

With the Long Bow

"Eye nature's walk, shoot folly as it flies."

How to Secure the Master-Key of Creation and the Basic Law of Life, in Twelve Easy Lessons for Home Practice—The Law of Rhythmic Breath Discovered by Ella and Elizabeth.

SOME of our South Dakota friends may recall Elizabeth Towne, who ran in that state some years ago a little paper called the Nautilus, that jarred on the sensibilities of many South Dakota editors who thought Elizabeth was too outspoken for the quiet tastes of the frontier.

You may find out all about the Universe's Basic Law and how to manage the same in a series of articles by Ella Adelia Fletcher, who has reduced this Basic Law to a simple, easily acquired method for Home Practice that has a direct bearing on the well-being of us all.

The Basic Law of the Universe, the Master-Key of Creation, depends on—the Breath. You first acquire, thru communion with Ella's thought, the Law of the Rhythmic Breath.

Of course, having secured this Master-Key, all you have to do is to unlock all creation and extract whatever you wish, being sure to lock it up again by breathing backwards so that the Rich Treasures will not fall out of the safe.

Ella acknowledges freely that these teachings involve a knowledge of the Law of Vibrations (we suspected this), and present to you the opportunity of a lifetime.

After you have secured the control of creation, you are doubtless given a degree of G. P. M. & P. R. V., A. U., which stands for Grand Perfect Master and Past Royal Vice-regent of All the Universes. Don't take a back seat in the world. Exercise your rights!

The Sauk Center Herald has let go its grip and is letting the planet wobble a little. The Herald says: For the first time since we have been connected with the Herald we have no leader at the head of our editorial columns. We have about made up our mind that the world is run as well as we could do it ourselves.

D. A. U. Grover, a Kansas City weather prophet, has foreseen the warm weather for months. He says: "The earth will move along in its orbit until March 20 without encountering the repulsion of any planets that would cause it to move outward in its orbit further away from the sun and cause cold weather. By March 20 Mercury will have made its trip around the sun, and by approaching and crowding in between the earth and the sun it will repel the earth a little further out of its orbit to allow Mercury to pass between the earth and the sun and cause cold weather."

If the cold weather hangs off till March 20 the worst of the winter will be over.

In the Medical Record for Jan. 27 Dr. Palier says that house mice cause pneumonia. He found that the microbe causing pneumonia is very polymorphous. A similar microbe was found in the mouths of all healthy individuals examined, but not virulent enough to cause pneumonia when injected into animals like the rat, which are not very susceptible to them. On the other hand, these microbes acquired a great virulence when they passed thru a susceptible animal, like the house mouse. Owing to these reasons the writer holds that the most suitable name for the bacteria in question would be diploanceobacillioceci. He believes that the virulent germs from these animals serve as the source of the disease in man. If your mice show a tendency to diploanceobacillioceci, it might be well to keep a cat.

Excelsior du Lac, beginning Thursday evening next, is going to give one of the brightest pan-American carnivals that ever flickered. There is the New England kitchen, Aunt Dinah's place, the philippino game, and the little dinner entitled "In Hot New York." To accommodate the crowds from the cities, the blind pig and the streetcars will run later than usual. If you miss this, you will regret it. Bathing at the beach for all who desire it. Bring your own saw to cut the ice.

The Chinese sense of humor is said to be strong. There is a Chinese story of a man who had three dogs. When he came home one evening he found them asleep on his couch of teakwood and marble. He whipped them and drove them forth. The next night when he came home, the dogs were lying on the floor. But he placed his hand on the couch and found it warm from their bodies. Therefore, he gave them another whipping. The third night, returning earlier than usual, he found the dogs sitting before the couch, blowing on it to cool it.

This recalls a story told in this column about three years ago of the dog who, before lying down in front of the stove, wet his paw in his mouth and touched the stove to see if it sizzled. Our story has the advantage of being partially true.

What the Market Affords

- CALF'S tongue, 18 cents a pound; beef tongue, fresh, 15 cents a pound; pickled, 18 cents. Cabbage, 4 cents a pound. Dill pickles, 10 cents a quart. Garlic, 20 cents a pound. Saratoga potatoes, 20 cents a pound. Doughnuts, 10 cents a dozen. Neuchatel cheese, 5 cents a roll.

Serve the fresh beef tongue with raisin sauce. After trimming and washing put the tongue in a kettle, cover with boiling water, add a teaspoonful of salt and simmer for two hours. Take out, remove the skin and put in another kettle (the first stock may be kept for soup), add one small onion sliced, one carrot cut in half-inch dice, six peppercorns, six cloves, one teaspoonful of salt, three-quarters of a pound of sultana raisins and two quarts of boiling water. Cover and simmer very gently for two hours longer. Slightly thicken a portion of the liquor with flour, add the raisins and vegetables and serve with the meat as a sauce.

Shave the cabbage and boil until tender. Carefully drain all of the water off and then season with salt, a dash of pepper, butter and vinegar to taste.

POPULATION OF IRELAND.

ACCORDING to the annual report on births, deaths and marriages in Ireland during 1904, the natural increase of population recorded, or the excess of births over deaths, was 24,298. The loss by emigration amounted to 36,902. A decrease of 12,604 in the population would thus appear to have taken place during the year, but against this there is a setoff in immigration, of which no official record has been obtained. The estimated population in the middle of the year was 4,402,182.

THE JOURNAL'S HOME EXERCISE SYSTEM.



EXERCISE NO. XIII

"The dust to dust" motion.

Carry the ashes out in the early morn, before the dew is off—deposit them, if possible, where they will not interfere with free respiration.

Cream of the Hogwallow News

From the Kentuckian.

AZ BARLOW'S Excelsior Fiddling Band was put in jail at Tickville Sunday night while serenading the blacksmith. The other prisoners broke out.

Miss Rosyola Moseley has ironed out the ruffles in her accordion and now plays nothing but straight reels.

The bridge across the creek at Hog Ford has become so badly warped since the rain that both ends are on the same side of the stream.

While digging a cistern this week our friend Wash Hooks dug up a jug of twenty-six-year-old hiker. Several more cisterns will be dug in the near vicinity.

Fletcher Henstep has come into public notoriety by inventing a frawg trap. At a distance it looks like a goat trap, with a place to step on it in the center. A noise is made like a butterfly or a tree frawg, and the victim discovers the trap setting on the bank of the pond and walks into it. A long string is tied to the trigger and extends to Fletcher's house, about one mile away. Richard Henstep, his brother, stands near the trap and watches it night and day. An old sawmill boiler has been stationed near by, and steam is kept up all the time. When a frawg crawls into the trap, Richard blows the boiler whistle, which acts as a signal for Fletcher to pull the string.

One of Raz Barlow's enemies took a shot at him night before last. It was very dark, but Raz, who is always on the lookout, dedged the bullet.

A good-sized crowd gathered around the mud hole opposite the postoffice yesterday, when a straw hat was found on the surface. It is thought by many of our best citizens that



IT IS THOUGHT BY MANY OF OUR BEST CITIZENS THAT SOMEBODY HAS FELL IN.

somebody has fell in. Everybody in Hogwallow has been accounted for except Dud Flanders, and it is probable that he is at the bottom of this mystery, which is so deep that a long fence rail cannot touch the bottom. The assistant coroner will hold an inquest over the hole in a few days.

A sawmill broke loose on the upper part of Gander Creek and floated down thru the Hogwallow country, three days ago. When it passed here it was in full operation and had sawed up several foot logs and bridges already.

From now on there will be lively doings at Bat Smith's moonshine still over on Musket Ridge every Saturday evening. Sile Kildew has been engaged to be on hand with his fiddle, and the sort of music Sile makes, added to the fights that usually occur, will make it worth any citizen's time to attend.

Jefferson Potlocks, after putting a pair of large green glasses over his mule's eyes, turned him loose in a last year's stalk field Monday. The mule imagines he is eating green corn and has improved wonderfully in looks.

Curios and Oddities

"The passing strange!"

TRY IT, MADAM.

THEY had dropped in at the Acorn for tea, and meeting, by chance, they began to talk about servants, for even at the Acorn it is impossible to keep the servant question always down.

"Take economy, for instance," said the woman who drank her tea with lemon, a la Russe. "Why will so many servants thwart your efforts towards economy? Why do they love to see you spend, and hate to see you save?"

She chose from the tray a tiny tartlet of white grapes. "I got the best of my laundress the other day, tho," she went on. "My laundress selects the soap to be used all over the house, and my soap bills are frightening. Not that so much soap is used, but it is such an expensive quality."

"At the first of the year I resolved that on this item I would retrench. Accordingly I told my laundress we would change our soap, and I ordered two sample cakes, one a very high-priced article, the other a very low-priced one."

"I changed the wrappers on these two cakes of soap and gave them to the laundress for trial."

"Well, madam," she said to me the next morning, "that cheap soap was worthless, but the expensive one, the Gold Bar, is very good indeed."

"Very well," said I, "we will use Gold Bar soap hereafter, then, regardless of expense."

"Since then I have been buying the cheap soap, and putting on it Gold Bar wrappers that I keep at hand. My laundress is content, and I save 50 per cent on my soap bills."

"But where," said a colonial dame, "do you get your Gold Bar wrappers?"

"The same three serve time and again. The laundress saves them and brings them to me. She thinks I am collecting wrappers in order to get the dinner service that the Gold Bar, like the other soap companies, offers to its patrons."

A HUNDRED PROPOSALS AT 14.

"I WAS married at 14," said an old lady. "It was my hundred and first proposal that I accepted."

"A hundred proposals before you married?"

"No less."

"That exceeds the average, doesn't it?"

"Five is the average, as of course you know. I doubt if there is another woman alive today who has had as many proposals as I. A hundred! It is a vast number, isn't it?"

She looked dreamily into the fire. Then she went on:

"This is the secret. My father emigrated to California in 1848, and in 1849, when the gold fever inflamed the land, I, a girl of 14, was on the scene. I was, as my grandson would say, 'Johnny-on-the-Spot.' I was in, as it were, on the ground floor. I lived in a town where, to one marriageable girl, there were a thousand marriageable men."

"What a happy time that was. What attentions were showered on me. Drives, flowers, candy daily, and daily two or three proposals, some written, some oral."

"The proposal I accepted, proposal 101, was made by the bent old gentleman in evening dress, smoking a cigar and drinking coffee, who is seated with the countess at that little table by the window. He is very old now, wrinkled, feeble, but somehow he still seems straight and young and handsome in my eyes."

"I have never once regretted accepting proposal 101," said the old lady, with a tremulous laugh.

FURS.

"SABLE is the most expensive of all furs," a furrier said. "The Emperor of Russia, the Emperor of China and the Duchess of Edinburgh have the finest collections of sables in the world. The czar has a sable coat that is worth \$22,000."

"A sable skin in 12 inches long and 5 inches wide, with a tail of 6 inches. A fine, dark skin is worth \$150. An exceptionally fine, dark one is worth \$350."

"Otter is the only fur that requires no dressing. It is beautiful, but women dislike it because it is very heavy. It is mostly used for the collars and cuffs of men's coats."

"A silver fox skin, when black, is very expensive—often it is worth \$400. A Chicago woman has a mantle lined and trimmed with silver fox that cost \$10,000."

"The best seals come from Alaska. The skins run from three to seven feet in length. They come to us packed with salt in casks, like mackerel. We buy them soaked in brine, stiff, rough, dirty. In this condition we must decide on their value. It takes years to become a good sealskin buyer, and the best of buyers often get fooled."

"Ermine is nothing more nor less than the winter coat of the weasel. The weasel is white in winter. In the summer it is brown."

"The most fashionable fur is a very broad stole of dark Russian sable, with an ermine lining. Such stoles are worth \$5,000 apiece. Shall I wrap you up six?"

HAZEL EYES THE WEAKEST.

"HAZEL eyes see worst," said the oculist.

"How do you know?"

"This case of glass eyes tells me, for one thing. Look these glass eyes over. Don't you see how hazel predominates among them?"

It was true. Among 100 glass eyes, 47 were hazel, and the rest, in little groups of ten or twelve, were blue, brown, gray and black.

"There are, you see, four times as many hazel eyes as blue ones, brown ones, black ones, and so on," said the oculist. "That proves conclusively that hazel eyes come to grief, come out, four times more frequently than any others."

"A hazel is perhaps the prettiest eye, but let us thank our stars that it has been denied to you and me."

FAVORITE PHRASES OF NOVELISTS.

AS WOMEN have their favorite perfumes, as epicures have their favorite dishes, so novelists have their favorite phrases.

This is a list of the favorite phrases of certain novelists, compiled by a book reviewer in an idle moment:

"Then a strange thing happened."—H. Rider Haggard.

"For what do you take me?" shrugged his interlocress."—Henry James.

"But that's another story."—Rudyard Kipling.

"Inconveniently I leaped forward."—Robert Louis Stevenson.

"Now, my dear Watson."—Conan Doyle.

"Well!"—Walter Pater.

HONEY IN PLACE OF BUTTER.

IN MANY cases it will be a real economy to lessen the butter bill by letting honey in part take its place. One pound of honey will go as far as a pound of butter, and if both articles be of the same quality the honey will cost the less. Honey is strongly recommended for children, while for persons of all ages a pleasant and wholesome drink is called "German honey tea." This is made by pouring a teaspoonful of hot water on from one to two teaspoonfuls of honey.

BIRD SURGERY.

FROM time to time birds have been discovered with broken limbs, which have apparently been bound up and set artificially. It has been suggested that this has been done by the birds themselves. Wild geese have sometimes been shot having previous shot wounds treated with sea-grass.

JUST THINK

All Japan teas are adulterated, while

"SALADA"

CEYLON AND INDIA NATURAL GREEN TEA

IS ABSOLUTELY PURE.

Sold only in sealed lead packets at 60c and 70c per pound by all Grocers.

HIGHEST AWARD ST. LOUIS, 1904.

Gamossi Cleaning-Up, Stock-Taking Sale. 13-button length fine French Suede, white, black, pongee and mode, pair... \$1.10. 16-button length Gloce, in white, regular \$2.75 value, pr... \$2.00. Elbow length lace and embroidered Silk Gloves, reduced from \$1.69 to \$1.00. Fur and Fur Lined Gloves and Mittens at cost to manufacture. 610 Nicollet, Gamossi GLOVE COMPANY.

Annual Clean-up Sale Men's Hosiery. Fancy Hosiery—Imported Silk, Lisle and Cashmeres included. 25c quality... 20c. 50c quality... 35c. 75c quality... 50c. \$1 quality... 70c. \$1.50 quality... \$1.00. \$2.00 quality... \$1.40. \$2.50 quality... \$1.75. \$3.00 quality... \$2.00. Fancy black and natural or split foot hosiery from the world's best makers. W.V. Whipple Hatter and Furnisher 425 Nicollet Avenue.

May Flower Mandolins and Guitars ARE THE BEST ON EARTH. Catalogue for the asking. Export repairing. ROSE Met. Music Co. 41-43 S. 5th St.

REGINA A... Pretty With 12 tunes, sent C. O. D. \$15.65. Minnesota Regina Co. 329 Hennepin Av.

We Are Expert Clothing Cleaners for the Entire Family. Ladies' gowns and reception apparel handlessly cleaned. Men's clothing cleaned and pressed to look like new. Minneapolis Home 522 NICOLLET AV.

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KIN OF RUSSELL SAGE IN WANT IN TOLEDO

Journal Special Service. Toledo, Ohio, Jan. 30.—Surrounded only by the bare necessities of life, Mrs. Jane Sage, aged 85, a cousin of Russell Sage, the millionaire, is living with her "boy," James, aged 63, in two top rooms in what was once the best hotel in Toledo, the Oliver house. The "boy's" health has failed, and were it not for the fact that John N. Nicholson of the Bethel mission accidentally discovered them in great want, they might have starved to death. Nicholson temporarily relieved them and it is understood that means have been provided to care for them. Mrs. Jane Sage is the widow of Alva Sage, an own cousin of Russell. She says that Russell "died as a savin' boy," and that after he attained his wealth they failed to hear from him.

YERKES' PROTEGE TO FIGHT FOR MILLIONS

New York, Jan. 30.—Settlement of the \$15,000,000 Charles T. Yerkes estate will be held up. Miss Emily Grigsby, who was the traction magnate's protege, is about to bring suit against the executors for a \$2,000,000 trust fund, which she alleges, was decided upon by Mr. Yerkes, but the details of which were left in a somewhat embryonic state because of his sudden death. Miss Grigsby, who is living in her town house here, is in possession of letters, rough drafts of an agreement relative to the establishment of the trust funds, and other documents, which she believes will give her suit legal standing in court. Her intention of going abroad immediately after the death of Yerkes has been abandoned and it is known that she purposes to remain here to prosecute her suit.

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Dr. J. C. Ayer and has been made under his personal supervision since its infancy. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

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GENUINE CASTORIA ALWAYS Bears the Signature of Dr. J. C. Ayer. The Kind You Have Always Bought In Use For Over 30 Years. THE CENTRAL COMPANY, 17 MURRAY STREET, NEW YORK CITY.

Koochiching Excursion. A three days' sight-seeing excursion to Fort Frances and International Falls via Winnipeg over the Great Northern Railway in special Tourist Cars will leave Minneapolis Monday, Feb. 5th, 1906, at 5:50 p. m. to arrive in Fort Frances next day, 4:55 p. m., and to return to Minneapolis the following Friday, 7:30 a. m. Now is the time to look up that rich new country and to see the great developments at Koochiching Falls. Secure berths at once. For particulars, rates and berths, or any other information pertaining to that country confer with The Enger-Nord Realty Co., MINNEAPOLIS, MINN. Office—120 Temple Court Building, cor. Hennepin and Washington Aves.