Eat All You Want.

A physician writing on the food necessary to give strength and sustenance, says that if a person eats up his brain faster than he makes it he soon becomes nervous and irritable. If he does not assimilate enough food to supply the demands his mind is sure to become weak. The healthiest and strongest individuals, even, should eat a large quantity proportion of meat than vegetable food. Beef should be taken as the standard meat. It answers every purpose of the system. Veal and pork are not so easily digested. Pork, so far as its composition goes, is an excellent food for nervous persons, but it is not readily digested. Not in the army we used to think nothing better for the wounded men than bacon. As a rule, salt meat is not adapted to the requirements of the nervous individual, as nutritious juices to a great extent go to the brine.

The flesh of wild birds is more tender and more readily digested than that of domestic ones. This is accounted for by the greater amount of exercise they take, thereby renewing their tissue more rapidly and making it younger than that of birds which lead a more quiet life. This is a suggestion that might be of benefit to women of sedentary habits who are desirous of prolonging an appearance of youth.

Fish of all kinds is a good food for the nervously inclined. Raw eggs, contrary to general opinion, are no more digestible as those that have been cooked.

A notion has been prevalent that many persons injure their digestion by eating too much. The fact is that most people don't eat enough. There are many people killed every year by insufficiency of nourishment than by overloading their stomachs. Many of those who do eat a sufficient quantity are prevented from disease by digesting enough for the economy of their systems. The very first thing for any one to do who has exhausted himself by mental work or who has been born weak and irritable, is to furnish his brain with sufficient nourishment to either repair the damage it has sustained, or to build it into a strong, healthy condition. People in this condition usually suffer from nervous dyspepsia. Their stomachs are unable to perform the labor of assimilation. Owing to the deficient nerve power of the individual the food lies in the stomach exacted upon by the gastric juice because there is none, or the quantity is insufficient to have any power. Food, instead of helping to renew the body and the nervous system with the rest, undergoes fermentation, and the body and brain it should nourish may starve. The person is in a worse state than if the food had not been taken, for the fermentation generates acids and gas.

Nervous individuals may derive all the fat they need from sugar and starch. It is better, however, for those with weak digestive organs, or for those whose nerves are in a highly sensitive state, to get it from the animal kingdom than compel their enfeebled stomachs, intestines and pancreas, to create it out of these articles. Good bread, sweet butter and meat are the best food for the nerves.

People troubled with insomnia, nervous starting from sleep and sensations of falling, can often be cured by limiting themselves to a diet of milk alone for a time. An adult should take a pint for a meal, and take four meals daily. People with weakened nerves require usually a larger quantity of water than those whose brains and nerves are strong. It aids in the digestion of food by making it soluble, and seems to have a direct tonic effect.

With proper eating and drinking we should have fewer broken down, nervous wrecks, and far more vigorous intellects. The present human species cannot eliminate flesh from its food and amount to a row of pins. The fancy that nothing but vegetables should be eaten is apt to overtake every one somewhere in life. It is due to some disorganization, and usually passes away with the disturbance that created it.

Undressing was Not Bathing.

In 1863 President Lincoln sent a force under Gen. Henry H. Sibley to punish the Indians for their barbarities in Minnesota and Dakota, and drive them back to the Rocky Mountain plains. Among the many incidents of the Sibley expedition against the Sioux which are still afloat in Dakota, are the following: On the return the camps were usually made on the banks of a lake or river, and frequently when the men learned where the camp would be, some of them would rush forward and have a bath; this rolled up the water and made it unfit for camp purposes. This action so incensed Gen. Sibley that he issued an order prohibiting bathing until the officer of the day should announce that water had been secured for camp purposes, and the stock watered. One night the camp had been made on the banks of a small lake. Captain Horace Austin was the officer of the day, and he sent a detail to the lake in charge of Sergeant S. P. Childs, now of Manka, to see that the General's order was obeyed. Childs saw a man come down to the lake shore, look at the water, step behind a bush, and begin undressing. Soon he was disrobed and walked to the edge of the water, and dipped his foot in it as if to see how cold it was, when Childs yelled "Halt!" "What is the matter?" asked the would-be bather. The sergeant repied the General's orders were that no bathing should be allowed until the officer of the day had announced sufficient water had been secured. The man remonstrated, and finally said that if Childs knew the order, he ought to have informed him before he undressed. "Yes," said Childs, "I knew it, but the order does not prohibit disrobing." The man who wanted to bathe was General Sibley himself, and Childs knew it, but he didn't bathe then. —*Fargo Argus.*

Home Rules for the Young.

Be prompt at every meal hour.

Shut every door after you, and without slamming it.

Let your first, last and best confidante be your mother.

Don't make a practice of shouting, jumping, or running in the house.

Never interrupt any conversation, but wait patiently your turn to speak.

Carefully clean the mud and snow off your boots before entering the house.

Tell of your own faults and mistakes, not those of your brothers and sisters.

Never sit down at the table or in the sitting-room with dirty hands or tumbled hair.

Never reserve your good manners for company, but be equally polite at home and abroad.

Always speak kindly and politely to everybody, if you would have them do the same to you.

Friend—"Do you find it hard to write so much?" Author—"Oh, no; one idea suggests another, you see." "Yes, understand; but what perplexes me is where the first idea comes from."—*Yankee Blade.*

The fines in London last year averaged about five a day—a material decrease compared with 1887.

Dogs That Learn Trades.

The dog corps, long since established in the French army, has been recently much increased, so efficient have these little soldiers become. At an early stage of the trials they gave satisfaction as advanced posts, scenting or hearing a stranger approaching even in the darkness, and quickly learning the difference between a friendly and a foreign uniform. The latest trick the military dog has learned is that of carrying despatches between distant sections of an army or relief or reinforcements presumably advancing through a hostile country. The system is an offshot of the dog smuggler system, which is described in the current number of Blackwood's, and the steps by which the animals are taught to understand what is wanted of them are best shown by reference to that article.

The smuggler in broad day walks across the frontier, his dog by his side, leaving the latter at the house of his accomplice and returning without him. When night falls, the dog is given a beating and turned loose to find his way home. Next he has a small packet fastened to his collar, and gradually the burden is increased. Then half a dozen or more are employed at the same time; the most intelligent being given no burden, that he may the more readily act as a scout for others. He goes ahead, they keeping well back, till he gives them the signal that the coast is clear. The custom dog from its earliest years is made to play hide and seek with bags of coffee, rolls of lace packages of tobacco, and the like. They do not bark, being taught to sit silently in ambush and give a low growl or simply cock up their ears and point the true direction of the advancing pack.

The French army dogs, mastiffs like the smugglers' dogs, though first they must be taken from point to point to find them again, when they get to understand the idea, and what is wanted of them, will find a distant column or command with little difficulty if given the general direction, unless it be at too great a distance, and carry messages to and fro with commendable zeal.

Don't Fight the Team.

If a horse shows signs of stubbornness or contrariness, just quit mad yourself and you can rest assured you are fixed for the rest of the day as long as you want to keep it up. Horses, like men, are generally just in their ways, and when a horse with only moderate sense gets into trouble with a man with only moderate sense the two generally have a "monkey and parrot time" from morning till night. Well bred horses are seldom stubborn and unruly, and in this respect there is a striking analogy between horses and men. Horses docile, obedient and tractable, in the hands of one man are vicious and unruly in the hands of another. The reason is, the one knows how to manage them, the other does not. Bad dispositions are generally the result of bad handling. A few slaps and jerks, accompanied by a little sharp talk or a few fierce yells, get the most gentle horse clear beside himself and ready to worry and fret the remainder of the day. The more quiet and steady you keep your horses the better it will be for them, yourself and all concerned.

A Hygienic Hint.

Milk heated to much above 100 degrees Fahrenheit loses for a time a degree of its sweetness and density. No one who, fatigued by overexertion of body or mind has ever experienced the reviving influence of a tumbler of this beverage, heated as hot as it can be sipped, will willingly forego a resort to it because of its being rendered somewhat less acceptable to the palate. The promptness with which its cordial influence is felt is indeed surprising. Some portion of it seems to be digested and appropriated almost immediately; and many who now fancy they need alcoholic stimulants when exhausted by fatigue will find in this simple draught an equivalent that will be abundantly satisfying and far more enduring in its effects. There is many an ignorant, overworked person who fancies he could not keep up without beer; he mistakes its momentary exhilaration for strength, and applies the whip instead of nourishment.

What To Do.

1. Telegraph at once to his grandfather and maternal aunts.

2. Ask the lady if he really has it, taking care not to address him in English undefiled.

3. Send word to the office that you will not be down to-day.

4. Avoid any jest which requires you to say that baby is now old enough to chew for himself.

5. Make an entry in your diary to the effect that a tooth is born unto you.

6. Do not temper your joy with such pessimistic thoughts as dentist's bills inspire.

7. Swear off letting the little one chew your watch unless you like your hunting case to have dents in it.

8. Do not ask the child's mother if she doesn't think it strange that the other teeth don't appear.

9. If you are a poor man don't buy the youngster a silver-backed tooth brush on the strength of the first molar.

10. Do not tell an experienced father that you think it is a wisdom tooth. He will know better, and will probably go home and tell his wife what an unsophisticated cow you are.

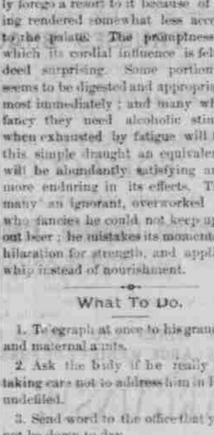
11. Do not insist upon feeding the boy on beefsteak right away.

12. Do not imagine that that is the only tooth in the world, and eschew undue personal vanity because of the newcomer. You didn't grow the tooth. Leave conceit to the baby.

13. Remember that there are more teeth to come, and do not lavish too much enthusiasm on the first.

14. Make the youngster stop biting the piano legs.

15. Never give theatre parties in honor of a first tooth.—*N. Y. Evening Sun.*



The importance of purifying the blood cannot be overestimated, for without pure blood you cannot enjoy good health.

At this season nearly every one needs a good medicine to purify, vitalize, and enrich the blood, and Hood's Sarsaparilla is worthy your confidence. It is peculiar in that it strengthens and builds up the system, creates an appetite, and tones the digestion, while it eradicates disease. Give it a trial.

Hood's Sarsaparilla is sold by all druggists. Prepared by C. I. Hood & Co., Lowell, Mass.

100 Doses One Dollar

CARTER'S LITTLE LIVER PILLS.

CURE

Sick Headache and relieve all the troubles incident to a bilious state of the system, such as Dizziness, Nausea, Drowsiness, Distress after eating, Pain in the Side, &c. While their most remarkable success has been shown in curing

SICK

Headache, yet CARTER'S LITTLE LIVER PILLS are equally valuable in Constipation, curing and preventing this annoying complaint, while they also correct all disorders of the stomach, stimulate the liver and regulate the bowels. Even if they only cured

HEAD

Ache they would be almost priceless to those who suffer from this distressing complaint; but fortunately their goodness does not end here, and those who once try them will find these little pills valuable in so many ways that they will not be willing to do without them. But after all sick head

ACHE

is the bane of so many lives that here is where we make our great boast. Our pills cure it while others do not.

CARTER'S LITTLE LIVER PILLS are very small and very easy to take. One or two pills make a dose. They are strictly vegetable and do not gripe or purge, but by their gentle action please all who use them. In vials at 25 cents; five for $1. Sold everywhere, or sent by mail.

CARTER MEDICINE CO., New York.

Small Pill. Small Dose. Small Price.

SEND YOUR ORDERS FOR

CANDEE RUBBERS

TO

H. CHILDS & CO.

Manufacturers and Wholesale Dealers in

BOOTS, SHOES AND RUBBERS,

511 WOOD STREET, PITTSBURGH.

Successful Treatment of Disease. A SCIENTIFIC DISCOVERY!

MICROBES the Cause of all Diseases. Three Drops KILLS the Microbes.

Successful Treatment.

CURES: Catarrh, Bronchitis, Consumption, Malaria, Rheumatism.

Wonderful Tonic and Blood Purifier.

The efficacy of the Microbe Killer in cases of consumption has been so well clinically demonstrated, that we are justified in stating that it can cure more hopeless cases than any one else known. We do not claim for it miraculous power in curing one in the germinal stage of consumption, but we do claim that it is the most powerful agent in existence to destroy the germs which cause consumption, and the first step in the process of curing consumption is to destroy the germs which cause it. Every one should read, just what they say who have suffered for years with chronic throat difficulties. Microbe Killer, are cured of it once. The man who has that will kill it, cannot send it the same time you take it. Try it. Price $2.00.

Sold only on its own merits. Don't be persuaded to take something else because you make more profit. Cheap, worthless imitations of Microbe Killer. Physicians of 27 years experience in charge of the office. Send for circular and information.

Wm. Radam's Microbe Killer, 1140 Arch St., Philada., Pa.

PERRINE'S PURE BARLEY MALT FOR Malaria AND Indigestion.

WATCH THE LABEL.

It will eradicate from the system all the forms of Malaria.

DIRECTIONS.—Take Part of a Wine-glassful Three Times a Day.

For sale by all Druggists throughout the United States and Canada. None genuine unless bearing signature of

N. & J. S. PERRINE, Sole Proprietors, 37 N. FRONT ST., Philadelphia, Pa.

HUMPHREYS'

DR. HUMPHREYS' BOOK Cloth & Gold Binding 144 Pages, with Steel Engravings, MAILED FREE. Address, P. O. Box 1819, N. Y.

LIST OF PRINCIPAL NOS.	CURES	PRICE.
1	Fevers, Congestion, Inflammations	.25
2	Worms, Worm Fever, Worm Colic	.25
3	Crying Colic, or Teething of Infants	.25
4	Diarrhea, of Children or Adults	.25
5	Dysentery, Griping, Bilious Colic	.25
6	Cholera Morbus, Vomiting	.25
7	Coughs, Colds, Bronchitis	.25
8	Neuralgia, Toothache, Faceache	.25
9	Headaches, Sick Headache, Vertigo	.25

HOMEOPATHIC

10	Dyspepsia, Bilious Stomach	.25
11	Suppressed or Painful Periods	.25
12	Whites, too Profuse Periods	.25
13	Croup, Cough, Difficult Breathing	.25
14	Salt Rheum, Erysipelas, Eruptions	.25
15	Rheumatism, Rheumatic Pains	.25
16	Fever and Ague, Chills, Malaria	.50
17	Piles, Blind or Bleeding	.50
19	Catarrh, Influenza, Cold in the Head	.50
20	Whooping Cough, Violent Coughs	.50
27	General Debility, Physical Weakness	.50
28	Kidney Disease	.50
30	Nervous Debility	1.00
33	Urinary Weakness, Wetting Bed	.50
34	Diseases of the Heart, Palpitation	1.00

SPECIFICS.

Sold by Druggists, or sent postpaid on receipt of price.—HUMPHREYS' HOMEOPATHIC MED. CO. 109 Fulton St. N.Y.

JOHNSTOWN COLLEGE OF ART AND COMMERCE

ART, MUSIC, COMMERCIAL, LITERARY.

Send for catalogue. Sept. 26, '88. BENNET & GREER, Johnstown, Pa.

AUDITOR'S NOTICE.

In the Orphans' Court of Somerset County, Pa.

In the matter of the Estate of Jesse Ankeny, dec'd.

The undersigned, having been duly appointed auditor by the Orphans' Court of Somerset County to ascertain and report distribution of the fund in the hands of Jesse Ankeny and Cyrus Ankeny, Administrators and Trustees of said estate, to those legally entitled thereto, hereby gives notice that he will attend to the duties of his appointment on Thursday, the 21st of February, 1889, at 10 o'clock a. m., at his office in Somerset, Borough, when and where all persons interested may attend.

H. L. BAER, Auditor.

jan30.

EXECUTOR'S NOTICE.

Estate of Levi Cook, dec'd, late of Stonycreek Township, Somerset County, Pa.

Letters testamentary on the above estate having been granted to the undersigned by the proper authority, all persons indebted to said estate are requested to make payment, and those having claims to present them duly authenticated for settlement to the undersigned Executors, at the late residence of said dec'd on Saturday, the 16th day of March, A. D. 1889, when and where they will attend for said purpose.

F. C. GLASS, JOAS R. GLASS, Executors.

F. W. BIRKNER, Attorney.

SHORT-HORNS FOR SALE:—

Seven Short-horn Bulls, from 6 months to 4 years old. Also a few Cross-bred Heifers, and one pure Poland China Sow. Pedigree guaranteed. Call on or address

A. G. KIMMEL, Berlin, Pa.

YOU CAN FIND THIS PAPER on file in Printer's at the Advertising Bureau of our author-ized Agents, **REMINGTON BROS.** Who will contract for advertising at lowest rates.

Wolff's ACME Blacking

BEATS the World. It is the Best HARNESS DRESSING

The BEST for Men's Boots " " Ladies' " " " Children's "

ABSOLUTELY WATERPROOF.

SOFTENS and PRESERVES the Leather

Once a week for men's boots and once a month for carriages is ample for perfect results. It makes the handsomest and most durable polish you ever saw. You don't have to groom and sweat with a blacking brush. Be sure and try it. Because your grandfather worked hard is no reason you should and spare yourself this worse than useless labor.

Sold by Grocers, Druggists, and Shoe Dealers.

WOLFF & RANDOLPH, PHILADELPHIA.

Why Don't Horses Live Longer?

Horse Lives	25	years.
Elephant "	400	"
Whale "	300	"
Eagle "	100	"
Swan "	100	"
Tortoise "	100	"

The man lives to be eighty. The poor horse for want of a blanket in the stable has to die at twenty-five, and while he does live he eats twice as much as he should to keep warm.

Buy one of the following 5/A Horse Blankets and save money. For sale by all dealers.

5/A Five Mile. Has Five Miles of Warp Threads

5/A Boss Stable. Strongest Horse Blanket Made

5/A Electric. Just the thing for Out-Door Use

5/A Extra Test. Something New, Very Strong

30 other styles At prices to suit everybody.

None genuine without this 5/A Trade Mark sewed inside.

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REPORT OF WILLIAM W. BAKER, Steward of the Poor House and House of Employment, of Somerset County, Pennsylvania, for the year ending 1st Monday of January, 1889.

Stock on Farm.

Number of Horses	4
" Colts	2
" Cows	16
" Bulls	2
" Two year old cattle	2
" Yearlings	4
" Spring calves	3
" Pigs	14
" Sheep	31
" Chickens	100

Implements for Farm—Additions.

One Champion Seed Drill.
" Steel Plow.
" One Horse Sled.
" Log Sled.

Products of the Farm.

Number of Tons of Hay	100
" Bushels of Wheat	241
" " Buckwheat	26
" " Rye	20
" " Corn	250
" " Oats	728
" " Potatoes	700
" " Onions	10
" " sets	1
" " Apples	50
" " Turnips	200
" " Beets	29
" Barrels Dried corn	1
" " Sauer kraut	10
" " Cucumber pickles	2
" " Soup	15
" Gallons Cider	100
" Heads Cabbages	1100
" Bushels Kohl Rabi	40
" Pounds Butter	1000
" " Lard	150
" " Tallow	305
" " Wool	52
" " Beef killed	52 3
" " Pork killed	3302
" " Veal killed	335
" Gallons Apple butter	30
" Bushels Timothy seed	3
" Quarts Dried Blackberries	14
" " Elderberries	23
" " Canned fruit	112
" Barrels Pickled Tomatoes	2

Articles Manufactured in House.

Number of Sheets	40
" Pillow cases	67
" Bed ticks	18
" Bolsters	17
" Towels	32
" Shrouds	10
" Women's Dresses	33
" " Aprons	47
" " Sacques	12
" " Chemises	20
" " Skirts	14
" " Waists	5
" " Drawers	11
" " Corsets	5
" " Stockings	9
" " " footed	13
" Men's Shirts	90
" " Coats	1
" " Pants	36
" " Vests	9
" " Drawers	5
" " Mittens	6
" " Socks	20
" " " footed	16
" Children's Dresses	14
" " Skirts	9
" " Aprons	4
" " Chemises	6
" Bed Comforts	15
" Quilts	6
" Dish Cloths	27
" Yards Carpet	81
" " Flannel	35
" Window Curtains	8
" Floor Rugs	5
" Handkerchiefs	11
" Children's bibs	5
" Suspenders	17
" Chair Cushions	5

Whole amount of the Inventory and Appraisement of the goods and chattles at Poor House 7th January, 1889: $4939 50

I certify the above and foregoing Report to be correct.

WILLIAM W. BAKER, Steward.

Feb. 6.

CATARRH.—Prof. C. B. Cook, Principal High School, Gt. Bend, Pa., formally of Somerset county, Pa., says of NATURE'S REMEDY FOR CATARRH: "It is the best palliator for Catarrh I ever tried. It is the best catarrh cure I ever tried. It is the simplest and easiest to use of anything I ever tried. If any friend of mine should read this, I wish him to understand that I say with all sincerity that I am acquainted with Mr. I. M. Gray, one of the proprietors of **Nature's Remedy for Catarrh.** He is an upright, honorable gentleman, and his medicine is the best catarrh remedy that can be found. It has cured me, and, I believe it will cure any person suffering from catarrh."

It is sold by druggists and dealers. It may be sent by mail; price $1. Every package contains a full quarter pound of medicine, send for our book (16 mo. 32 pp.) entitled "How to cure Catarrh." Address, I. M. GRAY & CO., BURR, SUSQUEHANNA COUNTY, Pa.

Wrestling With a Bear.

A couple of hunters from the Catskills followed a bear trail for three days. Near Sundown, a charming little nook, entirely shut in by great mountain peaks, the hunters came suddenly upon their prey. There was an old bear and three good sized cubs. They all ran for their lives at sight of the hunters, but Levi Small rushed headlong in pursuit of one of the cubs that had made a senseless detour, and, slipping on a bit of treacherous ice, he went tobogganing down the side of the mountain. The cub was tripped up by one of Small's cow-hide boots, and the shaggy youngster took a funny tumble along with the hunter. Seeing her offspring in danger, the old bear rushed to the scene, but the companion of Small fired a shot with such good effect that Bruin fell in her tracks. Another ball finished the game, and then attention was directed to the impromptu toboggaaner, who was having a rough and tumble fight with the cub. It was quickly dispatched and the other cubs were taken alive.—*Philadelphia Times.*

Mr. P. M. Barber has used Ely's Cream Balm for catarrh in his family and commends it very highly. A Tunkhannock lawyer, known to many of our readers, says he was cured of deafness—Pittston, Pa., *Gazette.*

Characteristic Wrinkles.

"It is customary to say that wrinkles come from worrying, but the truth is that most of them come from laughing," says a well-known physician. "To know how to laugh is just as important as to known when to do it. If you laugh with the sides of your face, the skin will form in exact accordance with the kind of a laugh you have. The man who always has a smirk will have a series of semi-circular wrinkles covering his cheeks.

When a gambler who has been accustomed to supressing his feelings laughs a deep line forms on each side of his nose and runs to the upper corner of his mouth. In time this line extends to the chin and assumes the shape of a half-wax-like skin is very apt to have two broadly marked wrinkles, one running up from the jaw and another under the eye. These meet at right angles at the cheekbones and look as though they formed a knot at the apex. The scholar's wrinkle forms on his brow, while the scheming politician's comes round his eyes, where they look for all the world like the spokes of a wheel.—*N. Y. Express.*

Dyspepsia and Liver Complaint.

Is it not worth the small price of 75cts. to free yourself of every symptom of these distressing complaints? If you think so, call at our store and get a bottle of Shiloh's Vitalizer. Every bottle has a printed guarantee on it; use accordingly, and if it does you no good it will cost you nothing. Sold by G. W. Benford & Son.

"Where have you passed your vacation?" asked one clerk of another.

"At the beautiful little village of Z."

"Is it a healthy locality?"

"Healthy! It's so healthy that in order to start their new cemetery they were obliged to assassinate an inhabitant."

We have a speedy and positive cure for Catarrh, Diphtheria, Canker Mouth and Headache, in SHILOH'S CATARRH REMEDY, A Nasal Inhector free with each bottle. Use it if you desire health and sweet breath. Price 50c. Sold by Geo. W. Benford & Son.

The most gorgeously dressed woman at the court of Spain is the young king's nurse. She always wears a dress of rich black velvet, with broad bands of gold round the skirt, an apron of blue velvet, also trimmed with gold, and a black velvet bodice fastened with silver buttons.

Shiloh's Catarrh Remedy.

Shiloh's Catarrh Remedy, a marvelous cure for Catarrh, Diphtheria, Canker Mouth, and Headache. With each bottle there is an ingenious Nasal Injector for the more successful treatment of these complaints without extra charge. Price 50 cents. Sold by George W. Benford & Son.

Mother—"For mercy's sake, child, what do you expect to do in the world? You can't cook, nor sew, nor teach school; and you are not an heiress and will not learn a trade—what can you do?" Daughter—"Well, mother, I can get married, can't I?"—*Chicago News.*

Come to the bridle chamber, Death?
Come to the mother, when she feels
For the first time, her first born's breath,
And thou art terrible?

The untimely death which annually carries off thousands of human beings in the prime of youth, is indeed terrible. The first approach of consumption is insidious, and the sufferer himself is the most unconscious of its approach. One of the most alarming symptoms of this dread disease is, in fact, the incradicable hope, which lurks in the heart of the victim, preventing him from taking timely steps to arrest the malady. That it can be arrested in its earlier stages is beyond question, as there are hundreds of well-authenticated cases where Dr. Pierce's Golden Medical Discovery has effected a complete cure.

Good For Rheumatism.

Winks—"I forgot all about my rheumatism last evening; I went to the minstrels and laughed straight along; didn't feel a twinge; funniest end-man I ever saw, only he was awfully hoarse."

Minks—"Hoarse chestnuts are good for rheumatism."

Rheumatism

Is undoubtedly caused by lactic acid in the blood. This acid attacks the fibrous tissues, and causes the pains and aches in the back, shoulders, knees, hips, and wrists. Thousands of people found in Hood's Sarsaparilla a positive cure for rheumatism. This medicine, by its purifying action, neutralizes the acidity of the blood, and also builds up and strengthens the whole body.

It Made Her Glad.

It was plain to all the passengers on the car that the couple were man and wife, and that the man was boozy. Every one felt sorry for the wife, feeling that she must be greatly embarrassed, and when the couple came to get off a gentleman on the platform said:

"Here, let me assist him. He seems to have rheumatism."

"Does he?" asked the wife, as she looked up. "Thank you, sir. I was afraid everybody would think he seemed to have too much drunk."

A Trial By Jury.

That great American jury, the people, have rendered a unanimous verdict in favor of Dr. Pierce's Pleasant Purgative Pellets, the standard remedy for bowel and stomache disorders, biliousness, sick headache, dizziness, constipation and sluggish liver.

THE SPRING MEDICINE YOU WANT

Paine's Celery Compound

Purifies the Blood,
Strengthens the Nerves,
Stimulates the Liver,
Regulates the Kidneys and Bowels,
Gives Life and Vigor to every organ.

There's nothing like it.

"I last spring, being very much run down and debilitated, I procured some of Paine's Celery Compound. The use of two bottles made me feel like a new man. As a general tonic and spring medicine, I do not know its equal."

W. L. GREENLEAF, Brigadier General V. N. G., Burlington, Vt.

$1.00. SEE for $5.00. At Druggists.

Use It Now!

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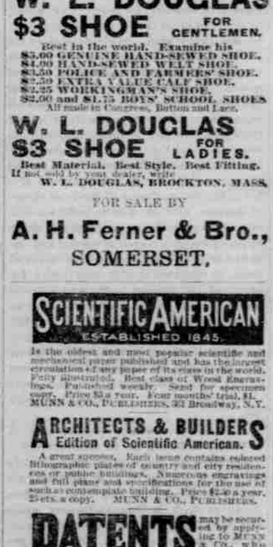

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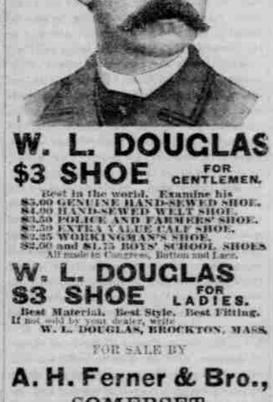

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