

A TEST EXPERIMENT.

Peculiar Power Possessed by a New Medicine.

Of new discoveries there is no end, but one of the most recent, most remarkable and one which will prove invaluable to thousands of people, is a discovery which it is believed will take the place of all other remedies for the cure of those common and obstinate diseases, dyspepsia and stomach troubles. This discovery is not a loudly advertised, secret patent medicine, but is a scientific combination of wholesome, perfectly harmless vegetable essences, fruit, salts, pure pepsin and bismuth.



These remedies are combined in lozenge form, pleasant to take, and will preserve their good qualities indefinitely, whereas all liquid medicines rapidly lose whatever good qualities they may have had as soon as uncorked and exposed to the air.

This preparation is called Stuart's Dyspepsia Tablets, and it is claimed that one of these Tablets or lozenges will digest from 300 to 3,000 times its own weight in meat, eggs and other wholesome food. And this claim has been proven by actual experiments in the following manner. A hard-boiled egg cut into small pieces was placed in a bottle containing warm water heated to ninety-eight degrees (or blood heat); one of these Tablets was then placed in the bottle and the proper temperature maintained for three hours and a half, at the end of which time the egg was as completely digested as it would have been in a healthy stomach. This experiment was undertaken to demonstrate that what it would do in the bottle it would also do in the stomach, hence its unquestionable value in the cure of dyspepsia and weak digestion. Very few people are free from some form of indigestion, but scarcely two will have the same symptoms. Some will suffer most from distress after eating, bloating from gas in the stomach and bowels, others have acid dyspepsia or heartburn, others palpitation or headaches, sleeplessness, pains in chest and under shoulder-blades, extreme nervousness as in nervous dyspepsia, but they all have the same cause—failure to properly digest what is eaten. The stomach must have rest and assistance, and Stuart's Dyspepsia Tablets give it both, by digesting the food for it and in a short time it is restored to its normal action and vigor. At the same time the Tablets are so harmless that a child can take them with benefit. This new preparation has already made many astonishing cures, as for instance, the following:

"After using only one package of Stuart's Dyspepsia Tablets I have received such great and unexpected benefit that I wish to express my sincere gratitude. In fact, it has been six months since I took the package and I have not had one particle of distress or difficulty since. And all this in the face of the fact that the best doctors I consulted told me my case was chronic dyspepsia and absolutely in-

curable, as I had suffered twenty-five years. I distributed half a dozen packages among my friends here who are very anxious to try this remedy." Mrs. Sarah A. Skeel, Lynnville, Jasper Co., Mo.

Stuart's Dyspepsia Tablets are sold by druggists everywhere at 50 cents for full-sized packages. A little book on "Stomach Diseases" mailed free by addressing F. A. Stuart Co., Marshall, Mich.

ing the sunshine. You will learn many lessons from them, and their care will bring you many surprises. Do not count the moments lost in which you are listening for the bluebird, or digging about the roots of a plant.

Many florists offer "surprise" collections of plants and bulbs that are really valuable; the surprise lies in the amount you get for your money, and the comfort you will take in caring for them. No collection is sent out for less than one dollar, but you could club with your neighbors and get any amount you want. After the rush of the spring trade is over, florists have always a surplus of some things which they do not care to carry over, and they make up "collections" of their own choosing, and about the middle of May send them to whoever orders. May is early enough for most of us, unless our homes are in the sunny south. In ordering, state if you want the plants for indoors or out.

She Was Not Fair.

She was not fair, nor full of grace,
Nor crowned with thought or aught beside;
Nor wealth had she of mind or face,
To win our love or raise our pride;
No lover's thought her cheek did touch;
No poet's dream was round her thrown.
And yet we miss her—ah, too much,
Now—she hath flown!

We miss her when the morning calls,
As one that mingled 'n our mirth;
We miss her when the evening falls—
A trifle wanted on the earth!
Some fancy small, or subtle thought,
Is checked ere to its blossom grown;
Some chain is broken that we wrought,
Now—she hath flown!

No solid good, nor hope defined,
Is marred, now she has sunk in night;
And yet the strong immortal Mind
Is stopped in its triumphant flight!
Perhaps some grain lost to its sphere
Might cast the great Sun from his throne;
For all we know is—"She was here,"
And—"She hath flown!"
—Bryan Waller Procter.

March Winds.

The March winds bring us a message which the careful housewife too often heeds to her hurt. They tell us that Nature has begun her house-cleaning, and hints pretty loudly that we are to do likewise. But the March winds are not wise winds; neither are they safe counsellors, for while the weather remains cold and variable, it is never safe to let the fires go out on the hearth, or, in other words, to take the stoves down; and how can one clean house with the stoves still going? Much general work, however, may be accomplished, such as overhauling boxes, bags, trunks, bureaus and closets, sorting out old and partially worn garments, and doing as much of the spring sewing as may be. It is a good time to look over the last year's wear, and decide where each garment belongs—whether to be made over, lengthened, passed down the line, or sold to the rag-man. With these "storage" places thoroughly overhauled and put to rights, a great

deal of the preparatory work of house-cleaning is accomplished, and being the part that requires the most time and patience, the rest can be done when convenient, and the necessary upheaval will not be so pronounced or annoying.

March is a good month in which to see that the home-furnishings are replenished, and if one lives in a city or village, and can take advantage of special sales, a great deal of the necessary sewing and making over can be gotten out of the way before the necessarily delayed work, which comes in April, begins to crowd us. And in this crowding one's work instead of letting the work crowd us, lies the only hope of the burdened mother. Plan as wisely as possible for the rest hours and occasional vacation days, and resolve to have them. If you find it impossible to do all you wish to get done, be content to do what you can, and then sit down for a moment with your book or newspaper, in order to pull yourself together. Even iron and steel machinery must be rested now and then—are you more "lasting" than iron and steel?

If you feel that you must do a certain work, when you are "ready to drop," just ask yourself who will do it if you really do drop—which you certainly will, if you persist in over-doing.

Spring Appetites.

After the heavy diet of meats, hot breads and "fried things" to which we have treated our stomachs during the cold months, the cravings of the appetite is for something light and nourishing. This is the month when canned fruits and vegetables are nearly gone, and the supply of fresh vegetables about exhausted, and the average housekeeper finds it difficult to provide a satisfying menu. Children especially crave a change, and much of the spring sickness among them may be traced to a too scanty, or improper diet.

If fruits can be had, these should be indulged in freely, and even dried fruits are a wholesome change. A few figs, or a bunch of raisins, the ever-present banana or the orange, are all excellent, even though the quantity may be limited. Do not smother the fruits in sugar; it is more wholesome without. Many things may take the place of vegetables, if properly cooked. Cracked, or whole wheat, boiled for several hours, meal-mushes, cereals, if liked, macaroni, rice, and various other like foods, are all healthful, and not at all expensive. Nature will soon assist in the matter of "greens," and lettuce, asparagus, rhubarb, and spinach should all be on the farmer's table, and could, if a little planning and pains were taken to have them.

Rhubarb and asparagus, once established, will almost take care of themselves, and a supply of either will more than pay for any care-taking they are apt to get. Do try to have these things.

Love and Punishment.

Punishments are not the worst things that may come upon us; they are not half so far-reaching and cruel as sin. When God punishes his children, it is no evidence of cruelty or malignancy. The aim of Christianity is not to satisfy the demands of justice, nor yet to save man from penalty incurred, but to save him from further sinning and to bring him, through suffering, to a spiritual attitude which will make it possible for God to bestow himself upon us. Punishments are often the only instruments by which individuals with evil wills may be persuaded to do well. The fact that God forgives does not banish the consequences of wrongdoing, but emphasizes the value and safety of a better spirit. A father may love his son devotedly, and yet

cause him to suffer the penalty of his wrong-doing, hoping thereby that the son may be taught to prefer the right. The way of the transgressor is hard, and must continue to be hard until by suffering the consequences of evil-doing, he may be led to will to do well.

Pain is not always punishment. We are told that there are things which are permitted in order that the works of God may be made manifest. It is only by the sculptor's chisel that the angel is brought from the block of marble, and often-times, the pains we deem most undeserved are but the evidences that God has need of us, and is fitting us for some special work—for some place in the great plan which no one else can fill. There are "growing pains," and it is only through these that we develop the best that is in us.

Then, too, there are times when we stubbornly refuse to see that our way is not God's way, and we cling to some idol to our hurt. As we take from our irresponsible child the dangerous weapon by which he may do untold evil to himself and to others, so, at times, God takes from us some close-held possession, some cherished toy, that he may give us something better suited to our needs—that he may save us from ourselves.

And how our blinded hearts cry, and reach up rebellious hands, refusing the love that is more than life itself! Oh, the pity of it!

For Needle Workers.

When a piece of lace is completed, press it carefully before removing from the stamped pattern. You will find the pressing is much more easily done, and the lace itself is not so inclined to draw up, if pressed before taking from the design.

Always have a frame, for drawn work; if one has no large square frame, the ordinary embroidery hoops answer the purpose. The smaller hoops require such frequent moving that much time is lost, but some workers object to holding the larger ones.

If one expects smooth, even embroidery, great care must be taken with the hands, for the least roughness will pull the silks and mar the beauty of the work; frequently, too, the needles are not adapted to the silk; the needle should have a long eye that permits the silk to pass through readily. When the eye is too small, the silk frays or splits; when it is possible, needles made purposely for embroidery work should be used, the size varying to suit the different grades of silk.

Do not double the thread in the needle, as this causes the twist of the silk to run in opposite directions; where a double thread is desired, pull two threads from the skein at once, and place together in the needle.

ONE-WAY RATES

Every day from March 1 to April 30, 1904, the Union Pacific will sell One-way Colonist tickets at the following rates from Lincoln:

- \$20.00 to Ogden and Salt Lake City.
- \$20.00 to Butte, Anaconda and Helena.
- \$22.50 to Spokane and Wenatchee, Wash.
- \$25.00 to Everett, Fairhaven, Whatcom, Vancouver and Astoria, via Huntington and Spokane.
- \$25.00 to Portland and Astoria; or to Tacoma and Seattle, via Huntington and Portland or via Huntington and Spokane.
- \$25.00 to Ashland, Roseburg, Eugene, Albany and Salem, via Portland.
- \$25.00 to San Francisco, Los Angeles, San Diego and many other California points.

From Chicago and St. Louis proportionately low rates are in effect by lines connecting with the Union Pacific to all above points.

For full information call on or address E. B. Slosson, Gen. Agent, Lincoln, Neb.