A Serpent of the Sea.

Chancellor Rand, of McMaster University, recently received by express a box, which, when opened, was found a snake some nine feet long, of slender build, and of a dull mud color. An accompanying letter explained the arrival. Last May, while on the way from the Philippine Islands, the Theodore H. Rand, a ship named after the Chancelor, was caught in a heavy gale off the African coast. Everything was battened down, and yet, after some hours, during which the seas ran bodily over the vessel, the helmsman felt someover the vessel, the helmsman felt some thing like a rope around his leg, and looking down, was horrified to find this snake. The ship at the time was more than a hundred miles off the shore, was closely battened, and had not been in closely battened, and had not been in port for some weeks. Many theories have been raised to account for the reptile's presence, some thinking it had been washed aboard during the storm; others, that it had lain dormant since the ship left port, and others suggesting that a genuine sea serpent had at last been found. The Captain forwarded the snake to the Chanceler as a warded the snake to the Chanceler as a curiosity .-- Toronto (Canada) Empire.

### An Old Lady's Way.

A happy and vigorous old lady in New Hampshire give these rules for the secret of success of eighty years' living on this planet, which brings so much care and worry to many of her sisters: "I never allow myself to fret over things I cannot help. I take a nap, and sometimes two, every day of my life. I never than my weaking termine or help. an implicit belief that there are a brain heart to this great universe, and that I can trust them both."-Chicago



Mrs. Sarah Muir
Of Minneapolis.
s for a long time a sufferer from
Female Weakness

and tried many remedies and physicians, to no good purpose. One bottle of Hood's Sarsaparilla made so great a difference in my condition that I took three bottles more and found myself perfectly well. I have also given

## Hood's Sarsaparilla to the children, and find that it keeps them in good health." Mrs. SARAH MUIR, 308 Six-

# **Scott's Emulsion**

of cod-liver oil presents a perfect food—palatable, easy of assimilation, and an appetizer; these are everything to those who are losing flesh and strength. The combination of pure cod-liver oil, the greatest of all fat producing foods, with Hypophosphites, provides a re-markable agent for Quick Flesh Building in all ailments that are associated with loss of flesh.

Prepared by Scott & Bowne. Chemists, New York. Sold by all druggists.



GREAT KIDNEY LIVER AND BLADDER

Dissolves Gravel. l stone, brick dust in urine, pains in urethra, lining after urination, pain in back and hips, den stoppage of water with pressure

Bright's Disease.

ists in urine, scanty urine. Swamp-Roc rinary troubles and kidney difficulties. Liver Complaint. Torpid or enlarged liver, foul breath, bil Catarrh of the Bladder,

Guarantee Use contents of one fortie, if not benefited, bruggiets will refund you the price paid.

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Lime should be frequently sprinkled about a henhouse; it should also be used in conjunction with carbolic acid, both being deoderizers, purifying the air and exterminating vermin quickly from the premises. The runs should be sprinkled with a strong solution of sulphuric acid, and you need feel no fear of cholera or many other diseases which poultry are from time to time troubled with.—New York Independent.

## PEEDING SMALL POTATOES.

Some fifty years ago it was my duty to boil the small potatoes in a big copper boiler (built in brick, with an oven fire draft underneath), and then to mix them with barley meal and feed them to the hogs. The method used was to sprinkle the dry meal over the hot potatoes and then squeeze the latter with the hand and thus thoroughly incorporate the meal with them and make a semi-mash or slop, by adding the water in which they were boiled. This practice I have followed in feeding in the West, using corn meal instead of barley West, using corn meal instead of barley meal, as being the cheapest and the meat, as being the cheapest and the best for fattening. Potatoes as a food, are little better, if any, than green clover. Both serve as a slop food, or green food, as you will; but both build the frame, and then when the corn meal is added put on fat enough to finish them for market. This, at least, has been my experience and is my practice.

My own impression is that enough value has not been set on potatoes as a food

## KINDS OF PONIES.

There are many kinds of small horses that go by the name of ponies. The native kind, known as the Indian pony, is supposed to be descended from the animals brought to this continent by the animals brought to this continent by the Spaniards, but by reason of neglect has deteriorated in size while it has gained in hardiness. There is another native pony found on the islands of the North Carolina sounds known as the banker, from its location on the sand banks of which the island and mainland are made up. There is also the Sable Island pony of Newfoundland, an animal similar in character in every way to the former. The imported kinds are the Welsh pony of England and the Shetland of Scotland the letter the smallest horse exist. land, the latter the smallest horse existing, some of them measuring no more than thirty inches in height at the with-ers. The smallest of all these bring the largest price, the Shetland selling some-times for as much as \$1 a pound of its weight. A fairly good animal may be purchased for \$120 or thereabout. This purchased for \$120 or thereabout. Initial kind of pony is in great demand for the use of children, as it is exceedingly york. gentle and sagacious.—New York

The demand for duck's eggs in cities is comparatively small, and although Pekin ducks are the best of layers, they would give but very little profit, if any at all, in the sale of their eggs. However, this limited demand for duck's eyer, this limited demand for duck's eggs may be on account of their scarcity. But few farmers keep ducks, and, those who do hardly ever think of putting the eggs on the market. In many farmers' cholds it is preferable to keep the households it is preferable to keep the duck's eggs for use, and place those of the poultry on the market. Certainly there is no reason in the world why eggs laid by these web-footed creatures should not find as ready a sale as those of the other denizens of the poultry yard.

It costs more to produce one of these

It costs more to produce one of these eggs than an ordinary hen's egg. They are a good deal larger, and for this reason they should get a better price. But even with a better price it would not pay if the eggs were laid by the ordinary barnyard duck. It would pay just as long as the supply of eggs is kept; but this class of animals are noted for the fewness of their eggs. The Pekin ducks, as we have said before, are best layers of any of the varieties of ducks, and if they are kept and fed carefully unthey are kept and fed carefully un-doubtedly a profit would be derived from

## SCAB ON SHEEP.

Those who have once had the scab disease in their flock of sheep do not need any description of its effects, but for others, we will say that the inclinafor others, we will say that the inclina-tion to be constantly rubbing is the first symptom, with a biting of the fleece where it can be reached, and a sore to be found where the wool comes off, from the centre of which yellow matter is discharged. To cure it the following remedies are used: Washing the sheep with soap and water, and then dipping in an infusion of arsenic, at the rate of a half pound to twelve callons of water. a half pound to twelve gallons of water.
Others mix the common mercurial ointment with from three to five times its ment with from three to five times its weight of lard, and apply about two ounces to each sheep, parting the wool, and rubbing it in at distances of about four inches apart. Another remedy, and less dangerous to handle, is to mix one pound of sulphur and one-half pound of tar, then rub this well into about two pounds of lard and analy in the or tar, then rub this well into about two pounds of lard, and apply in the same way as the mercurial ointment. Others dip in a strong solution of to-bacco, well steeped. In this, which is perhaps, the most commonly used in this country, as in the arsenic solution, care must be taken to keep the sheep, and must be taken to keep the sheep's head

country, as in the arsenic solution, care must be taken to keep the sheep's head out of the liquid.

The time for dipping is about one to three months after shearing, and the sheep should not be over heated, or thirsty, should not stand in a hot sun, and the work should be fluished early enough so that they may dry off well before night. They should be kept in it from one to two minutes, and then the wool should be squeezed as dry as possible after they are taken out. Do not allow the drippings to fall upon anything they are likely to eat, and do not let unweaned lambs in with them for a few hours after dipping. If the first application does not cure, in ten days or two weeks repeat it. One tub or trough in which to dip them and another for draining them, or squeezing the dip out of the wool, are necessary. There are several patent preparations offered for sale as sheep dips, and they are probably

Wisdom in construction gave France the best roads in the world a number of the best roads in the world a number of years ago. Complete organization and care has kept them so. The most perfect road uncared for soon wears out; the poorer stone road well taken care of will soon have a smooth surface. The French roads are never out of repair. One man takes care of a long stretch of road, often several miles, by doing here a little and there a little. The road is always in ideal condition. The gutters are trimmed, the grass plats along the side are always near and clean, and the main ditches on the outside are free from all rubbish. The surface of the roadway is kept dry by small open drains across the rubbish. The surface of the roadway is kept dry by small open drains across the grass plats on each side. As the grassy borders are about three inches above the road, the sod is cut out about eight inches wide and four inches deep, with a spade, and the drain neatly scraped out. The bottoms are not lined with stone, and very little work is needed to make or keep these small drains. They are placed from fifty to eighty feet apart, and if the road slopes they run diagonally down the slope.

The roadman keeps the drains clear, scrapes the mud off the road in wet weather, and sweeps the dust in dry. Cleans off the snow and breaks up the ice on the surface of the road and in the drains. Picks up loose stones, breaks

drains. Picks up loose stones, breaks them and piles them in regular heaps for use in repairing, takes care of the trees along the road and keeps the mile posts

in order.

The roadmen live in the immediate The roadmen live in the immediate vicinity of the road and are expected to be constantly at work during the day. They have the following tools: Wheelbarrow, iron shovel, wooden shovel, pick, iron scraper, broom, rake, crowbar, hammer and tape. This system of caring for roads amounts to a constant, every day patrol in search of the slightest evi dence of imperfection. The result is that these imperfections are never ob-servable to the ordinary traveler. He is servable to the ordinary traveler. He is soon led to expect perfection and sees nothing else. One can walk along these roads after a rain without getting his shoes muddy. In the dry summer time there is no annoyance from dust. All this is the result of constant, diligent, this is the result of constant, diligent, far-reaching organization. The economical and prudent French people know that it pays to build good roads, and that it pays still better to take good care of such highways.—Farm, Field and Stockman.

- FARM AND GARDEN NOTES. Do not leave the turnips out too long If you buy an incubator get a good

Give the hens chopped onions occa

Clean up, whitewash and get the hen-All breeds of fowls have certain points

their favor.

Do not try to winter more hens that you can car for well. From now on until spring early and late feeding should be the rule.

Arrange convenient drinking vessels for the fowls during the winter.

Fruit trees planted in the fall should have the earth well firmed about them. It is important to have the floor of the duck and geese quarters dry in winter Clean up the coops and give a dose of coal oil before putting away for the sea-

One of the best ways of securing dryness under foot is by using dry earth on the floor.

Dressed poultry should always be thoroughly cooled out before packing for market. See that there are no cracks in the nen-house through which draughts can

strike the fowls. By watching the fowls for the first ppearance of cold and curing it croup

appearance of cold an may be prevented. When the fowls must stay in the house, scatter the grains among to give them exercise.

For swelled heads wash clean with warm water and then annoint the whole head with glycerine.

Considerable care must be taken to prevent the eggs from getting chilled, if they are to be hatched in an incu-

While less range is needed during the winter than in summer, at the same time it is usually best to give the fowls every opportunity to exerc

If plenty of clover is given to the poultry there will be much less necessity for supplying lime, as there is considerable lime in the composition of clover. A good roadster or a good draught horse need never be sold at a price that will not pay a good profit above cost of production. Buyers are always looking for them.

A dairyman of some repute says that he finds beets far inferior to silage as fee.l, and for the butter maker the silage will give the butter a pleasing flavor that cannot be secured from beets.

The corn plant is almost tropical in its habit, requiring abundant heat and moisture. For the former we are dependent upon the weather. The latter we can control to a considerable extent by proper drainage and cultivation.

HOUSEHOLD AFFAIRS.

It is well known that all aromatics are easily dissipated by heat. Many of them will not bear the boiling point of water without evaporating. Not observing this fact many cooks work to a great disadvantage. The finest flavor of aroma of coffee is quite volatile, and if boiled a minute after it comes up to 212 degrees it begins to disappear, and this is why so much coffee is poor. As soon as the coffee pot comes to a boil set it back immediately.—New York World.

The white meat of a boiled or roasted chicken, three-quarters the same bulk of chopped celery, two hard-boiled eggs and one raw egg well beaten; one table-spoonful salt, one of pepper, one of made mustard, three of salad oil, two of white sugar, half a treached of the salad oil. spoonful sait, one of pepper, one of made mustard, three of salad oil, two of white sugar, half a teacupful of vinegar. Mince the meat well, removing every scrap of fat, gristle and skin, cut the celery into bits half an inch long, mix them and set then aside in a cold place. Prepare the dressing by rubbing the yolks of the eggs to a fine powder, add the salt, pepper and sugar, then the oil, grinding hard and putting in but a few drops at a time. The mustard comes next, and let it all stand together while the raw egg is being whipped to a froth. Beat this into the dressing and pour in the vinegar, spoonful by spoonful, whipping the dressing well as you do it. Sprinkle a little salt over the meat and celery; toss it up lightly with a silver tork, pour the dressing over it, tossing and mixing until the bottom is as well saturated as toss it up lightly with a silver lork, pour the dressing over it, tossing and mixing until the bottom is as well saturated as the top. Turn into the salad bowl and garnish with white of eggs and sprigs of celery tops.—New York Sun.

PUDDINGS AND PIES.

Recipes for holiday puddings and for mince-pies have been given so many times that every one can easily get the rules, but there are some ways of preparing these dishes which are the secret of success that are not so well known. All fruit-puddings, cake or pies of the rich dark types associated with Christmas must be made several weeks before they are wanted in order to acquire proper flavor. The pudding had better be made at least two weeks before, and boiled and hung till needed in a cold store-room, upstairs, where there can be no danger of dampness. The mince pie should be baked and set on the pantry shelf, covered up, the cake baked and also stored away. Old-time housekeepers always made rich pound-cakes and a peculiar kind of rich cookies at this season, which are much better made a week before they are used. A genuine English plum pudding is packed tight in the tin, and no room is left for it to swell. It is then covered up tight and boiled in boiling water at least six hours when cooked and an hour longer on Christmas Day. This produces a pudding dense with fruit, black and heavy, it is true, but like the English pudding.—New York Tribune.

## COOKING THE HOLIDAY TURKEY.

COOKING THE HOLIDAY TURKEY.

Turkey with Truffles or Mushrooms.

—To use truffles in stuffing the fowl, prepare them by peeling and chopping them fine—a pound and a half will be enough for a large bird. Rasp an equal weight of bacon, and mix it with the truffles. Stuff the turkey with this, and when so prepared the dressing should be placed in the bird two days before cooking, as it is thus supposed to give a superior flavor to the flesh. If mushrooms are used instead of truffles, follow esentially the same rule.

Roast Turkey with Chestnuts—Put

Roast Turkey with Chestnuts-Put two pounds of sausage meat in a basin with a little grated nutmeg; then take two tablespoonfuls of chopped onion, put them in a saute pan with a little butter and cook them for two minutes, then mix them with the meat. At the same time work in two well bestore core and a time work in two well beaten eggs and a quarter of a pint of white sauce, if at hand, and fifteen fine roasted chestnuts, mashing the chestnuts first in a mortar.
Fill the bird as usual, not too full at the breast; roast carefully, allowing half as bour longer for the cooking of the force

Steamed Turkey-Fill the body of the Steamed Turkey—Fill the body of the turkey with oysters, and put it in a tightly closed steamer over a porcelain kettle only partly filled with boiling water. Let it cook some three hours, when it will be found to be quite tender, and may be taken out. The water in the kettle will be found to be quite boiled away and to be of the consistency of gravy. Thicken it with a little flour of gravy. Thicken it with a little flour and butter, add the liquor of a pint of oysters intended for sauce, and beat the oysters in it; whiten it with a little boiled cream and pour it over the tur-

key.

Boiled Turkey with Oysters—For a good sized turkey take twenty-five large oysters and cut them into small pieces. Stir with them a quart of bread crumbs, one tablespoonful of chopped parsley and one of butter, a teaspoonful of sweet marjoram, and pepper and salt to taste. Stuff the bird and truss it carefully. Rub it all over with lemon juice to whiten the skin, flour a cloth, tie the bird in it, and put into a kettle of boiling water. Cook it very slowly, allowing water. Cook it very slowly, allowing half an hour to each pound of the turkey's weight. Even a very ancient fowl will be rendered juicy and tender by this mode of cooking. Serve with oyster and celery sauce.

Braised Turkey—Prepare the turkey carefully, and fill with a stuffing made of half a pound of cooked veal chopped fine, half a pound of bread soaked in cold water, and then pressed dry; four ounces of butter, four egg yolks well beaten salt representatives chonsed ounces of butter, four egg yolks well beaten, salt, pepper, nutmeg, chopped onion and parsley. Truss the bird well, stiffen the breast over a coal fire for a minute or so, in order to facilitate larding easily, then lard with fine, square shreds of fat pork. Now place the fowl in a stewpan, breast uppermost, with sliced vegetables, a bunch of parsley, three pints of white broth and a buttered paper over: start on the fire, and cook pints of white broth and a buttered paper over; start on the fire, and cook slowly in the oven for about an hour and a half, sprinkling the larding occasionally with the gravy to glaze of a light brown color. When the turkey is done, strain the gravy from its fat, and thicken it with two ounces of browned flour and add a little water. Stir till it boils, skim, and serve with the turkey. If a gernishing is desired, have some slices of broiled sweetbread, sliced truffles, mushrooms, olives, and some small balls of forcemeat cooked brown. Put these on the platter around the turkey.—Good Housekeeping.

New Zealand now has ninety-two large creameries that cost over \$350,000.

Fruit for Food.

Fruit culture should be quite as closely associated with family use as with market. I have eaten appies all my life, but never learned how to make the best use of them till last winter; it is worth living half a century to find out the real value of the fruit. Now we eat apples half an hour before our meals instead of afterward. We eat all we want before breakfast and before dinner. The result has been so decidedly in favor of the fruit diet that we have very largely dropped meat. The action of the acid is then admirable in aiding digestion, while if eaten after meals the apple is likely to prove a burden. We follow the same line in using grapes, pears, cherries and berries.

If disturbed by a headache or dyspepsia in summer, I climb a cherry tree and eat all I can reach and relish. In order to have cherries all summer I cover a dozen trees with mosquito netting to keen off the highs. Currents and

order to have cherries all summer I cover a dozen trees with mosquito netting to keep off the birds. Currants and gooseberries I find very wholesome eaten raw from the bushes before going to the dining table. Nature has prepared a large amount of food already cooked, exactly fitted for all demands of the human system. Our kitchen cooking never equals nature's. I am by no means a vegetarian or a fruitarian, but I am convinced that we have not yet measured the value of fruit as a diet with milk, eggs and vegetables. Some one being eggs and vegetables. Some one being told that such fruit would not give a workman muscular strength, pointed to to his adviser's oxen, saying, "Yet these oxen eat no meat."—American Garden-

We have been challenged to pronounce an opinion on the dietetic virtues of tripe, an article of food which is largely tripe, an article of food which is largely consumed in certain parts of the country, especially during the winter months. Tripe consists of the soft muscular walls and mucous membrane of the stomach of ruminant animals, with a small proportion of delicate omental fat adhering, from which, however, all fibrous portions of the serous covering, or peritoneum, have been removed. From frequent experiments it has been proved that tripe stands high in the list of albuminous substances that are quickly acted on by substances that are quickly acted on by the gastric juice and reduced to a state of solution, and has, therefore, acquired of solution, and has, therefore, acquired a reputation for digestibility. But plain boiled tripe in itself is a very insipid article of food, and in order to make it palatable the art of the cook has to be invoked, which, while making it more "savory," causes it often, when so served, to be an offense to the stomach. The usual mode of serving tripe in this country is to boil it with milk and onions, and there can be little doubt that onions, and there can be little doubt that such a combination is not particularly digestible. Tripe is also sometimes fried in batter, but unless very carefully cooked it is apt to become leathery. If only plainly boiled in water it requires a considerable amount of condiments in the shape of salt, pepper and mustard to make it acceptable to the palate. Therefore, tripe as usually cooked, though an excellent dish for strong stomachs, is, owing to the ingredients added to it, not always so suitable for persons of weak digestion as has been supposed.—London Lancet.

## Infinitesimal Penmanship.

John J. Taylor, of Streator, Ili., once wrote 4100 words on the blank side of a postal card. This was sent to a Chicago paper, which heralded the story to the world as being the most wonderful piece of pen work ever executed. As a matter of fact Mr. Taylor's effort has been discounted on several occasions. matter of fact Mr. Taylor's ellort has been discounted on severul occasions. Beedle the Penman, of Ottery St. Mary, Liverpool, once wrote the following pieces entire, without the slightest abbreviation, all upon a piece of white card board 3½x3½ inches in size: Goldsmith's "Traveler," "The Deserted Villers", "The Penge of Education," "Distress smith's "Traveler," "The Deserted Village," "Essay on Education," "Distress of a Disabled Soldier," "The Tale of Azim," "Justice," "Generosity," "Irresolution of Youth," "Frailty of Man," "Friendship" and the "Genius of Love." "Friendship" and the "Genius of Love." In the center of the card there was a perfect picture of Ottery Church, all of the shades and lines being formed of parts of the writing. As a kind of tailpiece he added the anthem of "God Save the Queen," embellished it with seventy-two stars, fifty-one crescents and nineteen crosses, fuishing the whole by drawing a picture of a serpent, which indrawing a picture of a serpent which in-closed the whole of the miraculous pro-duction. If you wish to ascertain ex-actly how much Beedle's effort exceded that of Mr. Taylor, count the words in

## A Girl's Headache-Curing Hands.

There is a girl in San Fran

There is a girl in San Francisco who can cure headaches—cure them without a bit of medicine. She just lays her hand on the aching head and that settles the whole matter. There's something peculiar about the girl's hands. They are white and shapely and very nice to look at, but to touch—ugh! they're as cold as ice. More than that, they are always dripping wet, these strange hands. It's an eerie thing to see a handsome, healthy girl lift her hands and let an icy dew fall from the ends of her fingers. She can do that any time she wants to, and never feels the least annoyed at the awe of the beholders.

She is a tall, handsome young woman, who has never been ill in her life. She is rosy-cheeked and bright-eyed, and she isn't the slightest particle like the typical healer. She works in a big, hot factory down town, and she can cure any girl in the place of headache or any kind of pain. She doesn't go through strange evolutions or weird incantations. She just pushes back her sleeves and lays her cold, wet hands on the aching head. The patient feels a queer, creepy shivery sensation crawling down her back. The cold hands move slowly across the hot forchead of the sufferer, the throbbing pain stops, the twitching of the eyelids ceaser, and the headache is gone.—San Francisco Examiner.

## Cattle in Japan.

H. P. Child, Assistant General Mana-H. P. Child, Assistant General Manager of the Kansas City stock yards, has returned from his trip to the orient. Mr. Child has been to Japan, and stopped at Honolulu on his way home. He told the Times man something about live stock in Japan. Until twenty years ago, he said, no flesh meat was used as tood in the Mikado's domain, but since Europeans have taken up their residence in that country and have successfully used cattle both as beasts of burden and for food, some of the same have come to the conclusion that there is something good conclusion that there is something good about beef after all, and also that it's easier to work oxen than to work one's easier to work oxen than to work one's self. But their stock is the scrubbiest kind, Mr. Child says, and he cannot see any indications for its betterment. In fact he is of the opinion that before many years go by what few cattle are now in that country will have been slaughtered for food. The Japanese will only eat the heifers, believing that a plague would be the result of eating the beef of a steer, so that their breeding possibilities are obscured by their ing possibilities are obscured by their superstition.—Kansas City Times.

"How I Wrote Ben Hur,"
told by Gen. Lew Wallace, is one scrap from the
voluminous and superb programme of eminent
writers and interesting articles which The
Youth's Companion announces. It retains its
place in 50,000 families by the versatility and
the instructiveness of its general articles, the
high character of all its stories, the brightness
of its illustrations. Then it comes every week,
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## How's This?

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

F. J. CHENEY & 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,

Walling, Kinnan & Marvin, Wholesale Druggists, Toledo, O. Hall'a Catarrh Cure is taken internally, act-ing directly upon the blood and inucous sur-faces of the system. Testimonials sent free, Price 75c, per bottle. Sold prail druggists.

A Some Throat or Cough, if suffered to progress, often results in an incurable throat or lung trouble. "Brown's Bronchial Troches" give instant relief.

Nantahala.—\$100 per -hare. Every 2shares secures a town lot. Fortunes in the South. Send 6c. for prospectus. A. J. McBride, Atlanta, Ga. Is your blood 1000? Take Beecham's Pills. Is your liver out of order? Use Beecham's Pills. 25 cents a box.

If afflicted with sore eyes use Dr. Isaac Thomson's Eye-water, Druggists soil at 250 per bott

# Do You Wish the Finest Bread and Cake?

It is conceded that the Royal Baking Powder is the purest and strongest of all the baking powders

The purest baking powder makes the finest, sweetest, most delicious food. The strongest baking powder makes the lightest food.

That baking powder which is both purest and strongest makes the most digestible and wholesome

Why should not every housekeeper avail herself of the baking powder which will give her the best food with the least trouble?

Avoid all baking powders sold with a gift or prize, or at a lower 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 Royal, which is absolutely pure.

"DON'T BORROW TROUBLE." BUY TIS CHEAPER IN THE END.

"HITS."

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THE SPOT AND CURES.

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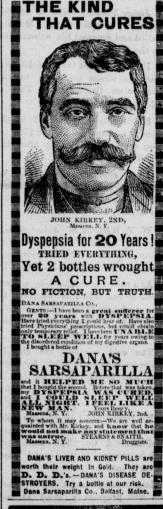
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SWIFT SPECIFIC CO.,
Drawer 3, Atlanta, Ga.

# "August Flower"

Gilbert, has been sick for a long time. All thought him pastrecovery. He was horribly emaciated from the inaction of his liver and kidneys. It is difficult to describe his appearance and the miserable state of his health at that time. Help from any source seemed impossible. He tried your August Flower and the effect upon him was magical. It restored him to perfect health to the great astonishment of his family and friends." John Quibell, Holt, Ont.











Garfield Tea Overcome results of bod eating Cures Sick Headache OPIUM Morphine Habit Cured in 10 to 20 days. No pay till cured DR. J. STEPHENS, Lebanon, Ohio

CATARRH