

tends to the skin, and to a greater degree than to any other organ, and the skin is the most common exit for the poisons from the centre of circulation. But we may say, "It is only these poisons that have to do with the health? We generally take care of them and are about as clean as the generalality of the people." This may be true, but we are not all equally healthy, and we are concerned; but let us ask the question in what condition are the pores of the skin? They are filthy, clogged with dirt, and this undoubtedly gives rise to so many cases of headache, fever, and other symptoms of depression, and to the closing up and retention of effete matter.

This condition of the skin is plainly shown by placing such a person as a Turkish or Russian bath for the first time. Such a person is immediately surprised at the length of time required to get out of the bath. After it is once started he is again very much surprised to see how dirty person he is; wherever he touches the skin with his hand, the matter with the old dead scales comes up in wondrous quantities.

It is not only the first, second, or third bath the prospirator will start in a few minutes after entering the bath showing plainly the advantage these baths had over

cleanse the skin as to external  
pearances, but thoroughly open  
pores, throwing out the effete  
it contains.

The direct advantages of the  
bath are, less absorption of  
respiration and the thorough  
removal of all foreign impur-  
Deperation and functional bal-  
of the excretory processes are  
promoted, while the stimulant  
of heat so often useful in a  
General the nutrition of the  
must also be more rapid, under  
a process. From these baths  
visitor comes out fresh, glowing,  
a sense of cleanliness health  
strength, which no other opera-  
can convey. The heat of the  
is quite different to the heat of  
mer and the cold of winter.  
are also very beneficial in men-  
cases, such as rheumatism, lumb-  
neuralgia, gout, catarrh, throat-  
tion, diarrhoea, sluggishness of  
of the liver, scrofula, and  
and obstinate skin diseases,  
are a valuable remedial agency  
other treatment, in a variety of  
eases.

To the ladies, many of whom  
a sedentary life, the value of thor-  
bathing is beyond description.  
scouring influence, a cleansing

and for beautifying the complexion it is better than all the cosmetics put together. The bath cleanses the skin. Let us bathe clean and healthy.

◆ Household Recipes ◆

MRS. THOMAS' EGG OMOLO.—Four eggs well beaten, two spoonfuls of corn starch mixed with a cupful of milk, add pepper salt to taste, and fry in hot lard.

RAISIN PIE.—One egg, one-half of raisins well stewed, one cup of sugar, one-half cup of butter, mix well and together and bake with crusts. Crusts (dried) instead of raisins are very nice.

GINGER DROPS.—One-half of butter, one cup of molasses, or of cold water, one cup of sugar, heating teaspoonful of soda, mix and drop in tin. Bake in the bath in quick oven.

COFFEE CAKE.—One cup of one cup of sugar, one cup of sesamee, one cup of cold coffee, five cups of flour, one pound of raisins (only one and a half cups if necessary). Put the raisins in the Sympson's.

FORTNIA CAKE.—Half a pound butter, one pound of sugar, eggs, well beaten, one lemon,

**ROAST CAPON.**—After the capon is dressed or cleaned, sprinkle it with salt and pepper and rub with stale bread-crumbs put between the fingers, mixed with butter. Season with salt, seasoned to the taste, mixed with butter, and a little sage and summer herbs. The amount of butter to be used depends upon how rich you wish your stuffing to be. After roasting is in sew up your capon with a few small pieces of butter and roast in the oven, basting. While the capon is roasting, let giblets, gizzard, and, each, chicken, be roasted in the same fat. Use the giblets for the gravy. When it is done take it out of the oven, put the pan on the fire, and let the gravy bubble and a small amount of flour, dissolved in a little water, in a little boiling water or the skim of the fat, add the giblets and season to taste.

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**THE GREAT  
GERMAN REMEDY  
FOR  
RHEUMATISM**

*Neuralgia, Sciatica, Lumbago, Soreness of the  
Gout, Quinsy, Sore Throat,  
Sprains and Burns,  
Scalds, General Bodily  
Pains,*

**Tooth, Ear and Headache,  
Fest and Ears, and all  
Pains and Aches.**

No Preparation on earth equals this  
as a *sober, sure, simple and cheap*  
remedy. A trial will prove that this  
trilling ointment of 50 Cents, and every  
bottle can have cheap and positive  
cure.

**A. VOGELER &**  
Baltimore, Md.

**ADMINISTRATOR'S NOTICE**

Letters of administration having been filed to the undersigned upon the estate of Blackman, late of Monroe Twp., deceased, is hereby given that all persons having claims against said estate are requested to make immediate application to the undersigned for settlement of said claims.

ATTEST: H. HOLLETT, Atty.  
Monroevton, Pa., August 11, 1891-wd.