

Over-Work Weakens Your Kidneys.

Unhealthy Kidneys Make Impure Blood.

All the blood in your body passes through your kidneys once every three minutes.

The kidneys are your blood purifiers, they filter out the waste or impurities in the blood. If they are sick or out of order, they fail to do their work.

Pains, aches and rheumatism come from excess of uric acid in the blood, due to neglected kidney trouble.

Kidney trouble causes quick or unsteady heart beats, and makes one feel as though they had heart trouble, because the heart is over-working in pumping thick, kidney-poisoned blood through veins and arteries.

It is used to be considered that only urinary troubles were to be traced to the kidneys, but now modern science proves that nearly all constitutional diseases have their beginning in kidney trouble.

If you are sick you can make no mistake by first doctoring your kidneys. The mild and extraordinary effect of Dr. Kilmer's **Swamp-Root**, the great kidney remedy is soon realized. It stands the highest for its wonderful cures of the most distressing cases and is sold on its merits by all druggists in fifty-cent and one-dollar sizes.

You may have a sample bottle by mail. Home of Swamp-Root, free, also pamphlet telling you how to find out if you have kidney or bladder trouble. Mention this paper when writing Dr. Kilmer & Co., Binghamton, N. Y.

BEST FOR THE BOWELS

If you haven't a regular, healthy movement of the bowels every day, you're ill or will be. Keep your bowels open, and be well. There, in the shape of a little physician or pill, is danger. The most delicate, easiest, most perfect way of keeping the bowels clear and clean is to use



EAT 'EM LIKE CANDY

Pleasant, Palatable, Potent, Taste Good, No Food, Never Sickens, Weakens or Gripes. Each box 25 cents. Write for free sample, and booklet on health. Address: **STERLING REMEDY COMPANY, CHICAGO or NEW YORK.**

KEEP YOUR BLOOD CLEAN

Richer in Quality than most 10 Cigars

LEWIS' SINGLE BINDER

STRAIGHT 5 CIGAR

Compare them with other Cigars and you find good reasons for their being the leader more than other brands.

FRANK P. LEWIS, PEORIA, ILL. ORIGINATOR TIN FOIL SMOKER PACKAGE

DON'T BE FOOLED!

Take the genuine original **ROCKY MOUNTAIN TEA** Made only by Madison Medicine Co., Madison, Wis. It keeps you well. Our Trade Mark is a mountain peak. Price, 25 cents. Never sold in bulk. Accept no substitutes. Ask your druggist.

Soft Harness

You can make your harness as soft as a glove and no more with our **EUREKA Harness Oil**. You can keep it soft and supple for twice as long as it ordinarily would.

EUREKA Harness Oil

Makes a poor looking harness like new. Made of pure, heavy bottled oil, especially prepared to withstand the weather.

Sold everywhere in cans—all sizes.

Made by **STANDARD OIL CO.**

BEE-KEEPERS' SUPPLIES.

Send us your orders for Hives, Sections, Extractors, Smokers, Veils, New and Improved Foundation Bee Books, etc. We handle Kretzschmar's Goods and can save you time and freight. **BEE WAX WANTED. CATALOGUE FREE.**

TRESTER SUPPLY CO.
103 South 11th Street, LINCOLN, NEB.

JOHN G. POTTER,
ATTORNEY-AT-LAW.

Over Mizer's Grocery Store.

CANDY CATHARTIC Cascarets

20c. 50c. 1.00c.

Genuine stamped C. C. C. Never sold in bulk. Beware of the dealer who tries to sell "something just as good."

Rheumatism Cured in a Day.

Mystic Cure for rheumatism and neuralgia readily cures in from one to three days. Its action upon the system is remarkable and mysterious. It removes at once the cause and the disease immediately disappears. The first dose greatly benefits. 75 cents. Sold by H. E. Grice, Red Cloud, Neb.

FISO'S CURE FOR CONSUMPTION

CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Taste Good. Use in time. Sold by druggists.

FEVERISH ACTIVITY.

The Average American Is Always Under High Pressure.

Notwithstanding Which It Is Shown by Insurance Statistics That Men Are Living Longer Than Their Fathers Did.

There is hardly a week that we do not see in some journal or newspaper an allusion to the high pressure of American life. It is taken for granted that the only pace that kills is our own, and we are shortening our lives and bringing on early death by the strain, says American Medicine. In a recent number of the Nineteenth Century and After, for instance, a writer, plainly one of those self-destructing Americans, writes as follows:

"The average American in every branch of business wears out his physical powers before his time; and only too often under the self-imposed strain, his mental powers break down also; but the high pressure at which he works in the maturity of his strength, intellectual and physical, however bad for himself in the end, is very good for the community in which he lives. Thousands and tens of thousands fall in their tracks, like soldiers in the fire and smoke of battle, victims of their own overstimulated energies; but their places are promptly taken by younger men, animated by the same indefatigable and unflinching spirit. The community is practically made up of men working at a white heat, and its progress is hastened by the very fact that this heat is so consuming that before it dies out in the average individual it injures if it does not destroy him."

We have often been minded to deny the allegation, but upon second thought have not done so, because of the great difficulty that exists in getting at scientific disproof. It is a huge task to collate and analyze the statistics necessary to make the correction of the error anything more than an error itself—mere assertion without basis fact. We are as little inclined as another to justify the overstrain and feverish commercialism, but we believe that these are unwise, chiefly because of other reasons than those pertaining to vital statistics. The fallacy of the scoffers at American high pressure lies doubtless in the fact that everyone has the virtues of his defects, i. e., that we have other qualities which more than compensate in a life-lengthening way for the waste or shortening of our strain. The insurance statistician, Frederick L. Hoffman, makes a statement which, if true in all its details, should be laid before the echoers of the old charge against the fast-living American.

"It is a matter of great importance to note that there has been a material increase in the number of those who survive at the ages of 30, 40 and 50 in the United States, and the number will probably continue to grow, as the conditions of city life are improved.

"At present in Massachusetts there are expected to survive at the age of 50, 5,275 persons out of every 10,000 born, against 4,400 survivors out of the same number in 1855. At the age of 80 the number of survivors is 1,266 at present, against 1,059 half a century ago. Therefore most valuable lives, valuable because of enhanced intelligence and comprehension, have been saved to the state because of the sanitary and other social progress made during the last 50 years. This country is more healthy, with the exception of Norway and Sweden, than any part of Europe, and the effect of the intense struggle for success on the part of our business men and women is more than balanced by our higher standards of living, which tend to make our people continue along the line of improvement. While it is impossible to arrive at final conclusions on the basis of our industrial or ordinary experience, because of the careful medical selection exercised in insurance practice, the facts established by other investigations indicate that the adult foreign-born citizen is subject to a lower mortality in the United States than in his own country, and it may be safely assumed that any inherited tendency to early decay will be more than balanced by the healthier conditions of life in our country. A comparative mortality table shows that close behind Norway, and ahead of Great Britain, France, Germany and ahead of other states of our country, New Jersey has the lowest death rate. The chance of attaining the age of 100 in Massachusetts is today ten times what it was half a century ago.

"Certainly the facts are abundant tending to prove that old age is being attained by men and women in this country with an increasing degree of frequency, and, what is better, to quote an authority: 'It is certain that our American men at 60 are not broken up as badly as our fathers were at 40.'

First-Aid Lighthouse.

An ambulance in a lamp post is the latest idea in street contrivances. Paris has just been endowed with several specimens of what is called a "phare de secours," or first-aid lighthouse. It consists of an ornamental bronze pillar about 15 feet high, with a round overhanging top resembling that of a lighthouse, and containing a clock-face barometer and three transparent advertisements, revolved by clockwork, and lighted by gas from within. In the vase of the pillar is a letter-box and in the shaft is a folding stretcher, with printed directions for affording first aid to the injured.—Detroit Free Press.

Automobiling Revealed.

Mr. Perfume—I thought when you sold me this automobile you guaranteed it to be a first-class hill-climber? Dealer—Um!

"Well, the only thing it has shown any tendency to climb has been telegraph poles."—Puck.

IN CUBA

where it is hot all the year round

Scott's Emulsion sells better than any where else in the world. So don't stop taking it in summer, or you will lose what you have gained.

Send for a free sample. **SCOTT & BOWNE, Chemists, 409-415 Pearl Street, New York, N. Y.** See and flow all druggists.

VALUE OF FOUR METALS

Incorrectness of the Popular Idea Concerning Gold and Silver.

Official Estimates Show the Relatively Small Part Played by Two Precious Metals in Increasing National Wealth.

Because gold and silver are used for measuring as money the values of other national products, people are prone to consider their production as perhaps the most important of the mineral outputs of our country. In a certain sense this is true. But a comparison of some of our mineral industries as set forth by the United States geological survey in the "Mineral Resources of the United States, 1907," shows how small a part, relatively, the two precious metals play in adding to our national wealth, says the St. Louis Globe-Democrat.

Round numbers alone being used for convenience sake, it is found that the gold product was worth \$73,000,000, and that the commercial value of the silver product was about \$36,000,000, though the coining value was \$74,000,000. As metals, then, the gold and silver were worth \$113,000,000; as money they were worth \$153,000,000. Now the copper produced in 1906 was valued at \$88,000,000, though the price decreased a cent and a half a pound, as compared with 1899; the lead was valued at over \$23,000,000, though the condition of the industry was not good; zinc was produced to the value of over \$10,000,000, though it declined 28 per cent in value as compared with 1899. The copper, lead and zinc products were worth more as metals, by \$16,000,000, than our gold and silver, as metals, in 1906, though the combined values of the production of abrasive materials, such as grindstones, garnets, and so on; of chemical materials, such as gypsum, phosphate rock, and others; of pigments, such as metallic paint, white lead, and so on; and of the miscellaneous metallic products, the whole aggregate amounted to about \$52,000,000, shows that they were worth less as metals or metallic products, than the gold by about \$27,000,000, and more than the silver, as a metal, by \$16,000,000.

Further, the comparison of gold and silver with the structural materials produced—that is, with \$48,000,000 of building stone, \$96,000,000 worth of clay products, and \$13,000,000 of cements; \$157,000,000 in all—shows that the structural materials exceeded the gold and silver in value by \$42,000,000, or \$406,000,000 as against \$153,000,000.

Applied now to the great metallic basis of our civilization, iron and its products, the comparison becomes still more striking. Iron ore was produced to within less than \$9,000,000 of the value of the gold; and pig iron was produced to a value of nearly \$107,000,000 in excess of the coining value of both gold and silver combined. But the comparison of the gold and silver output with the output of the mineral fuels, coal, petroleum and natural gas, is the most striking of all; for the combined gold and silver value is exceeded by the high sum of \$253,000,000, or \$406,000,000 as against \$153,000,000.

These comparisons are the more interesting in view of the statement of the director of the mint, that "two-thirds of the output of silver in the United States is obtained as a by-product from mines which would be operated no matter what the price of silver might be," and that in the Cripple Creek district the "reserves (of gold) in sight are enormous."

Another popular prepossession that receives scant courtesy at the hands of the reports is in regard to tin. Besides the terse statement under the tabular summary, "Tin—Quantity—None," tin is only mentioned twice in the volume; once under the iron and steel statistics, when the production of tin plates and tern plates to the amount of 32,695 long tons is noted; and again a brief description is given of the "occurrence of Stream Tin in the York Region, Alaska," the York region lying west of Cape Nome. We produced no tin in this country in 1900.

FIRST AID TO THE INJURED

POND'S EXTRACT

For Burns, Sprains, Wounds, Bruises of Any Sort of Pain.

Used Internally and Externally.

CAUTION! Avoid the weak, watery Witch Hazel preparations, represented to be "the same as" POND'S EXTRACT, which easily sour and often contain "wood alcohol," an irritant externally and, taken internally, a poison.

Real Estate Transfers.

The following transfers, furnished by the Webster County Abstract Co., were made during the past week:

John A. Bihler to John D. Miller, w. d., neq 23 1 12 \$ 1200

Charles Hunter and wife to William Irons, w. d., lots 9 and 10, block 11, Inavale 300

Frank Sommerlad to W. S. Ashby, w. d., wj seq 5 3 9 1500

Harrie T. Dewey to Carrie E. Dewey, w. d., lots 1 and 2, sq neq 7 1 10 3500

M. P. Miller and wife to H. P. Sotter, w. d., swj 15 2 11 2800

L. A. Huskins and others to Lawrence L. and Archie A. Boren, w. d., lots 3, 4 and 5 in block 4, Red Cloud 2000

United States to Jesse C. Brooks, patent, neq 20 3 12

C. B. & Q. Railroad Co. to Edward Watters, w. d., seq 23 2 12 1068

Shake It Into Your Shoes

Allen's Foot-Ease, a powder. It cures painful, smarting, nervous feet and ingrowing nails, and instantly takes the sting out of corns and bunions. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes tight or new shoes feel easy. It is a certain cure for sweating, callous and hot, tired, aching feet. Try it to-day. Sold by all druggists and shoe stores. Don't accept any substitute. By mail for 25c in stamps. Trial package free. Address Allen S. Olmsted, Le Roy, N. Y.

Pure Books on Avoided Subjects—Self and Sex Series.

By Sylvanus Stall, D. D., and Mary Wood Allen, M. D. Wm. K. Fowler, state superintendent, says: "I am pleased to recommend the Self and Sex Series. They teach purity in a pure way, and happiness in a happy way." Sold by subscription.

WM. HEFFELBOWER, Agent.

Services at the Church of Christ will be held as usual next Lord's day, preaching at 10:30 a. m. and 8 p. m. by the minister, T. A. Meredith. Bible school at noon, Trace Sherer superintendent. Junior C. E., 3 p. m. Fr. Meredith acting superintendent. Prayer meeting Wednesday 8 p. m. Special music at morning and evening preaching services. We will make you welcome. Come and give us the opportunity.

Through Yellowstone Park.

The Burlington Route is organizing a personally conducted excursion to and through Yellowstone Park to leave Nebraska points, Tuesday, August 5. Uncommonly low rates have been made for this excursion. The total expense of the trip will be less than \$100.

If you're interested, write for a copy of illustrated itinerary to J. Francis, General Passenger Agent, Omaha.

\$45 to California and Return.

Tickets on sale April 21 to 27, May 27 to June 8, August 2 to 8. Liberal stopover arrangements and return limits. For additional information ask the nearest agent, Burlington Route, or write for a California folder to J. Francis, General Passenger Agent, Burlington Route, Omaha, Neb.

Low Rates for Harvest Hands.

If you are short of help to take care of your crops, advise me, and I may help you. The Burlington has arranged for very low rates for harvest hands, and has organized a bureau of assistance in securing same. Call on me for particulars.

A. CONOVER, Agent B. & M. R. R.

Episcopal services: Every first Sunday in the month: Morning, at 10:30, litany, holy communion; evening, at 7:30, evening prayer and sermon.

Every third Sunday in the month: Morning, 10:30, morning prayer and sermon; evening, 7:30, evening prayer and sermon. Everybody welcomed. E. U. Brun, rector.

Home-seekers' Excursion

June 17th, July 1st and 15th. To Arizona, Arkansas, Indian Territory, Louisiana, New Mexico, Oklahoma and Texas, one fare plus two dollars for the round trip, tickets limited to twenty-one days from date of sale.

A. CONOVER, Agent.

To the Northern Lakes.

The Burlington Route announces uncommonly low rates to lake resorts of Minnesota, Wisconsin, South Dakota and Iowa for the following dates: July 9 to 15, August 1 to 15, September 1 to 10. Better ask the nearest Burlington Route agent about the above excursions and take advantage of the low rates named.

To Cure a Cold in One Day

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

When you awake in the morning feeling like the end of a misspent life, your mouth full of fur and your soul full of regrets, take Rocky Mountain Tea. Great medicine. C. L. Coting.

How Are Your Kidneys? Dr. Hobbs' Sarsaparilla cures all kidney ills. 50c per bottle. Add Sterling Remedy Co., Chicago or N. Y.

A System Purifier Free Advice by our physicians. Free Sample of Medicine. Dr. Kay's Home Treatment, a 161 page illustrated book describing symptoms, causes of disease, best treatment, also many valuable recipes and prescriptions in plain language, saves doctor's bills. Ask for it.

Dr. Kay's Renovator

cures the very worst cases of Dyspepsia, Constipation, Headache, Palpitation of Heart, Liver and Kidney diseases and all results of Excess of Food. Write us about all your symptoms. Sold by Druggists. Don't take any substitute but send us 25 cts., 50 cts. or \$1.00 and we will send Dr. Kay's Renovator by return mail. A 25-cent or 50-cent package of Dr. Kay's Renovator is guaranteed to benefit any of these symptoms or money refunded by us.

Guaranteed

Address, Dr. B. J. KAY MEDICAL CO., Saratoga Springs, N. Y.

SHERWOOD & ALBRIGHT.

GROCERS

Red Cloud, Nebraska.

Highest Prices Paid for Produce.

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Chicago - Lumber - Yard.

RED CLOUD, NEBRASKA.

Lumber, Lime, Coal and Cement.

TRADERS LUMBER Co.

DEALERS IN

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RED CLOUD. - NEBRASKA

City Dray and Express Line.

E. W. ROSS, PROP.

Goods Delivered to any part of the city.

Charges as low as the Lowest

CITY AGENTS FOR ADAMS EXPRESS CO.

TELEPHONE NO. 52.

New - Barber Shop.

BARKLEY & SCHAFFNIT, Proprietors. Basement Potter-Wright Building.

Scissors Ground!

Razors Honed,

AND

ALL KINDS OF EDGE TOOLS SHARPENED

All kinds of barber work executed promptly and satisfaction guaranteed.

GIVE - US - A - CALL.

JOHN BARKLEY,

HOUSE MOVING AND RAISING A SPECIALTY.

All work guaranteed satisfactory. Your work solicited.

PARKER'S HAIR BALSAM

Clears and beautifies the hair. Promotes a luxuriant growth. Never Falls to Restore Gray Hair. Cures Itchy Scalp. Cures Scalp Diseases & Hair Falling. 25c and 50c at all Druggists.

E. W. Grove

This signature is on every box of the genuine **Laxative Bromo-Quinine Tablets** the remedy that cures a cold in one day

DON'T TOBACCO SPLIT and SMOKE

Your Lifeaway!

You can be cured of any form of tobacco using **FOUR** only. Made well, strong, magnetic, full of new life and vigor by taking **NO-TO-BAC**, that makes weak men strong. Many get ten pounds in ten days. Over **500,000** cured. All druggists. Cure guaranteed. Booklet and advice FREE. Address **STERLING REMEDY CO., Chicago or New York.** 437

Inflammatory Rheumatism cured in 3 days.

Morton L. Hill of Lebanon, Ind., says: "My wife had inflammatory rheumatism in every muscle and joint; her suffering was terrible and her body and face were swollen almost beyond recognition; had been in bed for six weeks and had eight physicians, but received no benefit until she tried the **Mystic Cure for Rheumatism**. It gave immediate relief and she was able to walk again in three days. I am sure it saved her life." Sold by H. E. Grice, Druggist, Red Cloud, Neb.

"C" With a Tail.

The "C" with a tail is the trademark of Cascarets Candy Cathartic. Look for it on the light blue enameled metal box! Each tablet stamped C. C. C. Never sold in bulk. All druggists, 10c.

BON TON BAKERY and CAFE.

When in town eat at the Bon Ton where it is clean, cool and no flies.

15 cent Meals at All Hours.

SODA FOUNTAIN IS OPEN!

Fifty-six different kinds of summer drinks.

W. S. BENSE, Prop.

Burlington Route

TIMETABLE. B & M. R. Y. RED CLOUD NEBR.

LINCOLN OMAHA CHICAGO ST. JOE KANSAS CITY ST. LOUIS and all points east and south.

DEVELOPE HELENA BUTTE SALT LAKE CITY PORTLAND SAN FRANCISCO and all points west.

TRAINS LEAVE AS FOLLOWS:

No. 13. Passenger daily for Oberlin and St. Francis branches, Ok. Ford, McCook, Denver and all points west. 6:10 a. m.

No. 14. Passenger daily for St. Joe, Kansas City, Atchison, St. Louis, Lincoln via Wynmore and all points east and south. 2:32 a. m.

No. 21. Passenger, daily, Denver, all points in Colorado, Utah and California. 8:25 p. m.

No. 22. Passenger, daily for St. Joe, Kansas City, Atchison, St. Louis and all points east and south. 10:00 a. m.

No. 174. Accommodation, daily except Sunday, Hastings, Grand Island, Black Hills and all points in the northwest. 1:00 p. m.

No. 64. Freight, daily, Wynmore and St. Joe and intermediate junction points. 12:45 p. m.

No. 63. Freight, daily for Republican, Okla. Okford and all points west. 10:40 a. m.

No. 66. Freight, Daily except Sunday for Wynmore and all points east. 6:30 a. m.

No. 173. Daily except Sunday, Okford and intermediate points 12:20 p. m. Sleeping, dining, and reclining chair cars, (seats free) on through trains. Tickets sold and baggage checked to any point in the United States or Canada. For information, time tables, maps or tickets call on or address A. Conover, Agent, Red Cloud, Neb. or J. Francis, General Passenger Agent, Omaha, Nebraska.

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REAL ESTATE & FARM LOANS.

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TERM REASONABLE