A Remedy for Sprains.

Dr. N. W. Cady regards the following as an infallible remedy for sprains:
A half hour's douching with water at a temperature of 120 degrees, and the fixation of the joint by a splint on the flexor side of the joint, or upon the extensor side, if that be more convenient.

Medical Record -Medical Record.

Five Cherryfield, Maine, canning establishments have put up \$75,000 worth of blue-berries this year.

It has been proved that the recent epidemic of smallpox in British Columbia came from China.

How's This?

We ofter One Hundred Dollars reward for any case of catarrh that cannot be cured by taking Hall's Catarrh Curs.

F. J. Chenry & Co., Props., Toledo, O., We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions, and financially able to carry out any obligations made by their firm.

West & Truax, Wholesale Druggists, Toledo,

WALDING, KINNAN & MARVIN, Wholesale
Druggists, Toledo, O.
Hall's Cenarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free.
Price 75c, per bottle. Sold by all druggists.

Have You Asthma?

Dr. R. Schiffmann, St. Paul, Minn., will mail a trial package of Schiffmann's Asthma Cure free to any sufferer. Gives instant relief in worst cases, and cures where others fall. Name this paper and send address.

BEECHAM'S PILLS cost only 25 cents a box. They are proverbially known throughout the world to be "worth a guinea a box."



Mr. David M. Jordan Colorless, Emaciated, Helpless

A Complete Cure by HOOD'S SARSA-PARILLA. This is from Mr. D. M. Jordan, a re tired farmer, and one of the most respected citizens of Otse 20 Co., N. Y.
"Fourteen years ago I had an attack of the gravel, and have since been troubled with my

Liver and Kidneys gradually growing worse. Three years ago I got down so low that I could scarcely walk. Looked more like a corpse that a living being. I had no appetite and for 5 weeks I ate nothing but gruel. I was badie maciated and had no more color than a marble statue. Hooked more color than a marble statue. Hooked hat I would try it. The second of the statue of the bladder had subsided, the color began to return to my face, and I began to feel hungry. After I had tax is a statue of the statue of th

Hood's Sarsaparilla

I feel well and am well. All who know me marvel to see me so well. D. M. JORDAN. Hood's Pills are the best after-dinner Pills, as-sist digestion, cure headache and billousness.

RADWAY'S PILLS,

LOSS OF APPETITE. SICK HEADACHE. INDIGESTION. DIZZY FEELINGS. BILIOUSKESS, TORPID LIVER, DYSPEPSIA.

erties they stimulate the liver in the secretion of the bile and its discharge through the billary ducts. These pills in does of from two to four with the regulate the secret. One or two of Eadway's Pills, taken daily by those subject to billous pains and tor-pidity of the liver, will keep the system regular and



GREAT KIDNEY LIVER AND BLADDER

Pain in the Back,

Kidney Complaint, Urinary Troubles.

Disordered Liver,

Guarantee-Use contents of one listit, if hot besefted, Druggists will refund you the price paid.

At Druggists, 50c. Size, \$1.00 Size.

Invalide Guide to Health! free Consultation free.

DR. KILMER & CO., HENGELSPON, N. Y.

CURES RISING : BREAST :

"MOTHER'S FRIEND" is the greatest blessing ever offered child-bearing woman. I have been a mid-wife for many years, and in each case where "Mother's Friend" had been used it has accomplished wonders and relieved much suffering. It is the best ramedy for rising of the breast known, and worth the yide for that alone.

Mrs. M. M. Bluster, Montgomery, Ala.

ss, charges prepaid, on receipt BRADFIELD REGULATOR CO., ATLANTA, GA.



A good way to tell when to use ne rom the cow is to bring a sample oil and if it curdles then do no use it, but if it remains limpid it is all right. This test should be used always before sending milk to the factory, though perhaps it is not so important when the milk is peddled on a route, though this colostrum tends to save the milk in warm weather.—American Dairy-

Why do not farmers who have large amounts of apples that do not pay for drawing long distances to market try the plan of turning some of the surplus into apple butter? It requires considerable labor, as it is a branch of manufacture; but the farmer who has invested labor in this way is surer to get pay for it than he is for most of his work on the farm. As far as possible the farmer farm. As far as possible the farmer should put the product of his farm in the form where it will bring him most money, and if he thereby turns his farm at some seasons into a factory he may be none the less prosperous .- New York

AN ELECTRIC INCUBATOR.

A novelty in the hatching of eggs has appeared in the shape of an electric incubator. The special feature of this machine is that the heat of the egg drawer is automatically regulated to the fiftieth part of a degree Fahrenheit. It consists of a tank incubator, heated hy consists of a tank incubator, heated by radiation from the bottom of a water tank, which is constructed on the multitubular system. When the egg drawer reaches the temperature of 104 degrees Fahrenheit an electric thermostat connects a dry battery with an electro-magnet which actuates a damper, allowing the heat to escape through the open air instead of passing through the flues of the water tank. This entirely automatic device is said to effect a saving of thirty per cent. in the fuel used for heating.—Boston Transcript.

COWS IN WINTER.

Feed to a considerable extent deter mines the quality and quantity of the milk and butter. It does not pay to keep a cow on half rations and hardly get a good milking at any time during the winter. In most cases both the milk and butter are of more value during the winter than at any other time, and generally enough more to make it worth while to give the cows good treatment during the winter. They must be fed enough to live, at least, and they ought to have enough to keep them thrifty, as there is no advantage in letting them run down during the winter and then be obliged to take the best part of the spring to make up what has been lost.
A little additional feed will not only keep them thrifty, but in many cases in sure a good flow of milk, and this implies a profit rather than a loss, as is so often the case when the cows are fed on the plan of barely keeping them alive through the winter.—St. Louis Repub-

THE CISTERN RESOURCE.

THE CISTERN RESOURCE.

'How much will your cistern hold?'
I asked a friend, relates Hollister Sage.
'Oh, half a dozen hogsheads or more.
It cost me \$20." Twenty dollars for an unfailing supply of water which is never contaminated by soil-leachings! Cheap enough if the cistern be well made and lasts for twenty years, a reasonable time frequently exceeded. How many farms are considered almost worthless because poorly watered, and if one or more cisterns were put in—the work can be done by any farmer—drouths would be tided over and no trouble made. I have now in mind a place where the only now in mind a place where the only source of supply is a well which fails on the first provocation. It is offered low. Another place near it, and also poorly watered, has a spacious cistern under a DYSPEPSIA.

DATE: the statement of the farmhouse has been burned, the farmhouse has been burned, the place is still held at over \$100 per acre. A lane leads from the pasture to the farmyard, where a trough is kept full constantly by use of a pump. The thirsty herd comes up for food and shelter. In the West, even in many shelter. In the West, even in many cities, cistern water gives the sole supply. The cleanly house-owner pumps dry his supply reservoir and has it cleaned thoroughly before the autumn or April rains begin. As soon as this is done the cistern is allowed to fill, closed tightly and kept so for the year. Fresh, copious water of spring lasts until the earth is sprinkled, the fall dust laid and all the leaves blown away, when, if the all the leaves blown away, when, if the supply be short, the great distillery of the heavens is again allowed to pour in a sufficiency.—New York Tribune.

PLANTS FOR WINTER.

The fall is the time for preparing those plants that are chosen to brighten the home with leafage and bloom during the winter. The first point to be considered is the choice of the plants. Young breathing plants are always to be preferred rather than those that are exhausted with blossoming during the summer. It seems almost heartless to leave tall, thrifty plants to the mercy of the frosts, but not only their prolonged blossoming has weakened them, but their rapid growth under summer suns has rendered them less hardy. Feeble plants should never be taken into the window garden unless it be to save some indow garden unless it be to save some favorite species.

Examine the earth carefully and see

Examine the earth carefully and see that it is free from insects and grubs. It is a good plan to put panfuls of loamy garden earth and leaf mold mixed into the oven, and bake it haif an hour. This will kill all insects, and when the earth is cool is is ready to use. Cut off all water-soaked roots, and then press the earth firmly around the plants, using always the common red earthen pots

during the winter those with gay-colored blossoms need all the sunlight they can have, and for them a south window is the best. A southeast window is the next most desirable, then a western window, while a north light is worst of

all.

There are a few plants, like pansies, primulas and cornelias, that like the shade and thrive in northern light, and a northern window is useful to place blooming plants in from time to time, thus prolonging the short life of the sprays of

flowers.

The best success in indoor plant growth

flowers.

The best success in indoor plant growth comes from a uniform temperature of fifty to sixty degrees at night and from sixty to seventy-five degrees during the day. A higher temperature is only needed by semi-tropical flowers.

Plants not only need a cooler temperature in the night, but also darkness, and it is neglect of this fact that is one of the causes of the lanky growth of house plants. Shield plants with newspapers in the evening if the gas in the room is lighted. The paper will keep both heat and light from the plants.

Another cause of spindling growth is lack of air. Plants shut up in the house get sensitive, and are liable to suffer if there is a sudden fall in temperature, but if they are given plenty of fresh air daily, unless the day is very inclement, the plants will thrive and be sturdy.

Do not open a window directly on plants in winter weather, but rather let the fresh air filter in more gradually through a distant door or window.

Plants in windows should be sturned.

through a distant door or window.

Plants in windows should be turned once or twice a week. A fine form, which is half the beauty of a plant, cannot be attained without this. Plants should also be shielded from the dust which arises in sweeping and dusting

rooms.

A newspaper is suitable to prevent the settling of dust over them, but this care is not enough. Each plant must be washed thoroughly and frequently to keep its pores unclogged, for plants breathe through them. They cannot grow if their means of inhaling carbon and exhaling oxygen is taken from them. Showering plants over a tub or sink is a good way to remove dust, but hold the good way to remove dust, but hold the plant sidewise, so both sides of the leaves will be reached by the water. Large plants which cannot be easily moved should have their leaves washed gently with a sponge on both sides.— Boston Globe.

FARM AND GARDEN NOTES. Hens that are crowded will not lay. Hens will not lay when shivering with

Do not change all the old hens for young pullets. Dispose of any old hens you do not

wish to winter. The size of the sheep should be gaged to suit the pastures.

Cornmeal and bran with milk is good feed for ducks

The manure from the pig is valuable in proportion to the food consumed. Use nothing but pure bred males, no matter how your flocks may be made up. Fruits and flowers have been rightly

called "children of the light woven from sunny air." Bear in mind that the sooner the hens pass the moulting season the sooner they pegin laying.

Do not risk too many flocks together. mall flocks carefully tended will give the best results.

You cannot afford to buy all your home supplies, no matter how big crops you grow to sell.

No one can afford to buy manure un-til he has first made use of every pound produced at home.

A small herd of cattle well fed will ay better than a large one that just pulls through."

Young hens and the early pullets will bring more money now than as "old roosters" next spring.

During the winter it is quite an item to arrange so that the fowls can have as

much sunlight as possible. What is a good sheep? It all depends on what the sheep is wanted for and the man who takes care of it.

Stick to the breed that you have done

well with. Improve and build it up rather than let it fall back. When a sheepman finds occasion for grumbling it would be well to quit the

business and try something else. Give the young pigs plenty of succulent food. A slop made of bran and potatoes makes an excellent food.

No mercy should be shown to the dog that rushes out and barks at a passing team. He should be shot at sight.

If you have no extra feed do not buy lot of stock this fall because it is

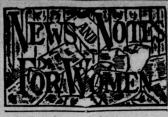
Using ewes that have borne twin lambs, raising young ewes from twins and using rams that were twins, have given good results in increasing the proficiency of the flocks.

The Wisconsin experiment station says that 100 pounds of sweet whey is worth seven cents as a promoter of flesh and health in calves, but sour whey is not worth anything. This is a pointer that may be followed to advantage.

the earth firmly around the plants, using always the common red earthen pots with separate saucers for each pot.

Keep repotted plants in a shady place for a week or so, until the roots are well settled in their new homes. Do not let these plants bloom for a month or two, but pinch off all buds, that the strength of the plant may be concentrated in the roots, in order to produce a new, vigorous growth of branches.

In choosing the windows for plants



Corduroy is again in favor All the jackets are quite long.

Sable is always of extreme elegance The bell skirt is having its knell rung. The Puritan is a quaint little bonnet. Passementerie trimming are more than

ever in vogue. There are 1000 men to every 706 wo men in Greece.

Queen Victoria's new dining room a Osborne cost \$100,000. There are seven women in the pharmacy department of the Kansas Univer-

Free drawing schools for girls were first organized in France by Rosa Bon-

The costliest dresses in the world are said to be worn by the women of Su-

Miss Braddon, the English novelist, has one hobby—the collection of old china. Bret Harte's young daughter, Jessamy, is taking after her father in the literary

Mrs. C. P. Huntington, of San Francisco, Cal., has the costliest ruby in this country. At forty-eight, the Princess of Wales is said to look like a woman of half

those years. Of the public school teachers in the United States more than sixty-five per

cent. are women. A beautiful bare foot is almost unknown. We have to thank the fashionable boot for this.

The women of to-day average two inches more in height than they did twenty-five years ago. Some rich new silks are woven with

steel or other metals glittering throughout, and wonderfully effective. Mrs. E. Burd Grubb has been elected ensign of her husband's old regiment, the Twenty-third New Jersey.

Miss Maude Stone, of Cincinnati, is to be married. This is the young lady after whom Maud S. was named.

The Czar of Russia has granted \$500, 000 for the establishment of a medical school fer women near St. Petersburg.

An American physician, Mrs. Darr, is named as having "built up a large and profitable practice" in Dresden, Germany. The Western Michigan Diocese has decided that hereafter, at all vestry meetings, women may vote for vestry-

Miss Elizabeth Deering Hanscom was among the first women to enter Yale's open door. She is going to study for the Ph. D. degree.

Miss Anna Haydn Webster, the advo-cate of Greek art in modern dress and manner, will go abroad this month to spend a year in Greece.

The legacies left by the late Mrs. Emily T. Eckert, of Philadeiphia, to charitable and religious organizations of that city amount to \$614,000.

Rose-colored veils are suggested as be-coming for winter wear, adding one more to the long list of colors permissi ble nowadays in face coverings. Women will do well to substitute some other neckwear than feather boas to

wear in high winds. A strong breeze makes them "moult" disastrously. Mrs. Mary Cowden Clarke, is eighty two years of age, lives in her own villa at Genoa, Italy, and still often does some literary work with all her early enthusi-

Miss Harriett Monroe, the author o the World's Fair ode, emboldened by the success of her first poetic venture, is going to write a whole volume of rhymes.

The most highly valued gift at the Queen of Denmark's golden wedding was a crown of golden wheat ears and clover, bought with the pennies of 10,000 school children.

Mahala Buckwalter, Ella N. Dealing, Clara M. Hicks, Sarah E. Pike and Genevieve Bates were recently ordained deaconessess of the Methodist Church at Calvary Church, New York City.

Mrs. Elizabeth Preston Brown Davis is a young Southern woman who has won distinction at Washington as an accomplished mathematician. She is reckoned among the first in this coun-

effects are produced in the combination upon handsome evening dresses of the most delicate creamy laces or embroid-ered gauzes, with dark garnet, mulberry, old maroon, golden olive or black vel-

vets.

The Brooklyn (N. Y.) Hospital for Women and Children has a board of sixty women managers and a hospital staff of twenty-two women physicians. It is the only hospital in Brooklyn where women are permitted to practise. It has in connection a training school for nurses.

In honor of Queen Isabella appear hats, wraps, slippers, and jewels arranged in antique patterns, and among the most elegant of autum bonnets of black velvet are those called the queen, trimmed with the sofest and most delicate of yellow Isabella roses and jet aigrettes.

Miss Ruth Gentry, who won the fellowship in higher mathematics of the Associated Colleges, is pursuing her chosen study at the University of Berlin, which no German women has ever succeeded in entering. Miss Gentry is a pretty Western girl, pale and quiet, and of the most unassuming presence.

The French Minister of Public Instruc-tion has decided to preserve the home of Joan of Arc in Domremi as a museum in which to illustrate her history. It will contain models of the various statues raised to her memory, copies of the paintings showing various scenes in her life, and the pictures of her which are in the Panthe

Who doesn't remember when our grandmothers were what was known as "congress gaiters." The smartest shoemakers are now displaying ladies's boots with patent-leather vamps extending all around, and uppers of cloth, in which are set rubbers to permit the shoe to be slipped on. It is only the "congress gaiter" revived, and yet they are new!

HOUSEHOLD AFFAIRS

All kinds of raised bread or cake rise much quicker in a kitchen in the day time when the kitchen is warm, than at night, when the fire is out. Therefore five or six hours in the day are equal to twelve hours at night. In cold weather anything made with yeast should be made early in the evening, that it may get started to rise before the kitchen is cold. Some housekeepers keep a piece of an old ironing blanket, kept clean, to feld and lay over the cotton or linen bread cloth, to keep the bread warm while rising.—Boston Cultivator. RAWE BREAD DURING DAYLIGHT.

Take a mixture of red, green and yellow peppers, cut off the tops and remove the seeds, throw them into brine sufficiently strong enough to float an egg, and stand aside for twenty-four hours; and stand aside for twenty-four hours; then drain and wash them, put the peppers carefully into stone jars, sprinkle a layer of salt over each layer of peppers. When the jar is full put two or three cabbage leaves over the top, then a small saucer to keep them in the brine; stand in the cellar until needed. The day before you wish to use them take a sufficient number from the brine and soak them over night in cold water. soak them over night in cold water. They may then be stuffed with a mixture of meat and rice or rice and tomatoes.— New York World.

COMFORTS FOR SERVANTS. Certainly the hardest working woman in the house should have at night as comfortable a bed as anyone, but very often this is not the case even in luxoften this is not the case even in luxurious houses, a springless cot being thought good enough for the girl's room. Though in a city home, the room of the maid-of-all-work is a small hall bedroom on the top floor. This may still be neat, even fine in its appointments, with dainty spreads, convenient toilet articles and a whole looking-glass. There should be a bureau of some description, with a draw reserved for her towels and bed linen, so that she need not call on the mistress for these things common enough in the rest of things common enough in the rest of the chambers, but luxuries here. A very good way to appreciate a girl's weariness by those who seem never to dream that she can get tired, is to try dream that she can get tired, is to try some day to take her place. After getting thoroughly tired out with half the work undone, the mistress begins to understand what day after day of domestic toil means. When on Tuesday an ambitious girl is hurrying to complete a large ironing in one day, it is hardly fair to call on her repeatedly to descenting else, as often happens do something else, as often happens when there is only one servant.—Detroit Free Press.

CHEMISTRY OF THE BAKED POTATO.

Usually the first vegetable prescribed by the physician for the sick person wao is beginning to use solids is a baked potato. A baked potato, however, may be no better than a boiled unless it be done in so high a temperature that the starch is affected. Boiled potatoes cannot be subjected to a higher temperature than 212 degrees. Fahrenheit. cannot be subjected to a higher temper-ature than 212 degrees Fabrenheit. Baked potatoes may be done in such a way that they are little better than boiled—for instance, done in a slov oven. On the other hand, if they are oven. On the other hand, it they are put into a temperature of 380 or 400 degrees Fahrenheit, or what is called a "hot oven!" they will be done in such a manner that the conversion of starch will in a degree take place and the potato be consequently palatable and easily digested. Potatoes roasted in hot embers are delicious and for the same reatato be consequently palatable and easily digested. Potatoes roasted in hot embers are delicious and for the same reason. The high degree of heat cooks the starch properly, but it must not be understood that by cooking potatoes in a high temperature the starch which they contain is all changed into dextrine. This does not usually take place except in slight degree; however, by the high temperature it is better prepared for this change in the processes of digestion. Probably what does take place is a sort of hydration of the starch, resulting in the complete swelling and resulting in the complete swelling and final bursting of the granules. Just at the moment when this takes place the potatoes are done and should be immediately taken from the fire and served at once. -St. Louis Republic.

Golden Cake -Three cupfuls of flour, one cupful of butter, one cupful of milk, two teaspoonfuls of baking powder, two cupfuls of sugar, the yolks of eight eggs and the whites of one.

Oabbage Salad—Select a solid head, and one that is white after the outside leaves are taken off; lay on a board, and with a sharp knife cut fine; set in ice box until ready to use.

Canned Salmon — If you prefer it heated, immerse it in a kettle of boiling water until heated through, or put it in the steamer over a kettle of boiling water; open and drain off all the liquid, then remove to a platter, taking out any skin or poor pieces. Garnish with pars-

ley.

Pop-Overs—Three eggs, three cups of flour, three cups of milk, a little salt, butter half the size of an egg, two teaspoonfuls baking powder. Beat the whites and yolks of the eggs separately, and add last. Bake in small muffin pans in hot oven. in hot oven.

Milk Biscuit — Two cupfuls sifted flour, add two teaspoonfuls baking powder, mix and add one heaping teaspoonful of cold butter, cut in bits, mix through the flour, then slowly add sufficient sweet milk to make a soft dough; roll and cut out; bake in a very quick

oven.

Floating Island of Apples—Bake nine apples; when cold eift. Beat in enough sugar to sweeten. Add the whites of five eggs, flavor with rose water, mix until light and heap on cold boiled custard made from the five yelks of the eggs, a cupful of sugar, a pinch of salt and one quart of milk.

Mushroom Sauce for Fowls — Peel about a pint of young mushrooms; put them into a saucepan with a little salt and pepper, a very little mace, a pint of rich, sweet cream and a gill of butter rubbed up with a teaspoonful of flour; boil up once and serve in a gravy boat. An absent minded New York woman

An abselve minded New York woman woman the other day to do some shopping for the family, and only discovered that she had forgotten to put on a bonnet when she caught sight of her reflection in a big store window on her way home. Among the "many handsome gifts" presented to a recently married couple at Emporis, Kan., was an orange.

It has been suggested that as skins and hides formerly did duty as bottles and vessels for earrying wine and other liquors, the hogshead or hogshide was arquors, the neganead or nogshide was originally a barrel of the same capacity as a liquor containing vessel made of the skin or hide of a hog. Others think it may have been 'oxhide' from which the word was derived. As the Dutch and Scandinavians called this kind of a cask by some equivalent of oxhide, there is some probability that this may be the true origin of the word.—House Fur-nishing Review.



ONE ENJOYS

Both the method and results when Syrup of Figs is taken; it is pleasant and refreshing to the taste, and acts and refreshing to the taste, and acts gently yet promptly on the Kidneys, Liver and Bowels, cleanses the system effectually, dispels colds, headaches and fevers and cures habitual constipation. Syrup of Figs is the only remedy of its kind ever produced, pleasing to the taste and acceptable to the stomach, prompt in its action and truly beneficial in its effects, prepared only from the most effects, prepared only from the most healthy and agreeable substances, its many excellent qualities commend it to all and have made it the most

popular remedy known.

Syrup of Figs is for sale in 50c and \$1 bottles by all leading druggists. Any reliable druggist who may not have it on hand will procure it promptly for any one who wishes to try it. Do not accept any substitute.

CALIFORNIA FIG SYRUP CO. LOUISVILLE, KY. NEW YORK, N.Y.

German Syrup"

My acquaintance with Boschee's German Syrup was made about fourteen years ago. I contracted a cold which resulted in a hoarseness and cough which disabled me from fillong my pulpit for a number of Sab-baths. After trying a physician, without obtaining relief I saw the advertisement of your remedy and obtained a bottle. I received quick and permanent help. I never hesi-tate to tell my experience. Rev. W. H. Haggerty, Martinsville, N.J. @

Did you ever see a sickly baby with dimples? or a healthy one without them?

A thin baby is always delicate. Nobody worries about a plump one. If you can get your baby plump, he is almost sure to be well. If you can get him

well, he is almost sure to be plump. The way to do both-there is but one way—is by CARE-FUL LIVING. Sometimes this depends on Scott's Emulsion

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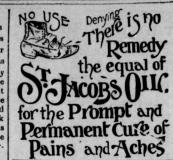
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