THE PHYSICAL POWER OF MIND.

It was said by Kant that a man need not sneeze against his will. We have no evidence as to how far he verified the proposition in his own person, but the expression has its significance, showing us that Kant regarded the will as a sort of regulator if not the absolute, controlling power in the individual Ego. Properly speaking, he regarded body and spirit as interdependent—inseparable. Mind and matter were in his eyes a unity in which the action of the one called for.h the reaction of the other.

We have no intention of reopening here the old strife between materialism and idealism. The object of our introductory remarks is simply to present the subject in its highest aspect, where it naturally suggests the question: "By what means is this interdependence between the physical and spiritual brought about?" Turn and twist as we may, we can suggest no other medium than our nerves, those innumerable agents in equally innumerable labors. Every impression to which our body is subjected produces a local stimulus or excitation, which is at once telegraphed to the central organ of our spiritual being, the brain, by one of these active agents. The sensation arises into consciousness, and in such wise that we are able to locate the seat of stimulation; the central organ reacts, and, in the case of a painful shock, for example, messages go to the heart, which is violently excited, thereby influencing the whole circulation, possibly making the knees tremble. Now, what is terror? Certainly nothing bodily, but a mere mental condition, and yet it may be sufficient to exercise the most powerful influence over any of our organs, even to paralyze them. How this occurs we know no more than we know how consciousness originates. It presents, however, a sufficient illustration of the fact that a disturbed mental condition can operate prejudicially to our physical constitution. That sudden joy, under certain circumstances, may equally prostrate the physical powers, proves only that extremes may produce like consequences.

What does this teach us? This only, that the mind is a power in our physical constitution, as great a power, perhaps, as even the heart or the lungs, if not greater. Its special media are our senses, which, receiving impressions of stimuli, transmit them to the central organ, where they engender characteristic mental conditions. How must the eye be exercised in mastering all the impressions that fall upon it from the outer world! According as they are beautiful or ugly, they impress our mind pleasantly or painfully, and by its reaction our bodies are similarly affected. In the one case we may be disposed to dance, in the other we may be incapable of even eating or drinking. Similar effects may be produced through the organ of hearing. Word and tone are capable of generating the most powerful emotions. Music especially exercises an immeasurable influence on even the simplest minds. Lively music impels people irresistably to dance. The power is purely spiritual, but it reacts in the highest degree upon the body.

So, too, with the spoken word. Is it not wonderful how we are moved to anger or sympathy, how we may be exhilarated or depressed, by the mere modulation of another's voice, or by the narration of tales of humor, of pathos, or of horror? Of course ideas are awakened, but what power is there in ideas to make the hair stand on end, or the sweat ooze from the pores of the skin, or how can a thought make us dizzy? It is no satisfactory explanation to say that a dizziness was caused by a flow of blood to the head. What is it which makes so many people giddy when they stand on the edge of a precipice? Simply the idea of falling over. Every one familiar with the sensation knows that it feels as if his brain were the seat of confused emotions, which entirely upset his equanimity. But what causes the sensation? I have seen a mountain maid stand on the outer edge of the witches' dancing place in the Hartz, and let her eye wander calmly down the dark valley below, and I saw the same girl later overcome with dizziness while crossing a bridge, below which the waters seethed and whirled tumultously. A strong will can do much, if not everything, to overcome this sensation of giddiness, which, if it arises, excludes all the more pleasurable ideas which the scene is equally capable of awakening.

The most powerful influence on our lives is unquestionably love; but this, too, is based on stimulus-sensations precisely as the poet says, "Thy beautiful figure excites me" (Mich reizt deine schone Gestalt.) It originates in the pleasurable emotions which each inspires in the other; but what fateful revolutions, spiritual and physical, may it not work, whether in a joyous or tragical direction. It is the most spiritual of human sentiments, yet what devastation may an unfortunate love involve!

It is easy to say that it is the nervous system whose molecules vibrate at their highest ratio in tranquil love, but arrested and confused in their vibrations when the sentiment is disturbed. But how is that brought about? Is there really a boundary between the physical and the spiritual in our being? In this realm we grope in darkness, incapable of recognizing anything but phenomena, but the more thoroughly we study the subject, the clearer appear the evidences for the conclusion that body and soul are one.

If we pass from love to hate, we have a new series of occurrences which operate powerfully on our physical nature. From jealousy to vengeance the road is straight, and all that lies between is blind passion. Why do we say blind? Because that is the actual condition which the mental life manifests. Not that the eye has lost the faculty of seeing, but that judgment, love and humanity are overwhelmed by passion. As is well known to the medical profession, such mental excitations generate physical ailments, resulting, in some cases, even in madness. No one knows so well as the doctor for the insane, how intimate is the relation between insanity and physical disease of the brain. To a doctor for the insane the idea of soul and body existing apart is simply ridiculous, but he would probably listen respectfully to the suggestion that the soul is not one with the brain only, but with the whole body.

Passing now to the realm of hypnotism, we find one mind influencing another, and through it the associated organism, by purely physical agencies. This, perhaps, affords the key to the tendency to yawn, laugh, cry, etc., in sympathy with others.

We must conclude, then, that body and soul constitute a unity, in which the healthy activity of each is essential to the healthy activity of both. The moral is that for a healthy enjoyment of life it is necessary to exercise the mental powers to a normal extent, and maintain a rigid control over the passions. Mental and physical health and vigor call for activity, apportionment of time, regularity of life, education of the will power for the attainable and naturable, and the pursuit of truth, goodness and beauty.—Die Natur, Lit. Digest.

Recalling a Mailed Letter.

To recall a letter once mailed is almost as difficult a task as to take back an assertion once uttered. The sender must appear at the postoffice and is handed a blank to fill out. In this he must state when and where he mailed the letter, how it was addressed, must describe the envelope, state the amount of postage prepaid and testify "that the above-mentioned letter was written by me or by my authority and I desire to recall it for the following reason"—and then state the reason, which is usually, "mailed by mistake." He must then sign his name, so that the handwriting may be compared with that on the letter, and sign a receipt. If the address can not be shown to be in his handwriting, or is printed or typewritten, he must describe some peculiarities of the envelope sufficient to identify it. If he is unable to do this the letter is refused unless the postmaster knows the applicant and is satisfied concerning his good intentions. If he is satisfied, he asks for a statement concerning the contents, and the applicant is then obliged to open the letter and read portions of it in the postmaster's presence to prove that it is the one he described.

But if the letter has been sent away the process of recalling it is still more difficult. A similar blank has to be filled out, and a minute description telegraphed at the sender's expense to the postmaster at the office of of its destination. If discovered in time the letter is then intercepted and sent to the department at Washington with a statement of the case. Why should any one want to recall a letter so much as to take this trouble? Well, there was one case at the local office recently where a valuable deed was mailed and the sender received information that satisfied him that the sale should not be made. In another case an important contract was sent, and information received immediately after made it imperative that it should be revoked.

A correspondent writing to the American Economist, makes this observation: "Unless I am much mistaken there is a great change taking place in the views of workingmen on the subject of tariff, particularly mechanics. Said one to me not long since: 'I begin to believe you knew what you were talking about last fall, and were not talking through your hat.' If I ever vote another Democratic ticket may the hand be paralyzed that casts it.' Said another, when asked why he had become a Republican: 'Because it is the party of principles and brains.' The past winter I was in Georgia and talked with many on the questions at issue, and was surprised to learn how little the subject is understood, even among the most intelligent. Could the Economist be circulated among them it would have a splendid effect. I regard it as one of the most effective weapons we have, and am anxious to see it circulated among the intelligent working classes. I believe it would be the most potent factor for good. I consume no articles of foreign manufacture and growth that I can find an American substitute for, and have not for years. I will not wear imported cloth if I know it, and have not for years."

The co-operative plan of selling fruit which has been adopted by the fruit growers of Santa Clara county, seems to be working to a charm. The members of the Fruit Exchange have not contracted their crops, but have depended on the exchange, and as a result buyers are becoming numerous and offers more liberal.—S. F. Chronicle.

A BOSTON SCHOOL GIRL IN 1871.

She had few amusements, compared with the manifold pleasures and holidays that children have nowadays. She saw the artillery company drill on training day, when they were "entertained genteelly and generously at Mr. Handcock's on cakes and wine;" she went each week to the sober Thursday Lecture. She had one holiday which the revolution struck from our calendar, the King's Coronation Day, celebrated by beat of drums, discharge of artillery and burning of fireworks. She sometimes had the pleasure of attending a funeral. And when she was 12 years old she "came out"—became a "miss in her teens—and went to a succession of little routs, or parties, to which only young maids of her own age were invited—no rough Boston boys. She has left several prim and quaint descriptions of these parties. Here is one:

"I give now the pleasure to give you the result, viz: a very genteel, well-regulated assembly which we had at Mr. Soley's last evening, Miss Soley being mistress of the ceremony. Miss Soley desired me to assist Miss Hannah in making out a list of guests which I did sometime since, I wrote all the invitation cards. There was a large company assembled in a handsome upper room at the new end of the house. We had two fiddles & I had the honor to open the diversion of the evening in a minuet with Miss Soley.

"We had a very agreeable evening from 5 to 10 o'clock. For variety we woo'd a widow, hunted the whistle, threaded the needle, and while the company was collecting, we diverted ourselves with playing of pawns, no rudeness, Mamma, I assure you. Aunt Deming desires you would particularly observe that the elderly part of the Company were spectators only, they mixed not in either of the above described scenes.

"I was dressed in my yellow coat, black bib and apron, black feathers on my head, my past comb & all my past garnet marquesett & jet pins, together with my silver plumes, my locket, rings, black yards of blue ribbon (black & blue is high tast), striped tucker & ruffles (not my best) & my silk shoes completed my dress."

Let me show from her entries her dilligence and industry, and compare it with the work of a week of any girl of thirteen in a corresponding station of life nowadays:

"I have read my Bible every day this week, and wrote every day save one. I have spun thirty knots of linning yarn & partly new footed a pair of stockings for Lucinda, read a part of the pilgrim's progres, copied a part of my text journal (that if I live a few years longer I may be able to understand it, for Aunt said that to her the contents as I first marked collar round my neck, black mitts & them are an imprenetable secret), played some, tuck'd a great deal, laughed enough and I tell Aunt it is all human nature if it is not human reason. * * *

"Aunt says I have been a very good girl today about my work, however I think this day's work may be called a piece meal, for in the first place I sewed on the bosom of unkle's shirt, mended two pair of gloves, mended for the wash two handkerchiefs (one cambrick), sewed on half a border of a lawn apron of aunt's, read part of the xxist chapter of Exodus and a story in the Mother's Gift."

The Price of Wool.

Ed. West, the sheep man, told an Advertiser representative that this season's wool crop would not pay him for the time and trouble he must spend in shearing, consequently he has abandondoned the task. However, he will let his hearders shear his flock for what they can make by it. Mr. West attributes the light crop to the long continued drought.

The above clipping from our Free-Trade paper shows how Free-Traders construe matters to suit their side of the case. Instead of things being as these clippings states, Mr. West is giving the same personal attention to shearing as heretofore, and instead of a light crop of wool, his sheep will average nearly 8 pounds—the usual average. He has cause to regret light results from the low price of wool, not from "long continous drought," only that the drought is one cause of a smaller increase in lambs than usual. A clip of wool sold here a few days since for 7 cents per pound. The clip from the same flock sold here last year for 13 cents. A clip of medium wool sold yesterday for 10½ cents, and that from the same flock last year sold at 19 cents.

So far sales have been made at from one-third to about one-half less than last year. It is estimated by competent judges that the amount of money coming to this town from wool alone will be over $50,000 less than last year. Of Course, the people of each political party differ as to what has caused this decline in wool prices being down to a free-wool basis, and having declined more than other products, suggests that anticipated free-wool and reduction of tariff on woolens are the greater cause of the decline.

WILLIAM MILLKEN,
State Secretary.

Trinidad, Col., June 28, 1893.

"Do you believe the rain falls alike on the just and the unjust?"

"Nixie! The unjust swipe the umbrellas."—Exchange.

Strength and Health.

If you are not feeling strong and healthy, try Electric Bitters. If la grippe has left you weak and weary, use Electric Bitters. This remedy acts directly on liver, stomach and kidneys, gently aiding those organs to perform their functions. If you are afflicted with sick headache, you will find speedy and permanent relief by taking Electric Bitters. One trial will convince you that this is just the remedy you need. Large bottles only 50 cents at the Pharmacy.

Ripening Cream.

Mr. John Oliver, late principal of the Western Dairy Institute in England, has been delivering a very interesting series of lectures on the proper management of cream and churning of butter, which are commented on in The Dairy, an English dairy journal. Some of these ideas set forth are as follows: It is generally necessary to mix the cream of two or three days together for churning. These creams should be kept apart until brought together for ripening, because the casein in those which had been properly acidified would churn rapidly, and others would not, and there would come a loss of fat in the buttermilk. Therefore it is necessary to hold the old cream back so as to bring each day's cream together at as equal a condition as possible. After the main part of the cream has been separated it is useless to continue churning with the hope of obtaining the balance. In ripening cream it is necessary to give a lower temperature while the cows are feeding on grass and succulent foods than when feeding on hay, grain and other dry foods. This was because of the differences of the relative proportions of the solid and liquid fats. The success and economy of churning depends in a great degree on skill and judgment in ripening the cream. Every butter maker should make a special study of this point.

During the fiscal years 1890, 1891 and 1892 our exports exceed our imports by an aggregate of $311,000,000, although the Free-Traders claim that we have no foreign export trade under Protection. But for the fiscal year of 1893 our imports actually exceeded our exports by $93,653,000. Is this the kind of prosperity the people voted for in November, 1892?

BREVITIES.

To Congress: The people ask for bread; see that they are not given stones.

The Sherman silver law will go down in history as the greatest scarecrow of the age.

Comptroller Eckels appears to be rapidly nearing the time when he will think himself "a bigger man" than the administration.

Some of those now engaged in urging congress to say something and do something will ere long do the regret act.

The complications at the World's Fair under its numerous commissions, present a strong argument for one-man rule and strict accountability.

Numerous railroad smash-ups are making a boom for the accident insurance companies. Another evidence that "'Tis an ill wind" etc.

Hon. Sherman Hoar, the young man who introduced weeping in Congress, will hereafter have to do his weeping in court, as he is to be a U. S. district attorney.

The American Congress has developed a few rowdies, but the worst of them appear to be refined gentlemen when compared with the sluggers of the British Parliament.

One of the Rothschilds proposes starting a daily paper in Paris. If he have any enemies now is the time for them to rejoice with great gladness.

The trouble with Dr. Congress in the past has been his fondness for administrating temporary stimulents when the patient needed a good, strong tonic, something that would be lasting in its good effects.

The man who died while beating his wife, at York, Pa., met a fate that ought to be meted out to all wife-beaters. The man who will strike a woman, no matter how great the provocation, is at heart a coward.

Her Royal Highness, Queen Victoria, will have to take her young and giddy relative, the Emperor of Germany, across her knee and give him a spanking for speaking disrespectfully of the "Queen's naves."

Can it be possible that when Senator Hill was enlarging upon the dangerous encroachment that are being made upon personal liberty he had in mind the appointment of New York's Federal officials, which he was not given the liberty to name?

John Hopkins University would do well to treat its instructor in history as he treated the woman he married in Switzerland last year and now refuses tr recognize. His moral nature unfits him for a professorship in any college.

This is a good time for some of the financial doctors to ask themselves in all seriousness, whether contraction or expansson of the currency is what the country needs? for twist and turn the whole business anyway you please that is the question that Congress will have to answer.

The two New York girls who gave up their private fortunes to pay business debts of their father and went to work as school teacher and stenographer, respectively, ought not be long without husbands, and good ones, too.

Frankfort, N. Y., Dec. 28, 1891.

MR. NORMAN LICHTY,
Des Moines, Iowa

Dear Sir: Last summer I procured a box of your "Headache Capsules" from a friend. I found them splendid, but have been unable to find them here, therefore write to you asking you to send me a box as soon as possible, as I do not like to be without them. Please be prompt and oblige,

Box 67. MISS GRACE HARRIS.

Buying a Little Indian.

"Here is the best investment I ever made in my life," said C. Gentile yesterday afternoon as he took the extended hand of a stalwart young man dressed in exquisite taste with the feature of the American Indian, and introduced him as Dr. Carlos Montezuma. "One would not think I bought the doctor for $30. He was but 5 years of age then. It was in the summer of 1871. I was prospecting in Arizona, taking photographs of Indians and Aztec ruins and gathering curiosities. One day a band of Pimos Indians came into my den with this handsome fellow here, but he was not handsome then. He was painted in glaring colors, with two rows of beads around his neck. I took a fancy to him as a genuine live curiosity. The Pimos wanted $30 for him. I tried to beat them down, but they insisted upon their price and I gave it. The little chap cried for a day or two, thinking I was going to kill him, and he laughs now when he explains that he took me for the devil.

"I gave him his name," said Mr. Gentile. "Montezuma was suggested by the ruins of that region, and as the Apaches spoke a little Spanish, I called him Carlos, the Spanish equivalent of my given name Charles." Dr. Montezuma says his life will be dedicated to the service of the Indians, and he will never be perfectly satisfied until the government properly educates the young of his people.—Chicago Tribune.

Some one remarks that President Cleveland is a courageous man, and will exercise his gift in the right direction this time, and adds incidentally that one item which that courage will cause him to accomplish is to induce Congress to issue three hundred thousand dollars in United States bonds to assist in keeping up the gold reserve and single gold standard. If President Cleveland follows out that policy the truthful historian will not chronicle him as an extra courageous man, but simply as one who yielded to the behests of the money aristocracy, with the idea of increasing his exchequer and enlarging his influence and hold with the money bag holders of the nation, without a care for the benefit of the people. There is not a single iota of a call for the issues of any more bonds, only to give their manipulation into the hands of those who are calling so loudly, persistently and speciously for the adoption of the single gold standard.—Albany Herald-Disseminator.

Terre Haute, Ind., Dec. 4, 1891.

MR. LICHTY, Des Moines, Iowa.

Enclosed find twenty-five cents, for which please send me one box of Krause's Headache Capsules. I have used some which I bought in Chicago, but can't get them in this place. I found them quite beneficial. Please send as soon as possible.

Yours truly,
LIZZIE M. PLANETT.

The cry is now, "Give us the good old Republican times" of 1892, instead of the good old Democratic times of 1852 to 1860.

La Grippe.

During the prevalece of the grippe the past season it was a noticeable fact that those who depended upon Dr. King's New Discovery, not only had a speedy recovery, but escaped all of the troublesome after effects of the malady. This remedy seems to have a peculiar power in effecting rapid cures not only in cases of la grippe, but in all diseases of throat, chest and lungs, and has cured cases of asthma and hay fever of long standing. Try it and be convinced. It won't disappoint. Free trial bottles at the Pharmacy.

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being gelatine-coated and oviform in shape, are easy to take, not affected by atmospheric changes, and are very soluble and easily dissolved.

RED CROSS TANSY PILLS

ARE PERFECTLY HARMLESS, PURELY VEGETABLE,

(excepting the tonic iron they contain) safe and sure as a monthly regulator. The most eminent physicians of this age do not hesitate to recommend these pills when they are advised of the formula. Many things might be said of their many virtues, many voluntary testimonials might be published; but this liberty will not be taken. Many grateful ladies have written us letters without even marking them "confidential." We do not solicit testimonials, nor do we care for them, as we cannot use them. 6

SOLD BY HILLSBORO PHARMACY.

A Sure Cure for Piles.

Itching Piles are known by moisture like perspiration, causing intense itching when warm. This form as well as Blind Bleeding or Protruding, yields at once to Dr. Bosanko's Pile Remedy, which acts directly on parts effected, absorbs tumors allays itching and effects a permanent cure. 50 cts. Druggists or mail. Circulars free. Dr. Bosanko, Philadelphia, Pa. Sold by Brock & Sels.

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The undersigned having been restored to health by simple means, after suffering for several years with a severe lung affection, and that dread disease *Consumption*, is anxious to make known to his fellow sufferers the means of cure. To those who desire it, he will cheerfully send (free of charge) a copy of the prescription used, which they will find a sure cure for *Consumption, Asthma, Catarrh, Bronchitis*, and all throat and lung *Maladies*. He hopes all sufferers will try his remedy, as it is invaluable. Those desiring the prescription, which will cost them nothing, and may prove a blessing, will please address,

REV. EDWARD A. WILSON,
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Ripans Tabules act gently but promptly upon the liver, stomach and intestines; cure dyspepsia, habitual constipation, offensive breath and headache. One tabule taken at the first symptom of indigestion, biliousness, dizziness, distress after eating, or depression of spirits, will surely and quickly remove the whole difficulty.

Ripans Tabules may be obtained of nearest druggist.

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This being the dull season of the year, THE OREGONIAN believes a benefit of this kind will be greatly appreciated. Please send in your subscriptions as soon as possible. When visiting Portland you are cordially invited to call and take a trip through our new home. Address

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115,500	ROLLED GOLD WATCH CHARM ROTARY TELESCOPE TOOTH PICKS	57,750 00
115,500	LARGE PICTURES (14x28 inches) IN ELEVEN COLORS, for framing, no advertising on them	28,875 00
261,030	PRIZES, AMOUNTING TO	$173,250 00

The above articles will be distributed, by counties, among parties who chew SPEAR HEAD Plug Tobacco, and return to us the TIN TAGS taken therefrom.

We will distribute 226 of these prizes in this county as follows:

To THE PARTY sending us the greatest number of SPEAR HEAD TAGS from this county we will give ..... 1 GOLD WATCH

To the FIVE PARTIES sending us the next greatest number of SPEAR HEAD TAGS, we will give to each, 1 OPERA GLASS ..... 5 OPERA GLASSES

To the TWENTY PARTIES sending us the next greatest number of SPEAR HEAD TAGS, we will give to each 1 POCKET KNIFE ..... 20 POCKET KNIVES

To the ONE HUNDRED PARTIES sending us the next greatest number of SPEAR HEAD TAGS, we will give to each 1 ROLLED GOLD WATCH CHARM TOOTH PICK ..... 100 TOOTH PICKS

To the ONE HUNDRED PARTIES sending us the next greatest number of SPEAR HEAD TAGS, we will give to each 1 LARGE PICTURE IN ELEVEN COLORS ..... 100 PICTURES

Total Number of Prizes for this County, 226.

CAUTION.—No Tags will be received before January 1st, 1894, nor after February 1, 1894. Each package containing tags must be marked plainly with Name of Sender, Post Office, County, State, and Number of Tags in each package. All charges on packages must be prepaid.

READ.—SPEAR HEAD possesses more qualities of intrinsic value than any other plug tobacco produced. It is the sweetest, the toughest, the richest. SPEAR HEAD immediately, positively and distinctively different in flavor from any other long tobacco. A trial will convince the most skeptical of this fact. It is the largest piece of any similar shape and style on earth, which proves that it has caught the fashion and pleases the people. Try it, and participate in the contest for prizes. See that a TIN TAG is on every 10 cent piece of SPEAR HEAD you buy. Send in the tags as fast as you earn them, the more you send in the greater your chances for a large quantity.

Very sincerely,
THE P. J. SORG COMPANY, MIDDLETOWN, OHIO

A list of the people obtaining these prizes in this county will be published in this paper immediately after February 1st, 1894.

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RESULTS ARE WHAT TELL

We guarantee that one of these pills at a dose, will produce better results in the cure of Headache, Costiveness, Sour Stomach, Bad Breath and Dizziness, than three to five of any other make, and do it without griping and sickening. Their wonderful action makes you feel like a new being. 25c. a box. Druggists or mail. Dunnko Med. Co., Phila., Pa.

WORK FOR US

a few days, and you will be startled at the unexpected success that will reward your efforts. We positively have the best business to offer an agent that can be found on the face of this earth. $15.00 profit on $75.00 worth of business is being easily and honorably made by and paid to hundreds of men, women, boys, and girls in our employ. You can make money faster at work for us than you have any idea of. The business is so easy to learn, and instructions so simple and plain, that all succeed from the start. Those who take hold of the business reap the advantage that arises from the sound reputation of one of the oldest, most successful, and largest publishing houses in America. Secure for yourself the profits that the business so readily and handsomely yields. All beginners succeed grandly, and more than realize their greatest expectations. Those who try it find exactly as we tell them. There is plenty of room for a few more workers, and we urge them to begin at once. If you are already employed, but have a few spare moments, and wish to use them to advantage, then write us at once (for this is your grand opportunity), and receive full particulars by return mail. Address,

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