### Care of the Complexion.

Home Knowledge: Plenty of exercise, good, wholesome food, well digested, will do more for the complexion than all the toilet appliances in the world. Use the flesh brush with vigor, walk, ride, row, run, giving every muscle in the body something to do; eat beef, brown bread, cereals, fruit, vegetables, and milk, and a good complexion must be the result.

Good, nourishing food must be eaten and well digested; the circulation equalized by plenty of exercise in the open air and frequent bathing. Each woman must be a law unto herself as to the number and temperature of the baths, as what strengthens and braces up one may be found to weaken and enervate another.

For those who have vitality enough to react, the cold sponge bath in the morning will be found a delightful tonic. Delicate women will find that by begining them in the warm weather they will, in most cases, be able to continue during the entire year. A handful of sea salt dissolved in the water will do much to strengthen the weak chest or back. In many cases the hot bath at night quiets the nerves, refreshes the body, and induces sleep, but care should be taken not to remain in the water too long; otherwise it will be found debilitating.

Distilled water is, of course, the best, but as all cannot—like Queen Victoria—afford so expensive a luxury, it will be found that clean rain water or any soft water will do nearly as well. Those who cannot obtain either one of these may use a few drops of ammonia, which will make the hardest water soft and clean off all impurities. A box of powdered borax is also an indispensable article upon the toilet table; a pinch of this will soften the water and is said to whiten the skin.

Oatmeal used externally and eaten frequently is very beneficial to the skin, as are also cracked wheat and other cereals. Put a handful of oatmeal in a bowl and pour a cup of boiling water over it. When this is settled wash the hands and face in the starchy water that rises to the top of it. The continued use of this for a week and the wearing of gloves at night will soften and whiten the roughest and darkest skin.

Ladies, with oily or greasy skins may use, sparingly, a few drops of camphor in the bath, or a few drops of diluted carbolic acid. The latter removes the odor of perspiration from the body and leaves a clean, wholesome smell. Care should be taken that it is not used too strong, as it is not only poisonous, but the odor is very offensive to some people. Borax and glycerine combined are used with good effect by some ladies, while thoroughly disagreeing with others. Glycerine alone softens and heals, but used too frequently will darken the skin and make it very sensitive; the borax obviates this and has a tendency to whiten.

To remove tan and sunburn use a preparation composed of equal parts of glycerine and rose-water, to which add the juice of two lemons after having strained it through fine muslin. More or less rose-water may be used to make the preparation the required consistency, as it is rather disagreeable if sticky. Fresh freckles may frequently be removed by touching the discolorations with a tiny camel's hair brush dipped in lemon juice.

Finely powdered pumice-stone, which may be had at any druggist's, is very effecatious in removing all superfluous and roughened skin. Rub the hands and face thoroughly with it, dry, then wash off with tepid water and soap. The use of warm water is also very beneficial; some people go so far as to claim that the continued use of it will not only preserve the skin, but prevent wrinkles.

The proper toilet observances at night should be considered as a personal duty.

### A Blind Dog's Guardian Cat.

I know you have a high opinion of the dog's character, but of the "harmless, necessary, cat," perhaps you may not think so well as he or she deserves. The following anecdote of my own "Black Beauty." or Professor Blackie," as I often call him, may find a place in your generous paper. A favorit Pomeranian dog was cruelly blinded by a carter's lash, and while his owner tenderly bathed the inflamed eyes "Blackie" the sleek tom-cat, always sat by with a kindly look of pity in his luminous green eye. When "Laddie" the blind dog, was called in at night, he often failed to find the door, or would strike his venerable head against the posts. "Blackie," having noted this difficulty, would jump from his warm cushion by the kitchen fire, trot out with a "mew" into the dark night, and in a few minutes return with "Laddie" shoulder-to-shoulder, as it were, and the friends would then separate for the night.

"Laddie," when younger, had quietly resented the attentions shown by his owner to a fascinating kitten, who used to frolic with his long, fringed tail; but he was too noble to show active dislike. When the kitten died in convulsions—a victim to nerves and a ball of cotton—and its owner bent over the stiffened form in grief, "Laddie" came gravely up and kissed it. He followed to the grave, and for many days was seen by his mistress to go up the garden and sit upon the sod. Was this his way of showing remorse for his former coldness, or might it be an expression of sympathy for his bereaved owner?—London Spectator.

### Sad Effects of Ear-Boxing.

Science publishes some valuable records collected by Dr. Samuel Sexton on the observed effects of boxing the ears. Dr. Sexton has fifty-one cases upon his records in which the ear has been injured by blows of the open hand or fist. The nature of the injuries varied considerably. One had inflammation of the ear, with suspicion of intracranial trouble, and a running of the ear for twelve years following a blow upon that organ. This patient subsequently died of brain disease. In another case the ear became inflamed and the hearing very much impaired. In another case the patient was slapped by his father on the left ear and immediate pain and deafness ensued, with a bloody discharge, from which he was three months in recovering.

The dangers to which Dr. Sexton calls attention are so grave that parents and all others should choose some other method of punishing their children than boxing the ears. It is not improbable that, if Dr. Sexton pursues his inquiries further, he will find other cases in which brain disease has followed his barbarous practice.

"Help one another" works well enough everywhere except at the table of a well-filled boarding-house.

"The web of life wouldn't be such a mingled yarn" if the whole civilized world would learn—as thousands already know, that Dr. Bull's Cough Syrup cures colds and makes sufferers happy.

"By chimney! Ish dot so" exclaimed a German who heard the story of Santa Claus for the first time.

When Baby was sick, we gave her Castoria,
When she was a Child, she cried for Castoria,
When she became Miss, she clung to Castoria,
When she had Children, she gave them Castoria.

The point of the hornet is generally well given, if not well taken.—Harper's Bazar.

### A Square Statement by a Carpenter.

"For years I have had a *Chest* trouble amounting to nothing short of consumption. I *saw* how others in like condition had been cured by the use of Dr. Pierce's Golden Medical Discovery, and resolved to test its merits in my own *case*. The results are so PLANE as hardly to require a BITSTOCK or any AUGER-ment in favor of this GRATE remedy. It does AWL it claims! It BUILDS up the system, SUPPORTS and strengthens where others fail." He ADZ: "My recovery, which is now on a sure FOUNDATION, HINGES entirely on the COMPASS of this wonderful Restorative, having tried other remedies without a BIT of relief."

Sneezes are like misfortunes—they seldom come singly.

### Offer No. 171.

FREE!—To MERCHANTS ONLY: A genuine Meerschaum Smoker's Set, (five pieces), in satin-lined plush case. Address at once, R. W. TANSILL & Co., 55 State Street, Chicago.

A pretty howdy do—a salution from your best girl.

### The Experience of Mrs. Peters.

Mrs. Peters had ills,
Mrs. Peters had chills,
Mrs. Peters was sure she was going to die;
They dosed her with pills,
With powders and squills,
With remedies wet, and with remedies dry,
Many medicines lured her,
But none of them cured her.
Their names and their number nobody could tell;
And she soon might have died,
But some "Pellets" were tried,
That acted like magic, and then she got well.

The magic "Pellets" were Dr. Pierce's Pleasant Purgative Pellets (the original Little Liver Pills). They cured Mrs. Peters, and now she wouldn't be without them.

To purchasers of jewelry we would suggest that circus rings are getting cheaper.

### Catarrh Cured.

A clergyman, after years of suffering from that loathsome disease, Catarrh, and vainly trying every known remedy, at last found a prescription which completely cured and saved him from death. Any sufferer from this dreadful disease sending a self addressed stamped envelope to Prof. J. A. Lawrence, 212 East 9th St., New York, will receive the recipe free of charge.

To have what we want is riches, but to be able to do without it is power.

### Be Convinced.

I say so here, I say so there,
I say so all around:
Allen's Iron Tonic Bitters,
Is the best ever found.

Try it, and be convinced. All genuine bear the signature of J. P. Allen, St. Paul, Minn.

The pitcher, whether in a base-ball nine or not, is very popular nowadays.

### Don't Hawk, Spit, Cough,

suffer dizziness, indigestion, inflammation of the eyes, headache, lassitude, inability to perform mental work and indisposition for bodily labor, and annoy and disgust your friends and acquaintances with your nasal twang and offensive breath and constant efforts to clean your nose and throat, when Dr. Sage's "Catarrh Remedy" will promptly relieve you of discomfort and suffering, and your friends of the disgusting and needless inflictions of your loathesome disease?

### A Very Sad Little Story.

She was the wife of a laboring man, a good woman who struggled hard to keep her house neat and her children well dressed, but she had a violent temper. It was Saturday, and the two little children, Ben and Alice, were ready for an excursion. Ben wore a white suit, which his mamma had made for him and of which she was very proud. Just as Ben was leaving home the mother discovered a black spot on the dazzling white suit.

"What's that she asked, sharply.

"Only a dease spot, mamma, only a little dease spot."

"I'll make a grease spot out of you," she exclaimed angrily, trying to strike him.

Little Ben dodged, but ran his head against the sharp edge of the bureau. When she picked him up he was unconscious.

The physician found the child delirious, and pronounced the case brain-fever. It was quick in its work, and Ben was soon still and cold.

In a darkened room sat the mother by the side of the little coffin. Alice stole in quietly and tugged at her dress.

"Mamma, darling, is Bennie a dease spot now?"

Sobs, choking sobs, answered her.

### Fish from the Gulf of Mexico.

New Orleans Times-Democrat: There have been from all along the gulf coast this year the most favorable reports as to the fishing. The catch has been everywhere phenomenally fine, and whether Spanish mackerel, redfish, redsnapper, or silver fish, the returns have been good, better by long odds than for any previous season. When the Bonnet Carre crevasse was closed several years ago one of the arguments in its favor was that its closing would improve the fishing along the Mississippi coast, the fresh water from the river having had a very injurious effect in driving off the salt-water fish and ruining the oyster-beds. In one sespect it did have all that was expected of it. The oyster-beds along the coast have revived, the oysters improved in size, flavor, and quality, aud oyster packing and shipping have become an important industry. It has latterly been found that the gulf mullet, which have hitherto been despised and used only for bait, make a very good brand of salt fish, and it is probable that other varieties of the finny tribe in the gulf, now overlooked, can be utilized profitably.


25¢ A BOTTLE
SALVATION OIL
KILLS PAIN
"The Greatest Cure on Earth for Pain." Will relieve more quickly than any other known remedy: Rheumatism, Neuralgia, Swellings, Stiff Neck, Bruises, Burns, Scalds, Cuts, Lumbago, Pleurisy, Sores, Frost-bites, Backache, Quinsy, Sore Throat, Sciatica, Wounds, Headache, Toothache, Sprains, etc. Price 25 cts. a bottle. Sold by all druggists. Caution.—The genuine *Salvation Oil* bears our registered Trade-Mark, and our fac-simile signature. A. C. Meyer & Co., Sole Proprietors, Baltimore, Md., U. S. A.

**DR. BULL'S COUGH SYRUP**

For the cure of Coughs, Colds, Hoarseness, Croup, Asthma, Bronchitis, Whooping Cough, Incipient Consumption, and for the relief of consumptive persons in advanced stages of the Disease. For Sale by all Druggists. Price, 25 cents.

Intelligent Readers will notice that

**Tutt's Pills**

are not *"warranted to cure"* all classes of diseases, but only such as result from a disordered liver, viz:

**Vertigo, Headache, Dyspepsia, Fevers, Costiveness, Bilious Colic, Flatulence, etc.**

For these they are not warranted *infallible*, but are as nearly so as it is possible to make a remedy. Price, 25cts.

SOLD EVERYWHERE.

**GUNS** Double Barrel, Center Fire, Breech-Loading Shot Guns, $6.75 Breech-Loading Rifles, $3.50. Winchester Repeating Rifles, $12. Self-Cocking Bull-Dog Revolvers, $1.75. Catalogue free. PERCEY GUN CO., OSHKOSH, Wis.

**OPIUM** Habit Cured without suffering before any pay. Prof. J. E. BARTON, 25th Ward, Cincinnati, O.

SOUTHERN CALIFORNIA.—Homes for all. Send for information and descriptive pamphlet FREE, to WARNER & NAERO, South Pasadena, California.

**GUNS** Fishing Tackle, Pocket Cutlery and General Sporting Goods. Send for Catalogue. CHAS. E. PRENTY & Co., 62-64 Washington St., Chicago.

**OPIUM** Morphine Habit Cured in 10 to 20 days. No pay till cured. DR. J. STEPHENS, Lebanon, Ohio.

**SOLDIERS** all get Pensions, if disabled; Officers' pay, bounty collected; Deserters relieved; 23 years' practice; success or no fee. LAWS SENT FREE. L. W. McCORRICK & SON, Cincinnati, O., & Washington, D. C.

**AGENTS!** You can with no experience MAKE $5.00 a day during your spare time. It is a rare opportunity for a newcomer; profitable business, exclusively, or in connection with any other business. Particulars free. Address, ALPINE SAFE CO., Cincinnati, Ohio.

**WEAK, NERVOUS PEOPLE**

And others suffering with Rheumatism, Neuralgia, Kidney and all Chronic Diseases are positively cured by Dr. Horne's famous ELECTRO-MAGNETIC BELT. Thousands in every State in the Union have been cured. ELECTRICITY instantly felt. Patented and sold 10 years. Whole family can wear same belt. ELECTRIC SUSPENSORIES free with male belts. Avoid worthless imitations. ELECTRIC TRUSSES FOR RUPTURE. 700 cured in '93. Send stamp for pamphlet. DR. W. J. HORNE, Inventor, 189 Wabash Av, Chicago.

**Ely's Cream Balm**

Price 50 cents. Will do more in Curing

**CATARRH**

Than $500 in any other way.

Apply Balm into each nostril. ELY BROS., 235 Greenwich St. N. Y.

**WINTER** Suits and Overcoats, Heavy Underwear, all kinds of Furnishing Goods, Latest Blocks of Hats, all kinds of Fur Caps, Fur Coats, Fur Lined Coats, Fur Robes, Fur Gloves and Mitts, Blankets, Afghans, etc., etc. Our entire new stock at prices lower than in any other store in the west is now ready at the Big Boston, Minneapolis. Send in your orders and be happy.

**THE BLUE GRASS REGION OF THE FUTURE.**

The only really fine Blue-grass land having an Excellent Winter Pasture Climate, which can now be bought at moderate prices, is the Mulatto soil land of Southwest Missouri. It is in the same latitude as the famous Blue-grass Region of Kentucky, and has a limestone soil heavily charged with phosphates. Clover, Blue Grass, Orchard Grass and Timothy do exceedingly well, while it is a good grain, and an excellent fruit country. For full particulars apply to T. K. FROST, Cassville, Mo.; J. M. PURDY, Neosho, Mo.; SANDER & WEIR, Springfield, Mo.; GEO. A. PURDY, Pierce City, Mo.; L. S. SIDWAY, 189 Dearborn St., Chicago.


A. N. K.—G. 1156


WHEN WRITING TO ADVERTISERS please state that you saw the Advertisement in this paper.

# LIVER, BLOOD AND LUNG DISEASES.

**LIVER DISEASE AND HEART TROUBLE.**

Mrs. MARY A. MCCLURE, *Columbus, Kans.*, writes: "I addressed you in November, 1884, in regard to my health, being afflicted with liver disease, heart trouble, and female weakness. I was advised to use Dr. Pierce's Golden Medical Discovery, Favorite Prescription and Pellets. I used one bottle of the 'Prescription,' five of the 'Discovery,' and four of the 'Pleasant Purgative Pellets.' My health began to improve under the use of your medicine, and my strength came back. My difficulties have all disappeared. I can work hard all day, or walk four or five miles a day, and stand it well; and when I began using the medicine I could scarcely walk across the room, most of the time, and I did not think I could ever feel well again. I have a little baby girl eight months old. Although she is a little delicate in size and appearance, she is healthy. I give your remedies all the credit for curing me, as I took no other treatment after beginning their use. I am very grateful for your kindness, and thank God and thank you that I am as well as I am after years of suffering."

**LIVER DISEASE.**

Mrs. I. V. WEBBER, of *Yorkshire, Cattaraugus Co., N. Y.*, writes: "I wish to say a few words in praise of your 'Golden Medical Discovery' and 'Pleasant Purgative Pellets.' For five years previous to taking them I was a great sufferer; I had a severe pain in my right side continually; was unable to do my own work. I am happy to say I am now well and strong, thanks to your medicines."

**Chronic Diarrhea Cured.**—D. LAZARRE, Esq., *875 and 877 Decatur Street, New Orleans, La.*, writes: "I used three bottles of the 'Golden Medical Discovery,' and it has cured me of chronic diarrhea. My bowels are now regular."

**GENERAL DEBILITY.**

Mrs. PARMELIA BRUNDAGE, of *161 Lock Street, Lockport, N. Y.* writes: "I was troubled with chills, nervous and general debility, with frequent sore throat, and my mouth was badly cankered. My liver was inactive, and I suffered much from dyspepsia. I am pleased to say that your 'Golden Medical Discovery' and 'Pellets' have cured me of all these ailments and I cannot say enough in their praise. I must also say a word in reference to your 'Favorite Prescription,' as it has proven itself a most excellent medicine for weak females. It has been used in my family with excellent results."

**Dyspepsia.**—JAMES L. COLBY, Esq., of *Yucatan, Houston Co., Minn.*, writes: "I was troubled with indigestion, and would eat heartily and grow poor at the same time. I experienced heartburn, sour stomach, and many other disagreeable symptoms common to that disorder. I commenced taking your 'Golden Medical Discovery' and 'Pellets,' and I am now entirely free from the dyspepsia, and am, in fact, healthier than I have been for five years. I weigh one hundred and seventy-one and one-half pounds, and have done as much work the past summer as I have ever done in the same length of time in my life. I never took a medicine that seemed to tone up the muscles and invigorate the whole system equal to your 'Discovery' and 'Pellets.'"

**INVIGORATES THE SYSTEM.**

**Dyspepsia.**—THERESA A. CASS, of *Springfield, Mo.*, writes: "I was troubled one year with liver complaint, dyspepsia, and sleeplessness, but your 'Golden Medical Discovery' cured me."

**Chills and Fever.**—Rev. H. E. MOSLEY, *Montmorenci, S. C.*, writes: "Last August I thought I would die with chills and fever. I took your 'Discovery' and it stopped them in a very short time."

## "THE BLOOD IS THE LIFE."

Thoroughly cleanse the blood, which is the fountain of health, by using Dr. Pierce's Golden Medical Discovery, and good digestion, a fair skin, buoyant spirits, and bodily health and vigor will be established.

Golden Medical Discovery cures all humors, from the common pimple, blotch, or eruption, to the worst Scrofula, or blood-poison. Especially has it proven its efficacy in curing Salt-rheum or Tetter, Fever-sores, Hip-joint Disease, Scrofulous Sores and Swellings, Enlarged Glands, and Eating Ulcers.

**INDIGESTION BOILS, BLOTCHES.**

Rev. F. ASBURY HOWELL, *Pastor of the M. E. Church, of Silverton, N. J.*, says: "I was afflicted with catarrh and indigestion. Boils and blotches began to arise on the surface of the skin, and I experienced a tired feeling and dullness. I began the use of Dr. Pierce's Golden Medical Discovery as directed by him for such complaints, and in one week's time I began to feel like a new man, and am now sound and well. The 'Pleasant Purgative Pellets' are the best remedy for bilious or sick headache, or tightness about the chest, and bad taste in the mouth, that I have ever used. My wife could not walk across the floor when she began to take your 'Golden Medical Discovery.' Now she can walk quite a little ways, and do some light work."

**HIP-JOINT DISEASE.**

Mrs. IDA M. STRONG, of *Ainsworth, Ind.*, writes: "My little boy had been troubled with hip-joint disease for two years. When he commenced the use of your 'Golden Medical Discovery' and 'Pellets,' he was confined to his bed, and could not be moved without suffering great pain. But now, thanks to your 'Discovery,' he is able to be up all the time, and can walk with the help of crutches. He does not suffer any pain, and can eat and sleep as well as any one. It has only been about three months since he commenced using your medicine. I cannot find words with which to express my gratitude for the benefit he has received through you."

**A TERRIBLE AFFLICTION.**

**Skin Disease.**—The "Democrat and News," of *Cambridge, Maryland*, says: "Mrs. ELIZA ANN POOLE, wife of Leonard Poole, of *Williamsburg, Dorchester Co., Md.*, has been cured of a bad case of Eczema by using Dr. Pierce's Golden Medical Discovery. The disease appeared first in her feet, extended to the knees, covering the whole of the lower limbs from feet to knees, then attacked the elbows and became so severe as to prostrate her. After being treated by several physicians for a year or two she commenced the use of the medicine named above. She soon began to mend and is now well and hearty. Mrs. Poole thinks the medicine has saved her life and prolonged her days."

Mr. T. A. AYRES, of *East New Market, Dorchester County, Md.*, vouches for the above facts.

## CONSUMPTION, WEAK LUNGS, SPITTING OF BLOOD.

GOLDEN MEDICAL DISCOVERY cures Consumption (which is Scrofula of the Lungs), by its wonderful blood-purifying, invigorating and nutritive properties. For Weak Lungs, Spitting of Blood, Shortness of Breath, Bronchitis, Severe Coughs, Asthma, and kindred affections, it is a sovereign remedy. While it promptly cures the severest Coughs it strengthens the system and purifies the blood.

It rapidly builds up the system, and increases the flesh and weight of those reduced below the usual standard of health by "wasting diseases."

**GIVEN UP TO DIE.**

**Consumption.**—Mrs. EDWARD NEWTON, of *Harrowsmith, Ont.*, writes: "You will ever be praised by me for the remarkable cure in my case. I was so reduced that my friends had all given me up, and I had also been given up by two doctors. I then went to the best doctor in these parts. He told me that medicine was only a punishment in my case, and would not undertake to treat me. He said I might try Cod liver oil if I liked, as that was the only thing that could possibly have any curative power over consumption so far advanced. I tried the Cod liver oil as a last treatment, but I was so weak I could not keep it on my stomach. My husband, not feeling satisfied to give me up yet, though he had bought for me everything he saw advertised for my complaint, procured a quantity of your 'Golden Medical Discovery.' I took only four bottles, and, to the surprise of everybody, am to-day doing my own work, and am entirely free from that terrible cough which harrassed me night and day. I have been afflicted with rheumatism for a number of years, and now feel so much better that I believe, with a continuation of your 'Golden Medical Discovery,' I will be restored to perfect health. I would say to those who are falling a prey to that terrible disease consumption, do not do as I did, take everything else first; but take the 'Golden Medical Discovery' in the early stages of the disease, and thereby save a great deal of suffering and be restored to health at once. Any person who is still in doubt, need but write me, inclosing a stamped, self-addressed envelope for reply, when the foregoing statement will be fully substantiated by me."

**Ulcer Cured.**—ISAAC E. DOWNS, Esq., of *Spring Valley, Rockland Co., N. Y.* (P. O. Box 28), writes: "The 'Golden Medical Discovery' has cured my daughter of a very bad ulcer located on the thigh. After trying almost everything without success, we procured three bottles of your 'Discovery,' which healed it up perfectly." Mr. Downs continues:

**WASTED TO A SKELETON.**

**Consumption and Heart Disease.**—"I also wish to thank you for the remarkable cure you have effected in my case. For three years I had suffered from that terrible disease, consumption, and heart disease. Before consulting you I had wasted away to a skeleton; could not sleep nor rest, and many times wished to die to be out of my misery. I then consulted you, and you told me you had hopes of curing me, but it would take time. I took five months' treatment in all. The first two months I was almost discouraged; could not perceive any favorable symptoms, but the third month I began to pick up in flesh and strength. I cannot now recite how, step by step, the signs and realities of returning health gradually but surely developed themselves. To-day I tip the scales at one hundred and sixty, and am well and strong."

Our principal reliance in curing Mr. Downs' terrible disease was the "Golden Medical Discovery."

**BLEEDING FROM LUNGS.**

JOSEPH F. MCFARLAND, Esq., *Athens, La.*, writes: "My wife had frequent bleeding from the lungs before she commenced using your 'Golden Medical Discovery.' She has not had any since its use. For some six months she has been feeling so well that she has discontinued it."

Golden Medical Discovery is Sold by Druggists. Price $1.00 per Bottle, or Six Bottles for $5.00.

WORLD'S DISPENSARY MEDICAL ASSOCIATION, Proprietors,
No. 663 Main Street, BUFFALO, N. Y.