

GOOD PRESCRIPTION.

To Avoid Indigestion Eat Between Meals, Says This Authority.

Here's a little verse that's going the rounds, and some persons are under the impression that there is merit in it. But read it:

The vulture eats between his meals,
And that's the reason why
He very, very seldom feels.
As well as you and I,
His head is bald, his head is bald,
His neck is growing thinner,
Oh! what a lesson for us all
To only eat at dinner.

"That's rot," said a man who is 65 years old, a man who never had a doctor, who can eat mince pie at night and sleep like a cherub—in short, a man who is a type of health in every particular. "I wasn't raised that way. As a child, we had all we wanted between meals and always a bite before going to bed. Then when we came to meals we weren't starved at mealtime and ready to gorge ourselves to death. Another thing, I will give you a cure for dyspepsia, and it was given by no less an authority than the late Dr. Brown Squared, of Paris.

A distinguished American went to see him about 20 or 30 years ago. This man was a sufferer, and had been for years. Dyspepsia was the ailment. After the doctor heard the story he said:

"You'll think I'm crazy when I tell you what to do. I don't want you to eat a hearty meal in a year. You can go to the table and eat sparingly, but, in addition, I want you to eat a little every hour in the day. You don't care what it is—anthing, a cracker, an apple, an orange, something to stay your hunger. At night eat a few crackers or a bowl of soup, just enough to give the stomach a little work while you are sleeping."

"But," said the invalid, "is there anything to abstain from, any food that is hard to digest that I mustn't touch?"

"Nothing at all. The great fault is in loading the stomach to its utmost tension, then digesting the food and letting the walls of the stomach shrink and be idle for three or four hours. In my way, you give the stomach something to do all the time, and at the same time you never overtax it."

The dyspeptic followed the directions for two years, and in a measure is keeping it up to this day. More than that, he is no sufferer at the present time. On the contrary, he is all right and enjoys life as well as any man who has ever suffered from indigestion.

He has raised family of children, too, and they get something to eat whenever they are hungry. They can eat anything, any time, anywhere. They have stomachs like those of the ostrich family. I expect they could eat ten-penny nails, and digest them, too. If any dyspeptic will try this method he will not have occasion to regret it"—Cincinnati Commercial Tribune.

HALF PEAS.

Was the Pepper the Grocer Had Been Buying for Years.

At the gathering of the retail grocers recently reminiscences were exchanged and many were the tales which the grocers told on each other. One grocer, who now enjoys the distinction of being the leading grocer in his section of the city, tells a tale on himself which bears repeating.

It happened when he was new in the business. One day a spice salesman, representing an eastern firm, called on him. The grocer said he didn't need anything in his line. That was the natural thing to say, however, and it didn't worry the salesman a bit. He talked on in the hope of getting an order. Said he:

"Where do you buy your pepper now?"

"I buy it of S. & Co."

"Oh, I wouldn't buy their pepper, it's half peas."

"Oh, you are mistaken there; they do not adulterate anything. That's the way with you salesmen; you are always running down your competitors."

"I don't care what you say. I'm willing to wager that S. & Co.'s pepper is half peas."

"Very well, I'll bet you a dollar it isn't."

The money was put up, whereupon the traveling man proceeded to prove the correctness of his assertion. This was easily done. Taking a pencil he wrote p-e-p-p-e-r. Half p's," he explained—St. Joseph Herald.

Government Publications.

During the fiscal year ending June 30, 1897, the division of publications of the United States department of agriculture edited and supervised 424 publications. Of these 86 were reprints, and the aggregate number of copies printed of all publications was 6,541,310, being slightly less than during 1896, the figures for the last-mentioned year being 6,561,700.

Sold-Promoter.

Bingham-Bonner is so aggravated by his possessed.

Hawkins—Yes. He could wear a checked golf suit at a wedding, and carry himself as though the groom was a mere caddie.—Philadelphia North American.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.

The following is a list of publications of the United States department of agriculture edited and supervised 424 publications.