of our medicines need be used for purpose. Never go to bed without it.—*Science of Health*.

**Stephen Allen's Pocket Piece.**

The pocket took of Hon. Stephen who was drowned upon the Clay, was found a printed slip neatly cut from a newspaper.

the following is a copy. It is to be put in every newspaper engraved on every man's heart and few promises.

1. I speak the truth.  
2. I never speak evil of any one.  
3. I do not go to a bad company or home.  
4. I do not play at any game of chance.  
5. I do not drink any kind of intoxicating liquor.  
6. My character is above all things.  
7. I will borrow if you can possibly

not marry until you are able to  
 a wife.  
 up yourself innocent if you  
 be happy.  
 on you speak to a person look  
 the face.  
 do no haste to be rich if you  
 prosper.  
 live (misfortune excepted)  
 your income.  
 e when you are young to spend  
 you are old:  
 a foundation through firmness

the Weakness of Our Girls.

"What can you do?"  
"I mean anything you please."  
"Tell me particularly?"  
"Well, I can do all sorts of work—  
laundry, there's dentistry, teaching  
sewing, watch-cleaning, engraving—"  
"I don't mean such thing, but  
any common work."  
"Can you cook?"  
"Not much; and then I don't  
bother."

"You do fine needle-work?"

"But then I can do plain sewing."

"You make men's shirts?"

"No, I can't do that; but they sew on pillow-cases and sheets."

"Will you show me just what you can do?"

"You do chamber-work?"

"A little, but then, I don't like 'going to sorrick'."

"You sew, then, that you can do?"

"Yes, but a little plain sewing, and

...you want a superintendent  
are at least five hundred occu-  
s in this city which women  
follow and earn an independent  
thereby. You come seeking  
ment, and finally inform me  
with superintendence you can do  
plain sewing, a thing which  
man can learn in three days.  
*Lewis in To-Day.*

undecided fellow courted a lady twenty-eight years, and then married her. She turned out a perfect angel, but died in two years after the wedding. "Now," said he, in a solemn voice, "I am going to marry you."

day when a boy begins to feel at being dependent upon someone else, is the day when his boy begins to give way to manhood when a girl finds somebody whom she is willing to depend on, which she passes from girlhood to manhood.

"How do you ever expect to become a duchess, my daughter?" the mother asked.

"Why, by marrying a Dutchman," she replied.

The death of the newspaper has been chronicled in *Jews Since the 19th* of November.