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The writer's name must accompany any article for publication, as an evidence of good faith to the editors.

The Manchester Democrat.

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The Democrat
RATES OF ADVERTISING

Space	1w	2w	1m	3m	6m	1yr
One inch.....	$1 00	$1 50	$2 50	$4 50	$6 50	$10 00
Two inches.....	1 50	2 25	3 50	5 75	9 00	15 00
Three inches.....	2 00	3 00	4 50	7 00	12 00	20 00
Four inches.....	2 50	3 75	5 75	10 00	15 00	25 00
Five inches.....	3 00	4 50	7 00	12 00	20 00	30 00
¼ column.....	4 50	6 50	8 00	15 00	25 00	40 00
½ column.....	8 50	9 00	13 00	25 00	40 00	65 00
One column.....	12 50	18 00	25 00	50 00	80 00	125 00

Advertisements ordered discontinued before expiration of contract will be charged according to above scale.
Business Cards, not exceeding six lines $5.00 per year.
Business locals, ten cents per line for the first insertion, and five cents per line for each insertion after.

THE SAME CONSIDERATION

The child with her penny savings bank,
The small boy with his small change,
The lady with her pin money savings,
The small man with his small roll,
The big man with his big roll,
The big man who applies for a big loan,
The man who applies for a small loan,
The lady with her church subscription list,
The small boy with school entertainment tickets,
The child with society entertainment tickets,
are each accorded the same considerate attention and extended the most liberal treatment consistent with good and profitable banking.

The First National
Bank of Manchester,

Misses' and Children's
- School Shoes. -
We have given the school shoe problem our careful attention Now we can offer you one of the finest selections of Little Folk Shoes on the market today.
Infants' as low as 50c. Children's 5 to 8 per pair 65, 75, 85 90c
Children's 8½ to 11 per pair, $1.15, $1.35, 1.50.
Misses' 11½ to 2, per pair, $1.25, $1.35, $1.50, $1.75.
P. F. Madden.

Meet Or Beat All Competition
Us at our office
Let us call on you
Our prices if you can
We ask is a chance to meet
Eclipse Lumber Co.
Phone 117

Tank Heaters
We handle the only tank heater made in Delaware county and we make it the only heater that will cause a circulation of warm water throughout entire tank, thereby causing uniformity of temperature; neither too hot nor too cold but Just Right for stock to drink. It is called the
A. B. C. "Circulating Hot Blast"
and is the only Heater made in which coal can be burned without grates to give trouble.
Call and see it.
Carhart & Nye.

A. E. PETERSON
Sells you solid meat SEAL SHIPT Blue Point oysters,
Fit for the table of a King
Accept no other than Seal Shipt Oysters, they are not water soaked,
The Best In Flavor,
Always Fat Solid Measure.
A. E. Peterson
109 Main St. Manchester, Iowa

HEALTH TALK—A BEGINNING.

What I shall say in these lesson talks will be largely an outgrowth of work with an organization of busy women, who meet once a week for physical improvement.

It is easy to assume that we are all members of a class, ready to begin. Women naturally first ask for exercises that will correct some personal defect, cure some individual ailment. But it is better to start with a wider outlook.

The distinguished educator, Mr. C. Hanford Henderson, places gymnastic training first in the new order of education. Because "good health and abounding vitality are the foundation of all excellence." And because it has the still larger educational purpose, to add to the body beauty, grace and usableness; to make it an admirable tool for the admirable purpose of heart and mind.

While we must sometimes work—and work hard— for correction of bad physical tendencies, both acquired and inherited, we must never lose sight of this higher mission of bodily education, "good health," abounding vitality," "usableness," "the admirable tool for the admirable purpose."

Women especially are inclined to think that health is preserved by care. The only way to strengthen the body is by use. A certain amount of physical strength is necessary to experience the joy of living, as well as to endure the hardships and the strain of life. This is the philosophy that will control all our efforts for physical betterment.

And now one simple, homely exercise, for strength, beauty, and usableness:

Stretch and yawn; not a suppressed yawn, but a great big natural yawn. Stretch as a cat stretches. Sitting in a straigh chair or lying flat on the back, gradually energize the whole body, stretching to the top of the head to the end of the toes, and to the finger tips, at the same time opening the mouth wide, drawing in a great big long breath, filling the lungs full, getting a splendid sense of freedom; then relax and feel the perfect rest of letting go.

Repeat several times. And then repeat at least once each day of life hereafter. We can stretch and yawn away more small troubles in a minute than we can argue out of mind in a week.—Mrs. La Follette in La Follett's Magazine.

THE GOMPERS-MITCHELL-MORRISON CASE.

When judges administer the law, their decrees, though manifestly erronous, should be respectfully obeyed. This is necessary to good order. But if judges usurp authority, their lawless edicts should be ignored. This is necessary to the preservation of liberty.

For that reason, Samuel Gompers, John Mitchell and Frank Morrison—executive officers of the Am. Fed. of Labor and editors of "The American Federationist"—are worthy of all commendation for having ignored a judge's injunction which assumed to control their public utterances. They stand in this respect, not as labor leaders merely, but as editors and American citizens jealous of their fundamental rights of editorship and citizenship. By ignoring an injunction destructive of their constitutional rigt to print and publish upon responsibility only for abuse of the right, and solely to a jury, they have been vindicating constitutional guarantees of the first importance. The fact that it is a judge instead of an executive whom they have thereby disobeyed makes no difference. Judges may be tyrants, too; and it is as true of them when they usurp power, as it is of every other kind of tyrant, that disobedience to a tyrant is obedience to he law.—Louis F. Post in the Public.

WHY CONGRESS HATES ROOSEVELT.

The New York Evening Post summarizes the reasons why congress shows such intense hatred of Roosevelt as follows:

"It is in a word that Congress does not believe in President Roosevelt's moral sincerity. It thinks him hypocritical. He has lectured it and the country on truthfulness, yet nine out of ten Congressmen believe Mr. Roosevelt himself to be habitually untruthful. He has posed as a champion of fair play, yet Congressmen believe him to fight foul. They picture him as living in and delighting in an atmosphere of suspicion, intrigue and calumny.

His talk of the square deal they scoff at as sheer pretense. They say that he protects favorites, such as Paul Morton and the Steel Corporation, while furiously prosecuting his enemies or those whom he thinks he can make political capital by attacking. In short, Congress is thoroughly convinced that all the superior moral exhortation which it has had from President Roosevelt has come from a man who allows in himself the thing he condemns in others."

SPECIAL LINCOLN STAMP.

In commemoration of the 100th anniversary of the birth of Abraham Lincoln, the House of Congress, last Wednesday authorized the postmaster general to issue a special Lincoln postage stamp of the denomination of 6 cents. This stamp will be placed on sale at all postal stations in the near future.

OLD FRIENDS.

Make new friends, but keep the old:
Those are silver, these are gold.
New made friendships, like new wine,
Age will mellow and refine.
Friendships that the test have stood
Time and change, are strong and good.
Brow may wrinkle, hair turn gray,
Friendship never wears away.
For tried old friends kind memories throng
We once more our early song.
But alas! old friends must part
New friends must take their place.
Then cherish friendship in your heart
New is good, but old is best
Make new friends, but keep the old
Those are silver, these are gold.

THE RIVER OF DREAMS.

The river of dreams an unseen river
By a secret that no one knows;
But the soul lives on while the dreams flow
Through the garden bright or the desert brown;
And I think sometimes that our life
seems
To be more than half made up of dreams
For its changing sights and its passing scenes
And its morning hopes and its midnight fears
Are left behind with the vanished years.
Onward, with ceaseless motion,
The life stream flows to the ocean,
And we follow the tide, awake or asleep,
Till we see the dawn of love's great deep.
Then the bar at the harbor mouth is crossed
And the river of dreams in the sea is lost
--Henry Van Dyke

DEPARTMENT ON TUBERCULOSIS BOARD OF CONTROL OF STATE INSTITUTIONS.

Eradication of Tuberculosis. Trained Health Officers Essential. Diagnosis Must be Early.

Des Moines, January 15—Though very much has been done to educate the people of our state with reference to tuberculosis as a preventable disease, yet but desultory and feeble effort has been made along preventive lines. Much has been said and written concerning the control and final eradication of tuberculosis which has been inspired by but superficial investigation. Tuberculosis is a disease of the masses and any method to combat it must incorporate a reformation of our present social conditions. Tuberculosis is a result of conditions in modern life which weaken physical resistance of the human body and prepare a fertile field for the cultivation of the seeds of disease and death. Some of the devitalizing influences in modern society which must be reckoned with are: overcrowding in centers of population due to increased cost of living, overwork, and underfeeding—especially in mothers and children—unsanitary, illventilated and unwholesome houses, insufficient clothing, and dissipation. Poverty and want induce this disease with reckless abandon.

That the education of the masses on the transmissable character of tuberculosis is an exceedingly important thing cannot be doubted. It is preliminary and necessary to any well defined action. It is, metaphorically speaking, the marshalling and massing of fighting forces in aggressive combat against the disease. But it little matters what a splendid army we may have at our command, if we do not crush the enemy in his stronghold. We may in a desultory way here and there win an occasional victory, but so long as society tolerates conditions as they are today, tuberculosis will recruit its forces indefinitely. Any scheme of combat therefore which does not involve social reformation must in the very nature of things prove abortive.

As a step preliminary to the final eradication of tuberculosis, registration of all persons suffering from this disease, is believed to be the most important. Such registration in no wise contemplates the publicity of the name or residence of afflicted persons. Indeed health officers alone would have charge of such records and the records would never be open to public inspection under severe penalty. Both Maryland and New York have such laws which have proven valuable and efficient. It is not argued here that laws applicable to those eastern states would be available for Iowa, but the necessity for the control of our tuberculosis population cannot be a subject of serious debate.

Such a registration law would operate to change the social conditions which now perpetuate tuberculosis; it would establish visiting nurses "associations and day camps; it would build retreats and sanatoriums and care for the consumptive "at the right time, in the right place and in the right way," thus robbing this disease of much of its terror.

Moreover such registration would secure the early recognition of this disease. It would bring to the task health officers especially trained in the pathological changes of early tuberculosis; men skilled in the technique of diagnosis and treatment; men with a broad general understanding of scientific and efficient methods; men of culture, sympathy, honor, and good judgment.

In the treatment of tuberculosis the method must originate with the physician, but in any event if the consumptive is to get well he must have the knowledge and experience of a well trained physician. At this time early detection, registration, and hospitalization of tuberculosis seems to be the trio most potential in its eradication.

MINKLER RE-APPOINTED.

F. L. Minkler was reappointed steward at the Delaware county farm by the board of supervisors, at a meeting of that body held Tuesday afternoon. Mr. Minkler has been an efficient and painstaking officer and the action of the board meets with the approval of the people.

RAILWAY TEMPTS NORTHERNER.

"No, there is nothing new this morning," said H. G. Pierce, city passenger and ticket agent of the Illinois Central at the local depot, last Wednesday morning, "but I have just received a number of circulars and reading matter from the general offices at Chicago.

"Here is one about Mexico, the tourists' wonderland. This country may be reached via New Orleans and the Central, the Southern Pacific and the National Lines of Mexico. Through tickets to Mexico City admit of stopover privileges at New Orleans. The round-trip rate from Chicago is $89.95, and a ticket is good for nine months.

"Our company offers service to Panama and Central America. We also carry passengers by way of New Orleans to Fruita from thence by the United Fruit Steamship lines to destination. A good trip to Cuba is usually pretty so that we offer a choice of routes via New Orleans or Key, either via New Orleans or Tampa point. California is a season. A popular beginning for this winter go by many people would be to City and then out of the Crescent City, Oklahoma and west through Texas to Los Angeles, Pasadena and finally they then return via San Francisco. A northern point up in Canada or some via Minneapolis. The Washington and ducted excursion sleeping cars on Central and Union and Southern Pacific lines are a great accommodation. The rate is just half for sleeping than it would be in a Pullman. These cars are upholstered in rattan furnishings, and are fitted with cooking devices, making it possible for a traveler to prepare his own meals if he desires. The Illinois Central offers splendid service on its southern lines and our business to New Orleans for Mardi Gras is growing each year."

FREIGHT CAR SERVICE.

On account of the commencement of immigration traffic to the west and other parts of the country, railroads are rushing freight cars to their various divisions to supply the increased demand. While accommodations are frequently denied shippers, yet for the most part, the railways are able to furnish satisfactory service. Box cars are more scarce than those in which stock are hauled. The 36-foot car is oftentimes more desirable than the 33-foot car. The Milwaukee and Great Western reported last week a scarcity in freight rolling stock, while the Illinois Central was able to supply its patrons and admitted that box cars were "a drug on the market." The Illinois Central has been sending empties to its western and northern divisions in rapid succession, which would signify that the demand is about to begin.

MILITARY DRILLS IN COLLEGES

The government assigns to each of nearly one hundred colleges in the United States an officer, active or retired, from the regular army, to conduct the cadet corps drills and rifle practices. It also makes appropriations for supplies and ammunition. Reports indicate that military training in the various colleges is making no progress. A lack of discipline is noticed by the inspectors, and no provision is made for rifle range practice. The state papers have taken the matter up, and declares that instead of foot ball teams and fraternities, the High schools should have their cadet corps and be instructed in marching movements and military tactics.

CHURCH TRIAL AT TAMA.

Charges have been preferred against Rev. J. B. Wyatt of Kenwood Park, a well known minister in the Upper Iowa conference of the Methodist Episcopal church. The hearing was made Thursday at Tama before Dr. W. F. Pitner, superintendent of the Marshalltown district, and formerly pastor of the Methodist church at Manchester. Three ministers allege that Rev. Mr. Wyatt did not pay his just debts, and among these making the charge was Rev. C. W. Rogers of Strawberry Point. Rev. H. O. Pratt of Tama, also a former pastor of the church in this city, was one of the jurors before whom the trial was heard.

BOSTON DISLIKES THE COMIC.

The decision of the Boston Herald to abandon its comic supplement published with the Sunday issue, renews the discussion of this journalistic policy. The paper explains editorially that "a great newspaper no longer needs a clown" and states that the comic supplements have ceased to be comic. "They have become as vulgar in design as they are tawdy in color. There is no longer any semblence of art in them, and if there are any ideas, they are low and descending lower" adds the Herald.

ONE ON PAT.

The Independence Conservative is authority for this story: Martin Sheeley, a popular Illinois Central brakeman, tells of the following conversation between two Irish section hands at a station between Manchester and Waterloo. They were in a car house during the noon hour and engaged in a friendly game of poker. Pat drew a card. Mike said: "Yeze drew a spade." "How the divil d'ye know it was a spade?" asked Pat. "Because I saw ye spit on yer hands whin yeze picked it up," replied Mike.

CATTLE AND HOG SHIPMENTS.

The past week was one of more than ordinary liveliness in local stock shipments. The top prices at which cattle and hogs were selling and being bought were taken advantage of by the Delaware county shippers, several of whom are in receipt of a snug sum on that account. W. V. Childs shipped a car load of cattle and one of hogs to the Chicago market Thursday. Clarence Hillier dispcsed of a car load of cattle, and M. I. B. Richmond shipped two cars during the week.

ANTI-PROFANITY MOVEMENT.

A conductor on the Great Northern railway has organized a non-swearing club, and the membership now exceeds six hundred trainmen. The promoter uses his profession as a means of gaining new members, by distributing cards among the passengers on the trains which he is in charge. "If men of this stamp can operate for the moral effects upon the community along one line and do good, what is to hinder organizations of similar character being formed and result in great service to the human family," says the Estherville Democrat.

THE SECOND EMPIRE.

Two Picturesque Episodes in a Period of Unrest.

Walking about the streets, riding on buses, junketing up and down the river in steamboats, I was profoundly struck by the unrest among the people, their intense hatred of emperor and empress. One day I caught a glimpse of Rochefort, carried aloft on the shoulders of a mob of student roughing the Boulevard Saint Michel. I never saw a man looking so helpless, frightened as did the founder of La Lanterne, then in its prime. Where he feared the police or a fate I do not know, but his terror was abject.

In the summer time the emperor paid a visit to Beauvais. On the chance of getting material for an article acceptable in London I journeyed thither with Seth Peat, who went down as representative of the Morning Star. The prince imperial accompanied the emperor, who drove through living lanes of people streaming from the roadway to the open windows of the topmost chamber. They came to see, but they would not remain to cheer. The occasion was the presentation of prizes gained at the local Lycee. The head prize was never delivered, the winner, a lad of fourteen, declining to accept it from the hand of the hated emperor.—H. W. Lucy in Cornhill Magazine.

ADJUSTED HIS CANE.

Then the Man From Berlin Explained Why He Did It.

A man stood before a shop window with his cane sticking out from under his arm. A stout, blond gentleman in passing struck the cane smartly with his own, restoring it from its obstructive horizontal position to the proper vertical one.

"Say, what's the matter with you? You're the freshest guy I ever saw. Are you looking for trouble?"

Thus said the man whose cane had been tapped. But he who had tapped it, speaking with a German accent, answered gently:

"Why, sir, I did nothing but restore your cane to its right inclination. Absently you were holding it under your arm. It was jabbing people in the breast, the back, even the eye, and yet you meant no harm.

"Well, I stopped that nuisance which you were unconsciously committing. In Berlin it is the custom always to stop it so. And no one takes offense. On the contrary, in Berlin the correction is received with a smile and a word of thanks. Isn't it so here?"

"No, it isn't," said the other, "but it should be. I thank you, sir, myself, and I apologize."—New York Press.

Shop.

"Well, well, well! Is this Bill Snooper?"

"Yes, and this is—let me see—can this be my old friend Tom Grigson?"

"That's who it is. I haven't seen you for—for"—

"Twenty-seven years."

"That's right. Twenty-seven years! Well, well! What are you doing now, Bill?"

"I'm a traveling evangelist. Are you a member of any church, Tom?"

"Not yet. I'm a life insurance solicitor. I represent the best company in the world. Carrying all the insurance you want, Bill?"—Chicago Tribune.

The Cheapest Sport.

Falconry is about the cheapest sport in existence, so there is no reason why the workingman should not enjoy it—that is, when there is common land. It is also the most humane blood sport. The pursued has always the advantage. Then, when the end does come, how often death is instantaneous. There is, too, no escaping with an ugly wound. If escape at all is effected the quarry gets away unharmed.—Fry's Magazine.

Recognizing His Limitations.

Cholly—Let me see—what's that quotation about a nod being as good as a wink and so forth? Freddy—Why—er—I can't think— Cholly—Oh, I know that. I'm asking you to try to remember.—Chicago Tribune.

Too Inquisitive.

Magistrate—Why did you strike the telegraph operator? Prisoner—It wuz like this, yer honor. I give him a message to send to me gal, an' the feller started to read it. Then I swiped him.—London Telegraph.

The Honest Man.

Nearly every man in the crowd looks as if he were trying not to blush with modesty when some one observes that an honest man is the noblest work of God.—Ohio State Journal.

Refinement which carries us away from our fellow men is not God's refinement.—Beecher.

A BIG
SPECIAL SALE
-- OF --
" BEDROOM FURNITURE "
We are making Special Prices on Bedroom Furniture
Suits, Dressers,
Dressing Tables,
Commodes, Beds
IN OAK, MAHOGANY and BIRDS-EYE MAPLE.
Quality—with with the right price, of course—is our watchword. The following are some of the features that help to make our quality:
Accurate Construction, Good Fitting and Easy Running Drawers, Proper Finish Throughout, First-class Trimmings.
We might say more, but if you will kindly give us an opportunity, we will show you.
BROWN, The Furniture Man
Sells Cedarine Furniture Polish.

New Feed and Coal Store.
We have opened a Feed and Coal establishment in the Boardway building on lower Franklin street. We have purchased the coal business of C. H. Parker, and are prepared to supply your wants with all kinds of
HARD AND SOFT COAL
at lowest possible prices. We also carry a full line of Mill Feed, Chicken Feed, Lime, Cement and Plaster. Try some of our "BEN HUR" FLOUR. Every sack guaranteed. Call and see us. We solicit a share of your patronage.
GEO. E. PACKER
TELEPHONE 171

Established 1867. Been here 41 years.
Delaware County State Bank
Manchester, Iowa.
Doing a Commercial and Savings Business.
OFFICERS AND DIRECTORS
Wm. C. Cawley, President. R. W. Tirrill, Vice President.
Chas. J. Seeds, Cashier. C. W. Keagy, Asst. Cashier.
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CAPITAL, $100,000 SURPLUS AND PROFITS, $25,000
Your business solicited on a strictly business basis.

The Hockaday Lumber Company
DEALERS IN
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POSTS, WOOD, ETC.
GAY STREET, MANCHESTER, IOWA.

Farmers, Take Notice.
Having installed a Grist Mill, I am prepared to do custom grinding at reasonable prices. Can grind your grist while you do your trading. Bring in your grist, any amount from one bushel up, to the Corner Feed Store, west of Court House.
Phone 113. C. H. PARKER.

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EXCELSIOR OINTMENT
TRIED--SURE--VALUABLE
A reliable application for Cuts, Sores, and Bruises. Made and sold only by
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