STATE NEWS.



| AYER'S PILLS |
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| Nimat |
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| CONSTIPATIO |

Things We Ought to Know.
That nuts when dry may be estored to freshness by soaking
them in milk or in milk and Thours. many lung troubles
That
come from superficial breathing Deep full breath should be Deep
drawn
panded
den
$\qquad$ weather the windows should be
open at night and the house
horoughly ventilated at all imes and seasons.
That a damp cellar will cause nany kinds of sickness, and That buckets of unslacked ime placed here and there in a
cellar will absorb a great wholeson
$\qquad$ stings of mosquitoes, bees or
hornets will cause immediate That the stings should always
be removed from a wound by forceps or gentle pressur
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$ bath will prevent the skin from
chafing and from breaking out
$\qquad$
$\qquad$
$\qquad$

## CASTORIA

Costrothon


受 Chatstillethus.


