



Blood Poison THE BANE OF HUMAN LIFE, Driven Out of the System by the Use of Ayer's Sarsaparilla

"For five years, I was a great sufferer from a most persistent blood disease, none of the various medicines I took being of any help whatever. Hoping that change of climate would benefit me, I went to Cuba, to Florida, and then to Saratoga Springs, where I remained some time drinking the waters. But all was no use. At last, being advised by several friends to try Ayer's Sarsaparilla, I began taking it, and very soon favorable results were manifest. To-day I consider myself a perfectly healthy man, with a good appetite and not the least trace of my former complaint. To all my friends, and especially young men like myself, I recommend Ayer's Sarsaparilla, if in need of a perfectly reliable blood-purifier."

Ayer's Only Sarsaparilla Admitted for Exhibition AT THE WORLD'S FAIR

CARE OF THE FEET.

THE CRAMPED AND TORTURED FOOT NO LONGER THE IDEAL.

Views of a Celebrated Anatomist—The Importance of Wearing the Right Kind of Shoes—Something About Corns and How to Treat Them.

Very few seem to realize the importance of giving the feet proper attention in order to secure better health as well as general comfort. It is almost inconceivable that in our civilized nation in the modern age there are still so many otherwise sensible women who are willing to maim and cripple their feet and suffer tortures for the sake of wearing shoes just a little too small, or which are, as they imagine falsely, pretty or more fashionable. We see the folly of the cramping process upon the feet of the Chinese women, but how much more inexcusable it is for women of this enlightened country.

In former times it has been the fashion for shoes to be made with high heels, narrow, pointed toes and all sorts of extravagant shapes contrary to ease and comfort, and as too many people have felt it incumbent upon them to bow to the demands of the tyrant fashion, no matter how unreasonable her demands, the result has been for succeeding generations untold suffering in the form of corns, bunions and other deformities, until now it is comparatively rare to see, except among savage nations, a perfect, well shaped foot. But a more sensible fashion allows the wearing of various styles of sensible shoes that are adapted to the ease and comfort of the wearer, with thick soles, wide, low heels and plenty of room for free expansion of the toes and muscles, and the numerous corns, which are not only exceedingly painful, but often serious affairs, are gradually disappearing from the feet of the sensible ones and the ideal foot is no longer the cramped and tortured foot.

The celebrated anatomist, Professor Hyrtl of Vienna university, opened one of his lectures to his class with the singular question, "Which is the most beautiful foot, considered from the anatomical standpoint?" and then continued: "It is remarkable that there are so many divergent opinions on this subject. While the sons of men look upon a small, slender and graceful foot, a lady's foot, as an ideal one, the anatomist utterly rejects it as beautiful, and only the large, long and broad foot is the ideal one in his eyes. Even the greatest classic writers of antiquity, Horace, Catullus, and others, who had great appreciation of the feminine beauty, never mentioned in the descriptions of their beloved—and, as is well known, they had many—their small feet.

"The people belonging to the Celtic race have small feet; the Hindus especially have such feet and hands that they may be envied by many European countesses. The native troops of the English army in India possess in England their own armory where peculiar kinds of weapons are constructed for them, and the sword hilts made for them are much too small for us to grasp with ease. The greatest beauties of Europe, the Italians, have really long and broad feet."

But even if we do not care to be convinced that the ideal foot is the foot that is long and broad, we can certainly realize the importance of care in selecting shoes of the proper size for comfort as well as beauty. The foot never looks pretty in a shoe too small for it, and such shoes soon become unshapely from undue pressure, giving anything but a pretty appearance.

On the other hand, we should not fall into the error of buying shoes too large. These are quite as apt to cause corns as small ones by rubbing certain parts of the foot. If any one has the misfortune to fall into this mistake, it can be remedied to a great extent by inserting a soft wad of cotton batting in the toe of the shoe or in the part that rubs against the foot.

The same care is necessary in buying shoes as in buying gloves. They will last much longer and have a better appearance when made of new, good skins. Old leather or kid is not soft and elastic and does not easily shape itself to the foot or the hand. This is not only a matter of comfort, but of economy. In this, as in many other things, "the best is the cheapest," and as few women, or men either, for that matter, are good judges of leather it will be wise to buy only of honest, experienced dealers, in whom we can confide, for we cannot afford risks in a matter where so much is involved. An uncomfortable shoe is really a very serious matter when we take into consideration the pain and discomfort, the probable deformities in the way of corns and bunions, the wear on the nervous system and the unpleasant consequences of our irritable tempers because of personal discomfort.

It scarcely seems necessary to speak of the importance of frequent bathing of the feet and paring of the nails, and yet many are surprisingly careless in this respect. Corns are simply composed of a great number of layers of cuticle, or scurf skin, one above another, each successive layer being larger than the preceding, so that the whole assumes the form of a grain of Indian corn; hence its name. This is constantly pressing its point upon the tender flesh when the shoe presses or rubs against it, and as this cuticle is easily dissolved to a great extent by the warm water and soap we can see that bathing is the most ready and harmless remedy as well as preventive.—Exchange.

Columbia River.

The Columbia river was first called the Oregano, the Spanish name for the wild sage that grows on its banks. Whitney says that the Spanish name was Oregon, "big ear" or "one that hath large ears," an allusion to the custom of the Indians in that region of stretching their ears by dragging them and crowding them with ornaments.

WE ARE GREAT LITIGANTS.

More Civil Lawsuits Here Than In Any Other Country In the World.

A man of ingenious mind and apparently ample leisure has gone to the trouble of figuring out the number of lawsuits brought in each country in a year, and he has reached the conclusion that the United States is a better country for attorneys and counselors than any other civilized land under the sun. He figures as lawsuits civil actions only, taking into no account proceedings of a criminal character brought by the public authorities against individuals. He has ascertained that, taking the figures for the last ten years as a fair average, there are 1,250,000 lawsuits brought in England every year, 750,000 in France, 1,400,000 in Italy, 3,300,000 in Germany and 5,500,000 in the United States.

It is not to be inferred from this that the people of one country are much more prone to litigation than are the people of another, but the explanation is to be found in the fact that the conditions of litigation vary exceedingly. Going to law in England is very expensive business, for it entails outlays in the form of costs and expenses so large that many of the courts are practically closed to persons of modest means, and a long litigation unsuccessfully pursued ends often in bankruptcy. In France the number of lawsuits is kept down through the general practice of "arbitration," as many as 100,000 cases in a year, especially those arising from disputes over wages, being settled by this agency without onerous cost to either party. In Germany a great majority of cases are petty ones, involving a small amount of money and due, many of them, to customs or usages which are not sufficiently defined to be, in all cases, similarly understood by both parties to an agreement. This is especially the case in the farming districts of Germany, and there are many legal disputes in the manufacturing districts too.

The number of cases credited to the United States seems enormous, but it is probably accurate. There are, for example, 11 district courts for the disposal of civil cases in New York city. In one of these courts, by recent report, the number of actions brought in a year was shown to be 9,100. These courts have before them each year, on the average, 75,000 cases. The cases brought in the state courts of New York amount in a year to about 150,000, and of those brought in the federal courts New York furnishes a very large number. Taking the whole country through, it is seen that the average number of cases per thousand of population is in the neighborhood of 75 to 85. The number of lawyers in the United States is materially larger than in any other country in the world, and the amounts in dispute here are much greater than elsewhere.—New York Sun.

BUENOS AYRES.

Argentina's Capital Is the Queen of the Southern Hemisphere.

The omniscient Whitaker, under the heading "British Possessions In Australasia," states that Melbourne, with its suburbs, contained on Dec. 31, 1894, an estimated population of 444,832 inhabitants, "being the most populous city in the southern hemisphere." We have always understood Rio de Janeiro and Buenos Ayres to be also in the southern hemisphere, and, oddly enough, Whitaker himself gives larger figures for both of these cities than for Melbourne. The remark is probably one that has been at some time true and has been carried on from year to year.

In any case, the results of the census establish incontestably the claim of Buenos Ayres to be the greatest city of South America and of the southern hemisphere. With allowance for imperfections in the execution of the census, inseparable from the way in which it was carried out, the figure 655,688 may be taken as practically correct, and no other city in this half of the world can lay claim to possessing within 100,000 of this number of inhabitants.

The population of Buenos Ayres is thus larger than that of any city of the United Kingdom, except London and Glasgow. It is considerably larger than that of Liverpool or Birmingham, and it is only about 50,000 less than the combined populations of Manchester and Salford. Of the great cities of Europe only Paris, Berlin, Vienna, St. Petersburg, Constantinople and Moscow surpass Buenos Ayres, and in North America only New York, Brooklyn, Chicago and Philadelphia. Our city is the second city of the Latin world, surpassing Madrid, Naples and Rome in Europe and Rio Janeiro, Santiago, Lima and Mexico in the new world. The rate of growth is no less remarkable than the actual size, for in the last eight years Buenos Ayres has increased about 50 per cent.—Buenos Ayres Review.

New York's River Tunnel.

There is a big hole under North river. Some day it will be a tunnel connecting this city and Hoboken. No work has been done for four years, but the owners of the hole are now trying to raise money in London to complete their tunnel before a bridge can be built over North river. Only 1,230 feet remain to connect the two holes bored from either shore, each of which is now full of water. This water has simply soaked through since work was abandoned on the death of the principal backer. So far \$3,000,000 has been poured into the hole, and only \$500,000 will be required to complete it.—New York Letter.

Make Clothing For Dogs.

It is well known that there are dentists in London and in Paris whose specialty it is to fit lapdogs with a set of false teeth. It now appears from a Parisian monthly magazine of fashions that there are tailors and fashion plates for dogs. The list of garments includes mackintoshes, Jaeger vests, comforters and respirators, side pockets with a lace handkerchief inside, fur collars, small silk umbrellas, which dogs are taught to carry over the head.—Chicago Tribune.

Thousands of Women SUFFER UNTOLD MISERIES. BRADFIELD'S FEMALE REGULATOR, ACTS AS A SPECIFIC. By Arousing to Healthy Action all her Organs. It causes health to bloom, and joy to reign throughout the frame. ... It Never Fails to Regulate ...

Munich Street Lamps. The method adopted in Munich for lighting street lamps from the outside without opening the lamp has proved quite satisfactory, the results, as enumerated, being to economize in flashlight gas, to enable the lamps to be lit in a storm, to shut off the main stopcock, to light Welsbach lamps without explosion, and to prevent the casting of shadows. As described, the main pipe communicates with a kindling pipe, which at one end comes to the outside of the lantern and at the other goes to the burner—this kindling pipe being bored with fine holes, which make a row of flying flames leading from the outside to the burner; the main pipe and its connections, with the stopcock, are divided so as to enable gas to be supplied to the kindling pipe and burner, and then to the burner alone. The lighting is done with an ordinary rod lamp, provided with an aperture at its end which receives the lower end of the kindling tube. When the lamplighter's pole is slipped into position, wind has no effect on the kindling operation.—New York Sun.

A Broad Hint. They were seated in the parlor conversing on the uncertainty of life. She—The future is a vast, unfathomable mystery to us, isn't it? He—Yes; all we know is that we have to go some time. Voice From the Library—It would suit the convenience of this household if you'd make it a little sooner than that.—Richmond Dispatch.

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ALL PRINTED AT HOME. U. & M. R. R. Time Table. GOING EAST 66, Local Freight, Lv 6 a. m. 10, Passenger, " 10:15 " 10:30 a. m. 64, Fast Freight, " 1:35 " 2:20 p. m. GOING WEST 142, Mixed Train, Lv 12:30 a. m. GOING WEST 63, Fast Freight, Lv 11:15 a. m. At 10:35 a. m. 141, Mixed Train, " 12:30 p. m. " 1:15 p. m. 15, Passenger, " 8:40 p. m. " 8:50 p. m.

CHURCHES. CHRISTIAN Church—Services Sunday at 10:30 a. m. and 7:30 p. m.; Sunday school at 12 noon. Y. P. S. C. E. at 6:30 p. m. and Y. P. S. C. E. Juniors at 4 p. m. CONGREGATIONAL Church—Services at 10:30 a. m. and 7:30 p. m.; Sunday school at 11:30 a. m. Y. P. S. C. E. at 6:30 p. m. and Y. P. S. C. E. Juniors at 4 p. m. METHODIST Church—Class Meeting at 10 at 10 a. m. Services at 10:30 a. m. and 7:30 p. m. Sunday school at 11:30 a. m. Junior League, 4 p. m. Epworth League at 6:30 p. m. Prayer Meeting every Wednesday night. Parsonage first door north of the church. BAPTIST Church—Preaching at 10:30 a. m. and 8 p. m. Sunday school at 12 m. Young People's Meeting at 8 p. m. Prayer Meeting Wednesday at 8 p. m.—C. R. Welden, pastor. EPISCOPAL Church—Services every two weeks, by appointment. LUTHERAN Church—Every third Sunday morning at 10 o'clock. CATHOLIC Church—Services by appointment. CHAPEL—Sunday school at 3 p. m. every Sunday. SOCIETIES. A. O. U. W.—Each alternate Tuesday evening. D. O. F. H.—Red Cloud Lodge No. 1, A. O. U. W. meets every alternate Tuesday evening in A. O. U. W. hall. All are invited to attend. B. E. N. Ashm Lodge No 106; I. O. O. F. every Monday night. CALANTHE Lodge No 29, Knights of Pythias Thursday evening. RFD Cloud Lodge No 608, Modern Woodmen of America, alternate Wednesday evenings. VALLEY Lodge No 5, Fraternal Order of Erectors, first and third Monday of each month. CHARITY Lodge No 53, A. F. and A. M. each Friday evening on or before the full moon. RED Cloud Chapter No 19, B. A. M. alternate Thursday evening. CYRENE Commandery No 14 alternate Thursday evening. CHARITY Chapter Eastern Star No 47 meets first Friday evening after full moon.—Mrs. Brewer W. M. GARFIELD Post No 80, G. A. R. Monday evening on or before the full moon. GARFIELD W. R. C. No 14 meets alternate Saturdays afternoon. MARY SEBES MCHENRY Tent No 11 Daughters of Veterans, every evening. H. KALEY Camp No 45, S. of V. Tuesday evening. SHERMAN Circle No 3, Ladies of the G. A. R. first and third Saturday evening. RED CLOUD Council No 18, Log Cabin Lodge, I. O. O. F. of America first and third Friday evening.

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