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, achesandrheumatism come from excess of uric acid in the blood, due to neglected

kidney trouble.

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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 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 the 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 siz-es. 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.



EAT 'EM LIKE CANDY asant, Palatable, Potent, Taste Good, Do G r Sieken, Weaken, or Gripe, 10, 25, and 50 c box. Write for free sample, and booklet b. Address YOUR BLOOD CLEAN



The Average American Is Always Under High Pressure.

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

There is harly 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-destroying 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 fre 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 unfaltering 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 itselfmere assertion without basic 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 scoffer 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

the age of 100 in Massachusetts is to-

day ten times what it was half a cen-

"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

First-Ald Lighthouse.

An ambulance in a lamp post is the

latest idea in street contrivances.

Paris has just been endowed with sev-

eral specimens of what is called a

"phare de secours," or first-aid light-

house. 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 pil-

lar is a letter-box and in the shaft is

a folding stretcher, with printed directions for affording first aid to the

Automobiling Revealed.

Mr. Perfume-I thought when you

"Well, the only thing it has shown

sold me this automobile you guaran-

teed it to be a first-class hill-climber?

injured.-Detroit Free Press.

Dealer-U'm!

as badly as our fathers were at 40."

TUES APO.



VALUEOFOURMETALS

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.

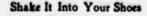
Because gold and silver are used for measuring as money the values of other national products, people are prone to consider their production as perhaps the most important of the mineral outputs of our country. In a certain sense this is true. But a comparison of some of our mineral industries as set forth by the United States geological survey in the "Mineral Resources of the United States, 1900," 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 \$79,000,000, 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 \$115,000,000; as money they were worth \$151,000,000. Now the copper produced in 1966 was valued at \$98,000,000, 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; zine 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 zine products were worth more as metals, by \$16,000,000, than our gold and silver, as metals, in 1900, than 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

Real Estate Transfers. The following transfers, furnished by the Webster County Abstract Co., were made during the past week: John A. Binler to John D. Miller, w d, nei 22 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, w1 set 5 3 9 1500Harrie: T. Dewey to Carrie E. Dewey, w d, lots 1 and 2, sh net 7 1 10 3500 M. P. Miller and wife to H. P. Sowter, w d, sw 15 2 11 2800 L. A. Haskins and others to Lawrence L. and Archie A. Boren, w d, lots 3, 4 and 5 in block 4, Red Cloud Inited States to Jesse U. Brooks, patent, nei 20312 C. B. & Q. Railroad Co. to Edward Watters, w d, set 23 2 12 1068



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. Alleu'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. ----

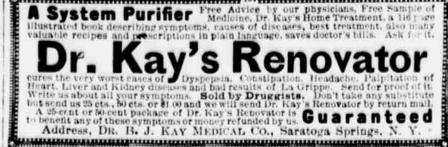
Services at the Church of Christ will be held as usual next Lord's day. Freaching at 10:30 a. m. and 8 p. m. by the minister, T. A. Meredith. Bible school at noon, Trace Sherer superintendent. Junior C. E., 3 p.m., Mrs. Meredith acting superintendent. Prayer meeting Wednesdayat 8 p. m. Special music 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, Tnesday, August 5. Uncomonly 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 an



104 WWW.WWWWWWWWWWWWWWWWWWWWWW



Highest Prices Paid for Produce.

PLATT & FREES CO..

Chicago - Lumber - Yard.

RED CLOUD, NEBRASKA.

Lumber, Lime, Coal and Cement.

TRADERS LUMBER Co.

DEALERS IN

LUMBER AND COAL building material, Etc. RED CLOUD. NEBRASKA City Dray and Express Line. E. M. 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.**







BEE-KEEPERS' SUPPLIES.



We handle Kretchner's Goods and can save you time and freight. BEES WAX WANTED. CATALOGUE FREE. TRESTER SUPPLY CO. 103 South 11th Street, LINCOLN, NEB.

OHN G. POTTER,

ATTORNEY - AT - LAW.

Over Mizer's Grocery Store.



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 ac-tion upon the system is remarkable and mys-terious. It removes at once the cause and the disease immediately disappears. The first dose greatly benefits. 75 cents. Sold by H. E. Grice, Med Cloud, Neb.



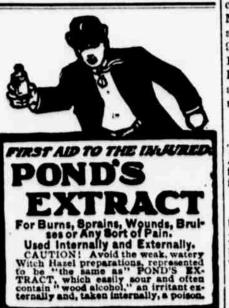
gold and silver in value by \$42,000,000 if the commercial value of silver is taken at its coining value of \$74,000,-000

Applied now to the great metallic basis of our civilization, iron and its the nearest agent, Burlington Route, products, the comparison becomes or write for a California folder to J. still more striking. Iron ore was Francis, General Passenger Agent, produced to within less than \$9,000,000 Burlington Rcute, Omaha, Neb. 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 wit's 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 again t \$153,000,000.

These comparisons are the more interesting in view of the statement of the director of the mint, that "twothirds of the output of silver in the United States is obtained as a byproduct 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 premossession 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 terme plates to the amount of 32,665 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.



Tickets on sale April 21 to 27, May 27 to June 8, August 2 to 8. Liberal stopover arrangements and return

Low Rates for Harvest Hands. If you are short of help to take care of your crops, advise me, and I may ALL KINDS OF EDGE 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 A. CONOVER, Agent B. C. M. R. R. particulars.

---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.

Homeseekers' 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, Agont.

To the Northern Lakes.

The Burlington Route announces un commonly 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 teeling 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. Cotting. ----How Are Your Kidneys !

Dr. Hobbs' Sparagus Pills cure all kidney ills. Same