



REGINA HATS
WORN BY WOMEN OF STYLE

GRAND OPENING Of Fashionable EASTER MILLINERY

Ladies of Plattsburgh are Talking About Fanger's Swell Hats

An Invitation is extended to the ladies of Plattsburgh and Cass County to come and see the most stylish creations.

Hats
Trimmed
Free
of
Charge

FREE FREE

We will trim your Hats for nothing, providing you buy your material or shape at our store. We have in our employ this year two first class trimmers and they will surely please you.

M. FANGER'S DEPT. STORE

Price for large bottle of 125 doses, \$1.75.
Agreeable to the most sensitive person.
Thoroughly type.
renews vitality as a general blood purifier of the most known. It restores general tone and strength and In contains the best alteratives and diuretics.

SPECIFIC AND ALTERNATIVE COMPOUND

It is a remedy for a variety of ailments, such as blood and tissues, and more be relieved with any treatment. It shows a diseased condition of the unhealed sores, pimples and ulcers that are cured by you troubled with offensive and dangerous

IS YOUR BLOOD IMPURE?

F. G. FRICKE & CO.
DRUGGISTS
EXPERT PILL MIXERS THE REXALL STORE

Too Busy for Work.
We have observed that the man who is full of schemes to make a fortune seldom has any time for work.

Good Rule for Life.
Be charitable and indulgent to everyone but thyself.—Joubert

Little Song.
A little song of sadness,
When troubled thoughts annoy
Throws neighbors in sadness,
And drives them all away.

Stew Growth of Forests.
The annual growth of the forests of the United States is not more than 12 cubic feet an acre.

CAREER OF JOHANSON.

How Champion Marathoner Started,
Lives on Vegetables and Hardtack.

Thure Johanson, the wonderful Marathon champion, who knocked several minutes off the old world's record, held by St. Yves, subsists principally on rye hardtack, every loaf of which has a large hole in the middle.

Every Marathon runner can't become a champion by restricting the main part of his diet to "knacker-bread," the Swedish national bread, a hard, dry, disk shaped affair which looks sores but like a phonographic record. American runners wouldn't find much nutriment in that sort of stuff, particularly when all the loaves have great holes in their centers. There is little nutriment in the holes of "knackerbread."

Thure at the age of thirteen left home and went to work in a grocery store in the nearby village. From early morning until late at night he stood on his feet behind the counter doling out smoked fish and other commodities to the natives. At closing time he



THURE JOHANSON, WONDERFUL MARATHON RUNNER.

would pass the public plaza on his way home. Under the electric lights he would see a crowd of young athletes running about. One night a friend induced him to hang up his coat and join the runners. He found that the exercise refreshed him to such an extent that he could go through the day in the little stuffy store without feeling the usual fatigue. From that time on Thure ran every night.

"Come with me to the athletic meeting in the next village, and we will both run a mile or so just for the fun of it," said his chum one afternoon.

"But I'm not through at the store until late," said Johanson, "and I wouldn't win anything."

However, he trotted the three miles to the village where the games were being held, arriving just as they were putting on the last event. To quote Johanson:

"I just had time to take off my coat and vest and put on a pair of rubber shoes and get into the race. I was amazed to find that I was running away from all those fellows, who had been competing right along. I won that race by a good margin."

"I had been eating a great deal of meat and found it made me feel heavy and tired. I had heard of the vegetarians and decided to try their diet. That was three years ago, and today I'm a different man. I wasn't satisfied with plain rye bread, so I started using the hardtack we use at home."

A Frenchman was teaching in a large school where he had a reputation for making some queer mistakes. One day he was taking a class which was rather disorderly. What with the heat and troublesome boys he was very snappish. Having punished several boys and sent one to the bottom of the class, he at last shouted out in a passion, "The whole class go to ze bottom!"

KETCHEL EPIGRAMS ON FIGHTING GAME.

I read the knocks through; I throw away the boosts.

It took me five years of training to win the middleweight championship. Now I am going to live the way I want to.

If a fighter hasn't got the punch he might as well quit the ring.

I notice that the man at the top hasn't any trouble in finding friends. I wonder how they look from the toboggan.

There are always people who will spend a lot of time advising a champion. Why don't they advise the man who's coming up? He needs it.

I know colored fighters who are whiter than white ones.

It's the people who guess at what I do that bother me. I never am bothered by those who know what I do.

I don't fight because I like it. I fight because I can make more money at it than I could by shoveling sand around the equator—and make it a lot quicker.

There probably have been a lot of square fighters who turned crooked because they were constantly charged with being off the level. The game goes with the name sometimes.

A man's color doesn't denote the quality of his punch.

It's a cinch that any one who sticks to the game is going to get trimmed. The thing is to know when to quit, and I notice that there isn't one in a thousand who does.

Affect Only Rowdies.

The new contracts of the big league clubs hold the players pretty close, but only the rowdy players will be greatly affected.

A. A. U. BOXING CHAMPIONSHIP?

Bouts to Be Decided in Boston April 11 and 12.

The athletic committee of the Boston Athletic association, under whose auspices the national boxing championships of the Amateur Athletic union will be held, recently announced that these championships will be decided in Mechanics' hall, Boston, April 11 and 12. Only bona fide amateurs, registered with the A. A. U., are eligible. The following are the classes: Bantamweight, 105 pounds and under; featherweight, 115 pounds and under; special weight, 125 pounds and under; lightweight, 135 pounds and under; welterweight, 145 pounds and under; middleweight, 155 pounds and under, and heavyweight, 175 pounds and over. Amateur boxers from all over the United States are expected to compete in the coming tournament.

Church Encouragement of Sport.

Ecclesiastic recognition has been given the sport of skeeving in Norway in the special short, early services held in all the churches during the season for the convenience of skeevers. These services are called skeeving prayers, and a stranger coming into the sacred edifices on such an occasion might think he had blundered into the barracks of a skee corps. However, the services are much liked and very well attended, and there is no difference of opinion about the wisdom of the church authorities in thus encouraging a sport making so strongly for healthy bodies and therefore going a long way toward making healthy souls.—Outing.

BAILEY & MACH THE DENTISTS

Latest Appliances. High-grade Dentistry. Reasonable Prices. Hours: 9:00 a.m. to 6:00 p.m. 215 Broadway, New York City.

Suspicious.
"Yes, miss," boasted the chivalrous old Colonel, "I was at the battle of Chickamauga and was shot right here on top of the head. No one can care say that I was up a tree during the fighting."
"Er—where were you, colonel," asked the young hostess, innocently, "down a well?"

The Reason.

Abruzzi named the highest Himalayan peak that he climbed "the Fiancee," because it was so hard to win, or because it was so cold and cheerless, or, perhaps, just out of pure cussedness.



CARRYING FINE TEAS

WE POINT with pride to the line

of fine teas and coffees we carry and on which we have built up such a splendid trade. A large selection of honest goods at honest prices won us patronage of our best customers. Are you one of them? If not, why not? We please others. We can please you.

J. E. TUEY

A Land of Lying Rumor.
"Nothing can be believed in this land unless it is in black and white, and but little even then; the most circumstantial details are often mere figments of the brain. The one-half ore hears may safely be called false, and the other half doubtful or not proven." So wrote Dr. Livingstone of Africa more than thirty years ago, after a lifetime's experience of the continent, and it would not appear that its character for truthfulness has yet undergone any great change for the better.

Weak.
Steward—Do you feel equal to a cup of tea?
Seasick Passenger—No, I feel as weak as water.—Harvard Lampoon.

PETER CLAUS MONITOR RANGES

He has just received some fine new

He also will convince you if you call at his store that he can fit you out with

FURNITURE and GRANITWARE in a very satisfactory manner.

THE PARMELLE

Presented by the **Wm. Grew Stock Company**

Seats on sale Thursday. Curtain at 8:15 sharp

Way Out West

Friday Evening, **March 25**

Prices - 25c, 35c, 50c



EASTERTIDE SHOES

Everything that's proper in footwear for the coming season is here and naturally you'd expect to find the CREAM OF THE WORLD'S PRODUCT IN NATTY SPRING FOOTWEAR—and you'll not be disappointed.

LADIES OXFORDS Ties, Pumps in dainty effects of artistic shoe, making in Glaze Kid, Dull Goat, Patent and Tans, \$2.00 to \$3.50

MENS OXFORDS Nifty lasts for the well dresser, in Tans, Patents and Gun Metals. \$3.00 to \$5.00

Your Easter attire will be complete in our Oxfords. Bring your children down to see the Easter Rabbits in our Easter window.

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