By D. M. AMSBERRY,

BROKEN BOW, - - NEBRASKA.

Indian Eduaction That Counts. The Indian school at Chilocco has

just graduated the largest class in its interesting as well as sensible rules history, and some of its graduates and for acquiring and keeping health. He many of its other classes will help the says: "Without we cat and drink, we sugar beet raisers in the vicinity of die! The provocative to do both rests Rocky Ford, Col., during the vacation. with the appetite, which, in process Over 150 of the young Indians are now of time, becomes a very uncertain engaged in this work in that district, guide; for the palate will often induce and will rema'n there until the crop is most mischievous and indigestible. all gathered. They will be back in the The old saying of 'eat what you like' school in the fall, ready to resume their is now shunned by everybody of 20

government schools the young Indians sist-for the pleasure depends chiefly get the right sort of education to fit upon the relish. The relish may bethem for their new role in life. The education is equally divided between the books and the workshops. The and practice, as enamored of what is boys and girls are taught all that is wholesome and nutritious, as of that imparted in the ordinary grammar which is hurtful and not concoctible." schools of the country, and a little more, in some cases. In addition the harness, to shoe horses, to build but only that which assimilates." houses, to do farm work of various sorts, to raise and care for cattle, and some of the rest of the things that animals, depends upon the proper perneed to be done in the average com- formance of all functions. These munity in the west or east. The girls functions may be shortly said to be are instructed, by actual practice, in three: (1) tissue change; (3) recooking, baking, laundering, nursing, moval of waste; (3) supply of new sewing and other work suitable to material. For the activity of man,

This is the education that counts, says the St. Louis Globe-Democrat. good behavior of its pupils was ex- sufficient supply of new material and pressed on every hand. Superintendent imperfect removal of waste products. on the right track. Chilocco, Carlisle, in training the young Indians of both clety's burdens.

Chinese Students' Uniforms,

schools in China, and the equipment of students in uniforms is furnishing a market for military clothing. According to the British consul at Wuchow 60 of these schools have been opened in that prefectorate alone. The uniform consists of a coat and trousers peak caps, and shoes of foreign pit- cheerfulness and love, and do not fortern. The material used is either serge, union cloth or cotton tweed for world but once.' Any good thing, winter uniforms, and for summer wear any light cotton cloth. In the strictly military schools khaki is worn. All the uniforms seen appear to be of British cloth, but there is a rule, which is evidently ignored, that buttons and braid all come from Japan. The shoes are said to be of Hongkong manufacture, but a very inferior kind is made locally of native leather. The cost of a uniform of cotton tweed, the cheapest, is only \$3.60 Mexican (\$1.80 American currency) made to order; a set of buttons, five in a set, costs 20 cents, and cap from 40 cents to \$2.20; shoes from \$1.10 to \$2.20. Quality in every case is extremely poor. This uniform, the consul adds, is becoming fashionable among the younger male generation in that part of China, and every child whose parents can afford the expense is now decked out as a miniature stu-

If "Mary, Mary, quite contrary," be an Algerian, perhaps her garden grows with silver bells and cockle shells and sponges all in a row. The cultivation of vegetable sponges is making progress in Algeria. About ten species of the plant are known and they are cultivated in Asia and Africa, being extensive in the regions of Algiers and Oran. Prior to maturity the fruit is edible; when the stage of ripeness, however, has been passed the pulp becomes separated from the fibrous matter which then forms the spongy mass entitled the vegetable sponge. Fine specimens when bleached in a weak lime bath are sold at about a nickel apiece. Paris is at present the chief market for most of the vegetable sponges grown in Algiers. They are suitable not only for toilet and bathroom, but also for domestic purposes.

This selling of song birds for hats is a pitiful business. There ought to be no necessity for going to law to stop it, and there would not be, if all women were as tender and merciful as they like to be thought. A dead bird in a hat does not advertise pleasant qualities.

It must not be supposed that the manufacturers of black pepper are confined to the use of lampblack and tapioca. They can make an excellent actly balances with the one she has article out of ground cocoanut shells.

THE SCIENCE OF LIVING.

Dr. George F. Butler Tells How to Eat and How to Assimilate.

Dr. George F. Butler, medical superntendent of the Alma Springs Sanitarium, Alma, Mich., in the October number of "How to Live," gives some years' experience. Still, without appe-At Chilocco and many of the other tite, it is a very difficult affair to subcome, as has been stated, a vitiated one, but it is quite possible to make the stomach, by a little forbearance

Again he says: "The delicate should feed carefully, not abundantly; boys are taught to make and repair it is not quantity which nourishes,

"Be careful of your digestion" is the keynote of the doctor's argument. He says: "Health in man, as in other like the heat of the fire by which he cooks his food, is maintained by combustion; and just as the fire may The Chilocco school was in practical by improper disposition of the fuel, be prevented from burning brightly operation at the St. Louis world's fair, or imperfect supply of air, and as it and was one of its most attractive fea- will certainly go out if fresh fuel is tures. It was visited by hundreds of not supplied, and may be choked by thousands of people during the seven its own ashes, so man's activity may months of the fair. Admiration for its be lessened by imperfect tissue change of shade or water? Why was the Marah, so that we drank and were resystem and for the intelligence and and may be put an end to by an in-

"We should see to it that free elim-S. M. McCowan, the head of the school, ination is maintained, for the ashes was here with it, and won aigh praise must be kept out of the system in orfor the thoroughness and practical der to have good health. The skin, character of the work of his pupils. kidneys and bowels must do their The United States government made eliminative work properly. If the many mistakes in its dealings with the | bowels occasionally become torpid, try Indians in the old days, but for the to regulate them with exercise and past quarter of a century it has been proper food, such as fruits, green vegetables, salads, cereals, corn, whole wheat or graham bread, fish, poultry, Haskell and the rest of the great gov- light soups, etc. Plenty of water is ernment schools are doing a good work also valuable, and a glass full of cold or hot water the first thing upon rissexes to help to intelligently bear so | ing in the morning will aid much in habit, cold baths, and massage are very efficacious. In case the consti-The establishment of government pation does not yield to these hygienic measures, some simple, harmless laxative may be required, such as California Syrup of Figs-a non-irritating preparation of senna in fig syrup. Laxative mineral waters are beneficial in some cases, but not to be em-

ployed continually. "Above all be an optimist, keep the get that 'we shall pass through this therefore, that we do, or any kindness that we show to any human being, let us do it now. Let us not defer It or neglect it, for we shall not pass this way again."

Little Joe-Say, mamma, is sister only native material be used. Caps, goin' to be a Indian? Mamma-Why do you ask that, dear? Little Joe-'Cause she's upstairs paintin' her face.

Some women wouldn't be satisfied in Heaven without burglar-proof vaults in which to lock up their halos.

He never says anything who never has anything to unsay.

Smokers appreciate the quality value of Lewis Single Binder cigar. Your dealer or Lewis' Factory, Peoria, Ill.

Man's inhumanity to man is often the result of indigestion.

## SENTENCE SERMONS.

The love that lifts lightens its own

It takes more than a vindication to restore virtue. The highest service is that which

raises others. A little help is worth a lot of talk

about happiness. New paths are the best penance for old wanderings. In many a burden is hidden the

blessing of strength. Poverty cannot be cured by making

charity a pastime. Meekness is the secret of the main-

tenance of mastery. No man ever succeeded in preaching truth by acting a lie.

You do not have to empty your head to fill your heart.

The only way to keep kindness is to keep it in circulation.

People who are self-satisfied are not always of a contented mind.

You cannot reach the Divine by climbing up on your dignity.

Some men seem to think that repenting of borrowing pays the debt.

They who do their own work well do not need to speak ill of another's The power of the preacher is it. inverse ratio to his professionalism If you are picking all your pleasures they only may make heaven seem

Many a man thinks that he is righting his wrongs when he only is re-

venging them. Men who are too tired to think are always ready to believe that intelligence is a sin.-Chicago Tribune.

A woman suspects that the butcher is trying to cheat her if his account ex-

## Elim, the Place of Refreshing

FOURTH-In Cloud and Pillar Series

A STORY OF THE WILDERNESS JOURNEY OF THE HEBREW PEOPLE By the "Highway and Byway" Preacher

Scripture Authority: Exodus 15:27.



T DID not seem to thirsty people that midst some one raised the cry: they could go a step farther, The rah had been trying and hard, and one word: "Water!" with no sign of could camp. On

stretched away before them save away own way." in the distance there rose a jagged forbidding than the level wastes, for glowing Pillar in the distance. It seemed to bar their passage and shut them in to the desolation about them.

The recent blessing at Marah, where satisfied their thirst, was too fresh "Is it not all about us desert? What in mind for them to murmur or question the way in which the Cloud was here?" leading them, but nevertheless there was certainty of what lies ahead. Thus it him," and Jahziel shuddered as he rewas that questionings began to rise in their hearts.

Why could they not encamp right where they were? What need of journeying farther when as fas as the eye could see there were no cheering signs Cloud leading on and on? Had freshed," said one to him. God forgotten them? Was he unmind-

ful of their weariness? Such were the thoughts and questions which troubled them more and more as the afternoon wore away and the blessing of the Lord rested upon the sun neared the horizon, and eyes them. Ah, well, it but serves me which all day long had been unmind- justly. But let us hasten now that ful of the Cloud now were lifted in we may get close to the Cloud of God's eager, impatient watchfulness. When presence." would it cease its motion? They would waste, they thought.

reassurance, and it was not hard for clined contentedly. doubts and questionings to find lodgpathway marked out.

the dissension seemed sharpest.

"Would that I were with Jahziel," exclaimed one.

"Yea, and who knows but that even rest. now he may be resting under those sired.

Since Jahziel's departure from their unfolded before their eyes. midst at Marah, when he had discovered that the waters were unfit to place was to be found in this bardrink, they had not ceased to follow ren wilderness?" exclaimed one. him in restless longing, picturing to "See what abundance of water there them they turned their thoughts in re- since leaving Egypt." newed yearning back to him and With glad shouts of rejoicing the first hapulses and gone with him.

in the journey when weary."

"But we should not forget what our might offend in reminding his breth- belief crowded in upon them. ren of the blessing they had received which he went in search, he might bet- they exclaimed. ter have remained and drank of the heale! waters of Marah."

"True, and Marah even with its bitbarren way. What lies before us but the parching sands of the desert?" and he raised his eyes and pointed in the direction before them.

had lagged behind the Cloud had quite good at all times." passed out of their sight beyond the line of rugged rocks in the distance. "Why, where is the Cloud? On and on it goes as though there were no weary limbs seeking to follow it. Ah, well," he added, half cheerfully, "now ly and come up with it as we may wish."

Thus finding a certain comfort in the freedom of their own wilfulness, they proceeded slowly upon their way, keeping along the route followed by the Cloud by watching the straggling the evening shadows began to deepen Hastily tucking his tall between his and the Cloud was still invisible, the legs, the animal turned and fied people in nervous haste quickened Harper's Batar.

their lagging footsteps, but when they had proceeded to a point where they were able to see in the distance the glow of the Pillar of fire which rested over the camp, they again let their

footsteps lag. "For why need we hurry? What will it profit us to come quickly to the camp?" they reasoned among themselves.

Thus they lingered willfully behind, not seeing because of the darkness that in the place where the Cloud now rested there were palm trees, with their never failing springs of water.

And while they tarried there overtook them a haggard, weary group of the weary, tired, men, and as they staggered into their

"It is Jahziel! It is Jahziel!" Excitedly the people gathered about journey from Ma- the newcomers, who struggled with parched, swollen tongues to utter the

And when they had given them of shade or water, their scant supply and they could the poeple won- speak coherently, Jahziel looked dered where they around and asked, eagerly:

"Where is the Cloud? Have you, every hand the too, departed from its leading? Ah, hot, barren sands that I in my folly had not sought my

"See, there is the Cloud," respondline of rock, which looked even more ed one, encouragingly, pointing to the

"Then let us get thither as quickly as possible," Jahziel urged, appealingly, starting forward as he spoke. "What shall it profit us if we do?" God had healed the bitter waters and was the impatient reply of the others.

shall we find there that we have not "We shall find the presence of the that impatient fretfulness which arises Lord, at least. And how dreadful are from physical discomfort and the un- the solitudes of the desert apart from

> past few days. "Then didst thou not find the place for which thou didst go in search?"

called the awful experiences of the

Jahziel shook his head, sadly. "And the Lord healed the waters at

The distress of Jahziel's face deep-

ened at these words. "And I did not drink of the waters there as I passed, not knowing that

Thus urging, he eagerly pressed forbe grateful for the privilege of resting ward, while the others followed. As there in the very heart of the desert they drew near to the camp the sound of laughter and singing burst upon But still the Cloud led on, and gave their ears, as though the people were no sign of resting, and farther and making merry. And what were those farther in the rear lagged the reluct- great dark objects looming up against ant people, until at last Moses and the sky? Surely they looked like palm overcoming constipation. Regular | Aaron and but part of the people were | trees. But it could not be, for there found in close company with the had been no such thing visible upon Cloud. To these there was something the horizon before the sun had set. cheering in the presence of the Cloud, But yes, for there near where the a sort of fellowship which brought light from the Cloud fell in subdued contentment and confidence in the way glow there could be seen the spreadthat lay before them. But to the rest ing tops of the palms and beneath following afar off there came no such upon the soft sward the people re-

The stragglers looked at each other ment in their hearts, as is always the with troubled, perplexed looks. What case when the soul journeys far from did it mean? While they had doubtof foreign cut, with brass buttons and heart young. Cultivate kindness, its Lord and reluctantly treads the ed God and had lagged behind he had led to this beautiful spot, and while Away in the rear was one group of they had been enduring the discomtravelers that seemed especially down- forts or the desert and drinking of cast and troubled, and among whom the brackish water from their skin bottles behold before them had been the cool fountains and the soft verdure of moss and grass on which to

"See!" exclaimed Jahziel, "said I not fair palm trees we saw in the dis- unto thee that you should keep near tance," responded another, and at the Cloud? Surely, the Lord knew the thought he sighed wearily, for whither to lead his people," and as to the soul that doubts there comes the he said this he quickened his pace as illusion that the place far away from much as his weakened condition would God's side is the place most to be de- admit, while the others with him shouted for joy as the beautiful spot

"Who would have thought that such

their hearts that his lot was freer and is," shouted another. "Verily, the better than theirs. And now with the palm trees are almost more than we weariness of the journey heavy upon can count. We have not seen so many

wished that they had followed their weary, thirsty travelers rushed forward and were soon seated with the "We could have fared little worse others upon the soft, cool ground had we gone with him," broke in the drinking of the refreshing waters and first speaker again, and at least we partaking of the fresh fruit from the should have been able to have paused paims which spread their ample branches far over their heads.

And as the realization of the de-God did for us at Maran," spoke up lights of the place swept over them the a third, timidly, as though fearing he memory of their murmurings and un-

"Ah, if we had known what God had at God's hands. "Surely, if Jahziei in store for us we would not have found not the springs of water for grown so discouraged in the way,"

"Yea," rejoined Moses, who chanced to be near and overheard the remark "but will ye not understand that the ter water was to be preferred to this Lord knows whither He would lead you, and what ye have need of? Why then, could ye not trust him when the as the last speaker uttered the words way was hard? But rejoice now in this, thy present blessing, for it is the Lord who hath given it to thee for "Why," he exclaimed, as he looked thy refreshing and that ye may know and suddenly realized that while they that his care is over thee for thy

## Some Good Advice.

Good sleep, wise eating, a wellnourished body, will do a great deal to overcome a desire for drink. If at least we shall be able to go leisure. your mind is given to foolish amusements, dissipation, gambling-remember that before you can take away that interest you must replace it with some other.-Chicago American.

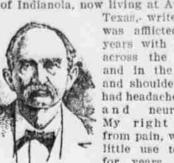
## Routed the Wolf.

The wolf was at the door. "Be sure line of people far in their lead. Thus you wipe your feet before you come it was that they journeyed until as in," commanded a peremptory voice

#### UTTERLY WORN OUT.

Vitality Sapped by Years of Suffering with Kidney Trouble.

Capt. J. W. Hogun, former postmaster of Indianola, now living at Austin,



Texas, writes: "I years with pains had headache also and neuralgia. My right eye. from pain, was of little use to me for years. The

constant flow or urine kept my system depleted, causing nervous chills and night sweats. After trying seven different climates and using all kinds of medicines, I had the good fortune to hear of Doan's Kidney Pills. This remedy has cured me. I am as well today as I was twenty years ago, and my eyesight is perfect."

Sold by all dealers, 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

The parson was talking to little Elmer about his habits, and asked him what time he was usually called for breakfast. "They don't have to call me," answered Elmer. "I'm always Johnny-on-the-spot."

Lewis' Single Binder — the famous straight 5c cigar, always best quality. Your dealer or Lewis' Factory, Peoria, Ill.

The up-to-dates girl does all her blushing for the mistakes of her

Mrs. Winslow's Soothing Syrnp. For children teething, softens the gums, reduces in-nammation, allays pain, curss wind colic. 25c a bottle.

#### BY THE WAY.

Even a stingy person is always willing to give advice.

No one is so prosperous that he can afford to malign other people.

A desire to get even has often been the keynote of a man's success. Value of property is entirely a mat-

ter of whether somebody wants it. There are smaller dividends in the practice of hate than in any other occupation.

It is hard to persuade a community that you are any better than your neighbors.

A man does not really get old until he begins to feel secret pride in his infirmities.

Every person imagines that his is a special case among the ills that affect mankind in general.-Uncle Dick in Madison Journal.

Attractive Colorado Booklet.

One of the most attractive of the summer vacation booklets that have been issued is "A Colorado Summer," put out by the passenger department of the Santa Fe railroad. The picturesque mountain scenery and the descriptions of it which the booklet gives impress the reader with a new idea of the grandeur of the mountain crags of Colorado, and will start one daydreaming of the time when he can view for himself the magnificence which the booklet describes. After reading the booklet one must certainly be convinced that Colorado offers both pleasure and health for every summer tourist. "A Colorado Summer" may be secured from Mr. W. J. Black, Pass. Traffic Manager, Santa Fe Railway,

#### Chicago. PROVERES AND PHRASES.

He who would gather honey must bear the sting of bees .- From the Dutch.

When you make de jail too nice you better strenkin de hogpen.-American

A sensible housekeeper begins to sweep her stairs from the top .- From

the German. An honest man does not make himself a dog for the sake of a bone .-From the Danish.

It is good to be a priest at Easter. child in Lent, peasant at Christmas. and fool in harvest time.-From the

## BAD COMPLEXIONS

Depraved Blood Causes Pimples and Boils-Dr. Williams' Pink Pills Make New Blood and Cure Follows.

"I abused my stomach, my blood got out of order and then my face broke out with pimples and boils," says T. E. Robertson, of 197 Addison street, Washington, Pa. "This was over two years ago. My stomach was in bad shape. After eating I would have to rest awhile or I points Southwest via M. K. & T. R'y. would suffer the most severe pains in August 7th, 21st. Tickets good 30 days my stomach. On arising I would often returning with stopovers in both directions, be so dizzy that I could hardly stand up.
The slightest exertion would start my
Houston, Galveston, San Andown and rest awhile. At times I expericuced a pain around the heart which alarmed me but which I suppose came from my stomach trouble.

"I began to break out on the face with pimples and later with boils which confined me to the house a week or more at To Kansas, Indian Territory, Oklaa time. One day I saw Dr. Williams' Pink Pills for Pale People advertised in a pamphlet which was left at the door and I thought I would give them a trial. I took several boxes of the pills before all the pimples and boils left me, but I am now glad to say that my blood is good. Omaha and Council Bluffs, \$22.50; I do not have any eruptions and I no longer have the head and stomach troubles I have described. I am very grateful for what Dr. Williams Pink Pills have done for me and I have recommended them and always will advise those who are suffering from bad blood

or stomach trouble to try them.' If you want good health you must have good blood. Bad blood is the root of most common diseases like anamia, rhenmatism, sciatica, neuralgia, St. Vitus dance, nervousness, indigestion, debility, partial paralysis and locomotor ataxia.

Dr. Williams' Pink Pills are sold by all druggists or sent, postpaid, on receipt of price, 50c. per box, six boxes for \$2.50, by the Dr. Williams Medic no Company, Schencetady, N.Y.

Laundry work at home would be much more satisfactory if the right, Starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the was afflicted for appearance, but also affects the wearing quality of the goods. This trouble across the loins can be entirely overcome by using Deand in the hips flance Starch, as it can be applied and shoulders. I much more thinly because of its greater strength than other makes.

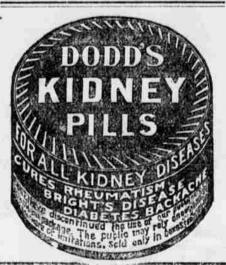
> New Fruit of Value. A new fruit that seems likely to prove of considerable value has been developed by the cultivation of the very familiar "maypop," a plant which is very familiar in the southern states, quite ornamental, easily grown from seeds and affords a handsome cover for arbors and verandas. It is known to botanists as passifiora incarnata. The fruit in its improved form is somewhat bigger than a hen's egg and decidedly palatable. It looks like a May apple.

> > British Colonial Order.

The order of St. Michael and St. George, the chapel of which was dedicated in St. Paul's cathedral, London, the other day, is the order conferred on British colonists, distinguished or otherwise. The lowest rank in the order carries the letters C. M. G. after the owner's name. Flippant Londoners translate this "Colonial Made Gentlemen."

Sunday School Teacher-I hope none of you boys will ever be found among the goats. Tommy Tucker-How can we help it, Miss Smathers? We're kids, ain't we?

Some men only open their mouths to emit a kick.



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Is it not sound judgment to require your grocer to furnish you the Ten

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