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By the use of, so called cheap Baking Powders you take this puckering, injurious Alum right into your system—you injure digestion, and ruin your stomach.

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Say plainly—

ROYAL BAKING POWDER

Royal is made from pure, refined Grape Cream of Tartar—Costs more than Alum but you have the profit of quality, the profit of good health.

FACTS IN NATURE

Not Only Do We Get Inspiration From Nature, But Health as Well.

For people who are run-down and nervous, who suffer from indigestion or dyspepsia, headache, biliousness, or torpid liver, coated tongue with bitter taste in the morning and poor appetite, it becomes necessary to turn to some tonic or strengthener which will assist Nature and help them to get on their feet and put the body into its proper condition. It is becoming more and more apparent that Nature's most valuable health-giving agents are to be found in forest plants and roots.

Nearly forty years ago, Dr. R. V. Pierce, now consulting physician to the Invalids' Hotel and Surgical Institute, at Buffalo, N. Y., discovered that by scientifically extracting and combining certain medicinal principles from native roots, taken from our American forests, he could produce a medicine which was marvellously efficient in curing cases of blood disorder and liver and stomach trouble as well as many other chronic, or lingering ailments. This concentrated extract of Nature's vitality he named "Golden Medical Discovery." It purifies the blood by purging the stomach and liver into healthy condition, thereby helping the digestion and assimilation of food which feeds the blood. Thereby it cures weak stomach, indigestion, torpid liver, or biliousness, and kindred derangements.

If you have coated tongue, with bitter or bad taste in the morning, frequent headaches, feel weak, easily tired, stitches or pain in side, back gives out easily and aches, belching of gas, constipation, or irregular bowels, feel flashes of heat alternating with chilly sensations or kindred symptoms, they point to derangement of your stomach, liver and kidneys, which the "Golden Medical Discovery" will correct more speedily and permanently than any other known agent. Contains no alcohol or habit-forming drugs. All its ingredients printed in plain English on wrapper.

The sole motive for substitution is to permit the dealer to make a little more profit. He gains; you lose. Accept no substitute for "Golden Medical Discovery."

Constipation causes and aggravates many serious diseases. It is thoroughly cured by Dr. Pierce's Pleasant Pellets. One a laxative; two or three are cathartic.

POINTED PARAGRAPHS.

You can waste a good deal of time telling how reliable you are.

You never say a man won't listen to reason if he agrees with you.

A boy is liberally abused if he isn't polite, but how many say "Thank you" to a boy?

No one seems to have as hard a time earning money as the woman who marries for it.

The average man's idea of religious liberty is the privilege of staying home from church.

Having good judgment and being "a fool for luck" are frequently the story of a single financial success told by different parties.

"How poor are they who have no patience! What would did ever heal but by degrees?" Who is the author of the above? It is not important whether you can remember the author if you can soberly accept the lesson taught.—Aitchison Globe.

Dogs That Worry

If you have ever seen a dog that has lost its master in a London street you will wonder whether even the lower animals have not the elements of worry to disturb them. But the man worries about many other things than bones or masters, and the dog never suffers from insomnia through fear of a future life or the state of his banking account.—Reader.

The Charming Woman

is not necessarily one of perfect form and features. Many a plain woman who could never serve as an artist's model, possesses those rare qualities that all the world admires—neatness, clear eyes, clean smooth skin and that sprightliness of step and action that accompany good health. A physically weak woman is never attractive, not even to herself. Electric Bitters restore weak women, give strong nerves, bright eyes, smooth, velvety skin, beautiful complexion. Guaranteed by O. M. Olsen, Druggist. 50c.

CALLING IN PARIS.

The Concierge is a Peculiar Institution in Several Ways.

You leave your card at the door of the person to whom you desire to present yourself, and there it is taken in charge by that peculiarly French functionary, the concierge, says Professor Barrett Wendell in Scribner's. At least in Paris, the greater part of French people live in large houses containing a number of apartments with a common entrance and staircase. Close to the entrance door, on the level of the street, are some stuffy little rooms inhabited by the concierge, or porter, with his family. Their duty, among other things, is to keep strict watch on whoever goes in or out, and at least one of them, often the porter's wife or half grown daughter, is always at hand.

The chief peculiarity of their temperament seems to be insatiable appetite. At whatever hour of day or evening you call on a concierge you are sure to find somebody eating or just risen from table, and the atmosphere inhabited by this bustling personage seems immortally laden with the fumes of something recently boiled.

No matter whether you call on a friend who lives in some unpretentious out of the way place or on one who inhabits something like a palace, the concierge is always about the same. You can detect little difference between those in charge of important doors and of insignificant. They are as like as house flies. Of course there are private houses in Paris, with regular domestic servants such as you would find anywhere, but these, grand or simple, are so unusual that you remember the concierge as everywhere standing between you and every human intercourse.

In response to your card, which the concierge duly sees delivered, comes a card, often with a note, in return. If, as is generally the case, this acknowledgment of your existence contains an intimation of when your French acquaintance may be found at home, either habitual or for your special benefit, you make your second visit at this appointed time and thus enter into real personal relations.

Otherwise, your intercourse has limited itself to a polite exchange of cards. Generally speaking, you never expect or attempt to see French people socially except when they have asked you to one of their regular days of reception or have made a definite appointment. To call on a person at any other time—to do more than leave your card with the concierge—would be an intrusive pretense to intimacy.

HOW WE ARE FORMED.

A Few of the Many Marvels of the Human Body.

On an average man's body there are 340,000 hairs. Plucking one every second it would take him twelve eight-hour working days to pull them all out. In his blood there are 25,000,000,000,000 red corpuscles. Laid out side by side they would cover a surface of 3,130 square yards.

The whole of the blood passes through a man's heart nearly twice in every minute. It weighs one-thirteenth of the entire body weight, and it moves in different parts of the body at speeds varying from ten feet to 1,666 yards (nearly one mile) an hour.

The fat of your body is fluid. It becomes solid only when the body cools after death. It is one of your most useful constituents, forming a non-conducting sheath to protect you from cold, acting as pads to preserve from shock, on the tips of the fingers, the toes and the heels and lying always ready as a reserve food-supply when you can get nothing to eat.

A little artery passes from your brain through the skull into the scalp, which acts as a safety valve when the brain is congested with blood.

The skin cannot grow again once it is destroyed; hence the unsightly scars left by burns and severe wounds. Only the surface layer can renew itself. When the whole thickness is destroyed, it never reforms. This is the more curious as muscles, nerves, blood vessels and bones, all less liable to injury than the skin, can grow again.

You are really a water rather than a land animal. Although as a whole you live on dry land, your body consists of countless millions of separate living particles, and these are all immersed in the water which constitutes four-fifths of your substance.

Within the inner part of your ear, deep in the bone, is a quantity of fluid which acts as a spirit level and enables you to keep your balance.—Chicago Record-Herald.

A WISE BRITON.

He Half Suspected at the Start That the Feathers Weren't Edible.

A Brooklyn man who entertained an English relative tells this without the quiver of an eyelid:

"My cousin from London reached New York last summer, along with a hot wave. The crowds were deep before the soda water fountains on lower Broadway. He remarked that he did not comprehend how Americans could swallow that 'nasty slush.'

"'A mere preference,' I explained. 'We have many curious examples of that kind in this country. One of the most remarkable evidences of insatiable appetite for froth rather than substance is that of the American poultry lover who daily advertises in our New York papers for 1,000 feather beds. As you may well imagine, he is said to have entirely lost his taste for the flesh of the fowl.'

"'Oh, really!' exclaimed the Englishman in quiet surprise. Nothing more was said till nine months later, when I opened my mail one day and found a marked copy of the London Times, which he had sent to me. He called my attention to this extract in an article on mob rule and lynching in America. 'It can hardly be possible that the supply of tar and feathers in the United States will be sufficient at the rate the mobs are covering the bodies of the poor wretches who are tortured and humiliated before they are drawn and quartered or burned at the stake.'

"'I fancy you will see your error after reading this,' he wrote. 'It is quite plain the man wanted the beds for another purpose and not, as you believe, to eat.'"—Brooklyn Eagle.

Youthful Financier.

This really happened in New York the other day:

Displeased Parent—Molly, I find you have been buying three pairs of gloves without my permission. Why did you do so? Miss Molly (aged twelve)—Why, daddy, I was obliged to have some gloves; I hadn't a pair to wear!

Displeased Parent—It was wrong of you to buy the gloves without the permission either of your mamma or myself. Miss Molly—Well, never mind, daddy, dear; they won't cost anything. I had them charged.—New York Post.

How Inconsiderate!

"Young Ruggles did a very thoughtless thing."

"What was that?"

"He wrote a poem in honor of a certain young woman who had just completed her twenty-first birthday and published it in the college paper."

"Wasn't it a good poem?"

"Very good."

"What's the criticism then?"

"Why, everybody who wants to find out can look back any time and discover how old the young woman is."—Cleveland Plain Dealer.

Not Even the Clock.

Two ladies were being shown through the State Hospital For the Insane. As they entered a ward one turned to the other and said, "I wonder if that clock is right?"

An inmate standing near overheard her and instantly replied: "Great Scott, no! It wouldn't be here if it was!"—Lippincott's.

The Difference.

"Pa, what's the difference between the meaning of prepared and ready?"

"Well, there's many a person who may be prepared to die, but I never saw one who was ready."—Chicago Record-Herald.

Don't keep so busy making money to afford pleasure that you have no time to devote to pleasure.—St. Louis Globe-Democrat.

LAWYERS IN ENGLAND.

The Difference Between the Barrister and the Solicitor.

The barrister in England is the very salt of the earth. He it is who makes the laws, who goes into parliament, who sits on the bench, who considers himself seven or eight degrees higher up in the social scale than any other poor or middle class mortal, and with all this he has absolutely no responsibility toward his clients. That ancient, much abused thing called custom in this country has created for the law two separate and distinct limbs, which may be compared in a measure to the life of the bee. One is the drone and the other the queen. The drone is the solicitor, who sits in an office working up a case, consulting clients, drawing gills, controlling estate transactions and controlling the incomes of people who are unfortunate enough to be saddled under the trust deeds. The solicitor, who has his own tradition to work out, does not ever get to himself any glory whatever. Except in police and county court cases, he is persona non grata, or, in the words of the judges, "he is not seen." If he has a case on hand, he is obliged to take it to a barrister, who, though he may never have heard of the matter in dispute before, dons his wig and gown, proceeds into court and argues till all is black and blue, as if he knew all about it, for which he draws a most prodigious fee, quite big enough to enable him to appear nicely mounted in the row every morning. If he spoils the case, there is no chance for redress, because the barrister is merely a gentleman whom fiction politely assumes to be a friend in need. All the onus of failure falls upon the poor solicitor. There are no barristers in prison, but there are a good many solicitors who wear the broad arrow which is the trademark of his majesty's prisons. The solicitor remains the old time family adviser, to whom all sorts of foolish people bring their trust deeds, their stock certificates, their government bonds and all such documents which have a tendency to lead a weak man into temptation, and that is why so many solicitors, when they need money, find it impossible to resist the desire to take that which is not theirs.—London Letter in Town and Country.

BRILING.

If the fire should be too hot, sprinkle salt over it.

Birds and other things which need to be halved should be broiled inside first.

Always grease the gridiron well and have it hot before the meat is placed on it.

Never put your fork in the lean part of meat on the gridiron, as it allows the juice to escape.

Fish should be buttered and sprinkled with flour, which will prevent the skin from adhering to the gridiron.

Remember that a hot, clear fire is necessary for broiling all small articles. They should be turned often to be cooked evenly without being burned.

Cover the gridiron with a tin pan or a baking pan. The sooner the meat is cooked without burning the better. The pan holds the heat and often prevents a stray line of smoke from touching the meat.—Philadelphia Ledger.

Paying Through the Nose.

"Paying through the nose" is to be indirectly swindled in a transaction or to pay an exorbitant price for a thing in consideration of long credit. A variant is "to be bored through the nose," "bored" here having the meaning of cheated, deceived:

At this instant he bores me with some trick.—"Henry VIII," I, l. 138.

One that hath gulled you, that hath bored you, sir.—"Life of T. Cromwell," 1602, II, ii. 103.

And Howell in his "Instruction For Forren Travell" (1650), page 59, "had known divers Dutch gentlemen grossly guld by this cheat (the selling of forged manuscripts to young travelers in Italy), and som English bor'd also through the nose this way by paying excessive prices for them."—Notes and Queries.

Oldest of British Sports.

Hawking is the oldest of all British sports. To the uninitiated the most marvelous feature of hawking is the manner in which the hawks themselves, naturally the wildest and wildest of the feathered tribe, have been trained to surrender voluntarily their liberty and return literally like a bolt from the blue in obedience to the will of the falconer. This indeed seems the more remarkable when one learns that the best birds are those which have attained maturity in a wild state.—London Ladies' Field.

Circus Folks Most Moral.

Notwithstanding the absence of the artificial safeguards that a conventional society has ordained, circus performers are, as a class, the most moral folk on the face of the earth. An old circus man expressed the fact in this way:

"For 200 years there has not been a domestic scandal nor a divorce among us when both husband and wife were from recognized circus families. In every case where there has been a scandal, either one or the other has been an outsider."—Everybody's Magazine.

Wanted a Better One.

Patient—When you're ill, doctor, do you treat yourself?

"No. I call in one of my colleagues."

"Then can't I call in one of them—the one that cured you?"—Kurgler.

Careful.

"I'm going to put a fender on the front of my runabout."

"So you won't run over some one?"

"Nope. So it won't hurt the radiator when I do."—Cleveland Plain Dealer.

New Wheat Lands

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60 ACRES
WESTERN CANADA
FREE

5,000 additional miles of railway this year have opened up a large territory to the progressive farmers of Western Canada, and the government of the Dominion continues to give one hundred and sixty acres free to every settler.

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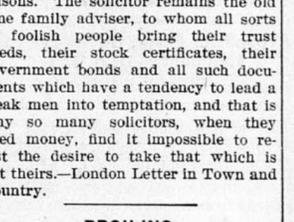
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Hours: 9 a. m. to 5 p. m.

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Catarth, Catarrhal Deafness, Diseases of the Ear, Nose, Throat, and of the Lungs (and Consumption in its earlier stages) are to be cured when Dr. Jones' methods are applied.

Granulated Eyelids and Cataract permanently cured by his Absorption Treatment.

Glasses fitted and Guaranteed. Cross Eyes straightened without pain. Astonishing cures are readily made in cases of Chronic Rheumatism, Paralysis, Epilepsy and Skin Cancer.

Treats all curable Diseases of the Heart, Blood, Skin, Liver, Stomach, Kidney, Bladder, and of the Nervous System, and Female Organs.

A never-failing remedy for Big Neck, PILES, FISTULAE and RUPTURE guaranteed cured without detention from business. Special attention given to all surgical cases.

NERVOUS DEBILITY.

Are you nervous and despondent; weak and debilitated; tired mornings; no ambition—lifeless; memory poor; easily fatigued; excitable and irritable; eyes sunken; red and blurred; pimples on face; restless, haggard looking; weak back; deposit in urine; distrustful; want of confidence; lack of energy and strength; sleepless?

DISEASES OF MEN AND PRIVATE DISEASES A SPECIALTY.

Blood Poison, Syphilis, Stricture, Gleet, Spermatorrhea, Varicocele, Hydrocele, and the effects of early Vice or Excess, producing Debility, Nervousness, Defective Memory, etc., which ruins mind and body, positively cured.

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Long Live The King

is the popular cry throughout European countries; while in America, the cry of the present day is "Long live Dr. King's New Discovery, King of Throat and Lung Remedies" of which Mrs. Julia Ryder Paine, Truro, Mass., says: "It never fails to give immediate relief and to quickly cure a cough or cold." Mrs. Paine's opinion is shared by a majority of the inhabitants of this country. New Discovery cures weak lungs and sore throats after all other remedies have failed; and for coughs and colds it's the proven remedy. Guaranteed by O. M. Olsen, Druggist. 50c and \$1.00. Trial bottle free.

Get What You Ask For.

When you see an article well-advertised in the newspapers, you may be sure it's a good article, for advertising only pays if the goods are honest and possess merit. The people who make a specialty of one advertised article, like Cascarets, Candy Cathartic for example, stake their whole business existence on it's doing what they say it will. They must "make good" as the saying is. Readers of this paper are urged to be sure that they get what they ask for, when they ask for an advertised article, for it's the good thing that is imitated and counterfeited. Don't accept substitutes! Insist on getting the genuine!

When there is the slightest indication of indigestion, heart burn, flatulence or any form of stomach trouble take a little Kodol occasionally and you will be afforded prompt relief. Kodol is a compound of vegetable acids and contains the juices found in a healthy stomach. Kodol digests what you eat, makes your food do you good. Sold by Eugene A. Pfeiffer.