

## Professional Cards

**BERTRAM, M. D.** Physician and surgeon. Swanville, Minn. German spoken. Office in Swanville Pharmacy. Office hours: 8 to 10 a. m. 1 to 2 p. m. 6 to 8 p. m.

**M. A. FORTIER, M. D., C. M.** Graduate of Victoria University, Montreal, Canada. Surgeon to St. Gabriel's Hospital. Office hours: 9 to 10 a. m. 2 to 4 p. m. Office over Wetzel's drug store, residence at corner of First street and First ave. N. E. a.

**L. M. ROBERTS,** physician and surgeon. M. D. Philadelphia, Pa. L. P. G. C. London, England. Specialty, nose, throat and ear. Office hours: 9 to 11 a. m., 2 to 4 p. m. and 6 to 8 p. m. Telephone. Residence at Hotel Buckman. Offices in Rhodes block.

**J. G. MILL-PAUGH,** physician and surgeon. Office hours: 9 to 12 morning, 2 to 4 p. m. and 7 to 8 p. m. Residence corner Third ave. and Third St. S. E.

**O. C. TRACE, M. D.** Physician and surgeon. Surgeon to St. Gabriel's Hospital. Office hours: 9 to 11 a. m., 2 to 4 p. m. Office in Lindbergh block. Residence, South Fourth St., east of Court House, Little Falls, Minn.

**D. N. W. CHANCE,** Office over Tanner's Store. Office hours: 9 to 12 morning, 2 to 4 afternoon, 6 to 8 evening. Telephone connection, Wetzel's drug store, Little Falls, Minn.

**D. F. H. MERO,** dentist. Specialties made of Crown and Bridge work and straightening of irregular Teeth, Gas or outlander for painless extraction of teeth. Over First National Bank.

**DR. GIBSON,** dentist. Residence and office, Little Falls. Vitalized air, painless system of extracting teeth. All styles of gold and crown work. The non-breakable plate is the most natural of teeth. Office hours: 9 a. m. to 5 p. m. Rhodes block.

## FASHIONABLE Dressmaking

New parlors just started at No. 411 Second St. southeast.

First-Class Work, Prices Reasonable, Work Guaranteed.

Mrs. Homer Caillier.

## MONEY TO LOAN

We have an unlimited amount of money to loan on improved farms and city property.

FIRST NATIONAL BANK

## Mott's Nerverine Pills



The great remedy for nervous prostration and all nervous diseases of the generative organs of either sex, such as Nervous Prostration, Failure of Manhood, Impotency, Nightly Emissions, Youthful Errors, Mental Worry, excessive use of Tobacco or Opium, which lead to Consumption and Insanity. \$1.00 per box by mail; 6 boxes for \$5.00. MOTT'S CHEMICAL CO., Prop's, Cleveland, Ohio Sold at Wetzel's Pharmacy.

## William's Kidney Pills

Has no equal in diseases of the Kidneys and Urinary Organs. Have you neglected your Kidneys? Have you overworked your nervous system and caused trouble with your Kidneys and Bladder? Have you pains in the loins, side, back, groins and bladder? Have you a flabby appearance of the face, especially under the eyes? Too frequent desire pass urine? William's Kidney Pills will impart new life to the diseased organs, tone up the system and make a new man of you. By mail 50 cents per box. WILLIAMS' PINK PILLS CO., Prop's, Cleveland, O. Sold at Wetzel's Pharmacy.



**FREE** **SOLID GOLD** No express or mail to pay; we will send to your address one of these heavy **SOLID GOLD** Fancy Carved Rings, exactly like cut. Send us 45 cents in stamps or money order to cover cost of the gold in the ring. Measure finger with a wire for correct size and enclose with order. **"BOOK ON MONEY MAKING."** 122 Pages, Mailed Free. Write for it. **A. M. ROTHSCHILD & CO.,** State-st., Van COLEMAN, Jackson-st., CHICAGO.

## THE HOUSEHOLD.

**Foods One Should Eat in Summer—Making a Room Livable—Ventilating the Bedroom.**

Not cold food, but food which will generate a minimum amount of heat in the body, is the proper fare during hot weather. Instinct and common experience lead us to avoid at this season foods known to be heat producing, such as pork or other fat meat and cornmeal. The properties of fat and oil which cause them to burn readily in the air make them excellent fuel in the body. Fatmeal, which contains twice and in some cases three times as large a proportion of fat as cornmeal and four or five times as much as cracked wheat, is the least desirable of breakfast cereals for summer use. Rice has no fat, hence its value as a hot weather food.

It is not to be inferred from these facts that we need no fat in hot weather. We are likely, however, to get all that we need, if not more, in our ordinary allowance of butter, milk, cream and meat, a certain amount being mixed through even lean tissue.

The juicy fruits and vegetables abundant in summer seem intended by nature to replace in the system the water lost by excessive perspiration. For rebuilding the tissues of the body we require a constant supply of foods containing nitrogen, "flesh forming" foods, as they are commonly called. Meat is rich in this material, but is contained in larger quantities when rare than when well done. As in the case of fats, appetite guides us in this matter, making a slice of rare beef less tempting in August than in January. Fish and fowl, being less stimulating than meat, largely take its place in summer with benefit to the health of the household. Milk and eggs, peas and beans are good tissue builders, free from the undesirable qualities of meat. Where these are plenty the housekeeper need not fear that the household will suffer even if good meat should be hard to obtain.

Do not omit soup from the summer bill of fare. A slow fire is sufficient for preparing stock. The vegetables or other material to be served in it can be cooked at any time. Then over a gas or oil stove the soup may in a few minutes be made ready for the table. With a hot soup to begin with, the chief dish of the next course may well be cold meat, carefully sliced or prepared in some attractive form.

**Fan Palms and Art Work.** Beautiful wall pockets are made by weaving the slender spikes of the newly cut leaves of the fan palm into the shape desired. They are very unique, quite like the native work of the Hawaiians and South Sea Islanders. The hard wood stems of the leaves, when sawed off, make very artistic plaques. On them may be painted any scene, flowers, etc. The thorny edge must be left intact, and the plaque may be hung against the wall or otherwise displayed. The leaves, after drying, make very attractive decorations of themselves. They may also be placed in a corner or against the wall and used as photograph holders, the cards being inserted in slits made in the leaf for the purpose. A touch of gold paint here and there adds to the effect.

On strips of bark, torn from the trunk of the tree after the leaves have been removed, may be painted a side view of an Indian's face. The effect is peculiar, almost weird. The brown of the bark forms the complexion, the outlining of the features being done in black, with dashes of red for nostril and lips. The top of the strip is fringed out and a headress of feathers is simulated with paint. The long locks are also painted and strings of beads or the top of a gay blanket.—Emma Seckle Marshall in Housekeeper.

**Making a Room Livable.** In summer quarters where space is limited, at boarding house or hotel, it is possible to make a pretty sitting room out of one's bedroom with little trouble or expense. The following sketch represents a cot or iron bedstead turned into a divan sofa simply by covering the whole bed with one piece of drapery



made out of unbleached muslin and blue denim and piling up cushions stuffed with excelsior and covered with gay gingham. A little tea service, which takes up scarcely any room in one's trunk, and any small table complete the arrangement, which certainly is much prettier than the ordinary bed. Some women have the delightful knack of making a room look "livable" in an hour or so after their arrival, while others are content to exist for weeks at a time surrounded by ugliness. "I always carry a trunk with me full of cushions and rugs and tea things," said a woman who was more or less of an itinerant. "When one travels as much as I have done, one learns to be like a snail and carry one's house along."—New York Tribune.

**Bedroom Ventilation.** A lecturer upon health topics said once: "If you have not a cross circulation of air in your bedroom, it can be ventilated, or the air changed, for the time being at least, by taking the edge of one of the doors in the hand and swinging it briskly to and fro 29 or 33 times." This advice proves to be satisfactory when taken, and if any one desires the best authority for it the man who raises bees will give it, says an exchange. It is only a returning to nature's first principles. One of the important functions of some of the bees is to keep the hive ventilated, and this they do with their wings, fanning and keeping the air in motion.

## The Paris Exposition.

There has been some resentment, and naturally so, caused by the petty hostility of the French press and a considerable section of the French people growing out of our war with Spain. Not a few of our hotheads have urged as a proper act of retaliation the withdrawal of interest and co-operation in the French exposition of 1900, for which the Gallic capital is making immense preparations. This method of resentment would be quite as petty and childish as the disapproving grimaces of our French friends. Whatever feeling of annoyance we may have, such a course would scarcely comport with American dignity, which can well afford to be serenely indifferent to mere exhibitions of spite. The obligation rests on us the more as nowhere on the continent of Europe is there probably any sincere sympathy with us in view of inevitable results. We are too big to acknowledge French antipathies with more than a French shrug.

We have already mortgaged our own action as respects the Paris exposition, and other than an onward course, no matter what our feeling might be, is next to impracticable. As a question of noblesse oblige it is important to recall that in all our own expositions France has been our most varied, interesting and prolific contributor. Those artistic products which lend most attractive brilliancy to a world show of industry are peculiarly the offspring of French genius and taste, and they have been lavishly given us. We can do little less than return good for present evil, even if we regard the French people as a whole responsible and think only of the courtesies and comities of the past. Frenchmen, who are sensitive on the score of vanity, will probably feel the sting of chivalrous good nature more acutely than pouting and ill humor, and the next mood of the somewhat capricious and irresponsible Gaul is as likely as not to be one of cordial friendliness.

Much has already been done to insure a proper representation of American art and industry. Much remains to be done. Amid all the absorption of the government in war interests congress should take prompt action to give our would be exhibitors the amplest facilities. To put action off to the last moment will greatly hamper its efficiency. Whatever is done should be put on a plane beyond the suspicion of a niggardly purpose. It is mainly, too, for our own benefit that we shall participate in this as in other world fairs of the past. No finer test of the greatness of a nation can be found than in its alert and comprehensive attention to all the interests of peace in the very thick and turmoil of active war.

## Colored Militia.

The Afro-Americans of New York city have been protesting against the conditions which have prevented their proper representation in the volunteer army now fighting the battles of the country. It is to be presumed that this sentiment is common in other states among the colored citizens, and such patriotism is alike natural and gratifying. Splendid volumes of courage and self devotion are bound in black leather, and our colored friends have shown it too often to have the imprint mistaken. But as Governor Black said, in answer to the complaint of the committee on organization, he was compelled to draw exclusively on the national guard in answer to the president's call. The fact is that, there are but few colored regiments in the national guard throughout the whole country. According to the general logic of facts, this element in our population is entitled to a certain representation in the militia. There is no good reason why it should not have it. White men certainly would not oppose it to any considerable extent. As citizens they are entitled to bear arms; to participate in the national defense, to endure the toils of campaigning and to lay down their lives if need be. It is but common sense to give them the chance to stop bullets as generously as it is given to white men. With the third call for volunteers their chance should come. But as far as the militia problem is concerned the deficiency is mainly the result of the failure of the colored people to agitate the question with resolute zeal in the past. Whatever the prejudice or objection, which may have existed, it has been allayed. Enthusiasm on the part of the would be soldiers would finally work out to a favorable end, even if it failed to be in time to shoot Spaniards.

The noted dramatist, Victorien Sardou, in a recent interview said he owed his first dramatic success to the beauty of penmanship, which attracted the eye of the manager and got his piece read, when otherwise it would have been sent back in all its virginal innocence. Poe's celebrated short story, "The Gold Bug," it has been stated, was accepted as a prize story by The Southern Literary Messenger on much the same ground, calligraphy having been the determining factor. This shows on what minor things fortune sometimes depends.

"The difference between you and me," said a philosopher, "is that you say to masked hypocrites 'I know you,' while I leave with them the idea that they have deceived me."

Memory records services with a pen; all injuries with a grave.

## NIGHTSHIRTS FOR SOLDIERS.

The Boys Regard These Presents From Kansas Women as a Rare Joke.

There has been so much newspaper joking about the stuff sent to the soldier boys by the good women in Kansas that people are loath to believe all the stories about the sending of nightshirts and napkins and tidies and sheets and things of that sort. In this connection we note a letter from Captain Clark of the Lawrence company at San Francisco, in which he acknowledges the receipt of a big box of nightshirts and pyjamas and other things which he designates as "light garments." In conclusion the captain says, "I have nailed the box up again, as the clothing, etc., will be greatly appreciated at Manila, but here the weather is so very cold that flannel undershirts, blue flannel shirts and heavy woolen undershirts are hardly warm enough."

And in this connection, too, we quote the following letter from a long headed Lieutenant with the Twentieth Kansas, who bids the Kansas ladies to be of good cheer. "Let the Kansas girls know that their nightshirts and pyjamas are appreciated even if we cannot wear them for the purposes for which they were intended. I have a notion that when we get to Manila these garments will come in mighty handy for an every day dress. I have seen some pictures of Manila women who seem to be wearing a Mother Hubbard somewhat like three I have in my chest, and I reckon Mother Hubbards are just about suited to the Manila climate. Wouldn't the old Twentieth carry terror to the Spanish if it charged up from Cavite with every mother's son dressed in a flowing night-shirt!"—Kansas City Journal.

## OUR NAVY AS A TEACHER.

It Has Shown the Way For Advanced Naval Construction.

The record breaking run of the battleship Oregon showed Russia that her own naval architecture was not up to date, and the builder of the Oregon is now in St. Petersburg, by royal invitation, to discuss plans for revolutionizing the Russian ships. The speed performance of the Brooklyn and the Oregon in overhauling the Cristobal Colon emphasized the importance of high speed in effective fighting ships. Japan is now revising her plans and expects shortly to have the fastest cruisers afloat. The destruction of Cervera's squadron has doomed wood in the construction of warships. Italy has issued an order that wood must not be used in several warships now in process of construction and has suspended work upon them until revised plans can be made.

England announces that henceforth in the construction of her battleships speed will not be sacrificed in order to protect them with heavy armor. This conclusion undoubtedly resulted from the fact that the armor of Cervera's ships furnished little protection, since it was easily penetrated by 6 inch and 8 inch shells. A cablegram says that the new cruisers soon to be launched by France will carry no guns of extremely large caliber, but will have an increased number of rapid fire guns of small dimensions. This is directly in line with the recommendations of Dewey, Sampson and Schley.—Chicago Times-Herald.

## Klondike Expenses Are High.

At present prices a year's outfit is worth \$1,000 in Dawson City, and the cost of packing goods to the Forks, the nearest point to where any great quantity is required, is 40 cents per pound. In winter provisions are freighted up the creeks for about one-fourth of this price, however. The Indian district creeks are from four to eight times farther away than the Forks, and the cost of freighting to this locality must thus be correspondingly increased. And it is worth every penny of the sum charged. Again, sluice lumber is worth from \$250 to \$500 per 1,000 feet, according to the distance it must be packed from the mills in Dawson and near by. Wood for thawing the earth and for other purposes is likewise scarce in most mining localities, and the minor expenses of erecting suitable cabins and securing tools bring the total cost of working claims to a high figure. There is quite a large settlement at the Forks, 40 or more log cabins, two hotels and a brewery having been erected. The inspector of mines also has his headquarters here. Yukon log cabins are usually about 16 by 20 feet in size. The walls between the logs are chinked with clay and moss, and the pitch roof is covered with clay to a depth of about six inches. They are comfortable even in the coldest weather.

## Camp Life in a Nutshell.

J. H. B., a member of the Sixty-fifth regiment at Camp Alger, sends home the following rather amusing poetical epitome of the experiences of the soldiers:

Singing ballads, playing cards,  
Eating side meat, running guards,  
Marching, drilling, exercising,  
Lying round philosophizing,  
Digging ditches, learning tactics,  
Standing guard until your back aches,  
Doing laundry, picking trash up,  
Cleaning camp and dishing hash up,  
Cooking pork and taking baths,  
Eating hard tack, cleaning paths,  
Getting yellow as a tanyard,  
Wondering when we'll meet the Spaniard,  
Reading papers, reading books,  
Fasting, grumbling, "ussing" cooks,  
Writing letters, cleaning tents up,  
In our trousers sewing rents up,  
Drilling like old time cadets,  
Smoking pipes and cigarettes,  
Telling stories, making wishes,  
Splitting wood and washing dishes,  
Turning in at sound of "taps,"  
Spouting verse and shooting craps,  
Getting up at five o'clock,  
Waiting for and hearing talk,  
Thinking that we're not in clover,  
Wondering when the war'll be over.

—Buffalo Commercial.

**Those Absent Ones.** The mayors of Ponce, San Juan and other Porto Rican cities were detained by pressing business from attending the present convention of American municipalities, but they will probably be on hand next year.—Detroit Free Press.

## Golden Fleece Woolen Mill, Pillsbury, Minn.

**Farmers, Attention!** The undersigned wish to inform the Farmers and general public that they have got their Woolen factory fully equipped and fitted up in first-class shape and are now in a position to do only first-class work. Our motto is "Honesty always pays best," therefore anyone sending wool from a distance may rest assured that they will get every ounce of goods their wool will make, the same as if they brought it to the mill themselves. To those who wish to favor us with their patronage in the line of...

Suitings,  
Flannels,  
Blankets,

1, 2 and 3 Ply Yarn  
Roll Carding  
or Batting.

We guarantee satisfaction.  
RICHARD BROS., Little Falls Agents.  
MATCOCK & HUBBARD.

## WETZEL'S PHARMACY!

Removed to...

## John Wetzel's Old Stand.

Opp. St. Paul Dry Goods Store.

## The Depot Removal Now a Certainty

and with it an increase in prices in the...

## Mississippi Addition,

the property most affected, is sure to take place. At present, however, lots are still sold for \$100 a lot and upwards on terms to suit the purchaser. For particulars apply to...

## H. LANDAHL.

## General Merchandise

BUYS WHEAT AND ALL KINDS OF COUNTRY PRODUCE

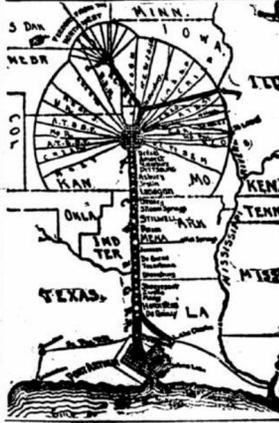
NORTH PRAIRIE, MINN.

**FITS CAN BE CURED.**

If you are afflicted don't wait a day. Write us a letter, giving your age and post-office address, and we will send you a large trial bottle by mail, prepaid, free of charge. Old chronic cases yield to this treatment as readily as new ones. Address THE HALL CHEMICAL CO., West Philadelphia, Pa.

## HERE'S A NEW COUNTRY.

New Hopes, New Opportunities—Land of Sunshine and Plenty—Mild Climate, Fertile Soil and Cheap Lands. Where You can Make More Money than in Any Other Farming District in the Country.



The building of the Kansas City and Fort Arthur Railroad, an air line from Kansas City to Fort Arthur has opened up a country that cannot be excelled as an agricultural and fruit growing country good health, sparkling springs and clear streams, where you can work out of doors 12 months instead of 6. The finest stock range—no blizzards, no bad winds, no droughts. The earliest markets for farm products, bringing the highest prices. Living in cheap and best in the land. Why try to speculate? Go to a land where nature backs your every effort and prosperity is not dependent upon a single rainfall. Go where your posterity can prosper.

**ST. ARTHUR** Support terminals, is the best land States to-day to invest or to go first. This railroad now running through Kansas City and Fort Arthur, will be run over its own tracks the entire distance by September 1. Study the map and you will agree a large city must be built at Fort Arthur; nearest seaport to Kansas City by 125 miles. Cut this out and mail to address below and receive the illustrated pamphlet.

F. A. HORTON, Gen'l. and General Agent, Fort Arthur Terminal Co., KANSAS CITY, MO.

## Cox's Cheap Cash Store,

B. B. COX, Prop.

Swanville, Minn.

General Merchandise  
Dry Goods, Crockery, Lamps, Groceries, New Home Sewing Machines, Western Cottage  
Farm produce bought and sold. Proprietary Medicines kept.

## DAHMEN & GRELL.

Dealers in...

All Kinds of Farm Machinery,  
Flour, Feed  
Groceries.

Meat Market in Connection.  
Produce Taken in Exchange  
PIERZ, MINN.