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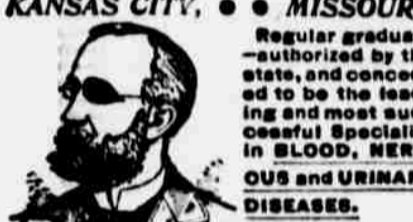
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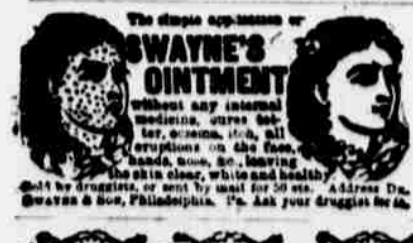
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In Dr. H. J. Whittier invariably successful? Because he makes no promises that he cannot fulfill. A void cheap cure-alls and unskilled physicians, and consult Dr. Whittier in person or by letter (giving symptoms) and receive the candid opinion of a physician of long experience, unquestioned skill and sterling integrity.

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What to Enjoy, and What to Read.
[Delivered at Amboy at a Sunday School Convention.]

This may seem a strange subject for such an intelligent audience as this, but when we take into account how much the happiness of our lives and those around us depend on "what to enjoy and what to read," you will kindly throw over and around us the mantle of charity, and for a few moments bear with us in following out a few thoughts we have arranged for your entertainment this evening. Youth must have its recreation. Enjoyment must mingle largely in the life of every healthy young person—enjoyment liberal, yet temperate. The active sports of childhood may be, and as far as possible, should be carried into early manhood. Athletic games, or whatever game carries the young man into the open air, braces the muscles and strengthens his health, and procures the merry-hearted companionship of his fellows, should be indulged in without stint, so far as his opportunities will permit and the proper claims of business or of study justify.

Shooting and fishing are amusements to which the young may freely betake themselves as they have opportunity. In addition to out-of-door amusements, there are various forms of indoor amusements which claim some notice. It is more difficult to find indoor amusements for the young, for the simple reason that happy and healthy exercise is the idea which is chiefly associated with and chiefly legitimate recreations on their part. And the open air is the natural place for such exercise. Yet indoor amusements must also be found. Music is one of the chief of these amusements and certainly one of the most innocent and elevating. Of all delights to those who have the gift or taste for it, music is the most exquisite. To affix the term amusement to it is perhaps scarcely fair. It is always more than this when duly appreciated. There is no other recreation, if this be the proper name for it, at all which is so purely intellectual. Other amusements, many games may exercise the intellect, and even largely draw forth its powers of forethought, of decision and readiness, but music appeals to the soul in those deeper springs which be close to spiritual and moral feelings. It lifts it out of the present and visible into the future and the invisible. Even in its gayest and lighter strains, it often does this as well as in its more solemn and sacred chants. The simple lit of a song which we have heard in youth, or which reminds us of home and country, some fragment of melody, slight in meaning, yet exquisitely touching in sweet or pathetic mildness, will carry the soul into a higher region and make us feel kindred with the immortal. A joy so precious as this, and which may minister to such high ends, is one which we are bound to cultivate in every manner, and for which we are warranted in seeking the fullest indulgence. The concert, the opera are all, from this point of view, to be recommended.

The love of play of any kind, in the shape of billiards or cards, or anything else, is a hazardous, and may prove before you are well aware of it, a fatal passion. Whenever it begins to develop you have passed the bounds of amusement, and to indulge in any game but for amusement is at once an infatuation and temptation of the worst kind. The drama is, in its idea noble and exalting, one of the most natural and therefore most effective expressions of literary art. Who may not be made wiser and better by the study of Shakespeare's wonderful creations? In what human compositions, rather than in his plays, would young man seek for the stimulus of high thoughts and the excitement of lofty and heroic, or gentle and graceful virtues. The stage, in its true conception, is a school of morals as well as of manners, in which the things that are excellent should commend themselves, and the things that are low and bad show their own disgrace. Moderation is the difficulty of youth in everything. Yet, when the bounds of moderation are once passed, all the enjoyment ceases; therefore, in all your enjoyments, be moderate. The principle that leads and regulates you must be from within. Let your heart be right in the love of God and the faith of Christ and difficulties will disappear. Your recreation will fit in

naturally to your life. The inner life in you will assimilate to the Divine everywhere, and return its own blessed and consecrating influence to all your work and all your amusements. Not long since, I read this of books: Some are to be tasted, others to be swallowed, and some to be chewed and digested. If this be true of the past, how much more so of the present, when books have multiplied beyond all precedent in the world's history. It has become, in fact, a task beyond the power of any person to keep up, as it is said, with the rapidly accumulating production of literature in all its branches. To enter a vast library, such as all our large towns boast, and survey the closely-packed shelves, fills the mind with a sense of oppression at the mere physical impossibility of ever coming in contact with such multiplied sources of knowledge.

Lord Macaulay has spoken of an eminent soldier and distinguished diplomatist, who had enjoyed the confidence of the first generals and statesmen which Europe has produced in our day, and who confessed that his success in life was mainly owing to his advantageous position, when a young man, in the vicinity of a library. The influence of books at a certain stage of life is more than can be well estimated. The principles which they inculcate, the lessons which they exhibit, the ideals of life and character which they portray, root themselves in the thoughts and imaginations of the young minds. They serve with a force which, in after years, appears scarcely possible. And when their faculties in more restlessness might consume themselves in riotous frivolity and self indulgence, they often receive, in communion with some true and earnest book, a right impulse, which turns to safety, honor and happiness. Books may be classified conveniently enough in four divisions—philosophical, theological, historical, scientific, books of poetry and fiction. The mind must have its training, and the young man or woman in the full flush of their opening powers are naturally drawn to the examination and discussion of the highest problems that concern their being and happiness. There is a sanguine daring of speculation in the fresh and inexperienced mind which the veteran philosopher, warned by the many defeats, sadly recalls. This youthful speculation may be very useless in its results, but if not misdirected it may prove a precious training. The mind rises, in its very defeats in such service, more vigorous and more elastic.

The great work of Locke, on the human understanding, every young man who has a love for speculation ought to study, and his small work on the conduct of understanding he should master. It has been truly said, every thinking man should know something of theology, and there are young minds that will, by an irresistible impulse, seek their main intellectual discipline in the reading of theological authors. Butler, Leighton and Hooker are three great writers that can be confidently recommended to the study of young men. Every young man should give his earnest attention to the reading of scripture. Let him not suppose that he can easily know all that it contains. Let him not be contented to read a chapter now and then rather as a duty than as a living interest and education. It is not only his christian intelligence and sensibility that will be everywhere drawn forth in the perusal of its blessed pages, but his taste, his imagination and reason will be exercised and regaled in the highest degree. Its poetry is beyond all other poetry; its narratives are models of simplicity and graphic life; it abounds in almost every species of literary excellence and intellectual sublimity; it is, above all, the inspired word of God. Whatever you read, therefore, do not forget to read the bible. Let it be as the man of your counsel, and the guide of your right hand, as a lamp to your feet and a light unto your path.

The law of the Lord is perfect, converting the soul. The testimony of the Lord is sure, making wise the simple. The statutes of the Lord are right, rejoicing the heart. The commandments of the Lord are pure, enlightening the eyes. Our age has produced many great historical works. Many of them are so popular and universally read that it is needless to recommend them. Ma-

cauly's wonderful volumes, as they successively appeared, carried captive the minds of the old and young. The works of Hallam, of Thirwall and Grote, of Milman and Prescott, of Frode and of Molley, give the student a great field for study. A careful study of any one of these histories is an education of itself. Many can recall how the perusal of such a masterpiece as "Gibbon's Decline and Fall of the Roman Empire" served to raise the conception of what the human mind could do, and left an indelible impress on the intellectual character. To read merely that you may repeat the verses of the historian, or perhaps imbibe his prejudice, is a poor and even an injurious result. Whatever contributes to unveil the past, to make it an intelligible reality and not a mere shadowy picture, is the right material of history, and its highest use is to give such an insight into the past as may happily guide and influence the future.

Of all departments of knowledge that of popular science may be said to be making the most advance. Sir John Herschell, Sir David Brewster, Hugh Miller, Mr. Lewis, Mr. Hunt and others have all written of science so as to interest any but the most indifferent minds, and the young student who would follow out such studies will find in the writings of these well-known authors, at once, their plainest and their highest guides. Many minds turn away in weariness from scientific pursuits because they aim to accumulate facts and stow their memory with details instead of grasping for principles. It is said by the wise that, in many respects, the books of poetry and fiction are the most important. The moral effect of our modern poetry and fiction upon the young increases the spirit of human sympathy and is deserving of commendation. The literature of the last age was especially defective, in this respect: it lacked genial tenderness or earnest sympathy for human suffering and wrong. Its paths was hard and artificial. It wept over imaginary sorrows; it rejoiced in merely sentimental triumphs. In contrast to this, the poetry and fiction of our time concern themselves closely with the common sorrows and joys of the human heart. The pater of Dickens, Kingley, Miss Mulock, Mrs. Gaskell, Mrs. Oliphant and George Eliot are all intensely realistic. A deep thoughtful tenderness for human miseries, and a high aspiration after human improvement animate all of them. It is impossible to read their novels without having our moral sentiments acutely touched and drawn forth. The same is eminently true of the poetry of Lord Tennyson, Mrs. Browning and others. It is impossible for the young to lose such poetry and to study it without a kindling in them of something of the same affectionate interest in human welfare, and aspiration after human improvement. The study of English poetry, as represented by the great names of Wordsworth, Cowper, Dryden, Milton, Shakespeare, or Spenser, is a lasting educational gain.

Any youth who spends his leisure over the pages of the "Excursion," "Paradise Lost" or the "Fairy Queen" is engaged in an important course of intellectual discipline, and if you would wish to know the charms of literary delight in their full freedom and acquisition, you must have often recourse to these great lights of literature, and seek to kindle your love for "whatever hath passion or admiration" at the flame of the genius. What a wide field of study is before every young man and woman who love books and would seek to improve themselves by their study. Different tastes will seek different parts of it. Whatever part you may select, devote yourself to it. Read with a view to cultivate and advance your intellectual



IVORY SOAP
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life. Read whatever you read with enthusiasm, with a generous yet critical sympathy. Make it your own. Take it up by lively and intelligent at every point, into your own mental system and assimilate it. An active interest is a condition of all mental improvement. The mind only expands or strengthens when it is fairly awakened. Give to all your reading an awakened attention, a mind, a live and hungering after knowledge, and whether you read history, poetry, science, theology, or even fiction of a worthy kind, it will prove to you a mental discipline and bring you increase of wisdom.
M. J. CARPENTER.

A Des Moines woman who has been troubled with frequent colds, concluded to try an old remedy in a new way, and accordingly took a teaspoonful, four times the usual dose, of Chamberlain's Cough Remedy just before going to bed. The next morning she found that her cold had almost entirely disappeared. During the day she took a few doses of the remedy, one teaspoonful at a time, and at night again took a teaspoonful before going to bed and on the following morning awoke free from all symptoms of the cold. Since then she has, on several occasions, used this remedy in like manner, with the same good results, and is much elated over her discovery of so quick a way of curing a cold. For sale by Deyo & Griec.

We have just deposited another communication in our capacious waste paper basket. It was written on "only one side of the paper," in a legible hand, and the spelling and punctuation were not far astray. What was the matter with the document, do you ask? It contained too many big words. The meaning was obscured by excessive rhetoric. Hence, what the writer wishes to say lacked in directness and force. Many young writers make this mistake. They have a mania for high-sounding expressions. They imagine it to be an evidence of literary taste and culture. That is a mistake. The best writers use very simple language. They find it more expressive, and never use unusual phrases when familiar ones will answer as well. Young people do not use big words.

As an illustration of the work of some ambitious writers, we give a bit of advice in their favorite style: In promulgating your esoteric cogitations or articulating your superficial sentimentalities and amicable, philosophical, or psychological observations, beware of platitudinous ponderosity; let your conversational communications possess a clarified conciseness, a compacted comprehensiveness, coallescent consistency, and a concatenated cogency. Eschew all conglomerations of fluent garrulity, jejune babblement, and asinine affectations. Let your extemporaneous descantings and unpremeditated expatiations have intelligibility and veracious vivacity without rhodomontade or thrasological bombast. Sedulously avoid all polysyllabic profundity, pompous prolixity, psittacous vacuity, ventriloquial verbosity, and vaniloquent rapidity. Again we say unto you, do not use big words!—Eppworth Herald.

Dr. Price's Cream Baking Powder
World's Fair Highest Award.

Of course you are not down-right sick—you are only a great deal more dead than you ought to be. This debilitated state of health is the result of a failure of the kidneys and liver to do their work—that is eliminate the impure matter from the blood. Assist these organs by taking Haller's Sarsaparilla and Bardock and good health, with strength and activity will surely return to you. Ask for it at Deyo & Griec's.

A lodge of the order of the Tribe of Ben Hur has been organized at Fremont

C. C. Snyder, postmaster at Fairview, S. D., writes under date Jan. 18, 1894. "Gents:—I consider your Pain Paralyzer rightly named. Instant relief has followed its use in every case when thoroughly applied. I have successfully used it for toothache, headache, pains in the chest, colic and cramping pains in the stomach. I can cheerfully recommend it, and as for myself would not keep house without it. It is a ready relief for all aches and pains. Sold and guaranteed by Deyo & Griec druggists.

Two Swedish lady missionaries are doing revival work at Oakland.

"Orange Blossom," the common sense Female Remedy draws out pain and soreness. Sold by C. L. Cotting.

The assessed valuation of Red Willow county for last year was \$1,330,184.

The name One Minute Cough Cure suggests a medicine that relieves at once, and quickly cures. Its use proves it.

John T. Waterhouse a millionaire and the oldest merchant in Honolulu, is dead.

Shiloh's cure, the great Cough and Croup cure is in great demand. Pocket size contains twenty-five doses—only 25c. Children love it. Sold by druggists.

Cultivation to the minds is as necessary as food to the body.—Cicero.

Many people have no time, and sensible people have no inclination to use a slow remedy. One Minute Cough Cure acts promptly and gives permanent results.

Death has nothing terrible which life has not made so.—Edwards.

Most people can not afford to experiment. They want immediate relief. That's why they use One Minute Cough Cure.

Employment and ennui are simply incompatible.—Mme. DeLuzy.

The Haller Proprietary company desire to assure all mothers that their Haller's Sure Cure Cough Syrup contains no harmless ingredients. No injury can result from its use. Keep it on hand and be prepared to ward off and cure attacks of croup. It is good for grandma and the baby—for the old and young. A never failing sure cure for coughs and colds. Every bottle guaranteed to benefit or money refunded. Call for it at Deyo & Griec's drugstore.

Those who hope for no other life are dead even for this.—Goethe.

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