

A LOW PRICE REACH THE SPOT.

Wool Carpets

to close out odd patterns and clean up stock.

Chas. F. Ridlon,

Corner Main and Danforth Sts.,

NORWAY, MAINE.

Weak Hearts

Are due to indigestion. Ninety-nine of every one hundred people who have heart trouble can remember when it was simple indigestion. It is a scientific fact that all cases of heart disease, not organic, are not only traceable to, but are the direct result of indigestion. All food taken into the stomach which fails of perfect digestion ferments and swells the stomach, putting it up against the heart. This interferes with the action of the heart, and in the course of time that delicate but vital organ becomes diseased.

Mr. D. Kneale of Nevada, O., says: "I had heart trouble and was in a bad state as I had been told. I took Kodol Dyspeptic Cure for about four months and it cured me."

Kodol Digests What You Eat

and relieves the stomach of all nervous strain and the heart of all pressure.

Bottles only \$1.00. Six bottles, \$5.00. The trial bottle, which sells for 50c.

Prepared by E. C. Dewitt & Co., CHICAGO.

Sold by F. A. Shurtliff & Co.

Eastern Steamship Company.

Portland Division.

PORTLAND AND BOSTON LINE.

Fare \$1.25.

Superb new steamers of this line leave Franklin Wharf, Portland, and India Wharf, Boston, daily (except Sunday) at 7 P. M.

All cargo, except Live Stock, via the steamers of this Company, is insured against fire and marine risk.

J. F. LISCOMB, Agent, Franklin Wharf, Portland, Me.

CALVIN AUSTIN, Vice President and General Manager, Boston, Mass.

Dr. Austin Tenney,

will be at Elm House, Norway, Tuesday, Aug. 1st, and 1st Tuesday of each following month. Office hours, to 3:30 A. M., to 4 P. M.

Eyes Examined free.

Oculist,

will be at Elm House, Norway, Tuesday, Aug. 1st, and 1st Tuesday of each following month. Office hours, to 3:30 A. M., to 4 P. M.

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THE PUZZLER

No. 286—Charade.

If my third becomes my whole, it's nearly always reckoned. When his my rarer he doth describe. He's liable to my second.

No. 287—Indian Tribes.

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HOME MAKERS' COLUMN.

Correspondence on topics of interest to the ladies is solicited. Address: Editor HOME MAKERS' COLUMN, Oxford, Vermont.

Various Cures for Nervousness all Over the World.

The cure which the Russian women takes when they are tired or when they are nervous is the cold water cure.

She goes into a cold apartment and dashes cold water into her face.

If possible she takes ice and binds it to her head and faces the driving snow for a minute.

So great is a Russian's belief in cold water that she begins at an early age to teach her children how to use it.

The Russian nerve cure is believed to be in London very successfully for more than a hundred years.

Tired muscles, tired sinews, worn-out bones, and a weary head are all treated to a dash of cold water.

If it does not cure, the patient is run through ice water, as one wades in a brook, quickly and with swift steps.

The Japanese have a much prettier way of curing their tired nerves, though perhaps it is not quite so speedy.

The Japanese woman takes the blossom cure. In Japan, when you furnish your house, you order for the flower man who comes and decorates your home with plants.

This is always done as a matter of health. The flower man brings his palms, his quince trees, his flowering shrubs and his great spreading Oriental flowers, and bestows them about the house.

If anyone is ill he selects the flowers, taking care to get a certain kind of scent, for there are people to whom scents act as a quietener.

The English woman finds a delight in a cup of tea. She brews it very much as the Chinese brew it, having learned a great deal of late about tea making.

To make a cup of tea actually quiet the nerves the room should be darkened, for it is the light that tires the nerves most.

Then the clothing should be loosened. Finally comfort should be ministered. Then one is ready for one's cup of tea.

The tea should be taken as hot as is comfortable, but never scalding. The tea should be taken at twenty-two.

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