La Grippe.

dangerous consequences from an

attack of la grippe if properly treated. It is much the same as a

severe cold and requires precisely

the same treatment. Remain quiet

ly at home and take Chamberlain's

Cough Remedy as directed for a se-

vere cold and a prompt and com-plete recovery is sure to follow.

This remedy also counteracts any

tendency of la grippe to result in

pneumonia. Among the many

thousands who have used it during

the epidemics of the past two years

we have yet to learn of a single

case that has not recovered or that

has resulted in pneumonia. 25 and

50 cent bottles for sale by F. G.

La trippe Successfully Freated.

ond attack of the grip this year,"

says Mr. Jas. O. Jones, publisher of the leader, Mexica Texas. "In the

latter case I used Chamberlain's

Cough remedy, and I think with

considerable success, only being in

bed a little over two days, against

ten days for the first attack. The

second attack, I am ratsfied, would

have been equally as bad as the

first but for the use of this remedy,

as I had to go to bed in about six

hours after being struck with it,

while in the first case I was able to

atiend to business about two days

The population of Plattsmouth

at least neo-half are troubled with

some effection on the throat and

lungs, as those complaints are, ac-

cording to staaistics, more numer-ous than others. We would advise

opportunity to call on their drug-gist and get a bottle of Kemp's Bal-

**Every Month** 

many women suffer from Excessive or Scant Menstruation; they don't know who to confide in to get proper advice-Don't confide in anybody but try

Bradfield's

**Female Regulator** 

a Specific for PAINFUL, PROFUSE.

SCANTY, SUPPRESSED and IRREGULAR

MENSTRUATION.

Book to "WOMAN" mailed free.

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Sold by all Druggists.

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It can be given in a cup of cosee or tea, or in ar icles of 'cook, without the knowledge of the percon taking it; it is absolutely harmless and with effect a permanent and speedy cure, whether the patient is a moderate drinker or an alcoholic wreck. IT NEVER FAILS. We GUARANTEE a complete cure in every instance. 48 page book FREE, Address in confidence,

Chamberlain's Eye and Skin

Ointment.

A certain cure for Chronic Sore Eyes

Tetter, Salt Rheum, Scald Head, Oh

Chronic Sores, Fever Sores, Eczema,

Itch, Prairie Scratches, Sore Nipples

and Piles. It is cooling and soothing.

Hundreds of cases have been cured by

it after all other treatment had failed

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Labeled 1-2 lb Tins Only.

PARKER'S HAIR BALSAM

It is put up in 25 and 50 cent boxes.

Is about 10,000, add we would say

before getting down. 59 cent bot-tles fer sale by F. G. Fricke & Co.

"I have just recovered from a sec-

Fricke & Co.

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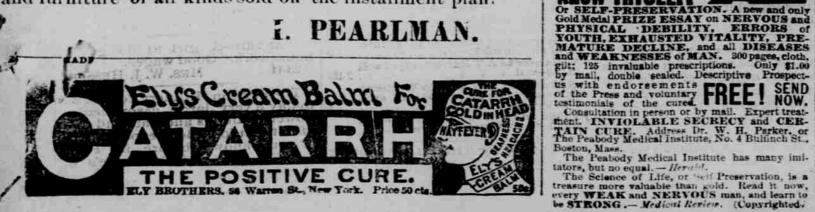
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Taving ourchased the J. V. Weekbach store room on south Main street where I am now located can sell goods cheap er than the cheapest having just put in the largest stock of new goods ever brought to the city. Gasoline stoves and furniture of all kinds sold on the installment plan.

I. PEARLMAN.



#### VEGETARIAN FARE. No healthy person need fear any

A WOMAN WHO EATS NO MEAT AND LIVES ON \$1.30 A WEEK.

Mrs. Le Fevre, of New York, Tells About Her Dict of Nuts, Grains and Fruits. It Is Really Very Attractive-Something About Those Who Eat Meat.

Why is it there are only about 200 the number in either Boston or Chicago? In the latter city visits to the sanguinary large and increasing class that forages upon the fruits, nuts and leaves of the These facts were communicated to me

the other day by Mrs. Le Favre, the leader of New York's vegetarian She has not eaten meat for possible cost was recently told of. She altogether. brought her table board down to \$1.30 a week. She claims that with this she gances and that the price can be still further pared down.

Mrs. Le Favre goes a little further than most vegetarians in discarding roots and leaves altogether. The humble potato, the succulent lettuce and the homely cabbage are not to be found upon her bill of fare, nor will she partake of radishes, turnips, carrots or the many items usually so well relished that come under the head of roots or

all our readers not to neglect the She thinks that they are a very poor class of nourishment and intended only sam for the throat and lungs. Trial size free. LargeBottle 50c- and \$1. Sold by all druggist. for horses and pigs, though under a vegetarian dispensation what the pigs are intended for it would be difficult to say. Some of the proprietors of vegetarian sanitariums who find potatoes somewhat cheap and excessively filling for their patients take issue with her on these points.

> I don't think that Mrs. Le Favre is a very hearty eater, as eaters go, but she is very well nourished and does a vast amount of work for the fuel she consumes. I doubt if any meat eater of my acquaintance can do more labor of brain or muscle than she.

For her breakfast she eats cereal food, granula, wheatena, rice or corn. Of one of these things she takes a tablespoonful and a half, costing perhaps one cent, and cooks it. Then she has a cup of coffee, costing about one cent more, and a slice or two of whole grained bread at less than a penny a slice, and concludes the repast with an orange or banana. The quantities given are not large, but they can be increased to suit the appetite, and the heartiest eater, she thinks, couldn't very well make away

with more than ten cents' worth. The luncheon consists of a plate of lentil soup, a most nourishing dish, inbe seven or eight cents.

ple, with full particulars of the business, which will give you large profits and quick sales. Steady employment guaranteed. Address

Marsh & Co., Paper Portland St., Roston, Mass. oranges and a little chocolate. Once this antimeat advocate saw a

> porter in the east carrying a large piano down the street on his shoulders. She became interested at once and wanted to find out what food would produce such enormous strength. She inquired and found that he lived chiefly on green cucumbers and garlic, and never deyoured flesh at any time. Two-thirds of the people in the world—three-fourths some people assert—never eat meat and wouldn't know how to.

In Boston there are vegetarians of the second generation—that is, their parents had eaten no flesh for some years before they were born and they themselves have not broken their fast upon roasts only a force, and the ether is its me and boileds. To these people the sight dium of transmission."-Exchange. of a butcher's shop or a wagon load of deceased pigs is exceedingly repulsive.

There is no vegetarian restaurant in the United States, and the nonmeat eaters want to start one in New York. London has at least forty places where one can dine upon the vegetable fat of the land without tasting itesh. The number and variety of dishes that are served in these places would startle the unsophisticated and shock a butcher.

Vegetarians everywhere realize that the best way to preach their doctrine is to induce people to eat one of their meals. Bachelors and spinsters bent on dietary reform and ignorant of cooking. or perhaps not having a kitchen at their disposal, find it hard to board at a restaurant and not live on meat. They can live on apples, perhaps-Mrs. Le Favre did once for two weeks and grew stout and healthy-but many of them might not care to.

"All the fighting of the world is done by meat eaters," said Mrs. Le Favre. "Flesh engenders a fierce restlessness which finds vent in war. Vegetarians, while they will work unceasingly, are not fighters, but they win their point by gentleness and persuasion.

"There is a constant craving for stimulant in a meat eater. Children fed on flesh swallow slate pencils and ashes. it is because their system calls out for the carbonates and lime of vegetables. Vegetarian children never eat their slate

"A square mile of land will sustain six times as many vegetarians as meat eaters. Think of the waste there is here! Meat is the most extravagant food we can use. The overcrowding of the earth will compel the universal

adeption of vegetarianism.

"The roots and leaves I consider food for the lower animals. The pig grubs in the ground for his potatoes, but I don't. I pluck the rich, ripe grain, the nuts and the apple. I consider the apple the finest food there is. An electrician can arrange apples in a row and obtain a current of electricity from them. I think we should eat only the very best form of nourishment, and I consider that the nuts and fruits answer this requirement."-New York Herald.

An Interesting Formation on the Northern Coast of California.

On the northern coast of California, some thirty miles below the mouth of the Klamath river, is one of the most interesting natural formations to be found in this country, known as the Big lagoon. Here the coast, which runs north and south up to this point, takes a sharp turn inland, bordered by very high hills, running to a distance of vegetarians in New York city, less than about three miles, then turning out again makes a sharp bay almost V shaped, and for ages past a sand bar has meat packing establishments have driven been washing itself up across this bay people to a nonmeat diet, and there is a until the bar has raised up out of the water some ten or twelve feet, having a width of about 100 feet and a length of four miles, reaching across the entire group block, East Side, Plattemouth, Neb.

This bar is in the shape of a roof. When there is a storm the breakers will roll up one side of it, break over, and four years. A diet of nuts, fruits and run down into the bay inside, and it is seeds she claims is more wholesome and a novel sight to stand there and watch much cheaper than one composed of the waters, mountain high on one side flesh. Her thirty day experiment of and perfectly calm on the other, the living on her favorite foods at the lowest | line between the two at intervals hidden

This bar is a sort of short cut and can be traversed on horseback. In a storm committed many gastronomical extrava- the horseman will one minute be high and dry on land, the next minute a large wave will roll up and running under the horse's feet to the depth of a foot or more, the rider will be for an COAL WOOD instant four miles or so at sea on horseback, with no land nearer than the high bluffs of the mainland in sight.

Moss agates may be found in abundance on the pebbly beach, and when the sun shines they glitter with dazzling

The wild duck that frequent this part of the coast literally fill this inland bay, and the passing hunter, should be take a shot at them, will raise such a cloud and such a quacking that he will think all the ducks of the earth have gathered there. Occasionally some wild beast like a bear or a panther will be found crossing this bar, and the Indians have much sport when such a thing happens, the animal rarely escaping capture or

Here the Digger Indians abound, living on the shellfish, which they catch along the beach, seldom going over the ridge of hills to capture a deer, which are plentiful. It would astonish a Yale or Harvard football man to come upon this scene some bright morning at low tide and see the squaws and children playing lacrosse on the beach. They get so excited with their sport that they keep it up until the tide drives them from the beach, often staying there until they have to chase the ball down into the surf.-Detroit Free Press.

What Is Electricity?

If the question is now asked, "What is electricity?" we may reply advantageously, in the words of Jokai: A thing of which we know a little more than nothing and a little less than something. A little more than nothing, for we know volving an outlay of about half a cent. | that it is of the nature of light and heat, This is followed by a vegetable of some extending itself like them in waves of sort well cooked, a few olives or nuts, motion. A little less than something, two slices of bread, some fruit, canned | for of the essence of electricity itself, cherries or something like that or pud- whether static or dynamic, we are still ding. The check for this meal would absolutely in the dark. There has been no want of other theories, but the fun-Supper is made up of whole grained | damental tendency of the age is to reor oatmeal bread, preserves, bananas or | duce all phenomena and forces to the fewest possible primaries, and it is not improbable that this will be facilitated by the wave theory of the so called

The problem of gravitation, too, which was so long regarded as a force acting from a distance, is now equally attributed to the agency of a medium. In his efforts to demonstrate the oneness of all natural forces, the physicist is not likely to be led astray, even although the cognition of force presents one of those world problems, the solution of which must forever escape us; aye, although, as the final result of the most exact investigation, it should forever be denied Patronage of the Public Solicited. to him even to assert decisively, "It is

Verdi and His Admirer. Verdi was traveling in the same railway carriage with General Tournon, commander of the Ravenna district. They got into conversation, which soon turned on the subject of music, and the general, who did not know his companion, expressed a most enthusiastic preference for that of Italy. "I can hardly go so far with you," replied the other. "For me, art has no frontiers, and I give German music the preference over

"Indeed, sir," said the general testily. 'For my part, I would give all the German operas in the world for one act of Rigoletto.'

"You really must excuse me from following you any further on this ground," replied the composer, blushing a little, "I am Verdi."—Monde Artiste.

Psychic Influence.

The other day a woman was building with great deliberation a dialect story. Suddenly she felt her attention called to the corner of the room. There she saw a friend who lives in Washington seated with bowed head, crying. The story writer called out the visitor's name, and the vision fled. Immeniately, on her manuscript paper, this woman wrote her friend, detailing the circumstance.

The next day she received a letter from her friend, saying: "A queer thing has just happened to me. I was sitting in my room crying when I distinctly heard you call my name." The two letters had crossed each other in transit .--New York Evening Sun.

Arrazons and Amazons.

"Who's the large lady over there raising a row with the waiter?" inquired a guest at the hotel of the landlord.

"Oh," was the good natured reply,

"that's my wife." "Ah, indeed; she's a perfect Amazon,

"Well, mighty nigh it, responded the quiet so big, perhaps, but she talks a cure ever known. Sold by F. G. - heap sight more."—Detroit Free Press. Fricke & Co druggists Plattsmouth

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