THE COLUMBIAN AND DEMOCRAT, BLOOMSBURG, COLUMBIA COUNTY, PA.

Effect of Food on Hoge.

Adelbert turned around in a dame It do a not require much, if any,extrasort of way after Myrtle had rejected understanding on the part of any one, to really see how the flesh of a fowl fed im, and walked swiftly toward the dry goods store which had been so fortunate on wholesome food and water should be better to the taste than those fed at ran-

came she had kept her word

as to secure his services. All the afternoon Adelbert stood mood-ily behind the ribbon counter, thinking of how he should revenge himself on the uaughty girl who had wreeked his hap-uings. At use is the the date a finance tom, and upon all manner of unwholesome food. This applies equally to the errors also. Any one can test this quite piness. At precisely 41 o clock a fierce joy lighted up his countenance, and, put-ting on his hat, he left the store. easily, if he so wishes, by feeding on slop food, or food of an unclean kind, such as swill and decaying cabbage. The flesh of such fowls will quickly taint, and

eggs will taste unsavory, at least to any one with an ordinary palate. Fresh air has also much to do with this matter were striking 0, a young man sprang lightly up the steps of a magnificent No flesh is fit for the table which is not allowed an unlimited quantity of pure air. If any person of ordinary discernment would consider the actdiscernment would consider the act-ual condition of the highly stall-fed ani-mal of Christmas and other similar times of rejoicing, he would be quite easily satisfied that although to look at, the stall fed animal, which always lacks pure air, is the fattest, yet its flesh does not agree with the stomach as does that of a healthy, ordinary fed animal. Some persons may say that the extra fat does this. I say not, for I have quite often kept account, and though I did not touch a morsel of fat, was troubled afterward with a disordered stomach, which nover happened when I partook heartily of ordinary fine beef, both fat and lean.

----ROOT CELLARS.—The leading features of a good root cellar are, proof against frost, neatness, dryness, ventilation, and cheapness. If a hill side is conveniently near, it helps much to secure the desired fied it, and handed the piece of paper, end. An excavation should be first now a fortune, to the youth. made, in size depending upon the re-quired capacity of the cellar and in this erect a stout frame of timbers-posts daughter. I would'nt like to let as sure with plank or a log pen, and on which place a stout roof. The earth that has been excavated, is thrown over the I am dead and the bank directors are in structure, until the whole is covered to the depth of two feet. A door should be made in the exposed end of the cellar, through which roots may be put in and taken out. The smaller the door, and still be convenient, the better, as it allows of less exposure to the frost. A quan-tity of straw pressed in the doorway, will aid greatly in keeping out the frost. Every farmer with many roots to be asks in his innocent, childish way if stored, should have a root cellar, either by itself, or in the lower part of the tleman kisses him fondly and says in soft, barn. It is not well to store a large quantity of roots in the cellar of the nouse, as the gases rising from them during winter may cause sickness to the inmates.

Success in Farming .- To be success ful in farming one must always be careful in selecting his seeds, use good judg ment in selecting animals, keep his farm to school, and takes one or more good sleeping on the post-office corner, the papers devoted to farm and stock inter- wretch stole his instrument and substi-A farmer who never reads is like tuted a new fangled churn therefor, and He wears himself out, exhausts his land handles of the churn and ground for dear and dies poor. One good sugges. life, and when the shades of night were tion found in a paper or book, is worth falling fast, that meanest man in the to men more than half a life of trials, world came around, took his churn, rewhen not made intelligently. Don't be afraid to read and acknowledge that you can learn from others. No one knows it butter.

all. Somebody knows something that



REGULATOR Liver Complaint. THE SYMPTOMS OF LAYER COMPLAINT are uncashees and pain in the side, sometimes pain in the shoulder, and is mis usen for rheumatism the Stomachis affected with loss of appetite and sickness: howers, in general coative, sometimes affectating with has; the head is troubled with pain and dull, neavy sensation; considerable loss of memory, with painful sensation of having left indone something which ought to have been done ; often complaining of weakness, debility and low spirits. Sometime musty of the above symptoms attend the downes, and at other times very few of them; but the Liver is generally the organ most involved. As the bells of St. Agnes's Church

residence, and was soon seated in the sumptuously farnished parlor. The proprietor of the house, a benevolent-REGULATE THE LIVER, AND PREVENT

Dyspepsia, Constitution, Janualice, Billous At-tacks, Chills and Fever, Hendache, Colle, Depression of Spirits, Sonr Stan-ack, Hardbarn, Piles, etc. looking old gentleman, entered the room. Tonic, Alterative and Cathartic!

simmons Liver Regulator, purely regetable, is the medicine generally used in the South to arouse the torpid Liver to healthy action.

 "You are the easihier in the ----- bank I believe?" said the young man.
"I am."
"You have been stealing the concern's money. Do not seek to deceive me. You are a cashier; 'tis enough. Give me
S20,000 or I will expose you and coir \$20,000 or I will expose you and ruin your life. Having heard me twitter, you

can choose your own course." For an instant the cashier did not move, and then, going to an elegant escritoire which stood in a corner of the room, he wrote a check for \$50,000 certi

"I have but one favor to ask," he said, "and that is that you will marry my jail on account of my bookkeeping, it will suffice to keep you in comfort.

Two months later Myrile Mahaffy the cashier's only child, became Adel-bert's bonny bride. One child, a blue-eyed boy with golden hair, has blessed the union, and as he sits on his grand father's knee in front of the fire, and "papa isn't a smart man," the old gen low tones: "You're singing on the right key now,

sonny.

Squibbs was asked what made his face so red. He said he had been down South for awhile, and he supposed that's how he got so Florida complexion.

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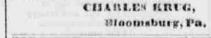
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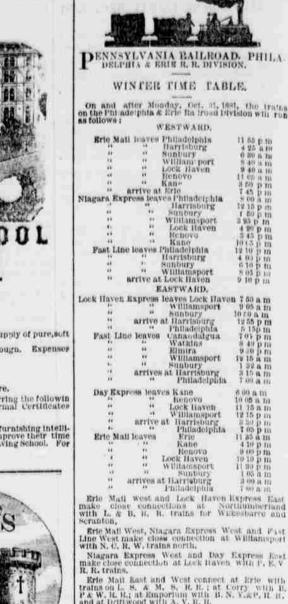
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you don't. Let your aim be to acquire everything any one can teach you, and male weakness, etc., cured with Browu's it will put money in your purse, brains in your head, and influence in your presence.-Tribuns & Farmer.

MILK COMES FROM FOOD .---- We know of many dairymen who give their cows a small grain ration all the season, and liberality. One who feeds fifty cows says that he fed four pounds of middlings per day through the season, finding that he was fully paid in the extra milk; and the cow was in so much better condition in the fall that it saved him the whole cost of this extra food in wintering. He has followed this system for ten years He called our attention to a neighbor of his keeping about the same number of cows, who followed what he called the economical plan-let his cows pick for themeslyes-both taking their nilk to the same factory. Good feeding produced \$45 per cow; poor, \$27, a dif ference of sixty per cent. in favor of liberality in feeding. This illustration can be found in almost any dairy town. Let every dairyman ask himself to which class he belongs.—Ex

CUTTING FRUIT TREES .- There is great deal to be learnt yet regarding the best time to cut timber. So far there has been no practical test on a large scale and what we know is chiefly what is the opinion of individuals who have had ex serience in cutting timber. The follow ng extract is an example: "Au old ex-crienced farmer says that hickory cut in July or August will not become worm-enten. Oak, chestnut, walnut or other timber cut from the middle of July to the last of August, will last twice as long as when cut in winter. White oak ent at this senson, if kept off the ground will season through if two feet in diama ter, and and remain perfectly sound for many years. Whereas, if cut in winter or spring it will become sap-rotten in a few years.

These observations are valuable as

Boxe Dusr rou Meloss.---An Indi ana farmer tried four different fertili zers-poultry droppings, well rotted cow manure, barnyard manure and old bone (gathered upon the farm and reduced by eight feet apart each way, and he says: "Such a crop of melons as came from the hills that had the bone dust I never saw before.

A Bold Strike'; or, The Cashier's Daughter.

"No: I refuse.

"Reflect a moment, Myrtle, I beseech you! You hold my life and happiness in your hands;" and the voice of Adeibert Tompkins trembled as he spoke these words with an earnestness that forbade, even for an instant, any doubt as to theh being the outpourings of the heart.

Myrtle Mahaffy was a beautiful girl. just budding into sweet womanhood, and Adelbert loved her dearly. They had wandered together this summer afternoon from the matinee to the street car, and he had asked her to be his wife. It was in answer to this question-the earnest appeal of a man whose whole nature was wrapped up in a passion he could neither control nor cast aside-that Myrtle had spoken the words with which our story opens. She had watched him closely during an acquaintance of nearly two years, and noticed with pain how he sedulously avoided candy stores and los cream saloons. "I can never marry she had said to her mother one 1211511. day "who shies at the sight of a candy store like a country horse at a fire engine." And when the expected avowal

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