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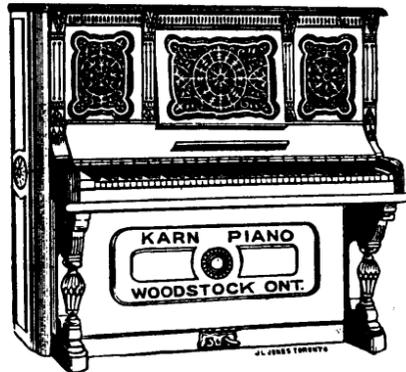
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In one minute the Cuticura Anti-Pain Plaster relieves rheumatic, sciatic, hip, kidney, chest, and muscular pains and weaknesses. Price, 30c.

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JNO. B. HARRIS, Fort Payne, Ala.

HEALTH AND HOUSEHOLD HINTS.

Apple Johnny Cake.—Two cupfuls of Indian meal, two tablespoonfuls of salt, a heaping teaspoonful of baking powder, milk to mix quite soft, three tart apples, pared, cored and sliced. Bake in a shallow oblong tin about half an hour.

New Linctum for Rheumatism.—Oil of wintergreen and olive oil mixed in equal parts and applied externally will give almost instant relief from pain. On account of its pleasant odor this linctum is very agreeable to use.

Egg-plant.—After boiling the egg-plant in salt water till it is tender, cut it open, remove the inside and mix with it bread crumbs, butter, salt and pepper. Fill the shell with this mixture, put the two halves together, and bake half an hour.

Potato Salad.—Peel the potatoes as soon as done, slice them thin, and mix with them, for every quart of potato, a piece of butter the size of an egg, two tablespoonfuls of vinegar, an apple chopped fine, and a small onion. Use chopped herbs for seasoning if you like. Serve cold.

Corn Omelet.—Strain through a meat squeezer a pint of grated corn. To the clear pulp thus obtained add six well-beaten eggs, a teacup of milk, seasoning to taste. Pour into a buttered frying pan and cook very slowly, finishing it in a warm oven till the egg is just done. This is delicious.

Potato Souffle.—Put one cup of mashed potato in a saucepan over the fire. Have ready the yolk of one egg beaten light, a large tablespoonful of cream, a teaspoonful of butter. Add these to the potato, stirring until smooth and light, whisk in the white of an egg beaten stiff. Put the mixture in a buttered pudding-dish and bake ten minutes.

Graham Pudding.—Mix together two cupfuls of graham flour, one of milk, one of chopped raisins, a cupful of molasses and one egg beaten light, a teaspoonful of salt, and one of soda dissolved in a little water. Pour into the pudding pan, allowing plenty of room to rise. Cover tightly and boil three hours, adding boiling water as the water around the pudding dish wastes. Serve with any kind of sweet sauce.

Cucumber Sweet Pickle.—Take ripe yellow cucumbers, remove the peel and the cores, cut in slices lengthwise, soak in salt water two days, then put them into the pickle, which is thus made: For each quart of sharp cider vinegar take a pint of hot water, two coffee cups of sugar, one tablespoonful each of ground cinnamon, cloves, allspice, mace or nutmeg; add a handful of raisins or ripe grapes. Boil all together till the cucumber is translucent and easily penetrated with a straw. If the vinegar is not very strong omit the hot water. Watermelon and citron may be prepared in this way.

Peach Cream.—A well-made peach ice cream is one of the simplest and nicest of desserts, and, old-time prejudices to the contrary, one of the most wholesome and nutritious. Peaches and cream represent the most nourishing food and refreshing fruit of all nature. To make this cream, says the Weekly Tribune, mix together a heaping cup of granulated sugar with four yolks of eggs and half a teaspoonful of salt. Add very slowly a pint of hot milk, beating it to prevent the eggs curdling. Put this custard on the fire, and heat it slowly, stirring it continually. As soon as it is ready to boil add a quart of rich cream and continue to beat it slowly until the custard and cream are thoroughly mixed. Meantime peel twelve large and perfectly ripe peaches. Stone them one at a time, and mash them to a pulp, adding them to the cream as you do so. Beat the cream again and strain through a fine-pointed strainer, pressing the peaches through with a wooden spoon as you do so. Freeze the cream as usual and serve it with an orange water ice or some other fancy cream.

BANANA PEEL ON THE SIDEWALK.

The street car had passed, but to catch it he reckoned,
So he ran like a deer, and shouted and beckoned,
Till he planted his heel
On a smooth bit of peel—
Then he saw half a million of stars in a second.

He was in too great a hurry; better have waited for another car. There are cases, however, where haste is necessary. If you have night-sweats, feverishness, weak, sore lungs and a hacking cough, do not lose an hour in obtaining a supply of Dr. Pierce's Golden Medical Discovery. Delay in such cases is dangerous; it may be fatal. Before the disease has made too great progress, the "Golden Medical Discovery" is a certain cure. In fact, it's guaranteed to benefit or cure, or money paid for it promptly refunded.



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Of all Grades and Standards
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Of all Grades in Barrels and half Barrels.
- SOLE MAKERS**
Of high class Syrups in Tins, 2 lb. and 8 lb. each

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and you may live or travel in any part of the world, engage in any employment whatever, without prejudice or restriction. You pay your premiums and the Company will pay the insurance. That's the policy for you

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