



Mrs. Bill—Now, tell me at once—where have you been all this time? Bill—Why, dear, it hasn't been long. Mrs. Bill—How dare you tell me that? You have been out all night.

Why We Are Stronger.

The old Greeks and Romans were great admirers of health and strength; their pictures and statues made the muscles of the men stand out like cords.

As a matter of fact we have athletes and strong men—men fed on fine strength making food such as Quaker Oats—that would win in any contest with the old Roman or Greek champions.

It's a matter of food. The finest food for making strength of bone, muscle and nerve is fine oatmeal. Quaker Oats is the best because it is pure, no husks or stems or black specks. Farmers' wives are finding that by feeding the farm hands plentifully on Quaker Oats they get the best results in work and economy. If you are convenient to the store, buy the regular size packages; if not near the store buy the large size family package.

Douglas Jerrold's Wit.

On the first night of the representation of Jerrold's pieces a successful adapter from the French rallied him on his nervousness.

"I," said the adapter, "never feel nervous on the first night of my pieces."

"Ah, my boy," Jerrold replied, "you are always certain of success. Your pieces have all been tried before."

He was sorely disappointed with a certain book written by one of his friends. This friend heard that Jerrold had expressed his disappointment and questioned him: "I hear you said—was the worst book I ever wrote."

"No, I didn't," came the answer; "I said it was the worst book anybody ever wrote."

Of a mistaken philanthropist Jerrold said he was "so benevolent, so merciful a man—he would have held an umbrella over a duck in a shower of rain."—Argonaut.

No Short Haul for Him.

"This is where you get off," said the railroad conductor.

"But I haven't rid far enough," said the Billville man.

"Can't help that. You can't go any further on this ticket."

"My friend," said the man, "it's the first time I ever rid on a railroad train, and you ain't a better man than what I am I'm a-goin' to set right here till I see whar the road ends. I know it must end some're, and I'm curious to see whar. Here's one more dollar. Now, go 'long an' let me alone!"

What's the Matter with Baby?

"I wonder what makes baby cry so?" said the first friendly person.

"Perhaps a pin is annoying it," ventured another.

"Or else it's hungry," said a third.

"Or teething," said another. "You can't do anything for that."

"Aw, look at the way he's kicking, and see how his little fists are doubled up," put in Bobby. "He wants somebody of his own size to fight with, that's what he wants."

PRESSED HARD

Coffee's Weight on Old Age.

When prominent men realize the injurious effects of coffee and the change in health that Postum can bring, they are glad to lend their testimony for the benefit of others.

A superintendent of public schools in North Carolina says:

"My mother since her early childhood, was an inveterate coffee drinker and had been troubled with her heart for a number of years, and complained of that 'weak all over' feeling and sick stomach."

"Some time ago I was making an official visit to a distant part of the country and took dinner with one of the merchants of the place. I noticed a somewhat peculiar flavor of the coffee, and asked him concerning it. He replied that it was Postum."

"I was so pleased with it, that after the meal was over, I bought a package to carry home with me, and had wife prepare some for the next meal. The whole family liked it so well, that we discontinued coffee and used Postum entirely."

"I had really been at times very anxious concerning my mother's condition, but we noticed that after using Postum for a short time, she felt so much better than she did prior to its use, and had little trouble with her heart and no sick stomach; that the headaches were not so frequent, and her general condition much improved. This continued until she was as well and hearty as the rest of us."

"I know Postum has benefited my self and the other members of the family, but not in so marked a degree as in the case of my mother, as she was a victim of long standing."

Read "The Road to Wellville," in pkgs.

"There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

PRISONERS GET OUT

GAIN LIBERTY BY REMOVING STONE FROM BUILDING.

HAPPENINGS OVER THE STATE

What is Going on Here and There

That is of Interest to the Readers Throughout Nebraska and Vicinity.

Beatrice, Neb.—The first jail breaking occurring in Beatrice for several years took place Thursday evening about eight o'clock when Clarence Cain and Henry Beck, two prisoners succeeded in removing a stone from the rear of the jail and making their escape. They are still at large. Cain was awaiting trial on the charge of attempting to murder Edward Johnson, a relative. Beck, the other man who escaped, was sent from Wymore Monday to serve out a thirty-day sentence, having pleaded guilty to a charge of being drunk and disorderly conduct.

Two other prisoners confined in the jail made no attempt to escape. They were Bertucci, the Italian charged with the murder of a Wymore boy, and a man by the name of Edward Beck, awaiting trial on a charge of wife desertion. Sheriff Trade was absent when the break occurred, having gone to the state fair at Lincoln. His deputy, Henry Burke, is conducting the search for the men.

Conference at Kearney.

Kearney, Neb.—The thirty-third annual session of the west Nebraska conference of the United Brethren church convened in this city Wednesday afternoon. About sixty ministers and delegates are here and forty more are expected. Bishop W. M. Wilkey, D. D. of Kansas City, was unable to attend as he was prostrated with the heat three weeks ago and has been confined to his home since. Pres. W. E. Schell of York was elected chairman pro tem and L. L. Epley was elected secretary. The afternoon was taken up with the usual routine work of the business session. L. O. Miller of Dayton, Ohio, general church treasurer, and J. M. Phillips of the same city, editor of the Religious Telescope, were both present representing the general interests of the church.

Rob Safe in Store of \$50.

Wymore, Neb.—The store of the Wymore Drug company was entered early Thursday morning and \$50 was taken from the safe and cash register. Entrance was gained through a screen door by cutting the screen and raising the hook and taking a pane of glass from the other door and turning the key, which had been left in the lock. The combination of the safe was manipulated and the safe opened that way. The inner cash drawer, which is a combination lock affair, had been left open. The work is supposed to have been done by professionals at the business or by some one familiar with the store and the combination to the safe. No clue has been obtained.

Officers are Elected.

Hastings, Neb.—At a business meeting of the Seventh Day Adventists held Thursday morning the following officers were elected: Elder A. T. Robinson, president of the conference; Elder C. H. Miller of Wayne, vice-president; M. E. Ellis, secretary; Miss Anna M. Peterson, treasurer. This is Elder Robinson's sixth term as president.

Vote Down Proposition.

Sutton, Neb.—The city election to vote \$25,000 for extension of the waterworks system and the purchase of electric light plant resulted in a defeat by a much larger majority than that of the first election. It was practically the same proposition that was defeated once before. The voters considered the amount asked to be excessive.

Wedded Fifty-four Years.

Nebraska City, Neb.—Wednesday Mr. and Mrs. C. C. Hall celebrated their fifty-fourth wedding anniversary. They were married in this city and have since made it their home. They are the oldest couple in the state that were married here. Both are well preserved, and live with their married daughter, Mrs. J. E. Summers.

Enrollment Shows Increase.

Schuyler, Neb.—The city schools have opened with an increased enrollment. The high school department starts with the following faculty: Prof. Charles Arnot, superintendent; R. O. Brownell, principal, with Miss Daisy Simmons and F. C. Gramp as assistants. Miss Simmons will have charge of the Latin and German.

Fremont, Neb.—For the second time in eight days an unknown man has been crushed to death under a Union Pacific train in Dodge county and his body and clothing is so badly mutilated as to make identification impossible. The second instance of a frightful accident by which a stranger was ground to pieces came to light Wednesday morning at North Bend, when members of a freight crew found bits of flesh strewn along the track just east of the town. Presently they found an arm. Later other pieces of a mangled body were picked up.

QUARTERLY REVIEW

Sunday School Lesson for Sept. 19, 1909

LESSON TEXT—Acts 15:22-21:7. GOLDEN TEXT—"So mightily grew the word of God and prevailed."—Acts 19:20.

Subject: Travels with St. Paul by Sea and Land.

There never was so much interest in missions among the people of this country as there is to-day.

About two years ago (from the date of this lesson) one of our largest steamships, filled with persons interested in Sunday schools, sailed for Rome to hold a convention there. Three years before (in 1904) another steamship was filled with delegates to a World's Sunday School convention in Jerusalem. Both these great companies stopped at mission stations, learned about the needs of the missions, and took up large contributions for them from the passengers whose interest was greatly awakened, amounting to over \$20,000.

A friend of mine is sending his son and wife on a two year's tour among the Protestant missions of the world to make a thorough study of them.

All the great missionary societies are sending visiting delegates to their mission stations.

He had made one journey before we join him.

We propose to stop at each city, and recall the events, the persons, the stories and the special teachings which belong to it.

The Second Missionary Journey.—From Antioch to Asia Minor, Europe, returning through Jerusalem to Antioch again. Extending from A. D. 50 to 53.—Acts 15:26-18:22.

Antioch of Syria.—The first foreign missionary church; Paul, Barnabas, Silas, leading members. For the city of Antioch, see lesson IV of the second quarter. Why Paul took Silas instead of Barnabas.

Land journey. Paul alone going north through "the Cilician gates," a pass in the great mountain range. Then he turned westward.

Derbe. The city farthest east in Paul's first journey.

Lystra in Lycaonia.—Here Paul had healed a man; and was stoned. (First journey.) Here Paul was joined by Silas (v. 4 "they") instead of "he" in vs. 1-3). Timothy became Paul's assistant.

Iconium.—An attempted assault on Paul; church here. Established in the faith.

Antioch in Pisidia.—Paul's sermon. A church founded. Paul expelled. (First journey.)

Still by land. They passed through Galatia to which the above cities probably belonged, and through Phrygia, to the northwest to

Troas, a Port on the Aegean Sea.—Paul's first visit here; the vision and Macedonian call. Here Paul, Silas and Timothy were joined by Luke (v. 10 "we" instead of "they"). Paul and Eutychus—six years later. (Lesson X.) Troas and ancient Troy.

By sea to Neapolis, the port of Philippi. By land to Philippi.

Philippi.—Secular history; Lydia. The sabbath day. Imprisonment of Paul and Silas. Paul delivered. The jailer converted. Paul released by the magistrates. The church at Philippi. A letter of Paul's to the Philippians. By land toward the south.

Thessalonica.—Ancient history. Modern missionary station; a church founded. Riot by their enemies. Paul sent forward. Letter to the Thessalonians.

Berea.—Bible study by the Bereans; Paul again assaulted.

From Turkish empire into Greece.

Athens.—The city. The philosophers; altar to the unknown God. Paul on Mars' hill. Few converts.

Corinth.—The city. Paul here a year and six months; a large church. Two letters to them. Aquila, Priscilla, Silas, Timothy, Apollus, Gallo. Close of work in second journey.

The Third Missionary Journey.—From Antioch, through Asia Minor and Europe, to Jerusalem. Extending from A. D. 53 to 56 or 57.—Acts 18:23-21:17.

Asia Minor.—Travel by land. Paul revisited the churches here, Derbe, Lystra, Iconium and Antioch of Pisidia, as on the previous journey, till he came to Ephesus.

Ephesus.—The city. The company of disciples of John; the exorcists; burning of the books of magic; shrines of Diana; the mob; a flourishing church; the seven churches of Asia in this region; letter to the Ephesians; Paul, Timothy, Erastus, Gaius, Aristarchus, Demetrius, Sevea.

By sea to Macedonia; Philippi, Thessalonica, Berea.

By land to Greece: Athens, Corinth, three months.

The return. By land to Philippi. By sea to Troas, Miletus, down the coast, turning eastward to Tyre, Ptolemais, Caesarea, Jerusalem.

Events by the way. At Miletus. At Tyre. At Caesarea.

What impressions does this general view make upon you as to the progress of the gospel? How long since the day of Pentecost?

What impression does it make as to the character of Paul?

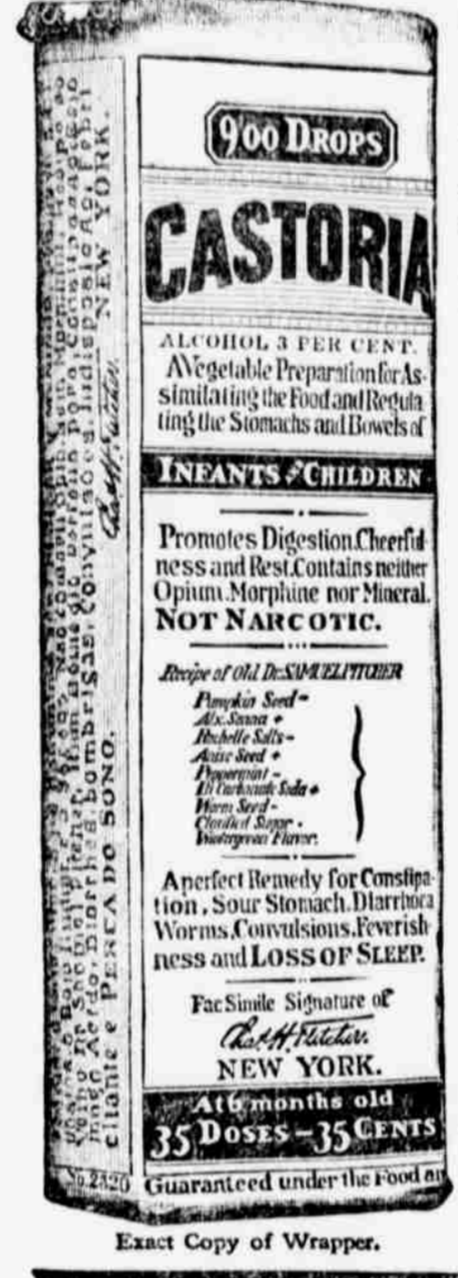
How does it compare with modern missions?

How does giving to missions and interest in missions broaden your character? Does giving to missions and interest in them lessen your interest in God's work right around you?

Do you give? Do you earn what you give?

Physicians Recommend Castoria

CASTORIA has met with pronounced favor on the part of physicians, pharmaceutical societies and medical authorities. It is used by physicians with results most gratifying. The extended use of Castoria is unquestionably the result of three facts: First—The indisputable evidence that it is harmless; Second—That it not only allays stomach pains and quiets the nerves, but assimilates the food; Third—It is an agreeable and perfect substitute for Castor Oil. It is absolutely safe. It does not contain any Opium, Morphine, or other narcotic and does not stupefy. It is unlike Soothing Syrups, Bateman's Drops, Godfrey's Cordial, etc. This is a good deal for a Medical Journal to say. Our duty, however, is to expose danger and record the means of advancing health. The day for poisoning innocent children through greed or ignorance ought to end. To our knowledge, Castoria is a remedy which produces composure and health, by regulating the system—not by stupefying it—and our readers are entitled to the information.—Hall's Journal of Health.



Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. B. Halstead Scott, of Chicago, Ill., says: "I have prescribed your Castoria often for infants during my practice, and find it very satisfactory." Dr. William Belmont, of Cleveland, Ohio, says: "Your Castoria stands first in its class. In my thirty years of practice I can say I never have found anything that so filled the place." Dr. J. H. Tait, of Brooklyn, N. Y., says: "I have used your Castoria and found it an excellent remedy in my household and private practice for many years. The formula is excellent." Dr. R. J. Hamlen, of Detroit, Mich., says: "I prescribe your Castoria extensively, as I have never found anything to equal it for children's troubles. I am aware that there are imitations in the field, but I always see that my patients get Fletcher's." Dr. Wm. J. McCann, of Omaha, Neb., says: "As the father of thirteen children I certainly know something about your great medicine, and aside from my own family experience I have in my years of practice found Castoria a popular and efficient remedy in almost every home." Dr. J. R. Clausen, of Philadelphia, Pa., says: "The name that your Castoria has made for itself in the tens of thousands of homes blessed by the presence of the medical profession, but I, for one, most heartily endorse it and believe it an excellent remedy." Dr. R. M. Ward, of Kansas City, Mo., says: "Physicians generally do not prescribe proprietary preparations, but in the case of Castoria my experience, like that of many other physicians, has taught me to make an exception. I prescribe your Castoria in my practice because I have found it to be a thoroughly reliable remedy for children's complaints. Any physician who has raised a family, as I have, will join me in heartfelt recommendation of Castoria."

GENUINE CASTORIA ALWAYS Bears the Signature of Chas. H. Fletcher. The Kind You Have Always Bought In Use For Over 30 Years.

PUTNAM FADELESS DYES

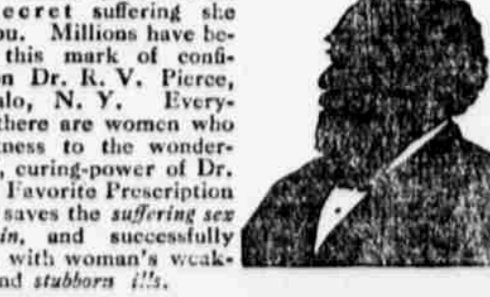
Color more shade brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG CO., Quincy, Illinois.

Mottoes of a Queen. Her majesty, the queen of Portugal, pins her faith, it is said, to the following mottoes: Keep out of doors all you can. Breathe outdoor air, live in it, revel in it. Don't shut yourself up. Build your houses so that the air supply is good. Throw away your portieres and brica-brac. Don't have useless trifles about you. Have a favorite form of exercise and make the most of it. Ride on horseback if you can; cycle if you cannot get a horse; do anything to get out in the open air. Don't overeat. Drink little and let that little be pure. Don't try to dress too much, yet dress as well as you are able. Wear everything you can to make yourself lovely. With a smooth iron and Defiance Starch, you can launder your shirt-waist just as well at home as the steam laundry can; it will have the proper stiffness and finish, there will be less wear and tear of the goods, and it will be a positive pleasure to use a Starch that does not stick to the iron. Where Rice Excels. "My mamma says that rice is a better food than wheat." "Why is it?" "Because of the food elephants fit contains." A Rare Good Thing. "Am using ALLEN'S FOOT-EASE, and can truly say I would not have been without it so long, had I known the relief it would give my aching feet. I think it a rare good thing for anyone having sore or tired feet.—Mrs. Matilda Holtwort, Providence, R. I." Sold by all Druggists, 25c. Ask to-day. Quite True. "Alas!" moaned the egg on the kitchen table, waiting for the cook's beater, "give every man his dessert and which of us escapes whipping?" Good for Sore Eyes. For 100 years PETTIT'S EYE SALVE has positively cured eye diseases everywhere. All druggists or Howard Bros., Buffalo, N. Y. When a girl orders flowers sent home it's a sign that she expects the neighbors to think some man sent them. Smokers also like Lewis' Single Binder cigar for its purity. It is never doped,—only tobacco in its natural state. Watch any man long enough and you will see him do something he ought to be ashamed of. Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures whooping cough. 25c a bottle. Woman thinks she will be man's superior when she gets her rights.



Subject to Conditions. Sprigg went to a noted physician to ask advice as to his health. In pompous tones he addressed the doctor: "I—ah—have come to—ah—ask you—ah—what—what is—ah—the doosid mattaw with me—ah!" "I find that your heart is affected," said the physician, gravely. "Oh—ah—anything else—ah?" "Yes; your lungs are affected, too." "Anything—ah—else—ah?" "Yes; your manners are also affected." Sheer white goods, in fact, any fine wash goods when new, owe much of their attractiveness to the way they are laundered, this being done in a manner to enhance their textile beauty. Home laundering would be equally satisfactory if proper attention was given to starching, the first essential being good Starch, which has sufficient strength to stiffen, without thickening the goods. Try Defiance Starch and you will be pleasantly surprised at the improved appearance of your work. Troubles of People on Venus. Inhabitants of Venus, if there are any, must feel it extremely difficult to establish units of time. Venus always turns the same face toward the sun; so the planet has no day, and the lack of a moon deprives it of a month. Finally, it has no year, for its axis of rotation is perpendicular to the plane of its orbit, and the latter is almost ecliptical. The "Black-Hand" Business. Mrs. Hart—My husband got a letter to-day saying something dreadful would happen if he didn't send the writer a sum of money. Mrs. Smart—My husband gets dunned for his bills, too.

Honored by Women



When a woman speaks of her silent secret suffering she trusts you. Millions have bestowed this mark of confidence on Dr. K. V. Pierce, of Buffalo, N. Y. Everywhere there are women who bear witness to the wonder-working, curing-power of Dr. Pierce's Favorite Prescription—which saves the suffering sex from pain, and successfully grapples with woman's weaknesses and stubborn ills. IT MAKES WEAK WOMEN STRONG IT MAKES SICK WOMEN WELL. No woman's appeal was ever misdirected or her confidence misplaced when she wrote for advice, to the WORLD'S DISPENSARY MEDICAL ASSOCIATION, Dr. K. V. Pierce, President, Buffalo, N. Y.



Dr. Pierce's Pleasant Pellets induce mild natural bowel movement once a day.