strange that the cultivation of this excellent fungus has been so much neglected in other countries, especial ly when it is considered how easily it can be undertaken. Any family can have fresh mushrooms all the year around. All that is needed for the ini tial equipment is placing in the kitchen or anywhere around the house an old bureau or chest of drawers, which can be used as a cultivating bed. Fill the drawers to the depth of 6 or 8 incles with an intimate mixture of good, rich soil and old, dry, horse or cow dung, in equal parts. Having done thus, procure from your seed dealer some fresh mushroom spawn (the French is the best), and insert it at various points on the surface of the soil. Sprinkle the surface lightly with water, and the beds are ready. If the drawers close tightly in front the back of the stand should be removed, and a curtain tacked up so as to shut out the light. In a few days the mush-rooms will begin to show an plantical. rooms will begin to show up plentifully but it will be a fortnight before any fit to eat can be gathered. The bed will last, with an occasional watering, for many months, and will furnish al-most every day a good yield of cham-uignons. pignons

DRINK MAN NEEDS.

An average man requires 59 ounces of food per diem. He needs \$7 ounces of water for drinking, and in breathing he absorbes 30 ounces of oxygen. He eats as much water as he drinks, so much of that fluid being contained in various foods. In order to supply fuel for running the body machine and make up for waste tissue he ought to swallow daily the equivalent of 20 ounces of bread, 3 ounces of potatoes, 1 ounce of butter and 1 quart of water. The body is mostly water. The body of The body is mostly water. The body of a man weighing 154 pounds contains. 96 pounds, or 46 quarts of water.

GLEN EDEN REJOICES

Over the Recovery of Mr. James Paddon of Mt. Forest.

Als Case was a Severe One of Kidney Disease-

Justified. Glen Eden,—The report of the recov-ery of Mr. James Padden, of Mt. For-est, from a severe attack of Kidney Disease by the use of Dodd's Kidney Pills has caused great rejoicing here, where Mr. Paddon is well known. Mr. Paddon's case was a very severe one. It was well known that he was a constant sufferer, and he had the sym-pathy of all his friends. Consequently it gives unfounded pleasure to all to know that he has at last conquered his bitter enemy. Dod's Kidney Pills are the only me-dicine that the people of this district

If gives uniounded pleasure to all to know that he has at last conquered his bitter energy.
Doid's Kidney Pills are the only medicine that the people of this district will give all the purchasers of the purchasers of the small risk of loss. Our bank official guarantees us that he has strong as the small risk of loss. Our bank official guarantees us that he has strong as the small risk of loss. Our bank official guarantees us that he has strong as the stron

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These two words emphasize a neces-sity and indicate a remedy.

ing, slower action of the kidneys

and liver; when humors of all kinds,

boils, pimples and eruptions are

most liable to appear; when the weak, languid condition of the whole

bodily structure demands and wel-

MEDICINE-that to which the millions

turn at this season-Hood's Sarsapa-

rilla. The original and only prep-

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that which makes the blood pure and

clean, as shown by its thousands of wonderful cures of dreadful blood

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comes help.

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Only those who have been relieved had that dreadful tired feeling.

of great suffering can fully appreciate tried quite a number of remedies, but

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In closing we would call your at-tention to that portion of our first book, "Boston Gas and Dominion Coal,"

petite and what little I did eat dis

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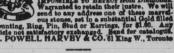
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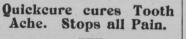
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