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name

SWORN STATEMENT BOSTON POLICE OFFICER.

H. R. STEVENS:—

Dear Sir.—From exposure I took sick about nine years ago with Rheumatic Fever, from which I suffered about four months. When I recovered from the fever I found myself suffering with pain in thy side and constipation which brought on the piles. I consulted a physician and paid him over \$200 for attending me, and all the while I was gradually growing worse. Then one physician after another was employed, until seven of the best physicians of Boston had taken my case in hand.

On consultation between several of the leading physicians, they concluded my complaint was H. R. STEVENS :-

On consultation between several of the leading physicians, they concluded my complaint was asthma and general debility. I had great dimiculty in breathing, and an inhaler was required to afford me breath. Through the treatment of one physician I took from 75 to 100 boxes of calomel pills, and faithfully tried all the medicine that each physician prescribed. From my long sigkness, and the vast amount of medicine used to opercome the great pain, my kidners become to ogercome the great pain, my kidneys became badly affected, and I suffered exeruciating pain in the small of my back, with great difficulty in passing my urine.
One physician said I was diseased all through

One physician said I was diseased all through my system, and he regretted that he could give me no hope for health. My suffering from indigestion was so great that it was impossible to keep any solid food on my stomach, and the whole nature of my food was broth from oatmeal. I also took a prescription from a celebrated English physician, who said my trouble was Bronchitis and Dyspepsia. I took 18 bottles of medicine especially prepared for Dyspepsia, and I have used a great deal of medicine from apothecaries' prescription. I have taken Sarsaparilla until you could count the bottles by the dozen, and indeed I have given nearly all the popular advertised medicine a fair trial. I had a dread-ful cough, and did not average over two hours sleep a night for 8 years.

sleep a night for 8 years.

A brother policeman urged me totry Vegeting, but for a long time I refused, having got completely discouraged from taking so much medicine without any benefit; however, after urgent persussion, I concluded to try it, and before I had used one bottle I could cat and hold on my stomach a beefsteak, athing I had not been able to do before for years; indeed, I obtained more substantial benefit from the first bottle of Vegetine than from all other medicines which I had taken. I kept on improving, and kept on using the Vegetine, until I was perfectly cured and able to do duty all day, cat and digest my food, sleep well at night, and I am now 40 pounds heavier than I ever was before in my life, and am, as I think, a living contradiction of the prophecies of the most learned medical talent of New England, for with all of their combined wisdom, they could not accomplish so much as that simple vegetable medicine called Vegetine to which I am indebted for health, life and happiness.

EUGENE E. SULLIVAN.

567 Athens St., Police Staton 6.
Suffolk, SS., Boston, Mass., Nov. 22, 1875.

Then personally appeared the above named Eugene E Sullivan, and made oath that the foregoing statement is true. before me.

HOSEA B. BOWEN,

Justice of the Peace.

VECETINE.

Further Proof. Facts Will Tell.

GOPPSTOWN, N. H., Aug. 1, 1875.

H. R. STEVENS, Esq.:—

Dear Sir,—Allow me to say a word in favor of VEGETINE. During the past year I have suffered from a complication of diseases. I lay in bed from the 3d of November until the middle of the following June, and on an average did not sit up two hours a week; I had eight of the best physicians in the state, but got no help, and constantly grew worse. They agreed that I had heart disease, phthisis, pynemia, and kidney complaint, and could never be any better. I was reduced in weight 50 pounds, which is much, for I am naturally thin.

complaint, and everythe complaint, and the reduced in weight 50 pounds, which is much, for I am naturally thin.

In June, finding I was failing under the 'trest-ment of the physicians, I commenced the use of Vegerine through the earnest persuasion of friends, and, I amelappy to state, with good results. I have gained ten pounds in weight, and can sit up all day, walk half a mile and ride six.

I am greatly encouraged, and shall continue using the Vegerine if I can get it. I am a poor man, but for the truth of this statement I refer to any man in Goffstown or vicinity.

Yours very thankfully.

VEGETINE. H. R. STEVENS, Boston, Mass;

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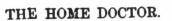
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wention is better than cure. & CO., Manger, Maine.



ADVICE TO GENTLEMEN.

The first great secret of good health is good habits, and the next is regularity of habits. They are briefly summoned up in the following rules:

Give yourself the necessary amount of sleep. Some men require five hours of the twenty-four; others need eight. Avoid feather beds. Sleep in a garment not worn during the day. To

ntain robust health sleep with a person as healthy as yourself, or no

In cold weather, dress warmly with underclothing. Remove muffler, overcoat, overshoes, etc., when remaining any considerable length of time in a warm room. Keen your feet warm and dry. Wash them in warm water two or three times a week. Wear warm stockings, large boots and overshoes when in the snow or wet. Wear a light covering on the head; always keeping it cool.

CLEANLINESS.

Have always a pint or quart of water in your sleeping-room. In the morning, after washing and wiping hands and face, then wet with the hands every part of the body. Cold water will not be disagrecable when applying it with the bare hands. Wipe immediately; follow by brisk rubbing over the body. The whole operation need not take over five minutes. The result or this wash is the blood is brought to the surface of the skin and made to circulate evenly throughout the body. You have opened the pores of the skin, allowing impurities in the body to pass off, and have given yourself in the operation a good, vigorous morning exercise. Pursue this habit regularly and you will seldom take cold.

INFLATION OF THE LUNGS.

Five minutes spent in the open air after dressing, inflating the lungs by inhaling as full a breath as possible, and pounding the breast during the inflation, will greatly enlarge the chest, strengthen the lung power and effectually ward off consumption.

If inclined to be dyspeptic, avoid mince pie, sausage, and other highlyseasoned food. Beware of eating too freely of soups; better to eat food dry enough to employ the natural saliva of the mouth in moistening it. If inclined to over eat, partake freely of rice, cracked wheat, and other articles that are easily digested. Eat freely of ripe fruit, and avoid excessive use of meats. Eat at regular hours, and lightly near the hour of going to bed. Eat slowly; thoroughly masticate the food. Do not wash it down with continual drink while cating. Tell your funniest stories while at the table and for an hour afterward. Do not engage in severe mental labor directly after hearty eat-

EXERCISE.

Exercise, not too violent, but sufficient to produce a gentle perspiration, should be had each day in the open

CONDITION OF MIND.

The condition of the mind has much to do with health. Be hopeful and joyous. To be so avoid business entanglements that may cause perplexity and anxiety. Keep out of debt. Live within your income. Attend church. Walk, ride, mix in jovial company. Do as nearly right as you know how. Thus conscience will always be at ease. If occasionally disappointed, remember that there is no rose without a thorn, the Maritime reading public."—Sackville Post. and that the darkest clouds have a silver lining; that sunshine follows storm and beautiful spring succeeds the dreary winter. Do your duty, and leave the rest to God, who doeth all things well.

Cramps and pains in the stomach and bowels, dysentery and diarrhoea are very common just now and should be checked at once. Johnson's Anodyne Liniment will positively cure all such cases and should be kept in every family.

The most distressing case of scrofula or blood poison that we ever heard of was cured by Parsons' Purgative Pills. These pills make new rich blood, and taken one a night for three months will change the blood in the entire system.

THE TATEST STYLE .- Ladies now dress their hair smooth and neat, and not loose and frouzy as has so long been the fashion They find the BEARINE unequalled for giving the hair a delightful fresh appearance and incline it to remain where placed

Diarrhoea and Dysentery are perhaps the most common of our every day ills, and eaery person nearly has some special cure of their own. Ours is Perry Davis' Pain Killer, and having used it for many years we can confidently recommend it.

By the use of Fellows' Compound Syrup of Hypophosphites the blood is speedily vitalized and purified, and so made capvitalized and purified, and so made capable of producing a sound mind and body

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May 31



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Thankful for the very liberal patronage accorded us hitherto, we can only say that we will continue our endeavors to thoroughly satisfy our customers in all their dealings with us.

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"Never Give Up is one of the healthiest books we have read for many a day and is well worthy of its author, who has long been known as one of the most earnest workers in the cause of human progress. The book is written in a charming style and reminds us of the style of the best story-tellers of the Victorian age. As a present it would be singularly appropriate."—Fredericton Reporter.

"NEVER GIVE UP is a little work by Rev. Robt. "NEVER GIVE UP. It is quite interesting, and

our readers will find in its eighteen chapters more good reading than in many more pretentious works."—St. John Sun.

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THE HOME AND THE FARM.

HOUSEHOLD RECEIPTS AND ITEMS.

COCKBOACHES .- The Scientific American says: "A mixture composed of one part of powdered borax and two parts of powdered sugar sprinkled upon the floor where they frequent, will soon eradicate

RED ANTS.—Shaker sisters say that there is a better remedy for dispelling red ants than the chalk mark. It is camphor. Saturate a piece of sponge or cloth with spirits of camphor, or wrap a few small lumps of the gum in paper, and place where they inhabit. The disagreeable pests are thus entirely banished.

REMOVING WARTS. — An item in foreign papers, credited to an " American authority," reports unexceptional success in removing warts from animals by anointing two or three times with "fresh, clean hog's lard. The writer says that "bleeding warts of large size, rattling warts, and seed-warts, to the number of 100 on one horses's head, all disappeared after the second application.'

PASTRY RECIPE.-A woman's pastry should be an index of character-neither soft and flabby, nor hard and unyielding. This is a good way to make pic-crust: To a quart of flour add one-third of a pound of lard and one-forth pound of butter, one tea-spoon of salt. Mix lightly with a spoon and moisten with cold water. This can be rolled without mixing with your hand, should be made thin and delicate; is easy to do, and delicious eating if skill-fully handled.

T. E. L.

STRAWBERRIES .- All our young readers may not know that a small pot filled with good earth and sunk in the ground under a strawberry runner, at the point where it begins to root, and the connection between parent and offspring severed when the new growth is well established, will give a plant that can be transferred with its adhering soil to a fresh bed in August or September, and bear a good crop the following Spring. Or the runner may be allowed to root in the natural way, and be taken up on a spade and set in a hole previously prepared for it.

BRIGHTENING COPPER.—L. Lee writes from Troy, Obio: "I notice in your Rural Column a few weeks ago that a lady asked how to brighten a copper tea-kettle I, therefore, give her my way of cleaning copper: I scrape bristol brick fine so that it will not scratch. Then I dip a wet rag in the dust, and rub the article to be cleaned till it looks clean. Then with a dry rag and dust I polish it. This is the way I keep my reservoir bright. I clean it once a week, and it looks well all the time. And when done once a week it takes but a few minutes. "And now, when I am writing, I should like to ask if any of your lady readers can tell me why part of my canned fruit works? I lose a larger proportion every year than I like to. I try to be careful with it. I use the wrap up her cans in brown paper. When glass is used this is important in order to exclude light.

INFORMATION FOR COOKS,-The yolk of eggs binds the crust much better than the whites. Apply it to the edges with a

Old potatoes may be freshened up by plunging them into cold water before cooking them. Good flour is not tested by its color.

White flour may not be the best. The test of good flour is by the amount of water it absorbs. In boiling eggs hard, put them in boiling water ten minutes, and then put them

in cold water. It will prevent the yolk from coloring black. Cutlets and steaks may be fried as well as broiled, but they must be put in hot butter or lard. The grease is hot enough

when it throws off a bluish smoke. The water employed in mixing br ad must be tepid. If it is too hot the loaf will be full of great holes.

To boil potatoes successfully, when the skin breaks pour off the water and let them finish cooking in their own steam. In making a crust of any kind do not melt the lard in the flour. Melting will injure the crust.

SCRAMBLED Eggs. Separate the yolks and whites of three eggs. Beat the yoll's two minutes; then add three table-spoonfuls of milk and one half tea-spoonful of salt; beat a little more. Melt half a table spoonful of butter in a spider; pour in the yolks, and when they thicken slightly, pour the whites in without beating. Let them be until they look like the white of a boiled egg, then gently mix them with the yolks with a fork. Serve in a hot dish, with or without buttered toast under-

PEACH PUDDING. Take three eggs one table-spoonful of butter, one of sugar, beat together; add one cupful of sour milk, and soda in proportion to acid in milk; stir in flour enough to make a stiff batter; beat briskly until smooth; have your pan buttered; pour in half the batter; put into it one and a half pints of ripe peaches sliced thin, or one pint of berries; pour over this balance of the batter; bake until done; serve with hot

PUFF PUDDING. Take six eggs, and drop them into as many spoonfuls of milk, and six spoonfuls of sifted flour; beat well up in a batter; butter some cups and put the batter in them; bake in a fairly hot oven; turn them out and eat with a sweet

FANNIE CAKE. Half a pound of butter, three-fourths of a pound of sugar, one pound of flour, four eggs, one cupful of Very cheap and convenient for milk, one tea-spoonful of soda. Cloves, cinnamon and mace, to taste, with or without fruit, as you chose. Bake in a slow

> WAFFLES. 1. A batter of flour, milk, eggs, sugar, butter, and grated lemon-peel. 2. The same, with yeast added; baked on the fire in waffle-irons, and served hot or cold, with cream, jam or sirup sauce.-London Queen.

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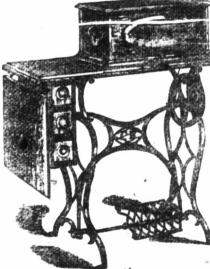
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