Sleep, Balmy Sleep.

It Is No Waste of Time to Get Plenty of It.

Some Popular Misconceptions That Are Here Cleared Away - The Folly of Early Rising on the Farm-A Notable Instance of Sleep's Virtue.

"God bless the man who first invented So Sancho Panzo said, and so say I;

And bless him also that he didn't keep

His great discovery to himself; nor try

To make it—as the lucky fellow might—

A close monopoly by patent right! "Yes-bless the man who first invented

sleep,
(I really can't avoid the iteration);
But blast the man, with curses loud and Whate'er the rascal's name, or age or Who first invented and went 'round ad-

That artificial cut-off-Early Rising! I like the lad. who when his father To clip his morning nap by hackneyed

Of vagrant worm by early songster caught, Cried, 'Served him right-it's not at all Surprising; The worn was punish'd. Sir, for early

"I always calculate to get to bed at a reasonable hour every third night; in that wayI manage not to waste so much time in sleep," writes a coung teacher to one who remonstrated with her re-This young lady, with a head full of the wisdom of the books, has failed to draw a most important inference. from her knowledge of psychology—or perhaps, more correctly to have deduced an erroneous one. She speaks of sleep as a waste of time. It is rather nature's regenerator and re-storer; it is the period for the renewal of exhausted energies, the interval of recuperation, and the ethics of good sleep are a part of the household mor-A writer on psychology says that from the surplusage of energy, sich as is felt in the morning after a refreshing sleep, is built the progress of the world. No time spent in the ac cumulation of such energy can be re-

garded as wasted. Dr. Hurd, superintendent of a Buffalo hospital, says that one of the first conditions that precede menta! disturbance which lead to leads to insanity are dis orders of sleep. Not always me comnia, but other unnatural conditions such as restless and uneasy sleep carrying worries through the night, so that one rises unrefreshed and still weary. What will make a person grow old and haggard so fast as some mental trouble or physical pain that precludes sleep? One of the most cruel punishments of medieval times—one that was the very essence of refinement in cruelty—was to prevent a prisoner from sleeping to keep him awake long hours at a time, allow a short period of repose then awaken him and compel him to remain awake. The strongest mind and body were

alike broken under such treatment. Those who can sleep soundly and bealthfully are almost invariably those who longest retain their vigor and health of body and mind, apparently defying the frosts of time. They have fewer wrinkles and brighter eyes, ter complexions and greater youthfulto few hours, or who sleep imperfectty. A person who does not feel the nclination to sleep at the proper time. for a healthy person has the natural inclination to sleep and eat and drink developed in a strong degree. Eight hours is the average amount, but this varies according to the age, health. temperament and business of the in-dividual. Nine hours is really better than eight. The time should be sufficient for complete rest, whether more or less is required. To rise, still weary with the previous day's toil, and sum mon a fictitious strength and energy by strong tea or coffee which will in terfere with the next night's restfulmess, is to institute a process that wears out the vitality and makes the

individual prematurely old.

In this connection one is naturally led to speak of the evils of early ris-ing. One of my most emphatic objections to farm life is the abominably early hour at which it is considered necessary to begin the toil of the day. I know all about it, for many and many a time I've watched the cold, gray dawn of a winter's morn melt into daylight as I washed the breakfast dishes before the kitchen window in the "Little Brown House"-but I never did it without a mental, and very likely a verbal, protest. It is unseemly to thus surprise nature en deshabille, as it were, before her morning bath of dew is over and her complexion adjusted for the day; and not all the poets who nave written (by lamplight) of the beauties of early morning and the glories of sunrise, nor all the stalwart farmers with whom I have argued the ouestion, have convinced me that it is duty, or even an advantage in the performance of labor, to burn the candle at both ends of the day. The man who rises at a reasonable hour refreshed and revived, can do more work and better work than he who is dragmore hours of half-hearted semi-ex-hausted labor; and it is even more true indoors than out And I am glad to see that the med'cal profession is discarding the maxims of Solomon and Senjamin Franklin, and inculcating more sensible views on this subject. Growing children in particular suffer severely from a curtailment of their proper hours of rest. They require more hours of sleep than grown people, yet often, with a view to inculcating this reprehensible habit of early rising, they ere roused out of sound slumber and set to work. An instance came under fustrates what pernicious results may growing children. The son of a one extensive florist. a growing lad, in his early teens, was an exceptionally dull boy in school. Always at the foot of the class, he failed time after time to mass his examinations for the next erade till both he and his teacher were thoroughly discouraged. He inveriably went to sleep in school hours and finally one teacher, who was of an investigating turn of mind, set about discovering whether he was a semi-idiot by nature or by circum-stances and environment. She found hat he was compelled to get up at o'clock every morning, and was kept up at night until 10 o'clock or after; he was growing fast and did not get the sleep he needed. The father, after a frank talk on the teacher's part, which he took very patiently, hired a man to attend to his furnace and let the boy leep all he pleased. Within a mont he was a new boy, both mentally and physically. Instead of being sluggish and dull, he seemed to have awakened

to new life. But he had lost valuable time, and he had not formed the habit

of mental concentration, so that he always remained a backward student.

The instance simply shows how necessary plenty of sleep is to the well-

GENERAL AZCARRAGA.

The Man Who Will Go to Cuba as Capta-General Weyler's Superior.

General Azcarraga, who will in all probability go to Cuba as Captain-General Weyler's superior officers, is an able director of men, and one of the shrewdest diplomats and intriguers in war Minister was not enabled to turn the screws on his enemy until the war in Cuba broke. Azcarraga knew that neither Campos por port of the screws on his enemy until the war in Cuba broke. Azcarraga knew that neither Campos por port of the screws of the neither Campos nor anyone else would fare well in the conduct of the Cuban campaign, and it was through his in-fluence the kind-hearted Campos was sent out to suppress the revolution. How Campos was recalled in disgrace is well known. That soldier would prebably never have been called hom precasily never have been called home had it not been for the machinations of his enemy. He was an able commander and he was feared more by Gomez and his men than is Weyler. Campos was a fair fighter. At that time it was predicted that the whiriigig of politics would bring about Az-carraga's fall, and that it was by no means improbable that the War Min-ister himself would be sent to Cubaa mission that any Spaniard may well shrink from. New policies, however, seem to be in the mind. New policies, however, seem to be in the mind. Azcarraga, it is said will make no attempt to repeat the atrecities of Valeriano Weyler, but will begin his operations by releasing all the American prisoners now held in Cuba, including the crew of the Competitor, and, it is said, even Julio Sanguily and Louis Somellion. Should Azcarraga fail in his new work, General Campos' ven-geance will be complete. The ups and downs of political life are many, especially in Spain.

The new Governor-General of Cuba. Don Marcelo De Azcarraga y Palmero, is the present Spanish Minister of War, and is also president of the Im-perial Council of War, a body com-posed of the most distinguished Penin-sular generals. He is fourth on the list of Spanish Lieutenant-Generals, and is just above General Weyler in rank. His military career extends over a period of forty-six years. He was Acting Captain-General of Navarre in 1880, and performed similar duties as the military and civil governor of Valencia in 1884 when he put down a formidable rebellion. He was appointed Minister of War in 1890. At the end of two years the Canovas Government fell, but returned to power in 1895, when General Azcarraga again became the head of the War Office. Azcarraga was born in Manilla, in the Philippine Islands, in 1832. At the age smaller divisions than half rods are deof eighteen he became second lieuten-



GOV.-GENERAL AZCARRAGA. ant in the cavalry, and was sent to

Havana. He returned to Madrid in 1854 and entered the War Office, where he was made lieutenant. He received his commission of captain in 1856, and was again sent to Cuba in 1857. He be-came chief of staff of the Governor-General of Cuba in 1863, and Lieutenant-General in 1864.

PSYCHICAL PHENOMENA.

Prof. William Crookes' Theory of Brain Waves and Thought Transference, The latest discovery, or, rather, latest theory, in science, is that of brain waves. So, at least, it is described in the presidential address delivered the other day to the British Society for Psychical Research by Prof. William Crookes. He entered before launching his theory, upon an elaborate calculation as to the vibrations which produce sound and light. Then he applied a similar law to the subject of thought transference, and suggested that it was quite conceivable that the intense thought concentrated by one person upon another, with whom he is in close sympathy, should induce a telepathic chain along which brain waves should go straight to their goal without loss of energy due to distance. Such specuenergy due to distance. Such speculation was, he admitted, new and strange to science. It was at present strictly provisional, but he was bold enough to make it, and the time might come when it could be submitted to experiental tests. The professor spoke of the work which is being done by the society as likely to form no unworthy preface to a profounder science of man, of nature, and of worlds not yet realized, and he said he could see no reason why any man of scientific mind should either shut his eyes to it or stand deliberately aloof. He endeavored in a long argument, to clear away the "scientific suppositions," which prevent many from venturing into research which might in time dominate the whole world of thought One of the greatest thorns in the path of this society, he said, was the fact that many people started with a certain presupposition, depending upon a too hasty assumption that we know more about the universe than is really known. For instance, among those who believe with him in the survival of man's individuality after death there was a wide-spread-illusion that ethereal bodies, if such there were, must correspond to earthly bodies in shape and size. The human body, it was true, was the most perfect thinking and acting machine yet evolved on this earth, but its excellence for its varied purposes depended upon the conditions by which it is surrounded. Its action, for instance, is entirely governed by the strength of the force of gravitation, which had not apparently varied during the ages in which antimated thinking belongs had which animated, thinking beings had existed. Were the force of gravitation

be remarkable changes in the type of humanity to suit the altered state of affairs. Yet the popular imagination, taking no heed of this, presupposed spiritual beings to be su-perior to the laws of gravitation, and yet to retain the shapes and propor-tions which gravitation originally determined. His own picture of the con stitution of spiritual beings would make them centres of intellect, with will, energy and power, each centre retaining the individuality and persistence of self and memory, and each mutually penetrable, while, at the

same time, permeating what we call Prof. Crookes' tentative speculations must, perhaps, be accepted as the lat-est and most liberal dictum of science with regard to the existence of a pos-sible world which is beyond the ken of ordinary senses. His address, as a whole, is calculated to give a keen stimulus to the serious investigation of ! psychical phenomena.

Minard's Liniment Cures Garget in Cowa | Bernhosphate

Farm and

Garden.

FARM CONVENIENCES.

Land Measure That May Be Used by One Person-Handy Device. When measuring land, it is sometimes necessary or desirable to do the work more accurately than it can be done by pacing. The accompanying cut, from the Farm and Fireside, shows a land measure which can be used by one per-

vantage than a chain or rope by two. The wheel neasures just 81/4 feet, or half a rod, in circumference and is made of 1 inch band iron or of barrel hoops. The spokes are a cross of light wood an inch square, halved together with a piece of han men siding nailed on piece of half inch each side over the joints. These act as washers and

son to better ad-

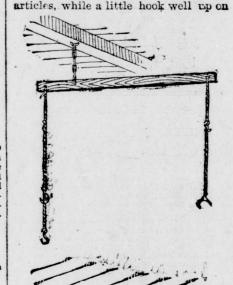
make the wheel GOOD LAND MEASURE. run more smoothly. To keep the spokes in place nails are driven into the ends through punched holes in the hoop. A quarter inch hole in the center to receive the bolt completes the wheel. The fork is also made of sticks like

dle nailed between. This latter should be a little wider than the hoop and rounded off at the end. As the revolutions of the wheel have to be counted, it is handy to have one of the spokes plainly marked. Paint or

the spokes, with a short piece for a han-

sired, the spokes indicate eighths of a Many times one wishes to swing a heavy article-a bag of grain or sack of potatoes-just clear of the floor in order to weigh it. A handy device originally described and illustrated in the New York Tribune is shown in the second cut. Two hooks in the longer rope

accommodate it for use with low or high



either rope gives a chance to hook the ends up out of the way when not in use. This device is so easily made that several can be constructed and hung in a number of the farm buildings where it is occasionally necessary to weigh arti-

Onions For Market. Here is what a successful York state specialist says in The New England Homestead: Onion growing may be divided into culture in the kitchen garden, the market garden and on the farm. In the market garden the first thing under consideration is the soil. That best suited for the onion is a dry, sandy loam, not wet or soggy, for if it is you will have nothing but scullions at the end of the season. Take a piece of land that has had early potatoes, and as soon as these are dug haul on plenty of well rotted barnyard manure; spread evenly. Plow, not too deep, but just deep enough to cover the manure. Then sow rye on it at the rate of six bushels per acre. Don't be afraid of sowing your rye too early in the fall. Don't plow too early in the spring, but give the rye a chance to start. By plowing it again in the spring you get all your manure on top, just where you want it for onions. The roots of onions are all near the surface. After going over it with a good smoothing harrow the ground is ready for the

Make the rows 18 inches apart. They might be nearer, but I think this near enough, because it gives a better chance to work them with a double wheel hoe. When the onions are about four inches high, sow on wood ashes at the rate of 100 bushels per acre broadcast. I never thin my onions, but leave them as the drill sows them. Harvest as soon as the tops die and sow rye as in the fall previous, ready for another year's crop. If these directions are followed, I promire

you a fine crop of onions.

Potato Fertilizers. Fertilizers on potatoes have been the subject of exhaustive experiment at the Ohio state station and numerous substations. Phosphoric acid seems to have been the controlling element in increasing yield in all these tests, whereas, according to The New England Homestead. in many of the southern, middle and eastern states potash seems to be the more necessary element. In the Ohio test the lowest cost per bushel of increase was obtained by the use of superphosphate alone, but the greatest gain per acre was with 1,100 pounds per acre of a complete fertilizer containing nitrogen, phosphoric acid and potash. Muriate of potash and nitrate of soda when used alone did not give profitable in-crease, but proved beneficial with su-

WHAT CELERY TO PLANT.

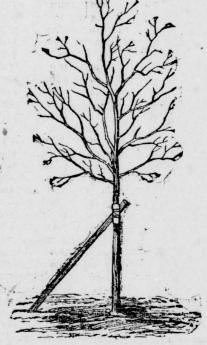
Golden Self. Blanching a Popular Variety
In New England Markets.

"What do you consider the best two varieties of celery, early and late?" was a query referred to L. F. Kinney of the Rhode Island station. Here is his reply, as published in The Rural New Yorker: I do not know any reason why one kind of celery should be grown for the early crop and another for the late. Why not plant the best for both? When the markets prefer a particular kind of anything, it is to the advantage of those who grow this class of products to sell, not to have too many varieties, a fact that is not always appreciated. In grewing celery, for New England markets at least, I am inclined to question the policy of planting even two varieties extensively, because a critical study of the peculiarities of the different varieties shows that there is one type which more nearly meets the requirements of both growers and marketmen than does any other, consequently the efforts to grow a second choice with profit in competition with the first are handicapped at the outstart. There is no need of planning to raise second quality celery. There is enough of this to be culled from the first choice, and an excess is sure to injure the trade. The popularity of the Golden Self

Blanching or Paris Golden celery in the larger markets in New England is unparalleled by that of any other kind. It has been learned that this celery satisfies the average custom, and an examination of the plant readily shows why. It makes a nice bunch, that keeps well. The growth, too, is just where the gardener wants it. The centers of the plants are full of thickened stalks of convenient length, and these can be ripened up quickly after the plants are mature at the pleasure of the grower. To be sure this celery does not look as vigorous when growing in the field as some others, and it may not be able to hoe its own row quite so well, but when its preparation for the market begins then its superior qualities at once become apparent.

When well grown, this celery requires but little knifing, nearly the whole growth goes to market, and, excepting the leaves, it is all edible. The full centers of the plants of this variety constitute an important peculiarity. In addition to this the whole habit of growth of the plants is such that a large number can be grown on a small area. While this celery, like the Baldwin apple, has not the richest flavor or the largest size, I doubt whether it has a peer among its kind for ordinary market purposes, either for the early or moderately late crop. The centers of the plants sometimes die out, and the stalks of this kind, as well as others, are eccasionally of light weight, but these are matters which appear to be due partly at least to improper culture. Too porous a soil may be responsible for both of the

Staking Trees. A contributor to American Gardening writes: I take 2 inch chestnut planks and have them ripped into strips 2 inchmaul. Used as shown, it answers every purpose that three stakes do, keeping the tree from swaying in either direc-



AN EASILY ADJUSTED STAKE. tion, takes but one-third of the material and labor, and, when driven in line with the trees, is not unsightly or in the way of the cultivator or hand hoe. I also wrap the tree with a piece of matting and make it fast to the stake with tarred cord. I think it advisable to remove the wrap at least once each season, as I have found borers at work under it in several cases.

wagons for hauling over one ton loads."

Refugee and Early Jersey Lima. New Jersey not only has a forestry association, but it has, for the year to come, two women upon its list of offi-

If you have a good home market, it will pay you to push it for all it is worth. If you can retail what you raise, you can get much larger profits. Better sow clover twice to be sure of a good take. During a slight thaw is a good time. Use three parts common red

clover and one of alsike. This advice is from The Farm Journal. Keep the potatoes in a dark place. Egyptian Turnip and Electric are both

early beets. A good early cabbage is Early Jersey

If the system is fortified by Hood's Sarsaparilla, which makes rich, red blood, there is little danger of sick-

Pointers on

Live Stock. \$ 6*0*0*0*0*0*0*0*0*0*0*0*0*0*0*

BEEF AND MILK.

Here Are a Shorthorn Cow and Calf of High Degree. The cow in the picture is as blue blooded and as pure blooded as the daughter of 100 earls. She is roan in

color and perfect in shape. Her calf, the fine young fellow beside her, is 9 months old. The cow is of the



SHORTHORN BEAUTY. famous Cruikshank family, sired by Cubbearer.

This cow shows to what perfection American Shorthorn breeding has been brought. American breeders need not ask any odds of British breeders of the Shorthorn. The cow in the picture is perfectly formed for beef, but she incidentally gives large quantities of milk.

Good Hints About Ewes and Lambs.

I now know that much of my own bad fortune years ago was due to my having a few ewes among the flock from which no living man could have gotten good results. Some would disown their lambs, deserting them when first dropped. Others had lambs without stamina. Some had little milk. After learning their peculiarities I

have fattened one and all that did not have "luck" with their lambs. Sheep are too plentiful now to fool with one that is deficient in her motherhood, be the deficiency what it may. So I strongly advise the young shepherd to mark each ewe that is not a reliable mother and cull her out of the flock, no matter what she may have cost you, no matter how beautiful she may be. I have a Dorset ewe in the fattening pen today that cost me \$25, and she is a picture to look at. This ewe raises her lambs every time. The trouble with her is that the lambs are not thrifty after they grow

and if it had "gone to its final reward" sooner it would have been better for all parties concerned. If once they are born right, they are almost as hard to kill as rats. Cold will not hurt them after once they get their mother's milk in them. We have got to the point with our ewes that seldom do we give any attention to es wide, sharpen one end, and, after lambing more than to help the lamb starting a hole with a bar, merely to get start the milk, and very often we do the course, drive the stake home with a not do that. Sometimes a valuable lamb gets away from the ewe when very young and becomes chilled. I have almost resurrected these chilled lambs by immersing them in hot water, as hot as you can bear your hand in. Pour in more from time to time, too, so that it may not become cooled off by the cold lamb's body. As soon as he shows signs of life pour a little hot milk, half water, down his throat, and, when he can stand and cry for his mother, let him go to her, if practicable. The more you keep him in the house and fuss over him the worse his chances for living It. must be a very valuable lamb that it will pay to raise by hand. Ten to one that you will kill him before the week is out by overfeeding, however. The cow's milk should be diluted with water at first. Gradually leave out water.

Feeding the suckling lambs should begin as early as the lambs show a desire to eat, whether the lambs are designed for a spring lamb market, to be fattened as yearlings, or kept for show sheep. A pound of food given the suckling lamb will make as much gain as five pounds fed the yearling. Certainly feed the ones that you mean to keep to grow up foods rich in protein, such as wheat bran, middlings, or even whole wheat ground, and some oilmeal. You must develop as much frame and lean flesh as possible. -J. E. Wing in New York Tribune.

As to Sheep.

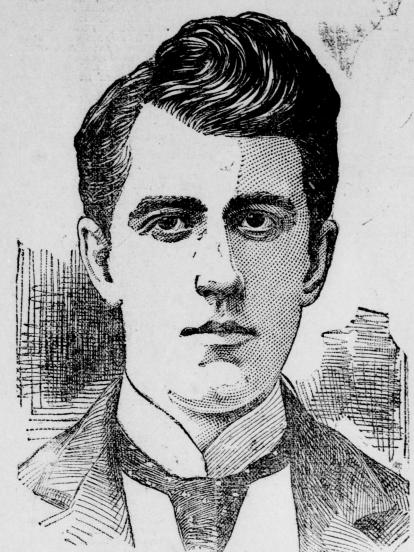
Sheep are the most profitable stock on the farm. Those who go into sheep extensively find it a profitable business, but a small flock on every farm is nearly all profit. There is no animal that will convert the weeds and wastes that grow on every farm into ready cash like sheep. They will eat almost every kind of weed that grows, even to thistles. Farm Journal says, "Half of the road | They soon banish weeds from pastures supervisors in Pennsylvania do not know! where they are fed from year to year, that there is a law requiring them to and if they do not clean the fence cortake off one-fourth of the road tax from | ners, lanes, bush borders, fallow fields the farmer who uses none but 4 inch tire | and byways it is because they do not get a chance. There is no way of check-Catalogued as the earliest beans are | ing wild mustard so effectively as by Earliest Red Valentine, Extra Early growing sheep fed on the land from year to year and allowing the sheep to feed upon it.

Sheep are also noted for increasing the fertility of the soil. No one who stocks his land well with sheep has his land shorn of its fertility. This is a very important matter, and one of the great advantages in keeping sheep.

In establishing a small flock of sheep pure bred sheep can now be got so reasonable in price that the difference in the cost between pure bred registered sheep and grade or common sheep is but trifling as compared with the many advantages a pure bred flock has over the others. A pure bred sheep is always as good as a grade for the drover or butcher, and an extra good, well bred sheep will always command an extra price. In any event, the sires used in every flock should be of some of the pure breeds of sheep, of which there are so many to se-lect from. It is the little extra care and attention to breeding and feeding that makes the profit

WONDROUS IN POWER.

The Great Life-Building Medicine for Spring is Paine's Celery Compound.



people carry their debility, nervous-ness, bad blood, neuralgia, rheuma-tism, dyspepsia and headaches into the last weekers, arrivated the compound, should be used without de-

The vast majority of diseases that commend your celebrated medicine, have a disastrous ending might be Paine's Celery Compound, as a sure quickly and permanently cured if all and unfailing fortifier and life-builder. sick people could be induced to use I was suffering from weakness and de-Paine's Celery Compound instead of the old-fashioned and worthless medicines sold for the sake of large profits.

The control of the sake of large profits the covered my strength, and feel happy

tism, dyspepsia and headaches into the last weeks of spring and early sumlay. It will without fail repair all mer they court permanent suffering weak organs, restore strength, and and death. up, so not worth fooling with.

Unless a lamb is born right it is hardly worth your while to fool with it.

Mr. J. A. Rioux, a young French
Canadian gentleman, of 13 Parthenais
Square, Montreal, who suffered as
thousands now suffer, says:

"It is with great pleasure that I regive a condition of health for the advent of summer that every wise man and woman so heartily desires.

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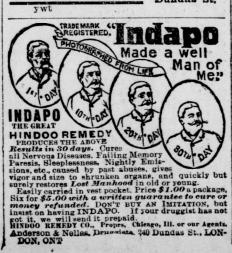
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