

### "Be Pleasant Every Morning Until Ten O'clock; the Rest of the Day Will Take Care of Itself."

This is one of the best little sermons we know. Have you ever stopped to think that the morning is the time when your temper is usually ruffled, and have you ever stopped to think that the cause of bad temper in the morning is nearly always because your stomach has not been working properly during the night? It has contained a lot of indigestible substances that form gas and makes you have dreams. It breaks up your rest and you wake up in the morning tired, instead of refreshed, as nature intended you should.

Our grand sires required no admonition to "be pleasant every morning until 10 o'clock; the rest of the day will take care of itself," for they digested their food and woke up full of life and energy ready for the day's duties, and this was because they lived on simple foods instead of highly seasoned palatable concoctions, which contain no nourishment. Nature gave us milk, wheat and eggs, and on these foods a person can live indefinitely, but if the milk is skimmed, and if the outside of the wheat is taken off the kernel, and if the time, the salt, and the iron, which is in the outer part of the wheat berry, if these are all removed, you have simply starch alone; the starch goes into the stomach and becomes sugar.

Do you know that a person would starve to death on plain white bread and water? Do you know that he could live indefinitely on whole wheat bread or on whole wheat food and water? These interesting facts are all set forth in a book called "Back to Nature," which tells about proper living and gives recipes for meals of the simple kind—the kind that makes you strong and well; the kind that makes you "pleasant every morning until 10 o'clock." This book is published at a great expense, but it is given free to every reader of this paper. It is an advertisement of "EGG-O-SEE," the great food—which is made from whole wheat, which is baked and predigested and is all ready to serve from the package you buy at your grocers. You get more life and energy from a 10-cent package of EGG-O-SEE than you will get from a thousand dollars' worth of white bread. This is no idle claim. It is a scientific fact. We want to tell about this simple food question, so write us and say "Please send me a copy of your book 'Back to Nature,'" and the book will be sent you at once without charge. Address EGG-O-SEE CO., No. 13 First Street, Quincy, Ill.

### PURPOSE OF THE COURT.

As Understood by a Lawyer Who Knew How to Circumvent It.

Hon. A. G. Jewett, lawyer, politician and man of sarcastic wit, was once trying a case in the supreme court in Olathe, Mo., his home city. The judge presiding, before being called to the bench, had tried many cases against Jewett, who did not entertain a very high opinion of his ability, relates the Boston Herald.

In his closing argument Jewett, in defiance of the rules of the court, started in to read some law to the jury. The court pounded on the bench and said: "Mr. Jewett, you must not read law to the jury in your closing argument." Jewett kept on reading without so much as a glance at the court. The court, in thunderous tones, ordered him to stop.

Jewett, who had by this time read all he intended to read, turned calmly to the judge and said: "Did your honor address me?"

"I said," roared the judge, "you must not read law to the jury in your closing argument. I will give the law to the jury. What do you suppose the court is here for?"

"What is the court here for?" responded Jewett, in high falsetto, "I suppose you know, sir, to keep order, with the aid of the sheriff, sir, with all due respect to the sheriff, sir."

Too Much So.

"Why do you call that ferocious bulldog of your 'ley'?"

"Because when he once attaches himself to a person he clings to one so."—Baltimore American.

### KNOWS NOW

Doctor Was Fooled by His Own Case for a Time.

It's easy to understand how ordinary people get fooled by coffee when doctors themselves sometimes forget the facts.

A physician speaks of his own experience: "I had used coffee for years and really did not exactly believe it was injuring me although I had palpitation of the heart every day."

"Finally one day a severe and almost fatal attack of heart trouble frightened me and I gave up both tea and coffee, using Postum instead and since that time I have had absolutely no heart palpitation except on one or two occasions when I tried a small quantity of coffee which caused severe irritation and proved to me I must let it alone."

"When we began using Postum it seemed weak—that was because we did not make it according to directions—but now we put a little bit of butter in the pot when boiling and allow the Postum to boil full 15 minutes which gives it the proper rich flavor and the deep brown color."

"I have advised a great many of my friends and patients to leave off coffee and drink Postum, in fact I daily give this advice." Name given by Postum Co., Battle Creek, Mich.

Many thousands of physicians use Postum in place of tea and coffee in their own homes and prescribe it to patients. "There's a reason."

A remarkable little book, "The Road to Wellville," can be found in pkgs.

### RULE OF THE PEOPLE.

Voters of the Country Can Unmake Trusts and Corporations and Control Them.

Washington, in his farewell address said the basis of our political system was, "the right of the people to make and unmake." The trusts and corporations have been created by the state, therefore the power that made them has the power to control and even to unmake them. As long as corporations confine their operations to legitimate ends for minimizing the cost of production and marketing and reducing the price of their products, or transportation, they are a blessing. But now when the corporations restrain trade and combine are created to defeat competition and control legislatures and courts and pay of their ill-gotten gains to elect presidents, they violate the laws and become a menace to a free people. The trusts and corporations have almost universally become criminals and in league with the dominant political party they divide the spoils of which they have plundered the people. Laws, such as the tariff, have been so distorted that instead of an originally intended, furnishing money to run the government, they now plunder the many to enrich the few.

Is it any wonder that the people are universally demanding that these overgrown trusts be curbed and the charges of the railroad corporations be regulated? To say that this cannot be done is to put these combines above all law and superior to the sovereign power of the state and the people.

Under the Republican policies, which have fostered these giant corporations and have added them in establishing a modern feudal system, which is difficult to overthrow, the cost of living has advanced 46 per cent, and the cry from the people for relief is overwhelming. Democratic statesmen foretold this result and for years have demanded that the people be preserved from these plunderers by wise restrictions, but the itch for the almighty dollar blinded the eyes of a majority of the voters for a time. Now, most of them are turning again to the Democratic policies, for the burden of the trusts and corporations is intolerable, but it is no easy task to undo the harm that has been done and prevent it in the future. But the people who created can unmake and special privileges can be revoked, and will be, when the voters elect honest representatives in state and nation who will return to the good old democratic policy of Equal rights to All.

### EVILS OF REPUBLICANISM.

System of Mergers and Combines Tends to Corrupt Political Morals.

The economic effects of the present system of mergers and trusts is undoubtedly deplorable; but the system produces other results still more deplorable. For, as Judge Gaynor, of New York, said the other day, it not only exploits those great gifts, those franchises which are nothing but licenses from the people, and makes them a drain on the community, by being bonded and the stock doubled up year after year until the sum has become colossal enough and dishonest enough to shock the moral sense of the people; but beyond and worse than this is the effect of its inherent viciousness upon politics, which it tends to corrupt; upon democracy, which it tends to undermine by weakening public confidence; upon the good will which should exist between fellow citizens in self-government.

Referring to the existing political unrest, Judge Gaynor said: "These temptations for municipal ownership and to some extent for municipal management, have, in my judgment, arisen not out of any hostility to capital or to private management of public service corporations. The community cannot look without feeling, without regret, without deep resentment, and, finally, without action, to the doubling up of capital, the trebling of capital put into these public franchises, representing nothing but a perpetual tax on the community."

The Protective Idea.

Representative Charles Beary Landis made a speech on the tariff the other day, and used probably the only argument that could win a vote in favor of the stand-patters and protectionists. He exclaimed with great declamatory effect: "Four members of the Landis family met their death on southern battle fields."

"Yes," said John Sharp Williams, "but four of them remain to serve their country in offices of public trust."

And everybody laughed, for two Landises are members of congress, one is a federal judge in Chicago, and one is director of posts in Porto Rico. Moreover, Charles Beary Landis has just appointed his son to West Point.

The Rockefeller bank, through the connivance of the Republicans of the appropriation committee, will again collect rental of Uncle Sam for the New York custom house, which has never been paid for.

The mills of the gods grind very slowly, but eventually are said to grind exceedingly small. Thus after eight or nine long years the truth about embalmed beef is likely to be known, and if the administration does its duty without fear the embalmers may be fed to the hopper of the criminal courts.

### "HE RAN FOR LAWYER."

But There Was a Doubt as to Whether He Had Ever Caught the Office.

A man from Pennsylvania went to Vineland on a business errand. The town was strange to him, and he was unacquainted with the man (a lawyer) he had gone to see. The directions he received were so indefinite that he found himself on the edge of the town without having come to the house he sought. Then he met an old negro and asked the way of him and learned that the house lay about a quarter of a mile farther down the road.

"The man I want to see is a lawyer," he said to the old man. "Is this Mr. Dash down the road a lawyer?"

"He ain't no lawyer that I ever heard tell of," answered the negro. "You're sure?"

The old negro scratched his head in deep thought. Then a gleam of remembrance lighted his eye. "Now I think of it, boss," he said. "pears like I do recollect he ran for lawyer one time."

### CHILD'S AWFUL SKIN HURD.

Screamed with Pain—Suffering Nearly Broke Parent's Heart—Speedily Cured by Cuticura.

"I wish to inform you that Cuticura Remedies have put me at ease to twelve years of misery I passed with my son. As an infant I noticed on his body a red spot, and treated same with different remedies for about five years, but when the spot began to get larger I put him under the care of doctors. Under their treatment the disease spread to four different parts of his body. The longer the doctors treated him the worse it grew. During the day it would get rough and form like scales. At night it would be scratched, itched, and badly swollen, with terrible burning and itching. When I think of his suffering, it nearly breaks my heart. His screams could be heard down stairs. The suffering of my son made me full of misery. I had no ambition to work, to eat, nor could I sleep. One doctor told me that my son's case was incurable, and gave it up for a bad job. One evening I saw an article in the paper about the wonderful Cuticura and decided to give it a trial. I tell you that Cuticura Ointment is worth its weight in gold, and when I had used the first box of Cuticura I saw a great improvement, and by the time I had used the second set of Cuticura Soap, Ointment, and Resolvent, my child was cured. He is now twelve years old, and his skin is as fine and smooth as silk. Michael Steinman, 7 Summit Avenue, Brooklyn, N. Y., April 16, 1905."

### Marconi Anticipated.

An Egyptologist and an Assyriologist were disputing about the relative advancement of the two ancient peoples whom they were studying.

"Why, sir," cried the Egyptologist, "we find remains of wires in Egypt, which prove they understood electricity!"

"Bah!" answered the Assyriologist, "we don't find any wires in Assyria, and that shows that they understood wireless telegraphy!"—Stray Stories.

### \$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one cured disease that science has not cured. It is Catarrh, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, it requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that fails to cure. Send for list of testimonials.

Address F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, Inc. Ease Hall's Family Pills for constipation.

Still Spiteful.

Her—Yes, she married him to spite another girl.

Him—But why did she divorce him?

"So he could marry the other girl, and thus spite her some more."—Chicago Daily News.

To Launder China Silk Waists.

China silk waists launder nicely. Remove any spots with benzine. Then wash in warm soap suds, rubbing between the hands; rinse through several waters. Use Ivory Soap and do not rub the soap on the fabric. Wring as dry as possible, wrap in a sheet and when partially dry iron on the wrong side.

ELEANOR R. PARKER.

Different Kinds.

"A man in politics should have lots of friends, shouldn't he?"

"It depends," answered Senator Sorghum, "on whether they are friends who want to do something for you or who want you to do something for them."—Washington Star.

Only Rich in Embryo Yet.

The Bud—How did you get your start in life, senator?

The Senator—Why—er—I haven't really got started yet, you know. I am only worth \$10,000,000 as yet.—Judge.

Fifts, St. Vitus Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for Free \$2.00 trial bottle and treatise. Dr. R. H. Kline, L.L., 931 and 933 Arch St., Philadelphia, Pa.

"As near as I kin make de difference out," said Uncle Eben, "it's dis way. De speculations dat wins is investments, an' dem dat loses is gambits!"—Washington Star.

Lewis' Single Binder costs more than other 5c cigars. Smokers know why. Your dealer or Lewis' Factory, Peoria, Ill.

It must be fine to be so rich that you don't have to think about keeping up appearances.

Most of us at times feel the need of a post-graduate course in the school of experience.



Make your boy's food tasty—Mother—for it has to do some big things. It has to make flesh, blood, bone and muscle and supply boundless Energy. Remember, the boy of today is the man of tomorrow.

Don't injure him physically and mentally with indigestible meats, pastries, rich puddings, etc., that act as a drain on his nervous energy. But feed him plenty of



all there is in wheat—and he'll be your boy's joy—strong, healthy, bright, smart and quick at his studies. You won't have to coax him to eat it either. Mother, for its delicious rich flavor which adds with cream and sugar is just what he craves most for.

EGG-O-SEE keeps the blood cool and is the ideal summer food. Give him some tomorrow—"there won't be no leavin'." Prepared under conditions of scrupulous cleanliness.

Every grocer in the country sells EGG-O-SEE—the whole wheat cereal. If your grocer has not received his supply, mail us 10 cents and his name (13 cents worth of the EGG-O-SEE) and we will send you a package of EGG-O-SEE and a copy of the book, "Back to Nature."

FREE "back to nature" book. Our 22 page book, "back to nature," outlines a plan of diet living, including the method for preparing the necessary dishes, based on a whole wheat diet, with suggestions for cooking, eating and exercise. Prepared from life, exceedingly simple and attractive. By following our plan, abundance and vigorous health is sure to result.

Published to sell at 25 cents a copy, this handsome illustrated book will be mailed FREE to anyone who writes us up as this column. Address: EGG-O-SEE CEREAL COMPANY, Quincy, Illinois, No. 13 First Street.

### WINCHESTER CARTRIDGES

For Rifles, Revolvers and Pistols.

Winchester cartridges in all calibers from .22 to .50, shoot where you aim when the trigger is pulled. They are always accurate, reliable and uniform.

Shoot Them and You'll Shoot Well.

Always Buy Winchester Make.

### ALLEN'S FOOT-EASE

A Certain Cure for Tired, Hot, Aching Feet. DO NOT ACCEPT A SUBSTITUTE.

This signature Allen's Foot-Ease is on every box. For Free Trial Package, Address, Allen's Foot-Ease, Lowell, N. H.

### This Is What Catches Me!

16oz.—One-Third More Starch.

Her—Yes, she married him to spite another girl.

Him—But why did she divorce him?

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Most of us at times feel the need of a post-graduate course in the school of experience.

### Girls' Help

At a certain age, all girls need the help of a pure, reliable, tonic medicine, to establish a regular habit, that may remain with them through life. Much terrible suffering, in after years, is prevented, and sturdy health assured, by taking

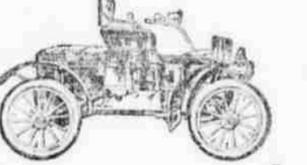
### WINE OF CARDUI

WOMAN'S RELIEF

at this critical time of life. "I gave Cardui to my young daughter," writes Geo. Maston, of Greenwood, Neb., "and now she is a rosy-cheeked girl, happy, light-hearted and gay." Strongly recommended for all female troubles. Try it.

At all Drug Stores

### OLDSMOBILE



It took 20 years to be able to build automobiles that are recognized as standard in quality, reliability and workmanship.

Oldsmobiles are known all over the world as the standard—not excelled in the qualities that make an automobile durable, satisfactory and economical to own.

A purchaser of an Oldsmobile knows he is getting a big dollar's worth for every dollar he invests.

Write us for our agency proposition in towns not now under contract.

OLDS MOTOR WORKS, LANSING, MICHIGAN.

### YOU CANNOT CURE

all inflamed, ulcerated and catarrhal conditions of the mucous membrane such as nasal catarrh, uterine catarrh caused by feminine ills, sore throat, sore mouth or inflamed eyes by simply dosing the stomach.

But you surely can cure these stubborn affections by local treatment with

Paxtine Toilet Antiseptic

which destroys the disease germs, checks discharges, stops pain, and heals the inflammation and soreness.

Paxtine represents the most successful local treatment for feminine ills ever produced. Thousands of women testify to this fact. 50 cents at druggists.

Send for Free Trial Box THE R. PAXTON CO., Boston, Mass.

### MEN WANTED FOR THE NAVY

Mechanics between the ages of 21 and 35 will find good positions open to them, and for young men between 17 and 25, who possess no trade, there is good opportunity for advancement. A full outfit of clothing free and liberal pay to commence with. Call or write NAVY RECRUITING STATION, Post Office Building, St. Louis, Mo.; City Hall, East St. Louis, Ill.

### HOROLOGICAL DEPARTMENT

BRADLEY POLYTECHNIC INSTITUTE PEORIA, ILLINOIS Largest and Best Watch School in America

We teach Watch Work, Jewellery, Engraving, Clock Work, Optics. Tuition reasonable. Board and room in school at moderate rates. Send for Catalogue of Information.

### PARKER'S HEADACHE POWDERS

QUICKLY CURE HEADACHE, NEURALGIA AND FEVERS. Price 10c. Thousands used and endorse them. CONTAIN NO NARCOTICS. Sold for twenty years.

### WINTER

Wheat, 60 bushels per acre. Call for catalogue and samples FREE. Enter seed in Box 74, LaGrange, Ill.

# You Look Prematurely Old

Because of those ugly, grizzly, gray hairs. Use "LA OREOLE" HAIR RESTORER. Price, \$1.00, retail.