

PAINÉ'S CELERY COMPOUND.

Mrs. J. A. Sample Owes Her Strength to This the Best of All Remedies.



For the unfortunate who lie awake staring at the ceiling and counting the strokes of the clock, every sleepless night is an eternity.

Mrs. J. A. Sample of 1558 Broadway, New York city, was afflicted with insomnia until her nerves were on the verge of prostration. She thinks her condition was due to indigestion. Here is what Mrs. Sample says:

"I have used Paine's celery compound with marked and decided benefit. It is especially useful in insomnia, arising from indigestion and poorly nourished nerves.

"I should add that my grand daughter, Vera H. Leigh, was so thin and puny at the age of ten as to cause us the greatest anxiety. We had no difficulty in inducing her to take Paine's celery compound. Today the roses bloom in her cheeks, and I never saw a healthier, stronger child than Paine's celery compound has made her."

The brain is the center of the nervous system. Sleep alone rests this vital organ, together with the nerves. During the waking hours the nervous

system works incessantly. Poor sleep means a poor nervous condition, and prolonged insomnia leads in every case to prostration, and too often to dread insanity. The mischief that results from weakened nerves is much greater and more destructive than most folks even dream of.

The all-important thing for nervous run-down persons, and for those who are losing sleep is that Paine's celery compound builds up the whole system and by improving the digestion and regulating the nerves it insures sound, refreshing sleep.

In winter most women and many men lead hotheuse lives. A flagging appetite, a disposition to pick at this and that, rather than to eat a square meal, is among the early indications of falling health. Then comes delay in falling asleep and the fretful uneasy feeling the next day.

Diliverance from such a miserable condition by the use of Paine's celery compound has caused men and women from every section of the United States to write sincere, hearty words of praise and thankfulness for this

grand invigorator. People enjoying perfect health sometimes wonder at this gratitude, but whoever has suffered from prostration of the nerves, of which insomnia is one of the symptoms, will understand how hard it is to overstate the torment of this condition. And whoever has been made completely well by Paine's celery compound feels so words can overstate the joy and gratitude such persons feel.

This is the state of mind of thousands of nervous, sickly, broken-down persons who have used Paine's celery compound and been made well.

Mrs. Sample tells of the happy result in the case of her grandchild Osa, of the most conspicuous instances of the remarkable power of Paine's celery compound over debility is shown in the relief it has afforded children. Of course the dose is adapted to the age of the little patient. The compound purifies the blood and corrects any tendency to constipation. Pale, puny children are made vigorous, rosy and healthy by this incomparable remedy.

Town or Country Hens.

Observation leads us to believe that seven-tenths of the fancy poultry breeders of this country live in town. By town we mean city, village and hamlet. The straight out farmer fanciers are very few indeed. Some—in fact, a very few—of the town people keep fine fowls in suburban lots, but the range is generally measured by feet and not by acres. We believe fully 50 per cent of all the poultry fanciers keep their fowls on ordinary town lots—usually on the back end of the lot in pens of small size. We have done so, and been successful, too.

We have fowls in town on an ordinary lot in pens from 15 to 20 feet square. The town chickens really look better than the country chickens in their large sized grassy runs. Why? Because in the country we depend on the grass in the runs for green food; at this season it gets old and tough, the fowls can't eat it and hence they have no green food.

In town we grow little patches of oats, rye and mustard, pull it while young, fresh and tender, and feed it to the fowls daily. Result: Bright combs and eyes, smooth plumage, eggs, thrift and profit.

Early in the season we planted corn and sunflower scatteringly in our cultivatable spots, and it is around and about the corn and the sunflowers that we grow the green stuff. Chickens like such coverings and will work about in them all day. We throw millet seed in there for which they scratch. Sometimes the chicks out it, and often they cover it up; we wet it down at night, and in a day or so they have a fresh green sprout instead of a seed.

We let the chicks in on the green intended for them, but that grown for the fowls we pull and feed in the pens. Green stuff is the basis of health and vigor in both fowls and chickens, and, mind you, it cuts a big figure in the feed bill. It cuts it down about half, for from a peck of seed we can grow several bushels of sprouts.

The green that we grow for the old fowls we gather or pull over three or four times before reseeding, taking care not to pull up the roots.

Hens will lay and chickens grow and thrive in the back yard to the city residence if they have their "cases" of green.—Poultry Journal.

What is CASTORIA

Castoria is Dr. Samuel Pitcher's prescription for Infants and Children. It contains neither Opium, Morphine nor other Narcotic substance. It is a harmless substitute for Paregoric, Drops, Soothing Syrups, and Castor Oil. It is Pleasant. Its guarantee is thirty years' use by Millions of Mothers. Castoria destroys Worms and allays feverishness. Castoria prevents vomiting Sour Curd, cures Diarrhoea and Wind Colic. Castoria relieves teething troubles, cures constipation and flatulency. Castoria assimilates the food, regulates the stomach and bowels, giving healthy and natural sleep. Castoria is the Children's Panacea—the Mother's Friend.

Castoria.

"Castoria is an excellent medicine for children. Mothers have repeatedly told me of its good effect upon their children."
Dr. G. C. Osmond, Lowell, Mass.

"Castoria is the best remedy for children of which I am acquainted. I hope the day is not far distant when mothers will consider the real interest of their children, and use Castoria instead of the various quack nostrums which are destroying their loved ones, by forcing opium, morphine, soothing syrup and other hurtful agents down their throats, thereby sending them to premature graves."
Dr. J. F. Kincheloe, Conway, Ark.

"Castoria is so well adapted to children that I recommend it as superior to any prescription known to me."
H. A. Archer, M. D., 111 So. Oxford St., Brooklyn, N. Y.

"Our physicians in the children's department have spoken highly of their experience in their outside practice with Castoria, and although we only have among our medical supplies what is known as regular products, yet we are free to confess that the merits of Castoria has won us to look with favor upon it."
UNITED HOSPITAL AND DISPENSARY, Boston, Mass.
ALLEN C. SMITH, Pres.

The Centaur Company, 77 Murray Street, New York City.

WHY WE WARE HEELER & WILSON'S No. 9 SEWING MACHINES POPULAR? BECAUSE LADIES BUY THEM LIKE THEM AND TELL THEIR FRIENDS.

Many ladies have used our machines twenty to thirty years in their family work, and are still using the original machines we furnished them a generation ago. Many of our machines have run more than twenty years without repairs, other than needles. With proper care they never wear out, and seldom need repair. We have built sewing machines for more than forty years and have constantly improved them. We build our machines on honor, and they are recognized everywhere as the most accurately fitted and finely finished sewing machines in the world. Our latest, the "No. 9," is the result of our long experience. In competition with the leading machines of the world, it received the Grand Prize at the Paris Exposition of 1889, as the best other machines receiving only complimentary medals of gold, silver and bronze. The Grand Prize was what all sought for, and our machine was awarded it.

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FOR YOUR PROTECTION.

We positively state that this remedy does not contain mercury or any other injurious drug.

Nasal Catarrh is a local disease and is the result of colds and sudden climatic changes.

ELY'S CREAM BALM!

Opens and cleanses the Nasal Passages, Alleviates Pain and Inflammation, Heals the Sores, Protects the Membrane from Colds, Restores the Sense of Taste and Smell. The Balm is quickly absorbed and gives relief at once.

Price 50c. at Druggists or by mail.

ELY BROTHERS, 46 WATER STREET, NEW YORK

HINDERCORNS The only sure Cure for Corns, Bunions, Blistered Feet, etc.

PARKER'S HAIR BALSAM Cleanses and beautifies the hair. Promotes luxuriant growth. Never Falls to Rest. Gray Hair to its Youthful Color. Cures scalp disease & hair falling out. Price 25c. at Druggists.

IF YOU ARE CONSUMPTIVE or have Indigestion, PARKER'S GINGER TONIC. Many who were hopelessly discouraged have regained health by its use.

Chickering's English Diamond Brand PENNYROYAL PILLS

Original and Only Genuine. Sarsaparilla, with the most powerful purgative effect. It is the only medicine that cleanses the blood and restores the system to its normal condition. It is the only medicine that cures all the diseases of the blood. It is the only medicine that restores the system to its normal condition. It is the only medicine that cures all the diseases of the blood. It is the only medicine that restores the system to its normal condition.

NEWSY FARM NOTES.

Sheep do well on corn fodder.

An egg freezes at about ten degrees above zero.

A sugar refining company is about to be formed in Japan.

Feed the table scraps before they have become soured.

Cranberries are being successfully cultivated in Dare county, N. C.

Feeding the fowls too much cayenne pepper is apt to produce liver trouble.

In Butte county, Cal., eight olive trees are reported to have yielded 450 gallons of oil.

A large part of the fog, used on the farm goes back to the land through the manure heap.

A warm house, a varied diet, plenty of exercise and very early hatched last spring's pullets are the chief ingredients of the winter eggs.

The New York horse show cleared about \$100,000 for the stockholders. The trotting-bred horses won nearly all the prizes in driving and carriage classes.

In feeding barley to hogs the best results are obtained by grinding the grain and soaking it for five or six hours before feeding. If given whole much of the barley will pass undigested.

While the first cross often unites the good qualities of both parents, any attempt to breed from it causes the blood that the progenitors have in common to prevail, and the offspring revert back to the original unimproved type.

Pitcher's Castoria.
Children Cry for

DR. KILMER'S SWAMP ROOT

THE GREAT KIDNEY, LIVER AND BLADDER CURE.

Biliousness
Headache, foul breath, sour stomach, heartburn, pain in chest, dyspepsia, constipation.

Poor Digestion
Distress after eating, pain and bloating in the stomach, shortness of breath, pain in the heart.

Loss of Appetite
A splendid feeling to-day and a depressed one to-morrow, nothing seems to taste good, tired, sleepless and all unstrung, weakness, debility, Swamp-Root builds up quickly a run-down constitution and makes the weak strong.

At Druggists 50 cents and \$1.00 size. "Invincible Guide to Health" free—Consultation free.
DR. KILMER & CO., BINGHAMTON, N. Y.

active, courageous and gallant. He should be bred from stock of well tried merit, so that no danger of poor, indifferently stock may crop out. Careful selection of brood cocks from various yards of high class chicks. We occasionally see a fine looking cock bred from poor stock—it is not often, but when there are such cases, still it would be dangerous to select such a bird to head the breeding pen, as his progeny will almost surely take after the stock from which he was bred. Every hen should also be carefully selected, if one wishes to keep one's reputation as a breeder of choice fowls. A poor hen in a pen may throw a few defective chicks but a poor cock (let the hens be ever so good) will likely be the cause of a large majority of inferior chickens—Jane Fanciers' Journal.

In proportion as we live for others, we'll find life worth living.

Those who are troubled with the matter should try a few applications of Chamberlain's Pain Balm, rubbing the parts vigorously at each application. It does not bring relief dampen a piece of flannel with Pain Balm and bind it on over the seat of pain and prompt relief will surely follow. For sale by H. E. Grice.



Children's suits, from 3 to 15 years. We have an elegant line to select from, in smaller sizes we have them as low as 75 cents. Winner, the Clothier.

Quality of Hay.—More care is commonly taken by horse-owners as to the quality of the oats than of the hay they purchase. Yet there is a greater difference between good and inferior hay than between the best and, say, third or fourth class oats. Hay varies greatly, not only in the quality of the herbage of which it is composed, but in the conditions under which it has been harvested, and in how it has been cured in the stack. Horses rarely suffer from eating bad oats, while much disease in the stable is attributed to the quality of the hay they consume. It has been estimated about 50 per cent of the cases of colic which occur in large stables are due to the hay with which the horses are provided. Owners of large studs frequently experience an outbreak of colic among their animals with the purchase and consumption of a fresh consignment of hay. Hay poor in quality and badly stacked is a most expensive fodder, from the disease it frequently engenders, as well as from its low consuming value. Great care should be exercised in the purchase of foreign hay.—Ex.

Winter Feed of Ewes.—If the ewes go into winter quarters in good condition, have an abundance of sweet clover hay and an occasional run on the rye field on sunny days, they need have no grain whatever until near the weaning time, and then it should be light at first and gradually increased in quantity until they are on full rations.—Ex.

It's all the same, a slight cold, congested lungs or severe cough. One minute cough cure is banish them. C. L. Cutting

The March number of the NEBRASKA AND KANSAS FARMER, with A. C. Hosmer as editor, came out this week. It consists of sixteen pages, and will, in our opinion, forge to the front among our agricultural journals.—Golden Belt, Red Cloud, Nebr.

A. C. Hosmer, editor of the Red Cloud Chief, with his other duties finds time to be business manager and editor of the NEBRASKA AND KANSAS FARMER, which is published at Red Cloud. It is a sixteen page monthly and a very neat publication.—Nebraska Editor.

A. C. Hosmer of the Red Cloud Chief has secured the NEBRASKA AND KANSAS FARMER and is making a very creditable agricultural paper of it. Its contributors are mostly residents of the Republican valley, and as a consequence the articles treat largely of local conditions making them especially valuable to our farmers.—Superior Journal.

The March number of the NEBRASKA AND KANSAS FARMER is on deck this week. It is a sixteen page journal, devoted to agriculture and stock raising and everything pertaining thereto. It is published by the Farmer Co., in Red Cloud with A. C. Hosmer at the helm as manager. The FARMER is a beauty in point of typographical neatness, and is one of the best publications of its kind in the United States.—Red Cloud (Neb.) Nation.

Our old friend, A. C. Hosmer, of the Red Cloud Chief, sends us a copy of the NEBRASKA AND KANSAS FARMER—always a good paper, but now better and brighter than ever under Mr. Hosmer's control. All the departments are well represented—agriculture, horticulture, irrigation, stock-raising, poultry, apiculture, the household, etc. Besides these features the Farmer has an abundance of editorial and local matter, which taken altogether makes a very interesting farm journal, and one which THE SIX can heartily recommend to farmers in this section.—Superior, (Neb.) Sun.

Rheumatism Cured in a Day.

"MYSTIC CURE" for Rheumatism and Neuralgia radically cures in 1 to 3 days. Its action upon the system is remarkable and mysterious. It removes at once the cause and the disease immediately disappears. The first dose greatly benefits. 75 cents. Sold by H. E. Grice, Red Cloud.

To the Reading Public.

Do you wish to become acquainted with the leading agricultural and poultry papers? For ten cents in silver, or postage stamps, your name will be placed on the press Circulator list, and the leading agricultural and poultry papers of the United States will send you sample copies free. Got on this list at once, and you will secure lots of good literature, and are sure to be more than satisfied with the investment. Write your name and address plainly, and address your letters to POETRY, Lock Box 1034, Des Moines, Ia.

Burns are absolutely painless when DeWitt's Witch Hazel Salve is promptly applied. This statement is true. A perfect remedy for skin diseases, chapped hands and lips, and never fails to cure piles. O. L. Cutting.

Trees and Plants.

If you want any trees, shrubs or plants this spring, now is the time to order them. Strawberry plants, first-class, 60 cents per hundred. L. H. Rest.

The U. S. Gov't Reports show Royal Baking Powder superior to all others.