

A Trusted Official.

HONESTY AND TRUSTFULNESS REWARDED.

S. E. Brees, of Orange, Had an Experience Recently which is Intensely Interesting—An Example for Others.

From the *Lake Review*, Osakis, Minn.

"My wife and son finally advised me to take Dr. Williams' Pink Pills for Pale People. I didn't believe that there was any help for me, and one day my son came home with a box of the pills. I began taking them and before the box was gone I felt cheerful and easy, as my head was clear and seemed to be rested. The pain had left my heart, and I could walk as spry as ever.

"I have taken nearly five boxes and for the past two years my health has been steadily improving, and now I am able to do considerable work, both in winter and summer. Today I weigh about fourteen pounds more than I ever did. I have much faith in Dr. Williams' Pink Pills for Pale People, and this is because, in my opinion, they have alone restored me to health and strength.

"I am now 57 years old. I sleep good, the numbness has left my arms, my brain is clear, my heart beats regular, and all these comforts and blessings I attribute to the use of these pills.

"Subscribed and sworn to before me this 20th day of April, A. D. 1897.

WILLIAM B. LYONS,
Notary Public, Minn.

All the elements necessary to give new life and richness to the blood and restore shattered nerves are contained in Dr. Williams' Pink Pills for Pale People. They are sold in boxes (new in loose form, by the dozen or hundred) at 50 cents a box, or six boxes for \$2.50, and may be had of all druggists or directly by mail from Dr. Williams' Medicine Co., Box V, Schenectady, N. Y.

For Our Farmer Readers.
For the early spring setting of hens nine eggs are enough.

Hens are generally early risers, and should be fed accordingly.

It is a good idea to sprinkle the eggs when set for hatching with a little sulphur.

An occasional feeding of linseed meal to laying hens will be found to be very beneficial.

Young guinea fowls reach the adult period earlier than chickens and are less trouble to raise.

Certain germs thrive in the dark. That is a good reason for letting some sunlight into the stable and the hen-house.

Bedding should not be economized. Give the stock plenty of it to keep them comfortable and clean. None of it is wasted; it all makes manure.

A poor animal cannot possibly be made a good one by feeding. On the other hand, a good animal can be easily made a poor one by the want of feeding.

A kind word and a gentle stroke will make colts fond of their master. A sweet apple occasionally will increase their fondness for one and they never forget it. They will come to a person when they are matured horses, and only harsh use and unkind treatment will make them shun you.

Grass crops are always valuable to the farmer irrespective of market prices, because it is the most useful crop grown on the farm. Hay will bring good prices if used for producing the best quality of milk, butter and



A man must reap as he sows. If he sows ill-health he will reap ill-health. If he neglects his health the weeds of disease will grow up and choke it.

It is a daily and hourly marvel that men will recklessly neglect their health, when a moment's thought should tell them that they are courting death. It lies in most every man's power to live to a green old age. If a man would only take the same care of himself that he does his horse, or cow, or dog, he would enjoy good health.

When a man owns a hundred-dollar horse, and it gets sick, he does not waste any time about doctoring him up. When his garden gets full of weeds, he doesn't delay about rooting them out, for he knows they will choke out his vegetables. When he is out of sorts, sick, nervous, headache, has no appetite and is restless and sleepless at night, he pays little attention to it. The result is consumption, nervous prostration or some serious blood or skin disease. Dr. Pierce's Golden Medical Discovery is the best of all medicines for hard working men. It gives edge to the appetite, facilitates the flow of digestive juices, invigorates the liver and purifies and enriches the blood. It is the great blood-maker and flesh-builder. It cures 98 per cent. of all cases of lingering coughs, bronchial and throat affections, weak lungs, bleeding from lungs and kindred affections. Do not wait until the lungs are too far wasted to admit of being cured.

As you know, five years ago the doctors had given me up to die with consumption. writes Mr. E. G. McKinney of Deepwater, Fayette Co., W. Va. "I took treatment from Dr. R. V. Pierce and am entirely well now. I had taken steadily as directed, his Golden Medical Discovery. Dr. Pierce's Pleasant Pellets cure constipation. One little 'Pellet' is a dose

fail to germinate, owing to a lack of plant food. Spread a thin coat of stable manure over the land after the seed is sown. If manure cannot be had, spread a thin coat of straw and sow 250 pounds of kaimit and 200 pounds of bone phosphate to the acre. The chemical manures will furnish the plant food and the straw will afford a covering for the young seed.

Apples as Food.

The apple is one of the most wholesome and valuable of foods for the reason that it keeps so well in temperate climates, and presents such a variety of flavors, suiting itself to man's need by ripening at different seasons, and supplying a considerable amount of nourishment in the most easily digestible form. The nutritive value of an apple is above 14 per cent. Its value consists chiefly in the amount of carbohydrates and vegetable acids it contains. The apple contains a large amount of phosphorus, which fact has led to the supposition that it is particularly valuable as a brain food. But the value of any food is certainly not to be measured by the amount of phosphorus it contains. Pine phosphorus would be a poison, and even diluted phosphorus is in the highest degree unwholesome. The best foods are those that nourish the whole body, and not those that contain elements similar to those found in any one particular part of the body. The old Scandinavians believed that the gods subsisted wholly upon apples, and that it was through the peculiar properties communicated by this queen of fruits that they acquired the wisdom which they imparted to men.

The acids of apples are exceedingly useful through their stimulating effect upon the kidneys, whereby poisons are removed from the body, and the blood tissues purified. The acids of apples are all highly useful as a means of disinfecting the stomach, since the ordinary germs that grow in the stomach, producing biliousness, headache and other troubles, will not grow in fruit juice or fruit pulp.

The ripe apple is digested in about an hour, or an hour and a half, whereas a much longer time is required for all flesh foods and many cereal foods. Apples should not be eaten at meal time, nor alone at the beginning or the close of the meal, but if one chooses, throughout the meal, mingling the fruit with bread and other cereal preparations and also with nut products. In the case of a person suffering from biliousness, an excellent plan is to adopt an exclusive diet of apples for a day or two, or even longer. One could live upon an exclusive diet of apples for a week without injury, and in some cases decided benefits may be derived from the use of such a special dietary.—*Globe-Democrat*.

Masculine Women.

When I was a college youth I knew a girl who yielded to an understandable desire to be a good fellow among good fellows, and for the furtherance of this ambition cropped her hair close, put pockets in the sides of her skirts, adopted heavy boots and a swagger. She possessed real womanliness, but her appearance did not indicate it, and she became a by-word for the uncouth among the young men of our acquaintance. I heard of her recently, and I observe that she still bears her maiden name, whether from choice or necessity I will not undertake to say. But I know that the others, who were careful, neat, attractive in their appearance, are all more or less happily married. I mention this not as an argument to women, but to impress my contention as to the value which men place, perhaps unconsciously sometimes, upon this quality in woman's dress. I know that I am correct in saying that a man will form an unfavorable first impression of a woman more quickly from dowdiness or manishness in attire than from any defect in figure, face or intellect.—*Demorest's Magazine*.

Mr. T. H. Strout, Parkersburg, W. Va., says: "Gentlemen—I found that Beggs Cherry Cough Syrup does the business every time. Not once has it failed to cure my children of cold or croup. Even *la grippe* gives up its hold when tackled with Beggs Cherry Cough Syrup. I would sooner be without life insurance than not to keep a good supply of this medicine in my house. Sold by Sneed Drug Company.

Courier Points.

If a man can't trust himself he is apt to trust to luck.

It is a wise wife who knows all the tricks of her husband.

A man can't love what he mistrusts a woman can't mistrust what she loves.

A woman thinks you can burnish up your heart the same way you polish the silver.

When faith is gone love gets as near the commercial basis as respectability will stand.

The man who goes about wishing he was never born, is not the only man who regrets it.

There are some people with whom we have dealings that we know in advance we can't please.

It isn't working for a living that hurts the average man, but the kind of living he gets for his work.

Some girls close the shutters every evening to make the neighbors think they are expecting a beau.

Most people who try to ride the wheel of fortune manage to puncture the tire before they get very far.

Philosophy is the way you would feel when you crack your crazy-bone if you didn't feel the other way.

When we imagine we are having trouble we need only to look a little ways further to find a much worse.

Some men think their duty to the government is done when they sit around and feel sorry for the president.

It is funny how quiet churches keep a scandal in their own flock, and how they enjoy telling it if it occurs in another church.

When a woman finds that her dress don't match her complexion she usually finds it the easiest to change her complexion.

Sometimes the shutters are closed not because the young lady of the house is expecting a beau, but to keep burglars out.

When a fellow reaches man's estate he should put away childish things, yet most men marry and begin to accumulate them.

Some dealers seem to think that it will make you feel better to be told that they have just sold the article you are looking for.

A preacher's wife visiting in a strange town always says her husband didn't bring his best sermons, when asked to preach.

Most men spend their lives in the pursuit of two objects—the first is to beat some other man, and the second is to become rich.

A great many men who are always talking about the treasures they are laying up in heaven will never get a chance to claim them.

A girl said the other day that she did admire a drooping mustache, and it wasn't long after that until she saw one drooping her way.

Infatuation is a great deal like paralysis—sometimes it is all on one side, but when it takes effect on both sides it's a dead gone case.

Half the women in the world can't help being better than the men; the other half can't prevent the men from being worse than they are.

When folks change doctors and the case is lost, they console themselves by thinking if they had only changed in time it would have been different.

The reason it takes a man so long to open a pretty girl's door with her latchkey is that when she insists on helping him their fingers get mixed up.

The look of worry and anxiety on the average married woman's face should convince the girls that men are not worth the exertion necessary to capture them.

If a woman gives a man a chance to be bad and he doesn't happen to take it she always goes around warning her friends she has heard he is not a man to be trusted.

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