

Farm Topics.

AN OBJECT LESSON FOR BOYS.

For benefit of boy readers I describe two farms and their owners familiar to me. The buildings of one are dilapidated, several window panes out and their places filled with old hats and rags; fences down, stock only partly housed, family unkempt, and tools scattered. I saw on that farm in December a nearly new spring-tooth harrow in the field where used last at wheat-seeding, a grubbing hoe hanging on the fence where left last spring, an auger all rusty on the woodpile out doors, and a hoghook on the ground where it was used a year ago. This farmer leaves all tools where used last. I did not believe this possible until a neighbor who borrows of him often told me he never asks where a tool is, but where he used it last, certain of finding it there unless stolen meanwhile, which is often the case. The farmer's land was given him; he is in debt and complains of hard times and bad luck; spending the evenings at the grocery discussing the tariff on wool and tobacco; he has no shelter for his sheep, but ample storage for "the weed."

The dwellings and outbuildings of the other farmer are always neatly painted, fences in good order, each tool stored in its place, the stock all housed, he and his family tidily clothed, he is out of debt and has a good bank account, although he began with little. He attributes his success to the persistent care of everything that comes into his possession. He says his father had a place for everything and required his boys to keep everything in place, so they could put their hand on any tool or implement in the darkest night. Many times when a tool had been carelessly left out of place his father would in some way detect the culprit without asking any questions, and then when night set in he would ask for that tool and send the guilty one to get it. Once this man was called out of bed in a stormy night and required to go half a mile into the woods to get an axe he had thoughtlessly left there. "Such constant drilling," he says, "made a man of me."—(Galen Wilson in N. Y. Tribune.)

The Household.

THE ABUSE OF TEA.

Tea and coffee, like other stimulants, offer the opportunity for abuse—an opportunity quite often availed of. Their devotees drink, for the mere love of them, more than they ought; the scholar deprives himself of needed sleep by their use; the daily toiler finds a temporary success of sorrow in the frequent cup. While there are undoubtedly many who over-indulge in coffee, they are probably few in comparison with the victims of the tea-habit. It is an every-day experience in the out-patient departments of the large hospitals for sufferers to apply for the relief of symptoms reasonably attributable to the abuse of tea. It is the same old story with the washerwoman, the kitchen-girl, or the poor mother of a large family—a lack of appetite, a distress after eating, a series of headaches, occasionally attacks of dizziness. "I have no mind for the work," and I have the pain in my stomach, and so I just take a cup of tea now and then." There is no day in the year when at every dispensary and out-patient room in the large cities some women (for this is essentially a feminine dissipation) does not present herself with a statement of this sort. The victim's account is an "o'er true tale." Either from excess of tea, or for some other reason, she loses her appetite, and gradually comes to loathe food. In this extremity she seeks solace in the cup, and thus increases her condition she is already bewailing. When this sort of thing has reached a certain point, she applies for medical aid, and, it is needless to say, usually scorns the suggestion to go without tea. It has been suggested that the dyspepsia in these cases attributed to tea may rather be due to insufficient food. It is very doubtful, however, if, in the case referred to, the food is sufficient. No doubt there are those who suffer from lack of suitable food, and who, if they use tea, lose more than they gain by it; but such are not found among the tea-drinkers of the hospitals, except as they willfully forsake good food for tea. It is to be borne in mind that the people of whom these are representatives get from tea all the harm there is in it, since, in one of the slang phrases of the day, they "work it for all it is worth." Not only do they get all the thine and most of the volatile oil, but their method of preparing it extracts all the tannin possible. The Chinese, who are the ideal tea-drinkers, pour boiling water on the leaves at the very moment of use; but it is the experience of the poorer class to keep a "pot of tea" steeping on the stove all day long, to be drunk from at intervals. It is probable that much of the dyspepsia and constipation to which this class of tea-drinkers is subject is due to this continual use of an astringent decoction. It is not to be inferred, however, that the abuse of tea is confined to the poorer classes. It is true that its relative cheapness invites them more especially to this form of indulgence. But it is within the experience of every physician to be often called upon to treat patients suffering from the evils already described, who lack the excuse of poor food and a hard life to plead for over-indulgence. Probably every one numbers among his friends women who are actually slaves of the tea-habit, and who would find tea as hard to forsake as men find tobacco. It is not unlikely that the functional disorder often spoken of as the "tobacco heart," due to nervous derangement and accompanied by palpitation and pain in the cardiac region, is more often due to the habit of tea. In fact, the disorders induced by excessive tea-drinking have been grouped as a special disease, to which has been given the name of theism, from the (tea). This includes a train of symptoms, usually progressive, many of which have been already referred to—loss of appetite, pain after meals, headache, constipation, palpitation, cardiac distress, hysterical manifestations, dizziness, paresis. Whether we are justified in thus setting off these symptoms as a disease, is open to doubt; but the fact that it has been done emphasizes the importance of tea in comparison with the rest of the group. In reference to the mischief that will follow the abuse of it, it is needless to say that the main factor in the treatment of this condition is abstinence from the plant that causes it.—(Popular Science News.)

People Susceptible to Hypnotism.

Persons of a nervous constitution, and in particular those subject to hysteria, are most apt to fall into artificial sleep. There is then produced in them a peculiar neurosis, hypnosis, having physical and physical characters of its own—a genuine disease presenting a diversity of symptoms. Hence hypnotic phenomena ought not to be called forth rashly nor without the precautions suggested by medical science. Women are specially susceptible to hypnotic manipulation, particularly during the period between the 18th and the 30th year, when the nervous system is in full activity. Young men may be hypnotized, but it is very difficult to produce hypnotic sleep in old men or in children. Persons who in early life are subject to natural somnambulism or sleep walking are later in life good hypnotic subjects, just as they are also likely to be victims of hysteria and other nervous complaints.

Many are the processes employed for producing hypnosis. One that is very frequently used consists in fixing the gaze upon some bright object placed a little above the eyes and in front of the median line of the forehead, so that visual fatigue may ensue quickly, the eyeballs being directed upward and inward. This process, or others of a like kind, may be employed in the case of persons who have never before been hypnotized. But after awhile, when the subject has, so to speak, been educated, various more expeditious methods may be employed. Thus a jet of electric light or a violent blow struck on a gong near the ear of the subject will quickly induce sleep. Again, in hypnotizing persons, the surface of the body often presents special points, "hypnotogenic zones," as they are called, analogous to the "hysterogenic zones." Simple pressure upon these produces hypnosis. Even in the case of the most susceptible individuals rarely does sleep appear when they, for the first time, undergo the hypnotizing manipulations, however skilled the operator may be. There is needed a complete surrender of one's will and absence of all mental preoccupation, and on the part of the company present absolute silence. In most cases exhibitions of hypnotization develop, at first, only vague phenomena not easily classified, foreshadowing, so to speak, what will follow later.—(North American Review.)

A Plucky Frontier Woman.

On the plains, in Assiniboin, I found a little lady in the larger of the only two stores in the place, who told me that the Indians on a reservation close by had begun to grow restless, and were manifesting the fact by unusual insolence. Only the day before a dozen of the braves had come into the store, when she was stark alone in it, and had demanded whisky, a commodity they were not allowed to touch and no one was permitted to sell. She told them she had none, and they sat, as Indians will, for a long time, as if to show her they would not go away until they got it. Curiously enough, no one came to the store from the settlement. By and by the Indians proposed to search for the whisky. She laughed at them and told them they could search. They did so, peeping and poking everywhere that they could think of. When they offered to go up stairs to her living apartments, she stood in the doorway and told them they must not venture there. She flattened her back against the door and defied them.

She was less than the ordinary height, and did not weigh over 100 pounds, but she quailed them with the eye of a brave and determined woman, and when, presently, some white men came to make purchases the Indians took themselves off. Only a few nights before that this same woman had seen a wolf in her back yard, and had gone out and "shooed" it away with her apron and scolding, just as one of our girls might do to a cat. I never saw a man that I thought more plucky than she. Perhaps, though, what no Indian or wolf could do might be done by a mouse. But it is beyond all reason to expect the bravest not to fear a mouse.—(Albany Fair Journal.)

Swiss and French Soldiers.

There is very little contrast between the Swiss and French soldier. Both are below the stature of the German, English and American soldier; inferior intellectually and physically. The Swiss warrior wears a cap helmet, which makes him look at once like a member of a rural band in America. It is of black cloth, with deep blue trimmings and with black silk braid about the edges. The front is cocked and the rear slopes and has the helmet brim. He wears a navy blue cutaway coat, dark gray pantalons, and each is decked with a very narrow red cord. At his side is a short, heavy sword always. His arms are completed by a five-shot 42-calibre revolver, heavy enough to be used as a bludgeon in close quarters. Also, like the French soldier, the Swiss is armed with a magazine needle gun, and is given so much actual training that he is invariably a fair marksman. In this, as nearly all continental armies, there is by government authority an inducement for soldiers to become fine marksmen. But the pay of the continental soldier is so low and generally his service so nearly menial that he takes little interest in what he does. The pay is about one-fourth that of the American soldier and less than half of that paid the English.—(Cor. Philadelphia Times.)

Artificial Ageing of Whisky.

A way has been found of ageing whisky artificially. A dealer showed the writer two samples of what he called the "straight" article; one was made in 1855, the other in July, 1887. They were equally good, he said, in color, bouquet, taste and every other quality, and yet the 1857 sample was sold at \$10 less a barrel than the other. In other words, the whisky makers can now furnish a three months' article equal in every respect to that which is three years old. By this process they save the three years' storage, interest and evaporation. The purchaser generally gets the benefit of this. The new process consists briefly of rocking the barrels day and night on patented "cradles." Charred barrels are used, as is customary—that is to say, the barrel is burned out before the whisky is put in, thus converting the inner surface into charcoal. The constant motion for three months dissipates the fusel oil and imparts the rich color which new whisky has hitherto never had legitimately.—(Philadelphia Times.)

A RELIGIOUS CEREMONY.

Curious Custom in the Tuscan Highlands. Saints' Bones—Village Lottery.

In the Tuscan Highlands at the village of Cutigliano they keep high feast on the 8th of August in memory of Saint Aurelius and Saint Irenaeus, whose bones lie in state in the town church. The sacred remains exhibited on the holiday are preserved in richly gilt shrines, with glass front and sides. The skulls are bare in all their grinning hideousness; the rest of the skeletons are happily hid in rich costumes, the hands covered with silk gloves and the feet with elegant stockings.

After mass is over in the church and the people have been blessed, a priest standing at the altar holds up a reliquary containing the bone of a saint for the adoration of the crowd. One by one the men come up to the altar steps, devoutly kiss the glass that covers the precious bone, and drop a copper or two into the brass tray which is carried by an attendant. After each oculoation the glass is carefully wiped with a napkin and then presented to the next in order.

The women come after the men. The faith of these is apparently more lively. They seem fully satisfied that by the act of adoration they have committed themselves to the effectual safeguard of the saint, and they turn away their faces radiant with peace and contentment. Here comes a family group, a mother leading a little girl by the hand with a baby on her arm. It is touching to see the earnestness with which the mother presses the pointing lips of her infant against the sacred charm and the joy with which she broods over him when she has thus secured his salvation; behind comes an old woman, wrinkled, infirm, alone in the world, but the weight of her years and trouble seems to grow light when she has secured the good will and intercession of the saint.

So they come in a long succession of every age and condition, but all believing and devout. Long after the service is over the worshippers remain absorbed in prayer, kneeling in different parts of the church, utterly lost to all that passes around.

After leaving the church the Tuscans repair to the village green, where a lottery is in progress, and every one, from the gray head to the toddling infant invests in a ticket. They are very superstitious about significant numbers. One man chooses eight because his cat at home has that number of kittens, another twenty-nine because his son fell and broke his leg on that day of the month; still another fifteen because there are that number of letters in the saint's name whom they celebrate.

Every one is in good humor while the drawing takes place, and even if their numbers are unsuccessful they leave with the conviction that it will surely come upon the next feast day.—(Foreign Letter.)

Water Changed to Blood.

There is an animalcule, sometimes called the englena sanguinea, or the blood red englena, which multiplies so rapidly in some places that the surface of the pool soon resembles a great clot of blood, to the wonder of those who see it for the first time, and do not suspect the cause. The little creature seems to be abundant all over the known world, and Ehrenberg, a German naturalist, who discovered and named it, suggested that the first plague of Egypt, when the water was apparently changed into blood, as narrated in the Bible, may have been caused by a prodigious and miraculous increase of this little blood red infusorian.

Within very recent times an apparent change of water into blood has come to the writer's notice in the White mountains, in northern New York, and in several places in New Jersey. The phenomenon is not very rare. The creature that causes this change has itself a peculiar color habit according to its age. In early youth and middle life its color is a vivid green; in maturity and old age it assumes the crimson hue referred to, and often the same individual may be both green and red as either color reaches the surface during the body's movement, each coming and going in a wave that flows across the little creature, or a minute spot may be rosy red in the general green, or an emerald island may appear in this miniature sea of crimson.—(Alfred C. Stokes, M. D., in Harper's Young People.)

Cause of Decay in Steel.

It has recently been discovered by a board of naval experts at the United States navy yard, Mare's Island, Cal., that the cause of the sudden deterioration in the steel used in building the new cruisers for the government is not due to the ravages of a worm, as was supposed, but is caused by the fungus penicillium infestans, so well known as the cause of potato rot.

With the delicate apparatus procured by the government for testing the qualities and detecting fraud in metals intended for government uses, it has been ascertained that the minute spores or seeds, which float in the air, are introduced into the metallic body while in the molten state during the process of carbonization. They also find that this form of steel rot is alarmingly epidemic in much of the government material.

A large and profitable field is open to inventors and scientific men who will devote means to arrest the spores of this fungus as they are drawn into the carbonizing furnaces, or who can prevent their growth and spread either in the ingot or manufactured forms of steel.—(Detroit Free Press.)

Wild Silkworms of India.

For a number of years the deficiency in the production of mulberry silk has drawn the attention of sericulturists to the rearing of the wild silkworms of India, China, Japan, America and other parts, and a great many reports have been published on these wild silkworms, some of which are already bred in a state of domesticity or semi-domesticity. Many of these wild silkworms produce silk of great strength and beauty, and could all be profitably utilized if bred in their native lands on a large scale. Specimen cocoons and carled and reeled silks of about twenty different species have been sent to the Societe d'Acclimatation, and they will be exhibited in the Paris International exhibition of 1889, together with the specimens of the moths and prepared larvae of the various species.—(Public Opinion.)

IMPRESSIONS OF NASSAU.

An Island of Unending Summer Not Far Away—The Lazy Inhabitants.

Nassau is one of the smallest of the Bahama islands, covering a length of twenty miles by an average of five miles in width. The city is built, facing the north, upon the slope of a ridge, running west to east, and nearly 100 feet at its highest. The soil is thin, the island consisting of an old coral reef, elevated gradually from the ocean, and during that period subjected to the action of the waves, leaving it honeycombed and pocketed. This rock is compact, of sand made from disintegrated corals, yellowish creamy in color and soft in texture, so that it is quarried by sawing and chiseling, becoming considerably harder by exposure. The surface of the rock is covered with loose pieces, exceedingly irregular in form. Over this is a very little soil.

The streets are graded through this natural rock, with natural gutters and walks. The streets at right angles to the water front cross the ridge generally through deep cuts in the natural rock in order to lessen the grade. The dwellings of the better sort are square or oblong square, seldom more than two stories high, with low ceilings and low pyramidal roofs. These houses are always surrounded on at least two sides with broad verandas, closed in with slats to keep out the light. For this reason the houses appear larger than they are. Dormer windows abound. The house colors are stone, light yellow, cream; the blinds are brown or green. High stone walls, with broken glass bottles cemented into the ridges, inclose the houses and gardens; ornamented openwork gateways afford a glimpse within.

The cocconut, the royal the palmetto and the silver leaf palms abound. The giant Cuba, or silk cotton tree, oleanders of large size, enormous ananias, with the many species of the citrus family, hang up their yellow fruit against the sun. The russet japorilla just coming into fullness adds a special charm to its background of dark green waxy leaves. The vegetation seems rather sub-tropical than thoroughly tropical. This results not from want of heat, may be, but need of soil.

The city of Nassau is extremely picturesque with the quaint narrow streets, white, deep gutters cut from living rock, large dwellings, with the lower or street story, for warehouse or shop, the outside stairways and balconies? Every building has some special individuality about it which adds much to the sum total of the charm one finds in quietly roaming round the streets.

Here it is literally always afternoon. No one works. Ask a question and it will be answered the day after to-morrow. The few shops open about breakfast time, and are then shut up during that meal, and breakfast time is not early. I went into a wholesale store at noon time. The one clerk was fast asleep in his chair, and I left him undisturbed. The blacks, seemingly twenty to one of the whites, sit lounging, gabbling, chatting, talking loud and laughing, but I have not seen one at work.

The English majesty of law is thoroughly respected here. The principal crimes—profanity, jawing and slander—are among the colored races, and they enjoy defending themselves at law. Shops close at 5 p. m. Saturday is a half holiday and Sunday a Puritanical one.

Back of Nassau proper, over the ridge and down to the lower levels swarm the colored people. Their small garden pieces are walled in with the loose pieces of coral rock. Their cabins are small, with one or may be two rooms, of rock or coral, palmetto thatched. The gardens are bare, honeycombed coral rock, where with a crowsbar the banana, the cocconut or maize is planted. They are unkempt, unthrifty, dirty; but everywhere kind mother nature covers the garden walls with lichens and the convolvulus, and the great lobed leaves of the bread fruit, the alumna and the palms give to the eye an ever varying, an ever entirely satisfying picture.

These cabins of the colored people (our inheritance from Spanish cruelty) literally swarm with children. The traditional stair of from five to twelve little pickaninnies is found in every cabin. "Nassau, gib me copper for bread!" They are inveterate beggars. They say they can't get work, or if they do get any but little is paid—twenty-five to fifty cents a day. The truth is, there is no desire, perhaps no incentive, to work, no ambition to satisfy. Hunger is easily satisfied by fruit, sweet potato, yams and fish. But little fruit is exported, and that from the outlying islands, not from here. Sponge fishing is the one industry which here is active.

For the climate, I would judge we had in the United States no spot equal to this for unending summer. For people advanced in life who desire to avoid our winters, for tired brain workers, for cases of low vitality, for the beginning of throat and lung troubles, I should say Nassau is the place.—(Fred Stearns in Detroit Free Press.)

Self Massage for Dyspepsia.

This treatment requires much perseverance and practice, otherwise it will to some extent prove a failure; but renewed vigor will always be in proportion to the practice. Be not discouraged. First thing in the morning and last thing at night rub the abdomen down the left side and up the right in a round circle, also rub down the breast; now pace across the room once or twice, and then snap the lower limbs, like a whip lash, for exercise. Now twist the lower limbs, first on one side, then on the other, and rock up on the toes. Now for the lungs and abdomen; first, take in a half breath, then exhale as the air possible, then fill the lungs to their full capacity, walk across the room and back, at the same time throwing the arms back. Now in a half breath send out every particle of air till you see the abdomen working like a bellows, and you will soon become a deep breather. For more extended practice in deep breathing the morning before rising is a good time, provided there is full ventilation and that the air inside is as pure and fresh as that on the outside. Before a good fresh wash the hands and face, wet the back of the neck, arms and lower limbs slightly, and rub down with a coarse towel. This is sufficient for a beginner, but entirely inadequate for the old, chronic dyspeptic.—(J. N. Semple in Herald of Health.)



BECAUSE it is so unusually handsome and attractive in appearance, many persons think the Ivory Soap is intended for toilet use only. While it may be used for the toilet with pleasant and satisfactory results, it is a laundry soap in all that the name implies. Prof. Silliman, of Yale College, says: "As a laundry soap the IVORY has no superior."

A WORD OF WARNING.

There are many white soaps, each represented to be "just as good as the 'Ivory';" they ARE NOT, but like all counterfeits, lack the peculiar and remarkable qualities of the genuine. Ask for "Ivory" Soap and insist upon getting it.

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Speedily and permanently cured by using Wilson's Balsam of Wild Cherry. There are counterfeits. Get the genuine, which is signed J. WILSON'S on the wrapper. Prepared by S. W. FOWLE & SONS, BOSTON. Sold by all dealers.

COMMISSIONER'S NOTICE—Estate of Calvin Brown.

The undersigned, having been appointed by the Hon. Probate Court for the District of Addison, Commissioners, to receive, examine and adjust all claims and demands of all persons against the estate of CALVIN BROWN, late of Leicester, in said District, deceased, and all claims exhibited in offset thereto, hereby give notice that we will meet for that purpose aforesaid, at the late residence of the said Calvin Brown, on the 3d day of April and 1st day of August next, from 1 o'clock p. m. until 4 o'clock p. m., each of said days, and that six months from the 4th day of February, A. D. 1888, is the time limited by said Court for said creditors to present their claims to us for examination and allowance.

Dated at Leicester, this 6th day of February A. D. 1888.

G. W. PARMENTER, Com'rs.
J. F. POTWIN, Com'rs.

STATE OF VERMONT—District of Addison, ss.

In the matter of Edgar L. Dantorth, insolvent debtor. Take notice, that Edgar L. Dantorth of Middlebury, in the district of Addison, did on the 10th day of February, 1888, file in this court his petition for adjudication of insolvency; and that a meeting of creditors of said insolvent debtor will be held at a court of insolvency, to be held at Middlebury, in the district of Addison, on the 25th day of February, at 10 o'clock in the forenoon, to prove their debts and choose one or more assignees of his estate; and that the payment of any debts and the delivery of any property belonging to said debtor, to him or for his use, and the transfer of any property by him, are forbidden by law. Dated at Middlebury, this 10th day of February, 1888.

By the Court, GEORGE E. KNAPP, Register.

STATE OF VERMONT—District of Addison, ss.

Be it remembered, that at a session of the Probate Court holden at Middlebury, within and for the District of Addison, on the 25th day of January, A. D. 1888. Present: Hon. Lyman E. Knapp, Judge. Whereas, W. Halliday, administrator of the estate of John Jackson, late of Middlebury, in said district, deceased, has this day presented to said court, his petition in writing, setting forth, that it will be necessary to sell a part of the real estate of the said deceased, for the payment of the debts and charges of administration; and also that it will be beneficial for all parties interested therein to sell the whole of the real estate of said deceased, and therein making application to said court for license to make such sale. And said administrator having produced to said court the assent in writing of all the heirs residing in this state, interested in said real estate, it is ordered that all persons interested in the estate of said deceased, be notified to appear before said court, at the probate office in Middlebury, in said district, on the 5th day of March, A. D. 1888, at 10 o'clock a. m., by publication of this order, three weeks successively previous thereto, in the Middlebury Register, a newspaper printed at Middlebury aforesaid, to show cause, if any they may have, why said license should not be granted.

GEORGE E. KNAPP, Register.

STATE OF VERMONT—District of Addison, ss.

Be it remembered, that at a session of the Probate Court holden at Middlebury, within and for the District of Addison, on the 9th day of February, A. D. 1888. Present: Hon. Lyman E. Knapp, Judge. Whereas, W. Halliday, administrator of the estate of John M. King, late of Middlebury, in said district, deceased, has this day presented to said court his petition in writing, setting forth, that it will be necessary to sell the whole of the real estate of said deceased, for the payment of the debts and charges of administration; and also that it will be beneficial for all parties interested therein to sell the whole of the real estate of said deceased, and therein making application to said court for license to make such sale. And said administrator having produced to said court the assent in writing of all the heirs residing in this state, interested in said real estate, it is ordered that all persons interested in the estate of said deceased, be notified to appear before said court, at the probate office in Middlebury, in said district, on the 5th day of March, A. D. 1888, at 10 o'clock a. m., by publication of this order, three weeks successively previous thereto, in the Middlebury Register, a newspaper printed at Middlebury aforesaid, to show cause, if any they may have, why said license should not be granted.

GEORGE E. KNAPP, Register.

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In great variety of styles and at various prices to suit the wants of all in need of clothing, and will sell it at

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as the same goods can be had for anywhere else, inspect his goods and satisfy yourselves, that the above statements are facts. His stock is

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WE CHALLENGE THE WORLD TO PRODUCE ANYTHING TO BEGIN TO COMPARE WITH N. K. BROWN'S IRON AND QUININE BITTERS, FOR STRENGTHENING THE BONES, MUSCLES AND NERVES, AND FOR THE CURE OF DYSPEPSIA, INDIGESTION, NERVOUS PROSTRATION, GENERAL DEBILITY, FEVER AND AGUE, &c.

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COCKLE'S ANTI-BILIOUS PILLS,

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For Liver, Bile, Indigestion, etc. Free from Mercury; contains only Pure Vegetable Ingredients. Agent: C. N. CRITTENDON, New York.