## -4bast Oreconian

 to be physically and mentally sound it must be kept pure aud untainted. People with good blood possessstrong, appetites and digestion, and enjoy sound, refreshing slecp. If we could
always maintain the purity of the blood then we might enjoy perpetual
health, but it becomes infected and poisoned and most of the ills that antict
humanity and undermine the constitetion are caused by an impoverished
or polluted condition of this vital fluid. When the blood is diseased the skin loses its healthy appearance, and the complexion, its freenuces and beauty pimples and splotches. Itelisig, scaly break out upon the body when the
blood is too poor or too thin and acid and is not supplying proper nourish-
ment to the system. Dehility, poor
 and nervousness more often come from sluggish, iupure blood than nny other
cause. To build up the blood restore

## Fookmart, Ga.

 For three yoars I had Totter on mpshanda. Part of the time the dingoase
wai in tho form of runing ooroe,
vory painful and gauing mo muoh vory painful and of runinning mo moroe muol
diacomfort. Four dootors naid the Tottor had progreosend to toor to bo
ourod, und thoy could do nothing mo. Itook only threo bottles of S.s.s. iftwon yourp utoly curvd. Mhis was ince seon any siifn of my old troublo.
MFRB. I. B. JACKHONM 837 st . Panl 8 Bt . tore its lost properties and make it rich treatment, and the proper way to to
remedy like S. S. S to accomplish thit S. aes it promptly and thoroughly ans it promptly and thoroughly.
antidotes and removes from the
poisons and humors, and restores poisons and humors, and restores vigorates nnd tones up the general health
When rich, red blood is again flowing lhrough your veins all skin eruptiong
skain flowing disappear, the appetite improves, the compleusnesiears and you get rid or blessings of good health. S. S. S. is nature's remedy for all blood and skin dise
cases. It contains no minerals whatever, but is guarauteed purely vegetable. $\begin{array}{ll}\text { desired. } & \text { THE SWIFT SPECHFIC COn, ATLANTA, GRA }\end{array}$ THE SWIFT SPECHFIC CO., ATLANTA, GR?

## DISTILLED WATER ICE

The New York Times has the Following to say in Regard to Ice All Cooks Delight in using Economy Brand Evaporated Cream

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lors, under the $W$.
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and buthari tub
date shooting

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