## ABSOLUTELY PURE

The Case of a Cold.

A cold is a departure from health, and should really be attended to at once. Do not let it cure itself. Get rid of it soon. Do not feed it though, but starve it. One cold after another nearly always ends in thickening of the mucous membrane of the bronchial tubes, and before you are aware of it you become the victim of winter cough.

outfit, which was worth about \$200, was displayed in the front windows, The morning tub (cold, I mean) is a and marked: "This elegant parlor suit only \$27." One day a mild, meekvery sure preventive of colds. Never overclothe nor overheat yourself. The neck should be kept cool. Keep away from fires indoors if you are subject to furniture and invested. She took a receipt for her money, left her address,

Cough, if not the result of simple laryngeal or bronchial catarrh, may mean a very serious departure from health; and the sooner one sees a doctor in such a case the better. Do not be afraid to consult him. Remember, it is only those that delay who suffer in the end. I do not advise you to rush to a physician with every trifling ailment, but-it is better to be sure than

Many people would benefit much by taking cod liver oil for a month or six weeks about the changes of the season. Probably the diet would have to be lowered a little, and an occasional mild aperient taken.

Getting thin is another serious departure from health. One generally does lose weight in winter, and regain it in summer; but a slow and steady decrease in weight calls aloud for medical interference.

Want of sleep and restless nights are symptoms which cannot be over-looked. The cause must be found and removed. The trouble may certainly arise from overwork and trouble combined, but in most cases the stomach and digestive organs are the roots of the evil.

Nervous people worry most, but they also work most. Well, the question one is inclined to ask himself when he feels something wrong with his health is: "Am I overworking myself?" " I would answer thus: If you really enjoy working it cannot injure you very much; but, on the other hand, if it is force work, and you find little pleasure

in it, then it will tell on your constitu-

But many people cannot afford rest. Well, but wonders can be done by taking exercise; by breathing only fresh air night and day, in doors and out, and by careful regulation of the diet. In conclusion let me entreat of you. as you value your happiness not to neglect first departures from health. The story of the reservoir has really a moral for every one of us. -Family Doctor in Caswell's Magazine.

There is a prominent lady in Philadelphia who has written for private cit culation a little social tract, in which she takes the view that very little mischief would happen in the world that does happen if men would stay home evenings with their wives. Intemper-ance, crime, divorce, and even political corruption, she attributes to this cause.

Miss Brown—"Can't you spare me a little more money this week, pa? That is a dear, good father." Brown—How much do you want, child? Miss B.—
O, only enough to buy cloth for a bathing suit. Brown—Of course, my dear, of course. Here is a quarter.—

Coat till he New Haven News.

"Why, John," said his wife impa-tiently, as she opened the door and found him still in bed, "you promised faithfully last night that you would get up in time to go to church with me."
"I meant in time for evening service," explained John, turning over luxuriously .- The Epoch.

A negro preacher addressed his flock with great earnestness on the subject of m.racles as follows: "My beloved friends, de greatest ob all de miracles was 'bout de loaves and de fishes. Dere was 5,000 loaves and 2,000 fishes, and de twelve 'postles had to eat dem all. De miracle is dey didn't bust."—New

A your 2 man stood in a doorway on Saturday evening. Another young man and a young woman passed. 'Hel-lo, Mary!' called the young man who stood, loudly, to the companion of the young man who walked. That young man stopped walking, deposited his Western papers are discussing the vital question "What makes a man's trousers bag at the knees?" and no one has thought to advance the theory that it is because the man wears the trousers. We don't know of anything that will make a man's trousers bag at the knees quicker than wearing them.—
Norristown Herald.

"I see by the papers that Maude Jenkinson has made a great strike in that play, 'The Gauzy Spectre.' " "Yes; but I hear she has met with a severe loss." "What was that?" "Why, she left \$2,000 worth of diamonds on her bureau in her hotel." "And they were stolen, ch?" "No, she found them just where she left them, and, of course, nothing was said about it in the papers."-Springfield Union.

"The bulk of my fortune I wish to bequeath to my scapegrace nephew, George," said the dying man. "Why. it was only yesterday he called you an old skinflint," said the lawyer. "I'd cut the boy off," "That's all right," replied the testator. "You make the will out the way I tell you. I know enough about wills to know that if I Ieave him all the money he won't get a cent of it."—Harper's Bazar.

Dr. Diagnosis—Why, young fellow, you'r badly off; you have dyspepsia, your liver is torpid, your circulation is sluggish, you are too fat for your years, your eyes are dull and heavy; you must take some exercise in the open air every day. What is your business? Patient—District telegraph messenger. Dr. D.—That's what I thought. Now, you must get out of doors and walk a little every day, or you'll die, doctors or no doctors.—Burdette.

How She Secured a Bargain.

some rather prominent furniture dealers in Chicago. The firm all-ided to

had a very elegant parlor set of solid mahogany and the finest upholstering.

It also had duplicates in veneered wood

and cheap plush in the store-room. The

"You've tried to swindle me," she

cried. "I bought one set of furniture

and you have sent me another. Now, I want what I have paid you for. How do I know? Because in every

article of that set you sold me I stuck

a pin white you were not looking. Now, I'm going to pick out my prop-

erty and see that you take it over. If

Ph. Il unil's Mute Farewell.

ghost of a chance of his pulling

inarticulate at the recollection. He had

spread the dog's couch at the side of

his own bed, and patted his shaggy coat till he lay silent and motionless.

But late in the evening when the logs in the fire-place had flickered almost to their last, the hound raised his

head and placed it on his master's arm, looked into his eyes and sank

A Lesson in Etiquette.

girl in another doorway, came back to

the other young man and gave him an unmerciful beating. "What did you do that for?" demanded the vanquished one as soon as he had a chance to speak. "You insuited the lady I was with," was the reply. "I didn't do any thing but say 'Hello, Mary!' and, anyway don't you know that she's my sis-

way, don't you know that she's my sis-ter?" "Yes, I know that, but you had

no right to attract attention to her on

a crowded street by hollering at her.

they think of a girl thus rudely accost-

ed?" It was a severe lesson in street etiquette.—Buffalo Express.

Society Conversation.

The flimsy foundation upon which

so-called "society" conversation and

wit rest nowadays received a good il-

est, pointing to her smiling elders, I

want to show you two people who have never taken quinine."
Everybody immediately laughed aloud, and when the mirth had subsid-

ed enough so that speech was again possible one of the gentlemen cried out:

Then they all laughed loudly again. What at?—Minneapolis Journal.

"How inconsiderate!"

A your z man stood in a doorway on

The voice of the old rough became

you don't there'll be trouble."

humanity.

that kind.

in front of the door.

unload yet."

A woman on Larayette street east rushed out the other day and informed a policeman that she had seen a big dog crawl under her barn, and she believed the animal mad. The officer went around by way of the alley, accompanied by the usual crowd, and after peeking and peering for some time he shot three bullets under the barn to scare the dog out. After the third shot a movement was heard, and presently the long end of a colored man crawled into view. After backing out and brushing the dirt out of his eyes he added:

A Supposititious Case.

"Was it me you was shooting at?" "I supposed it was a dog under there," replied the officer. There is a good moving story which has just gained publicity regarding "Wall, sah, doan' yo' ever 'spose no

mo'! It's dangerous."

And he showed a bullet hole in his cap and another in his coat as proofs of the accuracy of the officer's aim. He had crawled under after a rabbit which had escaped from a neighbor.

"It's all right," he said as the officer apologized, "but doan' you 'spose no mo'! You jist keep right down to cole facts. Dis 'sposin' around ar' what gits pussons into serus truble."-Delooking woman came in, examined the troit Free Press.

Consumption Cured.

and was bowed out by the smiling salesman, who assured her that "the things would be sent right over." In An old physician, retired from practice, having had placed in his bands by an East India missionary the formula of a simple due time the wagon arrived at the young woman's house and backed up vegetable remedy for the speedy and perr front of the door.
"Hold on," said the purchaser, "don't catarrh, asthma and all throat and lung affections, also a positive and radical cure for Then she climbed on the van and nervous debility and all nervous complaints, made a very peculiar examination of the load. At last she said to the driver powers in thousands of cases, has felt it his and his assistant: "I'll go back with duty to make it known to his suffering felyou to the store. These are not the goods I purenased." And back she did go, despite entreaties, and assurance that "everything was all right." ance that "everything was all right." directions for preparing and using. Sent When she waiked in she was not the by mail by addressing with stamp, naming this paper. W. A. Noyes, 820 Powers' Block, Rochester, N. Y. mild-mannered creature of two hours

LIFE OF

By Gen. Howard and Fletcher Johnson.

There was no trouble and the little The last of the great war heroes. He died honored and beloved by numberless personal friends and by millions of his countrymen, who will read with delight his early woman is looking for some sharp merchant with a similar "bargain" on hand.—Chicogo Herald. life. His grand war record, at Bull Run in the Army of the Cumberland, at Shiloh, Memphis, Vicksburg, Chattanooga, Knox-ville, Missionary Ridge, Atlanta, and in the An old neuter in Mexico gave to the author of "Summerland Sketches" his immortal "March to the Sea," whose grandexperience with a favorite hound, which eur and glory has never been surpassed in the world's history.

With each copy of the book will be given exhibited feelings that would honor

"You have no idea," he said, "how new and very superior they get used to you if you are alone Steel Plate Portrait of the General, with them for weeks together; the worst of it is that it comes so awful made from a photograph taken just prior to hard on a fellow to lose a creature of his last illness and showing him in his General's uniform.

"I bought a fine Scotch deerhound The work will contain about 600 pages in Baltimore in '66. I had him nearly superbly illustrated by portraits, battle eight years and I tell you, sir, I felt scenes, etc., from end to end. The book eight years and I tell you, sir, I felt like shooting myself when I lost him, should find a place in every patriotic home The Mexicans spoisoned him because in the land.

he wouldn't let them come near my smokehouse at night.

No square, straightforward poison, either for interest and excitement is intense. An agency is worth at either, for it took him a whole week to least from \$10 to \$25 a day. Strike while die, It just went through me like a the iron is hot and big money is yours. It just went through me like a Now don't get left this time, previous expeknife to hear him whine, and perhaps knife to hear him whine, and perhaps I ought to have put him out of his misery, but I was thinking of all the scrapes we had helped each other out of—we had frozen and starved togethor all over Toyas and Arkansas—and I couldn't kill him while there was the

er all over Texas and Arkansas—and I dress Pacific Publishing Co., AINSWORTH BLOCK. PORTLAND, Or.

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back dead, like the last pressure of the L. Taylor, human hand, "a farewell mutely spok-en but hard to forget."—Youth's Com-

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A.C. EWART, lustration yesterday in a parlor of a hotel in this city. The group was com-posed of several elderly ladies of dowand Superintendent

ager-like rotundity, whose fresh cheeks and bright eyes showed that the god-Is prepared to draw Plans and Specificadess of health and they were on more tions, for all kinds of brick, wood and stone ouildings.

###Office over the Benton County Bank.

5:9tf. than speaking terms, and one young woman whose charms of face and form with cosmetics or with medicine. Two gentlemen joined the ladies.
"O, come here," cried out the young-

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