

Constipation

Its Cause and Cure

Cathartics and Purgatives Soon Lose Their Effect and Do More Harm Than Good.

Nature has provided only one way to get food into the system. The necessity of getting rid of the waste products—poisons if they remain—is emphasized by the fact that she has provided four ways to get rid of them. The bowels, the kidneys and bladder, the pores of the skin and the lungs all unite to keep the system clear of waste matter. If the bowels become inactive, that portion of the food which should be expelled lies in the intestines and ferments, causing blood, nerve, liver and kidney trouble and preparing the entire system for disease.

Iron-Ox Tablets cure constipation by stimulating the stomach, bowels, liver and kidneys to natural action. They insure perfect digestion, complete assimilation, and a natural flow of digestive and expulsive fluids, so that purgatives and cathartics are unnecessary. Any remedy which shocks the system into activity is dangerous. Do not expect immediate perceptible effects from Iron-Ox Tablets. They produce a natural, regular building up of all the bodily functions. This takes a little time, but success is absolutely certain. Do not confound Iron-Ox Tablets with liquid preparations which are simply drugged alcohol, and which create a habit which is nothing more or less than alcoholism. Iron-Ox Tablets build up the system slowly; they cannot create a habit.



Special Sale All Week Feb. 15th to 20th.

- 25 S. & H. Green Trading Stamps with one pound finest Old Govt. Java Coffee..... **35c**
 - 15 S. & H. Green Trading Stamps with one pound fresh roasted Mocha and Java Coffee, that has no equal at the price..... **30c**
 - 10 S. & H. Green Trading Stamps with one pound Java and Mocha, worth more money..... **25c**
 - 25 S. & H. Green Trading Stamps with one pound of Uncolored Japan Tea, worth 50c..... **50c**
 - 10 S. & H. Green Trading Stamps with five cakes of Grandmother's Borex Laundry Soap, per cake..... **4c**
 - 10 S. & H. Green Trading Stamps with one box A. & P. Mocha..... **18c**
 - 10 S. & H. Green Trading Stamps with two pounds Best Tea, at 5c lb..... **10c**
 - 40 S. & H. Green Trading Stamps with one can A. & P. Baking Powder..... **50c**
 - 10 S. & H. Green Trading Stamps with one bottle Curry Powder..... **10c**
 - 10 S. & H. Green Trading Stamps with two cans Campbell's Celebrated Soups, at 10c..... **20c**
 - 10 S. & H. Green Trading Stamps with three-pound can Swift's Best Lard..... **35c**
 - 20 S. & H. Green Trading Stamps with one bottle A. & P. Extracts, "20 flavors"..... **25c**
- Quick Delivery—Fresh Pulverized Coffee a Specialty.
- Stamps on Sugar and Butter.

Great A. & P. Tea Co

521 Nicollet Avenue. GINTER Grocery Co. 23 SIXTH STREET SO.

Specials for Tomorrow:

- You will find these prices fully 25 per cent lower than any retail store in the city. These quotations are good for Friday and Saturday.
- Finest Creamery Butter, 5 lb jars..... **1.25**
- Fancy Full Cream Cheese, lb..... **12c**
- California Prunes, 10 lb boxes..... **75c**
- Fancy California Silver Prunes, very large, 10 lb boxes..... **1.10**
- Fancy California Ruby Prunes, 10 lb boxes..... **85c**
- Fancy California Evaporated Peaches, 10 lb boxes..... **95c**
- Best Mocha and Java Coffee, 5 lb..... **1.00**
- Salmon, large cans, doz..... **1.00**
- Best Tea, any kind, 5 lbs..... **1.00**
- Finest Ceylon Tea, lb..... **45c**
- Good Uncolored Japan Tea, 5 lb..... **1.00**
- Extra C Sugar, 25 lbs for..... **1.00**
- Cut Leaf Sugar, 17 lbs for..... **1.00**
- Cero-Fruito, 3 pkgs..... **25c**
- Tryabita, 3 pkgs..... **25c**
- All other goods equally as cheap.

Meat Dept.

- Choice Turkeys and Chickens.
- Rib Roast..... **10c 12c**
- Pot Roast..... **6c, 7c, 8c**
- Rib Boiling Beef..... **4c**
- Corn Beef..... **5c, 8c**
- Leg Lamb..... **12c**
- Leg Mutton..... **10c**
- Lamb Stew, 6 for..... **25c**
- Pork Loin..... **8c**
- Pork Shoulders..... **7c**
- Hams..... **11c, 9c**
- Bacon..... **12c**
- 10-lb pails White Fish..... **65c**
- Both Phones.

TURNERS TAKE ODD GAME

LEADERS ROLL A TOTAL OF 2,920 AND STRENGTHEN THEIR GRIP ON FIRST PLACE.

Games To-night. City League—Chris vs. Nicollet at Nicollet alleys. Grain and Flour League—Washburn-Crosby vs. Poehler at Co-operative alleys.

The Turner bowling team in the Minneapolis league strengthened its grip last night by taking the odd game from the Tasmos, their nearest rivals. The Turners bowled in great form, making a total of 2,920 for the four games. Garland was the star man of the evening, getting one score of 276 and an average of 223 2-3. Farr and Burke fell down badly in the third game. The scores:

TASMO.			
	First.	Second.	Third.
Buehler	101	102	187
Farr	210	156	184 1-3
Garland	254	215	214 1-3
Mueller	224	215	214 1-3
Budinger	203	108	180
Totals	1,080	807	854

MINNEAPOLIS STANDINGS.			
Team	Played.	Won.	Lost.
Turner	51	38	13
Imperial	51	32	19
Buffalo	48	20	28
St. Anthony	48	20	28
Alex	51	21	30
Olympia	51	8	43

In the Grain and Flour league the Pillsbury got the odd game from the Cargill team. The score:

CARGILL.			
	First.	Second.	Third.
Potts	102	102	127
Thompson	101	103	127
Wright	129	129	149
Chilton	206	220	199
Owen	164	215	139
Totals	816	944	781

In the City League the St. Anthony's took two games from the Imperials. The score:

ST. ANTHONY.			
	First.	Second.	Third.
Price	109	140	155
Wright	129	141	154
Cowan	211	180	154
Phyle	139	107	159
Armstrong	175	107	102
Totals	815	804	781

SPORTSMAN'S SHOW OPEN

MANY SPECIAL FEATURES ARE PROVIDED FOR TENTH ANNUAL EXHIBIT IN NEW YORK.

New York Sun Special Service. New York, Feb. 19.—The tenth annual sportsman's show opens at Madison Square Garden this evening, and so numerous are the special features that it will probably be late in the afternoon before all the exhibits are in place and ready for inspection. Not since the Kralupis occupied the garden with their spectacle of the naval battle at Santiago has so large a body of water been provided for a garden production as is the big lake upon which exhibitors of automobile boats and high-power launches will demonstrate the capabilities of their craft. The lake is 190 feet in length and nearly 70 feet wide. The guides from the various hunting sections to be represented have been arriving since Monday, and all of them are now in the building, and have, since their arrival, been pitching and making camp. A feature that will furnish interesting diversion will be the special Marconi service provided by the New York representatives of the Marconi system. Two instruments will be placed in the amphitheater at opposite ends of the buildings, and visitors will be privileged to test the efficiency of wireless telegraphy by sending messages to themselves, which they will be able to procure later on at the receiving end.

CHAMPION TRAIL BLAZER

WISCONSIN MAN WINS TIMBER CUTTING CONTEST AT HAMMOND, IND., FOR BET OF \$500.

New York Sun Special Service. Ind., Feb. 19.—A novel championship contest took place in this city yesterday. Four old trail blazers were brought together by Louis Scherer, a local brewer, to decide who could cut down the most timber in one hour for a bet of \$500. The contestants were Ed McGrath of Melbourne, Iowa; George Schroeder of Marinette, Wis.; William Baldwin of Mackinac, Wis., and Peter Schultz of Schererville, Ind. The four men worked before a large crowd of spectators for one hour from the call of time, and the contest finally settled into one of endurance. Schroeder won, but was hardly able to stand when the referee called time. Large sums of money changed hands on the result. Schroeder will meet any man in the world for any sum of money in another contest of the kind.

1904 Dunlaps—And Then Some. Barnaby's, to-morrow. Dunlap Hat Day.

Private Cars. Are a luxury indulged in only by wealthy people. All the comforts of a private car, however, are afforded passengers using the regular compartment cars of the Milwaukee's celebrated Pioneer Limited—the train of trains.

A WOMAN'S GRATITUDE. A Mountain Woman Writes in Praise of Newbro's Herpicide.

"For several years I have been troubled with dandruff, causing me much annoyance, and my hair became very thin. I have used Newbro's Herpicide for a month and the dandruff has entirely disappeared and my hair is becoming much heavier than formerly. New hair is growing where there was none and I am very thankful to you for the benefit I have received from Newbro's Herpicide. Very truly yours, MRS. C. B. FOSTER, No. 985 Utah Ave., Butte, Mont." Sold by leading druggists. Send 10c in stamps for sample to The Herpicide Co., Detroit, Mich. Voegel's Bros. special agents, two stores, corner Hennepin and Washington avenues, and corner Seventh street and Nicollet avenue.

S. and H. Green Trading Stamps...

given with cash purchases at time purchases are made.

Saturday Evening, 7 to Closing Time...

Special Time Limit Sale of Mill Remnants of 5,000 yards 26 inch wide light and dark Percales—96 inch wide Printed Bedford Cords—Black Satine—Dress Gingham—Apron Gingham—Prints—Printed Crepons—Printed Lawns—Printed Batiste—Etc.—Etc. Values to 12c a yard. Special Time Limit Sale price, yard..... **5c** Wash Goods Aisle.

A Powers Book Sale...

An Unprecedented Offer... Good News to Booklovers... Thru a fortunate purchase we secured large shipments of each of the following well known classics: Donohue's Presentation Edition of the Classics...

Bound in fine, heavy watered silk. One of the most unique bindings; stamped on side and back in gold; watered grain paper linings; silk ribbon marker, and silk head bands. We have sold hundreds of these volumes in this binding at 89c each. A choice list of titles to select from. Saturday we offer them at, per volume..... **25c**

The Dresden Edition Handy Volume Classics Bound in dainty designs; Dresden, finished paper, gilt top; stamped in silver on side. A book we have always sold at at 25c. We offer them Saturday at each..... **15c**

Choose from the following list of titles:

- Autocrat of the Breakfast Table..... O. W. Holmes
- Bacon's Essays..... Francis Bacon
- Barack Room Ballads..... Kipling
- Beside the Bonnie Briar Bush..... Ian MacLaren
- Blithedale..... H. Thoreau
- Black Beauty..... Anna Sewall
- Black Rock..... Conner
- Brookside Hall..... Charles Kingsley
- Browning's Poems..... Robert Browning
- Dreams..... Oliver Schreier
- Dog of Flanders..... Ouida
- Departmental Diligence..... Rudyard Kipling
- Elizabeth and Her German Garden..... Emerson
- Emerson's Essays, Vol. I..... Emerson
- Emerson's Essays, Vol. II..... Emerson
- Essays of Charles Lamb..... John Ruskin
- Ethics of the Dust..... H. W. Longfellow
- Favorite Poems..... H. W. Longfellow
- Heroes and Hero Worship..... Carlyle
- Heroes of the Greek Fairy Tales..... Charles Kingsley
- Initiation of Christ..... Thomas Kempis
- In Memoriam..... A. Tennyson
- His Steps..... Charles M. Sheldon
- Lady of the Lake..... Sir Walter Scott
- Lalla Rookh..... Thomas Moore
- Light of Ash..... Sir Edwin Arnold
- Longfellow's Poems..... Longfellow
- Love Letters of an English Woman..... James Russell Lowell
- Lowell's Poems..... James Russell Lowell
- Lucille..... Owen Meredith
- Mistral..... Victor Segur
- Mornings in Florence..... John Ruskin
- Mosses from an Old Manse..... Hawthorne
- Master of Ballantrae..... R. L. Stevenson
- Natural Law in the Spiritual World..... Henry Drummond
- Past and Present..... Thomas Carlyle
- Pleasures of Life..... Thomas Carlyle
- Princess and Maud, The..... A. Tennyson
- Por's Poems..... A. Tennyson
- Prue and L..... George William Curtis
- Prince of the House of David..... Rev. J. H. Ingraham
- Representative Men..... J. K. Jerome
- Reveries of a Bachelor..... I. K. Marvel
- Rubaiyat..... Omar Khayyam
- Sartor Resartus..... Thomas Carlyle
- Scarlet Letter, The..... Hawthorne
- Tanglewood Tales..... Hawthorne
- Three Men in a Boat..... J. K. Jerome
- Throne of David..... Rev. J. H. Ingraham
- Twice Told Tales..... Hawthorne
- Uncle Tom's Cabin..... H. Beecher Stowe
- Vicar of Wakefield, The..... G. Smith
- Whittier's Poems..... John G. Whittier
- THE VIKING AGE... by Paul Du Chaillu; 1286 illustrations; two volumes; published at \$7.50. per set..... **\$1.75**
- 1366 Illustrations; two volumes; published at \$7.50. per set..... **\$1.75**
- KORNE'S HISTORY OF NAPOLEON BONAPARTE... illustrated by Varmet; 98c complete in one volume..... **98c**
- BALZAC... 16 volumes; illustrated (Satin-burly edition) the set for..... **\$10.50**

Corset Prices Way Down...

MISCELLANEOUS CORSETS—reduced in price to close out. All fine, high-class makes.

- Lot One—\$3.00—French Model; choice..... **\$1.98**
- Lot 2—Perfect shape, straight front corsets, in pink, blue and white; each..... **97c**
- A practical, all-round corset of good quality jean, lace trimmed—will be closed out at once at..... **49c**

SPECIAL TIME LIMIT SALE...

Long hip corsets, some with hose supporters attached; an odd lot offered for quick liquidation—Special Time Limit Sale Saturday morning from 8:30 to 12—choice..... **21c**

Second Floor—First Avenue.

Picture Mouldings at Half...

Stock reducing sale. Select your moulding now, and save one-half. These prices for Saturday:

- All 10c, now per foot..... **7c**
- All 15c, now per foot..... **10c**
- All 20c, now per foot..... **15c**
- All 25c, now per foot..... **19c**
- All 35c, now per foot..... **25c**
- All 50c, now per foot..... **35c**

GOPHERS GET BAD SCORE

NEBRASKA BASKET BALL TEAM DEFEATED BY THE MINNESOTA CHAMPIONS ONLY AFTER HARD STRUGGLE.

The Nebraska basket ball team gave the Minnesota supporters a scare last night in the game at the university armory. At the beginning of the second half the score was 12 to 9 in favor of the cornhuskers, who added three more points to their total before Minnesota woke up. When the gophers began to play their game, the result was a foregone conclusion, and at the finish the score stood 42 to 21 in favor of the three-time champions.

Pierce was the star performer for the gophers, getting nine baskets from the field. Hugh Leach got four, Varco three and Kiefer three. Hagenbeck was the only Nebraska man who seemed able to find the basket. He made six field goals and four from the foul line. Minnesota's team work and passing in the second half was brilliant. Nebraska occasionally worked the ball down toward Minnesota's goal, but usually lost it before they could find the basket. Minnesota rarely lost possession of the ball before they had shot the goal. The lineup:

The lineup: Nebraska, Leach and Kiefer, Center; Hagenbeck and Pierce, Forwards; Hagenbeck and Elliot, Guards; Hoar and Bennett, Backs. Goals from field, Pierce 9, Leach 4, Varco 3, Kiefer 3, Thack L. Hagenbeck 6, Elliot 1; goals from fouls, Hagenbeck 4; points awarded on fouls, Minnesota 2, Nebraska 3; officials, Beer, Minnesota, and Cummings for Nebraska. In the prize ring Abe Attell, a California feather-weight, won a decision over "Kid" Hermann in a six-round contest at Chicago last night. According to the conditions of the match Hermann agreed to discontinue his opponent inside of six rounds or forfeit the purse. Attell had no trouble in last night's fight, and in fact had a shade the better of the fight from beginning to end. Young Corbett forced Britt to give him much

THE SHORT HOUR STORE

Powers

NICOLLET AVE.—FIRST AVE. SO.—FIFTH ST.

Candy Specials for Saturday...

Handmade Chocolate Creams—Special Saturday, lb..... **15c** | Fine Jelly Beans—of extra quality. Special Saturday, lb..... **10c**

Muslin Gowns; Special Prices...

Muslin Gowns in Hubbard and Gretchen style, yokes neatly trimmed with fine tucking and embroidery ruffles, 70c values. Special Saturday, each..... **59c**

Cambric and Muslin Gowns, in high and low neck; all yokes trimmed with lace or embroidery insertion and edging. 98c values. Saturday special, each..... **74c**

Sale of Sample Belts...

About 1500 Belts from a Leading Manufacturer just arrived. Saturday they go on sale at Prices one-half to one-fifth actual value.

- 10c each...1000 Fancy Belts, black, white and colors, with gilt, nickel, gun metal and oxidized buckles and back pieces. 25c and 50c values every one. On sale Saturday at choice, **10c**.
- 25c each...About 500 Leather Belts, in black and colors; made of high grade leathers—Seal and Walrus grain, genuine Walrus, Seal, Morocco and Calf—with nickel, gun-metal and gilt buckles. New styles that retail regularly at 50c, 75c and \$1.00 each. Choice Saturday, **25c**.

Men's Furnishing Specials...

- New Suspenders—100 dozen Suspenders—new goods, just received. Every pair warranted perfect. The same as we sell regularly at 35c—these were bought at a sacrifice, so for Saturday, your choice at..... **19c**
- Winter Weight Underwear—Saturday we offer every line of Men's Winter Weight Underwear, in flat or ribbed weave, in white, natural, grays, scarlet and colors; special for the day—At Half Regular Price.

New Waists Reduced...

Waists of best quality Taffeta and Peau de Soie—A Special Purchase of new styles, that have just come in, in a large assortment; mostly blacks; all beautifully tailored. Three Lots Priced Special for Saturday.

- Lot One—Have 10 pleats in front; 4 in back; with stock; very large sleeves; trimmed with buttons; good value at \$4.00 each. Saturday, choice..... **\$2.98**
- Lot Two—Black Peau de Soie, 3-inch embroidered band in front, with 24 small tucks to form yoke effect; pleated sleeves; \$5.00 values; Saturday, choice..... **\$3.98**
- Lot Three—About 8 styles to select from; yoke effects, and medallions; these are regular \$7.00 waists, choice Saturday..... **\$5.00**
- All Wool Granite Cloth Waists—Collar and center pleat embroidered, six tailored pleats in front, four in back; in cream, blue, tan, red and black, would retail regularly at \$3.00. Saturday special, choice..... **\$1.75**

Second Floor—Fifth Street.

Your Eyes...

need glasses if they tire easily, or if you have constant headaches. Consult our opticians if your eyes give you trouble. No charge for scientific examination.

- Peerless Rimless Eyeglasses, \$5.00 | Aluminum Spectacles or Eyeglasses, 20 styles, choice..... **\$1.50**
- Lenses duplicated if you bring us the pieces. Arcade—Rear.

Sanitary Meat Dept...

Under management of Witt Bros. Nicollet Arcade and Fifth Street Entrances. We Sell Exactly What We Advertise. Headquarters for Fancy Poultry. Large consignments direct from our country shippers. Fancy dry picked turkeys, pound 16c and 18c.

Double Amount S. and H. Green Trading Stamps Saturday from 8:30 to 11 o'clock, with cash purchases only.

- SPECIALS FOR SATURDAY.
- Boiling Beef, lb..... **7c**
 - Pork Shoulder Roast, lb..... **3c**
 - Pork Butt Roast, lb..... **4c**
 - Mutton Legs, lb..... **11c**
 - Chuck Roast, lb..... **5c**
 - Pot Roast, lb..... **8c**
 - Pork Loin Roast, lb..... **9c**
 - Rib Roast (roiled), lb..... **11c**
 - Rib Roast (standing), lb..... **11c**
 - Leaf Lard (fresh), lb..... **9c**
 - Salt Fish—in small 10-lb. pails for family trade..... **AT LOW PRICES**
- DAIRY DEPARTMENT.
- Creamery Butter, lb..... **25c**
 - Dairy Butter, lb..... **18c**
 - Full Cream Cheese, lb..... **10c**
 - Limburger Cheese, lb..... **12c**
- FRUITS AND VEGETABLES.
- Fancy Sweet Navel Oranges—20c dozen and up—Large sizes.
 - Imported Turkish Figs, quart..... **15c**
 - Fancy Linger Berries, quart..... **15c**
- TELEPHONES: N. W. Main, 1237 1278. Twin City 86, 116. To all parts of the City.

Journal Popular Voting Contest.

Forty Prize Trips to St. Louis' World's Fair to 40 Most Popular Journal Subscribers. All Expenses Paid by The Journal.

Journal's Popular World's Fair Voting Contest.

This Coupon good for ONE VOTE if sent to the Circulation Manager, The Journal, Minneapolis, before Feb. 25, 1904.

ONE VOTE FOR

Name.....

Street and No.....

City.....

County.....

State.....

ENTRY BLANK

I wish to contest for one of the 40 free trips to World's Fair, St. Louis, offered by The Minneapolis Journal.

Name..... City or Town.....

State..... County.....

Fill out the above yourself and have two well-known people in your county fill out the following. Mail promptly to World's Fair Editor, The Journal, Minneapolis, Minn.

Name..... Address.....

Name..... Address.....

A Strong Testimonial.

"St. Paul, Minn., Feb. 4th, 1904.

"Mr. S. H. Reeves, "St. Paul, Minn. "Dear Sir: I write you this letter to inform you as to your Iron Pills. For the last seven or eight years I have been bothered with nervousness, and as soon as cold weather would set in, and I would take any cold, I was laid up practically all the time with the Grippe; but since taking the trial bottle of your Iron Pills I find myself almost, if not entirely, clear of my nervousness and of the Grippe and Grippe feeling. I have had no return of it in any way. I consider myself almost entirely cured of that horrible disease. I can eat, drink and sleep and get up in the morning feeling fine. Before, when breakfast time came, I had no appetite and felt half sick and no ambition. I consider them the very best tonic anyone can take. You may use this letter in any way you see fit. "Yours very truly, "H. M. COMFORT."

THOUSANDS OF TESTIMONIALS

We have on file thousands of testimonials from every section of the country. If your druggist does not keep REEVES' IRON PILLS, have him do so, and write

S. H. REEVES SEVEN CORNERS, ST. PAUL, MINN.

FOR

REEVES' IRON PILLS.