

## JUMP FROM BED IN MORIIIIG AMD DRIINK HOT WATER

Open sluices of system each morning and wash away the poisonous, stagnant matter, says authority

A glass of hot water with a teaspoonful of limestone phosphate in it, drank each morning before brealfast, keeps
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$\qquad$ feel as fresh a3 a danisy by opori- volunce of water from the flocod
 stamnant matter. or weil, siould, cach mornius, rieumatism; ;others who have hefore breakfast, drink a glass sallows skins, hhopd dismiders mand of real liot water witha taaspoon-
ful of limestomo phosinhato in it to wasl, from the stomnach, liver, kidneys and boveels the previous day's iudigestible waste, sour cleansing, swceteniug aud puri-
get a quarterer pound of of limestorne to phasyphate freen the druy store, Which will cast bat little, but is
sufficient to make anyone a pronoumed cramk on the subject of

## CLEANING PRESSING REPAIRING <br> Implements!

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