

Old-fashioned Training

Its Strong and Weak Points.

The strong point of the old-fashioned training was the stress laid upon morality and virtue. "Be good and you'll be happy," was the common precept set before the growing child. But as the girl grew up to maidenhood she was often sorely puzzled to reconcile those past teachings with her present condition. She was good. Her soul was pure as the lilies of her garden. Her heart was undefiled. And yet she was desperately unhappy by reason of physical ailments common to women.

This was the weak side of old-fashioned training: It ignored the



needs and requirements of the body. All its effort was to guide the heart and mind. The body might stumble along anyhow, and it generally did.

Many a sweet-faced, modest-minded young girl has had her first doubts of the goodness of Providence come in through the door of physical suffering. "Why must I suffer in this way?" she asks. "Why does my back ache, my head throb and my side pain, so that I am fain to creep away into a darkened room and forgo the pleasures which belong to my season of life?"

NO ANSWER COMES

as a rule to these questions. The young woman looks around and sees scores of similar sufferers. She is told it is a part of the burden laid upon women, and she shapes her shoulders to her heavy load. This is all a mistake. Proper training, proper physical care would many times prevent these miserable conditions. But in any case, however distressing the present condition, it can be cured by the use of Dr. Pierce's Favorite Prescription, if it is a disease curable by medicine.

"I write a few lines to thank you for your advice and grand remedies, to which I owe my health, and perhaps my life," says Miss Flora I. Greer, of 107 Howe Street, Akron, Ohio. "My trouble started during my childhood, but did not prove serious until 1893, when I met with an accident caused by a horse running away. From that time I did not see a well day. I suffered at every monthly period with terrible headache, irritation of the spine and pains in my heels so I could not bear them resting on the softest pillow. What I suffered never could be described. I had soreness through my hips and ovaries all the time and constant backache. Was afraid to be alone, imagined that every one hated me, and everything looked like a mountain. One doctor would tell me one thing and another would say something altogether different, but they only relieved me. I then wrote you in April,

1899, through the advice of a neighbor, and followed your advice from April to July. I took five bottles of Doctor Pierce's Favorite Prescription, and four of Golden Medical Discovery and five vials of 'Pellets.' Have not had a single symptom of my old trouble so far. Can sleep good nights, work hard, and can eat solid and substantial food without distress. There are several of my friends taking your medicines with the best results since they have seen how they helped me.

"If any one wishes to know more of my case and will enclose a stamp I will answer any question they wish to ask."

HEALTH FOR WOMEN.

The use of Dr. Pierce's Favorite Prescription has brought health to thousands of hopeless women. If you are sick it will almost surely bring health to you. In all the hundreds of thousands who have used 'Favorite Prescription' for womanly ills, only two have failed of a perfect and permanent cure. And even these two in every hundred have benefited, their pains eased, their burdens lightened, their lives made happier.

Dr. Pierce's Favorite Prescription establishes regularity, dries encumbering and unhealthy humors, drains inflammation and ulceration and cures female weakness.

From the first change of life, when the girl becomes a woman to the last change of life it is a "Godsend to women" as a preservative of health and a cure for womanly ills.

"Your letter just received," writes Miss Rose Killefer, of 43 West Sharpnack St., Germantown, Philadelphia, Pa. "Words fail to express how thankful I am to you for your advice. I must confess that for the length of time I have been using your medicine I have found it to be the most wonderful and best remedy for female troubles that I ever have tried. Sorry I did not know of your 'Favorite Prescription' years ago, but will gladly tell my friend who are suffering of your wonderful medicine."

There is no alcohol in 'Favorite Prescription' and it is entirely free from opium, cocaine and all other narcotics. Sick and ailing women are invited to consult Dr. Pierce, by letter, free. All correspondence held as sacred and womanly confidences guarded by the same strict professional privacy which is observed in the personal consultations of Dr. Pierce and his staff (numbered nearly a score of physicians) at the Invalids' Hotel and Surgical Institute, Buffalo, N. Y. Address: Dr. R. V. Pierce, Buffalo, N. Y.

It sometimes happens that the dealer tempted by the little more profit paid for less successful preparations, tries to press a substitute upon the customer, claiming that "it is just as good as Pierce's." It is well to remember at such a time, that the claims of superiority made for Dr. Pierce's Favorite Prescription do not rest on mere words, but upon cures. Thousands of weak women made strong and sick women made well testify to its superiority over other put-up medicines for women.

THE BIBLE OF THE BODY.

is a title which has been aptly applied to Dr. Pierce's Common Sense Medical Adviser. In plain English it points the way to womanly health and happiness, and fully discusses and illuminates those great and grave questions which involve the well-being of women. This great work, containing 1008 large pages, and over seven hundred illustrations, is sent free on receipt of stamps to pay expense of mailing only. For the volume bound in durable cloth send 31 one-cent stamps, or only 21 stamps for the book in paper-covers. Address: Dr. R. V. Pierce, Buffalo, N. Y.

Six O'Clock Dinner.

On Saturday evening the home of Mrs. Jennie Cook on Superior street, was the scene of another of these elegant social functions, for which the society ladies of our town are noted. When Mrs. Cook entertained a number of her friends at an elaborate four-course dinner.

The rooms of the home were lighted by numerous lamps of antique pattern, whose astral shades softened and mellowed the light delightfully. The parlors were resplendent with yellow chrysantheums. The appointments of the dining table were crystal and white from exquisite lace center-piece with its cut glass epergne of white flowers to the snowy chrysantheum and the place card found at each guest's napkin. Covers were laid for twelve, the company being exactly the same as that which gathered around the table of Mrs. O. W. McGovern the preceding evening.

Miss Nellie McGovern and Miss Mabel Cook assisted in the dining room; Miss Nellie was a dainty white gown with pink ribbon and Miss Mabel was gowned in a red silk accordion pleated frock. The menu was sumptuous and excellent, and the guests were a couple of hours at table. After repairing to the parlors, some of the guests engaged in a game of high five, but before long the sound of hilarity and brilliant conversation among the ladies proved irresistible and all joined in having a jolly social time.

Each guest present will long remember Mrs. Cook's special talent as a genial and delightful hostess. The guests of honor were Miss Bolbrook of Onawa, and Mr. and Mrs. Coombs of Springfield, Mo.

Had a Good Time.

A J. Snell wanted to attend a party but was afraid to do so on account of pains in his stomach, which he feared would grow worse. He says, "I was telling my troubles to a lady friend, who said: Chamberlain's Colic, Cholera and Diarrhoea Remedy will put you in condition for the party." I bought a bottle and take pleasure in stating that two doses cured me and enabled me to have a good time at the party. Mr. Snell is a resident of Sumner Hill, N. Y. This remedy is for sale by Elliott & Harvey. d31

The petition for saloons in Mo Valley it is given out will carry, the people of that city being very tired of the present prohibition that does not prohibit. Should the required 80 per cent of the voters sign the petition the Mayor and Council promise to enforce the law, but at present they are powerless because of jurisdiction no license being issued. Woodbine Twiner.

Mrs. F. A. La Breck and Miss May Finley Sundayed in Council Bluffs the guests of Mrs. Louis Patterson.

Miss Edith Holbrook of Onawa, is spending a few days here the guest of Mrs. C. W. McGovern.

Mrs. N. E. Sage is spending a few days in this city visiting her parents, Mr. and Mrs. Eli Watkins.

Mrs. Mary Heath, who has been visiting here the guest of the A. A. Health family for the past few days, departed this afternoon for her home in Omaha. She was accompanied home by Miss Mabel Heath, who will spend a few days there as her guest.

Gymnasium Benefit.

For the purpose of providing funds to defray the expense of putting in a new shower bath at the Physical Culture Association's Club Rooms, a grand benefit will be given in the Club rooms Monday evening, December 23d. From the list of participants now booked, the affair promises to be the most successful yet given here. In addition to a large list of local athletes there will be entries from both Denison and Omaha and all are now actively engaged in preparing for the event. The affair will be given under the direction of Prof. Eddie Robinson, who will leave nothing undone to make the affair a great success.

COUGHS AND COLDS IN CHILDREN

Recommendation of a Well Known Chicago Physician.

I use and prescribe Chamberlain's Cough Remedy for almost all obstinate, restricted coughs, with direct results. I prescribe it to children of all ages. Am glad to recommend it to all in need and seeking relief from colds and coughs and bronchial affections. It is non-narcotic and safe in the hands of the most unprofessional. A universal panacea for all mankind Mrs. Mary R. Melendy, M. D., Ph. D., Chicago, Ill. This remedy is for sale by Elliott & Harvey. d31

Early Morning Blaze.

The fire apparatus was called out early yesterday morning by an alarm of fire rung in from North Third street. In burning a small quantity of hay and rubbish around the Ivar Bolin home, those attending the fire allowed it to get beyond their control. The flames soon communicated to a haystack near Mr. Bolin's barn, and soon a lively blaze was in progress. The fire was extinguished without any material loss.

A Good Cough Medicine.

From the Gazette, Toowoomba, Australia. I find Chamberlain's Cough Remedy is an excellent medicine. I have been suffering from a severe cough for the last two months, and it has effected a cure. I have great pleasure in recommending it—W. C. Wockner. This is the opinion of one of our oldest and most respected residents, and has been voluntarily given in good faith that others may try the remedy and be benefited, as was Mr. Wockner. This remedy is sold by Elliott & Harvey. d31

Protracted Meetings.

During the month of January, Rev. W. L. Douglas will conduct special meetings at the First M. E. church. There will be preaching services every evening during the month, Saturday excepted. Services will commence promptly at 7:30; preaching services at 8:00. Dismissal promptly at 9:15.

The Peoples Store

IS HEADQUARTERS FOR

Holiday Goods.

This is only a Part of our DOLL FAMILY

The fact is we have them in all sizes, colors and nationalities. We have a pretty kid body doll that closes her eyes when she goes to sleep, only 25c. And can sell you her larger sisters for 35c, 50c, 75c, \$1, \$1.25, \$1.50, \$2. Dressed dolls we have in endless variety at prices from 5c to \$3.50. If you need extra doll arms, bodies or heads we can supply you at

The Peoples Store

Recalls the Days of Long Ago

R. Newton this morning received a memento that quite vividly recalls to his mind the days of long ago, when as station agent for the S. C. & P. at Liver St. he sold tickets, checked baggage, sent messages, and acted as general utility man for the Company, while the Indians from the nearby reservations on the outside howled their disapproval of the white man's advance. The memento was in the form of a weekly balance sheet showing the total transactions for the week. The balance sheet bears the date January 7th, 1892, and shows the total ticket sales for the seven days preceding amounted to \$38.55, while the total freight charges collected amounted to \$24.50. If the faded slip could relate its story it would tell an interesting tale.

Manual Training in the Public Schools

Complying with the request of the State Labor Commissioner, Supt. A. B. Warner of the Missouri Valley Public Schools, reported as follows regarding the instruction of students in the mechanical arts in the schools of this city: "We have no facilities for shop work of any kind; but we are emphasizing more each year the many school occupations that involve hand work and that bring into play the constructive faculties. Thus, we have drawing, clay modeling, paper cutting, stick laying, wiring, some sewing in primary grades, a bit of whittling, and much measuring, handling and comparing of objects. To these we are adding a little work in water colors. Most of our pupils are familiar with many phases of railroad construction and operation. The railroad machine shops here are quite extensive, and nearly all our families are represented among the laborers there or in some other form of railroad service. Many of our boys go to the shops to work as soon as they are old enough. I am satisfied that the introduction of bench work for boys and girls and sewing, cooking, and other forms of domestic art for others, would strengthen our educational work and make it of far greater worth to many of our people. That is, I believe, we would get better intellectual and moral results in many cases through a larger dependence upon manual activities. The cost of introducing and maintaining such courses is all that postpones it here."

Death of John A. Earnest.

Death comes to great and small, and sometimes very suddenly, as in this case. Mr. Earnest had been in declining health for some time, and on last Sunday evening about 5 o'clock, while attending to his chores about the place he was attacked with a paralytic stroke and was carried in to his home, but never regained consciousness, dying about 6:30 p. m. The deceased lived on his home farm about six miles N. E. of this city, where he has lived for many years, being an early settler of this county. Aged about 51 years. He leaves a wife and six children to mourn his death. Funeral services will be conducted tomorrow forenoon at his late home, Services at 10 a. m. Burial in Magnolia cemetery.

Chamberlain's Stomach and Liver Tablets.

Try them When you feel dull after eating. When you have no appetite. When you have a bad taste in the mouth. When your liver is torpid. When your bowels are constipated. When you have a headache. When you feel bilious. They will improve your appetite, cleanse and invigorate your stomach and invigorate your bowels. For sale by Elliott & Harvey. d31

Death of Conductor Walling.

Tom H. Walling, one of the oldest and most popular conductors on the Northwestern road, passed away Saturday afternoon while being brought to Boone from the hospital at Clarinda. Last summer Mr. Walling's mind began to fail him, and a few weeks ago it was decided to send him to the state hospital at Clarinda, but the physicians there gave his friends no hope for his recovery. Saturday morning word reached the city that he could not live and was being brought to Boone. The Northwestern sent a special car for him, but his life passed out before the train reached Boone. Many friends were at the depot to show their respect for the departed one. Mr. Walling was with the Northwestern road when it was built through this part of the state. For many years he had charge of the company's coal yards at Moin-gona, and later had charge of the "pushers" on the Moin-gona hills. Of late years he has been a passenger conductor and among the entire force there was none more generally esteemed, and his death has brought sorrow to hundreds of railroad men.

CASTORIA.

The Kind You Have Always Bought

Bears the Signature of

W. L. DORR

At all Reliable Grocers

NEVER SOLD IN BULK

ROOSEVELT'S FIRST MESSAGE.

The president's opinions and recommendations will evoke criticism in many quarters—criticism that will not be wholly limited to party lines. He will make converts as well as lose support. Criticized the message may be; opposed many of his recommendations undoubtedly will be; controversy will be provoked, but whatever else may be its fate the message cannot be ignored.—Boston Transcript.

Departing from the mere routine working of the government, he has addressed himself to the issues uppermost in the minds of men. On all he speaks with weight and moment. On some the president's utterances will crystallize public sentiment.—Philadelphia Press.

As a whole the message does the president much credit. Under all the circumstances its lack of the sensational element is a point in its favor. We think that those who have been wont to regard President Roosevelt as a wild and unruly radical, devoid of political sense and prudence, will find much in this message that will open their eyes to his real character.—Indianapolis News.

It cannot be denied that a broad American and national spirit, a lofty patriotism, a high conception of the duties and responsibilities of his office and a sympathetic knowledge of the country's needs permeates the paper.—Birmingham, Ala. News.

It is a formidable state document, but it is readable throughout. President Roosevelt has a very good style of writing, forceful and trenchant, and his message is made long not because of garrulousness, but because he has so many subjects of importance to discuss. The message is thoroughly American. It departs altogether from the stereotyped form and one looks in vain for the ordinary arrangements of topics.—Philadelphia Ledger.

It is a paper that will be read with more than the usual interest in such documents. And it is not able for boldness of suggestion on all questions it is commendable for courageous frankness on grounds over which the mere politician is apt to skip lightly.—Washington Post.

The message is diffuse and somewhat shorn of strength by certain extravagance of statement, but it is unconventional and noteworthy for its grasp of domestic affairs and its wealth of recommendation. It could have been pruned and shortened with great advantage, but it would not have been less characteristic.—Philadelphia Record.

President Roosevelt's message, following the significant caucus developments attending upon the assembling of a congress in which the republican party has a large majority, further confirms the belief that no genuinely remedial action towards the regulating of the trusts and the revision of the tariff may be expected in the near future.—St. Louis Republic.

Throughout the message the new president's zeal for the merit system shines conspicuously. This feature of the message cannot be pleasing to the politicians who found Mr. McKinley so complainant, but it should please the American people mightily.—Hartford, Conn. Times.

It is a state document for which no citizen need apologize—a virile, common-sense message from a man who obviously means all he has said, and perhaps a little more.—Detroit Free Press.

It is unlike any previous message from an American president, and that is because perhaps it is all his message. It is like the Cleveland leader.

Two Chinese are dead and two mortally wounded lie at the San Francisco receiving hospital as the result of two murderous attacks in Chinatown. Both affairs were culminations of long-standing feuds between rival high-binder associations.

ROADS TEACH MANNERS.

Fast Train Service is Becoming a Finishing School.

Officials Demand That Employees on Flyers Be Chesterfields.

Rules Are Also Becoming More Voluminous Yearly.

Besides the precautions taken by the officials of the big roads to insure the safety of the fast trains the trainmen who pilot the flyers will soon be Chesterfields so far as manners are concerned. The officers are insisting that the men who care for the passengers on these fast trains be not only polite, but polished.

While the fast train service is rapidly becoming a finishing school for the men actively employed, the rules that hedge it about are also increasing. An illustration of this is the operation of a limited train recently put in service on a transcontinental line between Chicago and San Francisco.

Officers of this road have issued a little booklet entitled "Joint Instructions to Agents and Conductors in Regard to the California Limited." These books have no illuminated covers, no surfeit of adjectives nor half-tone pictures. They are not intended for the public eye, being for the exclusive guidance of the employees. Among other things it contains the following instructions to conductors:

The following transportations may be honored: First-class tickets, limited or unlimited, coin, excursion, round trip tourist, mileage, card, book, local or coupon.

United States government transportation orders, or our exchange tickets given in lieu thereof, provided they call for first class passage.

Commissioners of United States postoffice inspectors and superintendents, and of chief clerks of the railway mail service. Railway postal clerks may also be carried on presentation of their photographic commissions between points covered by same.

First class tickets issued for the transportation of corpses as baggage.

Conductors are also instructed not to honor employees' or special rate tickets, advertising transportation, mileage, second class, immigrant tickets or drovers' passes, stock contracts or tickets endorsed "Not good on limited trains."

No official of the road ranking below a trainmaster, roadmaster or master mechanic will be carried on his annual pass. In case a person without the proper transportation should board the train the conductor is instructed to carry him to the first stopping place and advise him to either purchase a first class ticket or wait for a following train on which his ticket will be honored.

GOVERNORS FARE ON PULLMANS.

If one fare has paid for and occupies an entire drawing-room alone conductors will require two first class railroad tickets. Theatrical baggage will not be carried on the limited. Personal baggage alone will be carried and the company reserves the right to forward any or all baggage on following trains.

Trainmen are not to occupy seats in the composite car nor in sleeping cars to the discomfort or crowding of passengers. They are also prohibited from smoking while on duty. When in or while passing through dining cars while meals are being served trainmen are instructed to remove their caps.

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