HOW TO BECOME PLUMP.

ADVICE TO PEOPLE WHO WANT TO INCREASE THEIR WEIGHT.

Proper Food and Drink -Breathing Fresh Air and Taking Warm Baths-Moderate Excreise.

Henry T. Finck gives in the New York Epoch the following rules whereby lean people may become plump:

(1.) Eating and drinking. "Every woman who is thin would like to be says Brillat-Savarin in his stouter,' fragmentary chapter "On Leanness," from which, however, the following sen tence is worth citing: "Men fatten sheep, calves, oxen, poultry, carp, crayfish, oysters; and hence I derive the general maxim: Whatever cats can be fattened, provided the food is well and suitably

The famous Mr. Banting, who reduced his weight by more than fifty pounds in one year, found that sugar was the most fattening thing he could est. Hence, to your weight eat cakes, puddings syrup, honey, candy and pastry, always taking care that it be crisp and digesti-ble, tor indigestible food is a chief cause of leanness. New England piecrust is probably responsible for the appearance of the typical gaunt Yankee. Other fat-tening articles of food are tender lamb, of York Times,

salmon and cels, milk and cream, corn, bread and butter, and those vegetables which grow underground and of which sugar is made—beets, turnips, etc. Boiled or baked potatoes, mashed on the sugar plate and seasoned with salt and fresh butter, make a delicious dish, rapidly fattening. Eat often and very slowly, for it is not the quantity that is eaten but the amount that is thoroughly digested that nouishes the system and rounds the bodily contour.

Bismarck's private physician, Dr Schwenninger, owes his international reputation to his success in diminishing the Chancellor's weight. The secret of his method is never to allow his patient to drink with his meals, or if he does drink to do so very sparingly. Hence follows the converse rule, that if you covet stoutness you should drink freely with your meals, always, however, in such a way as not to interfere with the digestive processes. That is, you should never drink while you have food in the for the food ought to be moistened by the saliva alone. Ice water, too, should be always avoided. It chills the stomach and is the cause of the large lice on hens. three-fourths of the indigestion and con sequent leanness prevalent in this

Mountain tourists know that ice water never quenches the thirst. Yet we constantly spoil our water by putting in ice. The ice should never be allowed to come in contact with the water we drink, but only with the outside of the pitcher. In this way we avoid also the dangers from microbes hidden in impure ice.

ing, nor must they even get wet .-- Cin-cinnati Commercial-Gazette. (2.) Breathing and Bathing. Air is food, as much as beef, the only difference being that beef is assimilated in the stomach, air in the lungs. Hence if you wish to be plump, become an air-glution the poultryman is that of ridding the premises of vermin. Most persons do not become aware of the presence of Breathe all the fresh air you can get, and avoid foul, stuffy air, especially at night, as you would putrid meat. Always breathe through the nose, and cultivate the habit of slowly filling your lungs vermin until the little red mites are seen in myriads. These can easily be destroyed by using proper methods. The great with twice as much air as you commonly scourge of poultry is not the mites, but the large body-louse that hides at the inhale, exhaling it again as slowly. This purifies the blood and stimulates the apbase of the feathers, on the head and neck. petite. Frequent warm baths before re-tiring, or cold sponge baths in the morning, followed by brisk friction with As they are only found there on the fowls, a coarse towel, have the same effect.

Rest, Exercise is commonly prescribed as a method of reducing one's weight, and brisk and long-continued does have this effect. But of these lice. Little chicks, especially moderate exercise is an antidote against those that feather very rapidly, such as Dorkings, Games, and Leghorns, will leanness, because it stimulates the appetite, and thus more than atones for e loss following muscular movement. Besides, if exercise is altogether avoided there is danger of losing grace and sym-

Brain-rest is especially indicated in the case of those who object to leanness, Moderate brain-exercise is, indeed, es tial to perfect health, but excess should be carefully avoided. Emotional excitement and worry are fatal to the chances of becoming plump and pretty. If an annoying thought haunts you, forcibly fix your attention on something else. Above all, never allow thoughts to tor-ment you after retiring, and thus to pass disagreeably into your dreams. Eight hours of dreamless sleep, in a well-ven-tilated room, form the most potent cosmetic known to man or woman-the straightest road to plumpness and beauty.

Thorough and Frequent Cultivation

The advantages of thorough and fre-quent cultivation are apparent under all circumstances. In dry weather the fine, loose soil makes a non-conducting cov-oring which preserves the subsoil moist and prevents injury to the plants; in wet weather it absorbs and holds the rain which would otherwise run off without doing all the good it might. Two or three inches of fine, pulverized soil is a mulch, and, holding a large quantity of air among its particles, cools the lower teen years old, on sandy, gravelly loam, with clay sub-soil and rolling surface. soil and prevents excessive evaporation. When a rain comes, then is the time to run the cultivator through the crops and loosen the crust which is apt to form the first hot day afterward. In a dry time the evaporation from the soil is prevented by frequent stirring of the surface and the fine porous layer at every change from hot to cool and from cool to hot again has currents of air passing in and out as the

ood conition. From the experience and practice of expansion and contraction alternates, most successful peach-growers, Mr. with the more decaying vegetable matter in the soil, the more moisture is absorbed White closes his report with the following conclusions, viz.; That for successful peach culture the soil must be adapted to from the night dows and the more oxidathe development of the tree and fruit, properly located and drained. Then porous surface. Never mind how clean and clear of weeds the soil may be; killacting upon the principle that it is better to prevent than to cure disease, perfectly healthy trees should be selected for ing weeds is only a side issue in the work planting, and after being planted they should be thoroughly cultivated, judisummer cultivation of crops .-- New iously pruned and well nourished

good cultivation equal to manure. He carefully selects his buds from healthy

trees in order to secure healthy stock to

Messrs. Culver and Blew, South River,

have 4,000 trees, many of which are thir

They have fertilized with bone and lime.

Their practice is to sow buck wheat in their

Farm and Garden Notes.

with

wardrobe.

Mrs.

favorite.

repped silk.

hats.

mines near Butte City.

skull cap is worn to match.

suing the board for damages.

picuous feature of the costume.

In scarfs nearly every style now s

drapery over a silk skirt of Ottoman.

Bengaline, faille Francaise or any good

Miss Annie Thomas, of Billings, Mon-

tana, is the busiest woman in that busy

territory. She conducts a 6,000-acre ranch, looks after valuable timber prop-

erty and has an interest in two paying

Very elegant looking costumes have

plain but ample draperies, which are ar-tistically fastened here and there with

agraffes of old silver. These pretty orna-

ments are also seen upon the crowns and brims of stringless bonnets and large

London photographers encourage the

idea of American women being presented at court. Every woman immediately has

her picture taken in court costume to

send home to her dear 500 friends. The

photographers are growing rich under

The wife of the Viceroy Li, of China,

with a clay sub-soil.

Poultry Hints.

the proper amount of food best suited to their healthy growth and productiveness. Confine the old hen in a coop placed near the garden, and see what havoc the -New York World. chicks will make among the insects. Work quietly and gently among your

fowls. Never allow them to become frightened. Never allow a strange dog As a rule, the best quality and the est yield go hand in hand. Employ extra help for the kitchen as well as the field during harvest. on the place. Charcoal has an important cleaning

influence on the fowl's system, and is es-Give breeding cows the run of a clover pecially valuable when fed to the laying field all through the summer if you can. hens during the winter season. Stable manure, says Professor Chamber-

Dampness is fatal to young turkeys, and lain, of Iowa, is the best fertilizer on auses greater loss than anything else. earth. The essentials to success are nitroe Poultry thrives in orchards and do the food, warmth, dryness and frequent feedorchards much good, for they kill many

It is not so much the little red mites in The Crown Prince of Germany sells ,000 quarts of milk daily from his dairy the hen-house that do the damage to poultry as it is the large gray body-lice, which work on the heads and necks. farm near Berlin. Cultivation should be more and more Look closely for them, as they do not leave the body of the fowls. The sleepy hallow as corn increases in size, says an Ohio Experiment Station report. disease in chicks, drooping spirits in th

The swine breeders of Iowa have hens and failure to lay, though well fed and in apparent health, may be traced to come to look upon white clover as an excellent summer pasturage for hogs. Most farmers can keep a few hives of Ducklings grow faster than chicks, and bees to advantage. Honey, like fruit, should be found on the farmer's table with proper care are ready for market at the age of from eight to ten weeks. The

The Farmers' Club Journal says: "The eggs hatch well, requiring no turning, and are thirty-one days in hatching. They require much the same food as rock which wrecks many a breeder of swine is a desire to breed too young."

chicks, but require more meat, as their Keep the hoe moving; it will not only nature demands fresh and raw articles kill the weeds, but render the soil melmostly. They do not require water until low, and thus promote rapid growth to they are well feathered, except for drinkthe crops.

Prof. Morrow says: "Cut hay green, Nearly all grasses loose value as they become fully matured, some become com-paratively worthless," **Fighting Poultry Vermin in Summer** Frequently the most difficult work of

When the mere fact of a dam being a registered animal makes a difference of \$200 to \$500 in her progeny, it is the height of folly to raise scrub stock.

When working your corn when the ground is dry, do most of the work in the early part of the day and dress the rows near the stalks, removing clods. To have stock on your farm which will

sell at high prices, breed a good grade an examination of the quarters does not reveal them, when they may be busily at work on the birds. When the hens seem strong.

to droop without apparent cause, the A successful horse breeder says that chances are that a close examination on their heads and necks will reveal swarms an animal needs as much feed the first year of its life as in any subsequent year, and that it should be fed a little at a time, as often as it will cat.

A Scotish writer says always speak to soon succumb to large lice, and often the cause will be ascribed to something else. a cow as if she were a lady, and speak to and treat a bull as if he were a gentle-To prevent lice on fowls, the best man. Animals possess far more intelthing is the dust-bath, which must consist of fine dry clay or coal ashes. If the quarters are kept clean, the hens will ligence than is usually attributed to

the brine.

of all nervousness.

them. An exchange says churning should

er lip and look closely at it. Continue the lesson and you will cure your horse

All stock-particularly work horses-

should have frequent small drinks of

cool, pure water. They require salt at least once a week. If kept in the stable, so as to be "handy" for use, the salt

should never be left uncovered.

Redmond fertilizes with yard manure and all the ashes he can procure and practices thorough cultivation, believing good cultivation equal to manure. He NEWS AND NOTES FOR WOMEN.

The old-fashioned sandal is re-established in favor for ladies' wear, The rage for two colors extends even passementerie ornamentation for

begin with, which he considers of the dresses and mantles. utmost importance. His soil varies, some A novelty which is likely to prove inbeing sandy and gravelly and some clay loam, but all well drained and rolling, valuable for wearing during outdoor puruits is mittens of light calf leather.

A new silk glove is long enough to go ver the sleeve, and so trimmed with ows as to appear as if fastened by them. Children's dresses are longer-waisted than last season, being made down to the waist line and sometimes slightly be-

orchards the first two years, and after-A much favored ornament of the moward to cultivate without any crop, ploughing very shallow twice in the seaent consists of necklaces of passement Their orchards have produced fine terie composed of several graduated fruit, being fairly remunerative, and the majority of the trees are now in very OW8

pulse and respiration movement and the pupil is dilated. In fact, the symptoms are those of collapse. These patients will The long redingote polonaise is much favored for all costumes for walking and norning wear, and many variations of it tre seen.

probably recover promptly, an event which may be hastened by the use of a tonic and restorative treatment. Those who suffer from heat apoplexy

some writers.

Homespun costumes usually have a Those who suffer from heat apoplexy frequently become unconscious at the onextending from the top to the edge of set. The heart and breathing apparatus is not markedly disturbed, and the pupil may be normal, but the unconsciousness the skirt. Coarse homespun clothes are still worn.

he newest showing broad stripes of deepens and the case runs on to a fatal termination. An artery has been broken in the brain, and the poured out blood olored fluffy dots on their fawn-colored or neutral-tinted grounds.

Broche costumes are made with pique waistcoats, which may be of any shade from pure white to the darkest orange extremities-hot foot-baths, bleeding, etc., promises to be the most useful in embroidered with colored spots.

It is becoming customary to make the trains of wedding gowns separate from the skirt, so that it may be removed The thermic fever patient is unconcious and convulsed, and his body tem when the dress is afterward worn at balls.

perature may be 108 to 110 degrees Fah-renheit—that is, ten degrees above nor-mal. The skin of this patient feels as The Princess Mampour, of Ismail, is a The princess Manpoor, of James She hough it would burn your hand when it is up to her jeweled ears in debt, and yet she thinks nothing of paying \$500 for a pug. The once ugly waterproof has devel-The once ugly waterproof has devel-

oped into an elegant garment in wool or silk of fashionable pattern and color, and is a very desirable addition to a lady's plete recovery from sun-stroke is rare,

he brain being permanently crippled in many cases. Residence in a cold climate affords some hope for such patients.— When belles travel they more and more take to what may be called aggressive Philadelphia Times. costumes. Enveloping cloaks are made of pronounced plaid, and sometimes a

Jim Ponce, of St. Augustine, Fla., gong through the woods heard tremendous Stephen Morley, a Montreal quawls, yells and roars, and, cautiously woman of wealth, kept over 200 cats in her house. The board of health raided investigating, came upon a seven-feet panther fighting with an alligator, which had the panther fast in its ponderous her, and she lost her pets. Now she is jaws. Ponce sided with the under dog and shot the alligator, whereupon the panther, freeing himself, made for the hunter, who had a hard fight before he Skirts made of fancy stuffs, with which different overdresses may be worn, are fashionable. The draperies are usually arranged high, leaving the skirt the conkilled the ungrateful beast.

Is most distressing, not only to the person of fletted if he have any pride, but to those will whom he comes in contact. It is a delicat matter to speak of, but it has parted not only friends but lovers. Bud breath and catarrh an inseparable. Dr. Sago's Catarrh Remedy cure the worst cases, as thousands can testify. to be worn, including China crepe, India

COMMUNITIES are blest in the proportion is which money is diffused through the whole range of population. For silk and wool combination dresses contrasts of color are again seen, with fine, soft camel's hair for the waists and

Sunstroke Symptoms and Treatment. a revenge especially to wom, but naughty, Lord Byron, a had humor when he wr When during the heated term one who has been exposed to the sun's heated the way in their armos when he of the order. But there are complaints the own to early graves. There is hop the author, no matter how worsit, o a Dr. B. Y. Piercow "Favorite Fre afe in its action it is a biessing, o rays begins to suffer from the head-ache, giddiness, nausea and disturbances of sight, accompanied with sudden and great prostration of the physical forces, sunstroke is probably imminent. If such an one will take time by the forelock and comen and to men, too, for when women su

immediately retire to a cool place, mak-SELF-REVERENCE, self-knowledge, self-corrol, these three alone load life to sovereig ing use of some simple restoratives, such as aromatic ammonia, &c., he may be

 Organic weakness or loss of power in either sex, however induced, speedily and permanently curred. Eucloss 10 cents in stamp for book of particulars. World's Dispensary Medical Association, Buffale, N. Y. speced further trouble; but if he persists with his business he will doubtless soon become very ill, which illness takes the form of heat exhaustion, heat apoplexy or genuine sunstroke, the thermic fever Two Hons in a menagerie in Cornwall, Eng-and, lately died of excessive heat.

"Royat Gtur" mends anything! Roken Chi. na, Glass, Wood. Free Viats at Drugs & Gro Those who are exhausted by the heat ave a cool, moist skis, a rapid, weak If afflicted with sure eyes use Dr. Isaac Thomp-son's Eye-water. Druggists sell at 25c, per bottle

No Optum in Piso's Cure for Consumption Cures where other remedies fail. 2%.

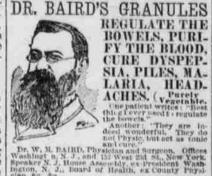
Warm Weather

of en causes extreme liked feeling and detaility, and in the wontened condition of the system diseases trising from im urbidood are liable to appear. To rain strength to overcome disease, and to purify, italize an i curich the blood, take Hoed's Barga-satilia, which is peculiarly adapted to the needs of this season. "When I took Hood's Sarsaparilla that heavine

in my stomach left; the duliness in my head, and the gloomy, despondent feeling disappeared. I be-gan to get stronger, my blood gained better circulassing on the nerve centres brings about tion, the coldness in my hands and feel left me, and my khineys to not bother u e as before."-G. W. Hutt, attorney at Law, Millersburg, O. the fatal event. A treatment calculated no no to draw the blood from the brain to the

Hood's Sarsaparilla Sold by all druggists. \$1; siz for 1 by C. L HOOD & CO., Apothecaries





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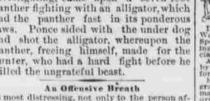


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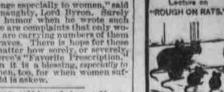
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Boils CURED. WILLIAM RAMICH, Esq., of Minden, Kearney County, Nebroisko, writes: "I was troubled with holls for thirty years. Four years aro I was so afflicted with them that I could not walk. I bought two bottles of Dr. Pierce's Pleasant Purgative Fellets, and took that time I had no boils and bave had noue since. I have also been troubled with sick headache. When I feel th coming on the base one of the bolts and bave had noue since.



silk and cashmere, plain and embroidered. However, the Spanish lace scarf still continues not only staple, but the Especially to Women.





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ts from ROACHES DESTROYS POTATO BUG

ful of the pa well shak with spr of wate -CLEARS OUT

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FARM AND GARDEN.

?" The Willow a Useful Tree.

There is no tree that is so sure to grow without any care as the willow. A twig from a branch of the tree stuck into the moist earth, and the labor is completed. An article in a German contemporary, which is a great authority, recommends the cultivation of willow trees, not only from an economical and industrial point of view, but also for hygienic purposes. They are especially useful where the Trinking water is taken from fountains or natural wells, and still more where there are morasses and meadows; for in the vicinity of willow trees water is always clear and pure. Let those who doubt this fact place a piece of willow which has not yet begun to strike, into a bothe of water, and place this, with another bothe containing water only, in a warm room for eight days; in the first bothe will be found should and restlict. bottle will be found shoots and rootlets in clear water, while the other bottle will contain putrefying water. Holland is covered with willows, and their dam works are made stronger by the net-work formed by the roots.

Brain Work,

There is as much danger of hurting the brain by idleness as by overwork. According to a writer in Faith and Work, Dr. Farquharson argues that intellectual power is lessened by the listlessness in which the well-to-do classes generally spend their lives. Under such conditions the brain gradually loves its health, and, although equal to the demands of a rou-tine existence, is unable to withstand the of sudden emergency. So, when

ngain

of work is unexpectedly thrown it in its unprepared state, the worst whi asequences of what may be called verwork show themselves. Similarly maaly man accustomed to sedentary pursuits p 66 is liable to be physically injured by tak-ing suddenly too violent exercise. Dr.

Spots can be found all over the pine

hills of the Southern States as healthy as any forests in the world. Some invalids are beginning to understand this fact and profit by it. At least a million inyellows valids and wealthy people in the North and West would winter in these Southern pine hills and on the gulf shore if they and in healthy condition. Peaches from knew the honest truth about the climate the old trees took the first premium at

event the attacks of lie by dusting but when once the lice put in an appear-ance, the poultryman is compelled to take active measures, as the lice must be fought until not a single one remains, Kerosene must not be used on the bodies of the hens, as it will sometimes kill them. For the large body lice, first make him acquainted with it; let him grease the heads, necks, and vents with smell it, touch it with his sensitive upgrease the heads, necks, and vents with a mixture made by adding a teaspoonful of crude petroleum to every gill of lard. Use it warm, so it will spread well. Then dust the hens well with Californian or Persian Insect Powder. Repeat this every third day, and dust every portion of the body, but do not grease the body-only

the head, neck and vent .- American Agriculturist.

Peach Trees and Peaches.

A man who raised 300,000 cabbages last year kept the flea beetles away. He In a special report made by J. M. White to the New Jersey State experipoured a gallon of spirits of turpentine into a barrel of land plaster, and when the plaster was dampened through he spread it broadcast over his cabbage ment station are given in detail investigations concerning peach yellows and the treatment of the trees in New Jersey satch, applying it when the cabbage was by some of the more prominent growers. Numbered with those who related their experiences for this report is Dr. Henry Horses at hard work need special care, both in food and general treatment. They cannot do hard work on grass Race, of Pittstown, Hunterdon County, who has used potash salt and bone for alone and should have a proper ration of the last six years. He has found that oats. An occasional washing, in addiwhen trees bear an excessively large crop tion to currying and brushing, will help they are liable to an unhealthy appearkeep the coat in good order. Use a cot-ton sheet to keep off flics. Water fre-quently and they will not drink to ex-The leaves turn yellow, small reddish shoots start up from the large branches near the trunk, and the wood soon becomes of a dark brownish color. Whether these symptoms represent the specific disease called the "yellows" OF

Clean and sweet stables promote the health of the animals. not, Dr. Race does not pretend to say, but claims that muriate of potash and superphosphate of lime, applied as soon as the crop is gathered, in the quantity of four hundred or five hundred pounds A Queer Fact Concerning the Eyes. "There's lots of advice to be given in gard to the cars of the eyes," remarked an oculist the other day, "and so much has been said and written on the subject to the acre, with good cultivation and

has been said and while to say anything more. There's one thing, howpruning, will prevent this premature decay or arrest it if just commenced. If the fertilizer is withheld till the wood ever, that I've never heard mentioned, and that is in regard to traveling. When a man is on a train he almost invariably has become dark brown, its application may improve the appearance of the tree, but it will never be healthy and vigorous looks at the landscape through the window nearest him. This is a great mistake both for physiological and asthetic T. E. Hunt, of Greenwich, considers it

reasons. In traveling at the rate of forty miles an hour objects present themselves to the sight in rapid succession, and in order to look at them the pupil of the cyc has to undergo very rapid changes. For instance, when you see a house a mile away the pupil is dilated; when the house is 100 yards from you the pupil is He works his orchard until July, plough ing it once and then doing the work with a wheel or Acme harrow. He fertilizes with muriate of potash and bone, using two hundred pounds of potash and three contracted. Now, in traveling, you turn hundred pounds of bone to the acre. This your attention first to an object a mile distant, and next, perhaps, to one twenty feet from the car. The change is made ost instantly, and the pupil does not

have time to dilate or expand, as the case may be. Now, if you look through a window on the side of the car opposite from where you are sitting you will find that this does not occur. The different years, practising clean cultivation and removing all briars whenever these apobjects in the landscape blend and spread out into a slowly moving panorama in-stead of being rapidly whirled past your pear. He fertilizes with kainit and bone, using three hundred pounds of each per acre, applied in early spring, and has no have the comfort of knowing that it has no bad effect upon your sight .-- Chicago

Wm, Redmond, of Jamesburg, has 10,-Herald. 000 trees from two to fourteen years old A German entomologist declares that spiders destroy more insect enemies that of the Southern States. + Chicago Times. ' the Monmouth Fair last season. Mr. | do all the insect-eating birds,

recently paid a visit to the foreign hos-pital for women at Tien-Tsin and showed never go any further than to bring the much sympathy with the poor patients. She ordered her attendants to distribute butter and leave it in granular form. Butter should be worked but little, and money to all alike. The incident is re-garded as noteworthy, as Chinese dignionly office of that little is to liberate aries heretofore have paid little heed to charity. When your horse shies at anything,

this new dispensation,

It is estimated that there are 3,000,000 workingwomen in England, about one-half of whom are in domestic employment. Further, that half the working class families of the land are maintained by the work of women's hands at ridiculously low wages. The British Weekly suggests that jubilee year is a good time to make some efforts looking to a betterment of their condition.

A dainty flower parasol of real blossoms was lately presented to the Czarina by the officers of a Russian corps on regimental fete day. Pale pink roses formed the centre of the parasol, with a border of deep red blooms, while sprays of lillies of the valley hung all around of the edge in a graceful fringe. The arms of the regiment were embroidered on a white satin ribbon knotted around the

ivory handle of the parasol.

The latest fancy in hair dressing is the colffure a la vrai Greque, not high on the head, but drawn in a close coll, rolled under something like a French twist on the back of the head, brushed off the templas and fundamental with temples and forehead, with only a few light curly tresses falling from under a riviere of jewels, or a Greek fillet that just touches the top of the forchead and describes a straight line to the back of the head. The whole effect is very

close, and no additional hair is required.

To Properly Endorse a Check.

Very few otherwise intelligent and edcated people understand how to properly endorse a check payable to their or-der, and few realize the inconvenience they cause by placing their endorsement in an awkward position. An observance of the following rules will enable any body to place the signature in the proper

1. Write across the back-not length

2. The top of the back is the left end of the face. 3. To deposit a check, write "For de-

posit only to credit of -----," and below this write his own name.

4. Simply writing your own name on the back of a check signifies that it has passed through your hands and is payable to bearer.

6. Always indorse a check just as it b. Always informe a check just as it appears on the face. For instance, if the check is payable to "G. Read," in-dorse "G. Reed;" if to "George F, indorse "Geo. Read;" if to "George F, Read," indorse "George F. Read," If the spelling of the name on the face of the check is wrong, indorse first just as the face appears, and below in the prop-

6. If you wish to make the check pay able to some particular person, write "payable to or order _____" In England all checks are payable

to bearer, but in this country all stratgers presenting checks for payment must be identified by some one known to the bank. - Commercial News.

A may truthfully be said that their action upon the system is somaction of the remedial power of these Pellete's Pleasant Purgative Pellets. In ex-planation of the remedial power of these Pellete over so great a variety of diseases, soid by druggists, for 55 cents a val. Manufactured at the Chem-cal Laboratory of Wontrob Disease are manufactured at the Chem-Sold by druggists, 1 feal Laboratory of Buffalo, N. Y. for 25 cents a vial. Manufactured at the Chem-WORLD'S DISPENSARY MEDICAL ASSOCIATION,

1 take one or two 'Pellets,' and am relieved of the heads Mrs. C. W. BROWN, of Wapakoneta, Ohio, navs: "Your 'Pleasant Purgative Pellets' are without question the best enthantic ever sold. They are also a most efficient remedy for torpor of the liver. We have used them for years in our family, and keep them in THE BEST

CATHARTIC. the house all the



SYMPTOMS OF CATARRH.

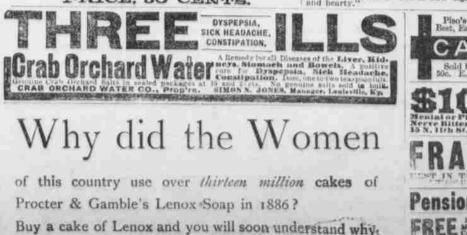
Dull, heavy headache, obstruction of the massi personase, dis-charges falling from the bead into the threat sometimes pro-pursient, bloody and putrid: the eyes are weak, watery, and infammed; there is ringing in the ours, defines, hakking or coupling to clear the threat, expectration of offensive matter, forether with scales from ulcers; the voice is changed and has a masi twang; the breath is offensive; smell and taste are im-naired; there is a sensation of diziness, with mental depression, a hacking cough and general debility. However, only a few of the above samptoms are likely to be present in any one ones, with out of cases annually, without mainfesting half of the above symptoms, result in consumption; and end in the grave. No discuss is so common, more deceptive and dangerous, two discuss is so common, more decentive and dangerous. By its southing, and healing properties.

DR. SAGE'S CATARRII REMEDY

CURES THE WORST CASES OF

SOLD BY DRUGGISTS EVERYWHERE. PRICE, 50 CENTS.

Catarrh, "Gold in the Head," Coryza, and Catarrhal Headache.



UNTOLD AGONY FROM CATARRH. Prot. W. Harssen, the famous memory ist, of *libeca*, N. F., writes: "Bome ten by cars ago I suffered untoid agony from chronic massi catarrh. My family physi-chronic massi catarrh. My family physi-can gave me up as inclurable, and said I must die. My case was such a bad one, the every day, towards subset, my voke would become so hearse from the provide the subset. In the morning my cough-ing and clearing of my threat would almost strangle me. By the use of Dr. Sage's catarrh Remedy, in three months, I was a well man, and the cure has been permanent." that a

CONSTANTLY HAWKING AND SPITTING. The Superstantian and the second second

Eta Rommes, Rummen P. O., Columbia Co., PG., says: "My daughter had catarrh when she was five years old, ery badly. I saw Dr. Sage's Catarrh Romedy advertised, and protured a botils for her, and soon saw that it helped her: a third buttle effected She is now eighteen years old and sound THREE BOTTLES CURE CATARRH.

