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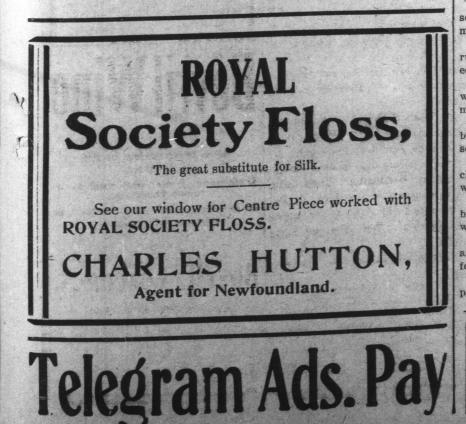
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DR. PIERCE'S FAVORITE PRESCRIPTION THE ONE REMEDY for woman's peculiar ailments good enough that its makers are not afraid to print on its outside wrapper its every ingredient. No Secrets-No Deception.

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A packed pint of chopped meat a pound. The last spoonful of jelly can added to pies or cooked prunes. A slice of lemon stewed with prunes gives a most delicious flavor.

ard until the custard is cold.

to keep it from molding or drying. Odd pieces of fruit, such as on banana, an apple or an orange, are mixed with lemon gelatine to advant-Don't add the flavoring to soft cus-

ise to twice its size before baking.

Wring a cloth in vinegar and wrat

t several thicknesses around cheese

If meat for soup is cut into small A little vinegar put into the water in which eggs are poached will keep pieces more nutriment will be obtainthem white and prevent them from spreading.

When frying mush dip the slices first in white of egg. This makes In baking cake it is well to remem ber that a sponge cake requires a them crisp. lower temperature than a cake made For the roast of cold lamb course, serve an egg salad, sprinkled with with butter.

White kid gloves should be rubbed minced mint leaves. To peel tomatoes without scalding, gently with bread crumbs after each ub them backwards with the blunt wearing, and they will keep clean a | long time. edge of a knife. A scented bag that will keep moths Clean the glass of pictures with | whiting, as water is apt in time to ounce each of cloves, nutmeg and nar the painting beneath.

When leather armchairs look shabcaraway seeds. Old bread just now takes a new y, they should be wiped off with a form in breadcrumb cakes. Soak the soft cloth, dipped in olive oil.

bread in buttermilk and use flour to When the eyelishes are thin or inclined to stand out, rub them at night thicken the batter. Add a teaspoonful of sugar of lead with vaseline or cocoa butter.

to the water in which fine silk hoisery Wooden breadboards are kept in etter condition by rubbing them is washed to prevent the delicate with sand than by simply using soap. color from fading. In selecting beef, the pieces which

Palatable as Cream .- "The D. & L." re well mottled with fat will be Emulsion, for those suffering from se found the richest and juiciest. In making bread, do not fill the vere coughs and hemorrhages, is used ans over half full. Bread should with the greatest benefit.

Your nerves must be fed with pure, YourNerves rich blood, or there will be trou nerves are weak nerves and weak nerves mean nervousnes ints are not neuralgia, headaches, debility. Weak to nervous nerves need good food, fresh air, and . Ayer Co. Ayer's non-alcoholic Sarsabarilla.

boys were burnt to a crisp. Nothing whatever of the furniture was saved and the woman escaped with but life

tle clothing.

Doctor's Strange Story

"I used to write for a medical perodical. On returning home one day after a very heavy day's work at the ospital, and feeling completely exausted, I found a note from the edi-The White Prophet, by Hall Caine. tor, 'Please let me have an article on such-and-such a subject to-night. Jack the Rascal, by G. Manville sat down with pen and paper be fore me, but not a word could I The Music Master, by Chas. Klein. write. Then I lay back lazily, and A Country Corner, by Amy Le began to speculate as to the cause of my want of ideas. I thought, 'The brain is the same as it was vesterday. but yesterday I was not tired; perhaps it is the feebler circulation that prevents the brain from acting. If the blood does not go up to the brain. may bring the brain down to the blood." I therefore placed my head flat on the table, looking sideways at the paper, and began to write easily On raising my head again every idea fled, so I placed my head again down on the table, and finished the article



What most women require to make them strong and healthy, and to restore good complexion and a well rounded form is more blocd, more rich, red blood, such as is added to the system by the use of Dr. Chase's Nerve Food. Headache, indigestion away is made as follows: One half and the weakness and irregularities which accompany exhuasted nerves soon disappear when this great restorative treatment is used. 21

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great and protected community. The guards on the highest point-

the signal-station-have strict orders to chronicle the monkeys' movements. and to register their births and deaths. When their numbers have so greatly increased as to need thinning special warrants from high home authorities are received ere an official may have it in command to give the quietus to a small percentage of the ommunity.

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