

SWAMP-ROOT

LOSS OF APPETITE, SICK READACHE, IWDIGESTIOM, dizzy feelimgs, BILIOUSHESS, TORPID LIVER, DYSPEPSIA, $-$


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## Do You Wish the Finest Bread and Cake?

## It is conceded that the Royal Baking Powder is

 e purest and strongest of all the baking powders. The purest baking powder makes the finest, sweet t, most delicious food. The That baking powder which is both purest and strong Why should not every housekeeper avail herself of the baking powder which will give her the bestAvoid all baking powders sold with a gift or prize, or at a lowor price than the Royal, as they invariably contain alum, lime or sulphuric acid, and render the food unwholesome. Certain protection from alum baking powders can be had by declining to accept any substitute for the

Cleanliness is Mae Pride, Dirl's Mas Monesty," GomSA'OL'O

| Floridn shipped he: first phosphato <br> in 1889 and in 1891 mined 181,548 <br> tons. Algiers and Tunis have nowly found phoophate depmits away from <br> rail or water communication estimated <br> at $15,000,000$ tons, and Nelson Connty, Virginia, has a small aren of high graido <br> phosphato ten miles from rail. |  |
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"German Syrup"

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PILGRIM SPRING BED

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