

tle Markets

MARKETS

PROTENCE. siner Grain Ex-

IS GRAINS. unchanged. Barley,

FEVER , Grippe, Thin, isoned Blood

ENTINE MOTT.) ar most people sufterm "spring fever" ant condition of the the toxic poisons he body during the eat too much meat, een vegetables.

thin, anemic people. eeks and lips, who and feel that tired, ndition in the springould try the refreshof a good alterative Such a tonic as drugfilty years, is Doctor edical Discovery. It edy that can be obliquid form. Made om wild roots and

should "clean house" iny pills made up of es of aloe and jalap, all druggists in this r Pierce's Pleasant

was in a very bad not eat-without feelindigestion so badly misery. I had liver the two just put me about five years. I tors but got no relief. rce's Golden Medical ore I had taken two improved, and in less was well. I could est work with pleasure." сом, 226 Burand St.

ent Insects.

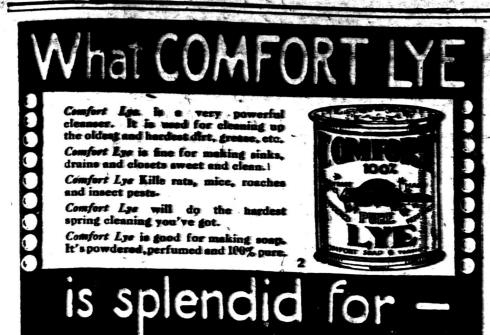
aving and rope and racticed by some of of life, notably rs and anders. The Africa and India, es of finch, construct out of leaves by sew-

tessori Methods.

vercome the extraorof his son Atticus, with him 24 little n age. He gave each letter of the Greek on, in order to play to learn the alphabet

our Imprints.

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becomes so hard that
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ant hardened, and the
the child's hand was



PARTED BY GOLD

mime time at the Signet-upon the in the flush which his walk had be velvet lounge, a French nevel in her stowed upon him. "And how do you dainty hands, and a bunch of hothouse do, my sweet cousin, this spiendid grapes close at her elbow-not to eat, morning?" your grand lady seldom eats these great things the poor envy so much, ed most effectively. "I call it horbut because the expensive handful of rible. It snows. It is as cold as the fruit was pleasing to her sense of Arctic regions." sight and bore a peculiar kind of

might-dropped the yellow-covered abomination upon the floor and raised herself upon her elbow.

"Snowing, yes," sile mused. "It always snows now. I hate winter and wish we had gone to Dotteshall, after all. But, no, that would not do. Do:teshall is too far from London, and,

"My dear Maud," said Lady Pacewell, entering the room and breaking in upon Lady Maud's reflection, "are you not going out this morning? I have ordered the carriage. It is Friday, the day we call on Lady Bakewell. We really must go, my dear,

"It is a great bore aunt. I wish Lady Bakewell was not so deaf and so eloquent on her lumbago." "My dear Maud," laughed Lady

please yourself. I must go, but do not plenty of room for it, Maud. But "That is a dear aunt, now, and say. please, I have the headache, which I to-night." have no doubt I shall have before you

get there." Lady , Pacewell sighed. "Reafly, it is very hard work; I never knew a winter season so crowd? ed. Let me see," looking over a daintily bound memorandum book. "This afternoon there is Madam Ska-

leeki's matinee, and to-night Jack has promised to take us to the theatre." "Oh, is it to-night?" said Lady Maud, indifferently, although a singular light came into her languid eyes.

"Yes, to-night, and I wonder where he will go. Well, I must start, my dear, and pray don't make your head ache over that book." Scarcely had the carriage rolled

away with great state and eclat than a resolute hand banged on the Lady 'Maud arose with rather un-

usual abruptness, cast a glance at herself in the glass, arranged a silken bow at her throat, and fell back on the sofa, novel in hand, fully prepared. "Ah, Jack, is it you?" she said in

her sweetest voice, as the door was thrown back and a footman announced "Mr. Hamilton." "But 1 might have guessed it. No one knocks so hard

"Oh, indeed!" said poor Jack, look-

IN MISERY

Mrs. Courtney Tells How She Was Cured by Lydia E. Pinkham's Vegetable Compound.

Oskaloosa, Iowa.-"For years I was cimply in misery from a weakness and



awful pains and nothing seemed to do me any good. A friend advised me to take Lydia E. Pinkham's Vegetable Compound. I did so and got relief right away. I can certainly recommend this valuable medicine to other women who

suffer, for it has work for me and I know it will nelp others if they will give it a fair trial."

—Mrs. Lizzie County at, 108 8th Ave.,

West, Oskaloosa, Iowa. Why will women drag along from day to day, year in and year out, suffering such misery as did Mrs. Courtney, when such letters as this are continually being published. Every woman who suffers published. Every woman who suiters from displacements, irregularities, inflammation, ulceration, backache nervouspess, or who is passing through the Change of Life should give this falmous root and herb remedy. Lydia E. Pinkham's Venetable Compound a trial. For special advice write Lydia E. Pinkham Medicale Co. Even. The residence of the dispers and enter special advice write Lydia. The residence of the dispers and enter special advice write Lydia. The residence of the dispers and enter special advice write Lydia E. Pinkham Medicale Co. Even. The residence of the dispers and enter special advice write Lydia E. Pinkham Medicale Co. Even. The residence of the disperse and enter special concert with me the other evening?"

"I—I was engaged," said Jack.

Lard Mand lowered her evening?"

"You will spoil your dispersion in the disperse and enter special advice write lydia.

Let us introduce her as she lay one ting enormously big in the small and morning—near the Christmas panto- elegant room, and grandly handsome

"Splendid!" and her large eyes open-

"Cold!" he repeated, with a musical laugh that set the bronzes, china and other curiosities laughing to hear it. "I think it is warm, at least it warms one's blood."

"Well, you look warm," she admitted, looking at him with the admiration in her eyes thinly concealed. "Warm, of course," he said. "Ah, Maud, you should be out breathing

heaven's pure air, not sitting here in this stifling, perfume-poisoned rabbit hutch-no disrespect to aunt-out getting the blood through your veins. and the diamonds into your eyesnot that they do not sparkle as it is. but, well, we will refine the gold and paint the lily." "That's a long speech for you, Jack,"

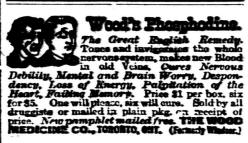
aid the beautiful lips-"a very long speech and with a compliment tagged on at the end of it, too; Jack you are improving." "I'm giad you think so," he said,

Pacewell, "Well, my love, you shall with his low mellow laugh; "there's come, chaffing apart; I have looked in to ask you where you would rather go "And not to see me?" asked the lady

with an arch glance.
"And to see you, of course!" he add-

ed. "You leave it to me? Well, very well. Where is aunt?" "Gone scandal-mongering to Lady Bakewell's for me. I am on sick leave."

"Hem, and reading for medicine; what have you got?"



He picked the yellow-covered novel up and looked at it hard. "Can't understand it. I don't know

French; I wish 'I did." "Wish you did?" repeated Lady Maud. "Well, no, Jack, you are quite clever enough. French would spoil you, make you conceited." He laughed, and, still laughing

arose. "I must go," he said. "I am keeping you from your book, and a nan. suppose, for ladies require a deal of sleep—and, no wonder, they dance while other people are in bed."

"Going so soon " she said, and there was a slight touch of annoyance in the voice. She had paid the three compliments, and two were generally sufficient to chain other men to her "Where are you going?" she asked.

"To Tattersall's and the club," he replied. "I am going to buy a horse." "Another?" she said, raising her

"Yes, extravagant, isn't it? But he is really cheap. Horeflesh is the ony thing I'm not taken in with, Wal-

ton says.' "Walton?" she repeated, "who is he don't remember the name." "Oh, a very good fellow. I met him last at Beaumont's, the night of

aunt's drum.' Lady Mand nodded indifferently. It was a trick to assume great carelessness at the mention of anything that

interested her. Most ladies pride themselves on the trick and consider, perhaps wisely, the grandest accomplishment that of subduing and concealing all signs of emotion, great.or small.

"Beaumont I know, the barrister: A handsome man, dark hair, I forget what eyes." "So do I," said Jack, laughing, but at the next question the laugh died out

rather suddenly. "And why did you not come to the concert with me the other evening?" "I—I was engaged," said Jack.
Lard Mand lowered her evelids and

turned an emerald ring upon her "You will spoil your digestion by

Poor Jack could not tell a silent falsehood, as it is called, any more than a spoken one. To let his beau-tiful cousin think he had been dining out when he had really been spoiling his clothes behind the scenes of the Royal Signet would be a silent falseheod.

"I was not dining; this time your fear is thrown away, Maud; I was at the theatre."_ "You are fond of the theatre lately."

she said, with the air of condescend ing interest that makes it a flattery to inquire. "No," he said, hesitating. He was conscious of a strange reluctance to

tell this cold but beautiful woman of his trip to the East-end. "No, I am not: I went out of curiosity." "So do most people, excepting pickpockets," she retorted, with a light, musical laugh that had wrecked many

"That's good," he said. "Well, I mean it was a queer place to go to, right out of the way, you know." "Where was it?" she asked, raising her eyes, and noting, while pretending not to note, his reluctance and hesita-

"The Royal Signet, down East." "Never heard of it," she said. must be very Oriental; and did you

leave your watch?" "No." he said, feeling a slight annovance at her sublime air of contempt for the unfashionable portion of the world and its honest inhabi-

tants. "No, indeed, why should I? There are as many pick-pockets. West as East-perhaps more. You see, it's unknown land to you, my dear Maud;

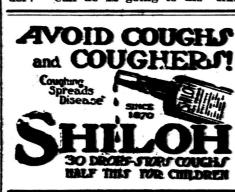
you should take a voyage thither." "No, thank you," she said. "I have a weakness for civilization. Savage life has no charms for me. I will leave the conquest, exploration, or annexation of the East to you, Jack, but hope you'll not go there again."

He laughed. "Well." he said, buttoning his gloves, "I shall go nowhere if I stop here, shall I? Mand, be ready at half-past

six. I shall be punctual." His strong hand grasped her delicate one, and with a smile he was gone. But, short as his visit had been, it

had disturbed Lady Maud's serenity. First she sprang up to watch him striding away through the park, hishand up to his hat at every corner in answer to the salutes of the keepers and ranger's men who all knew and were proud of him. Then she stood with one tiny foot upon the fender and looked down into the coals as if she were extracting fire from them.

"There is mischief when he besitates and hangs back. What is it, I won-der? Can he be going to his chub,



Yes, Jack could tell a falsehood; be sides, it was when he mentioned that theatre, the Royal Signet at the Eastend. Where is it, and what took him there, I wender?"

Another knock and her eyes up to the glass again.

"Mr. Beaumont." With a smile, Lady Maud held out her hand.

"Brave men are still left in Britain," she sam, with a gracious sweetness. "This is the second knight I have found to brave the terrors of the cold

"Indeed," he said, having bent over now raising his fine eyes to her face and her brow grew blacker. with a significant look of devetion and admiration. "Indeed! Wno may

the first he?" has only just gone."

"Ah," he said, and a slight shade crossed his brow which did not escape Lady Maud's quick eyes, as he intended it should not. "He is always before me.

"Yes." she replied, turning him off with the cold frigidity which Beau to be tied hand and foot. The Royal Fopton inveighed against. "And are you going to the club, too?"

"No," he said, "I must return to my paper. chambers. I came to bring Lady Pacewell the tickets for Madam Shaleeki's "Ah," said Lady Maud. "Have you

got them for us?" How kind. And are you going, too?" She was gracious this morning, and he looked up gratefully.

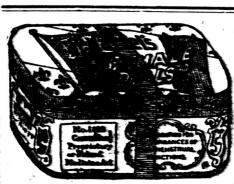
"May I?" he asked. She laughed the little happy, welltoned laugh. "If you please. Put them on the

table, please. What a pity you missed Mr. Hamilton." "Yes," he said, but did not seem to regret it much. "I have not seen very

much of him lately."
"No?" she asked. "How is that? I thought you were great friends. He logy for the delay on account of its told me he had dined or supped with being mislaid. you the other evening."

"Yes," said Beaumont, stroking his mustache, and speaking careiessly, but feeling his way and wondering whether has indeed been caught by a pretty, not fray out at loose ends. er it was a good time to make the painted face and padded form. Ah, As it is porous, it allows first move in the game he was about here it is:

to play. "Yes, we were great friends, and are so still; but I do not see so much of him lately, excepting at the club and that sort of thing. I fancy Master Jack has something of a more pleasing nature on the cards."



Dr. Martel's Female Pills

Heals Skin Trouble With One Cake Soan and Two **Boxes Ointment.**

Terrible itching on back of neck.
After three weeks got flaky and became sore. Was red and stratching
caused sleepless nights. Got Cuticura.
Soap and Ointment. Itching not so
had after using them. Now head. From signed statement of Mrs. Wil-liam Quigley, Windsor, N. S. If Cuticura did no more than soothe

and heal eczemas, rashes, itchings and hurnings, bringing speedy comfort to tor ured, disfigured men, women and children it would be entitled to the highest praise. But it does more. By using the Soap exclusively for toilet purposes, allowing no other soap to souch your skin, you will in many cases prevent these distressing experiences.
For Free Sample Each by Mail address post-card: "Cuticura, Dept. A. Buston, U. S. A." Sold everywhere.

"Yes?" she said, in the same half-interested, wholly interrogative tone. 'Yess," he continued; "whether he is starting a horse forthe Derby, has gone into experiments in chemistry, or is starting a new gunpowder plot. can't say, but he is certainly sel-

dom visible." "Well, he will be visible to-night. and that is a good thing," said the beautiful woman. "He is to take his aunt to the theatre."

"The theatre," said quickly, "and which one?" Beaumont "Drury Lane, I suppose," replied Lady Maud, raising her eyes and fixing them with calm regard on his ace. "Why did you ask so quickly?"

"Oh, I-I-really I had no reason that I know of. Oh, Drury Lane, eh? "And have you been to the theatre lately, Mr. Beaumont?" asked she. "No, not lately," he replied, then aided, quickly: "Oh, stay, yes, I had nearly forgetten; I have been lately -to such a queer one; you can't

guess it! "Yes, I cah." she said, with a charming smile. "Shall I?" "If you can," he said

"The Royal Signet." "That's right," he said; "how did von know?

"A little bird," she laughed, musically. "And pray what is there 30 attractive at the Royal Signet?" she asked. "Is it worth one's while to so and see it?"

"I know of no attraction that would he likely to please you," he said, with a slight emphasis on the last word. "Unless you like plenty of melodrama, pistol-firing and a strong

I am curious, it is so strange." "Is it not comical?" he said, laughing. "Only four of us, Jack, Walton,

Fopton and I. And great fun it was. We went behind the scenes.' Lady. Maud was beginning to understand. The poison was working, and

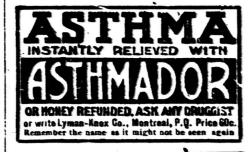
the skillful schemer knew it. "There was a most exciting drama, and an intensely interesting pirate. An extravaganza afterward that delighted dear old Jack above everything. We could hardly get him away. But, there, that reminds me of my musty chambers and the pile of parchment weeping and wailing for me. Good-morning. I may escort Lady Pacewell to the matinee? Goody-by,

for the present only then." He was gone. Lady Maud did not glide to the window to see the last of his back, but her hand for full half a minute, and she returned to her study of the fire,

"Behind the scenes with ballet girls and second-rate actresses. Is he foolish enough for that? No. no. and yet "Mr. Hamilton," she replied. "He his resitation, his reluctanct to mention it. I had to drag it out of him like extracting a tooth. If I were a man I could follow him and find out for myself, but I must live on such crumbs as he throws—nay, rather "How long he what I extract from him by dint of she asked him. hard pumping. Oh, what a thing it is

> Signet. I will look at the paper." She rang the bell and asked for the

The footman waited until he had finished the article he was reading



"Now let me see; the names will be something. Every little helps. If I is sterilized and at the same time could but find out who she is, if he wasted into a single piece that can-

"'The Royal Signet.' "'Happy Couple, farce; The Pirate's Gorge, melodrama; and the Fairy of the Glen, extravaganza, in which Miss Annabelle Montague will appear.' "Annabelle Montague! Heavens! what a name! Can that be she, I

wonder? Some painted woman twice his age. Oh, what it is to be tied hand and foot when so much is at stake." The carriage returned and Lady Pacewell entered exhausted. "Oh, my dear Maud, I am thoroughly worn out Dear Lady Bakewell was so very deaf and she insisted upon learning all about the Vernon affair. declare, I am quite hoarse What is

my dear?" And her ladyship looked shocked. Lady Maud laughed. "No, nunt, it is too dry for me. I have been looking at the theatry lists -lack has been here and mays he will

take us to-night."

that the paper? What have you want-

ed with that? Not reading it, surely,

"Pare!" said Lady Mand; "he was rosy, disgustingly rosy, when here. The very picture of

window; Thomas never keeps them clean, and I'm-sure it is so annoying, for one looks quite yellow to the people passing by. But Jack, my dear, I saw standing at Tattersall's

talking to such a queer-looking man."
"That is nothing," said Lady Maud,
with quiet scorn. "The greatest gentleman may book a bet, as they call it. or cettle up with any disreputable per-

son at any place." "I'm very sorry to hear it." said Lady Pacewell, emphatically. "And Jack ought to know better. But, there, he is so easily led! Sometimes I think it is a pity that he came into the Pacewell money, my dear. And he wouldn't have done it if that strange, disreputable old unclo could have been found, you know. Jack is so careless, so good-natured, you can get him to do anything. Why-would you beifeve it, my dear?—Lady Fopton tells me Willie and some of them, Jack incinded, went down to some place at the East End of London and mixed with the acting and singing people? Is it not disgraceful? Really, I do not understand the gentlemen of the pres ent day! Your father, my dear Maud. would never have done such a thing. I am sure. At the East End, too!" (To be continued.)

DO YOU WANT PINK CHEEKS?

They Can be Had by Keeping the Blood Rich, Red and Pure.

Every woman-every girl-wants pink cheeks. They mean not only beauty, but good health. When a woman's blood is scanty and anaemic her color fades, she looks debilitated, is short of breath and her heart palpitates after slight exertion. Sometimes this trouble is accompanied by severe headaches, or pains in the back or sides. This condition is entirely due to weak, watery blood, and can only be oured by making the blood rich, red and pure. For this purpose there is nothing can equal Dr. Williams' Pink Pills, which act directly upon the blood, and in this way bring new health and strength to weak, ailing people. Mrs. Anderson, Hearst, Ont., says: "Before coming to Canada from England I was a sufferer from anaemia for upwards of a year. I had been gradually getting paler and weaker. I did not realize that I was sick, but felt constantly tired and worn out. I had no ambition for anything, and grew so white that my brothers used to call me 'snowball.' At this stage smell of oranges."

"Thank you, no," she said, much amused. "And pray what attracts you gentlemen there? Who went with you? I am curious, it is so strange."

my mother decided that/she would get by roll out and cut into convenient shapes and sizes. Bake on a griddle or favorite medicine in England as well as in Canada. On the day I commany be made of half wheat flour, and that believe flour, with graham flour and with whole wheat flour and with whole wheat flour. my mother decided that/she would get to stay in bed for a few days. I really felt so weak that I was glad to take cheeks and lips, and my friends were licious, cold, for sandwiches.

all surprised at my rapid recovery. I Liver has good fuel value as food. It is firm and close in texture, needs to be carefully cooked, and eaten when Pink Pills, so that they deserve all the

credit for my restoration to health." You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

Worse and Worst.

An old lady, well known for her philanthropy, used to take a great interest in various asylums. During a visit to one a certain old man roused her special compassion.

"How long have you been here?"

"Twelve years," was the reply. After asking him a few more ques-

tions she passed on. Turning to her guide, she noticed smile on his face. On asking him the reason she heard to her consternand then brought it up with an apol- ation that the old man was no less than the medical superintendent. In great haste she rushed back to make her apologies.

"I am so sorry, doctor," she said; this has taught me a lesson. I'll never judge by appearances again.

Wire Splints for Wounds.

A new kind of surgical spiint in which galvanized wire netting takes the place of wood has been put on the market, says the Popula r Science Monthly. The steel entering into the construction of this woven wire splint is so tempered that it can be moulded by hand. Being galvanized, the wire

As it is porous, it allows a certain amount of evaporation and air circulation to the dressings beneath, which wood or plaster does not. The eplint comes rolled like a bandage and is lighter and less bulky than wooden splints. splints. ..

German Toys Not What They Were.

Simplicity is the rule in German toy shops now, and wood, once formerly used only for cheaper toys, is now almost the only material employed. Lack of flour, which is used with cement to make the hodies, prents the manufacture of new dolls. Wax, used for the heads, is almost unobtainable, and the material for dresses costs four times as much as before the war. Toys rost at least twice dresses costs four times as much as be-fore the war. Toys cost at least twice as much as formerly, metal toys are few in number, and some of the very cheap varieties cannot be had at all. The metal that formerly went into the making of trains, horses, soldiers, magic lan-aerus, etc., has been taken by the gov-ernment for the manufacture of muni-

Salesmanship is a curious thing. A sanvasser can make a sale where a

When Appetite fails And Health Declines follow This Suggestion

REQUIRES ONLY A COUPLE OF SMALL TABLETS AFTER MEALS TO FIX YOU UP AGAIN.

A New Blood-Food Called Forrozo Sure to Restore You Quickly.

Every day comes the good news wonderau cures with Ferrozone. In reterboro it worked marvels for Louis Meenan -put him right on him test-made aim entirely well.

"About three years ago," cays Mr. Meehan, "I cad the Grippe which left me in a very run-down condition that finally developed into Dyspersia. Was unable to eat but a few things and had a craving for acid. I gave up treating with the doctors because they did not help me and on the advice of a friend used Ferrozone. not only cured me of Dyspepsia and Biliousness, but has built up my strength to what it was before I had the Grippe. I can recommend Ferrozone as an ideal restorative."

Ferrozone gives you force, energy It strengthens the stomach, cure

indigestion, prevents headaches — guarantees good health. Thousands use Ferrozone-they all feel better; try it yourself-sold in 600. boxes, six for \$2.50, at all dealers or direct from The Catarrhozone Co. Kingston, Ont.

RECIPES.

CRUMB BREAD. Two quarts hot water, I cup mola

teaspoons salt, 1½ quarts bread crumba, 1 yeast cake dissolved in 2 tablespoons lukewarm water, 4 tablespoons shortening. I quart graham flour, white flour to knead.

Dry and grind bread in the meat chopper before measuring. per before measuring. Add molasses and salt to water, pour over crumbs and when lukewarm stir in yeast, Add grawhen lukewarm stir in yeast. Add gra-ham flour and white flour to knead. Brush with melted fat, let rise over-night. In morning shape into loaves. Brush with fat. Let rise until double

CONSERVATION CROQUETTES. Two cups ground soup meat, one cup oiled rice or one cup left-over Spanish beans, one tablespoonful onion, one table-spoonful parsley, salt and pepper to taste-and one egg. Moisten with left-over gravy or a little catsup. Put into oiled basting-pan. Turn out on platter crust-up and garnish with parsley. Oniona and parsley are to be minced.

Half pound flour, ½ teaspoon salt, ½ teaspoon soda, ½ teaspoon cream of tartar, 1 cup buttermilk, 1 teaspoon sugar. Note—Sweet milk may be substituted for buttermilk or sour milk. In this case a whole teaspoon of cream of tartar should be used.

Mix the dry ingredients. Add enough milk to make a soft dough. Knead lightly, roll out and cut into convenient shapes and sizes. Bake on a griddle or

LIVER.

Deviled liver can be made as great a delicacy as chicken or ham tongue, if prepared either with the livers of poullarly, and then I felt that I was able to get up, though not able to go about. From that on, however, I gained strength daily, and in a little more than a month I was feeling as well as ever I did. The color returned to my cheeks and lips, and my friends were

FIG DROPS One pound figs, one pint maple syrup, one teaspoonful vinegar, nuts. Seed the figs and stuff with any nuts desired. Boil the syrup and vinegar until it forms a little ball when dropped in cold water. Remove from the fire, cool slightly. Dig stuffed figs in syrup several times and lay on waxed paper to harden.

THE AGONIES OF HADES.

Aren't supposed to be worse than a bad com. For years the standard remedy has been Putnam's Corn Extractor. It painlessly removes the worst corn in 24 hours; try Putnam's Extractor, 25c at all dealers.

An intelligent person is supposed to be one of cultivated understanding a person who has acquired a large store of knowledge, but not necessar ily the scholls or colleges, for nan; highly intelligent persons hav beer self-educated men and women intelligence is a characteristic of the mind rather than of action or manners. There are highly intelligent people who are socially impossible be

terris "diseased meat" and "mea from diseased animals." In fresh por for instance, the absence of live tri chinae cannot be guaranteed by th.

"Diseased Meat."

There is a wide difference in the

ent are killed and hence cannot pro duce disease. The Candid Friend. Alleged Composer (at piano)-Listen to this. (He does brutal things to the instrument.' How as you like it? Too little air and too many vari-

"Fiftness to thirty drops of Extract of Roots, commonly called Mother- Seigel's Curative Syrup, may be taken in water with meals and at bedtime, for the cure of indigestion, consti-pation and had blood. Persistence in this treatment will affect

a cure in nearly every case." Get the genuine at druggists

Intelligence.

cause of self-conceit or boorich man

thod of inspection, but if the mea s properly cooked any trichinae pres

vendor from any known practical me

ztions perhaps? The Helpless Friend -Yes! give me more air. (He opens the window.)-Cleveland Plain Dealer.

How to Purify the Blood