

Cheese and salt meat should be sparingly eaten.

Many good physicians and nurses use Wizard Oil for obstinate rheumatism and neuralgia. It's the right thing to do.

Where bread is wanting, all's to be sold.

I am sure Piso's Cure for Consumption saved my life three years ago.—Mrs. THOS. ROBINSON, Maple Street, Norwich, N. Y., Feb. 17, 1900.

The old man has given all to his son.

**Mrs. Winslow's Soothing Syrup.**  
For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

It takes a level headed man to survive a stroke of good fortune.

**Try Grain-O! Try Grain-O!**  
Ask your Grocer to-day to show you a package of GRAIN-O, the new food drink that takes the place of coffee. The children may drink it without injury as well as the adult. All who try it, like it. GRAIN-O has that rich seal brown of Mocha or Java, but it is made from pure grains, and the most delicate stomach receives it without distress. 1/4 the price of coffee. 15c and 25c packages. Sold by all grocers.

Knowledge bereft of reason is the most miserable of widows.

**The Best Way.**

If you are going to take advantage of the Cheap Rate to California in July, account of the Epworth League Convention to be held at San Francisco, remember that the Southern Pacific Company can offer more attractions in the way of diverse routes to and from and through California than any other line. Send to the undersigned for a map of California, which will show how you can reach all points of interest via the Southern Pacific Lines and how you can have your ticket to San Francisco reading over one line and returning another. These cheap rate Round-Trip Tickets will be on sale July 6th to 13th inclusive and will be good for return until August 31st. W. G. Neimyer, General Western Agent, 238 Clark street, Chicago, Ill.

An artist's work is finished when he draws his last breath.

**Hall's Catarrh Cure**  
Is a constitutional cure. Price, 75c.

The dealer in kitchen utensils is one sort of pan-American.

Ask your grocer for DEFIANCE STARCH, the only 16 oz. package for 10 cents. All other 16-oz. starch contains only 12 oz. Satisfaction guaranteed or money refunded.

The obese man has no friends in a crowded street car.

**HO! FOR OKLAHOMA!**  
New lands soon to open. Be ready! Morgan's Manual, with supplement containing pre-arranged allotments, County seats, etc. \$1. Supplement & Map, 50c. Agents Wanted. DICK T. MORGAN, Perry, O. T.

Fact is the rock against which the waves of theory break.

**GREATLY REDUCED RATES VIA.**

**OMAHA AND ST. LOUIS RAILROAD.**

Buffalo, N. Y., on sale May 15th to Sept. 30th.

Kansas City, Mo., on sale June 7th to 11th.

Detroit, Mich., on sale July 5th, 6th and 7th.

Cincinnati, O., on sale July 4th, 5th and 6th.

Chicago, Ill., on sale July 23rd, 24th and 25th.

Louisville, Ky., on sale Aug. 24th, 25th and 26th.

Cleveland, O., on sale Sept. 8th to 12th.

Half rates to most all points south first and third Tuesday each month. Summer tourist rates to all summer resorts now on sale. For descriptive matter regarding the Pan-American Exposition, summer tours, rates and all information call at O. & St. L. City Office, 1415 Farnam street (Paxton Hotel building), or write Harry E. Moores, C. P. & T. A., Omaha, Neb., or A. J. Bandy, G. P. A., Kansas City, Mo.

**The "Peanut King's" Start.**

F. W. Mills as a "peanut king" has had an interesting career. He began life as a peanut vender on a train. When only 12 years old he had contracts with several railroads running out of Chicago for the exclusive right to sell peanuts on the trains. This lad of 12 had grown men in his employ. Mills, the peanut vender, is now the employer of more than 600 men. He is manager of a company that makes slot machines, which supply salted peanuts.

Ask your grocer for DEFIANCE STARCH, the only 16 oz. package for 10 cents. All other 16-oz. starch contains only 12 oz. Satisfaction guaranteed or money refunded.

**The Young Crookers Not "Horsey."**

It is regarded as somewhat singular that neither Richard Croker's sons has taken to the turf, or even to horses except in a small way. They prefer to be dog fanciers and each has some very fine animals—bull dogs and bull terriers. Later on they may take up "the sport of kings." Their father had nothing to do with racing until he was 50.

**A GLORIOUS SIGHT.**

**Fields of Wheat in Which the Shocks Were So Thick It Was Almost Impossible to Drive Between Them.**

To the Editor: A gentleman from Duluth made a trip through a portion of Western Canada last summer and writing of what he saw, says:

"Wheat, for instance, will average twenty-five or thirty bushels to the acre. I saw shocks so thick in the field that it would be almost impossible to drive between them. Winters, it is said are longer than near Duluth, but the Japan current, warm chinook winds and dry atmosphere make the winters comparatively mild."

Thousands of such testimonials are to be had from settlers who have taken advantage of the low-priced lands of Western Canada. During the present year new districts will be opened up in the Saskatchewan valley and advantage should be taken of this at once. Information can be had from any agent of the government, whose advertisement appears elsewhere in your columns. Yours truly,

OLD READER.

## FORM of COWARDICE

MEN REFUSE SACRIFICES FOR THEIR CONVICTIONS

There is a feeling that seems to be more widely prevalent just now than in past years that certainly ought not to be encouraged, and that is the one that leads men to think that they ought to make material sacrifices for the sake of their convictions, and that it is foolish for them to expect others to do so. Of course, it is to be remembered that martyrdom never has been popular. And with this thought in mind one will not judge too harshly the tendency of the men of our own day to shrink from it. That is wholly natural, and so is always to be anticipated. But the weakness of the men of our own time is that they too frequently act and talk as though nothing else than the complete abandonment of principle were to be looked for when money is at stake. The thing appears to be taken as a matter of course, and, if commented on at all, it is spoken of with a cynical frankness which indicates that the speaker himself has lost all grip on the great verities of life. Men say that they cannot "afford" to be independent in politics. When they are quite sure that their confidence will be respected, they will talk of political independence in the most admiring strain, and will even admit that the safety of our political institutions depends on those men who refuse to be the slave of party. Yet, admitting the duty of independence, they apologize for others—if not for themselves—who fail to discharge it, on the ground that it takes too much courage, or because they can not "afford" to do so. This is but one illustration of the weakness referred to. There seems to be a lowering of the standard all round, and a disposition to measure every sacrifice in money. It is known that there are even some Christian ministers who, though they are pledged to an absolute truthfulness to their own convictions, do not dare to tell the truth exactly as they hold it. In business and society, too, these pitiful compromises are made. Much of this smothering of the truth is no doubt due to the fact that we are now living in a period of marvelous material prosperity, when men magnify out of all proportion the importance of financial success. It is well to guard against this tendency. The surest way to get good and noble work out of men is by letting them know that you expect it from them. He is a rare creature who will not earnestly try to justify the good opinion that his fellows have of him. Therefore the standard should be kept high and the noble ideal undimmed. If we do not thus get more martyrs for the truth's sake, we may at least succeed in developing stancher and more heroic defenders of it. If men cannot all at once be brought to defend the citadel with their lives, they may be made to believe that it is disgraceful to betray it to the enemy for money. It is more rational to say nothing of being more moral—for a man to feel rather than he can not afford to do wrong, than to feel that he can not afford to do right. Thus there seems to be a practical basis even for the martyr theory of life.—Indianapolis News.

**Strange Tribute to Our Sailor Dead.**  
Many of the coast towns of California instituted last year on Memorial day a unique form of tribute to the memory of our sailor dead whose unknown graves lie in the ocean. Bands of children marched to the water's edge and while singing patriotic songs strewed the sea with flowers. It is now urged that this pretty ceremony be made a national custom, and with this idea in view a circular, signed by Mrs. Armitage S. C. Forbes of Los Angeles, Cal., is being sent about, urging all interested and influential people to concur and assist in perpetuating the ceremony.

**Honors for a Very Old Painter.**  
Thomas Sidney Cooper, the dean of English painters, will celebrate his 95th birthday in September next, and preparations are being made by the English Royal academy to observe the occasion by one of the largest artistic dinners ever given in London.

**Sisters of General Thomas Still Cling to the "Lost Cause."**  
At least two of the residents of the "old dominion" are still unreconstructed. They are women and are as devoted to the lost cause today as they were in the early '60's. They live in a big, old-fashioned southern mansion in Southampton county, Virginia. They are sisters, the elder, Miss Judith Thomas, being 90 years old, and the younger, Miss Annie, ten years her junior. They are the closest surviving blood relatives of Gen. George H. Thomas, the "Rock of Chickamauga," but ever since Thomas cast in his lot with the Union in 1861 they have declared that "we have no brother. To them he died the day after Virginia seceded." The two stately old Virginia ladies are still unreconstructed. From the moment when their famous brother refused to go into the Confederate army they have refused to allow his name to be spoken in their presence, and although Gen. Thomas lived for five years after the close of the war they never communicated with him nor consented to receive a communication from him. They are living still on the memories of the days before the war. The old Thomas plantation is still in their possession, and the rentals paid by the tenants who work it enable them to live in comfort. Only a few months ago they deposited among the treasures of a historical society in Richmond, Va., the magnificent sword which was presented to their brother by the county of Southampton after he had returned from his splendid service in the Mexican war. People who go to call on the Misses Thomas come away from the old manor-house full of admiration for the sweet and stately courtesy of the ladies, but saddened by the paths of their lives. Not even after the war had closed would those stern old women, living all alone in the great house which was his birthplace as well as their own, recognize or receive a communication from their famous brother. For them as had died in 1861, and when he was actually borne to his grave nine years later it did not add to the grief which they felt so long. Even now, more than thirty years after the great soldier, whom the "boys" of the army of the Cumberland lovingly called "Pap" Thomas, was laid to rest, the two old women cling to the memory of the young lieutenant who fought so bravely in the war with Mexico, and refuse to admit that any brother of theirs ever reached the rank of a general officer.—Utica Globe.

**Stingless Bees in Montserrat.**  
A Barbadoes correspondent says that Mr. W. K. Morrison, the bee expert attached to the Imperial Department of the West Indies, has recently discovered several colonies of stingless bees in the island of Montserrat. He is now trying what can be done by the use of modern hives to improve their honey-producing capabilities. Modern apiarists are of opinion that they can make the honey bee conform to almost any conditions, so that Mr. Morrison's experiments will be watched with some interest. The honey of the stingless bee is clearer and thinner than that of ordinary commerce.

**A Methodist Surplused Choir.**  
Calvary Methodist Episcopal Church in One Hundred and Twenty-ninth street, New York, the largest Methodist congregation in the United States, introduced with the services on Sunday a surplused choir of young men and women, and boys and girls to the number of 80. The services were highly ritualistic and many of the older members were displeased because it was copying Episcopalianism, which the church has heretofore stoutly opposed.

Where bread is wanting, all's to be sold.

## TO HARNESS THE COLORADO.

It is proposed now to utilize the power of the Colorado river, which ters its way through the Grand canon with force enough to move the machinery of a thousand mills. For many months hydraulic engineers have been studying the project, and they have just made a report. They declare that in 150 miles of the river's course a dozen times more electrical energy can be secured than is taken from Niagara Falls. Part of the canon is in the forest reserve, and it also passes through several Indian reservations. If the government's consent can be secured it is intended to instal this summer a plant of sufficient size to furnish electrical power to cities, towns and mining camps within comparatively easy reach of the Colorado, and then to increase the scope of the company until all of Arizona and most of the lower part of California can be supplied from the canon torrent. If success attends the plans of the company one of the chief results will be the placing in operation of many mines of value which have long been idle because of lack of power. The plans

of the company include the furnishing of motive power and light to all the cities within reach, and to electric rail-ways. It is proposed to build an electric line along the rim of the canon for a distance of fifteen miles, the better to enable tourists to view the wonders of the great chasm.—New York Sun.

**Among Wireless Telegraph Lines.**  
Attempts are being made by the Marconi Wireless Telephone Company, of London, to inaugurate a wireless telegraph service to Australia. Although the total distance is considerably in excess of that from England to this country, it can be more easily negotiated owing to the facilities offered at various points en route for transmitting stations. Arrangements are being made to erect stations at Prawl Point, the Lizard, Ushant, Cape Finisterre, Gibraltar, Malta, Algiers, Sardinia, Sicily Cape Malea, in Greece, Alexandria, Aden, Socotra, Colombo, Sumatra, the Cocos Islands, Perth, Albany, Adelaide and Melbourne.

## Cheap Artificial Stone.

The preparation of a simple and cheap artificial stone is becoming an important German industry and is likely to eventually supplant brickmaking. The ingredients are only lime and sand in the proportion of four to six parts of the former to between ninety-six and ninety-four parts of the latter. The materials are thoroughly mixed and shaped into blocks of the desired size. The latter are then put in a boiler, which is sealed, and admitted to a steam pressure of from 120 to 150 pounds to the square inch. This operation gives a flinty character to the blocks, making them very hard.

## For Health and Decency.

Disregard for the law against expectorating in public conveyances has at last moved the New York health department to action. Tuesday morning seventy officers of the department in citizen's attire were detailed to travel all day in the cars of the various companies throughout the city and on all the ferry boats. They had orders to arrest any person found violating the ordinance. Before noon several men were compelled to accompany the officers to a magistrate's court, where they were fined and warned against a repetition of the offense.

## Couldn't Wear Shoes.

Sumpter, Ill., June 10th.—Mrs. J. B. Flanigan, of this place, had suffered with dropsy for fifteen years. She was so very bad that for the last three years she has not been able to wear her shoes. She had doctored all the time, but was gradually getting worse. Last winter Mr. Flanigan, who was very much discouraged, called for some medicine at Mr. J. Dale's drug store in Carmi. Mr. Dale persuaded him to have his wife try Dodd's Kidney Pills, and he bought six boxes. His wife used five out of the six, before she was entirely cured. She is now as sound and as well as ever she was, completely restored to health, and free from any symptom whatever of dropsy.

To say that Mrs. Flanigan is pleased at her wonderful deliverance does not half express her feelings, and she and Mr. Flanigan are loud in their praises of Dodd's Kidney Pills, and of Mr. Dale for recommending this wonderful remedy to them.

The fact that Dodd's Kidney Pills cured Mrs. Flanigan of such a severe case of dropsy, after the doctors had given her up, has made them the most talked of remedy ever known in White county.

ASK your grocer for DEFIANCE STARCH, the only 16 oz. package for 10 cents. All other 16-oz. starch contains only 12 oz. Satisfaction guaranteed or money refunded.

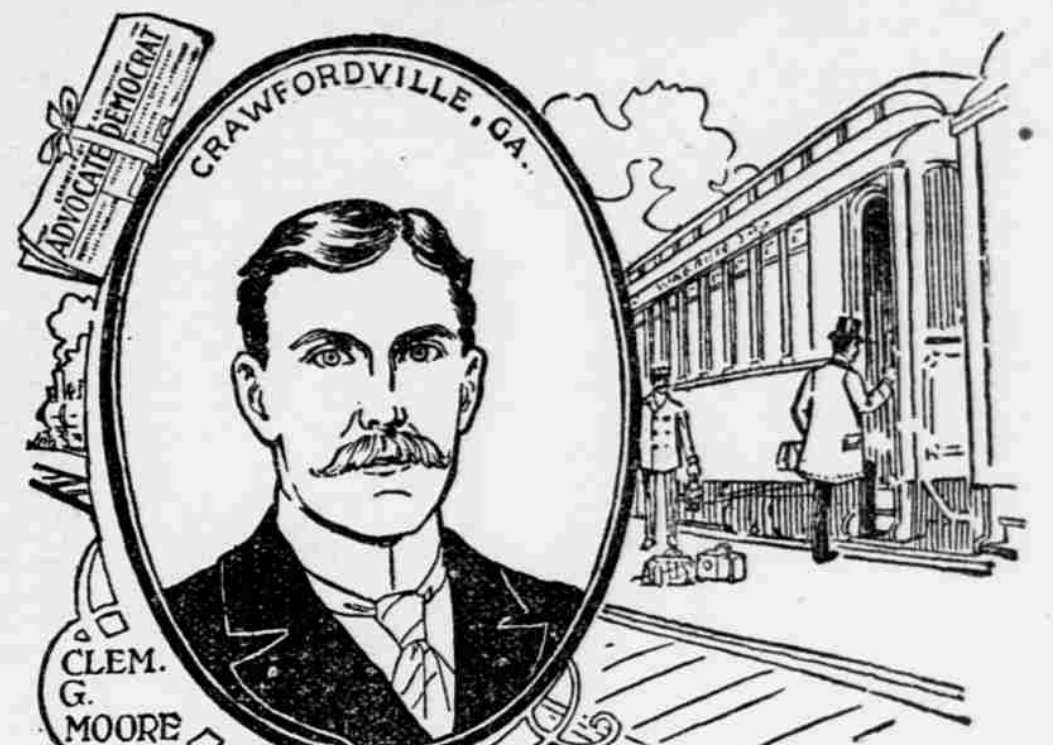
Beware of meat twice boiled, and an old foe reconciled.

**FIT'S Permanently Cured.** No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE \$2.00 trial bottle and treatise. DR. R. H. KLINE, Ltd., 931 Arch St., Philadelphia, Pa.

O fool! to undress thyself before thou art going to bed.

## FOR SYSTEMIC CATARRH

Peculiar to Summer Pe-ru-na Gives Prompt and Permanent Relief.



Clem G. Moore, Editor of the Advocate-Democrat of Crawfordsville, Ga., writes the Peruna Medicine Company as follows:

Gentlemen—"After four years of intense suffering, caused by systemic catarrh, which I contracted while editing, and traveling for my paper, I have been greatly relieved by the use of Peruna. I gave up work during these years of torture, tried various remedies and many doctors, but all the permanent relief came from the use of Peruna. My trouble was called indigestion, but it was catarrh all through my system, and a few bottles of Peruna made me feel like another person, noting the improvement after I had used the first bottle. Peruna is undoubtedly the best catarrh remedy ever compounded.—Clem G. Moore.

Captain Percy W. Moss, Paragould, Ark., says: "I think Peruna is undoubtedly the finest and surest catarrh cure ever prepared, and it has taken but two bottles to convince me of this fact."

Judge Wm. T. Zenor, of Washington, D. C., writes from 213 N. Capital Street, Washington, D. C.:

"I take pleasure in saying that I can cheerfully recommend the use of Peruna as a remedy for catarrhal trouble and a most excellent tonic for general conditions."—Wm. T. Zenor.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

**W.L. DOUGLAS**  
\$3. & \$3.50 SHOES UNION MADE.  
Real worth of W. L. Douglas shoes is \$4 to \$5. My \$4 Gilt Edge Line cannot be equalled at any price.  
It is not alone the best leather that makes a first class shoe it is the brains that have planned the best style, last a perfect model of the foot, and the construction of the shoe. It is mechanical skill and knowledge that have made W. L. Douglas shoes the best in the world for men. Take no substitute. Insist on having W. L. Douglas shoes with name and price stamped on bottom. Your dealer should keep them, if he does not, send for catalogue giving full instructions how to order by mail.  
W. L. DOUGLAS, Brockton, Mass.

**VISIT THE PAN-AMERICAN AND THE EXPOSITION BUFFALO EAST**

**Lake Shore & Michigan Southern Ry.**  
Full particulars on application to F. M. BYRON, General Western Agent, CHICAGO

# APPENDICITIS

that dreadful fiend that threatens the life of rich and poor, can attack and kill only those whose bowels are not kept thoroughly cleaned out, purified and disinfected the year round. One whose liver is dead, whose bowels and stomach are full of half decayed food, whose whole body is unclean inside, is a quick and ready victim of appendicitis.

If you want to be safe against the scourge, keep in good health all the time, **KEEP CLEAN INSIDE!** Use the only tonic laxative, that will make your bowels strong and healthy, and keep them pure and clean, protected against appendicitis and ALL EPIDEMIC DISEASES. It's **CASCARETS**, that will keep and save you. Take them regularly and you will find that all diseases are absolutely

**PREVENTED BY**

# Cascarets

LIVER TONIC

**BEST FOR THE BOWELS**

10c. 25c. 50c. NEVER SOLD IN BULK. ALL DRUGGISTS.

**CURE** all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, pains after eating, liver trouble, sallow complexion and dizziness. When your bowels don't move regularly you are getting sick. Constipation kills more people than all other diseases together. It is a starter for the chronic ailments and long years of suffering that come afterwards. No matter what ail you, start taking **CASCARETS** to-day, for you will never get well and be well all the time until you put your bowels right. Take our advice: start with **CASCARETS** to-day, under an absolute guarantee to cure or money refunded.

**GUARANTEED** TO CURE: Five years ago the first box of **CASCARETS** was sold. Now it is over six million boxes a year, greater than any similar medicine in the world. This is absolute proof of great merit and sure best testimonial. We have faith and will sell **CASCARETS** absolutely guaranteed to cure or money refunded. Go buy today, two 50c boxes, give them a fair, honest trial, as per simple directions, and if you are not satisfied, after using one 50c box, return the unused 50c box and the empty box to us by mail, or the druggist from whom you purchased it, and get your money back for both boxes. Take our advice—no matter what ail you—start to-day. Health will quickly follow and you will bless the day you first started the use of **CASCARETS**. Book free by mail. Address: **STERLING REMEDY CO., NEW YORK, CHICAGO.**