

"God Give Us Men."

The Fifty-seventh congress has been long enough in session to reveal its tendencies and to outline its record.

Looking at the situation as it is in Washington today, thoughtful Americans see the house attempting to discriminate against our Filipino wards as we never discriminated against them when they were utterly foreign to us.

They see Cuba, whose bonds to Spain we dissolved, menaced with complete commercial separation from us, and with a commercial isolation which even the Madrid government did not impose upon her. They see the aspiration of the American people for an isthman canal that will at the same time facilitate their commerce and strengthen their national defense, juggled, paltered with, and tossed about as if it were a merest trifle of the day.

And all this they have seen done at the behest of three or four special interests whose part in the nation is but a tiny fraction of the whole.

On the other hand, what do the people see as the only constructive piece of legislation likely to be accomplished by this congress? The ship-subsidy bill—a measure designed and promoted chiefly to take the people's money and put it in the pockets of special interests which are well able to take care of themselves and to add to the profits of the two most powerful industrial combinations of the age.

This is the record of the majority—the republican majority—in the Fifty-seventh congress up to the present. This is the record which, if not speedily altered, the republican party must carry into the congressional elections a few months hence, and which President Roosevelt and his party must defend, if they can, in the general election two years hence.

"God give us men," prayed a great American poet in a dark hour of the nation's life. The republican party and the nation, as they contemplate the record now making by the Fifty-seventh congress, may well re-echo that prayer.—Chicago Inter-Ocean (rep.).

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If you are interested in the people's independent party (populist) and what it is doing in the west write for free sample copies of The Nebraska Independent, published at Lincoln, Neb. It will be sent for four weeks free of charge to all who send their name and address. It is worth writing for.

A STRAIGHT SHOT

Brought About by Accident.

A lady who accidentally began eating Grape-Nuts and quickly discovered the strength that she gained, felt disposed to write regarding the food.

She says: "Grape-Nuts has done so much for me. When I came out of school I was broken down in health from overwork and nervousness. Every summer during the hot weather I have been practically exhausted and generally have lost five pounds or over.

Quite by accident I began using Grape-Nuts and thought I liked it very much at first, but the taste grew on me so much that I am extravagantly fond of it. I ate it all last summer and was surprised to find that I kept up with plenty of strength, my nerve force increased, and I lost no flesh.

I know exactly what has sustained me for I have made no change in my way of living except to take on Grape-Nuts. I never tire of it. I always use it with cold cream in summer and warm cream in winter. This is a straightforward, honest letter and I trust it will be of service to you." Lucy J. Rowen, Cedar Falls, Ia.

CONSUMPTION CURED.

An old physician, retired from practice, had placed in his hands by an East India Missionary the formula of a simple vegetable remedy for the speedy and permanent cure of Consumption, Bronchitis, Catarrh, Asthma, and all throat and Lung Affections; also a positive and radical cure for Nervous Debility and all nervous complaints. Having tested its wonderful curative powers in thousands of cases, and desiring to relieve human suffering, I will send free of charge to all who wish it, this recipe, in German, French, or English, with full directions for preparing and using. SENT BY MAIL, BY ADDRESSING, WITH STAMP, NAMING THIS PAPER, W. A. NOYES, 947 POWERS BLOCK, ROCHESTER N. Y.

Home Department.

(Continued from Page 9)

of the handle for a cord loop or a screw with ring attached will answer. When the brush begins to spread pour over it some hot water and draw together with a stocking leg to dry.

About the best preparation for curing a chapped skin and keeping it smooth and preventing wrinkles, because it feeds the skin, is made by melting a piece of mutton suet, straining the fat through a hair sieve and stirring into it an equal amount of glycerine and a few drops of perfume. Put it in little stone or glass jars, cover to keep clean, and every night rub or massage the face with it.

Whooping cough, when once the acute stage has been passed, can often be relieved by simple means. The paroxysms of coughing are then chiefly nervous and may be avoided by distracting the child's attention. A good way is to hold a bottle of smelling salts under his nose, not suddenly, so as to frighten him, but quietly, with the assurance that it will help the cough.

A simple home remedy close at hand has often saved life. To have them convenient, fit up a cupboard near the bed, as they are often needed in the night. A box nailed to the wall and covered with a pretty curtain will contain camphor, ammonia, lard, mustard, peppermint. Put in an onion, also, as it may save a trip to the cellar some cold night when the children are croupy.

The best cure for rheumatism is care of the diet; to eat only such food as is nourishing and easily digested and not too much of that; to avoid starchy foods, including fresh bread. Plenty of water should be taken, especially between meals. At least three pints a day should be used.

No one can understand the news of the day if he does not know the location of the place where the events are occurring. To read intelligently one must refer to the map, and an atlas is required where it can be readily consulted. The habit of looking up the places read about goes far to educate a person.

Would you have an abundance of sweet peas next summer? Then don't delay, but plant the seed just as early as the ground will admit.

When a man says he never needs a doctor you can generally be sure that he will want one in a hurry as soon as he feels ill.

When threatened with a chill bathe the body with hot alcohol, rubbing the extremities well, and wrap up in hot flannel.

To preserve fresh flowers for a long time, an authority recommends to put a pinch of nitrate of soda in the water.—Farm and Home.

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