

Old Feet.—What a common complaint this is, and yet no one seems to know anything about it. You suffer from it for years, and yet you don't go to a doctor, or if you do you derive very little benefit from his advice. Some people suffer from it at night only, while others are troubled with it in the daytime as well. It occurs most frequently in women, but still believe that the best remedy is hypophosphite of lime in one or two grain doses twice a day. This is soluble in water, and should be taken in the form of a mixture, nothing else being put with it, with the exception, if you like, of a teaspoonful of syrup, to make it palatable, although it is really by no means disagreeable by itself. Another good remedy is nut vomica—five drops of the tincture in a little water, three or four times a day. It is highly recommended, and you may hope for great things from it. Then you must do all you possibly can to improve the state of your general health. It is probable that you are below par somehow or other, although we must admit that it does not follow of necessity. If you feel generally out of sorts, and your appetite is poor, quinine will do you good. If you are pale and anemic, you must put your faith in iron. Cod liver oil is an excellent remedy for improving the general nutrition; many people feel quite in a glow after each dose.

Excellent Dentifrice.—Dissolve two ounces of Loxax in three pints of hot rain water. Add to it one tablespoonful of spirits of pulverized sugar, to prevent it from curdling. Before using, add one ounce of tincture of myrrh. One wineglassful, applied with a brush, as a gargle, will preserve and beautify the teeth, and prevent the adhesion of tartar and the softening of the gums, arrest decay and keep the teeth in good condition.

Pan Daddings.—This is a New England dish, and is nice at the seaside, where appetites are expensive. Take three cups of fine rye meal, three cups of Indian meal, one egg and three tablespoonfuls of molasses; add a little salt and allspice and enough rich sweet milk to make a batter stiff enough to drop from a spoon. Fry to a good brown in hot lard.

The editor of the Southern Planter has been given a new method for discovering the age of a horse: "After the horse is nine years old a wrinkle comes in the eyelid at the upper corner of the lower lid, and every year thereafter he has one well defined wrinkle for every year over nine. If a horse has three wrinkles it is twelve, and so on. It has never failed."

A gentleman who has paid considerable attention to raising foxes says that it is very important chickens should have green food of some kind. If fields are not convenient for them to run in, have several handfuls of grass thrown to them every day or give them leaves of cabbage.

To Cook Turnips.—Pare slice, cut in dice an inch square, boil until nearly done, in as little water as possible; to one quart of turnips, add one tablespoonful of sugar, salt to make palatable; when they are boiled as dry as possible add two or three spoonfuls of cream and a beaten egg, and serve. Excellent.

Ladies who do their own work will find that in addition to a long apron a pair of calico sleeves with a rubber cord in the top is a dispenser of happiness. One can slip them on over cuffs and nice dress sleeves, get a sand even wash the tea dishes without injuring the dress.

A cellar that is cool, dry and dark and yet well ventilated, is the best place for preserving potatoes in large quantities. When smaller quantities are to be preserved, there is nothing like dry sand. The same may be said of fruits and roots of all sorts.

In the United States fully two-thirds of the people are directly dependent on the soil for support, and of the 5,000,000 who are engaged in agriculture, over 6,000,000 are healthful for horses.

Be cut in slices or, what is called finely and mixed meal and some salt, rather than white turnips. The last water put a little salt through it. greasy and dirty a jar and cover let them stand for a then wash them.

WARNER'S SAFE REMEDIES Warner's Safe Kidney and Liver Cure, Warner's Safe Bitters, Warner's Safe Nerve Tonic, Warner's Safe Pills. Includes detailed descriptions of each medicine and their benefits for various ailments.

YOU! LOOK TO YOUR INTEREST. Every man or woman will buy Good, where they can do the best. It is natural. It is human nature. The best goods for the least money. RULE THE DAY. That is just our motto and if you want to secure Bargains in HARDWARE, GROCERIES, DRUGS, FISH, SALT, PEAS, LEATHER, SHOE FIXINGS, TOBACCO AND CIGARS, IRON, HOSE AND MULE SHOES, SAIL ROBS, STEEL, ROCK POWDER, SAFFY FISH, S. T. SUITS, PERRY RYE WHISKEY MADE EXPRESSLY FOR MEDICAL USE, AT ONLY \$1.50 PER GALLON, OR \$1.00 PER QUART. BEST WHISKEY YOU EVER DRANK, &c. TRY IT.

To Every buyer of Boots & Shoes, we would say don't fail to buy the Rhinera Hand made boots & shoes. Every pair fully warranted, and for sale by W. S. Selinger, Store near the Depot, Selingsgrove, Pa. Includes details about the quality and variety of footwear available.

Superlative in its Attributes! The "WHITE" stands acknowledged King of all Sewing Machines. Important and Cautionary Notice to all intending purchasers of sewing Machines. Includes an illustration of a sewing machine.

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SELLER'S COUGH SYRUP 50 Years Before the Public. Pronounced by all to be the most Pleasant and efficacious remedy now in use for the cure of coughs, colds, croup, whooping cough, etc. Includes an illustration of a bottle of the syrup.

1853. 71. 1873. CENTENNIAL! Having adopted the motto of the "Silver Centennial" the people will want all the attention of the public to the fact that he has adopted the CASH SYSTEM.

CASH SYSTEM, DRY GOODS, GROCERIES, CROCKERY, BOOTS & SHOES, HARDWARE, CARPETS, OIL CLOTHS, WALL PAPER, ROPE BINDINGS, LEATHER, FISH, SALES, &c., &c. Includes a list of various goods and services offered.

SELINGSGROVE MARBLE WORKS. The undersigned having purchased the Selingsgrove Marble Works, he is now fully prepared to manufacture.

Monuments A and Headstones. This summer at prices much lower than heretofore, and lower than has ever been done in the country. Includes details about the quality and pricing of marble monuments and headstones.

Fresh From the CHINA! A new and elegant assortment of the Latest Styles CHEVIOT, CASSIMER and all other kinds of Suits. Includes an illustration of a man in a suit.

I take pleasure in announcing to my patrons and to the public generally that I have just returned from the Eastern Cities with a very large and well selected stock of CLOTHING! for Men and Boys, which in styles, quality and price cannot be excelled.

Overcoats. Overcoats. Overcoats. For Men, Youths and Boys. Overcoats as low as \$2.75. Includes details about the variety and quality of overcoats available.

HATS! HATS, HATS! I make a specialty, and am safe in saying that I have the largest assortment in the county. A full line of GLOVES of all grades. Includes details about the variety of hats and gloves available.

Great Reduction in FURNITURE! I would take this opportunity of announcing to the public that I will continue in the Furniture Business and that my stock is full and complete. Includes an illustration of a piece of furniture.

Rupture DR. J. A. SHERMAN AND HIS METHOD OF TREATING RUPTURE. Includes details about the medical treatment for hernia and other conditions.

DR. J. A. SHERMAN 251 Broadway, Cor. Murray Street, N. Y., and 43 Milk Street, Boston. Includes details about the doctor's practice and the location of his offices.

HOSTETTER'S BITTERS A Refreshing and Healthful Beverage. Includes details about the benefits and ingredients of the bitters.

FOR SALE CHEAP. A Red Power and Machine with one horse power and 25 ft. of work. Includes details about the specifications and price of the machinery.

10 WEEKLY NEWS. Includes details about the subscription rates and the content of the weekly news publication.

Campaign Songsters. Includes details about the services offered by the songsters for various occasions.

AGENTS WANTED TO SELL THE NEW AND BEAUTIFUL GRANT IN THE TROPICS. Includes details about the product and the requirements for agents.

MALT MEDICINE BITTERS THE NEW FOOD. Includes details about the health benefits of the malt medicine bitters.

Garfield of Hancock. Includes details about the historical figure and the location of the site.

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Organic. Includes details about the services offered by the organic business.

Keely & Wagner Lumber Dealers. Includes details about the types of lumber and services provided.

Levi Kepler, Notary Public, Conveyancer, Real Estate and Insurance Agent. Includes details about the professional services offered.

CHURCH BIBLES at Low Figures. E. L. BUFFINGTON. Includes details about the availability and pricing of church bibles.

ANTHAL KINGDOM. Includes details about the publication and its content.

MANHOOD. How Lost How Restored. Includes details about the medical treatment for various conditions.

BUGGIES. JOHN LAUDENSLAGER. Includes details about the quality and variety of buggies available.

Something New For All. Includes details about the new products and services offered.

Leather Store and Finishing Shop. Includes details about the services offered for leather goods.

MARBLE WORK. LEWISBURG, PA. Includes details about the marble work services provided.

ITALIAN AND AMERICAN MARBLE MONUMENTS. Includes details about the types of monuments and services provided.

GOLD. Includes details about the gold mining or investment opportunities.