

"BLUE DEVILS."

Get Rid of Indigestion and Things Will Look Bright and Joyous.

Everything looks gloomy and dark to the person suffering with indigestion. Until the prescription known as Mi-o-na stomach tablets was put up in popular form as a safe and effective cure for sick headache, indigestion and stomach troubles, the "blue devils" made everything look dark, gloomy and depressing.

After a few days use of Mi-o-na the sick headache, dizzy feeling, drowsiness, bad taste in the mouth, after eating—all these symptoms of a weak stomach—will disappear, and with perfect digestion there will be a joyous and beautiful outlook.

Mi-o-na stomach tablets are sold only in a neat metal box convenient for the vest pocket and cost 50 cents. L. P. Van Werden has seen so many cures made by Mi-o-na stomach tablets that he gives a guarantee with every box that the money will be refunded if the remedy fails to give satisfaction.

PAIN

Pain in the head—pain anywhere, has its cause. Pain is congestion, pain is blood pressure—nothing else usually. At least, so says Dr. Shoop, and to prove it he has created a little pink tablet. That tablet—called Dr. Shoop's Headache Tablet—coaxes blood pressure away from pain centers. Its effect is charming, pleasingly delightful. Gentle, though safely, it surely equalizes the blood circulation.

If you have a headache, it's blood pressure. If it's painful periods with women, same cause. If you are sleepless, restless, nervous, it's blood congestion—blood pressure. That surely is a certainty, for Dr. Shoop's Headache Tablets stop it in 20 minutes, and the tablets simply distribute the unnatural blood pressure.

Bruiise your finger, and doesn't it get red, and swell, and pain you? Of course it does. It's congestion, blood pressure. You'll find it where pain is—always. It's simply Common Sense.

We sell at 25 cents, and cheerfully recommend

Dr. Shoop's Headache Tablets L. P. VAN WERDEN.

Don't Neglect It

It is a serious mistake to neglect a weak heart. It is such a short step to chronic heart disease. When you notice irregularity of action, occasional short breath, palpitation, fluttering, pain in chest or difficulty in lying on left side, your heart needs help—a strengthening tonic. There is no better remedy than Dr. Miles' Heart Cure. Its strengthening influence is felt almost at once.

"I have used 10 bottles of Dr. Miles' Heart Cure and can truthfully say it has done me more good than anything I have ever used, and I have tried nearly everything that I know of. The doctor who attended me asked me what I was taking and I told him Dr. Miles' Heart Cure, he said it was not going to do me any good, but it did. I have not taken any for a year now, and while there is occasionally a slight symptom of the old trouble, it is not enough for me to continue the use of the medicine. It should get worse I would know what to do. Take Dr. Miles' Heart Cure as I did before. I consider myself practically cured of my heart trouble."

S. H. DUNNAM, Livingston, Texas. Dr. Miles' Heart Cure is sold by your druggist, who will guarantee that this first bottle will benefit. If it fails he will refund your money. Miles Medical Co., Elkhart, Ind.

J. R. BASHAW Jeweler and Bookseller

HEADQUARTERS FOR

Jewelry Silverware Watches Clocks Chinaware Books Stationery Toys, Etc.

Remember the place

BASHAW Jeweler and Bookseller

An Interesting Western Letter.

Mrs. W. H. Howard, of this city, has received the following very interesting letter from a little friend, Genevieve Knapp, daughter of Mr. and Mrs. C. A. Knapp, former residents of this city, which we take pleasure in publishing, as it is well written for a little girl:

Lewiston, Idaho, May 3, 1907. DEAR MRS. HOWARD:—This is such a beautiful place I want to tell you about it. It is the Lewiston-Clarkston country where I live. It is located in a beautiful little valley overlooking the Snake and Clearwater rivers, which join below the bridge. Lewiston is on one side of the river while Clarkston is on the other, and they are connected by a large bridge, one mile long and cost near \$100,000. Lewiston-Clarkston is seven hundred and thirty seven feet above sea level. It is surrounded by hills over two thousand feet high, and is one of the oldest and richest towns on the Pacific coast. Ever since the gold hunters of 1861, established their winter quarters at the confluence of the Snake and Clearwater rivers this valley has grown very rapidly. They are called the "twin gateway cities." Lewiston lying in Idaho while Clarkston is in Washington, but are practically the same town.

We have a beautiful climate, and the winters are mild and in summer the nights are cool. The rain falls in the winter and early spring and then a long dry season. The valley is scented for miles around with the fragrance of the orchards which are found all over, but mostly in Clarkston. It is a very healthy place to live and many people come here for their health.

The soil is very rich and the farmers have great success at raising fruits and grains. Water from the springs is led in ditches or canals and is taken over the land where the crops are grown, by the process of irrigating, but in some places dams are built across the small streams, making reservoirs to hold the water, then the water is distributed over the fields in several different ways. A reservoir is being built here and the men, machinery and material are swarming over the work and raising the wall of the dam to a height of one hundred feet in length, three thousand eight hundred feet in length, five hundred feet thick at its widest point. Seven hundred and fifty thousand yards of material are being put into it. Men of Colorado, who have studied the famous reservoirs for a quarter of a century, are working on this dam. They say it will take two years to complete it.

Mining is also carried on extensively in this valley, gold, silver and copper are the chief minerals. But quarries of granite of a grayish color, with a wonderful high polish is found here.

This country is bounded on three sides by the white pine belt, and is known as the largest and best in the world. There is also the largest saw-mill in the world found at Potlatch.

The raising of grapes, will become one of the great industries of this valley. The net return per acre amounts to about \$475, but to estimate the expense of raising and packing of one acre at \$75 and the actual profit per acre are about \$400. We also make a considerable amount of wine. Tomatoes will net \$500 per acre if properly taken care of; dewberries will net from \$400 to \$500 per acre, while strawberries will yield from \$300 to \$600 worth per acre if well taken care of. Lettuce also sells at a profitable rate, as high as thirty cents per pound. Peaches and cherries average from \$300 to \$500 per acre, as trees are set about ninety to an acre. Nine year old cherry trees will produce about eight boxes of fruit, and you can get from 75 cents to \$1.25 per box.

The chief occupations are fruit raising and farming. Among the fruits raised are peaches, pears, apples, cherries, plums, grapes, apricots and berries. Melons, tomatoes, onions and large potatoes are grown.

We have good schools such as the Normal school, High school, public schools, a convent and parochial schools, seven churches, state supreme court, county seat, public library, hospital and good banks.

I hope this will interest you, and you will come and visit if you like to. Yours sincerely, GENEVIEVE KNAPP.

Are the Little Ones Worth Saving?

"I have found Walker's Roup and Cholera Cure a sure cure for roup and bowel trouble. We never lost one with roup when using the remedy and last year saved nearly all our little chicks by giving it for bowel trouble."

Jennie Wernitch, Andover, Mo.

Cashier Ware, of the victimized bank at Seymour, need not worry so much. Day Dunning, the Mt. Ayr banker, was freed last week by all cases against him being dismissed, and the depositors are left holding the sack. The same week a negro at Clarinda, Hurley Lanier, by name, was sentenced to twenty years in the penitentiary for stealing two hogs. Lanier's sentence was a just one, because he was a terror and had been in the pen three times before, but if he had as much money as Day Dunning would he not have gone free too, and is a hog thief more of a public menace than a bank wrecker?—Chariton Herald.

Disturbed The Congregation.

The person who disturbed the congregation last Sunday by continually coughing is requested to buy a bottle of Foley's Honey and Tar.

Bell & Robinson. We learn that Mr. and Mrs. Enos Davis, living north of Garden Grove, are planning to leave their farm and move to Osceola, Ia., where their son George has property. They will erect a dwelling near their son's residence where they will receive the best of care in their declining years. They are the oldest settlers in this part of Decatur county.—Garden Grove Express.

Coughs and colds contracted at this season of the year should have immediate attention. Bees Laxative Cough Syrup, contains Honey and Tar and is unequalled for hoarseness croup and coughs. Pleasant to take; mothers endorse it; children like to take it. Contains no opiates. Moves the bowels. Stempel & Co.

An editor is supposed to know everything, but as a rule he doesn't know anything.

HEALTH BOARD ON SPINAL MENINGITIS.

Disease Thoroughly Discussed in Bulletin.

In the May bulletin issued by the state board of health cerebrospinal meningitis is fully discussed by the following article:

"A number of cases of cerebrospinal meningitis have appeared in several portions of the state during the past month. The first reports were from Appanoose county within a few miles from the Missouri line, in which state the disease is reported to be alarmingly prevalent. Several cases were reported in the city of Des Moines and at Ankeny, some sixteen miles north. Three cases developed almost simultaneously in the same family.

"At the regular meeting of the state board of health, April 10, a committee consisting of Drs. Hanchet, Moerke, Eiker, Decker and Koto was appointed to investigate as to the true character of the disease, its mode of transmission and the most effective means to be employed to prevent a threatened epidemic.

"As the funds remaining at the disposal of the board are insufficient to defray the expenses of an extensive investigation, the executive council were appealed to in the hope that some financial assistance might be obtained; but there seems to be no available funds that can be legally used for this purpose, and although the executive council fully appreciates the serious danger of an epidemic, it is without authority to convert money for this purpose.

"After the adjournment of the April meetings, Dr. Eiker visited various points in northern Missouri, where the disease was reported to be prevalent. Upon investigation he found many cases presenting all the clinical symptoms of cerebrospinal meningitis and elicited the information that the disease was gradually spreading from numerous centers of infection.

"As the authorities had failed to realize the infective character of the disease, and consequently neglected to adopt preventative measures, it had attained a foothold in numerous localities and was rapidly assuming epidemic proportions. Numerous letters of inquiry from physicians in southern Iowa corroborate this opinion.

"On April 17, upon invitation from the attending physician, Dr. Patterson of Ankeny, Drs. Linn, Moerke, Eiker and the secretary visited the cases near that town. There were six children in the family, three boys and three girls. The former had all contracted the disease within thirty-six hours; one died on the fifth day and the two remaining were in an extremely critical condition, both exhibiting the typical symptoms of cerebrospinal meningitis. Specimens obtained from the diseased child were submitted to Professor Ross of the sub-lavatory at Drake university, who found the meningococcus present in the pus contained in the cranial cavity and also in the brain tissue. We are informed that the same germ has been found in some of the Appanoose county cases, and as this organism is the one generally recognized by pathologists as the causative agent, there is conclusive evidence that the disease is infectious cerebrospinal meningitis.

"Up to the present time science has been unable to determine the exact point of invasion or mode of transmission; but reasoning from the experience gained during the epidemics in some of the eastern states, it seems probable that the germ enters the system through the nasal membranes, eventually traversing to the coverings of the brain. As to the means by which it is transmitted we are almost entirely in the dark. Fortunately the organism appears to be of low vitality and mildly resistant to ordinary disinfectants, but its rapid invasion and invariably fatal results demand the necessity for prompt and heroic measures of suppression. In view of these facts the members of the committee appointed by the state board of health, earnestly recommend a strict

Summer School And Normal Institute LEON, IOWA, June 10---July 13, 1907. In arranging our classes for the Summer School and Normal Institute we will have in mind the special interests of the following classes of teachers: (1) Teachers preparing for second or third grade county certificates. (2) Teachers preparing for a first grade county certificates. (3) Teachers preparing for renewal of old certificates. (4) Teachers preparing for examinations in special subjects. (5) Teachers wishing to secure new methods and better ideas of presentation. Fellow Teachers! Are you not interested in one of the above classes? Very truly yours, J. W. LONG, County Superintendent.

quarantine of all premises where this disease appears of all persons and effects thereon. That public funerals of persons dying from the disease be prohibited and that the premises be thoroughly disinfected by means of formaldehyde gas before the release of quarantine. "It is further recommended that the nose and throat of all persons, especially children, exposed to the disease, be sprayed or washed every few hours with a mild antiseptic solution and that wherever the disease develops, the patient should be isolated from other members of the family. "The above recommendations will be adopted as regulations at a special meeting of the state board of health to be held in May, but pending such action, local boards are requested to adopt and enforce them as regulations of their own should the disease appear in the community. "It is probable cerebrospinal meningitis of the lower animals may prove to be identical with that of the human species. There is a marked similarity in the course of the disease, as well as in its onset and termination. "Of those attacked few survive, and it is seldom that any escape serious permanent disabilities. Wherever a case appears it should be promptly reported and quarantined, as required in other infectious diseases, and the local authorities should immediately notify the secretary of the state board of health. "We have no desire to create unnecessary alarm, but the calamities experienced by the communities where the disease has hitherto appeared cause serious apprehension, and emphasize the expediency of active suppression and preventative measures. With the possible exception of Asiatic cholera and Bubonic plague, cerebrospinal meningitis is more to be dreaded than all other infectious diseases combined, and the present uncertainty concerning its mode of transmission calls for precautionary measures broad enough to guard all possible avenues of infection."

Dr. Bone has been having a serious time with rats in his office of late where he sleeps and as a result is following Jerry Simpson's plan of going sockless. It appears that after the Dr. retires for the night although he is very careful about where he leaves his socks they come up missing in the morning. He got up the other morning and hunted his office over and over and could find no socks. He was beginning to get a little unruly when John Buehert went back to see what the trouble was. Then Dr. began a series of threats on the party who molested his clothing. John offered to go and buy him a pair but the Dr. had his shoes on without socks and left the store in rather an angry mood at some one for playing the joke, but later while cleaning up they found the socks, badly chewed by rats and hid where they could be found at some future time when they should need a sock diet. The Dr. is pushing the work on his new house and is very careful not to leave an opportunity for rats to have access to his new quarters.—Grand River Local.

Everyone knows that Spring is the season of the year when the system needs cleansing. Dade's Little Liver Pills are highly recommended. Try them. W. C. Stempel & Co.

OTTUMWA TRANSPORTATION COMPANY (INCORPORATED.) Wholesale Liquor Dealers and Distributors for the Ottumwa Brewing Company's Beer. All Orders Filled Promptly OTTUMWA, IOWA.



Something Retreshing in the form of a beverage is desired by everyone, especially in summer, but be careful what that something is. Before you take it into your system know that it is pure and wholesome, that it is free from disease germs or chemical adulterations injurious to health. Therefore when you drink, drink OTTUMWA BEER, which has stood every known test for absolute purity and healthfulness.

FOR AGENTS—AN OPPORTUNITY! "THE OLD WORLD AND ITS WAYS" BY William Jennings Bryan NOW READY FOR SOLICITORS. 576 Imperial Octavo Pages. Over 200 Superb Engravings from photographs taken by Mr. Bryan. Recounts his trip around the world and his visits to all nations. The greatest book of travel ever written. The people are waiting for it. The agent's harvest. Outfit FREE—Send fifty cents to cover mailing and handling. The Thompson Publishing Co., St. Louis, Mo.

The old fashioned way of tanning sole leather is good enough for us. Bentley & Olmsted Co., Makers. The Patton SHOE

"Patton Shoe Soles" Hemlock Tanned The new process of tanning sole leather is quicker—it costs the tanners less—but it swells the leather ("plumps" it) and loosens its fibre. The old fashioned Hemlock bark process takes more time and is more expensive—but it sets the fibre of the leather together and improves its wearing qualities. That is why only Hemlock-tanned sole leather is used for "Patton" Shoe soles. A full line of these "Patton" Shoes—from soft kid, for the tender feet of old men, to the swaggar shapes for young men—will be found in stock.

J. E. ALBAUGH'S EXCLUSIVE SHOE STORE OPPOSITE POSTOFFICE. Leon, Iowa

Don't Pay Alimony to be divorced from your appendix. There will be no occasion for it if you keep your bowels regular with Dr. King's New Life Pills. Their actions is so gentle that the appendix never has cause to make the least complaint. Guaranteed by L. P. Van Werden. Mr. Len. Craft had the misfortune to loose about \$200.00 worth of property and household effects Tuesday, when his summer kitchen and contents burned to the ground. The fire caught from the stove. About 175 little chickens were cremated, only prompt assistance of neighbors saved the home, the kitchen was tipped over and away from the main building, which was badly scorched. Mr. Craft will build an addition to the house at once.—Van Wert Record. William E. Searcy and Miss Rebecca Greene were a young couple from Decatur county who last Friday came to Osceola to avail themselves of the services of Justice T. A. Trent in uniting them as husband and wife. The ceremony was performed in the Squire's office in his usual graceful and impressive manner and the young people returned in happiness to their Decatur county home.—Osceola Democrat.

Have The Right of Way. The postmaster general has issued an order, or notice, that all mail carriers have the right-of-way on all the country roads, and that all other carriers or conveyances must surrender the right-of-way to the rural carriers. This was the rule when the mails were carried in four-horse stage coaches, and everyone had to get out of the way when the mail coach came along. It is a very serious matter for anyone to obstruct the rapid transportation of the United States mail. Get out of the road when the rural free delivery carrier comes along with Uncle Sam's mail. The only time a man wishes he were a girl, is when he sees one met by a girl friend at a train.

Piles get quick and certain relief from Dr. Shoop's Magic Ointment. Please note it is made alone for Piles, and its action is positive and certain. Itching, painful, protruding or blind piles disappear like magic by its use. Large nickel-capped glass jars 50 cents. Sold by L. P. Van Werden.

Shoe Shop! When you need any shoe repairing done the best man to do it is Tom Peniston He is located in the new shop at rear of Exchange National Bank. All work guaranteed to give satisfaction.