FIGS AS FOOD.

The Most Nutritious of All Fruits Except the Olive.

One of the Persian kings caused the celebrated Attic figs to be sat 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 apevients. 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.

CONSUMPTION CURED. An old physician, retired from practice, hav-ing had placed in his hands by an East India missionary the formula of a sitnaje vegetable remedy for the speedy and permanent cure of Consumption. Bronchitis, Catarch, Askhma, and all Throat and Lung Affections, also a posi-tive and radical cure for Nervons Debility and al Nervons Complaints, after having testud its wonderful curative powers in thousands of cases, has felt it his duty to make it known to his suffering fellows. Actuated by this motive and after to relieve human suffering. I will send free of charge, to all who desire it, this re-ciptions for preparing and using. Sont by mail by addressing with stamp, maning this paper, W. A. Novas, *Us Power's Block, Roches ter, N. Y.*

Let every man sweep the snow from before his own door, and not trouble himself about the frost on his neighbor's tiles.

White Elephant of Siam, Lion of Eng-land, Dragon of China, Cress of Switzer, land, Banner of Persia, Crescent of Egypt-Double Eagle of Russia, Star of Chill, The Circle of Japan, Marp 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.



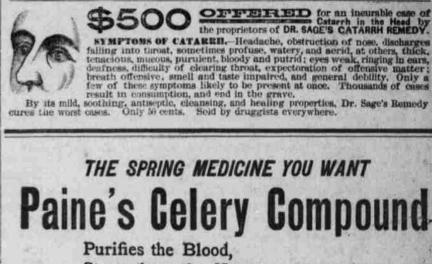


AN HONEST DOCTOR,

finding his patient suffering from that most common of American maladies-Bilious Dyspepsia, or, in other words, from Torpid Liver, associated with indigestion, advised him to go to the drug store and get Dr. Pierce's Golden Medical Discovery the world-famed remedy for such ailments,

Golden Medical Discovery acts powerfully upon the Liver, and through that great blood-purifying organ, cleanses the system of all blood-taints and impurities, from whatever cause arising. It is equally efficacious in acting upon the Kidneys, and other excretory organs, cleansing and strengthening, them and healing their diseases. As an appetizing restorative tonic, it promotes digestion and nutrition, thereby building up both flesh and strength. It is the only medicine of its class, guaranteed to benefit or cure, in all diseases for which it is recommended, or money paid for it will be promptly refunded.

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Strengthens the Nerves, timulates the Liver. Regulates the Kidneys and Bowels, Gives Life and Vigor to every organ.

FLEMING BROS., PITTSBURG, PA.

A man is already of consequence in the world when it is known that we can implicitly depend on him.

Reliable and Always the Same.

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 Give Express and Post Office. H G ROOT M C 483 Pearl St., New York and always produce the same effect. Other purgatives require increased doses and finally cease acting allogather. A course of one or two of REANDETH'S PILLS taken each night is a positive cure for con-stipatio, headache, and all bilious disor-ders. If you can't take them plain, get them surger-coated them sugar-coated.

Our life is short; but to extend that span to wast 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 world, Scott's Emulation not only gives flesh and strength by virine of its own nutri-tious properties, but creates an applitue 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 cases of Wasting Diseases, and it is specially and gain flesh from themse of it. I use it in all useful for childreen when nutrient modifies is needed, as in Marasmus."-T. W. PIERCE, M. D., Knoxville, Ala.

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

For Coughs, Asthma, and Throat Disorders

use "Brown's Brouchical Troches," 25 ets a box.

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

HOW I SAVED MY LIFE.

T was taken sick while at the dinner table with terrible distress in my stomach. Before this had been hearty and strong. For fourteen days I kept getting worse, despite the efforts of we doctors. Host forty pounds, and was satis-field that L could live but a few days. My trou-ble was Stomach and Liver Complaint, result and the L could live but a few days. My trou-ble was Stomach and Liver Complaint, result and the L could live but a few days. My trou-ble was stomach and Liver Complaint, result and but L could live but a few days. My trou-ble was stomach and Liver Complaint, result and the could live but a few days. My trou-ble was stomach and Liver Complaint, result, tawas dong to try the Favorite Remedy, of wondout, N. Y, advertified, and sent for a bot that fwas going to try the Favorite Remedy. He examined it and told me to use it three days walked four miles. Dr. Kennedy's Favorite Remedy has saved my life.—W. S. Bitser, Slate med, has saved my life.—W. S. Bitser, Slate med, has saved my life.—W. S. Bitser, Slate med for book, how to cure Kidney, Liver and Bend for book, how to cure Kidney, Liver and Bend lisorders.

Be not simply good; be good for somothing.

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of this disease. G. H. INGRAHAM, M. D.

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Grain, Feed, Groceries, Pure Spices, Seeds, Boans: Drugs, Medecines; Clocks, Ammunition,

Rubber Goods, Tents, and quantities of other

goods at lowest prices for Cash only. Send 2 c.

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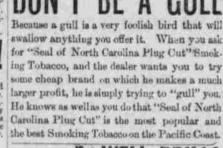
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business; Customers in every County west of the Rocky Mountains, and many elsewhere.

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BROWN & METZNER Agents, 535 Market Street, S. F.

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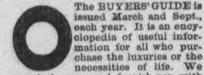
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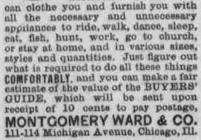
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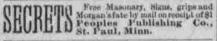
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