

Keeping Nervous System Healthy.

As the nervous system exercises great power on all the functions of the body, it ought to be kept in a healthy condition by regular mental work and judicious occupations. The fear often expressed that steady mental work is likely to wear out the brain too soon is unfounded. The wearing theory is wrong, as well for mental as physical work, both of which may be continued in old age.

To the housewife who has not yet become acquainted with the new things of everyday use in the market and who is reasonably satisfied with the old, we would suggest that a trial of Defiance Cold Water Starch be made at once. Not alone because it is guaranteed by the manufacturers to be superior to any other brand, but because each 10c package contains 16 ozs., while all the other kinds contain but 12 ozs. It is safe to say that the lady who once uses Defiance Starch will use no other. Quality and quantity must win.

Early Rising.

"To be forced to get up early," says an English physician, "grinds the soul, curdles the blood, swells the spleen, destroys all good intentions and disturbs all day the mental activities. Criminals are always recruited from the early-rising class."

Home at the World's Fair.

D. C. Koip, ex-Chief Clerk of Iowa House of Representatives, is manager Hotel Alta Vista, near Agricultural entrance and is prepared to entertain guests with rooms at \$1.00 and cots 50 cents. Electric lights, toilet and bath rooms, cafe. Market street cars direct from Union Station. Highest and coolest point around St. Louis. Official maps of Fair and other information sent on application. Make reservations now.

Men have a horror of telling a wife of financial failures.

When Your Grocer Says

he does not have Defiance Starch, you may be sure he is afraid to keep it until his stock of 12 oz. packages are sold. Defiance Starch is not only better than any other Cold Water Starch, but contains 16 oz. to the package and sells for same money as 12 oz. brands.

Men take delight in telling how seldom they indulge in a holiday.

Allen's Foot-Ease, Wonderful Remedy. "Have tried ALLEN'S FOOT-EASE, and find it to be a certain cure, and gives comfort to one suffering with sore, tender and swollen feet. I will recommend ALLEN'S FOOT-EASE to my friends, as it is certainly a wonderful remedy.—Mrs. N. H. Gullford, New Orleans, La."

To be loved is to receive the greatest of all compliments.—Mme. Necker.

"I had Inflammatory Rheumatism, but I am well now, thanks to Dr. David Kennedy's Favorite Remedy. It's my best friend."—Garrett Lansing, Troy, N. Y.

Women rarely express a fair and honest opinion of men.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

A short man always likes to stand on his dignity.

The Murine Eye Remedy Co., Chicago, send Home Eye Book free. Write them about your eyes.

There's beggary in the love that can be reckoned.—Shakespeare.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in 1/2-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 ozs." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

Mrs. Ogden Goelet couldn't have been advertised more extensively if she were going on the stage.

If Port Arthur falls you can watch Great Britain get out of Weihaiwei. And you can keep on watching.

Falls City Tribune

BY TRIBUNE PUBLISHING CO.

FALLS CITY - NEBRASKA

In Philadelphia a hypnotist is accused of failing to put a man to sleep. Probably neglected to wake him up first.

The Atlantic City lovers who have been forbidden to spoon on the beach ought not to lack sand to resist the order.

The heat of the earth is said to be due to radium. Not down here—it's mostly due to politics in this part of the world.

A man in New York who beats his wife has fallen heir to \$1,000,000. He won't have to beat his creditors any more anyhow.

The old-fashioned daguerreotype is to be revived. The old-fashioned bloom that our grandmothers wore in the heyday of their youth and beauty should certainly be revived with it.

Pennsylvania barbers, it is said, will refuse to cut the hair of a man who shaves himself. This brings up the question, will a wife who truly loves her husband learn to cut his hair for him?

It is stated that 1,200 wires have been inclosed in a telephone cable two and one-half inches in diameter. Think of the sulphurous thoughts that might be engendered if all these lines were "busy" at once.

The Savannah Morning News recently bloomed forth in a little editorial essay on "How to Live on Small Incomes." That's one subject that the average newspaper man really knows something about.

A Chicago bank clerk left \$8,000 in an elevated car. Still, it must be admitted that in spite of the general prosperity we are enjoying there are people in Chicago who would not be likely to forget even \$8,000.

The London Lancet complains that England's educational system does not give the girls proper instruction concerning the duties of "motherhood." What's the use, since the fashion is to turn the duties of motherhood over to the nurses?

The Atlanta Constitution refers to that city's milk supply as "unlabeled poison." We can, at least, congratulate our esteemed contemporary upon its faculty of epigrammatic expression, whatever may be the case with its milk of human kindness.

A bunch of love letters written by King Solomon to the Queen of Sheba have just been dug up in Abyssinia. Lawyer Abe Hummell of New York has taken up the case for her majesty.

When two or three financiers can "make" \$36,000,000 in a day, the art of transmuting silver into gold would look like 30 cents, even if perfected.

The Atlantic liners will now give one board and lodging for \$7 a week and take one across the ocean besides. What's the use staying at home?

The latest estimate of Russell Sage's wealth puts it at \$176,000,000. This is not Uncle Russell's estimate. If it were his it would read, presumably, something like \$175,927,399.017.

When a young man gets a bright, attractive girl to teach him to play chess, he is pretty sure to learn something else besides the game.

Beer is said to be an antidote for mosquito bites, but the statement was probably put into circulation by some New Jersey brewery agent.

University Celebration.

The University of Freiburg had a grand celebration recently—processions, fireworks, illuminations, addresses, the occasion being the rounding out of the number of students to 2,000. One of the speakers referred to the fact that the number 1,000 was reached in 1885, and he was much applauded when he pointed at a babe in the arms of a nurse as the future four-thousandth student.

Unresisting Victims of Button Trust.

Why are there two buttons, or even one, on the sleeves of a coat? The writer took a census of his buttons and found that 60 of them were unnecessary. He is particularly anxious as to the two buttons behind on a frock coat. Taking a survey of the whole human family he finds that there are 800,000,000 buttons worn, all of them useless.—Philadelphia Ledger.

Wife Drove Pests Away.

A Yorkshire man whose poor relations pestered him continually, married the worst scold in the county in order to have a guardian who would protect him from the importunate legacy hunters. The venomous and incessant vituperation of the woman had the desired effect.

Insects Don't Touch Rice.

A remarkable fact connected with the rice plant is its almost entire immunity from the attacks of insects, and from those diseases which infect the cereals and other vegetable growths, as also that it supplies a wholesale diet for one-half the population of the world.

Force of Blue Whale.

A blue whale, harpooned by a Newfoundland whaler in Placentia Bay in March, 1903, towed the steam whaler Puma 122 miles, the screw being reversed, at full speed the whole time, and not until twenty-six hours elapsed was exhausted and killed.

BUILDING FOOD

To Bring the Babies Around.

When a little human machine (or a large one) goes wrong, nothing is so important as the selection of food which will always bring it around again.

"My little baby boy fifteen months old had pneumonia, then came brain fever, and no sooner had he got over these than he began to cut teeth and, being so weak, he was frequently thrown into convulsions," says a Colorado mother.

"I decided a change might help, so took him to Kansas City for a visit. When we got there he was so very weak when he would cry he would sink away and seemed like he would die.

"When I reached my sister's home she said immediately that we must feed him Grape-Nuts and, although I had never used the food, we got some and for a few days gave him just the juice of Grape-Nuts and milk. He got stronger so quickly we were soon feeding him the Grape-Nuts itself and in a wonderfully short time he fattened right up and became strong and well.

"That showed me something worth knowing and, when later on my girl came, I raised her on Grape-Nuts and she is a strong healthy baby and has been. You will see from the little photograph I send you what a strong, chubby youngster the boy is now, but he didn't look anything like that before we found this nourishing food. Grape-Nuts nourished him back to strength when he was so weak he couldn't keep any other food on his stomach." Name given by Postum Co., Battle Creek, Mich.

All children can be built to a more sturdy and healthy condition upon Grape-Nuts and cream. The food contains the elements nature demands, from which to make the soft gray filling in the nerve centers and brain. A well fed brain and strong, sturdy nerves absolutely insure a healthy body.

Look in each pkg. for the famous little book, "The Road to Wellville."



WASH BLUE
Costs 10 cents and equals 20 cents worth of any other kind of bluing. Won't Freeze, Spill, Break

Nor Spot Clothes
DIRECTIONS FOR USE
Wiggie-Stick
around in the water.
At all wise Grocers.

Smallest Monarchy on Earth.

The sovereign who reigns over the smallest monarchy in the world is the king of Cocos, a group of islands near Sumatra. These islands were discovered about 300 years ago by the captain of the Keeling, but were comparatively little known till 1825. When Mr. Ross, an Englishman, visited them he was struck by their beauty and took up his abode there. It is his grandson, George Ross, who now holds sway over the Cocos.

Lewis' "Single Binder" straight 5c cigar. No other brand of cigars is so popular with the smoker. He has learned to rely upon its uniform high quality. Lewis' Factory, Peoria, Ill.

Making it Emphatic.

Concerning a certain archdeacon in the English church a tale of modesty is told. He forbade one of his friends to call him "doctor," saying, "If you call me doctor I will do the same for you." "Oh, but you can't," replied the other. "I am not a doctor." "You soon will be," was the answer. "I'll be — if I am," came the retort.

Try me just once and I am sure to come again. Defiance Starch.

Of Interest to Builders.

Prof. Charles L. Norton of the Massachusetts Institute of Technology says that a great deal more care should be taken in protecting steel work and wrought iron work from corrosion. Concrete is a far better safeguard than stone or terra cotta against fire, he says. The Boston skyscrapers are viewed with suspicion by Prof. Norton.

Elephants Long for Freedom.

In captivity elephants always stand up when they sleep, but when in the jungle, in their own land and home, they lie down. The reason given for the difference between the elephant in captivity and in freedom is that the animal never acquires complete confidence in his keepers, and always longs for liberty.

I am sure Piso's Cure for Consumption saved my life three years ago.—Mrs. THOS. ROBBINS, Maple Street, Norwich, N. Y., Feb. 17, 1900.

Lightning and Trees.

Prof. Assmann, one of the German government meteorological experts, says that lightning seldom strikes in a forest where the trees are dense and of about the same height. Danger exists only where isolated trees rise high above their surroundings.

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Chas. H. Fletcher*
In Use For Over 30 Years.
The Kind You Have Always Bought.

When a fellow boasts that he can't be bought it's a sign that he hasn't been offered enough.

It is allied with Thompson's Eye Water

