

FIGS AS FOOD.

The Most Nutritious of All Fruits Except the Olive.

One of the Persian kings caused the celebrated Attic figs to be set before him whenever he dined, for one reason, to remind him that the land where they grew was not yet his, and that, instead of receiving the fruit as a tribute, he was obliged to buy it from abroad; and, for another, that it was not only the emblem of health, but the most wholesome fruit grown. The fig is now pretty well known to be, especially at certain seasons, almost the common food of the Italian people; and for months they may be said to live entirely upon it. As Dr. Nichols says, it is not only possible for a man to live upon figs, but sitting under his own vine and fig tree, a man has plenty of food and no landlord. When eaten fresh the fig is a medicine as well as food; and they who eat freely need no potions and no aperients. Full of nutrition and all those properties that make it valuable as an article of diet, we are confident that the fig will take a prominent position in the estimation of all who work for and believe in food reform. For myself, I would simply add that, again and again, without liquid of any kind, the luscious green fig, eaten with whole-meal bread, has formed a dish at once simple but rich, and like the Spaniard's salad, fit for a king. The fig is not only very popular, but it is the most ancient fruit we cultivate. In many countries the failure of this crop also means starvation and famine. Travelers in Asia Minor and southern Europe provide themselves with figs and olives as provisions for long journeys, and not only live, but grow fat on the diet. The fig has more medicinal properties and more nutriment than any other fruit with the exception of the olive.—Interior.

—It is well for young married couples on wedding tours to observe certain rules, and one good one is for the husband to remain seated in a crowded car while his bride hangs on to the strap. People will imagine then that they have been married a long, long time.—Yonkers Statesman.

CONSUMPTION CURED.

An old physician, retired from practice, having had placed in his hands by an East India missionary the formula of a simple vegetable remedy for the speedy and permanent cure of Consumption, Bronchitis, Catarrh, Asthma, and all Throat and Lung Affections, also a positive and radical cure for Nervous Debility and all Nervous Complaints, after having tested its wonderful curative powers in thousands of cases, has felt it his duty to make it known to his suffering fellow-men. Actuated by this motive and a desire to relieve human suffering, I will send free of charge, to all who desire it, this recipe, in German, French or English, with full directions for preparing and using, sent by mail by addressing with stamp, naming this paper, W. A. NOYES, 242 Power's Block, Rochester, N. Y.

Let every man sweep the snow from before his own door, and not trouble himself about the feet of his neighbor's files.

White Elephant of Siam, Lion of England, Dragon of China, Cross of Switzer, land, Banner of Persia, Crescent of Egypt—Double Eagle of Russia, Star of Chili, The Circle of Japan, Map of Erin.

To get these buy a box of the genuine DR. C. McLANE'S CELEBRATED LIVER PILLS, price 25 cents, and mail us the outside wrapper with your address, plainly written, and 4 cents in stamps. We will then mail you the above list with an elegant package of oleographic and chromatic cards.

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BRANDRETH'S PILLS are the oldest, safest and best blood purifier and purgative known. They are purely vegetable, therefore harmless. They are always the same and always produce the same effect. Other purgatives require increased doses and finally cease acting altogether. A course of one or two of BRANDRETH'S PILLS taken each night is a positive cure for constipation, headache, and all bilious disorders. If you can't take them plain, get them sugar-coated.

Our life is short; but to extend that span to vast eternity is virtue's work.

A Wonderful Food and Medicine.

Known and used by Physicians all over the world, Scott's Emulsion not only gives flesh and strength by virtue of its own nutritious properties, but creates an appetite for food that builds up the wasted body. "I have been using Scott's Emulsion for several years, and am pleased with its action. My patients say it is pleasant and palatable, and all grow stronger."—W. S. Bitter, Slate Mills, Iowa Co., Ohio.

"Know thyself," said the old philosopher. "Improve thyself," said the new.

For Coughs, Asthma, and Throat Disorders

use "Brown's Bronchical Troches," 25 cts a box.

Some men are born fools, but the majority of us achieve foolishness.

HOW I SAVED MY LIFE.

I was taken sick while at the dinner table with terrible distress in my stomach. Before this I had been hearty and strong. For fourteen days I kept getting worse, despite the efforts of two doctors. I lost forty pounds, and was satisfied that I could live but a few days. My trouble was Stomach and Liver Complaint, resulting in an attack of bilious colic. At this time I saw Dr. Kennedy's Favorite Remedy, of Rondout, N. Y., advertised, and sent for a bottle. I also sent for my physician, and told him that I was going to try the Favorite Remedy. He examined it and told me to use it three days and let him know the result. In the three days I walked four miles. Dr. Kennedy's Favorite Remedy has saved my life.—W. S. Bitter, Slate Mills, Iowa Co., Ohio.

Be not simply good; be good for something.

Undeservedly Laughed At.

The unthinking are prone to make game of nervousness. Yet this is a very real and serious affliction, the harassing symptoms of which are rendered all the more poignant by ridicule. The stomach is usually responsible for these symptoms—its weakness and disorder find a reflex in the brain, which is the headquarters of the nervous system. As a nerve tonic and tranquilizer, we believe that not one can be pointed out so effective as Hostetter's Stomach Bitters. In renewing vigorous digestion, it strikes the keynote of recovery of strength and quietude by the nervous. Headaches, tremors in quiet sleep, abnormal sensitiveness to unexpected noises—all these modify and ultimately disappear as the system gains strength from the great Tonic. Dyspepsia, biliousness, rheumatism, constipation and kidney complaints are subdued by the Bitters.

The stool of repentance has no cushion.

Consumption Surely Cured.

To THE EDITOR:—Please inform your readers that I have a positive remedy for the above named disease. By its timely use thousands of hopeless cases have been permanently cured. I shall be glad to send two bottles of my remedy free to any of your readers who have consumption if they will send me their express and postoffice address. Respectfully,
T. A. SLOCUM, M. D., 181 Pearl St., New York.

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I do not mean merely to stop them for a time and then have them return again. I mean a radical cure. I have made the disease of FITS, EPILEPSY or FALLING SICKNESS a life-long study. I warrant my remedy to cure the worst cases. Because others have failed is no reason for not receiving a cure. Send at once for a treatise and a free bottle of my infallible remedy. Give Express and Post Office.

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