

HARKNESS BROS. DRY GOODS & CARPET HOUSE.

Have the Largest Stock and Cheapest Patterns of CARPETS! Ever Brought to the City, and at LOWER PRICES than ever offered in this vicinity, DO NOT FAIL TO CALL AND EXAMINE STOCK BEFORE PURCHASING.

COUNCIL BLUFFS RAILROAD TIME TABLE.

Table with columns for destination (Chicago, Burlington & Quincy, etc.), departure times, and arrival times for various railroads.

CHICAGO, BURLINGTON & QUINCY RAILROAD.

OFFICE OF FREIGHT AGENT. Arrangements have been made for the Loading in Chicago Daily of one or more cars with MERCHANDISE SOLID CONSIGNED TO PARTIES IN COUNCIL BLUFFS.

A. B. WEST, GENERAL AGENT. H. R. JONES, FOR THE Douglas Vapor Stoves.

MRS. E. J. HILTON, M. D., PHYSICIAN AND SURGEON. OFFICER & PUSEY, BANKERS, Council Bluffs, Ia.

Established 1856. Dealers in Foreign and Domestic Exchange and Bonds.

WESTERN CORNICING WORKS! Iron and Slate Roofing. O. SPECHT, Proprietor.

1111 Douglas St., - Omaha, Neb. MANUFACTURERS OF GALVANIZED Iron Cornices!

DORMER WINDOWS, FINIALS, Tin, Iron and Slate Roofing. Specht's Patent Metallic Skylight Patent.

IRON FENCING, Castings, Iron and Slate Roofing, Bank Buildings, Window Blinds, etc. GENERAL AGENT FOR FREESON & ELLI PAINT IN SIDE BLIND.

HOW ATHLETES TRAIN.

Gymnast's Habits and Incomes. High Salaries Paid For Skill and Daring.—The Work of the Trainer. Developing the Muscles in Early Youth.

In recent years, says the New York Star, much discussion has taken place among physicians and others as to the effect of aerobic and gymnastic exercises on the human system.

And first it must be admitted that the professional athlete follows his avocation solely for gain, and enlists and trains recruits with the same object in view.

The gymnastic profession is divided into two distinct branches, each comprising many "lines" and specialties—gymnasts, those who display feats in mid-air, as trapeze flying, ceiling walking and exercises on lofty bars or rings; and acrobats, who practice tumbling upon or in closer proximity to the earth.

The first and chief aim of the trainer is to work up the muscular strength of his subject to as high a pitch as possible. He feeds the boy on an abundant and nourishing diet, and teaches him to be temperate in all things.

By the time the pupil reaches the age of twelve or thirteen years, and before the term of his apprenticeship shall have expired, the trainer often finds it necessary to pay him a salary, otherwise he may run away and join a performing troupe under an assumed name.

On a embarked in the life of a gymnast few men turn to other occupations, and their labor is only ended by infirmity, age, or death.

All manner of devices are introduced to impart a spirit of novelty to old tricks in every department.

Inquiry among physicians and others who have the best means of knowing the facts, goes to show that the physical education and training of boys for the athletic profession is at present conducted with the greatest care and skill, and is not unwholesome.

Dr. Shoemaker on Hates and Hair. The stiff hats, so extensively worn by men, produce more or less injury.

They are compounded from Hops, Malt, Buchu, Mandrake and Dandelion,—the oldest, best, and most valuable medicines in the world and contain all the best and most curative properties of all other remedies, being the greatest Blood Purifier, Liver Regulator and Life and Health Restoring Agent on earth.

A real Enoch Arden died in East Hampton, April 8, in the person of Harry Rockwell. He was born in Warehouse Point, in the same state, January 18, 1799, and was married in East Hampton the day after he was 21.

On which they shipped, England and Spain were then at war, and in the course of events a Spanish vessel captured the Englishman, and the crew were thrown into prison, where they endured severe privations, being almost starved themselves and almost frozen by the weather.

Mr. Evans had married one George Evans, by whom he had a son and daughter, who are still living, and another son, who died in the United States service during the war.

Mr. Evans had a peculiar velleity, as he had never seen before, the long-haired Lombard, as they called each other. Two days after they were remarried by a clergyman who still survives.

It is injurious to both men and women to go into the surf having some washing of the hair, without properly protecting it; the water has not, as is often thought, a tonic action on the scalp; on the contrary, it often excites irritation and general thinning.

Princes, potentates, plain people, everybody needs Samaritan Nerve. Of druggists \$1.50. Col. H. Waters, U. S. district attorney, Kansas City, said: "Samaritan Nerve cured my niece of spasms." Druggists in all states keep it.

Frederick M. Shaw went to Southern California ten years ago to establish a vegetable colony. The enterprise was a failure, and Shaw, retiring to the mountains, made a house in a tree top.

trousers to meet his bride. The couple set up housekeeping in a shanty built under his favorite tree. To the bridegroom's waltz and honey was added a box of raisins from the friend. In this fashion the couple lived for two years, when the woman grew weary and took up her residence in town.

A ball player out at L. Croase, Got his arm in a twist by a toos, Now to all he don't tell, St. Jacob's Oil made him well, Of pain cures he calls it "the boss."

COUNCIL BLUFFS ADDITIONAL LOCAL NEWS.

RAILROAD ROW. The Citizens of Manning Stirred Up Over the Matter.

There is a lively railway row at Manning, which has stirred up the business men greatly. It seems that the town voted \$3,000 to the Chicago, Milwaukee & St. Paul company to build a depot there and run the track through the place.

Mr. D. H. Barnaby, of Oswego, N. Y., says that his daughter was taken with a violent cold which terminated with pneumonia, and all the best medical advice failed to cure her.

COMMERCIAL. COUNCIL BLUFFS MARKET. WHAT—No. 2 spring, 80c; No. 3, 70c; rejected 50c; good demand.

COAL—Delivered, hard, 11 00 per ton; soft, 5 50 per ton.

EGGS—Fresh, 12c; double-yolk, 15c; 10c per dozen.

ARMY OFFICER'S TESTIMONY. Captain Joseph L. Hayden, residing at No. 24 Fourth street, South Boston, Mass., formerly captain in the army, now with the Walworth Manufacturing Company, South Boston, writes, April 29, 1883:

"While living in Cambridgeport my wife was afflicted with terrible pains in her back and sides, accompanied with great weakness and loss of appetite. She tried many so-called remedies without avail, growing rapidly worse, when her attention was called to Hunt's Remedy.

MADE A MAN OF HIM. Mr. C. G. Wheeler, No. 23 Austin Street Cambridgeport, Mass., makes the following remarkable statement: "On April 27, 1883, he writes as follows: 'I have been troubled with kidney disease for nearly twenty years. Have suffered at times with terrible pains in my back and limbs. I used many medicines, but finding nothing that would do me any good, I purchased a bottle of Hunt's Remedy, and before I had used this bottle I found relief, and continuing its use, my pains and weakness all disappeared, and she is a well woman. Many of our relatives and friends have used Hunt's Remedy with the most gratifying results. I have recommended it many times, and I have many times heard the same story. Hunt's Remedy is all that is claimed for it, and a real blessing to all afflicted with Kidney or Liver trouble.'

"FOR TABLE USE" The Natural Mineral. KAISER WATER. From Hirschen on the Rhine. RECOMMENDED BY THE BEST MEDICAL AUTHORITIES.

ST. LOUIS PAPER WAREHOUSE! GRAHAM PAPER CO.



SOLID SHOT AGAINST Blood Poison.

Mercurial Remedies made me a cripple. After using Hunt's Remedy I was a skeleton, and after being treated by three physicians was confined to my bed, not able to rise for two months. I would have been long dead, had not the weight from 180 to 130 lbs. I can now eat and sleep as usual. I had never heard of Hunt's Remedy until I was told of it by a friend. I bought a bottle and used it as directed, and in less than three months I was cured. I weighed 190 and have never had a symptom of the disease since. If it had not been for this specific I would have been long dead. JOHN V. BISHOP, TRIED NOT BURNED. TWO YEARS WITH-OUT RELIEF.

HEALTH IS WEALTH. Dr. E. C. West's Nerve and Brain Tonic, a guaranteed specific for Hysteria, Dizziness, Convulsions, Fits, Neuralgia, Headache, Nervous Prostration, and all the ailments of the nervous system.



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AS A PREVENTIVE. This remedy being injected directly to the seat of the disease, requires no change of diet or no mercury, mercurial or poisonous medicines taken internally. When used.

FOR EITHER SEX. DR. WHITTIER'S.

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