

Hamlin

Evangelical Church.

Sunday School 10 o'clock a. m.
 Preaching 11 o'clock a. m.
 Young People's meeting 7 o'clock p. m.
 Preaching 8 o'clock p. m.
 Prayer meeting every Wednesday 8 o'clock p. m.

J. WIRTH, Pastor.

Presbyterian Services.

OLD HAMLIN.
 Sunday School 2 o'clock p. m.
 Preaching 3 o'clock p. m.
 Christian Endeavor 8 o'clock p. m.
 Prayer Meeting at the parsonage every Wednesday night.
 LONE STAR.
 Sunday School 10 o'clock a. m.
 Preaching 11 o'clock a. m.
 Rev. J. H. MONTGOMERY, Pastor.

Just Justesen was in Audubon Tuesday on business.

A. C. Wells shipped one car of cattle to Chicago Monday.

The Kimballton Lumber Co. received a car of lumber Tuesday.

The haulers are now delivering milk every other day at the creamery.

Mrs. Lewis, of Walnut, is here visiting her parents, Mr. and Mrs. M. C. Gill.

Hans Fredericksen is having a deep well put down on his farm south of town.

There was a jolly dance Saturday night at the Henry Wells home south of town.

Station Agent Harmon was visiting his wife and son in Guthrie Center over Sunday.

John McNutt drove down near Atlantic Thursday to secure his winter supply of apples.

J. H. Jones was through town Tuesday picking up a number of one and two year old steers.

Surveyor H. S. Wattles came up from Brayton Tuesday to do some surveying out east of town.

Miss Lizzie Warner returned to her home in Atlantic Tuesday after visiting her uncle, W. H. Warner.

Hans Fredericksen sold our buyer 59 head of 350 pound hogs last week realizing \$1039.90 on the sale.

John Reed and family and visitors expect to start to Shelby county next Monday to visit friends for a week.

Miss Lorena Fair, who is teaching near Gray visited the last of the week with her sister, Mrs. Fred Heilman.

Peter Nelson shipped one car of wheat this week and one of hogs to Chicago and received one car of coal.

Rev. Wirth will fill his appointment next Sunday east of Atlantic and then every two weeks thereafter.

Mr. and Mrs. W. C. Sheets residing in the east part of the county attended services at the Evangelical church Sunday.

Miss Della Mosier of Denver left for her home Monday after a week's visit at the home of her aunt, Mrs. John Reed.

Prayer meetings are held every Wednesday evening at the different homes of the members of the Evangelical church.

Mrs. E. McElroy of Seattle, Washington, is visiting her sister, Mrs. John Reed for a couple of weeks out southeast of town.

Rasmus Hedegaard, of Kimballton, took the train Tuesday for Brayton where he has a part of his large stock of gent's furnishing goods.

A. C. Wells shipped a car of butchers' stuff to Chicago, last week and is picking up another load giving good prices for good stock.

Nels Rattenborg and wife, Chris Miller and wife, Oluf Olsen and wife and Hans Olsen were guests of J. C. Johnson and wife last Sunday.

George Paige sold our dealer a load of hogs the past week; H. G. Rice, three; Niels Mortensen, one; Jacob Jorgensen two; and W. C. Bell one load.

C. Justesen has a nice collection of oats, wheat and barley sent him from Kalispel, Montana, by his daughter, Mrs. Hansen. They were grown by irrigation.

Miss Nora McDaniels started Tuesday for Ottawa, Kansas, on a visit to her uncle, Henry Young and family. The latter formerly resided near this town.

Johnson & Carstensen sold wagons and buggies the past week to parties out in Sharon and Oakfield townships, this county, and in Clay township, Shelby county.

FARM FOR SALE—80 acres, 2 1/2 miles southwest of Hamlin, fair improvements, 20 acres grass, 2 acres timber. For sale cheap. Possession, March 1st, 1904. GEO. KYHN. 9-10 4th

Three hundred butter tubs were received by the Blue Grass Creamery Co. Board met Tuesday to settle up their September business and decide the pay of the haulers for that month.

Charley Wells and H. Akers have finished a good well for H. Wilson, northeast of town, and are now at work for Geo. Lafoy on two wells. They have work to keep them busy for some time in that neighborhood.

W. F. Moore, of Guthrie county, spoke in the Johnson & Carstensen opera building Saturday night from a republican standpoint. His remarks were preceded by short effusions delivered by D. C. Mott and Fred H. Blume.

Hamlin markets for Tuesday of this week:

Cattle; butcher's stuff 1 1/2 @ 2c, top prime steers 4 1/2; hogs 4.50 @ 4.80; wheat 55c; corn 31 1/2; oats 25 1/2; barley malting 28c; hard coal 9.50; Illinois 5.00; Centerville 4.50; creamery butter 21c; dairy 16c; eggs 17; potatoes 1.00; chicks 8 1/2; hens 7; ducks 6; turkeys 6 1/2; geese 4 1/2.

He Learned a Great Truth.
 It is said of John Wesley that he once said to Mistress Wesley: "Why do you tell that child the same thing over and over again?" "John Wesley, because once telling is not enough." It is for this same reason that you are told again and again that Chamberlain's Cough Remedy cures colds and grip; that it counteracts any tendency of these diseases to result in pneumonia, and that it is pleasant and safe to take. For sale by Nick Doffing & Co.

A Most Liberal Offer.

All our farmer readers should take advantage of the unprecedented clubbing offer we this year make, which includes with this paper the Iowa Homestead, its Special Farmers' Institute Editions and The Poultry Farmer. These three publications are the best of their class and should be in every farm home. To them we add, for local, county and general news, our own paper, and make the price of the four one year only \$1.45. Never before was so much superior reading matter offered for so small an amount of money. The three papers named, which we club with our own, are well known throughout the West, and command themselves to the reader's favorable attention upon mere mention. The Iowa Homestead is the great agricultural and live stock paper of the West. The Poultry Farmer is the most practical poultry paper for the farmer, while The Special Farmers' Institute Editions are the most practical publications for the promotion of good farming ever published. Take advantage of this great offer, as it will hold good for a short time only. Samples of these papers may be examined by calling at this office.

Room Lights.
 The difference between gas and oil lamps in the matter of vitating the air of a room is significantly indicated in the fact that florists use lamps in their greenhouses, gas never. Too frequent emphasis can hardly be put upon the necessity of airing a room thoroughly that must be slept in after having been gas lighted throughout the evening, a precaution too often neglected.

Dieting Invites Disease.

To cure Dyspepsia or indigestion it is no longer necessary to live on milk and toast. Starvation produces such weakness that the whole system becomes an easy prey to disease. Kodol Dyspepsia Cure enables the stomach and digestive organs to digest, and assimilate all of the wholesome food that one cares to eat, and is a never failing cure for indigestion, Dyspepsia and all stomach troubles. Kodol digests what you eat—makes the stomach sweet. Sold by Nick Doffing & Co., Exira, Iowa; F. H. Franklin & Co., Brayton, Iowa.



A COLLEGE PRESIDENT.

By Ability and Over Difficulties She Has Made Her Way.

Foremost among the names of the great educators of this country stands that of a woman, Dr. M. Carey Thomas, the president of Bryn Mawr college. As the leading exponent of higher education for women she has achieved a worldwide reputation. In 1895 she was elected to the board of trustees of Cornell university, the first and only time a woman has been thus honored. She was the leader of the movement to have the Johns Hopkins Medical school opened to women on the same terms with men. When the University of Pennsylvania opened its graduate department to women she was chosen to make the principal address.

Doubtless much of her enthusiasm in this cause comes from the memory of her own struggles to obtain a doctor's



DR. M. CAREY THOMAS.

degree. She was born in Baltimore about forty years ago, at a time when college education for women was practically unknown. Cornell university gave her an A. B. when she was only nineteen, but the heart of the ambitious young student was set upon obtaining a Ph. D. In pursuance of this goal she went to Leipzig, but after three years of study there her application was refused. Still undaunted, she repaired to Zurich and entered the university. In eight weeks' time she passed with the highest honors the oral examinations, made extremely difficult by the faculty because she was a woman.

On her return to this country she was made dean of the faculty of the then infant college of Bryn Mawr and cooperated with its president, Dr. Rhodes, in plans for organization. So effective was her work that on the retirement of Dr. Rhodes in 1895 she was unanimously chosen by the trustees to succeed him. It is the building up of this great college for women, with its self government and group systems which have served as models for similar institutions, and its graduate school attracting students from all parts of America, that President Thomas regards as her life monument. To this work she has given all the forces of her brilliant mind and magnetic personality, and the outcome is more than fulfilling her hopes. The new buildings which Bryn Mawr has added from time to time have always been full to overflowing, and this in spite of the fact that the standard of entrance requirement has been frequently raised.

Training of Nervous Children.

There are two types of nervous children—the active child, always on the go, inquisitive and acquisitive, but delicate as the mimosa leaf, shrinking back into itself at the first repulse or harsh word, and the pale, quiet, sensitive child, intelligent and thoughtful, but retiring. The child of the first type develops into the inventor, the active philanthropist, the promoter, the schemer, the adventurer, or the leader of criminals, according as his training has been wise or foolish. The child of the second type becomes the philosopher, the thinker, the man of letters, the poet, or the misanthrope, the sour recluse and the plotter against society and government.

One great mistake in training a nervous child is to try to strengthen the nerves by opposition. A nervous child must be guided, not driven; if afraid of the dark it must not be forced to sleep in a closed room without a glimmer of light. It should not be laughed at for its timidity, but should be gently convinced by argument of the groundlessness of its fears. At the same time its physical constitution should receive careful attention. Tonics, good, digestive food, an open air life, avoidance of long hours of study, frequent changes of air and scene are all not only serviceable, but, one might say, indispensable, in the transformation of the child of nervous disposition into the well poised man or woman.

Points on Flesh Gaining.

One woman advises one who wishes to gain flesh to follow these simple rules:

To gain flesh eat a hearty breakfast and dinner and a light luncheon. Bread, butter and stewed fruit and milk are necessary articles of diet. Let the bread be brown, or gluten loaf, and have the milk hot, but not scalded;

take some often during the day, but eat no solids between meals. Olive oil and fresh green salad and cream with baked bananas are fattening foods.

Before retiring take a warm bath to induce sleep, which aids in increasing flesh. Devote ten hours to sleep, and if possible rest for ten minutes every afternoon.

Spend one whole day in bed each month, sleeping as much of the day as possible.

The only true way to rest is to lie down in a darkened room with closed eyes and think of nothing.

Even five minutes of such rest is valuable; the muscles of the face relax, and one does not get a hard, set look, which adds many years to the appearance.

Take time to eat your meals. If you have not time to get a meal leisurely go without it, as it will injure you a quarter as much as to eat it in a hurry.

Needs Much Tact.

"In giving a small dinner," says a hostess of experience, "it requires considerable forethought to prevent husbands and wives from sitting together or even directly opposite each other. Some married people have the disconcerting habit of criticising the remarks made at social gatherings by the partners of their joys and sorrows. 'What made you say that?' or 'Why did you mention this or that?' is the not infrequent sequel to an evening abroad, and it promotes sociability to arrange things so that this kind of conjugal criticism cannot take place. With a party consisting of four married couples this is a difficult thing to do, and it is advisable therefore whenever possible to invite two married couples only, with two women and two men who are unrelated to one another. This may seem an unimportant detail, but the neglect of it is responsible for many dull dinners."

Musty Rooms.

To remove the close, "old" smell about a room it is necessary to take up the carpet or matting if there should happen to be either. The carpet should be beaten and fumigated by letting it lie on the ground for several days, removing it at night. Finally it should be covered thickly with dry salt, allowed to stay in the sun for several hours, then swept thoroughly. Before replacing scour the floor in hot water and carbolic acid. The walls, if papered, should be stripped and washed with chloride of lime. If painted scrub with carbolic acid soap. When dry have them repainted or papered. If all this is performed thoroughly there should be perfect freshness and cleanliness in place of the musty odor.

Rice Cream.

Rice cream makes a very good Sunday pudding, as it must be prepared the day before it is required. Wash two tablespoonfuls of rice in several waters and cook slowly in one pint of milk, adding more milk if necessary by degrees. Soak half an ounce of gelatin in a little water and when the rice is perfectly soft add the gelatin, with two ounces of loaf sugar. Stir till all is dissolved and mixed. Pour into a basin, flavor to taste and when cooled a little add a gill of whipped cream. Mix all together, put into a wet mold and set to cool.

An Erect Pose.

You can look taller by holding yourself erect without the least bending of the knees, which must be drawn in firmly, but not held tensely. This erectness of pose can be acquired without stiffness by practice. Draw the hips well back and throw out the chest. Carry the head high and well poised. Reach up with the right arm, as though trying to touch the ceiling, then with the left, then with both arms. This exercise lengthens the line from the waist up.

Duty of a Cheerful Face.

To wear a cheerful face when the heart is aching is not deceit. When a good housekeeper cleans the front steps and porch before she sets the house to rights she does not mean to deceive passersby. She merely shows some pride in her house and some consideration for her neighbors. We conquer our heartaches more quickly when we begin by considering the friends who are near us.

A Hand Bath.

When a woman's hands state in sign language that she is her own cook and housemaid she should try the effect of a corn meal bath. Dip the hands first in warm soapy water, then in corn meal, rubbing the meal thoroughly over them. Rinse, and it is surprising what soft, white hands will be brought to view.

Tongue on Toast.

Tongue or ham on toast is a perfect dish. Chop the tongue or ham fine, beat the yolks of two eggs, add them to the tongue or ham with one-fourth of a teaspoonful of mustard and a little cayenne pepper, stir until the eggs are cooked and serve on squares of buttered toast.

Women should take five minutes a day from work and lie flat on the back, all muscles relaxed and eyes closed. This will be found a wonderful preserver of health, beauty and strength.

Felt shoe brushes are now used by the young woman who cleans her own shoes. They are said to be superior to the old time bristle brushes.

The women's clubs in Germany exert their influence to prevent girls from serving in hotels.

A warm sponge bath will relieve nervous strain.

Ayer's

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ELK HORN, IOWA

September 21, 1903.

Undertegnede S. P. KAAE har fra dags Dato overdraget den danske uddhandel til Emma Larsen. Begrunnet paa Jeg selv reiser til Nebr.

S. P. KAAE

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