

NEMAHIA ADVERTISER

W. W. SANDERS, PUBLISHER

Nemaha,

Nebraska

AN OLD LADIES' RACE.

On a bracing day this year a little group of sprightly, white-haired ladies were seen walking along an avenue of Cleveland, with a considerable company of friends, showing the keenest interest in their stroll. The event is described in Outing. There were eleven members of this walking party, the youngest of them seventy-five years old, and no less than three of them numbering fourscore years. They were bent on showing a generation which scoffs at the activities of old age that the twilight of life need not mean being put on the shelf.

The walking party was the result of an informal discussion among a few old ladies over the teacups. They decided that they could show their grandchildren, and even their great-grandchildren, a thing or two yet, and at the same time preach the gospel of walking as an exercise for those who wish to live long and prosper.

The proposed walk of four and a quarter miles was caught up by other cheerful and aged ones, until eleven starters had volunteered.

Early in the pilgrimage several of the venerable walkers had to be held in check. Two miles were covered as cheerfully as if this were a picnic party, and there were no laggards.

At the half-way point a "control" had been established by friends of the party. Here they rested and had a cup of tea, after covering the first two miles in forty minutes, "flat."

Eleven old ladies had started, eleven old ladies finished. Their cheeks were flushed a bit, and there were few signs of fatigue.

A few blocks from the goal Mrs. Maria Mueller, aged eighty, who was one of the impetuous ones who had to be held back in the earlier stretches, began to do a skipping step along the pavement, as if she were coming "down the middle" in an old-fashioned Virginia reel.

She had an able partner in Mrs. Susan Deckhart, also carrying the burden of eighty years, and between these two the ardor of competition flamed so high that they started off together on a lively little trot for the finish. It was a "dead heat" between the two, and first honors were thus divided. The others came in after them in the best of spirits, all vowing that they were by no means exhausted.

They attributed their vigor in old age to having worked hard in their homes all their lives, to having never "bothered their heads about dieting," and to having adopted early in life the rule, "early to bed and early to rise." The average age of these eleven "matrons" was seventy-eight years.

Steamer Towed by a Whale.

The whaling steamer Orion, whist Capt. Balcom and his associates are operating in connection with the modern station at Cechart, on the west coast of this island, figured in an exciting adventure recently, says the Philadelphia Inquirer, the outcome of which was for two hours in doubt, while a monster "sulphur-bottom" whale seventy-five feet in length towed the steamer seaward at better than fifteen-knot speed.

The whale had been harpooned in the ordinary manner, but was not killed as usual, the bomb attached to the harpoon failing to explode at the critical instant.

As the monster was only wounded and enraged there was nothing else to do but pay out line and play the big fish until it should become exhausted. For two hours the whale traveled seaward, towing the steamer. It kept under water the greater part of the time coming up at quarter-hour intervals to blow, and so hard did it pull that the blades of the harpoon loosened in its flesh.

The whale's pace grew steadily less however, until it finally became very weak. The high speed at which it had traveled and the heavy drag of the steamer told and the effect of the tow was intensified by reversing the ship's engines. Finally one of the ship's boats crept up on the whale and four hand lances were buried in its vitals.

In the Near Future.

"The apartments on the tenth floor," said the manager of the Skyscraper flats, "command a higher rent than any others because they're the safest in the building."

"Indeed?" remarked the homeseeker.

"Oh, yes; you see, few airships ever fly that low and automobiles never jump that high."—Philadelphia Ledger

Revenge.

"Are you going to sing at Van Bott's reception?"

"Yes."

"Will you sing 'Tammany'?"

"Why?"

"I hate Van Bott."—Cleveland Lead

"Please, sir, have you seen a gentleman without a little girl, because my Uncle John has lost me, and I thought if you had seen a gentleman without a little girl you could tell me where he was."—Men and Women.

Most of the houses and offices in Manila have tiny window panes made of transparent oyster shells instead of glass.

A good lotion for moth patches is made of half a drachm of salicylic acid to two ounces of bay rum. Apply this to the spots with a soft cloth morning and evening.

An old-fashioned remedy for sore throat that is said to be quite effective is a nutmeg worn on a silk thread about the neck. The nutmeg can be pierced with a red hot awl.

Denmark has 187 soldiers to every 10,000 of her population, possessing the largest army in proportion to size in the world.

Don't Wait.

Hanna, Wyo., Jan. 15th (Spe. Lab)—Delays are dangerous. Don't wait until all the awful symptoms of Kidney Disease develop in your system, and your physician shakes his head gravely as he diagnoses your case. If you suspect your kidneys, turn at once to the great Kidney Specific—Dodd's Kidney Pills. You can do so with every confidence. A few of Dodd's Kidney Pills taken in time have saved many a life. The early symptoms of Kidney Disorder may be the forerunners of Bright's Disease, Diabetes and Dropsy. Mr. W. H. Jeffries, a resident here, tells below how he treated an attack of Kidney Trouble. He says:

"Before I commenced taking Dodd's Kidney Pills, I had always a tired feeling every morning when I got out of my bed, and my kidneys were in very bad shape. There was always a dull heavy pain across my loins, and I had hard work to stoop. I took two boxes of Dodd's Kidney Pills, the tired feeling and back pains have entirely gone, and I am now cured."

A woman likes to be petted occasionally, but not in public. The little private pet names are very dear to a woman's heart.

We are born in hope; we pass our childhood in hope; we are governed by hope through the whole course of our lives; in our last moments hope is flattering to us; and not till the beating of the heart shall cease will this benign influence leave us.

In conversation when in company, avoid political, commercial, or religious subjects; never interrupt a person when speaking; appear to pay attention or to be interested in the conversation. Whispering is bad taste, or conversing in a language that all parties may not be acquainted with. If gifted with wit, do not make a display of it. Look, but avoid staring in the face of the person you are conversing with. Scandal is inexcusable.

Are you tired and disgusted with your work, and do you think that no one has troubles but you? If so, just investigate the work of some one else. It makes no difference whose work it is, the same general facts will be rent. It may appear "all roses" on the outside, but on the inside there are sure to be thorns. Then take up your own work again and try to show only the roses to others. It is surprising how trying to convince others helps to convince oneself.

UNCONSCIOUS POISONING.

How It Often Happens from Coffee.

"I had no idea," writes a Duluth man, "that it was the coffee I had been drinking all my life that was responsible for the headaches which were growing upon me, for the dyspepsia that no medicines would relieve, and for the acute nervousness which unfitted me not only for work but also for the most ordinary social functions."

"But at last the truth dawned upon me. I forthwith bade the harmful beverage a prompt farewell, ordered in some Postum and began to use it. The good effects of the new food drink were apparent within a very few days. My headaches grew less frequent, and decreased in violence, my stomach grew strong and able to digest my food without distress of any kind, my nervousness has gone and I am able to enjoy life with my neighbors and sleep soundly at night. My physical strength and nerve power have increased so much that I can do double the work I used to do, and feel no undue fatigue afterwards."

"This improvement set in just as soon as the old coffee poison had so worked out of my system as to allow the food elements in the Postum to get a hold to build me up again. I cheerfully testify that it was Postum and Postum alone that did all this, for when I began to drink it I threw physic to the dogs." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the famous little book, "The Road to Wellville," in pags.

THE HANDY MAN.

Happy Is the Home that Has This Factor of Comfort.

A handy man is the greatest convenience a woman can possess. Ever since Eve presumably found him in Adam, family life has more or less depended upon him, save in those uncivilized tribes where, in addition to being a woman, the female has to assume the tasks of the man, says Kate Gannett Willis in Boston Cooking School Magazine. But, as specialization has stepped in to take the place of being jack of all trades, the handy man is dwarfed and in many homes has become extinct. Yet what wife or mother would not rather have him round the house than an expert bacteriologist or a connoisseur in ceramics! Only the wealthy, who can issue the day's orders to as many separate individuals as there are jobs to be done, can get along without him.

The handy man is a kind of general mechanic, knowing a little about all useful trades. He is an amateur plumber, carpenter, electrician, surveyor, farmer, nurse and doctor. The more primitive the section in which he lives, the greater his power. Usually he has more common sense than other people, and his ready dry humor amuses us in spite of ourselves, for, though grateful that he can do so many things just well enough, we yet are often annoyed that they are not better done. Still, he is the helpmeet of the tired wife and mother and has been known to turn the clothes wringer, make the coffee, wash the dishes and walk the floor with the baby. That he should lay the kitchen fire and do the chores is part of the widely recognized but unwritten marriage contract.

He may be an inventor spoiled in the making, having taken out several useless patents, or he may have graduated into the handy man from having broken down as minister, lawyer or insurance agent. The genuine kind, however, starts in life handy, hired out as a boy, and is the sole support of his mother until he falls in love. He straightens out crooked nails, saves strings and paper bags and eats with his coat on, having a sense of the fitness of things.

He is not the kind that spends money on barns and mowing machines, yet lets his wife fetch water from the well, for he pipes the water supply into the house as far at least as the kitchen sink. Being handy, he sees the pecuniary value of labor-saving devices for women as well as for men. And, oh, the fences he mends, the gate latches he adjusts, the wagons he repairs!

The scarcity of handy men increases with each new specialization in industry, but we all have heard of happy home lives where the man is handy, the home jobs he does accruing not only in value of things done, but in savings deposited in the bank.

Lest We Forget!

The day has long passed when Americans traveling in foreign countries can be made to feel apologetic over their nationality. But in these days of general recognition of our greatness—when the American duchesses have become so numerous that we cannot keep track of them—there still remain a few who will remind us that we are not quite perfect.

In a recent lecture the speaker, an Englishwoman who had lived many years in Japan, dwelt upon the admirable manners of the inhabitants of that land, but said that she must admit that in one place their behavior was not above censure; on the railroad trains she had been surprised and disappointed to see them pushing and crowding in a manner quite foreign to their habitual gentleness and grace.

"How do you account for such a thing?" demanded a voice in the audience.

"It can be explained," replied the lecturer, simply, "only in this way. In Japan the proper conduct for every occasion in life has been prescribed from antiquity. Consequently, from childhood every one knows just what he ought to do and does it gracefully. But when the railroad was introduced, there was, of course, no precedent for behavior on trains; so the Japanese adopted the American manners."

Just the Smartest Child.

Adoring Grandmother—Isn't he a lovely child?

Calm Visitor—Yes, he's a nice little baby.

Adoring Grandmother (interrupting)—And so intelligent! He just lies there all day and breathes and breathes and breathes and breathes.—Baltimore American.

No Tainted Money for Him.

"My man," said the tall, thin gentleman, "here is a nickel for you."

"One question, sir," replied Tired Tiffins. "Are you Mr. Rockefeller?"

"Why, no."

"Then I will accept yer gift with pleasure, sir."—Louisville Courier-Journal.

Beware of the man who imagines he owns the earth; he may try to unload a portion of it on you.

100 DROPS

CASTORIA

A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of

INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. **NOT NARCOTIC.**

Recipe of *Dr. SAMUEL FLETCHER*

Pumpkin Seed—
Aloes—
Rhubarb—
Sage—
Anise Seed—
Peppermint—
Dill—
Mentha—
Cloves—
Wintergreen—
Flavor.

A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac Simile Signature of
Dr. H. Fletcher
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At 6 months old
35 DROPS—35 CENTS

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For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of

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In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Don't pity the woman who wears a No. 6 shoe—she may have a No. 10 brain.

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in the form of **Hall's Catarrh Cure**. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address **F. J. CHENEY & CO., Toledo, O.**
Sold by Druggists, 75c.
Take Hall's Family Pills for constipation.

For that hacking cough try a few drops of spirits of turpentine on a cube of loaf sugar.

A woman wants her husband not to be her supporter, but her companion, remembering that it is the kind word that often brings far greater happiness than a new set of dishes, though presents like the latter are always welcome.

Pumpkin stewed down thoroughly then sweetened until it is like preserves and spiced with all kinds of spices that one likes will keep indefinitely and be ready to use at moment's notice without further urging.

AN EVERY-DAY STRUGGLE.

Too Many Women Carry the Heavy Load of Kidney Sickness.

Mrs. E. W. Wright of 172 Main street, Haverhill, Mass., says: "In 1898 I was suffering so with sharp pains in the small of the back and had such frequent dizzy spells that I could scarcely get about the house. The urinary passages were also quite regular. Monthly periods were so distressing I dreaded their approach. This was my condition for four years. Doan's Kidney Pills helped me right away when I began with them and three boxes cured me permanently."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

PRICE, 25 Cts

TO CURE THE GRIP IN ONE DAY

ANTI-GRIPINE

HAS NO EQUAL FOR HEADACHE

ANTI-GRIPINE

IS GUARANTEED TO CURE GRIP, BAD COLD, HEADACHE AND NEURALGIA.

I won't sell Anti-Gripine to a dealer who won't guarantee it. Call for your MONEY BACK IF IT DOESN'T CURE.

F. W. Diemer, M.D., Manufacturer, Springfield, Mo.

Sale Ten Million Boxes a Year.

THE FAMILY'S FAVORITE MEDICINE

Cascarets

CANDY CATHARTIC

THEY WORK WHILE YOU SLEEP

BEST FOR THE BOWELS

AN DRUGGISTS

THE GOVERNMENT OF CANADA

GIVES

FARMS IN WESTERN CANADA FREE

Absolutely Free to Every Settler One Hundred and Sixty Acres of Land in

WESTERN CANADA

Land adjoining this can be purchased from railway and land companies at from \$6 to \$10 per acre.

On This Land This Year Has Been Produced Upwards of Twenty-Five Bushels of Wheat to the Acre

It is also the best of grazing land, and for mixed farming it has no superior on the continent. Splendid climate, low taxes, railways, convenient schools and churches close at hand. For "Twenty-Fifth Century Canada" and low railway rates apply for information to Superintendent of Immigration, Ottawa, Canada, or to V. H. Bennett, 231 New York Life Building, Omaha, Neb., authorized Government Agents.

Please say where you saw this advertisement.

THE BEST COUGH CURE

When offered something else instead of,

Kemp's Balsam

stop and consider: "Am I sure to get something as good as this best cough cure?"

If not sure, what good reason is there for taking chances in a matter that may have a direct bearing on my own or my family's health?"

Sold by all dealers at 25c. and 50c.

PAXTINE

TOILET ANTISEPTIC

FOR WOMEN

troubled with its peculiar to their sex, used as a douche is marvelously successful. Thoroughly cleanses, kills disease germs, stops discharges, heals inflammation and local soreness.

Paxtine is in powder form to be dissolved in pure water, and is far more cleansing, healing, germicidal and economical than liquid antiseptics for all.

TOILET AND WOMEN'S SPECIAL USES

For sale at druggists, 50 cents a box. Trial Box and Book of Instructions Free.

THE R. PAXTON COMPANY BOSTON, MASS.