

Crusade on Tuberculosis

The Henry Phipps Institute of Philadelphia, which has been established by the generous gift of a wealthy resident of that city, is doing a great work on behalf of persons suffering from pulmonary tuberculosis or consumption. The physicians employed by this institution have compiled some excellent rules to be observed by persons suffering from this disease, the careful following of which will prevent the extension of the disease to others, and will greatly aid the sufferers to recover.

Don't spit on the sidewalk, on the street, nor into any place where you cannot destroy the germs which you spit up.

Do not swallow any spit which comes up from your lungs or which comes out of the back part of your throat.

Spit into a spit cup when it is possible to do so.

Always use a spit cup with a handle to it so that you can hold it close to your mouth.

When you use a china or earthenware spit cup always keep it and water in it and seal the spit cup once or twice a day with boiling water.

When you use a tin spit cup with a paper spit cup inside burn the paper cup at least once a day and seal the tin cup with boiling water.

Never use a handkerchief or a rag or any material other than paper to spit in or to wipe your mouth with.

When you cannot spit into a spit cup, spit into a paper napkin.

Always use a paper napkin to wipe your mouth with, after spitting, and be careful not to soil your hands.

Always carry a cheap paper bag in your pocket or sash to put paper napkins in which you have used.

When you have used a paper napkin, either to spit in or to wipe your mouth with, fold it up carefully and put it away in the paper bag.

Every evening, before going to bed, burn your paper bag together with the napkins which you have deposited in it.

If you have a mustache or beard shave it off or crop it close.

Always wash your lips and hands before eating or drinking, and rinse out your mouth.

If you have a running sore take up the matter which is given off with absorbent cotton and burn it.

Avoid handshaking and kissing. These customs are dangerous to you as well as to others. They may give others consumption; they may give you colds and influenzas which will greatly aggravate your disease and may prevent your recovery.

Do not cough if you can help it. You can control your cough to a great extent by will power. When you cough severely hold a paper napkin to your mouth so as not to throw out spit while coughing.

Sit out of doors all you can. If you have no other place to sit than the pavement sit on the pavement in front of your house.

Don't take any exercise when you have a high fever.

Always sleep with your windows open, no difference what the weather may be.

Avoid fatigue. One single exhaustion may change the course of your disease from a favorable one to an unfavorable one.

Go to bed early. If you are working, lie down when you have a few moments to spare.

Don't take any medicine unless it has been prescribed by your physician. Medicine may do you harm as well as good.

Don't use alcoholic stimulants of any kind.

Don't eat pastry or dainties. They do not nourish you and they may upset your stomach.

Take your milk and raw eggs whether you feel like it or not.

Keep up your courage. Make a brave fight for your life. Do what you are told to do as though your recovery depended upon the carrying out of every little detail.

Always keep in mind that consumption can be cured in many cases and that it can be prevented in all cases.

If your own disease is too far advanced for you to recover, console yourself with the idea that you can keep those who are near and dear to you from getting it.

al depravity which we often hear talked about, is, half the time, nothing more nor less than total indigestion.

A Convincing Test.

In the Far East the Japanese have won victories which have astonished the world. They show themselves to be more enduring, more resistant to the effects of wounds, keener witted, sharper in tactics, and quicker in execution than their Russian antagonists. The Jap is content with a simple diet of rice, peas, or beans, which is quickly digested and converted into brawn and brains, while the Russian must have his meat and his vodka.

The same dietary, the same simplicity and naturalness in habits of life, which give toughness of fiber and endurance and immunity against infection, afford equal advantages in fighting the battle of life in any direction. The brain worker who wants to keep his mental vision clear and desires power to pursue his subject with unceasing energy, must keep his blood clean by a pure, simple, natural diet. The lawyer, the clergyman, the business man, the teacher, the investigator, the inventor, will find the same advantages in living in harmony with natural principles as does the plucky Japanese soldier, who is, for the first time, testing his metal by a great contest with an army of civilized men.

Alcohol vs. Long Life.

It is very easy to prove that the influence of alcohol, as of every other poison, is to shorten life. Dr. Willard Parker of New York, shows from statistics that for every ten temperate persons who die between the ages of twenty-one and thirty, fifty-one intemperate persons die. Thus it appears that the mortality of liquor users is five hundred per cent greater than that of temperate persons. These figures are based on the tables used by life insurance companies.

Notwithstanding the constant protest of both moderate and immoderate drinkers, that alcohol does not harm them, that it is a necessary stimulus, a preventive of fevers, colds, consumption, etc., and the assertion of certain chemists that it is a conservative agent, preventing waste, and so prolonging life, the distinguished English actuary, Mr. Nelson, has shown from statistical data which cannot be gainsaid, that while the temperate man has at twenty years of age an average chance of living forty-four and one-fifth years, the drinking man has a prospect of only fifteen and one-half years of life. At thirty years of age the temperate man may expect thirty-six and one-half years more of life, while the dram-drinker will be pretty certain to die in less than fourteen years.

On the other hand, the Rechabite societies in England show statistics clearly indicating that total abstinence is in the highest degree conducive to longevity.

Effects of Alcohol Upon Digestion.

Prof. Kochlakoff of St. Petersburg, has experimented upon five healthy persons, aged from twenty-one to twenty-four years, with reference to the effects of alcohol upon digestion. Ten minutes before each meal, each person was given about three ounces of alcoholic liquor, containing from five to fifty per cent of alcohol, which is about the proportion found in ordinary liquors. The following results were obtained:

"Under the influence of alcohol the quantity of hydrochloric acid, as well as the digestive power of the gastric juice, is diminished. This enfeebling of the digestion is especially marked in persons unaccustomed to the use of alcohol."

Dr. Figg of Edinburgh made the following experiments to test the influence of alcohol upon digestion: He fed two dogs equal quantities of roast mutton. He then administered to one dog, by passing a tube into the stomach, one and one-fourth ounces of alcohol. After five hours both dogs were killed and examined. The one which had taken no alcohol was found to have digested the meat entirely, whereas digestion had scarcely begun in the animal to which alcohol had been administered.

RECIPES.

Savory Soup—Cook half a pint of small navy or soup beans in three pints of water for two hours, adding boiling water as needed. In a separate kettle place two small parsnips, scraped and sliced, one good sized onion cut fine, two stalks of celery and half a can of tomatoes. Cover well with boiling water and cook until the vegetables are very tender; then add the beans and press all through a fine colander or soup-strainer. Return to the stove, simmer a moment, and just before serving, stir in slowly a cupful of hot cream or rich milk. A can of sweet corn may be substituted for the beans. As it takes less time, and may be put in with the other vegetables, it is sometimes preferred by the housewife who is her own cook.

Nut Cheese—Take one cup of raw peanut butter, one-half cup of cornstarch, one cup of tomato juice, and one teaspoonful of salt. Dissolve the nut butter and cornstarch in the tomato juice; add salt, and beat for five minutes. Pour into a granite bowl and cover and steam for four or five hours. Dry off in the oven, and when cool, slip from the bowl.

Deafness Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way of cure—deafness and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed, it swells and obstructs the passage of air from the outside of the ear to the middle ear, and the result is deafness. Deafness is not incurable if you catch it early. It is cured by the use of Deafness Remedy, which is sold by Dr. J. C. Cheney & Co., Toledo, O.

After a man has had a spell of the blues he takes on the manner of one who is highly pleased with himself.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in 3 1/2-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 ozs." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

The wife who carries her coquetry through life is beloved to the end of the chapter.

The housewife who has not yet become acquainted with the new things of everyday use in the market, and who is reasonably satisfied with the old, we would suggest that a trial of Defiance Cold Water Starch be made at once. Not alone because it is guaranteed by the manufacturers to be superior to any other brand, but because each 16-oz. package contains 16 ounces, while all the other kinds contain but 12 ounces. It is safe to say that the lady who once uses Defiance Starch will use no other. Quality and quantity must win.

Men sometimes miss a niche in the temple of fame by putting off their dying overlong.

Mother Gray's Sweet Powders for Children. Successfully used by Mother Gray, nurse in the Children's Home in New York, cure Constipation, Feverishness, Bad Stomach, Teething Disorders, move and regulate the Bowels and Destroy Worms. Over 30,000 Testimonials. At all Druggists, 25c. Sample FREE. Address A.S. Olmsted, LeRoy, N.Y.

The first United States mint was established in 1792.

"Success Magazine" for February opens with an article which should create a decided sensation throughout the country. It is the first of a series entitled "The Shameful Misuse of Wealth." The author is Cleveland Moffett, a journalist whose previous work has created a vivid impression in magazine circles. Mr. Moffett is delving into one of the burning questions of the day. The fact that a set of people dine at the Hotel St. Regis, New York, from solid gold service, and dally with vands that sum up a total of one thousand dollars a plate, while seventy thousand poor children in the same city are obliged to go to school in the morning without breakfast because their parents are too poor to buy food, is not a condition that creates a pleasant picture.

Lefevre's Wall Street Mystery. Edwin Lefevre has just begun a tantalizing mystery serial in the February McClure's. Scene, the realm of high finance—a field particularly interesting just now, and one that Mr. Lefevre knows accurately, as evidenced by his penetrating "Wall Street Stories."

"The Golden Flood" this serial is called. It shows the president of the greatest New York bank, and the richest man in the world, who get worked up to a lather of apprehension by a very quiet young man. His unusual operations with Assay Office gold checks cause the excitement. The president and the richest man don't know what he's up to—and neither does the reader.

The desperate increase in the cost of living is staring us in the face today. The reasons for it are asked by all. In February Everybody's, Charles E. Russell, commissioned by the magazine to investigate the subject, begins a series of articles on "The Greatest Trust in the World." In the first installment he reveals a monster monopoly, greater than the "Standard Oil" holding in its grasp all the meat, fruit and dairy products of the United States. He shows the rapacity of this Beef Trust, its defiance of the law, its insatiable ambition to control all the food-supplies of this great country.

Many of the rural letter carriers in the Tyrol are women.

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the signature of *Dr. J. C. Cheney*. In Use For Over 30 Years. The Kind You Have Always Bought.

The public kickers often have but weak private consciences.

"Dyspepsia Tormented Me for Years. Dr. J. C. Cheney's Favorite Remedy cured me." Dr. C. J. Dougherty, Billville, N. J., used over 30 years. \$1.00.

You cannot lead without love.

Try me just once, and I am sure to come again. Defiance Starch.

Every true man seeks truth.

13 FOR THE ARMY.

A Circular issued by the War Department.

WASHINGTON—A circular issued by the war department to the army gives the text of a letter received by the secretary of war from Representative Littlefield of Maine, relative to the anti-canteen act and the secretary's reply, together with instructions to officers with respect to their reports on the subject. In his letter Mr. Littlefield states that he is the author of the anti-canteen amendment and adds:

"I regret to say that an impression prevails that the officers of the army are not only adverse to this legislation, but are prejudiced against it. If this is true it has created an unfriendly atmosphere that not only will impair the efficiency of the recreation and amusement feature, but will of itself practically defeat the object of the legislation."

Secretary Taft, in reply, said: "I think you are correct in assuming that a great majority of the officers in the army regard the anti-canteen amendment as ill-advised and likely to increase drunkenness in the ranks. Indeed, I must admit to you that as at present advised I share your opinion."

The secretary says it was the intention of those who favored the amendment to substitute for the canteen a commodious post exchange, and the question whether that system is to be maintained or the canteen with the privilege of drinking beer and light wines only, will be settled by congress after a careful investigation.

Secretary Taft said that while he recognized the danger of formed opinions coloring more or less judgment as to results, obedience to orders is with army officers the first soldierly virtue and if cautioned to report facts impartially they will obey the directions of constituted authority. He then informed Mr. Littlefield that he would transmit the correspondence, together with a caution to all officers, adding:

"I have no doubt of the good faith and energy with which the officers of the army are carrying out the purpose of congress in providing the post exchange and I don't think any caution in this respect is needed."

In his circular to the army the secretary of war requests officers who in their annual reports are called to speak of the operations of the anti-canteen act, to present facts whether pro or con, uncolored by individual views. He says:

"With the good faith of the army in making these reports, unless on their face they are impartial statements of the facts which have come to the knowledge of the officers will, in the heat of controversy certainly be attacked. If there is the slightest internal evidence of a bias on the part of the witnesses and the army officers' duty in the premises is to be merely impartial judges of operations of the act."

STANDARD OIL TRUST.

President Roosevelt Gets After the Aggregation.

WASHINGTON—President Roosevelt has directed James R. Garfield, commissioner of corporations of the department of commerce and labor, to begin immediately the oil investigation requested by the house of representatives in a resolution adopted unanimously.

The investigation, by direction of the president, will be rigid and comprehensive.

The president has directed a letter to Commissioner Garfield, in which he has given directions and presented in outline his views.

The inquiry will be pressed as rapidly as possible. The scope of the investigation and the time it will occupy cannot be indicated at this time.

Representative Campbell of Kansas, the author of the resolution adopted by the house, had a conference with President Roosevelt.

Mr. Campbell's idea is that the investigation should concern particularly the situation in the Kansas field, but he expressed to the president his belief that the inquiry, once begun, would extend to the operations of the Standard Oil company in the Beaumont field of Texas, and perhaps to other fields.

IS A "GIGANTIC MONOPOLY."

So Says Secretary Hitchcock About Oil Trust Osage Lease.

WASHINGTON—Secretary Hitchcock gave out a statement arraigning as a "gigantic monopoly" the present lease by the Indian Territory Illuminating Oil company, by which it has the right to prospect for oil and gas throughout the entire area of the Osage Indian reservation, and explaining the agreement reached several days ago, as announced in the Associated Press dispatches, for cutting off more than one-half of the lands operative under this lease during the next ten years.

To Answer to Murder Charge. LOS ANGELES, Cal.—William Hunt, wanted in Rochester, N. Y., to answer to the charge of the murder of George Hickey on August 19, 1902, is under arrest in this city. Hunt was arrested by the local police on a charge of vagrancy and gave a fictitious name, but when he was compared with the Bertillon measurements of the man wanted for the murder of Hickey he was found to fit them exactly and finally admitted his real identity. He denied, however, that he was guilty of murder.

Millions of Vegetables.

When the Editor read 10,000 plants for 15c, he could hardly believe it, but upon second reading finds that the John A. Salzer Seed Co., La Crosse, Wis., than whom there are no more reliable and extensive seed growers in the world, makes



this offer which is made to get you to test Salzer's Warranted Vegetable Seeds. They will send you their big plant and seed catalog, together with enough seed to grow:

- 1,000 fine, solid Cabbages,
- 2,000 rich, juicy Turnips,
- 2,000 blanching, nutty Celery,
- 2,000 rich, buttery Lettuce,
- 1,000 splendid Onions,
- 1,000 rare, luscious Radishes,
- 1,000 gloriously brilliant Flowers,

ALL FOR BUT 15c POSTAGE, providing you will return this notice, and if you will send them 25c in postage, they will add to the above a package of famous Berliner Cauliflower. [W. S. U.]

Greece and the Ionian islands produce more emery than any other country on the globe.

Feet Comfortable Ever Since. "I suffered for years with my feet. A friend recommended ALLEN'S FOOT-EASE. I used two boxes of the powder, and my feet have been entirely comfortable ever since. ALLEN'S FOOT-EASE is certainly a god-send to me. Wm. L. Swormstedt, Washington, D. C." Sold by all Druggists, 25c.

Humility gives the level head on the lofty height.

TO CURE A COLD IN ONE DAY Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box, 25c.

The first newspaper advertisement appeared in 1652.

Positive, Comparative, Superlative

"I have used one of your Fish Brand Bickers for five years and now want a new one, also one for a friend. I would not be without one for twice the cost. They are just as far ahead of a common coat as a common one is ahead of nothing." (NAME ON APPLICATION)

Be sure you don't get one of the common kind—this is the mark of excellence.

TOWER'S FISH BRAND TOWER CANADIAN CO., LIMITED TORONTO, CANADA. Makers of Wet Weather Clothing and Hats.

WHAT'S THE USE OF SAYING "GIVE ME A 5-CENT CIGAR," WHEN BY ASKING FOR A :

"CREMO"

YOU GET THE BEST 5-CENT CIGAR IN AMERICA

"The World's Largest Seller"

DEFIANCE STARCH

16 OZ. 10CTS.

It is the purest, cleanest starch made.

It is free of injurious chemicals.

It can be used where ordinarily you would be afraid to use starch of any kind.

That's Defiance. Your grocer sells it.

THE DEFIANCE STARCH CO., OMAHA, NEB.

ENTRANCING

..Tone Quality.. pure and mellow, distinguish our hand made "Mueller" pianos from the ordinary makes.

THE SOUNDING BOARD

is built on the violin principle, allowing free vibration. Other items of interest in our new catalog, sent free for the asking.

Address the Makers, **SCHMOLLER & MUELLER** Established 1859. 1313 FARNAM ST., OMAHA.

When Answering Advertisements Kindly Mention This Paper.

BEGGS' CHERRY COUGH

SYRUP cures coughs and colds.

When Your Grocer Says

he does not have Defiance Starch, you may be sure he is afraid to keep it until his stock of 12-ounce packages are sold. Defiance Starch is not only better than any other Cold Water Starch, but contains 16 ounces to the package and sells for same money as 12-ounce brands.

When the Bible hides your brother it is time to dig through it to him.

DO YOU COUGH

DON'T DELAY TAKE KEMP'S BALSAM

THE BEST COUGH CURE

It Cures Colds, Coughs, Sore Throat, Croup, Influenza, Whooping Cough, Bronchitis and Asthma. A certain cure for Consumption in first stages, and a sure relief in advanced stages. Use at once. You will see the excellent effect after taking the first dose. Sold by druggists everywhere. Large bottles 50 cents and 25 cents.

Chicks Well Hatched

Are Half Sold To be profitable an incubator must hatch chicks to average 85% of fertile eggs set—good, a real healthy chicks that will live and grow to maturity. That's what the

SURE HATCH INCUBATOR today sold on 60 DAY TRIAL, with \$100.00 2 years guarantee. Operates with half the oil and half the trouble of others. High percentage hatches, hatched early, that live and grow, make money. Don't chicks are a loss. The best incubator can't save poorly hatched chicks. Buy the **EMERALD** incubator with all the features, delivered, all charges prepaid, for only \$10.00. Write for free catalogue today and learn why Sure Hatches make money while others lose money. **BURDETT'S INCUBATOR COMPANY**, Clay City, Mo., Indianapolis, Ind.

THE FARMERS on the Free Homestead Lands of Western Canada

Carry the banner for yields of wheat and other grains for 1905.

100,000 FARMERS receive \$25,000,000 as a result of their Wheat Crop.

The returns from Oats, Barley and other grains, as well as cattle and horses, add considerably to this. Secure a Free Homestead at once, or purchase from some reliable dealer while lands are selling at present low prices.

Apply for information to Superintendent of Immigration, Ottawa, Canada, or to authorized Canadian Government Agent—W. V. Bennett, 801 New York Life Building, Omaha, Nebraska.

Please say where you saw this advertisement.

Salzer's National Oats

Greatest oat of the century. Yield in O.K. soil in Mich. 24, in Mo. 25, and in N. Dakota 210 bush. per acre. You can beat that record in 1905.

For 10c and this notice we mail you free lots of farm seed samples and our list catalog, telling all about this oat wonder and thousands of other seeds. **JOHN A. SALZER SEED CO.** La Crosse, Wis.

If afflicted with sore eyes, use **Thompson's Eye Water**