CARLISLE MERCURY.

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SERIOUS FACTS ABOUT BREAC

Which Housekeepers Should Seriously Consider.

A serious danger menaces the health of the people of this country in the numerous alum baking powders that are sold at low prices or given away.

There is no question as to the detrimental effects of these powders upon the system. Every Board of Health, every physician, will tell you of the wonderful multitude of cases of dyspepsia, of stomach and intestinal disorder resulting from the use of bread containing alum.

Even small doses of alum, given to children, have produced fatal results. Alum is a constant cause of colic, of griping constipation, dyspepsia, and various kindred gastric troubles from habitation of the spongy membranes caused by the continuous use of food prepared with alum. These are facts which physicians, are familiar in the practice of every physician.

It is not possible that any prudent housewife, any loving mother, will knowingly use in the food of her family what imperils health of her household, or perhaps cause the death of her children.

How shall the dangerous alum powders be detected? Unfortunately the danger is not in their use, for it cannot be avoided.

Generally, alum powders may be known from the price at which they are sold. A pure cream of tartar powder is compounded by a gifted and experienced cook of under some scheme. The alum powder must sell for a low price to pay a profit to make, and is often sold at 25 or 35 cents per pound. A pure cream of tartar powder, in the price may be 40, 45 or 50 cents per pound.

It is impossible to name all the alum powders in the market, but any baking powder sold at a low price, or given away as an enticement to sell the goods of the baker purchaser, or accompanied by a present, or disposed of under any other scheme, is of this class, detrimental to health, and to be shunned.

But the very safe and economical portion of our bread, biscuit and cake from all danger of unwholesomeness is in the use of the Royal Baking Powder which is made from cream of tartar, the purest of the natural fruit acids, and is the favor by high medical authorities in the U. S. Government, and by the chief chemical experts and Boards of Health which have made public tests of the various Powders. Examine your own powder, and if it is found to contain alum, you will keep more and more from it, and that can be eaten with impunity by the use of, and, above all, the danger from it, owing to its greater strength it is necessary to use less than of others.

These facts should be considered, and not to turn a deaf ear to all importunities to buy the cheap powder, no matter what urges the sale of the cheap, impure powder. Let the housewife bear in mind that it is economy to use only the more profitable, and the wise housewife will do so.

Like no chorus through sing a death fall artist ever sang so sweet a song as the heart is lift of it or as it sings.

Carnation. The carnation is the national flower of Spain, and is also a favorite with the Italians. It is the flower of the Virgin Mary, and is also known as the "Mother's flower."

SYRUP of FIGS

ONE ENJOYS

Both the method and results when Syrup of Figs is taken; it is pleasant and refreshing to the taste, and acts gently yet promptly on the Kidneys, Liver and Bowels, cleanses the system effectually, dispels colds, headaches and fevers and cures habitual constipation. Syrup of Figs is the only remedy of its kind ever produced, pleasing to the taste and acceptable to the stomach, prompt in its action and truly beneficial in its effects, prepared only from the most healthy and agreeable substances, its many excellent qualities commend it to all and have given it the largest popularity every known. Syrup of Figs is for sale in 50c and $1 bottles by all leading druggists. Any reliable druggist who may not have it on hand will procure it promptly for any one who wishes to try it. Do not accept any substitute.

CALIFORNIA FIG SYRUP CO.
SAN FRANCISCO, CAL.

A Powerful Flesh Maker.

A process that kills the taste of cod-liver oil has done good by introducing the process that both kills the taste and effects partial digestion has done much more.

Scott's Emulsion

stands alone in the field of fat-foods. It is easy of assimilation because partly digested before taken.

Scott's Emulsion checks Consumption more than all other existing diseases.

All Homes Need A CYCLOPEDIA OF Home Hints All Dealers Sell it for all Homes

SHILOH'S CURE.

Prompt, Pleasant, Effective. Cures in time. Sold by druggists everywhere. 25 cts., 50 cts., $1.00.

I AM SO HAPPY!

3 BOTTLES OF S.S.S. Relieved me of a severe blood trouble. It has also caused my hair to grow rapidly, as it had been falling out by the handfuls. I feel like a new person.

S.S.S. CURES Reflecting all poisons in the blood, from whatever cause arising. S.S.S. is entirely vegetable and harmless. Treatise on Blood and Skin Diseases mailed free. SWIFT SPECIFIC CO., ATLANTA, GA.

NEWSPAPER LAWS.

TO AN OLD GUITAR, 1802.

AMERICAN PUSH

DR. KILMER'S SWAMP-ROOT and KIDNEY LIVER and BLADDER CURE

Pain in the Back, Kidney Complaint, Urinary Troubles, Disordered Liver,

Home Necessities

RISING SUN STOVE POLISH

"German Syrup"

Unlike the Dutch Process No Alkalies Other Chemicals are used in the manufacture of W. BAKER & CO'S Breakfast Cocoa which is absolutely pure and soluble. It has more than three times the strength of Cocoa mixed with Starch, Arrowroot or Sugar, and is therefore far more economical, costing less than one cent a cup. It is delicious, nourishing, strengthening, easily digested, and admirably adapted for invalids as well as for persons in health. Sold by Grocers everywhere. W. BAKER & CO., Dorchester, Mass.

"Shave your Soap"

CHICKEN-HATCHING BY STEAM. VICTOR INCUBATOR

WE WANT AT ONCE

HILL'S MANUAL

PISO'S CURE FOR CONSUMPTION.

Beware

CATARRH

PISO'S CREAM BALM

THE POT INSULTED THE KETTLE BECAUSE THE COOK HAD NOT USED

SAPOLIO

GOOD COOKING DEMANDS CLEANLINESS. SAPOLIO SHOULD BE USED IN EVERY KITCHEN.

$3.00 FOR ONLY 50 Cts.

Money must be sent during the Month of March.

The Home Magazine

OF WASHINGTON, D. C.

FOR ONE YEAR AND THE White House Dining Room Chart, Fancy Work Chart, Prose and Poetry Chart, Spring Dressmaking Chart, and Floral Chart

Conducted by MRS. JOHN A. LOGAN.

For Only Fifty Cents.

$75,000 CIRCULATION.

THE HOME MAGAZINE has a circulation of over 375,000 every month. We want a million; hence our great offer.

THE HOME MAGAZINE is handsomely illustrated by most skillful artists. The best Story-writers contribute to its columns, and every one at home will find something of interest.

It contains interesting pages for the Mother and Children; all about Flowers, the Dining Room, Fashions, Fancy Work, Sunday Reading and many other home subjects.

Full Account of Washington Society.

Now, THE HOME MAGAZINE for one year is only Fifty Cents, but we make you the following liberal offer:

The White House Dining Room Chart — Fancy Work Chart — The Home Magazine Poetry and Prose Chart — Spring Dress Making Chart — Floral Chart

We have received over fifty thousand new subscribers during February, and by your sending more we have written a asking how to send the money and to extend the time. We will extend this great offer during March. We will send THE HOME MAGAZINE for one year, and the five charts, for only FIFTY CENTS, if money is sent during March. Mention this paper. DON'T DELAY.

THE BRODIX PUBLISHING COMPANY

600 Eleventh St., N. W. Washington, D. C.

D^R BULL'S COUGH SYRUP

Salvation Oil

"BLUE GRASS ROUTE"

SHORTEST AND QUICKEST ROUTE

Central Kentucky

NO CHANGE OF CARS

North, East, West and Southwest.

FAST LINE BETWEEN

LEXINGTON and CINCINNATI.

Schedule in Effect Nov. 13, 1892.

SOUTH BOUND.

NORTH BOUND.

MAYSVILLE BRANCH.

ATTENTION FARMERS.

Clover, Timothy, English Blue Grass, and Millett,

ALSO WHITE OATS and full stock of Garden Seeds, Onion Sets, Etc.

Call and get Spring Circular and Price List. Mailed free.

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Factory Location Geo. G. Dodson, Manager. Glover & Dorrett, Louisville Tobacco Warehouse, Office, Chenoa or Wire. Dealers in Leaf and Manufactured Tobacco, LOUISVILLE, KY.

A NEW BOOK

Many Persons in broken down health resort to Brandreth Pills to restore their lost vitality. Their success is due to the fact that they are the best blood purifier known.

"Harry, mamma, and Gus always with blackeyes."

"Blackeyes, no—yes." Mr. Kennard guessed her from a little. "They're soldiers, then?"

"Yonder! Oh, yes."

"Harry's mamma hasn't dared to say a word against you, Kathleen. Other wife'd certainly have relieved him self of untold sorrow, my dear."

"He never carried prudence," the girl said, "to the point of her own thought was her noble mother."

"Well, even if he didn't! Heaven knows he had a monopoly of most other qualities!" At this particular time any one to show, his speech and mien of carelessness and complaisance that, she knew, he was not feeling at all.

"Somebody you shall have no faster or cause for complaint," she said, "I promise you in all compliance and purpose. Try me, and you shall not find me wanting. Your will in my law."

She bowed her head, and Clarinette who knew her better than she knew herself, saw that the words were spoken that suddenly had freighted the air. At the same time his sullen pride was gone. Love-tenderness and hope like abrupt conversion never came to a man. He was humbled and exalted both. So with, with a few more expressed patience and mutual pity, they left that hour to the mind the matter. If the one or slowly the other, Kathleen herself, in a few days, would be indeed in a position to say personal claims, however important they might be, to the undivided accept no scrubbing as though it were a thing of joy. Kathleen, in the meantime, was to have her own way in all things, and Kennard was to have no hand in the matter. Then, when the time came that each was ready, they would meet and from happy mouth to mouth tell each other how they had been separated by pride and misunderstanding, and owing to its greater strength it is necessary to use less than of others.

These facts should be considered, and not to turn a deaf ear to all importunities to buy the cheap powder, no matter what urges the sale of the cheap, impure powder. Let the housewife bear in mind that it is economy to use only the more profitable, and the wise housewife will do so.

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"Yonder!" exclaimed Kathleen, "Oh, yes." Kennard smiled very subtly. "If you don't know it should how to prove, you are the only one who does not. Ah, Kathleen, you are a wonderful study! Your own will seems to be your control, for if once there is a queen. If once there are little princes and princesses, he will grow more romantic than ever. Ah, I see the shadow horror of his marrying the American girl stood known there's nothing such he would not do, just now! must be met by subtlety, since high-handed measures have become more brave to this air."

Even roughly to put in words the lightning like reflections of Clarinette's mother makes them seem deliberative, but they were not. They were swift. When she arose and kissed her son, after the departure of the footman, it was to show, in speech and mien of carelessness and complaisance that, she knew, he was not feeling at all.

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THE ZONES OF VEGETATION.

All of These Are Found on the Mountains of Tropical Countries.

All leaders of Prescott's histories must remember with pleasure the charming description of the successive zones of vegetation which the traveler passes in ascending from the seacoast to the snow-level high lands of Mexico, and of the astonishment of Cortez's soldiers when they looked down from the cold mountain tops upon the tropical vegetation below. This ranging of vegetable life around mountains reveals the circle of annual life, ranging in species with the depth of water that surround the land in which they grow.

It is interesting to observe what heights various kinds of trees and plants attain. Of course these heights vary with the latitude and the prevailing temperature, but in general terms the equatorial regions have an average maximum. Her Kents and Kilimanjaro in Africa, or Chimborazo in South America, that rise far into the region of perpetual snow, are the highest mountains known.

There is not much definite information in the pages of travelers books concerning the elevation which particular species of trees and plants attain, but there is in proportionately the most exact.

Humboldt reached in Bovine there are in his explorations of the tropics the highest limit of the cocoa palm, Andean mountain system on which it grows, and the highest limit of the cocoa palm, Andean mountain system on which it grows, and the highest limit of the cocoa palm, Andean mountain system on which it grows, and