

# Peculiar

In combination, proportion and process, Hood's Sarsaparilla possesses peculiar curative powers unknown to any other preparation. This is why it has a record of cures unequalled in the history of medicine. It acts directly upon the blood, and by making it pure, rich and healthy it cures disease and gives good health.

## Hood's Sarsaparilla

Is the only true blood purifier prominently in the public eye today. \$1. six for \$5.

## Hood's Pills

For constipation, biliousness, headache, etc. Price 25 cents.

## How We Go to Sleep.

Now physicians and physiologists come to the front with the astounding statement that a man goes to sleep peacefully instead of altogether and simultaneously, as it were. That is, the senses do not all themselves unitedly and at once into a state of slumber, but cease to receive impressions gradually, one after the other. At first the sight ceases and next the sense of taste loses its susceptibility to outward impression.

Even then, the individual being almost in a state of unconsciousness, three senses still remain in a condition of activity—smelling, hearing and thought. Gradually the sense of smelling goes, then hearing and finally, with the lapse of thought, the entire body becomes completely asleep.

The physiologists have gone even further than this, and they say that the senses sleep with different degrees of profundity. The sense of touch is the most easy to arouse, next that of hearing, then sight and taste and smelling last.

Sleep starts on the body gradually, certain parts of muscles beginning to sleep before others. Slumber commences at the extremities, beginning with the feet and legs. That is why it is always necessary to keep the feet warm.

## A Row Among the Crocodiles.

Crocodiles are very apathetic, and fight among them are rare. A short time ago, however, two of the six crocodiles in the zoological garden at Antwerp had a serious disagreement, and one of the saurians, with a vicious snap, closed his iron jaws on the upper jaw of the other. During the ensuing battle the locked jaw broke in the middle. The assailant swallowed the "fragment," teeth and all. This ended the unpleasantness: both at once assumed their former listless attitude. The vanquished animal now presents a horrid sight; part of its tongue and the front half of the lower jaw, bristling with teeth, are exposed to view. But the maimed beast shows no sign of suffering, not even a sign of the proverbial crocodile's tears.

## To See a Flying Bullet.

A European authority asserts that by rubbing vaseline over a ball to be fired from pistol or gun, the eye can follow the progress of the missile through the whole distance of its flight. Its course is shown by a thread of smoke, said to be due to the combustion of the vaseline.

## Dr. Kilmer's Swamp-Root

cures all Kidney and Bladder troubles. Pamphlet and Consultation free. Laboratory Binghamton, N. Y.

## The Russian Khan

has appeared near Abilene, Kan.

## There is more Catarrh in this section of the country

than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease, and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven catarrh to be a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials free. Address: F. J. CHENEY & CO., Toledo, O. Sold by Druggists, etc.

## Good Spirits.

The words have different meanings to a spiritulist, a Kenteckian, and an average man. For the average man good spirits depend on good digestion. How to insure good digestion? A Ripans Tabule after each meal, that's all.

## FITS STOPPED FREE BY DR. KLINE'S GREAT NERVE RESTORER.

No fits after first day's use. Nervousness cured. Fits cured. Dr. Kline, 361 Arch St., Phila., Pa.

## Mrs. Winslow's Soothing Syrup for Children

teething, softens the gums, reduces inflammation, allays pain, cures wind colic, etc. A bottle free. Dr. Kline, 361 Arch St., Phila., Pa.

## Pink's Cure

is the medicine to break up children's coughs and colds. Mrs. M. U. BLUNT, Sprague, Wash., March 8, 1901.

## HALE'S Honey of Horehound and Tar

relieves whooping cough. Pike's Toothache Drops Cure in one minute.

## ONE ENJOYS

Both the method and results when Syrup of Figs is taken; it is pleasant and refreshing to the taste, and acts gently yet promptly on the Kidneys, Liver and Bowels, cleanses the system effectually, dispels colds, head-aches 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 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 50 cent 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.

310 N. BROADWAY, N. Y. SAN FRANCISCO, CAL. LOUISVILLE, KY. NEW YORK, N. Y.



## PASTEURIZING MILK AND CREAM.

Pasteurizing gets rid of bad bacteria. But it does not discriminate, and also kills the good bacteria, leaving milk and cream comparatively free from germs. The kind of germs desired can then be given the start of others, and good results be secured. Stale milk has been experimented with and the effect of the mauseous germs forestalled, good cultures from pure milk introduced and propagated in the milk and the flavor secured. The true way is to allow none but the desired germs to gain access to milk or cream. It is right never to allow disease germs to enter our houses, but these things are not under our absolute control. Bad germs are in the air. We have them to contend with. The essential thing is not to let them get the mastery. Here is where one of the advantages of pasteurizing comes in. It checks the germ growth. It is like plowing up the soil and destroying existing growth, and then following with what is desired by planting the seeds. We hope to see much advance made this year in this line.—Creamery Journal.

## SMOKING.

It would seem as if the extensive cultivation of the sunflower were one of the probabilities of the near future in American agriculture. The merits of this plant as a feeding crop have been long appreciated in Canada, the heads being mixed with corn and other fodder plants in the silo, while the leaves are gathered as those of corn, and are found acceptable and nutritious. The seeds also are valuable, not only for cattle, horses and other stock, while the roots make excellent fuel. The product of an acre is from thirty to eighty and sometimes more bushels of thirty-three pounds.

The sudden awakening in this country to the merits of the sunflower has been caused by the appearance on the market of sunflower meal, which threatens to become a formidable rival of oil meal. This product has originated in Russia, where sunflowers have long been largely grown for food and forage purposes. Sunflower cake has always been esteemed one of the best and most valuable feeds for cattle. This cake is the residual product obtained after the extraction by hydraulic means of the oil of the seeds of the sunflower.

The oil has long been valuable for its superior quality for table and other uses, but the cake has not found a foreign market owing to its hardness. Now that the question of its disintegration has been successfully solved, it will doubtless soon be in general demand owing to its composition and palatability for fattening cattle. It has been found possible to prepare two qualities of the meal, one rich in proteid and poor in fat and the other rich in fat and poor in proteid.

The crop is an easy one to raise, as sunflowers will grow readily on almost any kind of soil and it seems as if with our improved modes of farming it might be made a very paying one. At any rate, it is worth giving it a fair trial.—New York World.

## WHEN AND HOW TO FEED.

These are questions that are answered in various ways. We will now compare a few of them to see which will we accept as our standard, writes P. W. T. Horn, of Indiana.

There is a class of farmers that pay but little attention to their fowls and only feed them once a week, if at all, giving them all they can eat. They will have their fill, too, if he gives them a chance. Such farmers spend the greater part of their time walking in the garden and fields and say "It doesn't pay to keep 'em. The hens roost in the trees for the hen house, if there is one, is full of lice and filth. The hens die of indigestion (he declares it's cholera though) from eating so much at one time in order to make up for the long vacations.

We come now to the man who feeds only once a day, that is in winter. Corn is his only food, too. His fowls are dying from indigestion and bowel disease caused by the fowls eating too much at a time.

A method that is hard to make some is a mistake in feeding three times a day. They argue that man eats three meals a day, why not the fowls. Fowls that are fed three times a day expect to do nothing but eat and grow fat. They have no reason to exercise, and, of course, lay few eggs. Let fowls learn to work for themselves. It makes them hustle about, and their blood circulates more freely, which is sure to bring eggs soon. They cannot live on nothing, nor with no chance to even scratch for their living.

My way is to feed a half feed in the morning, warm mash is the best in the winter, then they still have an appetite to work or scratch for half pint of millet seed or wheat scattered among some leaves or cut straw on the hen house floor. What a time bidles have while they hunt for their other half of breakfast! Such talking, singing, cackling, hopping, jumping, running, fighting, picking and scratching you cannot imagine unless you have seen it. It's all "hustle," "hurry-up" the entire day. Exercise seems to be more beneficial to fowls than to man. Just before dark, after the bidles grow tired of their work, I give them a full supper of wheat, corn or buckwheat, and they go to roost contented over their day's work.—Farm, Field and Poultry.

## PROTECTION AGAINST FROSTS.

This is a vital matter to fruit growers and truckers, whose season's labor and investment may be wiped out by a single destructive frost. The more valuable the crop and the greater the risk of frost, the more effort and expense may be safely put into means of protecting against frosts. A famous California orange grower is equipped with a system of iron pipes through which water is conducted to nozzles

at frequent intervals, the idea being that the spray will ward off light frosts. Barrels of tar and rubbish in different parts of the orchard are available for making a smudge of smoke, which is the most practicable means yet devised. In the case of a freeze, such as visited California two years ago and Florida last winter, or a real hard frost in other sections, neither of these methods is of much avail. Smoke is good against all light frosts, and is easily obtained. Straw manure, leaves, rubbish, etc., should be piled in the lowest places and about the sides, and covered with hay caps or ducking (previously painted with two coats of linseed oil and dried), so as to be always dry. Have a barrel of kerosene oil handy, some cans and torches. When frost threatens, set a night watch to inspect thermometers placed on stakes in various parts of the field, especially in the most exposed places. If the mercury drops to thirty-five degrees by 1 or 2 a. m. it is likely to mean a frost of more or less severity before sunrise. Then call out the folks, light the torches and let each person take torch and oil can (previously filled) and set fire to the row of rubbish heaps previously assigned him. If the wind blows the smoke away from the field carry some rubbish over to that side so the smoke will be blown on to instead of off from the field. If the danger never comes, no expense worth mentioning has been incurred as the piles can be scattered and plowed under for manure or burned, the ashes making excellent fertilizer. No prudent person thinks of leaving his buildings uninsured against fire. Certainly it is just as important to insure against frosts so far as it can be done by such simple means as smoke coverings or water. We wish all who have had experience in this matter would send it for publication. Mr. E. P. Powell, a successful and brainy horticulturist in Western New York, writes:

"The very best preventive against frost is not fires but thorough spraying with water during the evening and night. When this is done, we can overcome the danger from a fall of two or three degrees. This last often save our whole crop. This last spring I lost my grapes by a margin of not more than two degrees, but on a preceding night anticipated the frost by deluging the trellises with water. Of course bonfires may also be used. I anticipate we shall be compelled to adopt irrigation in all the Eastern States."—New England Homestead.

## TRAINING THE HEIFER.

A heifer should not be given too rich or stimulating food for a week before calving. A pint of oil meal in this gruel given every day for the week before will generally prevent any trouble with the placenta. The udder must be closely watched, as heifers are peculiarly liable to inflammation. Should it become unusually distended, it may be necessary to draw from the teats from one to several quarts of milk in order to prevent inflammation. If this is done, it must be performed at regular intervals. As soon as possible after calving give a warm bran mash, protect the heifer from cold and wet and supply her frequently with a moderate amount of water from which the chill has been taken; feed moderately and give flax seed, warm bran mash or other laxative food.

Authorities disagree as to whether it is best to separate the cow and calf at once or to leave them together for the first three days. We prefer the latter method. The udder at this time is apt to be inflamed and hardened and the sucking of the calf is the easiest method of softening and reducing it, and the milk in this time ought to be used. If the udder is very distended the cow should be milked immediately after calving, but if not it is best to let the calf be the first to reduce it.

The cow should be regularly milked night and morning at the usual time, so as to remove any milk left by the calf. This is a very important precaution, and any neglect of it might seriously injure the cow by leaving a portion to produce inflammation. It has another great advantage, however. It accustoms the heifer to hand milking as well as to sucking, and when the latter ceases with the removal of the calf the usual performance of breaking is largely avoided, the milk is not held up by the udder, and there is no such nearly such undue excitement at the loss of her calf, her affections having been equally divided between her offspring and the gentle coaxing milker who feeds and pets her. The so-called maternal instinct is simply the desire to supply nourishment for the young, and the heifer thus skilfully managed classes the calf and milk in the same category and yields her milk as freely to one as to the other.

As habits soon become second nature, we cannot be too careful about those formed by the future cow. One of the worst is the habit of shrinking in the milk as soon as the pastures begin to fall. The reason for this is the beginning is the deficiency of nutrient in the ripening grass. But the habit once formed by the heifer will cling to the cow through succeeding years even though the cause be removed by supplying bran or shorts in addition. We may find this expensive, but as we educate a child to fit him for his future career without rubbing the coal, so may we treat our heifer with a view to future rather than present returns.—C. D. Bell, in New York World.

There are 2900 mechanics employed on the new British warship Magnificent, building at the Chatham dock yard. Probably so many men never worked on one ship before.

Of mineral waters, used to medicate the American interior, this country bottled and barreled in 1891 18,392,732 gallons, valued at \$2,935,259.

## HOUSEHOLD AFFAIRS.

### TO MAKE BEETS TENDER.

The favorite French way of cooking beets is by baking. They are placed in the oven on a bed of straw, covered with earthenware plates and cooked from six to ten hours. "This method of cooking," says Miss Parlos, who is in France studying cooking, "makes a beet firm and tender and full of color and juice."—St. Louis Star-Bayings.

### MOCK CHICKEN SALAD.

One head cabbage, one large bunch celery dressing, one-half cup vinegar, one teaspoonful of yellow mustard (which can be omitted if preferred), piece of butter size of an egg, three eggs, small teaspoonful of salt, cayenne pepper to taste, one tablespoonful of cream, one tablespoonful of sugar. Mix the eggs, mustard and vinegar together until thick. Eggs are beaten light before vinegar is added. This is excellent for a picnic and also makes a very good salad dressing all boiled together, eggs, mustard, salt, poppy, vinegar, butter and sugar.—Detroit Free Press.

### A FRUIT SOUP.

Fruit soups are more common abroad than here. They are served cold, of course, and are a pleasant and easily prepared novelty for the company summer luncheon. Mrs. Rorer's recipe for cherry soup calls for one quart of sour cherries and one quart of cold water over the fire. When boiling add half a cup of sugar and press through a colander and return to the fire. Moisten one tablespoonful of arrowroot, add it to the boiling mixture, cook a moment, add one tablespoonful lemon juice, and turn out to cool. Serve cold in glasses with a little cracked ice.—Chicago Times-Herald.

### GREEN TOMATO PICKLES.

Take a gallon of green tomatoes, gathered on a dry day, and carefully remove the outer skin, slicing the peeled fruit. For this quantity, take two and a half tablespoonfuls of ground mustard, a gill of mustard seed, a tablespoonful of powdered cinnamon, half a pound of brown sugar, two teaspoonfuls of cloves and three pints of vinegar. Divide the spices into three equal parts, and put into three small muslin bags. Take half the quantity of vinegar, and in it boil the spices for half an hour. Then put in the sugar and stir till thoroughly melted. Now place a third of the sliced tomatoes at the bottom of a jar, put in one of the spice bags, and pour a third of the boiled vinegar over. Then another third of tomato, bag and vinegar, till all are arranged. Then fill the jar with the cold vinegar till the pickle is covered, using more than the three pints if necessary. Cover securely and set away for at least a month before using. A softer pickle is made if the sliced tomatoes are boiled with the other ingredients, but at the sacrifice of some of the flavor. If this course be pursued a small quantity of celery seed may be added.—Boston Cultivator.

### WAYS OF SERVING PEACHES.

When simply sliced, to be eaten with sugar and cream, peaches should be set on ice for a short time, but never sweetened beforehand, as standing in sugar destroys their delicate flavor.

Baked peaches are nice, and this is an excellent way to use those that are not quite ripe. Pare and halve the fruit. Remove the stones and in each cavity left put a piece of butter and cover generously with sugar. Set each half peach on a round of buttered toast, sprinkle with more sugar, lemon juice and a very little nutmeg. Bake in the oven for twenty minutes and serve hot, with cream.

Peach trifle is a dainty dessert, concocted of nicely peeled and sliced peaches, two cups of milk, four tablespoonfuls of sugar, three eggs and a small state sponge cake. Make a boiled custard of the milk, the yolks of the eggs and half the sugar. Slice the cake, lay it in the bottom of a glass dish and cover with the peaches well sweetened. Beat the whites of the eggs, with the remaining two spoonfuls of sugar, to a stiff meringue and heap lightly on top. All the ingredients should be very cold before they are mixed, and the custard is poured over the "trifle" when served.

Peach roll has a rather rich crust rolled out in a long sheet. Cut up the peaches rather fine and spread thickly on the paste, sprinkling liberally with sugar. Roll up and fold the ends over. Then wrap in a strong cloth, tie closely and steam for two hours in a steamer. It is eaten with either a hard or soft sauce.

Cut-up peaches are a delicious addition to hard pudding sauce of butter and sugar creamed together, and transform even a plain batter pudding into a royal viand.

Peach potpie is merely a plain pie-crust filled with a deep layer of sliced peaches, then a layer of sugar and nutmeg. Cover with a crust and bake slowly for two or three hours. For preserving, the best quality of peaches should be selected and they should never be either over or under-ripe. White freestone is the best. Like other large fruits, too, they should always be peeled with a silver knife and thrown immediately into cold water to prevent discoloring. When this is done divide each peach and remove the stone. In a porcelain kettle make a syrup of one pound of sugar and one pint of water for every pound of fruit. Drop in the halves and let them boil for twenty minutes. Then dip out and lay on a large dish. Boil down the syrup until it is quite thick, when return the peaches to it and cook gently until they appear transparent. Put up in glass jars and sew on the covers securely.—New England Homestead.

### Electricity and Mining.

It has been the custom in almost all coal mines to employ mules to draw the coal cars, but this occupation of the mule is practically gone. Electricity by the trolley system has superseded this much-abused animal, and trains of cars are dragged by the aid of the trolley wire. An experiment of using electric power has proven so satisfactory that it is said to be only a question of time when no other means of handling coal will be employed.—New York Ledger.

## NEWS & NOTES FOR WOMEN

### Nearly every picture of Queen Victoria represents her as wearing her crown.

A curious combination of the new woman and the old is the Oklahoma bloomer quiting bee.

Mrs. John G. Carlisle believes in bicycle riding as a part of the education of every healthy girl.

Florence Nightingale, who is now an invalid, recently completed the sixty-seventh year of her life.

A daughter of the poet Longfellow lives in Washington. Her name is Marion Longfellow O'Donohue.

After every member of a woman's club in Spokane, Wash., had been President the organization went to pieces.

Many of the basques have fitted fancy vests, and there are some new, oddly-shaped collars that are very pretty.

Brown University has conferred the degree of Doctor of Letters upon Mrs. Julia J. Irvine, President of Wesleyan College.

Mrs. Cleveland's father is amateur photography, and she has in her possession many snapshots at the members of her household.

Mrs. Stanford devotes all her time and energies to the management of the California university bearing her deceased son's name.

Among the fellowships most valued at Cornell are those in literature, and one of them this year falls to Miss Louise Robbins of the class of '91.

Miss Agnes Irwin, Dean of Radcliffe College, Harvard University, has been honored with the degree of Doctor of Laws by the Western University of Pittsburg.

Hair cloth extends no more than ten inches from the bottom of the skirt, and often not as far. The skirts are very few where this stiffening is used the entire length of the back.

If one wears a black skirt to wear with several fancy waists, the addition of the godel hip pieces is desirable; in fact, a last year's piece of good cut with this change would be quite up to date.

De Brazza's bride is a plucky girl. She will accompany the great explorer when he returns to the Congo next month, and will share the privations as well as the honors of his work there.

Miss Gertrude Pearson, of Boston, has received the prize for the best written work in general chemistry out of a class of fifty-two or more students of the College of Physicians and Surgeons.

Miss Nellie Temple, who graduated at Vassar in 1892, has been engaged by the University of Leipzig to assist Dr. Raisel, its American professor of history, in preparing a history of the United States.

Eastport, Me., has a genuine new woman, but of a type not likely to become fashionable. She regularly does a man's work on a woodpile, handling the bucksaw and axe with all the skill of the hardiest male expert.

The Queen of Italy is said to be an enthusiastic collector of boots and shoes. Her collection includes shoes of Marie Antoinette, of the Empress Josephine, Mary Stuart, Queen Anne, and the Empress Catherine of Russia.

An article on the elegancies of the toilets of fair Parisians, in Figaro, contains the information that "baths qualified by fresh strawberries are said to be very refreshing; twenty pounds are rubbed through a sieve for each bath."

When Emma Willard began the higher education of her sex by founding the Troy Seminary, she was told that she would be wanting to send the cows to school next, and the State of New York refused to spend a dollar in aiding her experiment.

The fin-de-siecle "dudess" carries her watch anywhere except in a pocket—pendant, for instance, from her belt or waist. European papers assert that, as a consequence, many more ladies' watches are nowadays lost or stolen—but not stolen by pickpockets.

The first women graduates of Glasgow University, Miss Sarah Logan Blair and Miss Isabelle Blacklock, were loudly cheered by the young men at their attendance upon the "capping" ceremony to obtain their M. A. degrees. The boys made the old hall ring with the strains of "She's a Jolly Good Fellow."

Sonora Maria de Barton died in Chicago recently. She was the wife of the late General H. S. Burton, United States Army, and was a claimant for an enormous tract of land in Mexico, under a grant made by the King of Spain to her grandfather, Don Jose Manuel Ruiz. A Chicago syndicate was negotiating to buy the claim, which is valued at \$5,000,000.

Lady Irving, wife of the newly-knighted actor, is described as "a slender, sweet-faced woman with weary-looking eyes and a pathetic droop at the corners of her mouth—a charming woman, looking much too youthful and fragile to be the mother of two tall sons." Lady Irving lives in strictest privacy, apart from her husband, but her boys visit her very often.

The Empress of Austria has not yet followed the example of the court ladies around her and taken to the bicycle. She is a confirmed pedestrian, however, and daily takes a walk of from four to seven miles. She wears a short black dress that does not reach the ankles. She walks straight on wherever she wishes and her Greek teacher follows close behind, talking Greek or reading to her.

Queen Margherita of Italy is now mountaineering at Gressoney, in the fair valley of Aosta. As accommodation is rather rough in this remote spot, the Queen is building a villa to be ready for use next summer. The villa occupies a beautiful site about twenty minutes' walk from Gressoney, with the torrent of the Lys on one side and an extensive view over the valley and glaciers of Monte Rosa in the background.

## Highest of all in Leavening Power.—Largest U. S. Gov't Report

# Royal Baking Powder

## ABSOLUTELY PURE

### Monks That Are Expert Seamen.

An Odessa letter of recent date says: "One of the oddest vessels afloat arrived a few days ago in Odessa, and is now moored in the lower quay. She belongs to the convent on Mount Athos and is called the Holy Prophet Ilya (Elias). She is brig rigged and sails under the Turkish flag, but a Greek cross is carried on both masts, and she differs from the ordinary Turkish ships by her scrupulous cleanliness. The captain is a Jeronach, a monk ranking higher than a friar, and all the sailors are monks or lay brothers; still, they are expert seamen.

"The pilot, Father Iraklij (Her-culius), has crossed all the oceans and zones, sailing around the wide world since 1866. The entire crew speak both Russian and Greek. Service on the ship alternates with worship in the little church in the fore-castle. It is quite a curious sight to behold these monks in their long frocks and sandals climbing up the masts, along the yardarms, reefing sails or hanging almost over the water on the foremost point of the bowsprit.

"The brig brought here a load of bricks from Constantinople, and goes in ballast to Maripol, where she will take a cargo of flour, corn, fish and other provisions which are to furnish the supply for the convent for a whole year.

"According to the sail-monk's own statements, the Holy Prophet Ilya is a smart sailor, and runs eleven knots and hour in a fair wind. She is 105 feet long and carries a cargo of 200 tons."

### Burning Cold.

Intense cold, as is well known, burns—if we may use the term—like heat. If a "drop" of air at a temperature of 180 degrees below zero were placed upon the hand, it would have the same effect as would the same quantity of molten steel or lead. Every one who has the care of horses ought to know the pain inflicted by placing a frosted bit in a horse's mouth. It burns like hot iron.

### St. Francis popular in Hungary.

His name is borne by 1,834,000 men. There are about 2,000,000 Annas in the country.

### ASSIST NATURE

a little now and then in removing offending matter from the stomach and bowels and you thereby avoid a multitude of distressing derangements and diseases, and will have less frequent need of your doctor's service.

Dr. Pierce's Pleasant Pellets are the best of their kind. They are always in favor. The Pellets cure biliousness, sick and bilious headache, dizziness, constipation, sour stomach, indigestion, or dyspepsia, windy belchings, "heart-burn," pain and distress after eating, and kindred derangements of the liver, stomach and bowels.

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