# HOPE FOR DYSPEPTICS

## A Natural Food That Does Not Require Digestion.

## THE WAY IT IS DONE

### How Mixing With Fruit Acids Digests Food Before It is Even Taken Into the Mouth.

Natural foods are as a rule insoluble. They must be dissolved before they can be absorbed.

Digestion is the dissolving of food in our mouth, stomachs and intestines. It is done with special terments prepared by special organs.

A great deal of energy is used up in digestion. Well people can spare the energy, sick people cannot. People who have not sufficient energy suffer from indigestion.

It is plain that Paskola, which is an artificially digested food; will save a sick person a great deal of energy.

Artificial digestion is the dissolving of food outside the body by the same ferments that dissolve it inside the body. Paskola is a fattening food made of grains and fruit that has been digested in this way. It also aids in the digestion of other food.

Sick people need all their energy to get well. They should take Paskola. Thin people spend their energy in business or other cares and worry.

Paskola will make them fat without giving their digestive organs any work.

Paskola is an ideal natural fattening food. It is more. It is a natural tonic food that does not create false new energy but helps you to husband what you have.

Any one who reads the thankful words which follow will be convinced of the surpassing worth of this great artificially digested food:

MIAMISVILLE, O., Aug., 16, 1894.

DEAR FRIENDS: And you have indeed been friends to me as you would be convinced if you could have seen me last summer at this time and see me now. For three years I have been treated by the best doctors in Indianna and Ohio. I would get relief for a while, but only to get worse again. When I commenced to take Paskola I did not think it would do me any good, and had made up my mind to quit taking medicine and let Nature take its own course, when one of your little books was thrown in my way, and I asked my husband if I could try it, and he is surprised with the result. I have taken four bottles and today I never felt better in my life. I do not know how much I have gained in flesh but every one says I look so much better.

I have advertised it well here and several have tried it, and are much pleased. I can eat anything I want and sleep at night like a log. I cannot say enough of Paskola and also of the tablets. They are just grand. I wish I could convince every one of its merits; they would certainly use it.

I remain your frieud,
MRS. FRED. GROVES

You can obtain Paskola of any good druggist, and a free pamphlet will be mailed by the Pre-Digested Food Co., 30 Reade street, New York.

### Eating Nightingales.

As exemplifying the pitch to which Roman epicureanism was carried and indicative of a truly barbaric nature, a dish consisting of the tongues alone of some thousands of the favorite songsters of the air was requisitioned at immense cost to satisfy the inordinate cravings of one of the emperors. One can hardly avoid the reflection that such a being must have been extremely untuneful. The liver of a capon steeped in milk was thought a great delicacy, and of solid meat pork appears to have been most relished.

The stanch Roman who did not take his pleasure homœopathically reclined during dinner on a luxurious couch, his head resting on his left elbow, supported by cushions. Suetonius draws attention to a superb apartment erected by the extravagant Nero, in which his meals were partaken, constructed like a theater, with shifting scenes changing with every course. —Chambers' Journal.

### The Sensitive Tortoise.

Few animals seem more impassive than the tortoise, but those who have ever watched its movements know that the creature is really very sensitive. A few drops of rain will send it home with all speed; even the distant approach of a shower makes it uneasy. Hence Gilbert White remarked that his tortoise showed "as much solicitude about the rain as a lady dressed in all her best attire."

The bright light of the sun seems especially grateful to tortoises; they rarely stir out at night, and the approach of winter drives them into their retreats. This physical sensitiveness shows their temperament to be less sluggish than is commonly supposed.

The animal also learns to recognize persons and remembers those who feed it, instantly distinguishing them from strangers.—Youth's Companion.

### An Artist's Privations.

Lough, an English sculptor, had an imaginative enthusiasm so vivid that he once said timidly to a friend, as if fearing ridicule:

"I fancy myself in the Acropolis sometimes and hear a roaring noise like the tide."

The sculptor's early privations were terrible. Says a writer:

"During Lough's first year in London, when engaged on his 'Milo,' he went without meat for three months, had only one bushel and a half of coal during the whole winter, tore up his shirts to make rags in which to keep his clay figure moist and slept beside it—when the cold would allow him to sleep—on the ground."

### Be Honest and True.

Place and position are nothing if they are not worthily held. J. R. Miller says: "A pure heart at the end of life and a lowly mission well accomplished are better than to have filled a great place on the earth and have a stained soul and a wrecked destiny."

### The Time to Do the Counting.

In the old days of impetuous warfare caution was not regarded as so much a virtue on the part of a military commander as at present. In a battle between French and Austrians, in which Marshal Bugeaud commanded the French forces, an officer of the staff said to the marshal: "The enemy are advancing. Shall I send a party to reconnoiter and see how numerous they are?" "No," said Bugeaud, "we'll count 'em after we've beaten 'em."—San Francisco Argonaut.

### Guaranteed Cure.

We authorize our advertised druggist to sell Dr. King's New Discovery for Consumption, Coughs and Colds, upon this condition. If you are afflicted with a Cough, Cold, or any Lung, Throat or Chest trouble, and will use this remedy as directed, giving it a fair trial, and experience no benefit, you may return the bottle and have your money refunded. We could not make this offer did we not know that Dr. King's New Discovery could be relied on. It never disappoints. Trial bottles free at Matthew Bros'. drug store. Large size 50c. and $1.

## FOR BOATING AND THE COUNTRY.

### Summer Outing Costumes This Year Are of Many Hued Stripes.

Outing flannels are shown having a colored stripe on a white ground, and as they wash well and easily they are useful for making up into blouse waists for boating and country wear, besides being appropriate for children's outing frocks where coolness and frequent changes are the chief considerations. White cotton duck is also seen having broad blue, pink, brown or black stripes, besides more delicately colored styles, and a new variety of blue denim has been brought out, thin and fine, but very firm, which is intended to be used as dress material. Brown and navy blue serges of good width and quality are sold at a low price now and may be made into attractive outing suits, having an Eton jacket or a blazer with a wide collar, and worn with a blouse of wash silk in harmonizing tints. These wash silks are prettier this season than they ever were before. They are usually striped and are shown in all shades of rose, green, yellow, blue and violet, combined with white or with each other. Plain white linen is also a good material for blouses to be worn under a jacket, as it is extremely cool and launders beautifully, but linen bodices cannot be obtained ready made.

OUTING COSTUME.

The skirts of outing costumes are most often made without a lining to insure lightness, and the edges of the seams inside are neatly bound with bias strips of silk or cambric. These unlined skirts must be worn over a stiff petticoat in order to make them hang well. Laced outing shoes for women are made of tan calf and are cut like a man's in every respect. They have a low heel, but a very pointed toe, and are devoid of all ornamentation.

An illustration is given of an outing costume of cheviot and silk. The skirt is laid in wide box plaits and has several rows of stitching near the bottom. With it is worn a silk blouse with gigot sleeves. A novel triple cape forms a part of the costume. It is of cheviot, like the skirt, and is cut in a sort of yoke shape, the edges being finished with rows of stitching.

## WHO LAUGHS LAST LAUGHS BEST.

### A Stage Villain's Method of Getting Square with Two Young Women.

He was walking down upper Fifth avenue, just in front of two young and pretty women. He was an actor, and walked with even more than the usual strut. At such an angle did he incline his nose from mother earth that he couldn't have seen the yawning mouth of an open coalhole or the entrance to the pit itself, waiting to receive him. How, then, should he avoid the malignant bit of banana skin that laid itself out to ensnare him, and which, being trodden upon, turned like the storied worm and strove mightily with him? And "Oh, what a fall was there, my countrymen!"

Involuntarily the ladies, who had seen the whole occurrence, giggled audibly. They knew it wasn't proper, but they really couldn't help themselves.

Even as the victim waved his arms wildly and turned half way around in his struggle with the skin, he had seen the smiles and heard the silvery laughter, and as the pavement struck him every other feeling gave way to a great and burning desire for revenge.

As the ladies, therefore, would have passed him by—still lying on the walk—on the other side, a hollow groan came from his lips. His legs were drawn spasmodically up and then kicked violently out again. His whole body writhed and twisted and his features were distorted with agony. And again that awful groan was emitted from his lips.

"He must have broken his spine," whispered one of the fair ones to her companion, as they gazed horrified on the pain drawn face. "Oh, what can we do! And we laughed at him."

Conscience stricken and feeling like murderers they looked for aid. But only a woman, and she two blocks away, was to be seen. And they had to act at once, for the weakening struggles of the miserable man told them he might be dying. Quickly the more practical and cooler headed of the two ran up the stairs to the brown stone mansion in front of which the accident had happened, and once, twice, thrice pressed the electric button. Before a servant could respond she was by the fallen man's side. She called to her friend, and between the two they pulled him toward the stoop and finally got him in a sitting position on the steps. And, not knowing what else to do, one of the fair damsels began to brush his overcoat with her dainty gloved hand.

Whereupon the injured man's eyes opened and a smile broke over his face. "Really, miss," said he politely, "I couldn't permit that. And I am already under the greatest obligations to you for your kindly assistance." Then placing his hand over his heart he bowed his thanks, and with dignity and grace alike unimpaired resumed his interrupted walk.

He had simply given a strict performance of his "realistic dying scene."

A moment later the tardy servant opened the door. He saw only a stately figure in a dusty overcoat moving with measured pace down the avenue.—New York Herald.

### Be Sure of Your Piano Tuner.

As in every other occupation in life, there are bad tuners among the piano tuning fraternity. A bad tuner can spoil a piano by springing the tuning pins and tampering with the action. They make levers of the pins, springing them back or forth to increase or lessen the tension of the strings, instead of turning the pins in the proper manner. A majority of so called tuners, sad to relate, perform their work in just that way; so that when once a family gets a first class piano tuner they should rivet him to their appreciative service with considerate remuneration and beware of the newly hatched piano tuner.—Interview in Seattle Telegraph.

When Baby was sick, we gave her Castoria.
When she was a Child, she cried for Castoria.
When she became Miss, she clung to Castoria.
When she had Children, she gave them Castoria.

**A Handsome Complexion**
Is one of the greatest charms a woman can possess. POZZONI'S COMPLEXION POWDER gives it.


## What is CASTORIA

Castoria is Dr. Samuel Pitcher's prescription for Infants and Children. It contains neither Opium, Morphine nor other Narcotic substance. It is a harmless substitute for Paregoric, Drops, Soothing Syrups, and Castor Oil. It is Pleasant. Its guarantee is thirty years' use by Millions of Mothers. Castoria destroys Worms and allays feverishness. Castoria prevents vomiting Sour Curd, cures Diarrhœa and Wind Colic. Castoria relieves teething troubles, cures constipation and flatulency. Castoria assimilates the food, regulates the stomach and bowels, giving healthy and natural sleep. Castoria is the Children's Panacea—the Mother's Friend.

Castoria.

"Castoria is an excellent medicine for children. Mothers have repeatedly told me of its good effect upon their children."
DR. G. C. OSCOOD, Lowell, Mass.

"Castoria is the best remedy for children of which I am acquainted. I hope the day is not far distant when mothers will consider the real interest of their children, and use Castoria instead of the various quack nostrums which are destroying their loved ones, by forcing opium, morphine, soothing syrup and other hurtful agents down their throats, thereby sending them to premature graves."
DR. J. F. KINCHELOE, Conway, Ark.

Castoria.

"Castoria is so well adapted to children that I recommend it as superior to any prescription known to me."
H. A. ARCHER, M. D., 111 So. Oxford St., Brooklyn, N. Y.

"Our physicians in the children's department have spoken highly of their experience in their outside practice with Castoria, and although we only have among our medical supplies what is known as regular products, yet we are free to confess that the merits of Castoria has won us to look with favor upon it."
UNITED HOSPITAL AND DISPENSARY, Boston, Mass.
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CAUTION: To Our Patrons

Washburn-Crosby Co. wish to assure their many patrons that they will this year hold to their usual custom of milling STRICTLY OLD WHEAT until the new crop is fully cured. New wheat is now upon the market, and owing to the excessively dry weather many millers are of the opinion that it is already cured, and in proper condition for milling. Washburn-Crosby Co. will take NO RISKS, and will allow the new wheat fully three months to mature before grinding.

This careful attention to every detail of milling has placed Washburn-Crosby Co.'s flour far above all other brands.

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