OF A E LO EAT. Eating Roses Preserved Entire and Other Dainties-Some Natural Dishes-A Mexican House-

wife Making Duler. Fannie B. Ward writes from Mexico that not only the aristocrats, but all Mexicans with any pretensions to social standing, require that every dish, if it be but a spoonful of peas, be served as a separate course, for which clean plates must be provided, making the most common-place dinner a long and ceremonious affair. Wine is always served with the substantials, and coffee and cigarettes after dessert. The Mexicans have no fondness for sour things, therefore vinegar, pickles, etc., find no place here but everybody has a welldeveloped "sugar-tooth" and dulcies, (sweet-meats), are in great demand. There is no end to the varieties duler which a Mexican housewife will compound, from simple taffy to the most elaborate preserved or candied fruits, sauces, jellies and marmaledes, Canning is unknown here, it is not nee led in a summer counwhere fruits are perennial. I have aten roses preserved entire, each delicate, sugar-frosted leaf intact upon the stem, making a conserve fit for a fairy; and everybody knows that preserved rose-leaves, like guava jelly, are common in tropical larders. Since stoves are comparatively unknown, and therefore ovens are non est, except those ponderous affairs of adobe used by the breadbakers, pies and cakes are never seen in the Mexican menu. To be sure, there are various articles called cakes to be found in a few French bakeries, but they bear no more likeness to the cake which graces the daily tea-table of every American than tor:ul'as resemble American

During my first year in this country I greatly missed the accustomed edibles, and found it extremely difficult to subsist upon diet so entirely new. One of my earliest experiences was to reside for four long months in a Mexican family who spoke no word of English and were entirely unacquainted with any mode of living but that essentially Mexican. They were people of wealth and education, exceedingly kind hearted, hospitable and what is called "good livers." Four times a day their table literally groaned under its burden of national delicacies; yet I grew thin and thinner, and actually retired every night so downright hungry that I could have wept, if tears would have brought some good fairy with a slice of Yankee bread and butter! Just fancy it four months without butter, tea, steak, potatoes, pie, cake-in short, without anything to which one had been accus-

of the house, with her hand upon her into port. diaphragm, remarked that she thought which had been fried in grease and minute, I can tell you." mixed with onions and cheese. With Nobody knows who the old man is. ground, without nest of any kind. Their especially the brains and head. Whenthe brains and spreading upon hot

tortilias for the ciamorous children, by the way, was a lovely woman, a devout Christian, a tender mother and devoted to her husband and home, In the earlier days of the Revolutionaccomplished, withal, for a Mexican ary war, the British war ship Hussar woman-came to my room with the was sunk in the East River, New York. astonishing information that she was On board of her, at the time, it is said going into the kitchen to make some there were five million dollars in gold the Wilson's t rn held in undisputed duler, in honor of her eldest son's "saint's coin, which were to be used in paying possession. Their cone-tipled, olive day," and wouldn't I come out in the thearmy and navy. On November 25, green and spotted eggs lay in two and course of an hour and witness her in the 1780, the Hussar, while going through threes on the bare surface of the lime. act ? Certainly I would, and gladly, the Sound on her way to Newport, R. I., stone. Both this bird and the smaller too, for when a Mexican lady condescends struck upon Pot Rock and foundered, edition of it, the least tern, which has to put her dainty feet and u. accus- Efforts have been made at various times similar habits, are called "shanks" by the tomed hands into the servants' domain, to raise the sunken treasure, and large islanders, while on the North Carolina it is a household event by no means amounts of money have been spent, with. c ast (where we found both species breedto be overlooked. So I wrote a dozen out success. The British government in ing a month before) they are known to pages, to give her time to get well under 1794 sent two brigs to this country to the fishermen as "great" and "little way, and then repaired to the kitchen, try and secure the treasure, and in 1819 strikers." The Wilson's tern has a wide which was situated on the other side of another unsuccessful attempt was made. range, and is one of the most beautiful the great casa, beyond the sunny court Companies have been organized in nearly of a large and exceptionally striking famyard, with its flowers and fountain, its every large city in the Union for the pur- ily. It has a prominent black crest and banana and orange trees, at least an pose of securing the wealth, but all have coral-red bill and feet. Like many of eighth of a mile from my apartment, failed. In 1848, Captain Thomas, the our most attractive birds, it is shot down though enclosed within the same adobe inventor of the submarine armor, made an each season to satisfy the widespread dewalls. There she sat flat upon the floor, attempt, and he was followed by (harles | mands of a barbarous fashion. Its pearly in the middle of the kitchen (there being, B. Pratt. Mr. Prattse ured more than wings, or as often at the whole bird, as usual, no chairs), her round arms any of his predece sors, and was at work usually much distorted by the milliner, bared above the elbows, and her pudgy until 1850, when he abandoned the may be seen almost any day in the streets, little hands immersed in some sticky scheme. Mr. Pratt was succeeded by pinned on to ladies' hats. - Popular beicompound, while no less than five ser- The Frigate Hussar Company, which enes Monthly. vants ran hither and thither to do spent large sums of money to no purher bidding, bringing a little more sugar, pose. A number of people have been flour or water, stirring the coals in the ruined by being connected with the enbrasier beside her, greasing tins upon terprising men who were confident that which to drop the guler when cooked, they would be able to bring the treasure etc. Her beautiful dark eyes glared with up from the bottom of the river. Work the excitement of the occasion, and her has been stopped on the wreck for a husband and brother-in-law, toth men number of months, but it is soon to be of middle age, one a celebrated physi- resumed again. A new stock comp ny cian, the other a dignified judge, stood has been organized, and more money is watching her with admiring pride de-picted upon every line of their swarthy the British gold. The wealth has been countenances. Presently the children buried so many years, that it is doubtdropped in to add their plaudits, and face. - Demores'. soon the innumerable domestic petsdogs, cats, pigs and parrots-seemed to feel that something remarkable was in progress and shared the general excite- whether exaggerated or not, shall tend ment. The duler turned out to be a sort to lessen the use of ice in drinking of eandy, made of white sugar and four, water, it will do a vast amount of good. feeble imitation of those which may be danger in ice. The American habit—

dinner, supper, and "between meals."

How Shot Are Made.

Every person who has walked about the lower part of New York must have noticed a high, round tower, as high as the roadway of the Bridge, which rears itself high above the surrounding building, and has small windows at different places. This tower belongs to the Colwill Lead Company. The tower rises to a height of 176 feet, and is fifty feet in dameter at the base. It-dimishes in diameter as it ascends being about 165 pope Leo has recommended. diameter as it ascends, being about thirty feet across at the top. Great height is essential for casting, as the lead must cool in the descent, and thus assume a spherical shape. If hot it would flatten when it strikes the water into which it falls. The casting pans are large colanders, round pans with holes perforated in the bottom. The casting is all done on the top floor, and the colander is suspended over an epening in the floor, which goes through the entire height of the building to the ground, where there is a well of water. The lead is melted in large kettles, and is dipped out and poured into the colwith ladles which have long handles. It oozes through the holes in the bottom of the colander and falls through the opening to the ground floor into the well. The shot is taken cut of the well by small buckets fastened to an endies belt, which runs over a wheel, which carries it from the well up to long hot metal table. Here the shot is constantly stirred by men ly dispels the moisture and the shot soon the "drying table" to the "screeners," a series of tables with narrow openings names. between them, the tables being set at a slight angle. If the shot is round and perfect it rolls rapidly along these tables, skipping the openings, until it reaches a box at the extreme end, into which it falls. If it is imperfect it cannot roll fast, and falls into the openings, under which boxes are placed. The shot then goes to the "separators," which are a series of drawers, not unlike a bureau, which rocks backward and forward by machinery. The shot is poured into the upper drawer, which has an iron bottom perforated with holes of a certain size. The second drawer has holes of a smaller size, and so on down to the lowest drawer, the bottom of each drawer being perforated with holes of a size smaller than those in the drawer above it. The backward and forward motion throws the shot from side to side, letting all the shot the size of the holes or smaller pass | hundred watches in the same time.

A Skipper With a Charmed Life.

There is a sailor on Lake Michigan who seems to bear a charmed life. When tomed, yet compelled to suffer the tor- the fury of the gale is at its highest and tures of Tantalus by being seated four the waves are swaying in a way that times a day, an hour at a stretch, beside threatens to engulf every craft upon tables loaded with dishes one turned them, he is in his element. He sails of the sooty terms, or "egg-bird," as the from in disgust. Suspecting the cause alone in a little sloop not thirty feet natives call them, just beginning to of my rapid loss of flesh, a sympathetic long, trading potatoes and apples be- breed. This is a German friend, who resided near the tween Sturgeon Bay and Manitowoc. He looking rocks, rising ten or fifteen feet border, sent me a huge, round loaf of was out in the terrible storm that found above the sea like a row of petrided jelly cake, large as a milk pan and de. ered the propeller Vernon, and came sand dunes, which in reality they problicious enough to gladden the eyes of any into port in the midst of it. He had ably are, and covered with low shrub home-sick Yankee. It atrived in the been out in a hundred storms before, and bery, grasses, and vines. When a long forenoon, and, of course, I carried it, he lived through them in his little shell way off we noticed the birds hovering uncut, to my hostess, with a request to when staunch schooners went to pieces, over the place, and on landing, their put it upon the table. But what was but he declared that he had never been numbers increased until the air far above my surprise, on being called to dinner, out in such a gale. People who wit- and around us fairly swarmed with the to find that the usual menu had been set nessed his coming into the straight cut gliding forms of this graceful tern, and aside in my honor, and the festive board at Manitowoc say that the sloop was the strange medley of their harsh cries, bore not a single article except the big tossed about like a chip. It would disaptogether with the whirring of thousands cake, cut in enormous slices. Well, we pear entirely and then bob up again, un- of wings, was nearly destening. They ate and ate of it, there being nothing else til dropped from view between the next were nesting amid a tangle of shrubs toeat and an hour or two later there were two waves. The old man-he is seventy three or four feet high, along a low,

"American Pan Duler" (sweetened for my chances of living twenty-four sitting on their eggs, and caught with benefit forget to thank us. bread) not so wholesome as Mexican hours," he said to the throng of curious our hands several which were snared in food! In this family it was the custom people who crowded around him when the vines as they attempted to fly. This at dinzer to put ripe grapes into the he reached the dock, just above "the tern resembles a large and powerful soup, or to slice peaches into it, or any iron bridge." "When that storm broke I swallow. It has a sharply forked tail, other fresh fruit that happened to be on grabbed the rudder, held on as hard as I snow white neck and breast, while the hand; and every one of them poured could, and trusted in Providence. I ex- rest of the plumage in a dead black. molasses or cardied milk over the frejoles pected to be washed overboard every They nest close together under the

them a favorite delicacy was young kid. Apparently, he has neither kith nor kin. eggs are cally distinguished from any He lives solitary and alone. He bothers others which we saw, being white or ever cabesa de cabrita (kid's head) was a his head about nobody, and nobody creamy and boldly spotted all over with dinner-dish there was great rejoicing about him. When an inquisitive person umber and lifac. Even in these remote among the youngsters and an expression asks his name he replies that it is the places the number of sea birds are of deep-seated satisfaction upon the same as that of his boat, and when a being yearly lessened by the natives, faces of the elders. The mistress of the person looks for it he finds the boat goes who persistently collect their eggs manse would arise and thrust her knife without a name. Though three score for food. The rare flamingo is now just back of the forchead, scooping out years and ten, the old man looks a giant reduced to a colony of a few hundred on in health, as he is in stature. His ruddy Abaco, where, as I was informed by an face and red nose contrast oddly with his old [settler, they numbered thousands

The Treasure Ship Hussar.

A Safe Use of Ice. bought anywhere in the United States for fifteen cents per pound. That night the exhausted but triumphant lady retired to rest in the happy consciousness liced water, with the meals, is most perfectly and for the next schious. It retards digestion until the normal hoat of the stomach is regained, body offered a bid. As a tents week we had caramels for breakfast, and is a prolific cause of dyspepsia, and is a prolific cause of dyspepsia.

ator, or elsewhere in contact with the duced to £3,000 and £2,000. Waiting ouri River, a few miles below to be agreeable, there will be no danger

CURIOUS FACTS.

Peaches were introduced into England A Russian miser learned to bark in order to avoid the expense of keeping a

Bologna, is said to have discovered the optic nerves about 1638. Pope Leo has received among his

jubilee gifts a woolen petticoat, worked by a poor woman and her crippled daughter. The apricot was first introduced into

Minor, about 1540, by the gardener of Henry VIII. The biggest tree in California-and it is a monster, indeed-is the "Keystone State," in the Calaveras Grove. It is 325 feet high and forty-five feet in cir-

cumference. The oldest piece of dated cabinetmakers' work in the world is the throne chair of Queen Hatasu of the Egyptian Dynasty, B. C. 1600. It has been pre-

sented to the British Museum. A San Francisco man, who refused to pay a bill of \$336.50 for twenty-two hours' work put on his teeth, was succ by the dentist for the amount. The court cut the charges down to \$70, which

the defendant willing paid. The first silver coin struck in England was the ancient silver penny. Until the with long rakes, and the heat rapid- reign of Edward I. it was marked with s cross so deeply indented that it could be ecomes perfectly dry. It is taken from easily separated into two for half-pence and into four for farthings, hence the

> Pumpkins grown on the Hudson have a name in raised letters grown on each. The name is cut through the skin when they are growing, and as it heals up leaves a raised scar in the shape of "Baby Mine," "Dewdrop," "Jumbo," and other inscriptions,

Great improvement has been made late years in the tools used for boring tunnels. In one month, recently, 430 feet were bored in the Cascade Tunnel in greates; distance ever accomplished in a says he: single month in tunneling.

Division of labor has been carried to such perfection in this country that it is now possible, so it is said, to make a complete sawing machine in a minute, or the bad little boys I know. sixty in an hour, a reaser every fiftees minutes, a locomotive in ... if y

through into the second drawer, while There is a printer with only one arm on all larger than the holes remain in the one of the Los Angeles (Col.) dailies. His drawer. The same is repeated down to left arm is gone from the very shoulder, the lowest drawer, to that each drawer yet with his right hand the brave fellow contains a smaller size of shot than the sets type at a remarkably rapid rate, one immediately above it .- Christian at | many of his companions with two hands not accomplishing so much work daily. He props his "stick" on the case near it with remarkable rapidity;

Birds of the Bahamas,

At Fish Key we found a large colony three sick children; whereupon the lady years of age-was mighty glad to get narrow ridge of one of the islands, a few yards from the water. Parting the "I wouldn't have g'ven half a dollar bushes aside, we could see the old birds bushes, laying a single egg on the One day the lady of the house -who, gray beard and hair. - Milicante: Scatinel. several years ago, and similarly the beautifal tropical bird, which is hunted chiefly for food, is being gradually exterminated.

Close beside this key there was a small rock a few yards square, with scarcely a spear of grass upon it, which a party of

The Orange Diamond.

A large number of dealers and connoisseurs were attracted to Foster's gallery, Pall Mall, London, the other day, when the new monster gem that will be known among notable specimens of precious stones as the Orange Diamond, came under the hammer for the first time. It was the last lot offered for the day, and was described as "A magnificent colored brilliant, weighing 115 carats (about ten carats heavier than the Koh-i-noor), mounted as a brooch, with a border of very large white brilliants." The stone was found in the Orange River, and is of a decided orange hue. It was cut in London and made into a brooch, being surrounded with a circle of sixteen large white brilliants. The appearance of the gem is striking. Instead of sparkling and glowing, it seems to catch the light in large waves, which

it sends gliding and dancing over its surface. It was examined with great inand for the next normal heat of the stomach is regained, and is a prolific cause of dyspepsia.

Foster attempted to find a purchaser normal heat of the stomach is regained, and is a prolific cause of dyspepsia.

Mr. Foster suggested £5,000, which to be agreeable, there will be no danger from disease germs and less danger of dystepsia. New York Worl!, Its present owner,

He Stopped the Fight.
President Bartlett, of Dartmouth college, is a man over 70, but he says there can't be any "rush" between freshmen and sophomores while he is around. The other day there was a struggle between the two classes on N. Varole, a surgeon and physician of the college campus for the possession of a foot-ball. The president saw it from the library window and he rushed out and into the thickest of the fray, jerking and tugging at the fighting students and shouting at them to stop. The boys on such occasions are always ready to encourage true merit, so they yelled "Go in, Prex!" "Get onto your ball!" etc. England, for cultivation, from Asia

"Be men!" cried the president, as he pulled a sophomore off from a freshman by the coat tails. "Chestnuts!" shouted another. The president tugged, threatened and implored until he was nearly exhausted with the exertion, when the row stopped. His further remarks were inaudible for want of breath, and were mainly delivered in pantomime, with his hat jammed down

over one eye. When a lot of eager and sinewy students get struggling over a foot-ball it isn't a very good place for an elderly professor with short breath. He might as well calmly observe the fight from the library window and give the boys 'a talking to" afterwards. Active interference can only be indulged at the expense of official dignity .- Texas Sift-

A Startling Question.

Even the life of a newspaper canvasser is not totally devoid of poetry. The unending round of "Times is so hard and money is so scarce that we can't take a paper," and "My husband brings a paper home with him," and all the stock excuses, are sometimes broken up by a little incident like this, that was told by a man who labors in that ungrateful position: "The delivery boy had gone a little ahead of me," said the canvasser, "and as I stood on the sidewalk a pretty little boy in kilts toddled up and stared at me with pretty blue Washington Territory, which is the He put his hand on my order-book and eyes. I made friends with him at once,

"Hot's at?" "That's an order-book," I told him. "Hot does oo do wiv 'at?" "Oh, I write down the names of all

He looked at me a minute with his big eyes opened wide. Then, his voice hushed with awe, he asked: "Is oo Dod?"-Chicago Mail.

A Difference in Training.

Before Willie K --- 's cousin Bertha arrived at his home on a summer visit, his mother had told him to observe how graceful and polite her manners the centre on an inclined plane, and fills were, especially at the table. When she came, Willie observed ber with admiring interest. One day his mother "Don't you think Bertha's manners

are better than yours?" Yes, mamma.

"Why is it, my dear? "I guess Bertha has been better brought up than I have."-Troy Times.

A New Mannre. Basig slag, the refuse of steel works, when freed from iron and reduced to a powder proves to be a valuable fertilizer, principally on account of the phosphorous it contains. Mountains. of black slag have accumulated about the iron and steel works in England, and much in this country, all of which can be profitably worked over and made into a valuable manure .-- Vick's Mag-

God appreciates and rewards all we do for others, even if those we seek to

The Ladies' Favorite.

The Ladies' Favorite.

The newest fashion in ladies' hats will doubtess cause a flutter of picasurable excitement among the fair sex. Ladies are always susceptable to the changes of a fashion plate; and he more startling the departure, the more arnest the gossip over the new mode. Dr. Pierce's Favorite Prescription is a positive ture for the ilis which afflict females and make their lives miserable. This sovereign panacca cure for the ills which afflict females and make helr lives miscrable. This soversign panacea can be relied on in cases of displacemen's and ill functional derangements. It builds up the soor, haggard and dragged-out victim, and rives her renewed hope and a fresh lease of ite. It is the only medicine for woman's seculiar weaknesses and allments, sold by Irnggists, under a positive guarantee from the mannfacturers, that it will give satisfaction in every case, or money refunded. Read printed guarantee on bottle wrapper.

Every great and commanding movement in the annals of the world is the triumph of nthusiasm.

Itching Pites.

Symptoms-Moisture; intoese itching and tinging; worse by scratching. If allowed to obtinue tumors form, which often bleed and continue tumors form, which often bised and ulcerate, becoming very sore. Swayse's Ourself of the stops the utching and biseding, heals ulceration, and in many cases removes the fumora. Equally efficacions in curing all Skin Diseases. Dd. Sways Ayne, & Son, Philadelphia. Sent by mail for 10 cts. Also sold by druggists

In the matter of speed there is a great sim-clarity between a flash of lightning and a bit

The Cutest Little Things. "Cutef" he echoed. "Well I don't know as the adjective would have occurred to me in the adjective would have occurred to me in just that connection. But if you mean that thy do their work thoroughly, let make no fuss about it; cause no pain or weakness; and, in short, are verything that a pill ought to be, and nothing that it ought not then I agree that Pierce's Pleasant Purgative Pellets are about the cutest little things going! the cutest little things going!

"All I want," said the opera singer, "is notes for notes; large notes for high notes," Consumption Surers 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 hottless of my remedy rake to any of your readers who have consumption if they will send me their Express and P. O. address. Respectfully,

T. A. SLOGUM, M.C. USI Pear' St., N. Y.

The mighty dollar is not mentioned in ornithology. Yet it is a tenth of an eagle, Mild, soothing, and healing is Dr. Sage's Ca-

No dentist has yet been able to pull the

By means of a solution and an instrument called a Nebulizer the cure of Catarrh is effected in a painless and pleasant manner. For particulars address City Hall Pharmacy, 264 Broadway, New York.

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After Diphtheria

reacth slowly, as the system is weak and debititated, and the blood polsoned by the ravages of the disease. What is needed is a good reliable tonic and blood purifier like Hood's Sarssparilla, which has just the elements of strength for the body, and vital-Ity and richness for the blood which soon brings

"After recovering from a prolonged siekness with diphtheria, and needing something to build me up took two bottles of Hood's 8 respectile. I felt good results from the first dose. It seemed to go from the top of my head to the ends of my toes. I know blood's Sarsaparilla is a good thing."—G. B. STRATTON, Druggist, Westfield, Mass.

Hood's Sarsaparilla y all druggists. \$1; six for \$5. Prepared only HOOD & CO., Apothocaries, Lowell, Mass. 100 Doses One Dollar

HOME STUDY. Book-heeping, Penmanshin, Arithmetic shorthand, Arithmetic entersfrom BREANT'S COLLEGE, 457 Sale St., Refule, N. J. PISO'S CURE FOR CONSUMPTION HOW HE WON.

William Beach. Hanlan's Conquerer Tells How He Did It. The recent exploit of Mr. William Beach leaves no doubt that he is the handiest man

South Wales in 1854. He was brought up to his father's trade, and, while toiling like a young Vulcan in the smithy unconsciously developed that magnificent physique which has since brought him world wide distinction.
When about twenty-three years of age,
Beach commenced rowing on the Illawarra
Lakes against local competitors, and from the outset kept winning until gradually handi-capped out of all races. Following are his chief aquatic performances while in Australia:

Woolloomooloo Bay. January, 1881—Second Pyrmont Regatta, won by Pearce. January, 1881—Second National Regatta. won by D. M'Donald.

May, 1881-Beat Charles Reynolds.

W E. C. Laveock matta River.

won by Messenger.
March, 1883-Nowhere, Grafton Regatts

Parramatta River.

April 2, 1883—Beaten by E. Trickett championship (first time.)

April 12, 1883—Beat E. Trickett, cham April 17, 1883-Beat E. Trickett, cham

August 16, 1884-Beat E. Hanlan, cham ionship world. March 17, 1885—Beat T. Clifford, champion hip world.

perfect harmony with nature's laws. Mr. Beach's experience is confirmed by th experience of many thousands of athletes all over the world. Under the great physical strain they break down and die prematurely because they have not been able to keep, dis ease away from their kidneys and liver whence most diseases originate. Mr. Beach recognizes this necessity, and has sagneity enough to use the only scientific specific for that purpose. He has not only the prestige but the prestige of a true scientific method of training and keeping up his wonderful physical condition. If he did not voluntarily give up the championship, it would no doubt be a long time before it was

The Illinois W. C. T. U. shows a paid-up membership of over 12,000, of whom 1,391 are Y's. It has 20,(0) pledged children in its Loyal Temperance Legion, as reported to the State Superintendent. There are, doubtless, others not reported,

(Betanie Blood Balm.) Boils, etc., and is a wonderful tonic.

leaves ao doubt that he is the handiest man in the world with the sculls. The ease with which he outrowed his opponent, the supposed invincible Ned Hanlan, shows that in form, stroke and muscular development adapted to sculling, he has no equal.

Although an Australian by virtue of residence, Beach was born in Surrey, England, in 1851, and removed with his parents to New South Wesles in 1851.

December, 1880-Won Deeble's handicap,

February, 1881-Beat N. McDonald, Parramatta River.

March, 1881—Beat George Solomons.

October, 1882-Second Punch trophy, won ember, 1882-Beat T. Clifford, Parra-January, 1883-National Regatta, swamped.

won by D. M'Donald, March, 1882—Won Woolloomooloo Ba; Regatta prize.
December 7-Won James Hunt's trophy.

April 12, 1884-Beat E. Trickett, champion

March 27, 1885-Beat Is. Hanlan champion ship world.

December 19, 1885-Beat N. Matterson. November 26, 1887—Beat E. Hanlan, cham

Mr. Beach's system of training includes run of two or three miles before breakfast. a walk of six or seven miles afterwards, and a pull over the course. After dinner comes another two mile walk and a second pull over the course, during which he rows himself right out, eases off, and then pulls again. A long walk concludes the day. A man under such physical strain, ever though he be a giant, must often feel the failure of his strength to his will and, power ful though he be, it is not surprising that Mr Beach candidly states that during his training, previous to meeting Edward Hanlan the al time for the world's championship his trainer bought for him Warner's saf cure, and he says: "I was agreeably aston ished at the great tenefit which followed it use." While in training he finds this the best possible aid to a command of all his natura powers, because it does not first goad an afterward weaken the system, but acts is

wrested from him.

B. B. B.

The great Blood Purifier and Tonic. It Skin Humors, Rheumatism, Eruptions,

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ery cure has remained permanent without r

currence of pain.

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INDIGESTION and DYSPEPSIA.

FOR CHOLERA INFANTUM.

TUB GHULCHA INFAMIUM:

IT WILL CURE THE MOST AGGRAVATED CASE.

IT WILL STOP VOMITING IN PREGNANCY.

IT WILL STOP VOMITING IN PREGNANCY.

For Summer Complaints and Chronic Diarrhos, which are the direct results of imperfect digestion, DIGESTYLIN will effect an immediate cure.

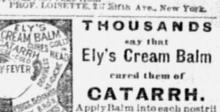
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