

phosphorus supplied. Cucumbers rank next in phosphorus value to pumpkin, being 2.08.-From the Vege-

MINARD'S LINIMENT LUMBER-MAN'S FRIEND.

arian Magazine.

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TAILOR AND CLOTHIER,

Radishes build tissue and are rich in phosphorus, also in iron. Horseradish contains a higher per centage of sulphur than all the other vegetable roots, spinach ranking next in value. Spinach also contains a large proportion of iron. A mayonnaise dressing with lettuce is especially desirable for thin people. but for over plump French dressing is to be recommended. The action of vinegar on the digestive organs, how ever, is not to be considered. The acid of lemon juice is preferable. While apples are a most excellent fruit for brain building, which phosphorus aids in, the humble pumpkin desecrated to the uses of pie and jack o' lanterns, holds the prize. Pumpkin rates 2.79 in phosphorus, while apple is but .45. Also TEA SETS, and a large assortment of Decorated Glassware, in Water Sets, Wine Sets, Table Sets, Berry Sets, etc.—all to go regardless of cost, in the BIG REMOVAL SALE now going on AT OUR CENTRAL STORE 299 Water Street. When in search for this special element take up a pumpkin diet. But as winter squash would stand the same analysis, it can be used as a vegetable C. L. MARCH CO. in many varities and thus the needed

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