

# The St. Tammany Farmer.

"The Blessings of Government, Like the Dew from Heaven, Should Descend Alike Upon the Rich and the Poor"

W. G. KENTZEL, Editor.

COVINGTON, ST. TAMMANY PARISH, LA. SATURDAY, FEBRUARY 28, 1903.

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STONE PHONE, 61-2

WAREHOUSE PHONE, \*40.

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### Fruits and Vegetables as Medicine.

If the people understood the medicinal values of foods they would use them more for physical ills, and doctors might have to go to something else for a living, says What to Eat. For instance, spinach and dandelion are good for kidney troubles; celery is good for those suffering from rheumatism, neuralgia, disease of the nerves and nervous dyspepsia; lettuce and cucumbers cool the system, and the latter is good for insomnia. If you want to get a great amount of perspiration and relieve the system of impurities, just try asparagus. Tomatoes contain vegetable calcium, and good for liver troubles, and strawberries make a good complexion.

For malaria and erysipelas nothing is better than cranberries, while blackberries are useful in all cases of diarrhoea. Fresh carrots and yellow turnips are good for nervous disorders, gravel and scurvy; carrots for asthma; water-melon for epilepsy and yellow fever; watercress for scurvy; lemons for feverish thirst in sickness, biliousness, low fevers, rheumatism, coughs, colds and liver complaints.

Honey is a fine dish to take, and is wholesome, strengthening, heating and nourishing. Eggs, beaten up raw with sugar, are used to clear and strengthen the voice, the beaten white of an egg may be used to relieve hoarseness. Figs are valuable as a food to those suffering with cancer, and pie-plant is excellent for purifying the blood.

### TRAGEDY AVERTED.

"Just in the nick of time our little boy was saved" writes Mrs. W. Watkins, of Pleasant City, Ohio. Pneumonia had played sad havoc with him and a terrible cough set in besides. Doctors treated him, but he grew worse every day. At length we tried Dr. King's New Discovery for consumption, and our darling was saved. He's now sound, and well. Everybody ought to know, it's the only sure cure for Coughs, Colds and all lung diseases. Guaranteed by J. L. Watkins, City Drug Store. Price 50c and \$1.00. Trial bottles free.

The young lady said on starting home that she needed something more around her. The young man borrowed a shawl. He is still a bachelor. She is now the ma of four interesting children.

The Shah of Persia will not come to the United States because it would take him more than one day to cross the Atlantic. He is afraid of seasickness.

Mrs. Chester Coulter, president of the Utah State Federation of Women's Clubs, a member of the lower house of the state legislature, has been made chairman of the judiciary committee.

The prospective candidates for the Democratic nomination for next governor are thus enumerated by the Jackson Felicitas, though it may be remarked that there are probably several back parishes yet to hear from: "At present it looks as though the strength of the country parishes would be liberally divided between Lawracon, Snyder, Jastrenski, Blanchard and Michel, though it is too early yet to predict with certainty the strength of anyone. According to several exchanges Congressman Broussard must also be reckoned with, and Jared Sanders may also be a candidate. The latter is too brainy and aggressive to be kept in the background."

### A GOOD THING.

German Syrup is the special prescription of Dr. A. Boschee, a celebrated German physician, and is acknowledged to be one of the most fortunate discoveries in medicine. It quickly cures Coughs, Colds and Lung troubles of the severest nature, removing, as it does, the cause of the affection and leaving the parts in a strong and healthy condition. It is not an experimental medicine, but has stood the test of years, giving satisfaction in every case, which its rapidly increasing sale every season confirms. Two million bottles sold annually. Boschee's German Syrup was introduced in the United States in 1868, and is now sold in every town and village in the civilized world. Three doses will relieve any ordinary cough. Price, 25 and 75 cts. Sold by all druggists in the civilized world.

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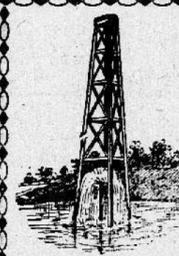
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