## Plants Are Pollinated.

[illegible] with agencies by [illegible] are pollinated, namely: [illegible] water, insects, man, [illegible] and self-pollinating [illegible] conspicuous flowers. [illegible] the pollen and at [illegible] to gravity. Water, [illegible] plants, carries the [illegible] plant. Insects are [illegible] They pass from [illegible] in search of nectar, [illegible] pollen upon their [illegible] visit the next [illegible] the pollen is accidentally [illegible] and thus the flower is [illegible] bring about pollination by means. He merely [illegible] from the plant [illegible] to the plant where it [illegible] done, usually, in [illegible] upon special plants. [illegible] are special devices [illegible] of the pollen [illegible] throw the pollen out [illegible] self pollinating or [illegible] are those that [illegible] be self-pollinated, [illegible] can fertilize itself [illegible] pollen from another [illegible]

## matic for the Stout.

[illegible] stout women on [illegible] at least enough [illegible] getting stout, to [illegible] to reprint some [illegible] by Dr. L. M. Davidson of "Hygeia."

[illegible] says her that a [illegible] her food from [illegible] about the average, [illegible] try to take off [illegible] but what about [illegible] of chocolates, [illegible] near, to color [illegible] bring the cream, [illegible] 100 to good [illegible] calories; an apple, [illegible] are you? Up [illegible] day in no time. [illegible] to yours if, says [illegible] talk about it, don't [illegible] look for symptoms [illegible] 1,200 calories at [illegible] but water be [illegible] may think you can [illegible] can't. Two [illegible]

## Fishy Scales.

[illegible] lived alone in a [illegible] this own hands [illegible] on salmon river [illegible]

[illegible] made most of [illegible] in that vicinity [illegible] six years, and he [illegible] took containing [illegible] impress visitors. [illegible] married couple [illegible] occupying a small [illegible] cabin. [illegible] them, and the [illegible] father could observe with the new arrivals which Andy had [illegible] he had caught [illegible]

[illegible] scales at twenty-[illegible]

## A Welcome Visit.

[illegible] broke into my [illegible] anything [illegible] my boy's new [illegible]

## Origin

[illegible] Ardmore, County [illegible] in Dundalk and [illegible] Monaghan.

ELLWOOD

[illegible] English. [illegible]

[illegible] of England [illegible] of the [illegible] place today in Lon[illegible] [illegible] Ellwood [illegible] [illegible] Ellwood [illegible] [illegible] other names [illegible] [illegible] ages which [illegible] [illegible] [illegible]