# Easy to Digest.

## The Paint Question Boiled Down.

When you buy paint, you should see the paint itself. The B. P. S. quart can has a slip top cover. This may be pried off without destroying the can, and with no loss to the dealer. It gives you a chance to see the paint.

## B. W. GREMS.



TAKE THE

# RIGHT ROAD

TO CHICAGO, ST. PAUL, MINNEAPOLIS, DES MOINES, KANSAS CITY AND OMAHA.

CHICAGO OMAHA KANSAS CITY ST. PAUL

## CHICAGO GREAT WESTERN RAILWAY

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UNEQUALED EQUIPMENT ON ALL TRAINS MAKES TRAVELING A PLEASURE ON THE GREAT WESTERN.

TWO THROUGH TRAINS EACH WAY TO OMAHA. THREE THROUGH TRAINS EACH WAY TO CHICAGO, ST. PAUL, DES MOINES AND KANSAS CITY.

*Night trains have new Pullman Sleeping Cars, Club Cars, Free Reclining Chair Cars and finest Dining Car. Day trains have First Class Coaches and Parlor Cars with Dining Room.*

FOR RATES, TIME OF TRAINS OR OTHER INFORMATION, APPLY TO ANY GREAT WESTERN AGENT, OR

J. P. ELMER, GEN'L PASSENGER AGENT, ST. PAUL, MINN.



THE SMITH Great Western Endless Apron Manure Spreader

**SPREADS** all kinds of manure, straw stack bottoms and commercial fertilizer regardless of their condition. Spreads as much in a day as 15 men can by hand. Spreads the largest load in 2 to 4 minutes. Makes the same amount of manure go three times as far and produces better results; makes all manure fine and immediately available for plant food.

**NON-BUNCHABLE RAKE** forms a hopper, holds all hard chunks in contact with beater until thoroughly pulverized.

**ENDLESS APRON** is one continous apron, (not a ½ apron) therefore always ready to load. You don't have to drive a certain distance to pull it back into position after each load or wind it back by hand; it is a great advantage in making long hauls.

**THERE IS NO GEARING** about our Endless Apron to break and cause trouble, it is always up out of the way of obstructions as it does not extend below axle. Spreads evenly from start to finish and cleans out perfectly clean.

**HOOD AND END GATE** keeps manure away from beater while loading; prevents choking of beater and throwing out a bunch when starting and acts as wind shield when spreading. It has a graduating lever and can be regulated while in motion to spread thick or thin, 3 to 25 loads per acre.

**LIGHT DRAFT** because the load is nearly equally balanced on front and rear axles. The team is as near the load as it can work. Front and rear axles are the same length and wheels track; beater shaft runs in ball and socket bearings, therefore no friction. Beater is 23 inches in diameter, seat turns over when loading. Machine turns in its own length.

**SIMPLICITY** There are only two levers on our machine. One which raises the hood, locks it and throws the machine in gear at the same time. It can then be thrown in and out of gear without lowering the hood. One lever which changes feed to spread thick or thin, making it so simple that a boy who can drive a team can handle it.

**STRENGTH AND DURABILITY** is one of the most important points to be considered in a manure spreader. The Great Western has a good, strong, durable wheel. Extra strong spoke and rim, heavy steel tires. Strong, well braced box with heavy oak sill. Oak tongue, hickory doubletrees, malleable castings, gears and sprockets all keyed on. Galvanized hood. Every part is made extra strong, regardless of cost. It is made for the man who wants the best; made in four sizes, 30, 50, 70 and 100 bushel capacity.

**GUARANTEE** Should any part break, wear out or get out of order within one year we replace free of charge. Send for free catalogue, showing latest improvements. It tells how to apply manure to secure best results.

SMITH MANURE SPREADER CO.

15 S. Clinton Street, CHICAGO, ILL.

FOR SALE BY

DUNHAM & HOYT.



# K. C. S.

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KANSAS CITY TO THE GULF

PASSING THROUGH A GREATER DIVERSITY OF CLIMATE, SOIL AND RESOURCE THAN ANY OTHER RAILWAY IN THE WORLD, FOR ITS LENGTH

Along its line are the finest lands, suited for growing small grain, corn, flax, cotton; for commercial apple and peach orchards, for other fruits and berries; for commercial cantaloupe, potato, tomato and general truck farms; for sugar cane and rice cultivation; for merchantable timber; for raising horses, mules, cattle, hogs, sheep, poultry and Angora goats.

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FREE GOVERNMENT HOMESTEADS

New Colony Locations, Improved Farms, Mineral Lands, Rice Lands and Timber Lands, and for copies of "Current Events," Business Opportunities, Rice Book, K. C. S. Fruit Book.

Cheap round-trip homeseekers' tickets on sale first and third Tuesdays of each month.

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F. E. ROESLER, Trav. Pass. and Imig'n Agt., Kansas City, Mo.


Subscribe for the Democrat.

## *City and Vicinity*

—Mrs. C. A. Indra is visiting relatives in Mitchell.

—Mrs. Joe Powers visited friends in Calmar last week.

—H. C. Haeberle was in Waterloo part of last week.

—H. L. Rann and daughter, Amy were in Dubuque, Friday.

—R. R. Robinson was a business visitor in Texas, last week.

—J. W. Lewis was a Waterloo business visitor Wednesday.

—T. J. Hennessy attended the sheriffs convention in Ottumuwa last week.

—Dr. H. A. Dittimer was a business visitor in Charles City last week.

—Hon. W. H. Norris was home from Spirit Lake a few days last week.

—Mr. and Mrs. E. T. Grassfield left last week for an extended visit in Nebraska.

—Mr. and Mrs. G. O. Harrison are the guests of relatives in Independence last week.

—Miss Bessie Hecket of Pawpaw Michigan, is the guest of her cousin, Miss Ideli Miles.

—Rev. and Mrs. W. H. Ensign attended Chautauqua in Waterloo several days last week.

—Mrs. A. G. Rodman of Monticello was the guest of friends in this city part of last week.

—Miss Belle Ringgold of Independence, was the guest of Mrs. John Neft last week.

—Mrs. J. H. Manley is visiting her sister Mrs. W. H. Barry in Prairie Township.

—Mrs. M. B. Barnes who has been a guest at the Nye home left Friday for Oregon, Illinois.

—Charles Allen of Marshalltown is visiting with his grandparents, Mr. and Mrs. Laten Allen.

—Mr. and Mrs A. W. Meskimen, of Dubuque spent several days here visiting relatives last week.

—Mr. and Mrs. Harry Roe left Thursday for Decorah where they will visit with relatives and friends.

—Miss Lucy Shimmin of Chicago is making an extended visit with her sister, Mrs. J. F. Merry.

—Mrs. Will Crosier returned to her home in Coggon Wednesday after a visit with relatives in this city.

—Miss Clara Barr went to Waterloo Friday for a short visit with friends and to attend Chautauqua.

—Rev. R. Wolfe of Mt. Vernom Ia. formerly of this city arrived Thursday for a visit with friends.

—Lewis Atwater of Washington, D. C. came Thursday for a visit with his grandmother Mrs. Cornelia Atwater.

—Mrs James. Hogan has been spending a few days with her daughter, Mrs. W. H. Shelden in Wheaton, Illinois.

—Mr. and Mrs. R. Hitchcock of Crookston, Minnesota, were here last week as guests at the H. R. Holmes home.

—John Latimer returned Thursday from Dubuque where he attended the meeting of the state recorders association.

Mrs L. Sennett and daughter Mrs. Hope Cady and Miss Mildred Hart of Chicago, have removed to this city for their future home.

—Miss Mae Denton left Wednesday for Clinton and Chicago, Illinois where she will be the guest of relatives and friends.

—Leonard Brender left Monday for Lawrence, Nebraska, for a visit with relatives and from there will go to Washington state to visit his father.

—J. J. Dunn sheriff of Dubuque, was here Friday on his way home from Ottumwa where he had been attending the convention of sheriffs.

—Master Will Hadley returned to his home in Sioux City Friday after a several weeks visit at the home of Mr. and Mrs. S. K. Myers.

—Misses Elsie and Della Indra of Mitchell, returned to their home last Wednesday after a visit at the home of their brother, C. A. Indra.

—A farmer that lives near Oelwein had the following experience with Chicago thugs, as reported by the Register and Leader. J. A. Plamondon, an aged but husky farmer of Oelwein, Ia., who arrived here today taught Chicago thugs a timely lesson. It appears from his story to the police that he was searching for his son "Jimmy," whom he said was "pharmaceutin" in some drug store. Finally four toughs pretended that they knew where Jimmy was to be found, so they conducted the old farmer to a lonely spot up a blind alley where they separated him from $400 with which he was making a trip to Pennsylvania to visit his boyhood scenes. The old man was only dazed by the blow they gave him and pursued the man with the wallet containing the four hundred Oelwein dollars. Overtaking him, Mr. Plamondon produced a monkey wrench from his pocket (why he had it with him he did not explain to the police) and rapped the thug over the head, until the fellow returned the money. Later Mr. Plamondon found Jimmy and continued his journey east.


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**Quincy, Illinois.**

Write today for our beautiful 64-page Illustrated Catalogue FREE. It contains school-room views, groups of students, portraits of students, portraits of students in positions, testimonials, specimens of penmanship, graduating class, and list of 1400 students in attendance.

This elegant Catalogue also contains rates of tuition, cost of books, board, etc., with much valuable information for any young person desirous of preparing for a situation as stenographer or bookkeeper.

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27-8w Quincy, Illinois.


**Iowa Falls Chautauqua Assembly and Iowa Baptist Sunday School Assembly, Iowa Falls, Iowa, July 21, to 31.**

For the above meeting the I. C. R. R has named a rate of one and one-third fare on the certificate plan from all points within one hundred miles of Iowa Falls. This rate covers the entire meeting. On July 26th and 28th only, tickets will be sold at an open rate of one and one third fare, limited to August 1st for return.

The Chautauqua program this year is better than ever before. It includes lectures by Gov. A. B Cummins and Prof. P. G. Holden, July 21, Hon G. A. Geathart, July 22, and 23, Rev. R M. West, July 27, to 28 Prof. J. H. Barth July 25, Rev. Sam Jones, July 26, Hon. B. F. Brissit, July 27. The musical features include the Nightengale Jubilee Singers, the Madrigal Ladies Quartet, and many soloists. For a complete program, address L. W. Lansing, Secretary, Iowa Falls.

J. F. Merry,
Asst. Genl. Pass. Agt.
Dubuque, Iowa.

28-3w

**Waterloo Chautauqua Assembly and Bible Institute.**
**July 11—August 2, 1905.**

For the above occasion the Illinois Central has named a rate of one and one-third fare on the certificate plan from all points within one hundred miles of Waterloo. Certificates showing purchase of tickets July 10th to August 2nd, inclusive, will be honored for return tickets until August 3rd.

On July 11th and 28th only, excursion tickets will be sold to Waterloo at an open rate of one and one third fare, limited to August 3rd for return.

The Chautauqua program this year is better than ever before. It includes lectures by Wm. Jennings Bryan, July 11, "Sunshine" Hawks, July 12, Dr. H. W. Sears, July 13, Rev. A. A. Tanner, July 14, Rev Dr. Frank Bristol, July 15, and 16, Dr. Wilbur F. Crafts, July 17, Gov. LaFollette of Wisconsin, July 18 Prof. P. G. Holden, of Iowa Agricultural College, and Rev. Sam B. Jones, July 19, Dr. Thos. E Green, July 20, Dr. Frank Dixon, July 21, Gov. Folk of Missouri, July 28

Musical features of the program include Miss Grace Sylvia Burt, The Mexican Serenaders, Miss Alice Frances Sire, whistling soloist, Miss Fyvie Dench, Prof. W. A. Reader, the Dunbar Quartet, the Weslagen quartet and the Roney Boys.

For a complete program address Frank L. Loveland, Sup't., Waterloo, Iowa.

J. F. Merry,
Asst. Genl, Pass Agt.
Dubuque, Iowa.

28-3w

**G. A. R Special Rate to Denver via Chicago, Milwaukee & St. Paul Railway**

Standard sleeping cars through to Denver without change will leave August 31st from the following stations; Faribault, Austin, Mason City, Decorah West Union, Dubuque and Cedar Rapids, and on September 1st from Perry and Spencer.

Free reclining chair cars will leave Emmitsburg and Calmar August 31st. This is an unusually good opportunity to visit Colorado as the rates are very low for this trip.

For complete information regarding rates and train service ask the ticket agent. Folder containing itinerary descriptive of trip free on request. Address John R. Cook, Excursion agent, West Union, Iowa, or write to F. A. Miller, General Passenger Agent, Chicago. 28-4w

Beautify your complexion with little cost. If you wish a smooth, clear, creamlike complexion, rosy cheeks, laughing eyes, take Hollister's Rocky Mountain Tea, greatest beautifier known. 35 cents.—Denton & Ward.

For your liver and stomach ills,
Take Beacom's Picnic Pills,
They will surely do you good
They will stimulate your blood,
And make you feel happy as a clam.
Try them. 25 cts. All druggists. 5,tf

Not a cent wanted, unless you are cured. If you are sick and ailing, take Hollister's Rocky Mountain Tea. A great blessing to the human family. Makes you well—keeps you well. 35 cents, Tea or Tablets. —Denton & Ward.

**Residence Property for Sale.**

We are authorized to offer for sale the Dr. Sherman residence property on Butler street. For terms apply to BRONSON & CARR. tf.

Where are you sick? Headache, foul tongue, no appetite, lack energy, pain in your stomach, constipation. Hollister's Rocky Mountain Tea will make you well and keep you well. 35 cents.—Denton & Ward.

**Thrice-a-Week New York World.**

The Thrice-a-week World has made special arrangements for the year 1905. Its already great news service has been extended and, as heretofore, it will report all important events promptly, accurately and impartially.

An original and striking feature of the Thrice-a-Week World in 1905 will be its serial publication of the strongest and best fiction that has ever appeared in the columns of any newspaper. The novels already arranged for, and which are by writers known throughout the world are—

"Cardigan," by Robert W. Chambers; "Before The Dawn," by Joseph A. Altsheler. "The Reds of the Midi," by Felix Gras. "The Cardinal's Rose," by Van Tassel Sutphen. "The Blazed Trail," by Stewart Edward White.

The Thrice-a Week World's regular subscription price is only $1.00 per year, and this pays for 156 papers. We offer this unequaled newspaper and the Democrat together one year for $2.15. The regular subscription price of the wo papers is $2.50. tf

If you want to have a picnic,
Take Beacom's Picnic Pills
They will regulate your liver
And drive away your ills.
Try them. 25 cents. All druggists. 50tf

**Excursion Rates to Charles City Chautauqua, August 1-10, 1905.**

For the above meeting the Illinois Central has named a rate of one and one-third fare on the certificate plan from all points within one hundred miles of Charles City. On August 1st and 5th only, excursion tickets will be sold to Charles City at an open rate of one and one-third fare, limited to August 11th for return.

The Chautauqua program includes lectures and addresses by such noted platform orators as Dr. A. W. Hawks, Gov. Robt. M. LaFollette, Dr. R. S. McArthur, Dr. W. A. Colledge, Dr. Wm. Spurgeon, Ex-Capt. R. H. Hobson, Rev Alex Corkey, Rev. Father Vaughn, Hon. C. J. Beauchamp, Prof. P. G. Holden, Col. H. W. J. Ham, and Dr. Robert McIntyre.

The musical features include Miss E. Grace Updegraff, the Mexican trio, the Dixie Jubilee Singers, etc.

For a complete program, address Superintendent C. A. Cent. Secretary, Charles City, Iowa.

J. F. MERRY, Asst. Genl. Pass. Agent,
Dubuque, Iowa.

29w3

**Not Bad Reasoning.**

Merchant—"Say, old man, I've always fought shy of your company because I feared it was not stable, but I want to take a policy with you now."

Agent—"Why, er—I wish to be honest with you. Surely you know that we've been investigated and that all our officials have resigned."

Merchant—"That's just it. I'm convinced that a company which could survive under that gang couldn't be wrecked by any earthly agencies."—Louisville Courier-Journal.

## A LIVING NET.

**Peculiar Method of Fishing Used by Natives of Oceania.**

A peculiar method of fishing is indulged in by the natives of Tetuila, one of the islands of Oceania. At a given signal the inhabitants of the village assemble on the seashore to the number of about 200 persons, each of whom carries a branch of cocoa palm. With these in their hands they plunge into the water, and at a certain distance from the shore turn toward it, forming a compact half circle, each one holding his palm branch perpendicularly in the water, and thus forming a sieve.

The leader of the party then gives a signal, and this living net approaches the shore gradually in perfect order, driving before it a multitude of fishes. Surrounded by this living wall and entangled in the cocoa palm branches many of the fishes are cast on the sand by the waves, while others are killed with sticks. After being cooked over hot coals the fish are served with bananas and cocoanut milk.

The scene as described by a Frenchman who visited the island was interesting and picturesque in the extreme, the effect being immensely heightened by the appearance of the natives, whose costume consists of a short tunic of seaweed or leaves. Their hair is powdered with chalk, while the warriors are distinguished by the hair being powdered red. Wreaths of gardenias or red hibiscus are worn on their heads, also round their necks.

## AN EXPERT ON LYING.

**He Was Allowed to Testify In Court and Won the Case.**

A Kansas City lawyer tells of the use of expert testimony on lying. He says:

"I was prosecuting attorney for Finney county in 1881, and had a fellow up before Squire N. C. Jones on the charge of horse stealing. He hired Mike Sutton to defend him, and when the case was called I proved beyond question by a witness who witnessed the theft that we had the right man. After the prosecution had rested Sutton introduced 'Buffalo' Jones as a witness and gravely informed the court that he intended to prove by him that my witness had lied. 'Buffalo' took the stand and swore that, while he had never seen or heard of the witness before and knew nothing at all about the crime committed, he had had a great deal of experience with men and could tell pretty certain when they were lying. Then he proceeded to tell how men acted when they were lying, and gave the expert opinion that my witness had sworn to lies from the word go. I protested against such performances, but Sutton made the judge believe he had as much right to introduce an expert on liars as he would have to introduce an expert on medicine or any other science, and the result was the thief was dismissed from custody."

## A VAST STONY WRECK.

**The North Cape, In Norway, Is Almost the World's End.**

The North cape, Norway, is not quite the most northerly land in Europe, but it is far enough north, a dismal black point jutting out into the sea nearly a thousand feet high. Leading to the top is a rough path not difficult to ascend unless it be wet and slippery. From the top to the edge of the cliff is a half mile or more of hard walking over stones or through mire.

At last we come to the edge of the cliff. The sun, though it is nearly 12 o'clock, has almost reached the lowest edge of his daily path, but is still far above the shimmering sea. You stand on that lonely point feeling, except for the presence of those around you, that you are quite out of the world in which you have hitherto spent your life. You stand without on a rock pelted by every storm of wind and snow. Attacked by the fiery summer sun and pitless winter frost, no wonder that neither tree nor shrub nor scarce a flower can exist. Among the most solemn places on the globe it must be reckoned the world's end, a vast stony wreck projecting above the wide waste of waters.—Albert L. Bolls in Booklovers Magazine.

**Fishy.**

Mother (reproachfully, to her small son)—Jamie, where have you been all afternoon?

Jamie (uneasily)—At Sunday school, mamma.

Mother—Then how is it you are wet and smell so of fish?

Jamie (in desperation)—Well, you see, I've been studying about Jonah and the whale, and—well—I guess it came off on my clothes.—Harper's Weekly.

**Lack of Perception.**

"Dat dog o' mine," said Erastus Pinkly, "keeps on a-tryin' to whup ev'y four footed critter dat comes down de road."

"He must be a fighter."

"No, suh. He ain' no fighter, but he don' seem able to reco'nize de fack."—Washington Star.

**Deafness Cannot be Cured.**

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure Send for circulars free.

F. J. CHENEY & CO.,
Toledo, O.

Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

## THE CAPE OF GOOD HOPE.

**Some Facts Concerning It That Are Not Generally Known.**

Though every schoolboy presumably knows to a nicety where the Cape of Good Hope is situated, there does undoubtedly prevail in less enlightened circles some vagueness of conception as to the exact locality of that celebrated headland. Even the gentle reader is faintly conscious of uncertainty and answers with a briskness not born of conviction: "The Cape of Good Hope? Why, of course I know where it is. Down at the end of South Africa." Gentle reader, you are not very far out, fifty or a hundred miles perhaps. And, as you say, it is not of the slightest consequence from a practical point of view.

The Cape of Good Hope lies at a considerable distance from the end and is, in fact, the middle of the three promontories, severally inconspicuous, which jointly terminate a slender peninsula, some twenty miles in length, forming the barrier between False bay and the Atlantic ocean on the west. These three headlands, lying near together and commonly undivided on a map of moderate scale, are locally designated Cape Point. It was here that Bartholomew Diaz first encountered in full force the prevalent southeasterly gales and denounced the rugged, threatening, threefold promontory under the sounding appellation of the Cape of Storms, to be afterward rechristened by pious, trustful hearts the Cape of Good Hope. The Cape of Storms, the Cape of Good Hope, Cape Farewell! Is there nothing in a name?

## TOBACCO HEART.

**The Way Smoking Acts Upon and Injures the System.**

Are you "learning to smoke," boys? Learning by heart—"tobacco heart?" Read what a doctor says in the Medical Summary and then enjoy your smoke—if you can:

In smoking tobacco we take in carbonic oxide several ammonias and a very poisonous oil containing nicotine. The ammonias and nicotine are the substances which by acting in numerous directions are so injurious to the system. The ammonias act on the blood, making it alkaline and fluid thereby impairing its nutritive property.

The stomach is debilitated and dyspepsia induced. The innervation of the heart is disturbed, its action is weak, irregular and intermittent, and faintness and vertigo are the consequences.

Owing to the disturbances in the blood and heart the process of nutrition is slow, and in the young seriously affected tissue is paralyzed and vision is impaired.

Tobacco is essentially a functional rather than an organic poison. It modifies the special energies and not the structure. Tobacco is eliminated by the kidneys and very rapidly; consequently the bad effects quickly disappear under proper treatment if, however, the habit is given up.

**Japanese Politeness.**

A Russian soldier left behind his brothers in arms. He slowly rose up and faced his captors. They smiled amiably, and, reassured, he pulled off his cap and commenced to fan himself with it. Now, it is a common custom for a Japanese soldier to carry about with him in the hot weather a small fan. On this occasion a fan was forthcoming and handed to the Russian, but he refused to take it, preferring to use his cap. Still, with an amiable smile on his face, one of the Japanese again proffered him the rejected fan, at the same time covering him with a revolver. The captive took the gift without further reluctance.—From Brindle's "With Russians and Japanese."

**The Larkspur.**

Great vigilance has to be exercised by the antiquarian painter. This was demonstrated by Sir Laurence Alma-Tadema's picture "The Finding of Moses." Looking at the picture, a well known botanist examined with admiration the painting of the lifelike larkspurs which form the foreground, and then, turning toward the artist and congratulating him on the successful rendering, pointed out that larkspurs were of a comparatively recent growth. The painter laughed as he replied, "So I thought, until dried specimens of them were discovered in some of the recently explored royal tombs of Egypt."

**Hard Ones Too.**

Little Willie—What's the name of the feller what calls on yer sister? Little Johnny—I don't know yet. Pop calls him something different every time he comes.—Chicago Journal.

**Love.**

Love is an upward tendency of human nature. It is dignifying, ennobling, and for that reason it imposes upon individuals who experience it new obligations.

**A Proportionate Income.**

Brush—So Pinxit is painting miniatures? How is he getting on? Palette—Oh, he's making a miniature living.—Washington Post.

**The Place For Him.**

"Notwithstanding what you say about Kraftie," said Goodart, "he seems to be a loyal fellow. He appears to keep in with his friends."

"He should be kept in with them," replied Crabbe. "Most of his friends are in jail."—Philadelphia Ledger.

To be nameless in worthy deeds exceeds an infamous history.—Browne.

## PITIABLE IMPROVIDENCE.

**The Way Money Is Wasted Through Ignorance of Food Values.**

Examples of glaring ignorance of food values may well be culled from the notes of those experts who have visited the poor of the different cities. In the slums of Chicago it was found that a woman whose husband was out of work and whose family was living on a few cents a day bought lettuce, a food so innutritious that at least when out of season and high in price, it is a luxury even for the rich. This woman sacrificed the inexpensive but nutritious classes of foods for leaves containing over 80 per cent of water and 15 per cent of refuse. It has been truthfully said that a man would starve to death on a diet of lettuce alone.

Pitiable improvidence was found in the New York slums. A watchman was feeding his family at the rate of 14 cents per person a day—all that he could afford—yet his wife bought expensive cuts of beef instead of the equally nutritious cuts of lower price; also large quantities of butter whose value might have been invested in dried beans and more bread. She also wasted money on soda crackers and jumbles costing two or three times as much as bread and containing no more nutrition. It was estimated that his wife might have obtained about eight times as much nutrition for her money had she substituted dried peas for green peas. Another large saving would have been the substitution of fresh for condensed milk.—John E. Watkins in Reader Magazine.

## THEY WERE GLUTTONS.

**The Gormands of the Eighteenth Century In England.**

Plenty was the watchword of the eighteenth century gormand in England. His tables groaned under an array of food warranted to take away the appetite of all save the Gargantuas of the day. One blessing was evolved from the old sops and the later bisques and olios—soup, which now was ever the prelude to the dinner. It was removed for meat or fish—a chine of mutton and three ducks in the case of Squire Hill at Teddington, who, for entrees to support them, offered pullets with eggs, fillet of beef and scollops, turkey en daube, stewed carp, veal a la royale, fricasseed chicken, with ham and pigeons for center dish. This was but the first course or relay. Next came the roasts—two pheasants and four partridges and six teal, and now, for side dishes, sweetbreads and marrow, four woodcock and ten snipe, salmon and smelts, marrow pudding, fore quarter of lamb and oyster loaves. For center dish, mince pies. And men ate and survived, and still had heart within them to wait the removal of the cloth, and, greeting the dessert, sat over the mahogany until indeed they fell beneath it. After all, gormand is not the name for such as these. They were gluttons.

**Stevenson's Love Toast.**

A beautiful testimony to one's home loves was paid by Robert Louis Stevenson at a thanksgiving dinner in Samoa.

"There, on my right," said Stevenson, replying to an unexpected proposal of "The Host," "sits she who has but lately from our own loved native land come back to me—she whom, with no lessening of affection to those others to whom I cling, I love better than all the world besides—my mother. From the opposite end of the table, my wife, who has been all in all to me, when the days were very dark, looks tonight into my eyes—while we have both grown a bit older—with undiminished and undiminishable affection."

**Which Won the Prize?**

Three students of the Ecole des Beaux Arts, Marseilles, were talking in a cafe. "My dear fellow," said one, "I painted the other day a little piece of pine wood in imitation of marble so perfectly that it sank to the bottom of the water."

"Posh," said another. "Yesterday I suspended my thermometer on the easel that holds my 'View of the Polar Regions.' It fell at once to 20 below zero."

"That's nothing," said the last. "My portrait of the marquis is so lifelike that it has to be shaved twice a week."

**How Flies Walk on Window Panes.**

The microscope reveals the neat contrivance which enables a fly to walk up a window pane or defy the laws of gravity by gliding along, back downward, on the ceiling. The magnifier shows the foot to be made up of two pads covered with fine, short hair, each pad having a hook above it. Behind each pad is a bag filled with a sticky liquid which oozes out whenever the fly puts his foot down. The amount which is pressed out of each foot is very small indeed, but, taken all together, it is amply sufficient to hold the insect in any position he chooses.

**His Own Great Foolishness.**

Nordy—Your wife seems to think you'll get bunkoed if she lets you out of her sight. You must have once done something very foolish to have a woman looking after you like that. Butts—I did. I married her.—Louisville Courier-Journal.

**How He Avoided It.**

"Have you ever been hissed off the stage?" asked the girl who was thrilled at having met a real actor.

"Oh, no," he replied. "When I'm off the stage I always try to be among friends as much as possible."—Chicago Record-Herald.


# Special Clubbing Offer.

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