Good Complexion comes from Good Digestion that comes from IRON-OX Tiny Tonic Tablets.

—Tiny chocolate coated tablets that do cure indigestion and constipation. So dainty, so pleasant and gentle that they do not seem like medicine, but they do the work.

Gently laxative—not a system-weakening cathartic. Keep the little box in your pocket, purse or glove.

Little aluminum box—50 chocolate coated tablets—for a quarter. For sale in every Minneapolis drug store. If you live outside the City and cannot get Iron-Ox Tiny Tonic Tablets, send your address and druggist's name to The Iron-Ox Remedy Co., Detroit, Mich., and one full size package will be sent you free.


# Social Circles.

## CALENDAR NOT FULL

### The Post Lenten Social Season Does Not Promise to Be Lively.

### One Brilliant Wedding, the Skiles-Hawley Ceremony, Will Be Celebrated Wednesday.

There does not promise to be a very gay post-Lenten season. There will be a few weddings, of course, but, with one notable exception, most of them will be rather quiet home affairs. The most brilliant event of Easter week will be the marriage of Miss Helene Hawley, daughter of Frank A. Hawley, and Alvin Venable Skiles, which will be solemnized in Westminster church Wednesday evening. Mrs. Allan Wright of Indian Territory, a sister of Mr. Skiles, will be the matron of honor, and Miss Frances Hawley of Chicago will be the flower girl. Harry Ferrell of St. Louis will be the best man, and the ushers will be Sewell Andrews, Phillip Winston, David Tenney, Samuel Glass, Thomas F. Wallace and Charles Heffelfinger. The service will be followed by a small reception for the family at the home of Mr. Hawley in the Swinford. Mr. Skiles and his bride will leave for an extended wedding trip, and on their return they will be at home in the Swinford.

This evening Miss Hawley will entertain at a dinner, and Monday evening, after the rehearsal in the church, Mrs. Wright will entertain the bridal party at the Swinford very informally. On Tuesday Mrs. K. W. Skiles will give a dinner for her son and his bride at the Minikahda club. Mrs. Wright will remain with her mother until June.

A second large wedding of Wednesday evening will be that of Miss Grace Edith Hedge and Ernest Lee Connor of Seattle, which will take place in Gethsemane church. The bride is the niece of Mr. and Mrs. Harry B. Waite of Colfax avenue S, and the reception after the service will be at the Waite residence. Mr. and Mrs. A. R. Rogers will give a dinner for the bridal couple Monday evening and Tuesday Miss Adah Blackwell will give a luncheon and Miss Nann Smith a dinner.

Mr. and Mrs. Arthur J. Shores of Butte, Mont., have announced the engagement of their daughter Minnie Meredith, to Thomas Julian McGill of Minneapolis.

Mr. and Mrs. Edward T. Orth announce the engagement of their daughter, Maude Katherine, to Paul Raymond Robb. The wedding will be in June.

Mr. and Mrs. M. Davitt announce the engagement of their daughter Agnes to Henry Beuhler. The wedding will take place this month. Monday afternoon Mrs. Emma Folsom will entertain twenty-five young women for the bride.

The wedding of Miss Edna Kissinger and Alfred Ewald will take place Wednesday, April 22, at 8 p. m., at the home of the bride's parents, Mr. and Mrs. George Kissinger, 2608 Grand avenue.

The annual banquet of the Theta Delta Chi fraternity will be given this evening at the Commercial Club.

The Mimosa Social club was entertained at the home of Miss Minnie Easthagen, this week in honor of Miss Marion Ivell of the Castle Square Opera company and Miss Janet Ivell.

Several Minneapolis people have gone to Chicago to attend the grand opera. The number includes Fraulein Schoen-Rene, Miss Corinne De Laittre, Miss Mabel Abbott, Ned B. Abbott and Miss Gertrude Hale. Mrs. George H. Ricker will go down next week. Mrs. F. B. Semple will return to-morrow morning from a week in Chicago for the opera.

### PERSONAL AND SOCIAL.

Mrs. Martha M. Emery is recovering from a serious illness.

Mr. and Mrs. S. A. Harris returned this morning from California.

Mrs. A. E. Merrill of Harmon place is visiting in South Bend, Ind.

Mrs. John DeLaittre and her sister, Mrs. Secombe, are home from Florida.

Mr. and Mrs. W. G. Northrup are home from the east, where they spent the winter.

Mrs. M. C. Landy, of Bradford avenue N, arrived home last night from an extended eastern trip.

Mr. and Mrs. R. J. Menz will remove from the Normandie to the Sullivan Flats the first of the month.

The Enterprise Social Club will be entertained by Mrs. Bagley, 3524 Thirteenth avenue S, Thursday afternoon.

Alpha Camp, Royal Neighbors of America, will give an eastern dance in I. O. O. F. hall, 406 Twentieth avenue N, Thursday evening.

Mr. and Mrs. David Friedman and son, Abner, of 734 E Sixteenth street, left yesterday for Chicago, Detroit and other eastern places to spend several weeks.

The Henley Club will give an Easter party Monday evening, in Masonic Temple. The Henley orchestra will play and Frank Ludwig will be master of ceremonies.

Sacred Heart court, No. 499, W. C. O. F., will give a dance Thursday evening in Forester's hall, 2011 Washington avenue N. Freeman's orchestra will play.

The Cipher Card Club will hold its annual luncheon and election of officers Thursday, at 12:30 o'clock, at the home of Mmes. Warner and Parsons, 2714 Chicago avenue.

The thimble bee under the auspices of Minnehaha chapter, No. 37, O. E. S., will be held at the home of Mrs. Matilda Nolan, 3116 Bloomington avenue, Thursday afternoon.

The Women's Guild of All Saints' church will serve a supper Monday, from 6:30 to 8:30 p. m., in the guild room. The annual parish meeting will be held in the church at 8:30 o'clock.

The ladies of the Burton circle of Linden Hills Congregational church will hold their Easter sale Wednesday afternoon and evening, in Berry's hall, Forty-second street and Queen avenue S.

St. Anthony lodge, No. 56, A. O. U. W., will give a dance Thursday evening in the hall, Raymond and Hampton avenues, St. Anthony Park. A large class of candidates will be initiated April 30.

Mrs. George Porter has returned from an absence of several months. Mr. and Mrs. Porter took the East Indian trip and Mrs. Porter has been visiting in the east and Chicago before returning home.

Jacob Schaeffer Women's Relief corps will celebrate its sixteenth anniversary next Saturday evening with a dance and raffle in Durnam's hall, Dupont and Twentieth avenues NE. About twenty-five useful articles will be raffled.

Northwestern people at New York hotels are as follows: Minneapolis—Vendome, H. H. Johnson; Murray Hill, H. F. Balch; Manhattan, E. C. Cooke; Holland, F. W. Commons. Duluth—Holland, Miss Hunter; Victoria, J. L. Washburn; Imperial, O. D. Kinney.

Mrs. D. H. Evans entertained the Zigzag Euchre Club Thursday afternoon, at her home, No. 5, W Thirty-third street. Mmes. Leaver and Waterbury won prizes. The next meeting will be with Mrs. C. F. Waterbury, 2625 Aldrich avenue S, Thursday, April 23.

Mistletoe court, No. 1, O. of A., will hold a card party in Masonic Temple Thursday afternoon. Supper will be served at 6 o'clock. Mrs. Annie M. Keller has been appointed chairman of the banquet committee and Mrs. Elizabeth Thomas is chairman on committee of card parties. The regular convocation will be held in the evening.

The Calhoun Yacht club will give its second dancing party in Masonic Temple Tuesday evening. The master of ceremonies is H. W. Rieter, who will be assisted by W. L. Dana, E. J. Baird, John H. Ruge, A. C. Danenbaum, C. D. Kicher, A. G. Baird, Harry White, F. W. Burwell, Charles Wallis, F. E. Gates, Chester Perry and O. L. Edwards.

Mr. and Mrs. L. Foster and Mr. and Mrs. S. G. Fulcrut entertained the ladies of the Zigzag Euchre Club and their husbands, at their home, No. 914 E Nineteenth street, Wednesday evening. Mmes. Whelan, Lyons and Barlow, Messrs. Zimmerman, Reycraft and Rendell won prizes. Light refreshments were served on the card tables after the games.

### HIS PREPOSTEROUS STATEMENT.

London Tit-Bits.

"If you keep on as you have begun, Mabel," complained the young husband, running his eye over the expense account, "we shall never be able to lay up anything for a rainy day."

"How can you say so, Henry," exclaimed the young wife, righteously indignant, "when you know I have had two of the loveliest rainy-day skirts that were ever made?"

## CLUBS AND CHARITIES

### Club Calendar.

MONDAY—

Authors' Study club, Mrs. George S. Valentine, 2708 Elliott avenue S, afternoon.

St. Paul's Guild, Mrs. Williams, 2100 Hennepin avenue, 2 p. m.

### Cosmopolitan Club Finale.

The Cosmopolitan club held its last meeting of the year with Mrs. P. F. Eichelzer on Blaisdell avenue yesterday. Luncheon was served for sixteen, at tables decorated with daffodils and yellow embroidered linen. The souvenirs were hand-painted Easter eggs. The toasts and responses were as follows: "Our guests," Mrs. E. B. Fross; "Our Clubwoman," D. P. Dean; "Our Club," Mrs. H. D. Bliss; "Our New Members," J. S. Davis.

The club has decided upon art and artists and current topics for its topics of study next year. The newly elected officers are: President, Mrs. J. S. Davis; vice president, Mrs. D. P. Dean; secretary and treasurer, Mrs. P. F. Eichelzer.

### A New Council.

Minnesota Council of the Pocahontas degree, Improved Order of Red Men, was organized Wednesday evening in Masonic hall, Twenty-third and Central avenues NE, with sixty-five carter members. A banquet was afterwards served to 150 people. The decorations were roses and palms. The officers of the council are: Pocahontas, Mrs. Frank Sullivan; Wenona, Mrs. Anna Belding; prophetess, Mrs. John Wadick; keeper of wampum, Mrs. A. Schramm; keeper of records, Mrs. Audley Maloney; Powhattan, Mrs. Charles Bell; deputy organizers, Audley Maloney and J. B. Wadick.

### A Missionary Meeting.

The Woman's Home Missionary society of Plymouth church will be entertained Wednesday afternoon at 3 o'clock by Miss Evers of Stanley Hall. The program will be on "Alaska," and Mrs. J. F. Jackson will read a paper. Mrs. A. M. Harrison will give some personal recollections of a visit in Honolulu, and at the request of the Stanley Hall girls Master John Crosby will sing. After the program the school will be open and the guests will have an opportunity of visiting the pleasant rooms.

### Westminster Club.

Westminster club will meet Tuesday evening with Rev. Dr. J. E. Bushnell, 1817 Vine place. This will be an open meeting for members and ladies. Professor A. W. Anderson of the chair of psychology at Macalester college, will read a paper on "Some Applications of Psychology." The response will be made by Dr. Bushnell.

### CLUB NOTES.

Professor Maria Sanford will speak on "The Joys of Easter" at the vesper service in the Young Woman's Christian Association to-morrow afternoon at 4 o'clock. Special music has been arranged.

The Royal Workers of Fern camp, R. N. A., will meet Wednesday afternoon with Mrs. Van Duyne, 3334 Hennepin avevenue.

Minnehaha chapter, No. 37, O. E. S., will have its regular meeting Friday evening in Masonic hall, 1533 E Lake street.

## AMATEUR ENTERTAINMENTS

The pupils of the dramatic department of the Johnson school of Music, Oratory and Dramatic Art will give an entertainment Tuesday evening in the school auditorium for the benefit of the school library fund. The orchestra will make its first appearance under the direction of Mrs. Verna Golden Scott and will play three numbers. "Sunbonnets," a two-act play, and a comedy, "A Detective in Petticoats," will be given by Daisy Herpel, Etta Rue, Anna Samuel, Anna Heritage, Marie Christensen, Bertha Sanford, Georgia Elwell, Maud Breckinridge, Josephine Hanson, Margaret Bailey and Gladys Williams.

The degree staff of Myrtle lodge, D. of H., will give the comedy, "Peck's Bad Boy and His Chum," Thursday evening, April 23, in Easthagen hall, 2413 Bloomington avenue.

The above handsome millinery creation, seen at the New Store, is by Caroline Reboux, Paris; it is a flat shape in a beautiful shade of green braid, the under facing being of shirred maline in white, as is also the rosette under the left side. The upper trimming consists of a large bunch of blue grapes in a variety of shades from very light to dark, there being also a bunch of the same nestled under the brim on the right side.

## A WOMAN SHOEMAKER

### Indianapolis Has a Woman Who has Made Shoes for Twenty-one Years.

Indianapolis has a woman shoemaker and she knows her trade as well as any man that ever made a shoe. All parts of the shoe look alike to her, and she can build one from the ground up. Her favorite work on the shoe is the uppers. This is lighter and finer work and more suitable to a woman.

She is Miss Louise Hartness. She is 36 years old and has been in her business for twenty-one years. No other woman cobbler is known in the state, at least none with the business reputation she bears. She earns a good salary and is well able to care for herself.

When she was a girl of 15 she sought employment with a shoe factory, where she learned her trade and worked for eight years until the factory closed down permanently. Since then she has worked for shoemakers and has also done special work. There is no part of the shoe she does not know and know well enough to put together. "You see, every part of the shoe looks alike to me," she said, as she commenced work on the material for a new shoe. "I can take the tanned leather, a few tacks, some thread and machine and make any kind of shoe you want." The shoes she wears are her own make, and she knows what they are made of.

"There is no excuse for a shoe wearing out quick," she says, "if it is made of good material."

The finest woman's shoe is as easy for her to make as the roughest hunting shoe. She can make shoes that prevent corns and shoes that don't hurt corns; shoes for short-legged people, and plain, ordinary shoes.

Miss Hartness likes her work and says she intends to follow the occupation for many years to come.

### DEFINITION OF A BABY.

Tid-Bits asks: "What is a baby?" and proceeds to answer as follows: The prince of wails, a dweller in Lapland, the morning caller, noonday crawler, midnight brawler, only possession that never excites envy, a key that opens the hearts of all classes, the rich and the poor alike, in all countries; a stranger with unspeakable cheek, that enters the house without a stitch to his back and is received with open arms by all.

## MISS IVELL'S HIGH AMBITIONS

### She Intends to Study the Entire Contralto Repertory of Grand Opera, Taking Each Opera in the Language in Which It Was Written—She Goes to Germany This Summer.

The first visit of the Castle Square opera company to Minneapolis has afforded a pleasant experience to a few favored Minneapolis people, for the former friends of Miss Marion Ivell have not only enjoyed hearing her sing, but they have had a chance of learning that the remarkable success of this gifted young woman has left her entirely unspoiled.

It is unusual to see any young woman so wholly absorbed by a high and exacting ambition and so ready and eager to make any sacrifices to achieve honorable success, not for the sake of gain, but from love of her art. She said earnestly to a sympathetic caller the other day: "Everyone tells me to wait until I get older for this and that thing that I am burning to do and to be, and I know they are right; I haven't lived enough yet to rise to many things I am reaching for and I shall have to wait for time and experience to broaden my life as well as mature my voice and give a finish to my art, but I believe I would sacrifice ten years of my probable length of life to acquire at a bound the experience of my next ten years of life."

Miss Ivell utterly scorns the kind of success won by youth, freshness and beauty and feels aggrieved by every offer, no matter how tempting, to go into light operas as a star and trade on her youthful charms. She feels all such offers as an affront to her art and a reflection upon her serious aims. Her grievance is not a fancied one by any means, for she has been simply beset with offers of this kind that would assure her sudden wealth and a great immediate vogue such as would be the envy of countless young women with operatic aspirations of a shallow and selfish kind.

Even the praise bestowed upon her work as an actress is not an unmixed joy to Miss Ivell, for she exalts music above all else and means to stand or fall by her musical attainments, altho she appreciates the important but to her mind subordinate part acting plays in opera.

After the close of her season with the Castle Square company in June, Miss Ivell will leave for Germany to take up the repertory of German operas with Lilli Lehman, who has given her much encouragement. She will remain in Germany until she has given careful study to the language and operas, as she has already done with the French repertory in Paris. In time she expects to take up the Italian operas in the same way in Italy and she will not feel that her preliminary training is complete until she has mastered all the roles suitable for her voice. In order to perfect her diction and to enable her to give intelligent interpretations of the roles, she feels it necessary to acquire a good working knowledge of each of the languages used in singing grand opera.

This is certainly a formidable program, but Miss Ivell is a student from choice and the struggle with difficulties, with the mountain peaks of musical greatness as the goal, invites rather than repels her. This spirit certainly deserves success and promises it strongly.

Few, except her personal friends, have realized what Miss Ivell's present development means. She is one of the youngest singers who has ever risen to a prominent place in grand opera. Her prominence in the company and the kind of parts for which she is cast makes it difficult to realize that Miss Ivell is the Castle Square "baby," altho she has been with the company longer than nearly any one else in it.

One is in good company in predicting a brilliant future for this ambitious Minneapolis girl, who has already made her early home proud of her. Philip Hale and many other of the best known eastern critics look for great things for her, and have given her high praise for what she has already accomplished. Her Carmen has been compared favorably with that of some of the greatest exponents of the role. In this role Miss Ivell has had the advantage of study with Lhery of Paris, a friend of Bizet, who was the original Don Jose.

In her study trip to Germany Miss Ivell will be accompanied by a huge budget of cordial good wishes from her fellow townsmen, who are desirous of seeing her pluck, energy and determination rewarded by a success such as she may rightfully hope for and expect.

## RIVAL OF 'PRO BONO'

### Arthur Meachen Explains Why and How He Writes Newspaper Communications.

### He Believes in Using the Press and Shapes His Contributions Systematically.

One of the best-known editors in the northwest, a writer whose name is specially familiar to the twin cities, is Arthur Meachen of Minneapolis and St. Paul. Mr. Meacham is an unofficial editor. He is employed by no newspaper. He receives no recompense for his influence upon public opinion. Thruout the day he sells dry goods. At night he writes communications to the newspapers, usually in triplicate, and discusses with sympathetic acumen, divers questions of municipal progress, of philanthropy, of ethics and religion. Not that Mr. Meachen is a narrow specialist. He will send forth communications over his own signature upon any subject. What interests the public interests him. "Homo sum et nihil," etc., quotes Mr. Meachen, classically.

Mr. Meachen is employed in the wash-goods division of a department store at St. Paul. But he dwells at 2754 Grand avenue, Minneapolis, and from this city he mails his editorial notes to Minnesota newspapers, to journals in Milwaukee, Kansas City, Chicago, New York, wherever public thought seems to demand a stimulation.

The contributor is a short, slight man. He has dark hair tinged with gray, a dark, closely trimmed moustache, intent eyes, a critical, intellectual face. His manner is quite as intense. The intonation of his voice is somewhat foreign, inasmuch as he was born, forty-six years ago, at Norfolk, Eng.

He was educated at a large private school, where he excelled in the fabrication of essays. "Can't say that I won a prize. Don't think I ever did," related Mr. Meachan, yesterday, leaning upon a rollof cambric. "But I was a clever lad with the pen."

His literary ambition, however, was slow to develop. At the of 16 he turned to Trade, and was apprenticed to a draper. And a draper he remained until he arrived in Minneapolis a dozen years ago. Then he became a dry goods clerk—an American transformation. Subsequently he spent months upon the Pacific coast and several years in Philadelphia. It was within the shadow of Benjamin Franklin's statue that Mr. Meachen rose to private journalism. He wrote a letter to the Record, the letter was printed—printed as he wrote it, also. He wrote to the Press, and saw himself in print; to the Ledger, and read his own opinions the next day.

While he remained in the east he occupied more or less space in metropolitan journals. A New York publication suppressed one of his letters. It was written on both sides of the paper. Subsequently he read that editors write on one side only of their manuscript. "That's the way I've picked up my knowledge of the newspaper profession," says Mr. Meachen, "tho I was never regularly engaged on the staff."

Since returning to the west, Mr. Meachen has connected himself with newspapers in Minnesota, Wisconsin, Missouri, Illinois and other states. He has literary leisure, being unmarried. This condition also permits him to discuss without prejudice the needs of children and the ideals of family life.

How To Become a Successful Contributor? Mr. Meachen lays down these rules:

First—Write on one side of the paper.

Second—Write no more than 200 words at one time, save in some public crisis.

Third—Never discuss politics.

Fourth—Discuss religion discreetly.

Fifth—Avoid personalities.

Sixth—Send in copy of your letter simultaneously to all the papers in town. Thus no one can escape your influence.

Seventh—Sign your own name. This is courageous and sincere and it prevents misunderstandings.

"I write more letters than Pro Bono Publico, Justice and Old Subscriber put together," said Mr. Meachen. "But Pro-Bono frequently contradicts himself; and I've known Justice to take both sides of the same question within two months."

## IN ACTUAL USE

### A Unique Window Display.

In one of the show windows of W. K. Morison & Co.'s hardware store, 247-249 Nicollet avenue, they have a Faultless range set up and in actual operation. Other kitchen articles from their stock, suitably arranged, complete a well-furnished kitchen.

A cook presides over the situation and the way she turns out those luscious, "melt-in-your-mouth" biscuits is a fine advertisement for the Faultless malleable steel range. These biscuits, together with coffee, are served to patrons on the second floor. Here also a further demonstration of the stove is carried on and salesmen are at hand to point out all the features of the range.

## SELF-CONTROL VS. MEDICINE

### Patients Can Do Much Toward Curing Nervous Diseases by Ignoring Troubles.

"Self-control as a cure for nervous diseases is a remedy more effacacious than medicine at times," said a prominent Washington practitioner, "and since its exercise is a matter of mere habit, I will tel you about it.

"'Nervousness' is a disease, and nervous persons, especially women, are a torture to themselves, an object of pity on the part of some and of contempt on the part of others. Nervousness in itself, nervous prostration in its various stages and the different forms of nervous fright and irritability largely result from persons allowing themselves to yield to certain channels of thought which have fear as a basis.

"It makes slight difference what this element of fear may be, whether the loss of money, or a beloved one, position, or what else, the subject nurses this dread little by little, until, except in the case of a sudden and powerful shock, imperceptibly, but with insidious certainty, the nerve centers feel the strain and gradually give way. The subject begins to suffer loss of appetite, sleeplessness intervenes, loss of flesh necessarily results and a whole train of evils follow in rapid sequence, from becoming a burden to oneself, family and friends in going around in a perpetual state of nervous irritability or melancholia, to complete collapse in bed from nervous prostration.

"While patients will yield to medical treatment in some instances the beneficial effects of sedatives or tonics are often neutralized by the patient refusing to exercise self-control and in nursing the particular trouble which may be preying upon the mind. When expostulated with the invariable reply is, 'I can't help it.'

"Persons of nervous temperament and in various stages of nervous diseases will be astonished to see how quickly the physical will respond to a determination of the mind not to yield to certain lines of familiar thought which constitute the subject's troubles. They will find that the brain may be said to be a creature of habit, in that certain lines of thought will force themselves and often at certain times of the day more prominently, as in the morning. Endeavor to develop a feeling of 'don't care,' and maintain it. Once the subject determines to curb and control thought the brain will be found to yield to control, slowly at first, but surely when the subject persists as much as his or her feeble will power allows in 'not thinking about it.'

"To aid in this great fundamental cure of nervousness and nervous troubles travel largely conduces, because, as simple as it is, when persons travel they have to do things they do not wish to do, entailing a change of thought, consequent relaxation of strain of the brain cells, more or less physical exercise and a change of air and scene.

"Fifty per cent, perhaps more, of nervous troubles are aggravated and prolonged by remaining amid familiar surroundings and among the immediate members of the family, where their weaknesses, often silly and foolish, are coddled and humored, until the subject believes himself or herself desperately ill or finally develops a real disease.

"If nervous people who have not reached this stage only knew what a nuisance they are and how readily their irritability would disappear if they would hold themselves up to their irrespective vision, determine to control themselves and not allow their whims, habits or snappy tempers to control them, they would become prettier and stouter women, and stronger and better men. They would find that self-control is a habit, as it becomes a habit for women to nag, fret or show temper, and for a man to feel that he is perpetually going to lose his position, or suffer loss in his business.

"One must persevere in the self-control cure for nervousness, but once the nerves are whipped into mental subjection patients gain flesh and strength and wonder how they could have been so weak. The legend, to be inscribed upon the nervous person's banner is short, but effective—'don't yield.'"

## VALUE OF HONEY

### One of the Sweets Desirable for Children, as it is Easily Assimilated.

If the children covet sweets let them have them—but the proper kind of sweets. Cheap candies, too much jam, sweet cakes and lumps of sugar are bad. Pure chocolate—not chocolate candies—and honey are good. Honey is more easily assimilated than many "predigested" foods. It is a concentrated food and furnishes the same elements of nutrition as starch and sugar, imparting warmth and energy.

According to a writer in Health, honey is a valuable medicine and has many uses. It is excellent in most lung and throat affections, and is often used with great benefit in place of cod liver oil. Occasionally there is a person with whom it does not agree, but most people can learn to use it with beneficial results. Children who have natural appetites generally prefer it to butter. Honey is a laxative and sedative, and in diseases of the bladder and kidneys it is an excellent remedy.

As an external application, it is irritating when clear, but soothing when diluted. In many places it is much appreciated as a remedy for croup and colds. In preserving fruit the formic acid it contains makes a better preservative than sugar syrup, and it is also used in cooking and confections. Honey does not injure the teeth as candies do.

### A SPRING RELISH.

Spiced apples are appetizing and excellent to have with meats at this season, when the supply of home-made pickles and relishes has disappeared. Make a syrup of equal parts of vinegar, water and sugar, add a little cayenne pepper, a few whole cloves and some pieces of stick cinnamon. Peel the apples and cut them into quarters or eighths, put them in the liquid syrup and cook until tender. Remove the apples with a skimmer and boil the syrup until thick and turn over the cooked fruit. It is to be served cold and can be made in large quantities and will prove a relish of which one seldom tires.


# MILLIONAIRE MINSTREL

## Says He Owes His Good Health to Blood Wine

Probably no one in the theatrical profession has been more successful, has made more friends, or is any better known than Hi Henry. From one end of the United States to the other he is called the millionaire minstrel king. Mr. Henry is wise in a great many things, one of which is the keeping of his health. Loss of sleep, irregular meals, all kinds of weather, and the mental anxiety necessary to successfully pilot his large and expensive company, last year almost cost Mr. Henry his health. He did not linger one moment in determining what to do. He took "Blood Wine" and it completely drove out of his system the tendencies to sickness and disease. These are Mr. Henry's own words:

"I have been asked so many times lately the cause of my good health and general improved condition, that I feel like letting you know that it has been brought about by the use of your 'Blood Wine,' which I consider a most remarkable remedy.

"The remedy is one of sterling virtue, and withal devoid of that nauseous or drug taste one expects to find in medicine, it being what might be termed a very pleasant beverage, while its moderate cost places it within the reach of all.

"I feel quite certain that a trial will convince the user of its wonderful powers in the recuperation of wasted energy, the awakening of dormant functions and its general building up where a vital tonic is needed. Though not much given to the use of remedies I can most cordially recommend your 'Blood Wine' as being of great value."

### COULD NOT SLEEP.

Here is another case where "Blood Wine" restored a person to health that was all run down. Mrs. Warren Lamphier, of 32 Mudge Street, Lynn, Mass., makes this statement:

"Household cares so wore upon my mind that I could not sleep well and constant worry brought on a pronounced case of nervous exhaustion. I lost flesh rapidly; my appetite failed and my kidneys got all out of order. My physician prescribed a radical change of scene and suggested travel. I could not leave my duties however. Some one told me of the wonderful cures 'Blood Wine' has made. I decided to try it. It did me good from the start and after three or four bottles, I could sleep regularly, eat heartily and my kidneys were in a splendid condition. It is all that it is represented to be, and I will never be without a bottle of 'Blood Wine.'"

There is a reason—a good, sensible, logical reason—why "Blood Wine" cures disease. Every one knows that the seat of nearly every disease is in the blood. Remove this trouble and you get well. "Blood Wine" will always remove disease when it is in the blood. Fifty cents a bottle. Try it today and get well.

VOEGELI BROS. DRUG CO.
Corner Hennepin and Washington Avenue, Minneapolis, Minnesota.

# Weld & Sons

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Are now showing the new designs in Sterling Silverware, importation of Bronzes, Kayserizim and Bric-a-brac just received. Our line of Diamonds and Jewelry complete.

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Every Package Warranted!

If you buy Lowney's Candies in the original sealed packages you will find them in perfect condition, or money refunded.

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|---|---|
| "Special" Assorted | 1 lb. 60c.; ½ lb. 35c. |
| "Souvenir" | 1 lb. 60c.; ½ lb. 35c. |
| "American Beauties" | 1 lb. 50c.; ½ lb. 30c. |
| "Pinks," "Pansies" or "Forget-me-nots" | 1 lb. 50c.; ½ lb. 30c. |
| "Golfers" | 1 lb. 50c.; ½ lb. 30c. |
| "Colonial Dames" | 1 lb. 50c.; ½ lb. 30c. |
| "Chocolate Peppermints" | 10c. and 25c. |
| "Chocolate Almonds" | 15c., 35c. and 60c. |

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