

THE FAMOUS PONCHA SPRINGS

THE WONDERFUL HOT SPRINGS SOUTH-WEST OF SALIDA COL.

THE DELIGHTFUL MOUNTAIN AIR

Chas. K. Meyers Continues His Letters On Sights in Central Colorado—Standing on Backbone of the Continent

Poncha Springs

One afternoon Robert Plimpton and I were off for Poncha Springs. He had Flora in good trim and we were not long enroute. Flora is the Plimpton road horse and a fine animal she is indeed. It was however, her performance on the trip to Turet which made me think so much of her. I was a fine afternoon and we were off after dinner, in fact at 1:15. The road lay to the southwest. The Colorado roads are a marvel to me. We were going up a valley and the roads were hard as if specially macadamized, and Flora could just rush along as if she liked. The general direction was toward Mt. Shevona, but we were also approaching the base of Ouray, the grand mountain to the southwest up which the narrow gauge road climbs to Marshall's Pass.

It would appear that Poncha was the old town settled before Salida. It is now apparently deserted. The houses seemingly were never painted and look now of course weather beaten. We passed a cow boy, on horseback of course, with his leather leggings. He was in no hurry and we went by him with a streak of dust. I sat with one leg upon the edge of the buggy. We had an umbrella in the outfit, but did not use it, and I was some hot. This day I was all the time wanting a drink, and I was constantly having the horse stop to get some water. There was a postoffice at Poncha, a store, and a hotel which seemed in operation. The narrow gauge has a station somewhat removed from the town to the north. The narrow gauge makes a great loop about the town or the valley in getting in shape to climb the mountain to make for the Marshall Pass. After passing through the town we crossed the Little River which is a branch of the Arkansas. Here I got out and lay at full length and took a drink. The stream was running very rapidly. This water comes from the snow on the mountains. Soon we broke off from the main road which kept in the valley or bottom of the canon or the rift between the mountains. We began to climb a small mountain which was in front of the town. I got out and walked. When the heat soon was tired out. The road lay among evergreen and aspen trees. We did not go up very high and a turn brought us to some low buildings some of which we tied our horse. Saw some crude bath houses.

Robert said we would go up and see the hot springs and also to a very fine cold spring. We began a gentle climb. Soon we came to a spring, and he told me to see how warm it was. It, and many other springs about were so hot that I did not want to get my finger in. He now told of the famous cold spring above and we began an ascent to it up a mountain path, well shaded with evergreen trees. Here I was breathing air laden with the odor of the pines, and it seemed fine indeed. In time we came to the spring and there were some cups to drink from and a board seat. The water was certainly cold and refreshing, yet did not with me have that vitalizing feeling which comes from a drink of Denison water when cold. We soon after took our way downward. On the way up we had observed that a narrow gauge train was about to make the ascent and I wanted to see it pass up the grade on the mountain opposite to the one we were on. We were there in time. There were three engines, one in front, one in center and one behind. How they did puff and push. It seemed to me as if at times there was a flat spot so as to give the train a little respite from the up grade. The track of course was cut out of the side of the mountain. I was in the center of Colorado and surrounded by the very backbone of the continent. The mountain before me, Shevona, was higher than Pike's Peak. Turning about I had a look far up the valley of the Arkansas. It was a grand sight. There were green spots here and there where the land had been irrigated and that was the dark green of the alfalfa. In some fields there was an attempt to raise wheat and oats. It would appear that these latter crops do not grow rank so early as this and a stand of a few inches is considered good. It was not much of an agricultural outlook. Should think I might have been seeing fully fifty miles away, of course could see mountain tops much further than that. It would appear that Mr. Edward Plimpton had made arrangements for Robert and I to have a swim in the circular swimming pool at Poncha. So we went in. We were not long when in the little room in getting

tiarbed and into the suits. The Poncha pool is quite hot, in fact uncomfortably warm. Such was the heat that those going in who could swim could hardly swim around the pool which might be thirty feet across. There were ropes running to the center from the steps down which I went into the pool and these were much assistance to me. On one side there was a swinging bar or pole and with this I pulled up and down and had some fun. The water was about up to my shoulders. Robert was a good swimmer and diver. There were two men also in the pool. One was, so he said, a good swimmer. It winded him in that water to swim around the pool. We were in some twenty minutes and I was ready to come out as the heat was depressing. I was out first and dressed rapidly and departed. I went out by the horses and waited for Robert. I again looked at the opposite mountain where the railroad went up. It was a mass of rock, with some trees growing. Soon Robert came and down the mountain we rushed. He often made my hair stand on end, the way he drives down the declines. I was most thankful that Flora was so sure footed. If she had on many occasions stumbled or the harness broken we would have been in a terrible mess. It was getting on to four o'clock as we came down. Passed the stage going to Salida.

On the home trip we did not go the same way we came. We went northward through some irrigated lands. Of course, it should be ever understood that near Salida irrigating ditches are running at the side of the road or you are crossing them. On this trip north there were many ditches running full. In this country one does not see the farmer out with cultivator and team or in fact any implement. You see him out with a shovel over his shoulder opening and closing irrigating ditches. But a short time later than when I am here, there will be much activity in cutting and putting up the alfalfa which is just now beginning to blossom.

Robert and I were for some time on a high plateau, roads very good. At our left was the "range" with the great Shevona with its three tops rising up. Later we descended to a valley and are coming toward the smelter near Salida. We came down on the other side of the river from it. We stop to see the driver of a metal pot containing the flux, haul out a pot with one horse along a big dump, and take of course a red hot mixture of melted rock and such refuse as was no good to the smelter people. It hissed, spit and rolled down the steep embankment. At night it must look quite spectacular. We hurried to town in time for supper and I felt I had enjoyed a

WEST DENISON ITEMS.

Miss Nell Pollock has been visiting her sister, Mrs. Ed. Granger, the past week.

Mrs. F. J. Evers and daughter, Anna, and Miss Etta Karsons were guests of Mr. and Mrs. Wm. Kahl Tuesday.

Misses Louise and Lena Lentz spent a few days last week with their sister, Mrs. A. Schiesow.

John and Henry Evers visited at the home of their parents Thursday evening.

The Misses Fadschild were guests of Miss Anna Prosch Friday.

Chas. Atzen and Miss Anna Voss visited at the home of Mr. and Mrs. George Atzen Sunday.

Mr. and Mrs. Herman Boger visited their brother, Fred, on Monday, returning to their home in Doland, S. D., on Tuesday.

Mrs. Wm. Kahl and daughter, Emma, spent Friday at the F. J. Evers home.

Mr. and Mrs. Henry Schramm visited with the latter's sister, Mrs. Ferdinand Boger, near Buck Grove.

The Misses Julia Fitzpatrick and Jane and Margaret Brown were guests of Miss Nora Fitzpatrick Sunday.

Mr. and Mrs. Wm. Kahl visited with Mr. and Mrs. B. Sonnichsen Sunday.

Mrs. Harry Kahl and Herman and Albert Lentz spent Sunday with Mr. and Mrs. Wm. Lentz.

Mr. and Mrs. Fred Fredrickson were guests at the home of J. Mehmman for a few days last week.

Miss Etta Karsons left Saturday for Pomeroy, after spending a week with her aunt, Mrs. F. Evers.

Mrs. Patrick Grainger has been seriously ill the past week.

Mrs. Nell McGrin of Denison and Mr. Ed. Meesbrink of Dinap were welcome visitors at the Owens home Sunday.

Mrs. Jas. Owens left Tuesday for a visit with her daughter, Mrs. T. A. McGrin, of Atchafalpa. Miss Nell McGrin of Denison accompanied her. Mr. and Mrs. Wm. Kruse visited with the latter's mother, Mrs. F. Evers, Wednesday.

Miss Margaret Houlihan spent Saturday and Sunday with her sister, Mrs. Ed. Houston, near Dunlap.

Two Dollars for One Thousand Printed XXX Envelopes. What a snap.

Are Doctors Any Good?

Foolish question! Yet some people act as if a medicine could take the place of a doctor! The best medicine in the world cannot do this. Have a family doctor, consult him frequently, trust him fully. If we did not believe doctors endorsed Ayer's Cherry Pectoral for coughs and colds, we would not offer it to you. Ask your doctor. No alcohol in this cough medicine. J. C. Ayer Co., Lowell, Mass.

If we did not believe doctors endorsed Ayer's Pills for constipation, biliousness, sick-headache, we would not offer them to you. Ask your own doctor about this.

BUCK GROVE ITEMS.

Nellie Gardner and Goldie Schroeder of Manilla are visiting their little friends, Emma and Hazel Beutel, this week.

Pearl Bonney was a Denison visitor Tuesday and Wednesday of last week.

Sunday Mr. John Mulvihill returned to his home at Kansas City, Mo., after a very pleasant month's visit with his cousin, Mrs. Tess Sullivan.

Sunday evening Mrs. Hettie Carpenter and children left for a month's visit with relatives in Keosauqua, Iowa.

W. V. Whaley and Mr. Randall of Dow City were business visitors in town Monday.

Friday evening Mr. Ben Quathamer and family returned from a three weeks' visit with relatives in Nebraska.

All are cordially invited to attend the Catholic picnic at Buck Grove Saturday, August 14. All will please note the date and it is hoped the Catholic ladies of the parish will remember the requirements for the hungry folk and respond as generously as heretofore.

Mr. Willis Wiggins and family of Dow City spent Sunday at the home of John Griffin.

Grace Griffin, Maud Noonan, John Noonan, and Ella Kane were among the Denison callers from this place last week.

Mr. Lawrence McNetney of Manilla spent Sunday at the home of his uncle, J. J. Finnigan.

Miss Susie McGuire of Chicago arrived Sunday morning for a short visit with her brother, Tom McGuire.

Mr. and Mrs. Harley Chase are the happy parents of a baby girl who arrived at their home one day last week.

Mrs. Tess Sullivan, Miss Nora Finnigan and Mr. John Mulvihill were Arion callers Saturday.

Mr. and Mrs. T. McGuire entertained Mrs. Tess Sullivan and Mr. Mulvihill at dinner Saturday.

Mr. Hoyt Cooper of Manilla was a Buck Grove visitor Monday.

Mrs. Bonney is now rusticated among the mountains of Vermont.

Mrs. Tess Sullivan entertained a few of her friends Saturday evening at a farewell party in honor of her cousin, Mr. John Mulvihill.

GOODRICH NEWS.

Ben Baman visited Monday at Carl Winey's.

Asa Brown was in Deloit Monday. Mrs. S. D. Newton and Miss Lovie Morris attended the L. A. S. at Mrs. Jas. McKim's Monday afternoon.

Mrs. U. S. Dunbar spent Monday in Deloit.

Harry Anderson was hauling with a four horse team O-D-I Monday.

Miss Emma Anderson returned home Monday, after a few days' visit in Denison.

Mr. and Mrs. Johnnie Sachau were Deloit callers Monday.

Gene Schuler and friends were down to Deloit with his horseless carriage Monday.

Mr. and Mrs. Hannibal Fink were over helping care for their sick daughter, Mrs. Roy Lee.

Claus Dethman and Fred Petersen were in Deloit Tuesday.

Vernon Myers spent Sunday in Denison with his parents.

Juddy Bond and four young ladies came out to L. F. Morris' Thursday. Mr. Bond repaired the organ for Mr. Morris, then the young people prepared a fine picnic dinner in Mr. Morris' grove and they had a jolly good time.

Mr. Newt Brogden and Mr. and Mrs. Dale Cose and Mr. and Mrs. John Cose spent Sunday with Chas. Cose and family.

We are glad to note Mrs. Roy Lee has recovered so far that they were able to spend Sunday with her parents, Mr. and Mrs. Hannibal Fink.

A DOLLAR BOTTLE OF EITHER REMEDY FOR FREE TRIAL

DR. MOSHER'S TONIC COMPOUND
A BLOOD PURIFIER and a perfect remedy for all Liver, Kidney and Stomach troubles. Prepared in large bottles only. \$1.00 each.
FIFLES, BOILS, ERUPTIONS, etc., all indicate a condition of the system which should not be neglected, and these troubles disappear like magic when you remove the cause.
THESE ARE NOT ORDINARY REMEDIES. They are the prescriptions of a reliable physician and represent a half century of study and experience. We do not ask you to take our word. We do not ask you to believe testimonials from people you do not know. We say "Let a Dollar Bottle be the Proof" in your own home. Such a test will surely convince you of our sincerity. Just send us your name and address and state which remedy you want to try. Address THE MOSHER MEDICINE CO., Dept. A, Sioux City, Ia.



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Is a prescription for the weaknesses and ailments peculiar to WOMEN. Prepared in large bottles only, \$1.00 each.
EVERY WOMAN WHO SUFFERS from frequent headache, nervousness, dizziness, irregularities and kindred symptoms, should write at once for the free trial treatment.
DR. MOSHER'S LIVER PILLS relieve all clogged conditions of the system, resulting from a torpid liver and inactive bowels. Price 25 cents per box. Recommended to be taken in connection with the other remedies.

DRUGGISTS

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In the first place, you can't select only the food which your stomach can digest.

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The body requires many food elements. To omit some means to starve some part.

When you are weak, or an organ is weak, you particularly need your full quota of food.

Eat what you need of the food you want, and let Kodol, for a little time, do the digesting.

Kodol does all that other digesters don't do.

Most digesters depend mainly on pepsin, and pepsin digests albumen only.

Kodol digests starch, fats and phosphates just as well as albumen.

It does, in addition, all that the bowels do toward digestion.

The result is complete relief.

No pain, no irritation, no undigested food.

You get your full nourishment, yet the stomach has no work.

The stomach recovers, just like a lame ankle, when you completely relieve it. Nature does all the curing.

Our Guarantee
On the first dollar bottle of Kodol your druggist gives a signed guarantee. If it fails to do all we claim, your druggist returns your money. You take no risk whatever. This \$1.00 bottle contains 2 1/2 times as much as the 50c bottle. Made by E. C. DeWitt & Co., Chicago.

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REAL ESTATE LOANS AT LOWEST RATES

DELOIT ITEMS.
Miss Una Galland of Norfolk, Neb., came Monday last week to visit relatives and friends.
Mrs. F. M. Rhoades and son visited relatives at Pawnee City, Neb., last week.
A few friends met at the home of Mrs. J. C. Williams Monday evening of last week and helped her celebrate her birthday. Ice cream and cake was served.
Mrs. Edna Cook and husband entertained his sister and her girl friend last week.
Mrs. Ethel Baker of Omaha visited her parents, Mr. and Mrs. W. T. Huckstep, last week.
Rev. Howe accompanied by his friend, Elmer Peterson of Bancroft, Iowa, returned from his visit to his home Thursday.
The hard rain Friday evening prevented the Ladies' Aid Society from having their social. The ice cream which had not been disposed of was sold at True's Hall Saturday afternoon.
Mrs. S. Brown and children spent Thursday with Mrs. T. Munsey and family.
Mr. and Mrs. B. Lee visited Thursday at the home of Mr. and Mrs. B. E. McKim.
Millard Turner sold his residence to Floyd Patchin last week.
Mr. and Mrs. A. J. Darling entertained his uncle, William McKim, and cousin, Mrs. Blanche Mennis, and little daughter Saturday and Sunday.
Mr. and Mrs. B. F. Galland returned to their home Monday. "Uncle Ben" is much improved and gets around about as well as before he was sick.
R. W. Robertson treated his cream customers to ice cream Saturday, which made him quite a lively day.
Mrs. Earl Winans and baby, Lyle, returned home from her visit to Bonsteel, Neb., Saturday night.
Mr. and Mrs. J. T. Spence and son, Mauric, were over Sunday visitors at Dow City.
Mrs. T. C. Dobson and Mrs. Ann Winars were passengers to Denison Saturday.

DON'T FORGET
Place the Monument order with us now---Procrastination will mean perhaps the placing of the order when the weather conditions will prohibit the erection of the monument.
Now is the time if you wish to have the stone erected this summer---and to have the work perfectly executed.
Reasonable Prices.
HILL BROS.

RAIL WAY TIME TABLES
CHICAGO & NORTHWESTERN
GOING EAST.
No. 12. Chicago Special, local to Boone. 6:37 a.m.
No. 4. Omaha & Chicago Express. 7:40 p.m.
No. 3. Denver Express. 7:24 p.m.
No. 2. Overland Limited. 5:25 a.m.
No. 10. China & Japan Express. 6:34 p.m.
No. 8. Los Angeles Limited. 11:28 p.m.
No. 48. Freight to Boone. 12:30 a.m.
GOING WEST.
No. 1. Overland Limited. 4:40 a.m.
No. 4. Iowa and Neb. Express. 5:07 a.m.
No. 5. China and Japan Express. 1:24 p.m.
No. 15. Fast Mail (local). 1:28 p.m.
No. 7. Los Angeles Limited. 10:35 a.m.
No. 11. Colorado Special. 9:12 p.m.
No. 47. Freight to Council Bluffs. 10:40 a.m.
Boyer Valley Railway
Daily Except Sunday.
GOING NORTH.
No. 54. Accommodation. 6:05 a.m.
No. 52. Accommodation. 6:45 p.m.
ARRIVE DENISON.
No. 55. Passenger. 6:30 p.m.
No. 56. Accommodation. 6:35 p.m.
ILLINOIS CENTRAL
GOING EAST.
No. 4. Chicago Express (daily). 9:18 a.m.
No. 3. Chicago (daily). 7:58 p.m.
No. 22. Way Freight (except Sunday). 8:28 a.m.
GOING WEST.
No. 1. Omaha Limited (daily). 6:28 a.m.
No. 21. Chicago - Minneapolis-St. Paul Express, (daily). 1:48 p.m.
No. 31. Way Freight (except Sunday). 1:10 p.m.
No. 1 and 2 stop only at Logan, Denison, Well Lake, Rockwell City and Tara except on fast trains.

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It's as beneficial in summer as in winter. If you are weak and run down it will give you strength and build you up. It is a little cold milk or butter. Get a small bottle now. All Druggists
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