Consolation and Comfort.

Who is it that does not wish to be out in the open air or alive in some field of sport, whether it be with the bat, rod or gun; whether we go coasting over the bills and vales on the wheel or saliing over rough waves or into serene coves, it is all sport, and the springing muscles seem to need it. It is bound . to happen that some mishap will occur. Thus it is that we have sprains in abundance. Light sprains, sprains that cripple, sprains that give great pain. sprains that rob us of sleep, but sportsmen of all kinds have come to know that there is nothing better than the old, reliable St. Jacobs Oil. Have it with you for use; you may rely on its rure of the worst sprain and restoration to the comforts of life.

What Was to Him.

"Children," said the teacher, while instructing the class in composition, "you should not attempt any flights of fancy, but simply be yourselves and write what is in you. Do not imitate any other person's writings or draw inspiration from outside sources." As a result of 'this advice Johnny Wise turned in the following composition: "We should not attempt any flites of fanc, but rite what is to us. In me there is my stummick, lungs, hart, liver, two aples, one piece of pie, one stick lemon candy and my dinner."-Baltimore American.

Piso's Cure for Consumption always gives immediate relief in all throat troubles.—F. B. Bierman, Leipsic, Ohio, Aug. 81,1901.

The True Source of Woman's Beauty.

A beautiful skin without any blemishes comes directly from good health, and the first step to health and to a beautiful skin is to get and keep the blood pure. The whole blood system is like a gorgeously colored Venice with red waterways, and little boats burrying to and fro. The latter carrying two kinds of messengers, market boys and scavengers. If these are both trained to accomplish their work every day then health and beauty are assured,. If the blood is clear the skin is sure to be clear .-Ladies' Home Journal.

Dyeing is as simple as washing when you use PUTNAM FADELESS DYES.

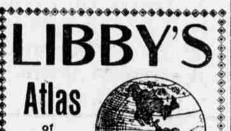
Maid Marian, the new opera which the Bostonians will sing this winter, Famous Poet, Composer and Statesman is a sequel to Robin Hood. It takes up the story of Robin Hood just where it was broken off in the old composer, Gunnar Wennerberg, is libretto. The Bostonians will be dead. He was born Qct. 2, 1817. here this year.

A London medical journal asserts collection of student ballads for which that much of the headache from he wrote words and music. These balwhich women suffer is due to the lads have since become popular all heavy hats they wear.

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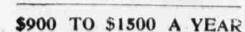
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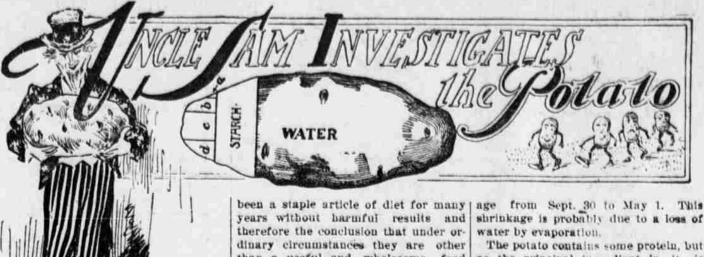
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N.N.U. NO. 691-45.



Composition of the potato: A, fat; b, crude fiber and other carbo-hydrates, exclusive of starch; c, protein; d, sah.

NCLE SAM has been prying into the inner life of the humble potato and after a most thorough and rigid investigation declares in the year book of the Department of Agriand extremely valuable member of the community.

that the practice, which has become so general, of serving potatoes with meat | North Carolina, towards the end of the and other similar foods which contain sixteenth century. liberal amounts of protein is based upon correct principles, one food supplying the deficiencies of the other. to on the ground that they are starchy genous material. It should be rememamount of protein, and further that rigid structure. carbo-hydrates are an essential part of

GUNNAR WENNERBERG..

of Sweden Is Dead.

songs, among them "Hear Us Svea,"

than a useful and wholesome food seems unwarranted.

The potato called in different regions white potato, Irish potato. English po- with all carbo-hydrate foods, it is chieftato, or round potato was first introduced into Europe between 1580 and body with energy. The potato has a 1585 by the Spanlards, and afterwards fuel value of 385 calories to the poundby the English about the time of Raleigh's voyages to Virginia. It is commonly believed to be a native of Chile. Wild potate plants closely resembling named. those cultivated to-day are still found there, though it is a fact worthy of mention that, as the potato has been modified by cultivation, it has largely lost the power of producing seeds, and the cultivated potate differs from the wild in seldom producing seed bearing fruits. When first visited by Europeans the culture that the potato is a deserving aborigines in Chile and adjacent regions cultivated the potato for its edible | cooked in water cold at the start. The tubers and had apparently long done so. Scientific investigation has shown It was probably introduced into the different ways is largely a matter which United States, especially Virginia and

> made up of 78.3 per cent water, 2.2 per cent protein (total nitrogenous matter),

terial in a digestible form. They have per cent when they were kept in stor- and should not be eaten.

The potato contains some protein, but as the principal ingredient in it is starch, it may be properly classed as carbo-hydrate food. As in the case ly valuable in the diet to supply the that is, when burned into the body, as all foods must be to be utilized, it yields energy equal to the amount

The principal ways of cooking potatoes are baking, boiling, and frying, or some modification of these processes. To obtain the highest food value, potatoes should not be peeled before cooking. When potatoes are peeled before cooking and placed directly in hot waer and boiled rapidly less loss of material is sustained than when they are wholesomeness of potatoes cooked in each must decide for himself.

Although under ordinary circumstances potatoes are unquestionably a The edible portion of the potato is wholesome food for most persons, illness is sometimes caused by eating them. There are undoubtedly some Potatoes and other foods containing 0.1 per cent fat, 18.4 per cent carbo-hy- persons in health with whom potatoes carbo-hydrates are sometimes objected drates (principally starch), and I per do not agree, just as there are those cent ash or mineral matter. Of the who cannot eat strawberries without foods and do not supply much nitro- carbo-hydrates, 0.4 per cent is made up distress. This is due to personal of crude fiber and materials which in idiosyncrasy, and not to the harmful bered, however, that the potato does some of their modifications constitute character of the food. Cases of actual contain a by no means inconsiderable the cell walls of plants and give them a poisoning by potatoes, however, are by no means unknown. Potatoes a year When potatoes are stored they under- old which have lain in a cellar, and a well regulated diet. The digestion go a shrinkage. According to tests shriveled and small potatoes which experiment referred to shows that pota- made at the Michigan agricultural ex- have sprouted without being planted. toes properly cooked furnish such ma- periment station, this amounted to 11.5 are considered especially dangerous,

> On the other hand, if the piece proved to be only ordinary or insipid, Mei-"Every little while Bill would sneak ody invariably yawned, turned his away, write something he called funny, back upon the orchestra, gazed around send it away, and anxiously wait for the boxes, and at last slunk away in a the lightning, in the shape of a check, decidedly bad humor. This expressive pantomime was the most piquant criti-

When the work of some great master was played. Melody always knew the ly get into trouble and half of it would precise moment when an artist was gofall over itself to get into Bill's office. ing to sing some striking song or play "Well, one day Bill met me about some special part of the work, and then

"I do not know," said Sir Arthur, not many weeks before his death, "what "With that he unbuttoned his coat finally became of the dog, but his name and reputation are still fresh in the newspaper inclosing a check for \$20, memories of several musicians who have seen his singular antics."

SOLUTION OF A MYSTERY.

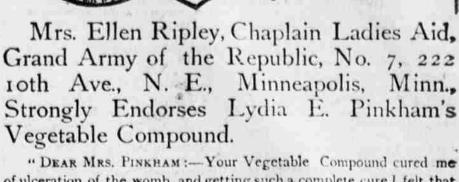
Alarming Appearance of Words in Spider Web at Toledo.

Toledo's wonderful spider-web mystery has at last been cleared up. Several days ago thousands of Toledo people flocked to a point on Canton avenue, near the court bouse, where in plain letters on a spider web appeared the words "My Jim" and "Murder." What made the denizens of that locality shudder every time they looked at it or web appeared a few shades darker. Yet City, early in 1902. it was the belief of everybody who saw it that it could not have been the work of human hands.

Names appeared on other spider webs, but the mystery remained unsolved until a Mrs. Leggett, who came sion to ease the mind of a servant girl

them on a web that strikes his fancy. The letters are slightly moistened, and then Leggett, by a gentle breath, blows them upon the web, and they cling there as though placed there by the spider liself. Of course, a stirring breeze soon destroys the letters or blows them together. He does it so defily that no one, unless cognizant of the method employed, would suspect about to call attention to his invention, expecting to use it for advertising purposes.-Toledo correspondence Uncinnati Enquirer.

in the world.



of ulceration of the womb, and getting such a complete cure I felt that the medicine had genuine merit and was well worth recommending to other sick women.

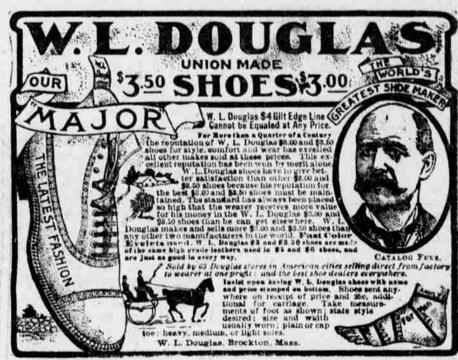
"For fifteen years I have been your friend. I have never written you before, but I have advised hundreds of women to take your medicine, in fact it is the only real reliable remedy I know of for a sick woman.

"I have not yet found a case of ovarian or womb trouble which has not been relieved or cured by the faithful use of Lydia E. Pinkham's Vegetable Compound.

"You have brought health to hundreds of women in Minneapolis as you have no doubt to others over the country."-MRS. ELLEN RIPLEY-\$5000 FORFEIT IF THE ABOVE LETTER IS NOT GENUINE.

When women are troubled with irregular or painful menstruation, weakness, leucorrhoa, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, flatulence, general debility, indigestion, and nervous prostration, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such troubles.

No other medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of cures of female troubles. Refuse to buy any other medicine.



and the bills for coal."

Slobbs-"Well, coal doesn't melt before it has a chance to get into the cellar. "-Philadelphia Record.

Two-penny meals, to the number of two millions, are daily supplied to the poor of London by the authori-

Henry Irving and Ellen Terry began their American tour in New thought about it was the fact that the York last Monday night. They are web was spun at the corner of a house playing King. Charles I. in which in which Jim Lee, a colored man, had Irving first won American favor. been murdered a day or two before. They will open the Willis Wood The letters were of white, while the theater, now building in Kansas

> RED CROSS BALL BLUE Should be in every home. Ask your groces for it. Large 2 oz. package only 5 cents

Once, while Daniel Webster was addressing the senate, and while here from Detroit, said her husband every senator was listening with close made the letters. She made the admis- attention, the senate clock began to strike, but instead of striking twice who had shown signs of insanity be- at 2 p. m., continued to strike withsuse of the web on the house where out gessation more than forty times. was killed. Mrs. Leggett said her Mr. Webster remained silent until shand makes the letters from fibers the clock struck twenty, when he he takes from spider webs. Armed with thus appealed to the chair: "Mr. a string of letters, he has but to put President, the clock is out of order I have the floor!"

Mrs. Winslow's SOOTHING SYRUP to children teething, softens the gums, reduces inflamation, allays pain, curve wind colle. the bussie

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Restores the Senses of Taste and Si

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Every public school in Paris has a Blobbs Kicking about your ice restaurant where meals are supplied bill, eh? Just think of next winter to children who are unable to pay for them

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GUNNAR WENNERBERG

come to be the national folk song of Sweden. But it is not alone as a poet Royal Musical Academy, and sixteen was the idol of the music-loving peo-

BILL NYE'S START.

Man Who "Discovered" the Humorist

Tells His Early History. Col. "Bill" Root, of Laramie, Wyo. he dealer in wild animals and discoverer of "Bill Nye," and who now has charge of the Indiana village at Glen Island, tells the following story of how he "discovered" the humorist, says the New York Times.

"Bill Nye,' when he was a young man, wasn't much; in fact, folks in sicians. They did not know his name, Laramie wondered whether he would eventually dry up and blow away or just die of plain starvation. Things never would come his way, and that same way led through many rocky day?" was the form of the invitation. places. Everything to which he turned his hand seemed to wither under it, followed his host, ate heartily, and as and he began to think that he was a soon as dinner was over ran off again hoodoo.

of a cuss when I said to him and his, and never left till the evening perwife one day: 'Come out to the ranch formance was finished. and stay with me for a while,' and they came. Long before this time Frances. the ozone and several of the things I rapidly on the ground.

had in a cupboard seemed to do little good.

The celebrated Swedish poet and to strike. Now, Frances discouraged all Gunnar Wennerberg began his cathis. She wanted the law or nothing. cism of the new opera, reer as a song writer by publishing a She felt that once Bill hung out his shingle all the world would immediate-

over Scandinavia under the name of "Gluntarne." Wennerberg is also the three miles away from the ranch and his movements and gestures were such composer of oratorios and national folk said: 'Bill, I want your advice. I've as almost to plead for silence among got something in my pocket and on my the spectators. the song with which the Swedish stumind, and I want you to tell me what

and pulled out a letter from a Denver showed it to me, and asked, 'Shall I, become a funny man or a lawyer?' I looked at Bill, and then at the check, and back at Bill again. That check surprised me even more than it did him. But I was there to give judgment. and had to do it.

" 'Bill,' I said, 'if you can find foolish people anywhere in this world who are ready to part with good bank checks for that stuff you grind, you go right to the house, get a big bottle out of the cupboard, put a wet towel about your head and sit down and grind. A man must have brains to be a lawyer.' "And Bill's wife never spoke to me

for three years."

"MELODY."

captured the first prize, and which has Singular Antics of a Dog that Enjoyed

It is not generally known that the and composer that Wennerberg has late Sir Arthur Sullivan was not only been distinguished. He was also ar passionately fond of dogs, but had able statesman. From 1870 to 1891 he made a special study of them. The was chief of the department ecclesias. brilliant composer declared frequently tle and for several years governor of to a writer in People that in the dog the province of Kroneborg. As early are embodied all the necessary cond as 1850 he became a member of the tions for the appreciation of music of every kind, and that the organ of hearyears thereafter was elected a member | ing in a dog is of marvelous delicacy of the Royal Swedish Academy. He Among other illustrations of this the ory which had come directly under has notice he cited the following:

Ten or fifteen years ago, when Sulii van was in the habit of going down very regularly to the theater to conduct rehearsals of his own operas, he was followed every morning by a dog which entered the theater at the same time that he did, placed himse f between the legs of the musicians and listened eagerly to the music. This went on until the constant appearance of the dog excited the curiosity not only of Sir Arthur, but of all the mu-

so they gave him that of Melody. Very soon the dog was petted by all. and each in turn invited him to dinner. "Melody, will you dine with me to and the words were sufficient. The dog to the theater, found his way to the "Bill was a pretty discouraged sort orchestra, placed himself in a corner,

Nothing could be more amusing or more curious than the attitude of Mel-

Queen Never Discarded Old Clothes. The sorting and arranging of the personal effects of the late Queen Victoria was a tremendous task, says a London correspondent. One peculiarity of her majesty was never to discard any dress, mantle, but or bonnet which she had ever worn, and her wardrobe might well have been considered the most complete record of the fashion of Bill's wife, had made up her mind that ody during the performance. If a new the last sixty years in existence. An-Bill was cast in the mold of a lawyer, work was being performed, he found other fancy of Queen Victoria was to and nothing would do but Bill must it out before the overture had become have everything in duplicate; two hats, study haw. So Bill came along with far advanced. Then he listened with two cloaks, etc., were always ordered. its old books and would wander around the greatest attention. If the piece Her majesty had a wonderful collecthe ranch trying to imbibe ozone and abounded in sweet and original melo- tion of lace, but this is not to be compages of Blackstone. But the canker- dies, he testified his pleasure by de pared with the collection of the Queen worm of worry was in his mind, and lighted barks and by scraping his feet Dowager of Italy, said to be the best