

THE TRAINING

A FEW HINTS
FOR THE USE OF
AYER'S PILLS
Dose.—To move the bowels gently, 2 to 4 Pills, thoroughly, 4 to 6 Pills. Experience will decide the proper dose in each case.
For Constipation, or Costiveness, no remedy is so effective as AYER'S PILLS. They insure regular daily action, and

store the bowels to a healthy condition.
For Indigestion, or Dyspepsia, AYER'S
PILLS are invaluable, and a sure cure.
Heart-burn, Loss of Appetite, Full
Stomach, Flatulency, Dizziness, Head-
ache, Numbness, Nausea, are all relieved
and cured by AYER'S PILLS.
In Liver Complaint, Bilious Disorders
and Jaundice, AYER'S PILLS should be
given in doses large enough to excite the
liver and bowels, and remove constipation.
As a cleansing medicine in the Spring, these
PILLS are unequalled.

For Colds, take AYER'S PILLS to open the pores, remove inflammatory secretions, and allay the fever.

For Diarrhoea and Dysentery, caused by sudden colds, indigestible food, etc., AYER'S PILLS are the true remedy.

Rheumatism, Gout, Neuralgia, and Sciatica, often result from digestive derangement, or colds, and disappear on removing

the cause by the use of **AYER'S PILLS**.
Tumors, Dropsy, Kidney Complaints,
 and other disorders caused by debility or
 obstruction, are cured by **AYER'S PILLS**.
Suppression, and Painful Menstrua-
 tion, have a safe and ready remedy in
AYER'S PILLS.
 Full directions, in various languages, ac-
 company each package.
PREPARED BY

Dr. J. C. Ayer & Co., Lowell, Mass.
Sold by all Druggists

HAGELL'S EATING HOUSE.
E. NEWBERY
HAS TAKEN THE BUSINESS OF MR.
John Hagell, and is now prepared to
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Every day, exclusive of Sundays.

HOT MEAT PIES, ETC

Lunches Put Up for Travellers.

Dinners gotten up for Private or Public Parties, in the French, English and American styles. All orders promptly attended to in satisfactory manner and on reasonable terms. Wedding or other cakes made to order.

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