ONLY A SUGGESTION.

But It Has Proven of Interest and Value to Thousands.

Common sense would suggest that if one wishes to become fleshy and plump it can only result from the food we eat and digest and that food should be albuminous or flesh-forming food, like eggs, beefsteak, and cereals; in other words the kinds of food that make flesh are the foods which form the greater part of our daily bills of fare.

But the trouble is that while we eat enough and generally too much, the stomach, from abuse and overwork, does not properly digest and assimilate it, which is the reason so many people remain thin and under weight; the digestive organs do not completely digest the food forming beefsteak and eggs and similar wholesome food.

There are thousands of such who are really confirmed dyspeptics, although they may have no particular pain or inconvenience from their stomachs.

If such persons would lay their prejudices aside and make a regular practice of taking, after each meal one or two of Stuart's Dyspepsia Tablets the food would be quickly and thoroughly digested, because these tablets contain the natural peptones and diatase which every weak stomach lacks, and by supplying this want the stomach is soon enabled to reach its natural tone and vigor.

Stuart's Dyspepsia Tablets digest every form of flesh-forming food, meat, eggs, bread and potatoes, and this is the reason they so quickly build up, strengthen and invigorate thin, dyspeptic men, women and children.

Invalids and children, even the most delicate, use them with marked benefit as they contain no strong, irritating drugs, no cathartic nor any harmful ingredient.

Stuart's Dyspepsia Tablets is the most successful and most widely known of any remedy for stomach troubles because it is the most reasonable and scientific of modern medicines.

Stuart's Dyspepsia Tablets are sold by every druggist in the United States and Canada as well as in Great Britain, at 50 cents for complete treatment.

Nothing further is required to cure any stomach trouble or to make thin, nervous, dyspeptic people, strong, plump and well.

The Finest BUTTER

For Table purposes is the kind bearing the label—

M.M.C.

It's made by the Minneapolis Milk Co., under the most sanitary conditions and for sale by all dealers.

Stamp Sale!

All This Week

WE GIVE S&H GREEN TRADING STAMPS

60 Trading Stamps with one can A. & P. Baking Powder.
25 Trading Stamps with one bottle A. & P. Extracts, any flavor.
35 Trading Stamps with 1 pound fine Sun Dried Japan Tea, 50c.
20 Trading Stamps with 1 pound Our Special Java and Mocha Coffee, 30c.
15 Trading Stamps with 1 pound good Mocha & Java Coffee, 25c.
10 Trading Stamps with 7 bars best Laundry Soap, 25c.
10 Stamps with 2 pkgs. macaroni, pkg. 10c.
10 Trading Stamps with 3 pkgs. Fresh Raisins or Currants, pkg. 10c.

Regular amounts on Sugar and Butter. Two for one on all Groceries.

STAMP ON PHONE ORDERS. Phone 1236.

A. & P. Tea Co.

521 Nicollet Avenue.

Good hard common sense endorses the use of O'Sullivan's Rubber Heels on your boots. They are valuable to you in so many different ways that they ought to be worn by every man or woman who stands or walks. Substitutes yield the dealer a bit more profit—cost you the same, hence the necessity of ordering by the name.

Price 50c attached; dealers everywhere.

O'SULLIVAN RUBBER CO.

Lowell, Mass.

STORAGE

Household goods a specialty. Unequaled facilities and lowest rates. Packing by experienced men.

Boyd Transfer & Storage Co., 46 So. 3rd St.

Telephones Main 656—both exchanges.

News of the Northwest

MINNESOTA

SCHOOL BUILDING NEARS COMPLETION

WINONA'S NEW INSTITUTION WILL ACCOMMODATE 1,200.

Sisters of Notre Dame to Be in Charge and the Inauguration of Free Instruction Will Begin Next Year—Old School in Polish District May Be Crowded Out.

Special to The Journal.

WINONA, MINN., Oct. 30.—The new parochial school building being erected in this city by the St. Stanislaus Catholic church members is fast nearing completion. It will be finished, except the furnishings, by next month, but will probably not be opened for school purposes until after the Christmas holidays.

This building is unique in the history of parochial schools in Winona, if not in the northwest, in that its opening may mean the closing of one of the Winona public school buildings, the Kosciusko, in the heart of the Polish Catholic district of the city. The enrollment in these parochial schools last year, when the accommodations were limited, was a little over 700, and Rev. Father Pacholski, the priest in charge of the parish, states that the attendance when the new building is opened will be very close to 1,000.

This new school building is the largest in the city outside of the normal school and the young ladies' seminary, and can easily accommodate from 1,000 to 1,200 pupils. It will be equipped with all modern school appliances and will be a model building in every respect.

Heretofore the parochial schools of the St. Stanislaus parish have been supported by collecting tuition, but with the first of the year the school will be made free and the expenses be met thru the collection of increased pew rents in the church. The sisters of Notre Dame will be in charge, and when the new building is opened seventeen sisters will be teaching there daily.

A new phase has developed in the telephone war now being waged in this vicinity between the Northwestern company and the Winona Telephone company. Heretofore the Northwestern has not reached out much after the country business. The local company got ahead and installed a complete service in the county. Now the Northwestern is endeavoring to cut into this business and has put canvassers in the field, offering cut rates.

Farmers' lines, carrying nearly 200 telephones, run into Nodine in this county and are there connected with the local exchanges of the Winona company and the La Crosse company and the long-distance lines of the Tri-State company. The Northwestern has made a bid to the managers of these lines to get the connections, and a joint meeting of the representatives of the telephone companies interested and the farmers has been held. The matter has been taken under advisement, but it is thought no change will be made. Nov. 1 is the time fixed by the Northwestern company for advancing its rate-schedule in Winona.

LIGHTED LAMP EXPLODES

Eden Valley Man Narrowly Escapes Serious Burning.

LITCHFIELD, MINN.—Joseph Scheffler of Eden Valley narrowly escaped a serious burning from the explosion of a lighted lamp he was carrying. In passing from one room to another he stumbled, the lamp exploding as it struck the floor. After some difficulty the flames were extinguished.

While driving alone to the town of Ruben, the young son of C. C. Reitan met with a serious accident. The buggy suddenly struck a pitch hole throwing the boy between the wheels in such a way that the hind wheel passed over his face. He was badly shaken up and severely bruised.

Local hunters are making elaborate preparations to invade the northern woods when the season for big game opens next month. Parties are being formed, licenses being obtained and equipment made ready in answer to the "call of the wild." Among those who expect to leave soon are M. E. Baum, W. D. Joubert, J. W. Wright, Peter Berens, Sheriff Bertelson, County Treasurer Brower and C. H. Atkinson.

Mr. and Mrs. L. M. Burch of Greenleaf recently celebrated their silver wedding anniversary. A large number of guests called and left tokens of their regard.

EFFECT OF REVIVALS

Sleepy Eye Churches Show Marked Increase in Membership.

SLEEPY EYE, MINN.—As a result of the revival meetings just closed, the Congregational, Evangelical, German, Methodist and Baptist churches have large accessions to their memberships. More than two hundred of the 247 converts will join these four churches. The revival, conducted by Rev. Mr. Lowry, was the greatest series of meetings ever held here and produced a profound effect among people of every class.

The Sleepy Eye Telephone company is extending its rural lines and now has one of the best independent rural systems in operation in this part of the state. A branch exchange will be built by the company at Evan, northwest of here.

The village council of Evan is putting in waterworks for fire protection. Gasolene engines will be installed for pumping and for fire service.

BALL REALIZES $900

Charitable Event for Winona Orphanage Is Great Success.

WABASHA, MINN.—The ball for the benefit of the orphans of the diocese of Winona, held at the auditorium here under the auspices of Wabasha Council No. 881, Knights of Columbus, yielded gross receipts of over $900. It was one of the largest social functions held here in years, and was attended by people from all over Wabasha county.

Similar functions will be held later at Winona, Owatonna and Mankato. Rochester has already had its charity ball, the proceeds amounting to $200, which will go into the diocese orphan fund. The cash proceeds of these various functions will amount to about $2,000 and will, at the dedication of the new orphanage, be turned over to the Sisters of the Sorrowful Mother by District Deputy Thomas B. Hill as the spokesman for the Knights of Columbus in the diocese of Winona.

AGAIN ACCIDENT'S VICTIM

Winona Man Once More Returns to Hospital with Injuries.

WINONA, MINN.—The "hoodoo" is still following John Glowatski, who was nearly killed by a fall in the government stone quarry at La Mollie about six weeks ago. Earlier in the season his cousin had been killed by a fall from the same ledge to the same rocks below. Glowatski was frightfully injured, and has been in the hospital in this city for over a month. He went from the hospital to his home near Arcadia, and the first day he was able to get out and around he saw a crow perched on a tree near the house. He loaded an old gun and tried to shoot the crow, but the gun exploded, tearing out the two middle fingers and a part of his right hand. He is again in the hospital and the doctors are trying to save a part of the hand.

BIG LUMBER OPERATIONS

One Minnesota Logger Contracts to Supply Ten Million Feet.

EVELETH, MINN.—Ten million feet of white and Norway pine will be cut this winter by John Smith, six miles east of Zim. This is the same place he operated last year, and where he experimented with the steam log-hauler. He will use oxen this year and has about ten teams on hand now. Cutting will begin in a few days, and when the work is in full swing at least 200 men will be employed. The logs will be hauled by the D., M. & N. from Zim. They will begin to arrive at Zim in January.

Mayor Mike Maxwell has a three years' contract with the Oliver Iron Mining company to supply a large amount of logging. He is building camps near McKinley, where the cutting will be made.

FERGUS FALLS, MINN.—A petition in bankruptcy has been filed in the federal court by Fred B. South of Alliance township, Clay county. The assets are placed at $4,530, of which $500 are exempt, and liabilities at $26,321.66. Several of his creditors reside in this city, but his Barnesville creditors are the most numerous. The assets consist largely of farm machinery.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher

WISCONSIN

HEYL MAY WIN

General Opinion Is that Contestants Will Lose the Case.

MILWAUKEE, WIS.—It is believed here that Jacob Heyl will win his fight for the Schandein millions for his wife, despite the charges that have been made against him and the testimony regarding his relations with Mrs. Schandein and her daughters.

The manner in which Milwaukee has interested itself in the case by crowding the courtroom and the fact that the fight is the most general subject of conversation has developed the fact that sentiment is quite general, that regardless of the testimony of the relations between Heyl and his mother-in-law, the contestants will lose their case. And this is considering the fact that public sympathy is with the contestants.

The evidence brought out at the trial shows that the Schandein will drawn in 1903, which is under contest was much like a previous will drawn in 1900. This is shown to indicate a continuity of purpose on the part of Mrs. Schandein to leave the bulk of her fortune to Mrs. Heyl. The alleged relations between Heyl and Mrs. Schandein even if true, might not be considered as sufficient cause for an abrogation of the will on the ground of undue influence of Heyl over Mrs. Schandein.

The case will come to a close this week and the decision of County Judge Carpenter is eagerly awaited. There is little doubt that the case will be appealed, regardless of the decision.

INDIANS APPEAL TO COURT

Trading Deal at Oneida Reservation Causes Trouble.

GREEN BAY, WIS.—The settlement of the question as to whether a granary on the Oneida reservation is held as real estate or personal property will decide a lawsuit between two Oneida Indians, Elizabeth Smith, plaintiff, and Lyman Powless defendant. Some years ago the plaintiff traded a granary for a horse, which she found later was under a mortgage. Then she wanted her granary back and the rent for it. Her attorneys argue that the building is rooted to the soil, and as such is real estate under the federal statute. The defendant's attorney says that the granary is personal property and therefore not part of an allotment. The case may be appealed.

The gas and electric light plant at Fargo, N. D., has been sold by the Mainland Brothers of this city to New York capitalists for several hundred thousand dollars.

Owing to the prevalence of typhoid fever in this city, Health Officer H. P. Rhode has issued a warning to people to stop using the water from surface wells. The city water is pure and may be used. All the public drinking fountains that were shut off three weeks ago on account of the epidemic of glanders among the cattle, will have to remain dry for at least three weeks more owing to a recent order of the state veterinarian, E. D. Roberts.

LAW DOES NOT FORBID

Wisconsin's Attorney General Decides Against Trusts Banking.

MADISON, WIS.—The latest form of La Follette's administrative anti-corporation activity has developed in a decision rendered against the trust companies of Wisconsin by Attorney General Sturdevant. The attorney general's decision relates to the deposit of funds in such concerns.

The question answered is whether a trust company, organized and doing business under the general laws of the state, has the right to receive deposits and pay interest thereon, issuing for such deposits savings or passbooks or certificates of deposit.

It is an established custom for such companies to do a banking business and pay interest on deposits under the general banking custom. There are nine trust companies in Wisconsin and their total deposits are $3,500,000. As yet the deposit phase of the trust company business in this state has not been developed extensively.

The attorney general says a careful examination of the powers enumerated by the law and by it given to trust companies does not disclose in express language the power to receive money on deposit and pay interest therefor.

FOR TWO-CENT FARE

Wisconsin's Next Campaign May Make It an Issue.

MADISON, WIS.—It is regarded as certain that the issue of the next campaign in Wisconsin will be a 2-cent railroad fare. This issue was presented by the democrats in their platform in 1904, but is likely to be taken up by the republicans, who find in Lenroot, the governor's candidate for the governorship, a strong supporter of the movement to cut down the income of the railroads.

There have been several significant editorials in state papers, which have hitherto been used as mouthpieces of the administration, the general demand being made for a 2-cent-a-mile plank in the next platform of the LaFollette men.

The opponents of the plank say the railroad commission now has the power to fix that rate.

TO WARN VESSELS

Shipping Interests Seek to Establish Weather Station.

WASHBURN, WIS.—As a result of the many wrecks that occurred on Lake Superior the past summer, a big effort is being made by shipping interests and other parties for the establishment of a weather station on Devil's island, one of the Apostle group twelve miles from Bayfield, in this county, and ninety-three miles from Duluth and Superior.

The station is to be connected with the mainland by a cable to Bayfield, where the passing of vessels will be reported, and in case of threatening weather it will give boats an opportunity of going into shelter among the Apostle islands. An effort will be made to have the congressmen from Wisconsin and Minnesota co-operate in the hope of securing an appropriation with which to establish and maintain the station.

TO EXHIBIT TRAINING

Deaf and Dumb Students Will Attend Sparta Convention.

BLACK RIVER FALLS, WIS.—Seven of the deaf and dumb class from the school here have been taken to Sparta to exhibit their training. At the meeting of the State Teachers' association at Sparta. They were accompanied by their teacher.

At the present term of coutr Colonel C. C. Pope of the city presented to the county framed portraits of several members of the Jackson county bar, and also of three of the judges who have preceded Judge O'Neill. The list comprised Judges Romanzo Bunn, A. W. Newman and W. T. Price, Attorneys H. E. Pickett, Jacob Johnson, George Gale, Edwin Flint, R. C. Pope and C. R. Johnson. Of these Romanzo Bunn is the only survivor. C. R. Johnson was the oldest and R. C. Pope the youngest. The list will be increased.

SMALL POTATO CROP

Counties in Northern Wisconsin Report Small Yields.

HAYWARD, WIS.—Farmers have finished harvesting the root crops, and a great yield is reported of everything except potatoes. In the counties of Sawyer, Washburn and Douglas and thruout the entire northern part of the state the potato yield is very disappointing. No more than half a crop is reported in these counties, and in some sections the yield is even smaller. Potatoes are selling on the local markets at 40 cents per bushel, and the price is steadily rising.

The high price and the lessened expense of marketing the smaller crop give the farmer a decided advantage over last year. A year ago potatoes were selling at 25 cents, and it was hard to dispose of them even at that price. Now it is impossible to supply the demand.

Of the other vegetables, cabbage takes the lead, and an immense crop is reported all over the northern half of the state. The market is firm and the demand fairly good.

MOTHER CARRIED DEAD BABE

Infant Dies on Train and Parents Conceal Their Grief.

KENOSHA, WIS.—The funeral of a baby at this town revealed that it was the child of Adolph Rauer, who with his young wife landed at Castle Garden last Tuesday. Just after the train pulled out of Pittsburg the child was seized with convulsions. It died so quickly the mother had no time to ask for assistance. She dared not tell the conductor.

The mother carried the body all the way here without telling anybody on the train except her husband. Even when she reached Chicago she gave no sign, but went to the train which was to bring her to Kenosha. When she arrived here she said nothing to the friends who met her of the death of the child, but carried it more than a mile to the new home. Then she broke down.

PROGRESS IS RAPID

Dormitory for Gates College Will Be Ready Next Fall.

GALESVILLE, WIS.—The work of excavating for the new dormitory for Gale college is completed. The work will be pushed forward as long as the weather will permit. A large force will be put on in the spring, and the new hall will be ready for students when the fall term opens next year. Plans are now under consideration for a central heating plant which will heat all the college buildings.

JANESVILLE, MINN.—Preparations are under way for a halloween carnival tomorrow, to be held by Radient chapter, O. E. S., when it expects to entertain the chapters from Waseca and Mankato.

IOWA

SEES DANGER FOR SECRETARY SHAW

CUMMINS' LEADER SAYS INVESTIGATION IS PROCEEDING.

Captain Head of Jefferson Believes Iowan's Nomination for Presidency Would Be Unfortunate and Lead to Embarrassing Questions Regarding Alleged Trust Company Investment.

Sioux City, Iowa, Oct. 30.—Since Governor Cummins threw down the gauntlet to Shaw in his Des Moines speech a fortnight ago, a still hunt has been made for evidence that Shaw, while governor of Iowa, accepted a $10,000 block of stock in the National Life & Trust company and became a director therein without having made an actual cash investment.

Captain A. M. Head of Jefferson, one of the Cummins leaders, has progressed far enough in his inquiry to say upon the subject:

"It is an undisputed fact that the thirtieth general assembly of Iowa was so impressed with the impropriety of Governor Shaw's connection with the National Life & Trust company that it enacted a statute expressly forbidding any state official whose duty requires him to participate in the regulation and taxation of an insurance company or building and loan association, to own stock therein.

"If Shaw should be nominated for president it would be most unfortunate for the republican party, as he would be asked too many embarrassing questions."

MORE PROFIT IN SHEEP

Iowa Farmers Find Mutton Pays Better Than Cereal.

ELDORA, IOWA.—Mutton producing upon a big scale is a new industry of Hardin county farmers, who have thousands of sheep shipped to Union, in this county, billed thru from New Mexico to Chicago, with a "ninety-day stopover" at Union stated upon the way bill. When unloaded at the station at Union the sheep are given a wholesome bath of tobacco juice, tar, coal oil and carbolic acid, and are then "turned loose" upon an Iowa corn field.

The sheep can be seen standing on their hind legs "shucking corn" with a rapidity that puts to shame the efforts of a champion husker.

Farmers claim there is more money in sheep than in cattle. After charging up to sheep account the market price of the estimated bushels of corn, saying nothing of the saving of the cost of husking, the feeders have cleared $1 per head off the sheep they have handled and then for only three months' work.

NEWSPAPER MAN RETIRES

F. M. Linehan, a Pioneer of Central Iowa, Withdraws from Field.

IOWA FALLS, IOWA.—After a half century at the printer's case and most of that period associated with the editorial office, F. M. Linehan, one of the pioneer newspaper men of central Iowa has laid down his "stick" for the first time, edited his last item, and penned his final editorial.

Mr. Linehan was associated with several well-known publications in this state and in many instances started journals that later attained a wide circulation and influence. His latest journalistic venture was the Buckeye Times in this county. He disposed of it several months ago. He will go to Oconomowoc, Wis., to remain at the home of a daughter.

WORKING CLASSES OBJECT

Sioux City Ministers May Stop Sunday Funerals.

SIOUX CITY, IOWA.—To keep the regular church services free from interruptions, the ministers of Sioux City will probably do away with Sunday funerals. The divines say that the funerals cut down attendance at the regular services and take their time from duties requiring all of the first day of the week.

The matter will soon come before the ministerial association. Support of Sunday funerals comes largely from the working classes. These explain that they cannot attend these obsequies on week days, and if the ministers will not allow them to bury their friends on Sunday there will be few mourners at their biers.

ELDORA, IOWA.—The daughter of Judge Struble, who was married at Traer to Professor Dudley Smith of the faculty of Iowa college at Grinnell, is reported critically ill at Grinnell. They were married at Toledo and after the ceremony rode to Grinnell in an automobile. The bride has never been strong and was taken ill with a severe cold contracted on the honeymoon trip and has been critically ill for ten days.

HUMBOLDT, IOWA.—One of the largest delegation of Iowans ever leaving from one place to spend the winter in California, left here Saturday. There are about forty persons in the party, all anxious to escape the clutches of an Iowa winter. The number indicates the universal prosperity of the times.

CEDAR RAPIDS, IOWA.—C. S. Carrier, a young farmer near Shellsberg, was found dead in the timber near Ely, the circumstances indicating foul play. He was last seen Friday when he left the home of Farmer Smith, a half mile away, where he husked corn a little more than half a day.

EDITOR FOUND GUILTY

Ladysmith Court Fines A. D. Campbell for Assault.

LADYSMITH, WIS.—In the case of the state against A. D. Campbell, editor of the Ladysmith News, the jury returned a verdict of guilty. The defendant was charged with assault and battery upon his wife.

Some of the testimony was sensational and the large courtroom was crowded to its fullest seating capacity, many women being present.

Attorney McGill's denunciation of the defendant in his final plea to the jury was the most scathing arraignment ever heard in a court in this city. Justice Wilcox imposed a fine of $10 and costs.

The defendant's attorneys have filed a notice of appeal.

LEAD, S. D.—Rev. E. A. Murray will come to this city to take charge of the Methodist church, succeeding Rev. J. H. Dimmitt, who goes to Alexandria in this state. Mr. Dimmitt has been here for three years.

Established 1882

The Plymouth Clothing House

MERCHANTS OF FINE CLOTHES

5th, 6th, 7th Floors—Manufacturing Workrooms, Laundry.
4th Floor—Custom Tailoring. 3d Floor—FURS and Fur Garments.
2d Floor—For WOMEN—Cloaks, Suits, Waists, Millinery, Furnishings, Etc.
Main Floor—For MEN and BOYS—Clothing, Furnishings, Hats.
Basement—SHOES.

and the Great Basement Salesroom

The Basement Sections carry inexpensive but trustworthy grades of wearing apparel of all the lines sold in the main sections, each basement section being a branch of the main section.

Thus The Plymouth assortments (for complete winter outfits), extend from the "finest made" to the least expensive grades which it will pay the wearer to buy.

Rich or poor, old or young, everybody does well to go to "The Plymouth" before deciding what is best for him or her to wear, whatever the occasion or occupation.

THE PLYMOUTH CORNER, SIXTH AND NICOLLET.

WHY NOT OWN A FARM? WHY PAY RENT? ONE CROP in the ALBERTA WINTER WHEAT DISTRICT PAYS FOR A FARM IF YOU BUY NOW.

Prices are ADVANCING RAPIDLY!

Annual yield for six years (government report) 35.63 bushels per acre. NO CROP FAILURES.

100,000 ACRES In tracts of 160 to 10,000 acres of winter wheat land in the ALBERTA DISTRICT ON EASY TERMS and LOW PRICES. For complete information and maps WRITE AT ONCE TO

Calgary Colonization Co., Calgary, Canada.

The Sunday Journal's GREAT SHOWING

Every Sunday, from the first issue, Oct. 1st, The Sunday Journal has carried more columns of Local Display Advertising than the second Sunday paper in Minneapolis.

Yesterday The Journal Carried **144** Individual Local Display Ads.

23% more than the Second Sunday Paper

Minneapolis Merchants use The Journal most, every day in the week, because it gives them best results.

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