

WE WILL Deed You a Ten-Acre Orange Grove Tract in Ocala, Fla.
WE WILL Loan You \$1,000 to Build You a House in Ocala, Fla.
WE WILL Deed You a Villa or Business Lot 40x100 ft. in Ocala.
WE WILL Pay Your Traveling Expenses to Ocala and return.

FREE ALL ABOARD FOR **OCALA, FLA.**
 A City of 6,500 Population.
 \$14,000,000 Annual Trade.

\$250,000 CASH LOANS

From the profits of the Company we will loan an amount not exceeding \$1,000 cash to each person desiring to build a house in Ocala, Florida, who answers this advertisement. For security, a mortgage payable in ten years, will be taken on the property built upon. Thirty-four new houses were started last week. Twenty House Plans furnished free.

The yearly business of Ocala aggregates \$14,000,000; has 3 railroads, 3 banks, 10 churches, 5 hotels, electric lights, water works, etc. Over \$28,000,000 have been invested during the past three years, making Ocala the grandest city in the State.

We will deed to each person answering this advertisement within thirty days a ten-acre orange grove tract, free, with a written contract agreeing to set out in orange trees and superintend property until the same comes in a full bearing. We will deed each applicant one free villa or business lot 40x100 feet. We will pay your traveling expenses to Ocala, Florida, free. The object of these offers is to attract new settlers to Ocala.

DIRECTIONS.—Send your full name, post-office address, County and State by return mail and you will be sent directions which will enable you to secure a villa or business lot, free; a ten acre orange grove tract, free; a loan of \$1,000, free; and your travelling expenses to Ocala, free.

NO CONDITIONS.—No charge for lots; no charge for orange grove tracts; no charge for deeds; no charge for \$1,000 loan; no charge for a free trip to Ocala. The Ocala & Silver Springs Company has a Capital of \$1,000,000 and owns or controls large hotels, houses, high-grade 8 per cent. guaranteed dividend securities, real estate, and other properties in Ocala and vicinity, aggregating in value \$2,025,600.

OBJECT.—The Company is giving away one-half of its villa and business lots, and one-half of its orange grove tracts for common-sense business reasons. Experience has proved to us that the majority of those accepting free deeds for these properties will build homes, when a \$1,000 loan is made to them, and engage in business, and thereby quadruple the value of their own lots, as well as those reserved by the Company. Our plan of town-building is a great success. The population of Ocala has increased during the past four years from 2,000 to 6,500 people. This offer may not appear again. Write to-day. It costs nothing for postage—we pay that. Agents wanted at \$100 monthly salary.



New Settlers AND NEW WANTED HOUSES

OCALA AND SILVER SPRINGS COMPANY, 170 WORLD BUILDING, NEW YORK CITY.

Household Hints.

TAR may be removed from either hands or clothing by rubbing well with lard and then thoroughly washing with soap and water.

MILK and brown sugar, mixed in equal quantities, with half as much black pepper added will destroy flies, it is said, by some. Others say "a dozen will come to the funeral of each one." If the worn old adage is observed as to the trait "next to godliness" flies will necessarily be "few and far between," unless tempted by unusual sweets.

THE VALUE OF MASSAGE TREATMENT.—Undoubtedly the greatest value of massage is in the treatment of sprains, luxations and juxta-articular fractures. It has been generally conceded that the beneficial results from massage in these conditions have been due to a stimulation of the circulation and absorption, but its exact action has not been demonstrated until Dr. Castex reported the results of a series of careful experiments to the Society of Biology of Paris, at a recent meeting. The question Castex sought to answer was as to what scientific explanation could be offered for the results obtained by massage. Castex proceeded to produce a variety of traumatism upon large dogs, such as sprains, contusions, luxations, etc. The injuries were always made symmetrically, that is, similar injuries on two corresponding parts. The one part to be massaged and the other treated otherwise. Both the immediate and ultimate obvious results were carefully studied, and finally the muscles, both massaged and not massaged, were carefully examined microscopically. The nerves and blood-vessels in the region of the traumatism were also examined. The entire course of the experiments extended over a year. The immediate results of massage were a lessening of pain and a diminution of swelling. The latter results were chiefly an absence of ultimate atrophy of the parts. The dislocated shoulder of a dog which had been massaged, ultimately measured 30 centimeters in circumference, while the opposite shoulder, which had been similarly injured but not massaged, measured only 28 centimeters. The histological examinations of the parts yielded most interesting results. The muscles of the traumatized region on the side that had not been massaged showed, first, a dislocation of the muscular fibres well marked by longitudinal striae; second, a hyperplasia of the neighbouring connective tissue; third, a slight enlargement of the muscular fibres; fourth, the sarcolemma was usually found intact. On the contrary, the muscles of the traumatized region of the side that was massaged were entirely normal. The vessels on the non-massaged side showed evidences of a hyperplasia of their outer walls, and the nerve branches near the injury were irritated, and gave evidence of perineuritis and endoneuritis. On the side massaged both arteries and nerves were normal. These results were found to be constant.

SHOULD you at any time be suffering from toothache, try GIBBONS' TOOTHACHE GUM; it cures instantly. All Druggists keep it. Price 15c.

THE SPENCE
"DAISY" HOT WATER BOILER
 Has the least number of Joints,
 Is not Overrated,
 Is still without an Equal

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 637 CRAIG ST.
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FOR \$150

we will send to any address postpaid, one each of the following late sheet music publications, allowing

Privilege of Exchange
 after five days examination, for other music, if any of this proves unsuitable, but no money will be refunded. Copies to be exchanged must be in perfect condition, or we will not accept them. The list is as follows:

- SONGS.**
- MY LADY'S WINDOW. NEIL. 40 cents.
 - THE BIRD AND THE MAIDEN. JAMISON. 40 cents.
 - SUNSHINE AND SHADOW. RABOCH. 60 cents.
- PIANO MUSIC.**
- BOW KNOT POLKA. HURM. 50 cents.
 - FESTIVAL MARCH. ZEISSBERG. 50 cents.
 - FELICITE. BOEX. 40 cents.

Complete catalogues furnished free on application. Mention this paper.

THE JOHN CHURCH CO., Cincinnati, O.
 Root & Sons Music Co., 300 Wabash Ave., Chicago. The John Church Co., 13 E. 16th St., New York.

THE SCOTTISH MINSTREL—10c
 CONTAINING THE FOLLOWING SONGS, WITH WORDS AND MUSIC:

Callie Herrin—Auld Robin Gray—Bonnie Prince Charlie—Flora MacDonald's Lament—Nae Luck About the Hoose—Scottish Blue Bells—Tak Yer Auld Cloak About Ye—The Braes o' Yarrow—Bonnie Dundee—Dear Land Ayrnt the Sea—My Nan-ale, O—Tullochgorum—The Sweetest Word on Earth is Home—Pibroch of Donull Dhu—The Flowers o' the Forest—Dinna Fash Yer Head!—The Land o' the Leal—Away, ye gay Landscapes—Scotch Dainties: Brose, Parritch, Kail, Haggis, an' Bannocks—Wae's me for Prince Charlie—Oh! Saw Ye My Wee Thing—Sons of Scotland—When the Kye Comes Home—Return, My Darling—My Heart is Scotland's—Yet—O! Are Ye Sleepin', Maggie—Scots Wha Hae!—Wille's Gane to Melville Castle—Whistle O'er the Lave O't—My Dear Hielan' Laddie, O—The Scottish Emigrant's Farewell—Fear a' Bhata; or, The Boatman—Blue Bonnets over the Border.

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IMRIE & GRAHAM, Music Printers, 26 & 28 Colborne St., Toronto, Can.

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 FALL TERM OPENS AUGUST 15.
 Write to W. A. WARRINER, Bloor Street east Toronto for Prospectus.

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 FOR OLD AND YOUNG.
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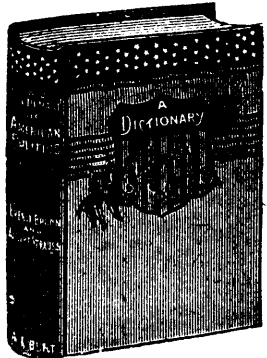
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 365 pages Cloth binding.



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household hints.

MOCK OLIVES.—Take green plums before they begin to ripen, and pour over them, while boiling hot, a pickle made of vinegar, salt and mustard seed; let stand all night and then drain off the vinegar, and boil again and pour over the plums.

PICNIC NECTAR.—To one quart of new milk add the beaten yolks of two eggs and one tablespoonful of extract of lemon, frothed well. Let it boil up once, remove from the fire, cool, then bottle. Serve in glasses with cracked ice. Make on the morning it is wanted. A large quantity may be made, and part of it flavoured with vanilla if desired.

NEED FOR SLEEP.—"The crying need of American women," says a physician whose specialty of nervous diseases brings him in contact with plenty of the nervous type of the sex, 'is sleep. Over and over I tell my women patients: 'Sleep all you can, nine, ten hours every night, and, no matter how much at night, sleep surely one hour of daylight.' Many of them reply: 'I don't have time to sleep during the day.' 'Take time,' say I; 'you'll get it back, good measure, pressed down, running over.' Then they 'can't sleep in the daytime.' That is nonsense. They may not the first few days; but very soon, after persistently making the effort every day at a certain time, the habit will be formed and will be difficult to break. I believe if the women servants in our houses were allowed a half-hour nap every day, if more seemed impossible, the mistress would find that she was more than repaid in better service. But every woman who can control her time should so arrange her duties as to spend an hour asleep every day. Take it off of something—your fancy work, your reading, your children's clothes, shopping—steal a few minutes from half-a-dozen occupations, and put them into the refreshment which only sleep can bring, and you will be a healthier, handsomer woman, a better Christian and of considerable more use in the world in every way."

GOOD NURSING.—As to cleanliness I do not like to say a word. A nurse should bathe daily, and contrive a screen, and remember what Florence Nightingale said—that one could be clean with a cupful of water and a little patience and desire to be clean. I like much to see a nurse in cap and apron. This neat white dress sets her apart, is a uniform, and gives authority; and, too, I like it because the least spot shows. It is a sort of conscience for cleanliness, and quickly reports untidiness. I thing nothing more desirable than for a nurse to learn to control her emotions, no matter what may occur. Hospital experience is valuable in thus educating a woman. To have a nurse become hysterical is to have her henceforth useless. To be surely ready and unmoved by unlooked-for emergencies is perhaps hardly to be acquired. It comes by nature. I once was in a steamboat collision in Holland. I saw at once six Dutch women in hysterical spasms, and one was a Sister of Charity. My American women remained undisturbed, largely because they were of a class taught always to repress all display of emotion, and it is the giving way to emotion which leads to so much hysteria. Be careful therefore. A patient of mine was in charge of two nurses. At dusk, as they were about exchanging duties, the patient, by an accident I need not stay to explain, swallowed a little weak liniment containing aconite. She cried out that she was poisoned. One nurse went off into hysterics; the other, a most accomplished and interesting woman, said: "Oh, it is weak stuff; I will take a dose myself." So saying, she took a mouthful, and, quickly going into the hall to get rid of it, at once sent for the nearest doctor, and went back to give an emetic. It was really a very weak liniment, and no harm was done. My nurse's action entirely quieted the patient.

TWO spoonfuls of turpentine added to the water for boiling clothes on wash day makes them exceedingly white.
 MINARD'S Liniment cures Dandruff.

Fagged Out!!



THAT tired, worn-out feeling, of which so many women complain after a day's washing, is done away with by those who use that great

Labor . . . Saving

Sunlight Soap

Which makes the Dirt drop out Without Hard Rubbing Without Boiling Without Washing Powders

Try the easy, clean and economical way—the way of washing, and you will not be disappointed.

SUNLIGHT SOAP having no equal for Purity, you may use it with comfort and delight for every household purpose.

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