List of Miles on Crown Bank Lehighton

W. J. & Thomas Quinn 39th Due June 1st
Taylor Fisher $40.00 June 10th
Arthur Dean 30.00 June 15th
Charles Clauhina 65.00 Aug 20th
H. J. Heffner 62. March 1st

Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of water before meal; don't wash water out to-wash tears.

Life is not worth to live, but to live well; eat well, digest well, work well, sleep well, rest well. What a glorious road is to attain, and yet how very easy it is if one will only adopt the sun ray inside bath.

Folks who are interested to feel dull and heavy when they arise, coated tongues, stuffy from a cold, foul stomach, sour breath, and stomach, eat, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the waste of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of Hunyadi phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous matter; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and Hunyadi phosphate on an empty stomach is wonderfully invigorating. It rinses and at the same time tones and all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the tissue at once.

The millions of people who are pestered with constipation, biliousness, stomach trouble, rheumatism, others who have yellow skin, blood disorders and sickly complexions are urged to get a quarter pound of Hunyadi phosphate from the drug store which will cost very little, but is sufficient to make anyone a permanent crank on the subject of internal sanitation.