A healthy infant sleeps most of the time during the first few weeks, and in the early years people are disposed to let children sleep as they will. But from six or seven years old, when school begins, this sensible policy comes to an end, and sleep is put off persistently through all the years up o manhood and womanhood. At the age of ten or eleven the child is allowed to sleep only eight or nine hours, when its parents should insist upon its having what it absolutely needs, which is ten or eleven, at least. Up to twenty a youth needs pine hours' sleep, and an adult should have eight. insufficient sleep is one of the crying evils of the day. The want of proper rest and normal conditions of the nervous system, and especially of the brain, produces a lamentable condition, deterioration in both body and exhaustion, excitability, and intellectnal disorders are gradually taking the place of the love of work, general wellheing and the spirit of initiative.-New York State Medical Journal.

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

Strawberry Souffle.

Put half a pint of the pulp of fresh strawberries passed through a sieve in an enameled saucepan with an ounce and a half of butter, seven ounces of sugar, half a gill of cream, and a little more than a gill of milk mixed with an ounce of flour and half an ounce of arrowroot. Stir till the flour is cooked; beat in the yolks of three eggs and let them thicken. When the mixture is cool stir in the whites of five eggs previously beaten to a stiff froth, a tea-spoonful of lemon juice, a teaspoonful of maraschino, and six ounces of strawberries cut into dice. Color with c mine and bake in a quick oven for half an hour. When done dredge with castor sugar. Serve quickly with a good sauce.—St. James Gazette.

Piso's Cure for Consumption has saved no large doctor bills.—C. L. Baker, 4228 Regent Sq., Philadelphia, Pa., Dec. 8, 1895. When one is low enough to insult you, he too high for him to reach.

It is of more profit to have a contented spirit than a lat lank account.

If the Baby is Cutting Teetn. Se sure and use that old and well-tried remedy, Man. Wisslow's Scotnine Synur for Children Teething-

"Marriage is a lottery," when it is a cor-

There is not only an art but an eloquence in silence.—Cicero.

FitS stopped free and permanently cured. No bin after first day's go of Dr. Klime's Great Nerve Restorer. Free Sztrai bottle and treate. Marv-clouscures Dr. KLINE, 93; Arch St. Philadeiphia, Pa

Those who favor revolutions only dig a tomb for themselves. One Thousand Farmers Wanted

To settle on one thousand choice farms on the line of the Chicago, Milwaukee & St. Paul Railway in Dakota.

These lands are located in twenty different counties, and are to be had now at prices ranging from \$7 to \$15 per acre; a few months hence their value will be doubled.

For a home or for investment no luckier chance in the West has ever before been offered. Now is the time to invest. No better farming land exsts anywhere. No greater results can

be obtained anywhere. Schools and churches abound everywhere. Nearby markets for all farm products. South and North Dakota are the banner diversified farming and stock-raising states of the West. Everything grows in Dakota except igtide which leads to Dakota and to for-

For further information address or call upon W. E. Powell, General Immigration Agent, 410 Old Colony Build-

Give your neighbors rope enough and they will eventually attempt to hang you.

FOR THE NATIONAL CONVENTION PEOPLES PARTY AT ST. LOUIS JULY 22ND.

The Wabash, the shortest and quickest route has been selected as the line from Nebraska for delegates and their friends to travel. All trains are equipped with Reclining Chair Cars, Free, and Pullman Sleeping cars. Connecting Lines will sell tickets over the Wabash at Half-Fare. Parties desiring through cars or Seeping car accommodation can arrange same by calling at the Wabash ticket office. No. 1415 Farnam St., (Paxton Hotel Block), or write

G. N. Clayton,

N. W. P. A., Omaha, Nebr.

Statistics show that the French live longer than the Germans.



Gladness Comes

Gladness Comes
With a better understanding of the
transient nature of the many physical ills, which vanish before proper efforts—gentle efforts—pleasant efforts—
rightly directed. There is comfort in
the knowledge, that so many forms of
sickness are not due to any actual disease, but simply to a constipated condition of the system, which the pleasant
family laxative, Syrup of Figs. promptly removes. That is why it is the only
remedy with millions of families, and is
everywhere esteemed so highly by all
who value good health. Its beneficial
effects are due to the fact, that it is the
one remedy which promotes internal
eleanliness without debilitating the
organs on which it acts. It is therefore
all important, in order to get its benelicial effects, to note when you purchase, that you have the genuine article, which is manufactured by the California Fig Syrup Co. only and sold by
all reputable druggists.

If in the enjoyment of good health,
and the system is regular, laxatives or
other remedies are then not needed. If
afflieted with any actual disease, one
may be commenced to the most skillful
physicians, but if in need of a laxative,
one should have the best, and with the
well-informed everywhere, Syrup of
Figs stands highest and is most largely
used and gives most general satisfaction.

JOHNNY'S FOURTH.

It Came a Little Late but He Made Things Hum Just the same.



FILIVE TO BE A hundred years old, I'll never forget that Fourth of

July! You see it happened like this: My big brother Alf. went off to Uncle Ben's to spend his summer vacation an' 'bout the weeks fore the Fourth,

ma went up there too, for Uncle Ben's her only brother. She took along the baby, the sweetest little sister that ever lived-an' father, who'd been away a spell, was agoin' to meet her, an' visit to Uncle Ben's. So you see there wasn't anybody to home but me, gran' ma an' the hired girl. An' ma told her 'afore she left, thet she might go to the Fourth o' July, an' she got her an alfired purty dress, sky blue, 'twas, to wear, an' it hed beads sewed all over it; my, it was a stunner! I don't see why mother can't wear sech dresses stead of the gray an' black ones she allus wears!

Well, the boys, on our street, lotted on a splendiferous time. We didn't care 'bout the doin's at the center; our celebration was goin' to be held in the back alley. But what should come the night 'fore the Fourth, but a letter to gran'ma from father an' O, my! didn't she feel big over it, she wouldn't let me tech it, an' hedn't I'se good a right to read a letter from my own father an he nothin but a boy o' hern!

Well, I got up purty early an' gran'



WE HAD A JOLLY TIME. ma was up too, an' will you believe it she wouldn't let me go out the door, an' all the boys were a hootin' an' yellin' an' firin' off amemition like

sixty! I thought sure she'd let me go after breakfast, but she looked at me stern like, an' said: "Johnny, you must stay in doors fur your father said fur me to keep you right to home, an' I'm goin' to do my duty by you an' keep you right

under my eye." Perhaps you don't know my gran'ma is one o' them sort thet never remembers bein' young! Yes, she forgot long ago that Fourth o' July was made for picnics an' good times. She's also one o' the kind thet never goes back on their word, so cryin', kickin' nor nothin' would do no good, an' make her change her mind one bit, but I sot down and cried, first an orful mad sort of a cry, then an' orful sorry cry, an' porance and intemperance. A new then I got to sleep an' woke up most boom is on. Take advantage of the starved, an' gran'ma give me a big bowl o' bread an' milk, fur the girl was gone. Well, when night come I was the gladdest boy; fur 'twas the very longest day I'd ever 'sperienced!

When ma come home, the next week I jest told her all about it, an' she felt so bad fur me thet she almost cried, then she went right to the buttery an brought me a big lot o' fire crackers an' things she got a'fore she went awayyou know mothers never forgit a feller's wants. She told gran'ma all about 'em; but she forgot-she's got such a

good forgettery.
Of course, 'twa'nt best to let me know 'bout 'em fur I'd likely used 'em up 'afore time. But I went an' got the neighbor boys over, if 'twas the 13th of July, an' we hed a jolly time; fur mother made lemonade an' cake an' ice cream-tell you I 'preciate mothers

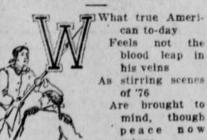
You see father wrote fur her to keep me to home, meanin' I mustn't go off to no celebration, an' he would n't cared, but 'specied I'd go out in the alley 'ith the boys, an' mother told him to jog gran'ma's memory 'bout the Fourth of July amemition up in the buttery! but he forgot to say anything

Huh! I guess those old forefathers knew what they was about when they pinted a day fur boys to make a big noise! 'Spect we boys couldn't stand it if we couldn't yell all we wanted to one day in the year, an Fourth of July is Young America's day, fur a fact. So a havin' my Fourth on the thirteenth. was like eatin' ice cream 'thout no ice in it or drinkin sous water when the foam an' fizzle is gone. So'f I five to be a hundred, l'il not forget thet Fourth o' July thet I was cheated plum out of!" JOHNNY.

A Back Yard Show. One of the most successful Fourth of July evening entertainments I ever witnessed was given by young people in an ordinary back yard, and consizted of tableaux interspersed with music and recitations. A platform had been erected at the end of a grape-The fence, prettily draped, arber. formed the back-ground, and foot-lights were arranged in front of the stage, as was also a sliding curtain. On each side an ordinary clothes-line covered | News. with shawis served as dressing-room. and the audience was seated down the entire length of the arbor. Awnings and tents could be utilized for those purposes, however. Colored lights, which are so effective in ; ableaux, were here used, and being in open air did not prove so disagreeable to those present as is the case when employed indoors.

Don't imagine that to become intoxicated adds to our national dignity.

THE HEROES OF '76.



As stirring scenes Are brought to mind, though peace now reigns Where o'er a hun-

dred years ago The Briton came in fierce array, And strove this land of ours to hold 'Neath England's hard, relentless

But surely 'twas not thus to be; A higher Power ruled over all; And out of war's grim, wrinkled front We merged, despite its gloomy pail. As gallant freemen fought for right, And Wisdoms all far-seeing eye Beheld a future for our land

Their precious blood was freely given Upon their country's altar shed; And now we glory in the deeds Of our departed, honored dead. To Washington, the great and true,

For which the patriot dared to die.

And all his brave, victorious host, We homage pay with glad acclaim, And in their memory make our boast Thus on this day of all the year

Columbia's brightest stars may shine

While low we bow at Freedom's shrine. And as the rolling years go by, And added glory crowns our land, Still brighter may their memory grov

To tell of Independence won,

Who first led Freedom's holy band. A GENTLEMAN OF '76.

He cut a gallant figure In bonnie buff and blue; A goodly sight his buckles bright, And primly powdered queue! A more courageous quester Ne'er served Sultan nor Shah Than he, my brave ancestor, My great-great-grandpapa! And then in his elation Did my forefather gay Speak out the word he'd long deferred For fear she'd say him "Nay;"

And when he saw how tender Within her eyes the light, He cried:-"In your surrender I read-we win the fight!" And when the freedom-paean Swept, surgelike, through the dells-A mighty clang whose echoes rang From Philadelphia bells-Loud from a stern old steeple

He hurled the proud hurrah,

The joy-peal to the people,

My great-great-grandpapa. He held the brutal Briton A "thing" beneath his scorn; A tory he conceived to be The basest caitiff born: And not a neighbor wondered He looked upon them so-Forsooth, that was one hundred And twenty years ago! How true the happy presage!



Thy whole long life of love and strife, Thou saint in buff and blue! Beyond all touch of travail. With great-great-grandmamma. Now flooding time, slips by in rhyme

For great-great-grandpapa! CLINTON SCOLLARD.

Very Accommodating.

Grandpa (looking up)-What is it, my boy? Freddle (at window)-Stand out a little farther on the sidewalk. I have a package of torpedoes, and I want to drop them down on your hald head .-

Quite Proper. Stranger-Your orator has a loud voice, but he is murdering the Queen's English in the most hornible manner. Native-Why shouldn't be on Fourth of July .- Puck.

Jokes which include the exploding near people of the largest-size cannon crackers are of the kind that it is better not to dwell upon.-Philadelphia

FIRECRACKERS.

To the patriotic small boy the Fourth of July is a game that is always worth the Roman candle.-Puck.

Some leave the city on the Fourth for quiet, while others, following the fireworks' example, go off for a lively time. Philadelphia Times. The cheapness of fireworks is likely s give young America an exaggerated

dea of the value of democratic reform.

Kansas City Times.

Dr. Duncan, who has paid much atention to the subject of the application order for \$2.50 would cost. The deputy of electricity as a motive power on existing steam lines, says it is a mistake to suppose that electric traction is till in an experimental stage. Almost every question connected with the subject has been already settled, and the results have, in every case, been favorable to electricity, so far as it has been tried. The experimental intramural road gave results so far beyond the most sanguine expectations, that with in a few months one of the longest ele rated systems in Chicago was similarly equipped. The latest striking success in electric traction has been achieved in the operation of the special locomotives made for hauling trains through the Baltimore tunnel. The locomotive proved so powerful that no known method of testing is sufficient in its scope to determine their efficiency. Dr Duncan believes these locomotives will pull any train that will hold itself to-gether. The only obstacle existing today in the equipment of long trunk lines economically is the transmission of power. The fact that power generated at Ningara Falls is now being delivered in New York, 450 miles off, with a loss of only half its efficiency, is of the utmost significance, and it has probably done more than any recent event to strengthen the belief that the problem of cheap transmission of pow er will soon be worked out. Dr. Duncan is confident that the next few years will see trains run from Buffalo eastward to New York, and westward to Chicago, by electricity, and that the vast culm piles of Penrsylvania used as the source of power for the l'ennsylvania Railway system between Pitts-burg and New York.

Making Sailing Ships Go Faster

The statement of an Italian sea captain that he had proved by experience that a ship goes faster when her sail are perforated with a number of holes than when they are quite sound, was at first looked upon as too ridiculous for consideration. Unbelievers, however, now find that the Italian has gone a long way toward proving his case. His theory is that the force of the wind can not fairly take effect on an inflated sail, because of the cushior of immovable air that fills up the hollow. To prevent this cushion collecting he bored a number of holes in the sail, which let part of the wind blow right through it and allowed the remainder to strike against the canvas and exercise its full effect. Several trials have been made, and it looks as if this is another of those paradoxical truths which appear se impossible on the surface. The experi-ments were made in all weathers. In a light wind a boat with ordinary sails made four knots, while with the perforated sails she covered five and a quarter knots; in a fresh breeze she did seven knots with ordinary sails, and eight and three-quarters knots with the improved sails; in a strong wind she did eight knots and ten knots respectively. If this augmented speed were sustained throughout a long voyage it would increase the value of the ship one-fifth, as she would make the same trip in four weeks that she did before in five

Kansas Church of Sod.

The Methodists of German township. Smith county, Kansas, worship a sod church. As its name indicates, its walls are built of sod taken from the prairie which surrounds it. The neighbors, regardless of denominational belief, met, decided that there ought to be a church to the neighborhood, and with their own hands laid up the walls, and from their own pockets took the money to finish, furnish and light the building. The building is 20x30 feet and the walls are eight feet high. It is covered with boards and rootting paper: the interior supports are made of neatly-smoothed posts ,and the inside walls are plastered as neatly as any walls could be. Comfortable, homemade seats are furnished for pews, the pulpit is covered with velvet, and the platform is carpeted. It is said that when one is on the inside everything is as neat and tidy as the finest church could be. When the building was dediented there was not a dollar of indebtedness upon the church, or on any of the furniture or fixtures. South Center Pioneer.

Mozart the Prodigy.

In one of the peaceful arts, we have the astonishing example of the Austrian musician and composer, Mozart. This lad was what we call a prodigy. He was the son of the bandmaster to the Archbishop of the city of Salzburg. At four years of age—and you will admit that is truly young—he played the violin with the greatest ease, with an expression really wonderful. He also composed those oldfashioned dances, so quaint and sweet, called minuets, besides other simple sieces. At seven, he made a tour of Europe, giving concerts, playing be-fore kings and queens, and surpris-ing the whole musical world. Then, when he was about twelve, he began to write operas, and so original and delightful were these that he may be said to have founded a school or manner of writing musical compositions of a dramatic nature. After having done the work of two tlifetimes, he died at the early age of thirty-nine. "Old Heads on Young Shoulders," b Arthur Hoeber, in St. Nicholas.

tood Advice From a Brathen

A little watchfulness over ourselves will save us a great deal of watchfulness over others, and will permit the kindliest of religions to drop her inconvenient and unseemly talk of entity and strife, breastplates and cuirasses. battles and exterminations. To pro duce as much happiness as we can and to prevent as much misery, is the proper aim and end of true morality and true religion. Only give things their right direction; there is room, do but place and train them well. Epictetas.

Let Your Light Shine.

"It is better to put a silver dollar on the collection plate than a 85 gold piece, said Bloomfield to Bellfield. How do you figure that out?" "Makes more noise." Pittsburg Chronicle-Telegraph.

Electrical Equipment of Long Trun

A person went to the postoffice "he other day and asked what a money said three cents. He said he would Writing it out and giving it to him, he handed over the three cents. You owe me \$2.50, please," said the Why, you said it was three cents." An explanation set in gave up the order, but will always wonder why the man changed his mind. That happened in Roanoke, and dates and names can be given, as several were standing by. - Armstrong (Mo.) Herald.

If Remote from Medical Help.

Doubly essential is it that you should be provided with some reliable family medicine. Hostetter's Stomach Bitters is the best of its class, remedying throughout as it does such common aliments as indigest on, constipation and biliousness, and afforcing safe and speedy help in malarial cases, rheumatism and inactivity of the kidneys.

The self-conceited man hastens to his enemy to be eaten.—Wakatanki.

Did you ever see anything as queer as a robin trying to feed its own reflec-tion on a window glass? That sight has been going on at my house in Dorchester for a day or two. The poor deceived bird gets a worm in its bill and then runs up to a basement window, where it has seen its reflection. and there taps, taps, taps, at the glass trying to feed its shadaw. I had heard strange poises in the basement, and had begun to think the house was haunted, as at first I could not ascertain the cause of the sharp sounds, like tapping on metal, but finally discovered the robin at its puzzling attempts to feed a ghost. - Boston Trans-

Thought That Ought to Settle The Old Negro Woman (pouring coal oil among a nest of cockroaches)—I jis' reckon I's goin to fix you dis time. I'se tried lime, insect poddah and hot wattab, an bain't done no good; but now you'd jis' as well gib up, fer you can't buck de Stan'ard Oil company.—Truth.

Hegeman's Camphor Ice with Giverine, Cures Chapped Hands and Face, Tender or Soc. Feet, Chilbiatus, Files. &c. C. G. Clark Co., New Haven, Ch.

The world is full of people with both hands extended to we come any temptation that is out of a job.

Faderewski, sweet as is his music, cannot

"Mend it or End it."

has been the rallying cry of reform, directed against abuses municipal or social.

For the man who lets himself be abused by a cough the cry should be modified to: Mend it, or it'll end you. You can mend any cough with

Ayer's Cherry Pectoral.

FREE HOMES From Uncle Sam.

Nearly 2,000,000 Acres of Government Lands Now Open to Settlement___

IN NORTHERN ARKANSAS.

They are fertile, well-watered, heavily-timbered, and produce grains, g asses, finite and vegetables in bundance. North Arkansas apples are noted. The climate is delightful, winter mild and whert. These tude are subject to homestead entry of 160 acres cach. NOW IS THE TIME TO AFT a HOME. For further in

E. V. M. POWELL, Immigration Agent, Harrison, Ark. LF Refers to Bank of Harrison and Boone County Bank, Harrison, Ark



STOP! You have run up against a Good Thing.

The best reason in the world why some things sell so well is because they are good. That is one reason for the great sales of "BATTLE AX."

But good quality is only half the story. The other half is the size of a 5 cent piece. It is as big almost as a 10 cent piece of other and poorer kinds.

Facts are facts. You can buy and see for yourself. Five cents isn't much to invest.

19 Years' Experience

Just think of the wealth of wisdom and experience, accumulated during 19 years of building good bicycles, that comes to you for the \$100 you pay for



STANDARD OF THE WORLD.

The buyer of a Columbia has no uncertainty. He knows its quality and workmanship are right the Columbia scientific methods make them so.

TO ALL ALIKE.

Beautiful Art Catalogue of Columbia and Hartford Bicycles is free if you call upon any Columbia agent; by mail from us for two I cent stamps

POPE MFG. CO., Hartford, Conn. Branch Stores and Agencies in almost every city and town. If Cah properly represented in your vicinity, let us know.