

# BUSY HOUSEWIVES.

Pe-ru-na a Prompt and Permanent Cure for Nervousness.



MRS. LULU LARMER.

Mrs. Lulu Larmer, Stoughton, Wis., says: "For two years I suffered with nervous trouble and stomach disorders until it seemed that there was nothing to me but a bundle of nerves."

"I was very irritable, could not sleep, rest or compose myself, and was certainly unfit to take care of a household. I took nerve tonics and pills without benefit. When I began taking Peruna I grew steadily better, my nerves grew stronger, my rest was no longer fitful, and to-day I consider myself in perfect health and strength."

"My recovery was slow but sure, but I persevered and was rewarded by perfect health."—Mrs. Lulu Larmer.

Mrs. Anna B. Fleharty, recent Superintendent at Galesburg, Ill., was for ten years one of the leading women there. Her husband, when living, was first President of the Nebraska Wesleyan University at Lincoln, Neb.

In a letter written from 461 Sixty-seventh street, W., Chicago, Ill., she says: "I would not be without Peruna for ten times its cost."—Mrs. Anna B. Fleharty.

"Health and Beauty," a book written by Dr. Hartman, on the physics of earthly matter, is now on sale, and is free by The Peruna Medicine Co., Columbus, Ohio.

# GREAT PAINTING DOOMED.

Leonardo's "Last Supper" Fading and Preservation is Impossible.

The report that Leonardo's "Last Supper," painted on one of the walls of the Refectory of the Church of Maria delle Grazie, Milan, has gone out of existence, was premature. The painting is still in tact, but woefully faded. This grand painting is doomed, yet it may last for years. Scientists and artists have been consulted without number for means of preservation—there are none. All that could be done is done by regulating ventilation. At the same time guarding against changes of temperature.

# His Man Cook.

"Having tried every kind of female cook, I determined to get a man," said a portly millionaire. "It very naturally occurred to me that an ocean liner was the best place to find him. Everything is so clean about a ship's kitchen, you know. Well, I found a fine-looking Swede and established him in my kitchen at \$25 a week. He seemed to be all right, but presently my neighbors complained that he was throwing all the refuse out of the window. Old habit! He thought the window was a porthole on a ship. I could never break him of the trick and had to let him go."

# BLOOD HUMOURS

Skin Humours, Scalp Humours, Hair Humours,

Whether Simple Scrofulous or Hereditary

Speedily Cured by Cuticura Soap, Ointment and Pills.

Complete External and Internal Treatment, One Dollar.

In the treatment of torturing, disfiguring, itching, scaly, crusted, pimply, blotchy and scrofulous humors, of the skin, scalp and blood, with loss of hair, Cuticura Soap, Ointment and Pills have been wonderfully successful. Even the most obstinate of constitutional humours, such as bad blood, scrofula, inherited and contagious humours, with loss of hair, granular swellings, ulcerous patches in the throat and mouth, sore eyes, copper-colored blotches, as well as boils, carbuncles, scurvy, sties, ulcers and sores arising from an impure or impoverished condition of the blood, yield to the Cuticura Treatment, when all other remedies fail.

And greater still, if possible, is the wonderful record of cures of torturing, disfiguring humours among infants and children. The suffering which Cuticura Remedies have alleviated among the young, and the comfort they have afforded worn-out and worried parents, have led to their adoption in countless homes as priceless curatives for the skin and blood. Infantile and birch humours, milk crust, scalled head, eczema, rashes and every form of itching, scaly, pimply skin and scalp humours, with loss of hair, of infancy and childhood, are speedily, permanently and economically cured when all other remedies suitable for children, and even the best physicians, fail.

Sold throughout the world. Cuticura Remedies, 10c. (The name of Cuticura Remedies, Inc., New York, N.Y., is blown in glass of each of our bottles.) Beware of cheap imitations. The genuine Cuticura Remedies are manufactured by Cuticura Remedies, Inc., New York, N.Y. Sold by all druggists.

# THE SCHOOL GARDEN

Value of This Nature Study Laboratory—The Practical Knowledge as Well as Artistic Conceptions Which It Affords.

**DEFINE** the school garden as a garden that performs some educational function in the school with which it is connected. It has a garden laboratory—a nature study laboratory, the carpenter shop and the kitchen laboratory do indoors. It trains the eye and the hand along with the intellect, and at the same time gives pleasurable employment and physical exercise in the open air and sunshine. To many pupils in the city it opens up a whole new world—nature's life romance, a divine pastoral abounding in amusing little comedies and the most intensely interesting tragedies—the struggles for existence—all this at a time when every impression made upon the child mind leaves an indelible stamp. And not only does it arouse interest in the many phenomena of nature thus brought under the directed observations of the child, but it also gives zest to many otherwise dry exercises that the skilled teacher correlates with it.

**KINDS OF SCHOOL GARDENS.**

Two fairly distinct types of school gardens are found. In one the ornamental features predominate. The children assist in planting the school grounds with wild flowers and shrubs, or cultivated flowers, ornamental plants and trees, or various combinations of native and introduced plants. Ordinarily in gardens of this type the aesthetic features are emphasized, though not always to the exclusion of other valuable instruction. The children may learn, to a certain extent, the principles of plant growth, the reasons for pruning and grafting trees, the best methods of combating insect pests and fungus diseases of flowers, shrubs and trees, and many other practical details in maintaining pleasant home surroundings.

In the other type of school garden—the vegetable garden—we find the economic element predominating. Children are frequently allowed to plant flowers in connection with vegetables, but this feature of the work is usually incidental to the instruction in growing useful plants. Usually the garden is divided into small plots, from four to ten feet wide by six to twenty feet long, and one or two pupils are made responsible for the care of each plot. Here they plant lettuce, radishes, beans, potatoes and other farm and garden vegetables, learn to distinguish them from the weeds that threaten to choke them out, become familiar with their habits of growth and methods of reproduction, discover numerous insect enemies and other pests that require great ingenuity to eradicate, and gradually acquire a nomenclature that adds greatly to the stock of words in their growing vocabulary.

# LANDSCAPE EFFECTS.

Such gardens do not lend themselves to the realization of landscape effects, but furnish many valuable lessons not to be acquired in the ornamental garden, where, as a rule, all the pupils work together. Among other things they develop a sense of ownership, and awaken a greater personal interest. With this sense of ownership comes a growing regard for the property of others. It has been found in the education of incorrigible boys that allotting to each boy a plot of ground upon which he can raise what he will and enjoy the fruits of his labor has a powerful influence in overcoming the tendency to indulge in petty thieving. Furthermore, the few experiments in school garden work that have been carried on long enough in this country to give tangible results indicate that children who have engaged in work of this kind at school acquire a wholesome respect not only for the individual property of others, but for city property and other corporate property, for the shade trees in the streets and the shrubbery and flowers in parks.

The individual plot system, also, more than any other fixes personal responsibility. There is no chance to shirk it. If any plot shows neglect the teacher knows where to fix the blame. If another shows excellence in design or painstaking effort, the teacher knows where praise should be bestowed. It has been found in schools where this system has been tried that to deprive a neglectful pupil of his plot and give it to some one else has been one of the strongest incentives to continuous and painstaking effort. After a pupil has prepared his ground, sown his seed and bestowed some little care upon the plants that have come up he very much dislikes to have the fruits of his labor enjoyed by someone else.

# DEVELOPMENT OF THE MOVEMENT.

School gardens of the two types mentioned are mostly modern institutions. No concerted movement for their establishment dates back more than thirty-five years. Aside from Germany, where two or three states gave encouragement to the establishment of school gardens, over eighty years ago, Austria and Sweden were leaders in the movement and were practically contemporaneous in giving official encouragement to it. The Austrian Imperial school law of March 14, 1859, prescribed that "where practicable a garden and place for agricultural experiments shall be established at every rural school." In Sweden, seven months later, a royal circular was published which required school gardens averaging from seventy to eighty square yards to be appropriately laid out. In both countries

the movement had rapid growth. In Austria the number of school gardens in 1858 was estimated to be over 18,000, and in some of the Austrian provinces there is not a school without a garden. In Sweden the number of school gardens in 1891 was 4670.

# BELGIUM AND SWITZERLAND.

In Belgium, since 1873, a law has been in force requiring that each school have a garden of at least thirty-nine and one-half square rods, to be used in connection with instruction in botany, horticulture and agriculture. In Switzerland an active campaign for the establishment of school gardens was begun in 1881 by the Swiss Agricultural Society, and about 1885 the Federal Government began to subsidize school gardens and to offer prizes for plans and essays on the subject. School gardens are maintained in connection with normal schools and in that way the teachers receive special training which enables them to make the best use of these important institutions. In Belgium a remarkable impetus was given to vegetable gardening, a matter of great importance in that densely populated country. In Switzerland, according to a recent consular report, one can see flowers, vegetables, fruit trees or shrubbery planted "on every foot of ground—on the front, sides and rear of houses."—Richard J. Crosby, in Boston Transcript.

# The Vainly of Man.

"Why does a man always run his hand through his hair when he takes his hat off?" asked the observant man. "Did you ever notice that man will invariably do this very thing? Is it just a nervous habit? Is it vanity? It is an old habit. I have never known a man who did not indulge this habit. Even men who have no hair to run their fingers through, men whose heads are as bald as billiard balls, will brush their hands over their heads when they lift their hats. If the men simply wanted to smooth their tousled hair, of course, this would afford ample explanation of the habit. But why should a man who has no hair on his head do the same thing? It is not a sufficient answer to say that such a man may have had a full suit of hair at one time, and that it is simply a matter of habit contracted under different conditions. As a rule men are unconscious of the fact. They do not know why, how or when they run their hands over their heads. But they all do it just the same. Go into a courtroom, or at any place where men congregate, and where it is necessary for them to remove their hats, and watch them. You will observe that every man will go through the same performance. It seems to be a perfectly natural thing for them to do. My own conclusion is that it is an evidence of vanity. A man wants his hair to be just so. Originally, probably it was simply a matter of tidiness. But it has grown into an act of vanity. The lawyer, for instance, if he has enough hair for the purpose, will want his head to have a tousled appearance. It gives him a studious appearance, and leaves the impression that he has been struggling with the books. Whatever the reason the habit is a curious one, and one which seems to be deep-rooted in the masculine nature."—New Orleans Times-Democrat.

# The Reporter.

One of the sad features of civil and military life is the unpreparedness of men in the presence of the newspaper reporter. Without the reporter there might be papers, but not newspapers. He is a necessary evil, if he be any kind of evil. Those who fight hardest against him and oppose his mission are the very ones who at some future day need him most, and it is they who will work most strenuously to use him for their purposes. It gives me pleasure to say that we of the Fourth Estate are gradually educating the public in the art of receiving newspaper men and treating them with that courtesy and frankness which the exigencies of the hour demand. We are here to stay. We are friends of all good and enemies of all gulf. —New York Press.

# Cooling a Hot Iron.

The small girl had been told not to put her foot flat on the stove, as it would become too hot. She insisted that she must have a hot iron, however; for how else could she make her doll's clothes look nice? But when the iron was given to her she found its warmth more than she bargained for. She said nothing to her mother, but quietly taking up the iron she toddled out to the refrigerator and deposited there; and when her mother asked her for an explanation she said: "I thought I'd cool it off."—New York Press.

# The Generous Man.

Joseph Girouard, of Spencer, Mass., announced recently that he would give receipts in full to all his debtors who applied, provided they were unable to meet their obligations. "No matter whether it is \$10 or \$100 or \$1000," he declared, "any man who says he cannot pay it shall have a receipt. I want to feel kindly toward all the people and not have them burdened with any debts to me." But it has turned out that no man owed him a single cent. —Successful American.

# "A Strange English Custom."

China is composed not of one but of many different peoples. What may be a custom in the South is quite unknown in the North. But all Chineses in England are sworn on a broken saucer, regardless of what part of the country they come from, with the result that the majority of them imagine the saucer-breaking to be a strange English custom. —The Stretch.

# A Foundation of Currants.

The economic structure of the Kingdom of Greece rests largely upon the currant industry.

# POPULAR SCIENCE

A French inventor has discovered a new way of making roads free from dust. At a cost of two cents per square yard he covered a macadamized road with a coat of tar, and found it, after four months, in excellent condition, although heavy wagons as well as carriages had used it.

# Dr. Figuiera, of Brooklyn, N. Y., has

successfully performed on a hospital patient an operation which has hitherto proved fatal in all similar cases. The patient was suffering from paralysis of the right side and tumor of the brain, due to a fall. To remove the rapidly enlarging growth twelve square inches of the skull was lifted and the tumor and an eighth of the brain removed. The next day the paralysis began to disappear and the man's sight to return.

# The Steljes typewriting telegraph,

as used by the London police, is an apparatus for sending a message simultaneously and in typewritten characters to several places at once. The battery is a powerful magnet, and the parts are actuated by springs. The operator at one end touches the keys representing the letters and figures, at the same time turning a handle, and the message is received and printed automatically by all the recording instruments on the circuit.

# In the Medical Journal is an interesting

account of a queer accident. The patient was brought to the hospital in a state of apoplexy, which had come on without warning, the lad being perfectly well. A few minutes after his admission to the hospital another and more intense apoplexy set in. The second attack ceased after a time, the boy becoming perfectly quiet and comfortable. A new attack followed, however, with increasing intensity, which led Dr. Mollica to suspect a foreign body in the windpipe. A tube was inserted, the breathing became quiet, but after a time another attack of apoplexy set in, with the tube in place. The tube was then withdrawn, and a large leech was found to have crawled into it. The patient was well in a few days. The author was of the opinion that the alterations in the spasms of apoplexy were due to the leech crawling about in the windpipe, and thus giving the lad time to breathe, and again closing the trachea.

In the course of a lecture at the Conference of Musicians in Dublin, Ireland, some interesting particulars and some astonishing statistics were given relatively to the amount of work accomplished by the brain and nerve in piano playing. A pianist in view of the present state of pianoforte playing has to cultivate the eye to see about 1500 signs in one minute, the fingers to make about 2000 movements, and the brain to receive and understand separately the 1500 signs while it issues 2000 orders. In playing Weber's "Moto perpetuo," a pianist has to read 4541 notes in a little under four minutes. This is about nineteen per second; but the eye can receive only about ten consecutive impressions per second, so that it is evident that in very rapid music a player does not see every note singly, but in groups, probably a bar or more at one vision. In Chopin's "Etude in E Minor" (in the second set) the speed of reading is still greater, since it is necessary to read 3950 signs in two minutes and a half, which is equivalent to about twenty-six notes per second.

# Hetty Green's Retort.

Hetty Green, of New York, had a way of taking care of her own, even in her youth. A Vermont neighbor tells that while she was living on her New England farm she had for a neighbor a particularly unneighborly old bachelor. One day, while the threshers were at work on her wheat crop, the winnowing fan broke and she went over in great haste to borrow her neighbor's machine.

"Certainly," was the reply. "Mrs. Green may use the fan, but I make it a rule never to allow my implements to be taken from my farm. The machine is in the barn, and she may bring her grain there to be winnowed," an offer it was manifestly impossible to accept.

# Worthy of Emulation.

Judge W. A. Falconer, of Fort Smith, Ark., has applied the principle of State aid in a new way. As State aid is not yet forthcoming in Arkansas, though it will soon be provided for Judge Falconer put himself in the State's place, and offered to donate \$2500 to that one of the four most important roads in the township which would raise the largest bonus to obtain it. One road raised \$2250 in guaranteed cash subscriptions, in addition to the engineering work and unlimited quantities of stone. To the road coming next in this friendly contest the Judge offered one dollar for every dollar it would raise, provided it would raise as much as \$2000 by April 1; that road had on March 8 in cash and in checks payable April 1, \$1800, and expected to raise \$700 or \$800 more. Judge Falconer has done more than help Fort Smith to get good roads; he has set an example that may well be emulated throughout the Nation. —Good Roads Magazine.

# Give a Rebate.

The council of Hammonton, N. J., has passed an ordinance allowing a rebate of \$1 in taxes for each wheel on a wagon having a tire four inches or more in width.

# Wild red deer are increasing so rapidly

in Devon and Somerset, England, that special efforts are to be made to reduce their numbers.

# GOOD ROADS



# Progress of the Good Roads Idea.

THERE is no subject to which the Constitution has given more undivided attention than that of good roads, and we are highly gratified to see that the leaves of road improvement is working in almost every county in Georgia.

From day to day the Constitution has contained excerpts from the weekly press of the State telling how one county after another is directing its attention to improved highways, and it is evident that before many years the county in Georgia that hasn't a thorough system of modern, well-graded, macadamized or graveled roads will be the exception and not the rule.

The frequent rains of the past winter have, as usual, made the roads almost impassable in a majority of the counties of the State, and this has helped to place the good roads idea uppermost in the people's minds. Farmers, whose hauling has been so seriously interfered with thereby, and merchants, whose trade has been correspondingly hurt, are coming together on the proposition that good roads are the cheapest in the end—that bad roads, in fact, as the Constitution has so often said, are about the most expensive luxuries that any community ever indulged in.

In connection with the good roads movement in Georgia it is both interesting and important to study what other States are doing in the effort to improve their highways. The Pennsylvania Legislature, for instance, has just appropriated \$3,500,000 to be spent in road building throughout the State. New York and other States have a similar law providing for State aid for those counties that undertake to secure modern roads.

In Pennsylvania the State aid idea has taken firm hold. The plan just adopted is for the State, the county and the township to co-operate in the work of building and improving the roads. The State is to pay two-thirds of the expense and the county and township in which the work is done each one-sixth of the expense. The State has made available for this purpose \$5,500,000 to be expended during the next few years.

The principle involved in the State aid plan is exactly the same as that involved in the scheme for National aid which has developed such popularity recently. The fundamental idea of both is that road improvement is not merely a matter of local interest and responsibility, but a matter of interest and concern to the whole people; or, to put it another way, road building is coming to be viewed as a species of "internal improvement" belonging in the same class as river and harbor improvements.

Another reason advanced why National and State aid are becoming so popular is the realization that, unless something of the kind is adopted, the burden of bad roads, like the poor, will be always with us. The bottomless roads of the country constitute a sort of "slough of despond," in which people are destined to founder until some one comes along to help them out. In fact, the expense for improving the roads in many localities is a burden which the local population is wholly unable to bear. It is urged that whenever the State or the Nation reaches out a helping hand to such communities, they will grasp it and bend all their energies to the great work of improving their highways.

An Eastern man who has recently taken a trip through Texas says the enthusiasm with which the people have taken up the "good roads idea" is wonderful. In some counties they are in danger of "going wild" on the subject. Funds are being raised, mainly by the issue of county bonds, and a similar plan is being adopted in North Carolina.

All of these plans can be studied with profit by the people of Georgia, now that we have become aroused to the necessity of improving our highways. Too much attention cannot be given this all-important subject.—Atlanta Constitution.

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# Nervous Prostration

The Ills of Women Act upon the Nerves like a Firebrand.

The relation of woman's nerves and generative organs is very close; consequently nine tenths of the nervous prostration, nervous despondency, "the blues," sleeplessness, and nervous irritability of women arise from some derangement of the organism which makes her a woman. Herein we prove conclusively that Lydia E. Pinkham's Vegetable Compound will quickly relieve all this trouble.

Details of a Severe Case Cured in Eau Claire, Wis. "DEAR MRS. PINKHAM:—I have been ailing from female trouble for the past five years. About a month ago I was taken with nervous prostration, accompanied at certain times before menstruation with fearful headaches. I read one of your books, and finding many testimonials of the beneficial effects of Lydia E. Pinkham's Vegetable Compound, experienced by lady sufferers, I commenced its use and am happy to state that after using a few bottles I feel like a new woman, and pains all gone."

"I am recommending your medicine to many of my friends, and I assure you that you have my hearty thanks for your valuable preparation which has done so much good. I trust all suffering women will use your Vegetable Compound."—Mrs. MIMIE TREX, 920 First Ave., Eau Claire, Wis. (May 28, 1901).

Nothing will relieve this distressing condition so surely as Lydia E. Pinkham's Vegetable Compound; it soothes, strengthens, heals and tones up the delicate female organism. It is a positive cure for all kinds of female complaints; that bearing down feeling, backache, displacement of the womb, inflammation of the ovaries, and is invaluable during the change of life, all of which may help to cause nervous prostration.

# Read what Mrs. Day says:

"DEAR MRS. PINKHAM:—I will write you a few lines to let you know of the benefit I have received from taking your remedies. I suffered for a long time with nervous prostration, backache, sick headache, painful menstruation, pain in the stomach after eating, and constipation. I often thought I would lose my mind. I began to take Lydia E. Pinkham's Vegetable Compound and was soon feeling like a new woman. I cannot praise it too highly. It does all that it is recommended to do, and more. I hope that every one who suffers as I did will give Lydia E. Pinkham's remedies a trial."—Mrs. MARIE DAVIS, Elieora, Pa. (March 25, 1901.)

# Free Medical Advice to Women.

Mrs. Pinkham invites all women to write to her for advice. You need not be afraid to tell her the things you could not explain to the doctor—your letter will be seen only by women and is absolutely confidential. Mrs. Pinkham's vast experience with such troubles enables her to tell you just what is best for you, and she will charge you nothing for her advice.

# Another Case of Nervous Prostration Cured.

"DEAR MRS. PINKHAM:—Allow me to express to you the benefit I have derived from taking Lydia E. Pinkham's Vegetable Compound. Before I started to take it I was on the verge of nervous prostration. Could not sleep nights, and I suffered dreadfully from indigestion and headache. I heard of Lydia E. Pinkham's wonderful medicine, and began its use, which immediately restored my health. I can heartily recommend it to all suffering women."—Mrs. BERTHA E. DEWILSON, 25 1/2 Lapidge St., San Francisco, Cal. (May 21, 1901.)

**\$5000 FORFEIT** if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Medicine Co., Lynn, Mass.

# A New Electric Lamp.

A vacuum tube of any length up to six feet, in which mercury vapor is raised to high incandescence, constitutes the Cooper Hewitt electric lamp. The light is curious and unusual, being of a vivid violet hue almost completely free from red rays, and its weird effects unfit it for domestic use, although it is claimed to have advantages for many purposes. It is stated to require only a seventh as much electric energy as the ordinary glow lamp, while it has run continuously without renewal for 200 days of 16 hours each.

# Pardonable Pride.

It was commencement day, and Miss Eunice Whatnot had taken one of the principal prizes. At the close of the exercises her friends crowded around her to offer their congratulations. "But weren't you awfully afraid you wouldn't get it?" asked one of them. "Oh, no," said Miss Eunice, with a bright smile. "I just knew that when it came to English composition I had 'em all skinned alive!"

# WORMS

"I write to let you know how I appreciate your Calorets. I commenced taking them last November and took two boxes and passed a tapeworm. Then I commenced taking them again and Wednesday, April 25, I passed another tapeworm. Previous to my taking Calorets I didn't know I had a tapeworm. I always had a small worm."—Win. F. Brown, 184 Franklin St., Brooklyn, N. Y.

# Cascarots

Best for the Bowels. CANDY CATHARTIC. THEY WORK WHILE YOU SLEEP.

Cooling as a shower on a hot day  
**Hires Rootbeer**  
Sold everywhere or by mail for 25 cents. A package makes five glasses.  
CHARLES HIRSH COMPANY, Philadelphia, Pa.

**RIPANS**  
RIPANS Tabules  
Doctors find a good prescription for mankind.  
The 5-cent packet is enough for an ordinary occasion. The family bottle (price 50 cents) contains a supply for a year.

**Do You Want Your Money TO EARN 7% INTEREST PER ANNUM?**  
Write me for particulars of a safe, secure investment yielding seven per cent. on amounts of one hundred dollars or more. **W. H. HOOKER, York, Penna.**  
The Nicest, Cleanest, Most Desirable LAXATIVE for Family Use. "Once tried always used when needed."  
**TARRANT'S SPICER**  
Used by American 18 physicians since 1894. 50c and \$1. at Druggists. The Tarrant Co., New York.  
**DROPSY NEW DISCOVERY** gives quick relief and cures most cases. Look at testimonials on the 10 drops' treatment. Price, Dr. S. E. GREENE'S HOME, Box 2, Atlanta, Ga.