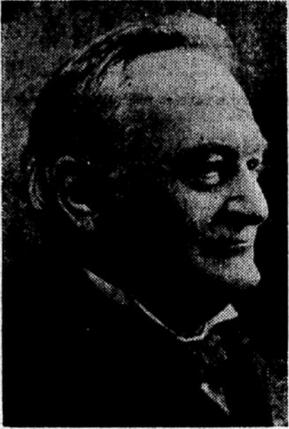


# Constipation and Catarrh



E. S. HARTMAN, M. D.

You are constipated. You have taken laxatives a great many years. You have tried to select a diet that would keep your bowels regular. In this you have failed and were obliged to go back to your laxatives again. This, I say, has been going on many years. You also have a slight catarrh in the head and throat. You never imagined that the catarrh had anything to do with the constipation. Suppose I were to tell you that as long as you have that catarrh you will never get better of your constipation. Would you be-

lieve me? Well, whether you would believe me or not it is the truth. For many years I have been wrestling with the problem of furnishing the public an internal catarrh remedy. Peruna has been the remedy that I have devised and it has certainly relieved many thousand people, yes hundreds of thousands of people, of chronic catarrh.

Constipation was my chief difficulty in treating these cases. I often felt that it would be better if a laxative element were added to Peruna. I feared to do so, however, first because of the number of catarrhal patients who needed no laxative, and second I was afraid of making such a radical change in a remedy that was already doing so well. Thus it was that I continued to prescribe with the Peruna a bottle of Manalin to those who needed a laxative. At last, under circumstances explained in my booklet, I was constrained to add the laxative element to Peruna. This constitutes what is now known as the revised Peruna.

Now those who take Peruna will first find themselves promptly relieved of their constipation. Second, the catarrh will gradually disappear. And once the catarrh is cured the constipation leaves permanently. Then if you follow the advice given in my book, you will never have to take pills any more. Cathartics and laxatives you can ignore. You will be permanently relieved of both your catarrh and the constipation. PERUNA IS FOR SALE AT ALL DRUG STORES. SPECIAL NOTICE—Many persons are making inquiries for the old-time Peruna. To such would I say, this formula is now put out under the name of K-A-T-A-R-R-O, manufactured by K-A-T-A-R-R-O Company, Columbus, Ohio. Write them and they will be pleased to send you a free booklet.

# That Letter

By HUDSON C. EASTON

I had been for some time devoted to Eleanor. I had received such encouragement as to lead me to believe that if I proposed to her I would be accepted. But my mind was not definitely made up. A man is not likely to come to a conclusion in the matter of marriage unless some great advantage is to be gained or he is madly in love. The first may not always decide him, but the latter will. In my case there was no especial advantage to be gained, and I had drifted so gently into love that I was unaware that I had got there.

I called one evening and found Eleanor sniffing at some cut flowers. Who had any business to be sending her flowers? The corners of my mouth went down, my nostrils dilated, a color came into my cheek and a spark into my eye. I was about to say something disagreeable when I remembered that there was no contract between Eleanor and me whatever. She might receive flowers from Old Nick if she liked.

So I recovered myself sufficiently to make it appear that I was indifferent. When she saw that I would not ask from whom the gift came she told me that Hathaway had sent them. Hathaway was a newcomer in the place. He was good looking, dressed well, and all the girls sat up and took notice of him. I damned him with faint praise, made my call very short and went to my room uneasy. It occurred to me that sometimes these affairs between the sexes come about very suddenly. When a fellow sends a girl flowers it may be a sign that he is getting ready to propose.

Sunday afternoon I had been accustomed to spend with Eleanor. I determined that the next Sunday afternoon I would endeavor to find out how far the affair between her and Hathaway had gone. Usually when I called the maid ushered me into the drawing room. This Sunday I was shown into the library. There was a writing desk there, and a letter addressed and stamped lay on it. I glanced at the superscription and saw that it was for Hathaway and the writing was Eleanor's.

Evidently the affair had gone much faster and much further than might have been expected. I wondered if the letter were not an acceptance of a proposal. It is said that a raw recruit will become panic stricken at the first sound of a gun. A lover is naturally a coward, and I was no exception to the rule. I trembled. I paced back and forth in a great dread, now and again looking at the letter, which lay on the desk mocking me. I could scarcely refrain from taking it up and throwing it in the fire that blazed merrily on the hearth.

Presently Eleanor came in. She seemed a bit annoyed at seeing her letter on the desk and said:

"It was so cold this morning that instead of writing in my room I wrote here, where it is warm."

Leaving her letter where it lay, she took a seat before the fire and began to chat about the weather. I sat down on a sofa a trifle further than she from the blaze, for my cheeks were warm enough already. I tried to say something, but that confounded letter to Hathaway stared me in the face and tongue tied me. If I said anything it was disconnected and irrelevant. Eleanor did not share in my embarrassment. She was evidently enjoying the genial warmth, not appearing to care whether I talked, talked disconnectedly or did not talk at all.

I was badly rattled. I wanted to get in a proposal before that letter was posted. Had I retained my equanimity I would have felt assured that if Eleanor had received a proposal from Hathaway and had replied to it favorably anything I could say would not be likely to alter her decision. If she had replied in the negative there was nothing to do in the premises. But I was in no condition of mind to make a proposal. Proposals, except where they are a mere matter of form or at a venture, come from the heart. The lady is sympathetic, coos, and the man feels something welling up in his bosom that comes out in a declaration. But I was disgruntled and Eleanor didn't soo. I couldn't propose. After spending half an hour in this fashion I arose to go.

"Would you mind posting a letter for me?" asked Eleanor in an indifferent tone.

"Yes," I said, "I would mind posting a letter which I have reason to believe is a reply to an offer. This man Hathaway's attentions to you have been perfectly plain. I, who have been long devoted to you, have been suddenly thrust aside."

But enough. The ice was broken. Eleanor soothed me. I went on throwing off a lot of senseless talk—love talk, such as lovers have spoken from time immemorial and which, were it coherent, would not be love. Eleanor gave way before it, and instead of leaving her disgruntled I remained till 11 o'clock that night, finally departing engaged.

Some time after our marriage I found the letter to Hathaway pigeonholed. I took it to my wife and asked her if I might read it. She gave me a smiling permission. I opened it and took out a sheet of blank paper. I looked at her surprised.

"If I hadn't done it," she said, "you'd never have proposed."

# SUGGESTION TO MILK PRODUCERS IN REGARD TO THE CARE OF MILK.

The milk of any animal suffering from disease should not be used for food in any form.

The milk from fresh cows should not be used until after the ninth milking.

The milking stable should be free from dust as possible at time of milking. Feed enclose dry fodder and hay after milking is done.

Brush udder and flanks with a stiff brush to remove dirt and loose hairs. Sponge off udder thoroughly with clean water leaving it moist.

Use only clean milk pails. Reject all rusty or patched tinware in the milk business.

Place all milk utensils where they will get plenty of sun light.

Just before milking the milker should wash his hands thoroughly with soap and water.

Under no conditions should the hands be wet during milking.

Milk should not be left in barn during the milking as it can absorb odors even when hot and become contaminated with bacteria from the air.

Milk even when warm should be strained through several layers of cheese cloth.

# NORTH DAKOTA DAY

Minneapolis, Nov. 18.—While forty girls distributed flowers from the North Dakota booths, potatoes were being handed out as South Dakota souvenirs at the Northwest Land Products show which opened its second week here today.

This was known as North and South Dakota day and a feature of the program was an address by Governor Burke of North Dakota. He addressed the gathering late this afternoon. Other state officials of North Dakota were so speak.

Then were to follow the South Dakota exercises. It was uncertain this afternoon whether Governor Vessey would arrive although he had accepted an invitation to speak.

Remember my son, you have to work. Whether you handle a pick or a pen or a wheelbarrow or a set of books, dig ditches or edit a paper, ring an auction bell or write funny things, you must work. If you look around you will see the men who are most able to live the rest of their days without work are men who work the hardest. Don't be afraid of killing yourself with overwork. It is beyond your power to do that on the sunny side of thirty. They die sometimes, but it is because they quit work at 6 p. m. and don't go home till 2 a. m. It is the intervals that kills my son. The work gives you an appetite for your meals; it leads solidly to your slumbers; it gives you a perfect and grateful appreciation of a holiday. There are young men who do not work, but the world is not proud of them. It does not even know their names; it simply speaks of them as "old So and So's boys."

It is stated that more than 4,000 buffalo overcoats which the government has preserved for the past 20 years or since they were worn by the troops in the Indian campaigns in the northwest before 1891, are to be used by the soldiers in Alaska. Last year nearly 300 of the coats were sold at an average price of \$34 but Quartermaster General Aleshire of the army, in his annual report, submitted to Secretary of War Stimson, recommended that no more be sold.

Phone society news to society editor, phone No. 4.

## Farmers' Mercantile Co.

General Merchandise

Dry Goods      Men's Furnishings  
Simon's Gloves      Patterson Hats  
Warner's Corsets      Hallmarck Shirts  
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Fancy and Staple Groceries  
Bour's Royal Garden Teas and Coffee  
Marquette and A. C. Canned Goods

### E. K. MYHRE, Mgr

### Woman Horribly Burned by Gasoline Explosion

POURED A CUP OF GASOLINE IN BOILING WATER AND AWFUL EXPLOSION FOLLOWS.

Sheldon, N. D., Nov. 17.—Mrs. A. S. Taylor was horribly burned about the hands, arms and body when she poured a teacupful of gasoline into a pail of boiling water standing close to a hot stove, causing the gasoline to explode.

Mrs. Taylor was engaged in doing the regular weekly family washing when the accident occurred. It has always been her custom to place gasoline in the wash water, believing that the dirt could be gotten out of the clothes easier. She always waited until she had the water in the tub before she put the gasoline in, until Tuesday morning when she poured the teacup full into a pail standing directly in front of the draft on the kitchen stove. It is the supposition that the steam from the boiling water carried the gas into the stove, causing it to ignite.

### RAMSEY FULL OF IRON.

Cavalier County Republican: That there is sufficient iron ore in Ramsey county to make this district exc 1 the famous iron range of Minnesota, is the statement that has caused nothing less than a sensation among the farmers in the vicinity of Elmo, a new town on the Soo, east of Devils Lake. While those interested in the project of development have succeeded in keeping the discovery well from the general public, the matter has progressed to such an extent that options have been drawn and deals are now pending with land owners.

The discovery of the ore was made by John Murphy, brother of Ed. Murphy. The former is foreman of a mine on the iron range. Farms where tests have been made are owned by Halvor Thoe, J. R. Koller, A. M. Maxwell and A. Avenson. It is claimed that there is a belt from the Sheyenne river to the Canadian line, about ten miles wide in the ore zone. The ore is supposed to be in the clay, under the surface of the loam.

### Tower City Suffers Heavy Fire Loss

CASS COUNTY TOWN NARROWLY ESCAPES BEING WIPE FROM THE MAP.

Tower City, N. D., Nov. 15.—Fire last night wiped out a half of a block in the business part of town and but for the strenuous fight put up by the citizens would have taken a large part of the town. The fire started in a vacant room over the harness shop and burned the building, which was a double store, known as the Union block, and occupied as a millinery store on one side, and as a harness shop on the other, and also took the R. D. Roethke meat market and the vacant building known as the A. M. Doorhus building, which was formerly occupied by the Farmers and Merchants State bank. The origin of the fire is a mystery, as no one was using the rooms where the fire started and no way is known in which it might have been started. The fire was noticed about ten o'clock. Calls for help was made to Valley City, but the company at Valley City were unable to secure an engine so could not respond to the appeal and by the time engines were arranged for the fire was under control.

### SPECIAL ANNOUNCEMENT.

The Bijou theatre has been sold to F. C. Carpenter, who has had considerable experience in the theatrical line. His aim will be to provide nothing but the best in vaudeville, and photo plays. He has engaged T. Lloyd Truss as manager, who is considered one of the best in the business. Notice of the opening will be announced later.

### TIMES-RECORD WANT-ADS GET RESULTS

If you have real estate for sale, or want a tenant for those vacant rooms; if you need help, or want a position; a "Classified Ad" in the Times-Record will help you.

We Sell Traps, Etc., Cheap and PAY HIGHEST PRICES for HIDES, FURS, PELTS, ETC. Write for Free Catalog, Price List and Shipping Tags. N. W. HIDE & FUR CO. Established 1890 Minneapolis, Minn.

## Roller Feed Grinding Outfit

The new up-to-the-minute roller process of grinding feed saves you one-half of what it now costs you to feed your stock. Will grind twice as fast with same power, as the best burr or stone mill ever made and does not heat the feed. Has great capacity, very simple, grinds fine or coarse, requires little power, has no burrs or other parts to be constantly wearing out, also grinds corn-meal and graham. Will last a life-time. Made in all sizes from the smallest to the largest. Sold with or without engine. Big money in custom grinding. The Roller Mill Way is the only way.

R. R. Howell & Co. MANUFACTURERS MINNEAPOLIS, MINN. Carried in stock in your town and sold exclusively by

EXCLUSIVE AGENT Fred C Riedman - Valley City, N. D.

## Cong. Young Has A Majority of 9043

GOVERNOR-ELECT HANNA STILL GAINING WITH A MAJORITY OF 8,664.

According to reports received from all the counties of the Second congressional district, George M. Young received a majority of more than 9,000 over J. A. Minckler.

County—	Young	Minckler
Barnes	1,525	515
Benson	1,085	424
Bottineau	970	496
Burleigh	1,292	349
Dickey	870	646
Eddy	557	259
Emmons	785	451
Foster	512	211
Griggs	461	269
Kidder	481	93
La Moure	701	332
Logan	493	89
McHenry	1,238	659
McIntosh	714	60
Pierce	587	327
Rolette	644	315
Sheridan	555	96
Stutsman	1,323	719
Wells	968	308
Total	15,761	6,718

Griggs	311
Hettinger	514
Kidder	290
LaMoure	58
Logan	319
McHenry	29
McIntosh	205
McKenzie	232
McLean	120
Mercer	225
Morton	1,015
Mountrail	398
Nelson	139
Oliver	151
Pembina	179
Pierce	27
Ramsey	199
Ransom	199
Renville	122
Richland	228
Rolette	2
Sargent	100
Sheridan	366
Stark	350
Steele	77
Stutsman	210
Towner	29
Trall	143
Walsh	380
Ward	418
Wells	171
Williams	208
Total	10,416
Hanna's majority	8,664

### FARMERS ATTENTION!

Bring in your drill shoes that need to be steel set, sharpened and polished now, before the snow flies. Look over your machinery that needs repairing, and have it ready for next spring. Will guarantee to give you first class work and at reasonable prices. Peter Davidson. (11-7-tf-w)

Several new correspondents have joined the Times-Record force this week and their news letters are interesting reading, but there is still many places in Barnes county where there is no one writing for this paper, and in those places we want representatives. It is good practice for young people and pleasant pastime for anyone. Write the News Editor for stationery and information.

### SHIP GRAIN TO US

We are in a position to handle to the best advantage consignments of

CLUB, GRAIL, TURKEY, DURUM, BLUE STEM, AND FIVE WHEAT; CHEVALIER AND SIX ROW BARLEY; FLAX, OATS AND RYE.

SEND US SAMPLES

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Secretary NORTH DAKOTA VALLEY CITY

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SCOTT'S EMULSION improves the quality of breast milk—it supplies the material for bone and muscle—if scanty or thin, it makes it rich and abundant. For bottle babies a few drops of emulsion with every feeding produces marvelous effects—makes new, firm flesh and ruddy health. SCOTT'S EMULSION is the cream of the purest cod liver oil delicately emulsified into tiny particles resembling maternal milk and each particle is coated with glycerine—no alcohol or stimulant—a wholesome, nourishing, strength-making food. Mothers everywhere are enthusiastic about Scott's Emulsion. Insist on getting SCOTT'S. SCOTT & BOWNE, Bloomfield, N. J. 12-44