

"The Blood is The Life."

Science has never gone beyond the above simple statement of scripture. But it has illuminated that statement and given it a meaning ever broadening with the increasing breadth of knowledge. When the blood is "bad" or impure it is not alone the body which suffers through disease. The brain is also clouded, the mind and judgement are affected, and many an evil deed or impure thought may be directly traced to the impurity of the blood. **Foul, impure blood can be made pure by the use of Dr. Pierce's Golden Medical Discovery. It cures and purifies the blood, thereby curing, pimples, blotches, eruptions and other cutaneous affections, as eczema, tetter, or salt-rheum, hives and other manifestations of impure blood.**

In the cure of scrofulous swellings, enlarged glands, open eating ulcers, or old sores, the "Golden Medical Discovery" has performed the most marvelous cures. In cases of old sores, or open eating ulcers, it is well to apply to the open sores Dr. Pierce's All-Healing Salve, which possesses wonderful healing potency when used as an application to the sores in conjunction with the use of "Golden Medical Discovery" as a blood cleansing constitutional treatment. If your druggist don't happen to have the "All-Healing Salve" in stock, you can easily procure it by inclosing fifty-four cents in postage stamps to Dr. R. V. Pierce, 663 Main St., Buffalo, N. Y., and it will come to you by return post. Most druggists keep it as well as the "Golden Medical Discovery."

You can't afford to accept any medicine of unknown composition as a substitute for "Golden Medical Discovery," which is a medicine of KNOWN COMPOSITION, having a complete list of ingredients in plain English on its bottle-wrapper, the same being attested as correct under oath.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels.

Needlessly twisting and distorting the face is a potent cause of wrinkles.

Milk, taken hot or cold, is generally fattening, but it should always be sipped.

A strong solution of salt and water mixed with an equal quantity of camphor will sometimes relieve the toothache.

Curator Beutnmuller, of the American Museum of Natural History, has just returned from an expedition to the Black Mountains of Western North Carolina, where he obtained more than 8,000 specimens. He has discovered about 500 new species of insect life in the Carolina mountains.

Don't think that a child can have brightness of eyes, clearness, softness and smoothness of skin without good food.

If the eye has been injured apply a cloth wrung out of warm water to prevent the skin from becoming discolored.

The inhabitants of Cape Town colony, South Africa, demand that the British East Indians, who are now employed in the mines, be compelled to register, so that there may not be any future importations of obnoxious laborers. They are equally opposed to Chinese or Indian laborers, while the mining companies want any labor (Asiatic or Negro), which will enable them to exploit the mines.

NO MEDICINE

Hot Change of Food Gave Final Relief.

Most diseases start in the alimentary canal—stomach and bowels.

A great deal of our stomach and bowel troubles come from eating too much starchy and greasy food.

The stomach does not digest any of the starchy food we eat—white bread, pastry, potatoes, oats, etc.—these things are digested in the small intestines, and if we eat too much, as most of us do, the organs that should digest this kind of food are overcome by excess of work, so that fermentation, indigestion, and a long train of ills result.

Too much fat also is hard to digest and this is changed into acids, sour stomach, belching gas, and a bloated, heavy feeling.

In these conditions a change from indigestible foods to Grape-Nuts will work wonders in not only relieving the distress but in building up a strong digestion, clear brain and steady nerves. A Wash woman writes:

"About five years ago I suffered with bad stomach—dyspepsia, indigestion, constipation—caused, I know now, from eating starchy and greasy food.

"I doctored for two years without any benefit. The doctor told me there was no cure for me. I could not eat anything without suffering severe pain in my back and sides, and I became discouraged.

"A friend recommended Grape-Nuts and I began to use it. In less than two weeks I began to feel better and inside of two months I was a well woman and have been ever since.

"I can eat anything I wish with pleasure. We eat Grape-Nuts and cream for breakfast and are very fond of it." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

NEBRASKA NOTES

A number of the farmers near Shelby have been plowing their fields during these December days and they claim that it plows as well as usual.

The Catholic church at Wahoo caught fire recently, but luckily it was discovered by a neighbor and quickly put out with small damage.

Miss Hickman, of Beatrice, aged 17 years, attempted suicide by swallowing two ounces of chloroform while in a fit of despondency. Prompt medical aid saved her life.

Ray Clark, of Shelby, had his lower jaw bone broken while boxing with Mat Gondringer. The latter gave him a side swing and the bone broke on the opposite side of the chin.

Paul Allen Gilmore, the little 4-year-old son of Mr. and Mrs. Paul Gilmore of Auburn, died after a short illness. The cause of the death was scarlet fever.

The necessary funds to ensure a league base ball team of Beatrice next season have been raised and a representative will be sent to the state meeting to be held at Lincoln.

Professor R. A. Emerson, of the state university, has gone to Minneapolis to represent the Nebraska Horticultural society in the Minnesota state meeting.

While returning from Alliance to Rushville one of the axles of P. Breese's automobile broke and he was stranded sixteen miles from home on the broad prairie.

The Ord Business college at Ord has ceased to be. The school had decreased in attendance until there were but nine students on the roll. No notice was given the instructors of the intention to close the school until the announcement was made.

A. D. Snow, livery and transfer man at Humboldt is anxious concerning the whereabouts of Albert Taylor and Howard Brown, formerly employed by him, who took their unannounced departure together with \$25 of the livery barn's cash receipts.

A deal has been consummated whereby the large implement business of Frank Hutchinson changed hands, John Rossmiller, living south of Nelson, being the purchaser. Mr. Hutchinson is the pioneer implement dealer of Nelson having been in business here about 20 years.

The temperance meeting of all the Sunday schools in Plattsmouth under the auspices of the Woman's Christian Temperance union, which was held in the First Methodist church was a grand success. "A Few Facts" was the subject of the principle address, and was given by Mrs. Moore.

The annual memorial services of the Falls City lodge of Elks was held recently at the Gentling theater. Although only a couple of years old, the lodge has a large membership. Death has visited only one of their members during the past year. The memorial eulogy was delivered by Frank Revis, a well known attorney of that city.

The banquet given by the Ancient Order of United Workmen lodge at Long Pine to the women members of the Degree of Honor at the auditorium recently was an elaborate affair. The speaker of the evening was John J. Moeth, and his speech was very enthusiastically received. The decorations were elaborate and tasty and the table was laden with all the delicacies the season affords.

White Joe Lloyd of Plattsmouth, was taking his threshing machine to the country he discovered some defect in the safety valve of the engine and while in the act of repairing it his left leg was caught in the gearing of the engine, and the flesh of the limb was so badly lacerated that Dr. E. W. Cook found it necessary to take thirty-five stitches to close the wound.

An Elm Creek merchant carries a line of Japanese groceries for the accommodation of the section men of that nationality employed on the main line of the Union Pacific. He also runs a factory under the management of an experienced Jap, where bamboo chairs, tables and brie-a-brac are made. Only two similar institutions are in the country, one in New York and the other in San Francisco.

The Wabaska electric light plant in Wymore which was given into the hands of a receiver has been leased to Mr. L. E. Watson, of Beatrice. Mr. Watson is electrical engineer of the Beatrice company and will start the old Wabaska plant at once, using the meter system as soon as the meters can be installed. Quite a force of men are repairing the plant with the intention of beginning the service soon.

The proprietors of the Astor Theater New York City, have printed a contract on the reverse side of each seat coupon which reads as follows: "This ticket is sold with the understanding and agreement that if any lady uses the same she will remove her hat, upon the request of any employe of the management.

Catarth Cannot Be Cured
with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarth is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarth Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarth Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best remedies known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarth. Send for testimonials, free.

F. J. CHENEY & CO., Preps. Toledo, O. Sold by Druggists, price 75c. Hall's Family Pills are the best.

Apply dry heat to mumps to alleviate the unpleasant feeling which always accompanies them.

A bill which Mr. Fowler, of New Jersey, introduced into Congress in favor of established currency, has been indorsed by the American Bankers' Association, which met at St. Louis last month. It accords greatly increased privileges and advantages to the bankers.

Be sure that the bed linen is always perfectly dry before sleeping upon it.

REST-O-SKIN and SCALP FOOD.
Rest-O treatment for all skin eruptions, blackheads, salt rheum and eczema, red rough blotches of the skin. A babe's skin is the most delicate texture in the world, avoid their system of being soiled by powders. Rest-O skin food cleanses, nourishes and beautifies the skin, cleansing the scalp of crusts, scales and dandruff; contains no mercury, vasoline or animal fats. A pure skin food for every humor from pimples to scrofula, from infancy to old age. Postpaid 50c a box. REST-O Chemical Works, Oak Park, Ill.

Sleeping can be made such a laborious process by holding the nerves tense, that it results in no rest at all.

To relieve a troublesome cough, rub the throat and chest with a mixture of olive oil, turpentine and kerosene.

Plenty of sleep, good food, an abundance of water, and the daily bath are requirements in all cases of beautifying.

Worth Knowing.
That Alcock's Plasters are the highest result of medical science and skill, and in ingredients and method have never been equaled.

That they are the original and genuine porous plasters upon whose reputation imitators trade.

That they never fail to perform their remedial work quickly and effectually.

That for Weak Back, Rheumatism, Colds, Lung Trouble, Strains and all Local Pains they are invaluable.

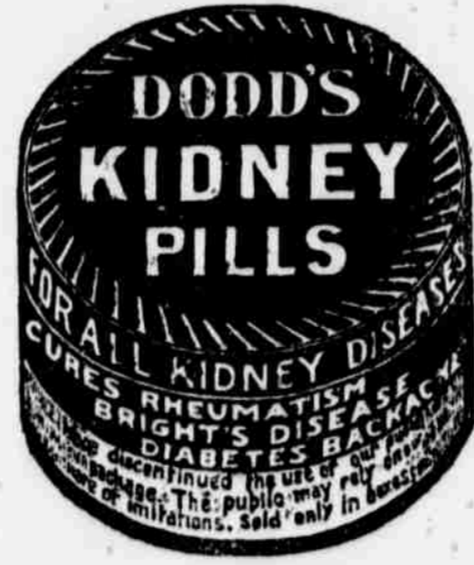
That when you buy Alcock's Plasters you obtain the best plasters made.

Slight eruption of the arms and shoulders will vanish if the skin is persistently but gently rubbed for a few moments daily with a very soft chamois skin.

If any particle of dust has become lodged in the eye, do not rub the eyelid, as it will more firmly imbed the intruder in the eyeball. A smooth flaxseed slipped under the eyelid and allowed to move over the eyeball will usually dislodge any offending particle.

The Donkhobors, of Winnipeg, are gradually recovering their senses; they no longer turn horses and cattle loose and harness themselves to plow; but, on the contrary, are now purchasing horses for farm labor.

Cowslip root dried and reduced to a powder is an excellent remedy for insomnia.



Health is gained through deep breathing, because some physical effort is necessary to promote exertion of the muscles that control the lungs. The obligations to accept American currency as legal tender in Cuba I said to have constituted a part of the dissatisfaction which exists in that island. It is complained that there is not enough of such currency to meet the requirements of trade.

Mrs. Winslow's SODTHING SYRUP for children teething, softens the gums, reduces inflammation, allays pain, cures colic. Price 50c bottle.

N. N. U. 957-50, YORK NEBR

PUTNAM FADELESS DYES

Color more quickly, 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 material without rippling, tearing. Write for free booklet—how to dye, bleach and mix colors. **HONRDE DRUG CO., Unionville, Miss.**

Women's Pains

"I was a total wreck," writes Mrs. Beulah Rowley, of Champoeg, Oregon, "from pains I had suffered, for 4 years, every month. Sometimes I would be unconscious for 12 hours at a stretch. I did not know that anything could stop the pain entirely, but Wine of Cardui did. I advise all women suffering with painful periods to use Cardui and be relieved."

It does this by regulating the functions and toning up all the Internal female organs to health. It is a pure, specific, reliable, female remedy, with a record of 70 years of success. It has benefited a million others. Why not you? Try it.

FREE ADVICE
Write us a letter describing all your symptoms, and we will send you Free Advice in plain sealed envelope. Address: Ladies' Advisory Department, The Chattanooga Medicine Co., Chattanooga, Tenn.

Sold by Every Druggist in \$1.00 Bottles.

WINE OF **CARDUI**

Sale Ten Million Boxes a Year.
THE FAMILY'S FAVORITE MEDICINE

Cardui
CANDY CATHARTIC

THEY WORK WHILE YOU SLEEP

BEST FOR THE BOWELS