

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 Exercise.

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 stout," says Brillat-Savarin in his fragmentary chapter "On Leanness," from which, however, the following sentence is worth citing: "Men fatten sheep, calves, oxen, poultry, carp, crayfish, oysters; and hence I derive the general maxim: Whatever eats can be fattened, provided the food is well and suitably chosen."

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 eat. Hence, to increase your weight eat cakes, puddings, syrup, honey, candy and pastry, always taking care that it be crisp and digestible, for indigestible food is a chief cause of leanness. New England piecrust is probably responsible for the appearance of the typical gaunt Yankee. Other fattening articles of food are tender lamb, salmon and eels, 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 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 nourishes the system and rounds the bodily contour.

Bismarck's private physician, Dr. Schweininger, 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 mouth, 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 three-fourths of the indigestion and consequent leanness prevalent in this country.

Mountain tourists know that ice water never quenches the thirst. Yet we constantly pour 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 the ice.

(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-glu-ton. 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 with twice as much air as you commonly inhale, exhaling it again as slowly. This purifies the blood and stimulates the appetite. Frequent warm baths before retiring, or cold sponge baths in the morning, followed by brisk friction with a coarse towel, have the same effect.

(3.) Rest. Exercise is commonly prescribed as a means of reducing one's weight, and a brisk and unceasing exercise does have this effect. But moderate exercise is an antidote against leanness, because it stimulates the appetite, and thus more than atones for the loss following muscular movement. Besides, if exercise is altogether avoided, there is danger of losing grace and symmetry.

Brain-rest is especially indicated in the case of those who object to leanness. Moderate brain-exercise, however, essential 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 torment you after retiring, and thus to pass sleeplessly into your dreams. Eight hours of dreamless sleep, in a well-ventilated room, form the most potent cosmetic known to man or woman—the straightest road to plumpness and beauty.

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 gross 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 drinking 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 bottle of water, and place this, with another bottle containing water only, in a warm room for eight days; in the first 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 to sing 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 wastes away, although equal to the demands of routine existence, is unable to withstand the sudden emergency. So, when a man of work is unexpectedly thrown into his unprepared state, the worst sequences of what may be called nervous show themselves. Similarly, a man accustomed to sedentary pursuits is liable to be physically injured by taking suddenly too violent exercise. Dr. Farquharson further says that so long as a brain-worker can sleep well, eat well, and take a fair proportion of out-door exercise he is safe to keep on. When any of these conditions fail it is time to cry halt.

Southern Pine Hills of the South. 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 in invalids and wealthy people in the North and West would winter in these Southern pine hills and on the gulf shore if they knew the honest truth about the climate of the Southern States.—Chicago Times.

FARM AND GARDEN.

Thorough and Frequent Cultivation.

The advantages of thorough and frequent cultivation are apparent under all circumstances. In dry weather the fine, loose soil makes a non-conducting covering 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 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 expansion and contraction alternates.

With the more decaying vegetable matter in the soil, the more moisture is absorbed from the night dews and the more oxidation and vitrification goes on as this moisture and heat are absorbed by the porous surface. Never mind how clean and clear of weeds the soil may be; killing weeds is only a side issue in the work of summer cultivation of crops.—New York Times.

Poultry Hints.

Confine the old hen in a coop placed near the garden, and see what havoc the chicks will make among the insects. Work quietly and gently among your fowls. Never allow them to become frightened. Never allow a strange dog on the place.

Charcoal has an important cleansing influence on the fowl's system, and is especially valuable when fed to the laying hens during the winter season. Dampness is fatal to young turkeys, and causes greater loss than anything else. The essentials to success are nitrogenous food, warmth, dryness and frequent feeding.

It is not so much the little red mites in the hen-house that do the damage to poultry as the large gray body-lice, which work on the head and neck. Look closely for them, as they do not leave the body of the fowls. The sleepy disease in chicks, drooping spirits in the hens and failure to lay, though well fed and in apparent health, may be traced to the large lice on hens.

Ducklings grow faster than chicks, and with proper care are ready for market at the age of from eight to ten weeks. The eggs hatch well, requiring no turning, and an airy-corn days in hatching. They require much the same food as chicks, but require more meat, and their nature demands fresh and raw articles mostly. They do not require water until they are well feathered, except for drinking, nor must they even get wet.—American Commercial-Gazette.

Fighting Poultry Vermin in Summer.

Frequently the most difficult work of the poultryman is that of ridding the premises of vermin. Most persons do not become aware of the presence of vermin until the little red mites are seen in myriads. These can easily be destroyed by using proper methods. The great scourge of poultry is not the mites, but the large body-lice that hides at the base of the feathers, on the head and neck. As they are only found there on the fowls, an examination of the quarters does not reveal them. They may be busily at work on the birds. When the hens seem to droop without apparent cause, the chances are that a close examination on their heads and necks will reveal swarms of these lice. Little chicks, especially those that feather very rapidly, such as Dorkings, Games, and Leghorns, will soon succumb to large lice, and often the cause will be ascribed to something else.

To prevent lice on fowls, the best thing is the dust bath, which must consist of fine dry clay or coal ashes. If the quarters are kept clean, the hens will prevent the attacks of lice by dusting, but when once the lice put in an appearance, 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 grease 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 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 Agriculturalist.

Peach Trees and Peaches.

In a special report made by J. M. White to the New Jersey State experiment station are given in detail investigations concerning peach yellows and the treatment of the trees in New Jersey by some of the more prominent growers. Numbered with those who related their experiences in this report is Dr. Henry Race, of Pittstown, Hunterdon County, who has used potash salt and bone for the last six years. He has found that when trees bear an excessively large crop they are liable to an unhealthy appearance. 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 "yellows" or 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 to the acre, with good cultivation and pruning, will prevent this premature decay or arrest it if just commenced. If the fertilizer is withheld till the wood has become dark brown, its application may improve the appearance of the tree, but it will never be healthy and vigorous again.

T. E. Hunt, of Greenwich, considers it of great importance that only healthy trees be set out and also that the orchard be well cultivated and cleared of briars. He works his orchard until July, ploughing it once in doing the work with a wheel or Acme barrow. He fertilizes with muriate of potash and bone, using two hundred pounds of potash and three hundred pounds of bone to the acre. This orchard occupies ten acres and the majority of the trees are in good condition.

Isaac M. Smally, of Rowdstown, has been using kainit and bone for five years with satisfactory results. He has 3,500 trees set on corn ground, and he crops among his trees with corn the first two years, practicing clean cultivation and removing all briars whenever these appear. He fertilizes with kainit and bone, using three hundred pounds of each per acre, applied in early spring, and has no yellows.

Wm. Redmond, of Jamesburg, has 10,000 trees in fruit in his country and is in healthy condition. Peaches from the old trees took the first premium at the Monmouth Fair last season.

A German entomologist declares that spiders destroy more insect enemies that do all the insect-eating birds.

NEWS AND NOTES FOR WOMEN.

The old-fashioned sandal is re-established in favor for ladies' wear.

The rage for two colors extends even to passementerie ornamentation for dresses and mantles.

A novelty which is likely to prove invaluable for wearing during outdoor pursuits is mittens of light calf leather.

A new silk glove is long enough to go over the sleeve, and so trimmed with bows 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 below.

A much favored ornament of the moment consists of necklaces of passementerie composed of several graduated rows.

The long redingote polonaise is much favored for all costumes for walking and morning wear, and many variations of it are seen.

Homespun costumes usually have a decoration of hussar braid and buttons extending from the top to the edge of the skirt.

Coarse homespun clothes are still worn, the newest showing broad stripes of colored fluffed 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 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 when the dress is afterward worn at balls.

The Princess Mamour, of Iseail, is a very extravagant young potentate. She is up to her jeweled ears in debt, and yet she thinks nothing of paying \$500 for a pig.

The once ugly waterproof has developed into an elegant garment in wool or silk of fashionable pattern and color, and is a very desirable addition to a lady's wardrobe.

When belles travel they more and more take what may be called aggressive costumes. Enveloping cloaks are made of pronounced plaid, and sometimes a skull cap is worn to match.

Mrs. Stephen Morley, a Montreal woman of wealth, kept over 200 cats in her house. The board of health raided her, and she lost her pets. Now she is suing the board for damages.

Skirts made of fancy stuffs, with which different overdrapes may be worn, are fashionable. The draperies are usually arranged high, leaving the skirt the conspicuous feature of the costume.

In scarfs nearly every style now seems to be worn, including China crepe, India silk and cashmere, plain and embroidered. However, the Spanish lace scarf still continues not only staple, but the favorite.

For silk and wool combination dresses contrasts of color are again seen, with fine, soft camel's hair for the waists and drapery over a silk skirt of Ottoman, Bengaline, faulle Francaise or any good repped silk.

Miss Annie Thomas, of Billings, Montana, is the busiest woman in that busy territory. She conducts a 6,000-acre ranch, looks after a valuable timber property and has an interest in two paying mines near Butte City.

Very elegant looking costumes have plain but ample draperies, which are artistically fastened here and there with aggraffes of old silver. These pretty ornaments are also seen upon the crowns and brims of stringing bonnets and large hats.

London photographers encourage the idea of American women being presented to 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 this new dispensation.

The wife of the Viceroy Li, of China, recently paid a visit to the foreign hospital for women at Tien-Tsin and showed much sympathy with the poor patients. She ordered her attendants to distribute money to all alike. The incident is regarded as noteworthy, as Chinese dignitaries heretofore have paid little heed to charity.

It is estimated that there are 3,000,000 workmen 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 parol 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 core in the parol, with a border of deep red blossoms, while sprays of lilies of the valley hung all around 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 parol.

The latest fancy in hair dressing is the coiffure a la vrai Greque, not high on the head, but drawn in a close coil, rolled under something like a French twist on the 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 forehead 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 educated people understand how to properly endorse a check payable to their order, and few realize the inconvenience they cause by placing their endorsement in an awkward position. An observance of the following rules will enable anybody to place the signature in the proper place:

1. Write across the back—not lengthwise.

2. The top of the back is the left end of the face.

3. To deposit a check, write "For deposit only" on the front, and "I have deposited this check in my account with the bank" on the back.

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.

5. Always indorse a check just as it appears on the face. For instance, if the check is payable to "G. E. Read," indorse "G. E. 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 proper way.

6. If you wish to make the check payable to some particular person, write "payable to—order"—

In England all checks are payable to bearer, but in this country strangers presenting checks for payment must be identified by some one known to the bank.—Commercial News.

Stroke Symptoms and Treatment.

When during the heated term one who has been exposed to the sun's heated 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 immediately retire to a cool place, making use of some simple restoratives, such as aromatic ammonia, etc., he may be spared 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 of some writers.

Those who are exhausted by the heat have a cool, moist skin, a rapid, weak pulse and respiration movement and the pupil is dilated. In fact, the symptoms are those of collapse. These patients will probably recover promptly, an event which may be hastened by the use of a tonic and restorative treatment.

Those who suffer from heat apoplexy frequently become unconscious at the onset. The heart and breathing apparatus is not markedly disturbed, and the pupil remains normal, but the patient becomes stupor and the arms on the side of a fatal termination. An artery has been broken in the brain, and the poured out blood pressing on the nerve centres brings about the fatal event. A treatment calculated to draw the blood from the brain to the extremities—hot foot-baths, bleeding, etc., promises to be the most useful in such cases.

The thermic fever patient is unconscious and convulsed, and his body temperature may be 108 to 110 degrees Fahrenheit—that is, ten degrees above normal. The skin of this patient feels as though it would burn your hand when laid thereon. In this case the thorough and prompt application of cold is needed. Ice to the head and cold water to the body generally will be in order. Medical advice should be promptly had in either of the two cases just referred to. Complete recovery from sun-stroke is rare, the brain being permanently crippled in many cases. Residence in a cold climate affords some hope for such patients.—Philadelphia Times.

Jim Ponce, of St. Augustine, Fla., going through the woods heard tremendous squawks, yells and roars, and, cautiously investigating, came upon a seven-foot panther fighting with an alligator, which had the panther fast in its ponderous 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 killed the ungrateful beast.

An Offensive Breath is most distressing, not only to the person affected if he have any pride, but to those with whom he comes in contact. It is a delicate matter to speak of, but it has passed not only through the lips of many a gentleman, but the worst cases, as thousands can testify.

COMMUNITIES are best in the proportion in which money is diffused through the whole range of population.

Especially to Women.

"Sweet revenge especially to women," said the affable, but malicious, Lord Byron. Surely he was in his last humor when he wrote such words. But there are complaints that only women suffer, that are curable by means of them down to early graves. There is hope for those who suffer, no matter how sorely, or severely, in Dr. W. B. Pierce's Favorite Prescription. Safe in its action it is a blessing, especially to women and to men, too, for whom women suffer. The household is made happy by the success of these three alone lead life to sovereign power.

Organic weakness or loss of power in the stomach, liver, kidneys, bladder, and permanently cured. Eucalypti 10 cents in stamps for book of particulars. World's Dispensary Medical Association, Buffalo, N. Y.

Two lions in a menagerie in Cornwall, England, lately died of excessive heat.

"ROYAL GLEE" mends anything! Broken Chills, Glass, Wood. Free Vials at Druggists & Grocers. Attested by Dr. Isaac Thompson's Eucalypti at \$1.00 per bottle.

No Quins in Druggists' Cures for Consumption. Cures where other remedies fail. 25c.

Warm Weather.

Of an excess of heat, feeling and dizziness, and in the waning condition of the system disease arising from impure blood is liable to appear. To get relief, to overcome disease, and to purify the blood, use the blood-purifier, Dr. W. B. Pierce's Sarsaparilla, which is peculiarly adapted to the needs of this season.

"When I took Hood's Sarsaparilla that braves in my stomach left the dizziness in my head, and the stomach dependent feeling disappeared. I began to get stronger, my blood gained better circulation, the coldness in my hands and feet left me, and my kidneys were cured. I feel better than I have for years."—W. B. Pierce, Attorney at Law, Buffalo, N. Y.

Hood's Sarsaparilla.

Sold by all druggists. 81¢ per bottle. Prepared only by C. H. HOOD & CO., Apothecaries, Lowell, Mass.

100 Doses One Dollar.

COCKLE'S ANTI-BILIOUS PILLS.

THE GREAT ENGLISH REMEDY FOR LIVER, BILE, INDIGESTION, ETC. Free from Mercury, contains only the most valuable ingredients. Agents: A. C. H. HENNING, New York.

DR. BAIRD'S GRANULES.

REGULATE THE BOWELS, PURIFY THE BLOOD, CURE DYSPERSIA, PILES, MALARIA, HEAD-ACHES, ETC. (Parody.)

The patient writes: "I had this ever since I regulate the bowels. Cannot too highly praise my friends for this. They are so good, that I never get any more of this. I am cured of a severe attack of piles and hemorrhoids. As they are no larger than a small red pill, 20¢ per box, 5 boxes \$1.00 of druggists or by wholesale postage prepaid. Trade supplied by wholesale.

DR. W. M. BAIRD, Physician and Surgeon, Office Washington St., Room 21, Home Assembly, ex-Prosperity Washington, N. Y., Board of Health, ex-Country Physician, N. Y., ex-Physician, N. Y.

Another: "I was cured of a severe attack of piles and hemorrhoids. As they are no larger than a small red pill, 20¢ per box, 5 boxes \$1.00 of druggists or by wholesale postage prepaid. Trade supplied by wholesale.

THY THEM AND YOU WILL BE CONVINCED.

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ROUCH-RATS.

This is what killed your poor father, Rhin. It is a disease that is spreading all over the world, and is killing thousands of our people. It is a disease that is spreading all over the world, and is killing thousands of our people. It is a disease that is spreading all over the world, and is killing thousands of our people.

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