

HOME HEALTH CLUB

EDITED BY DAVID H. REEDER, LAPORTE, INDIANA

A Beginning: As I came down the street this morning I saw on the opposite side a student who will be graduated from High School tomorrow. He is in the graduating class of which my son Warner is president and as they are great friends he came over to walk with me.

I don't often "preach" to the youngsters but I could not help telling him what I have frequently impressed upon Warner, that he has simply been serving an apprenticeship and is now laudably trained in methods of learning. Real education is now about to begin.

The young person who thinks he knows it all because he has graduated from school or college is a hopeless case and but little progress will be made in his life. In fact he is likely to go back. To the student who realizes that he has just arrived at the edge of the vast ocean of knowledge and that he has only just started to learn, there is no limit.

I had a letter yesterday from a California physician who wanted to know how I would treat a certain condition or case in which his drugs had failed. He went on to say, "I am just beginning to realize how narrow and bigoted I have been and in the light of what I have just been learning of natural methods of curing people I blush with shame for the errors I have made in the past."

That doctor stood high as an officer in the medical corps of the army but from now on he will stand higher in the hearts of his patients because he is a real student and will work with Nature instead of against her with poisons, opiates and narcotics.

I have just returned from the Annual Convention of our Medical Association in which some of the most astonishing papers were read. I was much impressed with the change that has taken place in the attitude of the foremost physicians of the day.

Not a single paper was read upon the drug treatment of diseases and only one paper on the surgical treatment of humanity and the feature of that paper was orificial surgery. To remove causes of irritation such as phimosus and adhesions of the prepuce and others, in all of which, as most of you know, I heartily concur.

Another paper proved my contention that surgery was not necessary for the removal of tumors or tonsils, adenoids, etc., except in very severe cases. That goiters were not difficult to overcome and that head noises, many cases of deafness or defective

hearing, cataract, glaucoma and weak eyes had been restored to normal by natural methods without drugs or surgery.

Another astonishing thing was the frequent declaration that without the co-operation of the mind, soul or spiritual side of both physician and patient but little headway could be made toward a permanent cure of any disease and that the doctor who started in by frightening his patient in order to secure a larger fee was no less a criminal than one who deliberately gave a dose of poison for the same purpose.

When the great session was nearing the close, one famous, white haired physician exclaimed: "Well boys, I believe that we are beginning to learn and we can now really know what ails our patients and that is four-fifths of the battle for a cure. I can now do more for the sick than I could ever have done before."

Club Notes.

Mrs. H. A. of Minnesota writes about her son, age 19.

Dear Doctor Reeder: Several years ago I wrote you about Henry. You told me what to do for him and he got well and strong.

For a year he has been away at work, where I could not look after his diet as you directed and now he has come home in very bad health. One doctor says he has dropsy and another said kidney trouble. Neither helped him. He passes large quantities of urine, drinks lots of water and his feet and ankles swell. Please tell me what to do.

Answer: When you wrote before I found upon analysis of his urine that Henry had a tendency toward diabetes. This was cured by proper diet and I told you then that he must always be careful about his diet. At once put him on the same diet again but he will need a bit more help this time than you can give. In a personal letter I have given you the name and address of a physician in St. Paul, who knows exactly what I would do and he will give Henry the necessary boost that will again restore his health. Henry is now old enough and sick enough, to recognize the importance of diet in the future and will probably stay cured.

All readers of this publication are at liberty at all times to write for information pertaining to the subject of health. Address all such communications to Dr. David H. Reeder, La Porte, Indiana, giving full name and address and at least 6 cents in postage.

Peter Simmet has returned to his home here to spend the summer months with his parents, Mr. and Mrs. Anton Simmet. He was accompanied by Armin Sattler who visited here for several days before leaving for his home in Ivanhoe. Both boys are students in the medical department of Creighton College at Omaha, Nebraska.

Mr. and Mrs. Thomas Harrison of Aberdeen, South Dakota, motored to New Ulm last Tuesday to visit with friends and relatives here. They were the guests of Mr. and Mrs. Paul Hackbarth for two days, returning home on Thursday. Mrs. Harrison is well known in New Ulm, having been Miss Clarice Fritsche prior to her marriage.

Mrs. F. W. Weinsdorf and little son Cleo, of Cibola, Arizona, arrived in New Ulm last week to visit at the home of her parents, Mr. and Mrs. Christ Spelbrink and with other relatives and friends for some three months. Rev. Weinsdorf is expected to arrive the latter part of July and will spend the summer vacation here also. Mrs. Weinsdorf will be remembered as Miss Nancy Spelbrink of this city, and this is her first visit home since her marriage two years ago.

The 27th annual convention of the Epworth League and Sunday schools of the Minneapolis district was held from Tuesday until Saturday of last week at the Clear Lake Methodist church in West Newton township. Forty delegates and pastors were in attendance. The local Methodist congregation did not send any delegates and did not take part in this conference, but a number of the members of the Epworth League attended some of the sessions.

At the meeting called by the Minnesota Co-operative Creameries Association, Inc., held at St. James last Thursday, the subject up for discussion was the methods of standardizing butter production and the marketing of eggs in carload lots.

Representatives of thirty-two co-operative creameries in Brown, Watonwan, Jackson, Martin and Faribault counties were in attendance. After a business session in the morning, a general session was opened at 1 p. m. Prof. J. R. Keithley of the dairy school at the University farm outlined plans for standardizing co-operative creamery butter. N. E. Chapman of the Agricultural Extension Division told of the advantages of marketing eggs through the co-operative creameries, and A. J. McGuire, general manager of the state association, explained its work.

Walter Miller, son of Mr. and Mrs. Wesley Miller of South Minnesota street, arrived home Friday from Saco, Montana. He has been employed as book-keeper in a bank there for two and a half years, and has not visited New Ulm during that time. He states that the crops in Montana are excellent. He will remain until Monday.

Harry Essig of Sanborn visited over the week-end with New Ulm friends. Mr. Essig reports that the heavy hail on Monday night a week ago destroyed sixty-five acres of rye on his farm, and broke several windows in his house and barn. The hail damaged the crops in that vicinity considerably and lay two to three inches deep. Some of the hail stones were the size of a hen's egg.

Miss Magdalene and Miss Hilda Steinmetz drove to St. Paul Saturday where they will be guests at the home of their sister, Mrs. H. R. Page and Mr. and Mrs. And. Steinmetz will leave Tuesday for Watertown, South Dakota, and after a several weeks' visit there with friends and relatives, will join their daughters at St. Paul. The family will travel by car to Mahanomen, Minnesota, to visit with Henry Steinmetz, son of Mr. and Mrs. And. Steinmetz. Before their return home they will camp for several weeks near Lake Superior.

New Ulmites will be interested to know that Mr. and Mrs. Ernie Schleuder, recently of Peoria, Illinois, have removed to South Bend, Indiana. Mr. Schleuder has accepted a position with the Geo. S. Johnston Co. of Chicago, as branch manager of the optical supplies house at South Bend, a branch of the firm. Mr. Schleuder was formerly employed for several years with the Irwin and Beard Co. of Peoria. Mrs. Schleuder was Miss Ehyllis Neumann before her marriage to Mr. Schleuder last year.

W. M. Martin of St. Paul, and an agent of the State Highway Department, was in New Ulm Monday for the purpose of nabbing those who evaded the law with regard to automobile licenses. Twenty New Ulm people who did not apply for auto-licenses were brought up before the Justice. Each of them paid a fine besides an additional charge for costs. Some of them sent in belated applications for licenses. This should teach law-evaders that the arm of justice has a long reach.

Ivory knife-handles that have become discolored can be cleaned by rubbing them with half a lemon dipped in salt.

ESSIG AND VICINITY.

Alois Henle, Leslie Albrecht, Dan Mecklenburg and J. O. Case were Twin City callers last week Tuesday. They made the trip by Ford.

Mrs. E. E. Spelbrink and little son Ronald and Miss Alice Nelson visited with friends in New Ulm from Tuesday until Thursday.

Tom Kemkes was a business caller at Sleepy Eye Tuesday morning. Essig is adding to his good looks by making more sidewalks. Though small, our town is certainly a clean place.

The dance given at the Essig Hall by the Lina M. Collins camp of the Royal Neighbors last Thursday was well attended and a jolly time reported by all present.

The "Essig Giants" and the New Ulm "Frenzels" were engaged in a base-ball battle at E. A. Radloff's base-ball grounds last Sunday afternoon. The game was 6 to 8 in favor of "Frenzels."

Leslie Albrecht and Jack Kemkes accompanied by the Misses Mabel Geske and Alice Nelson were at St. James to watch the ball game which turned out in favor of New Ulm, Sunday.

Mr. and Mrs. Chas. Rauschke, Mr. and Mrs. Max Hoehne, Mr. and Mrs. Ben. Frank and children and Wm. Hager and Arno Windland from New Ulm, Mr. and Mrs. Erhart Frank and little daughter of Milford and Mr. and Mrs. Wm. Geske of Essig enjoyed a day's outing at the Cottonwood Sunday.

MAX PFEIFFER'S PLEA IS "GUILTY"

(Continued from page 1.)

being the sheriff's office is checkmated and is at a loss to secure the funds necessary for the purpose of securing additional proof and for the arrest of Brooks.

Another Missing Link. Whether or not William Pfeiffer's disappearance from New Ulm since Tuesday of last week has anything to do with the Sleepy Eye robbery can not be stated with any degree of positiveness at this time. This much is certain, that he is gone and before going he called on quite a number of his friends for short time loans and it is claimed by some that the money collected by "Big Bill" in this way will run into several thousand dollars.

It should be mentioned also that Ernst Pfeiffer, the father of Max Pfeiffer who has been visiting here for several weeks, left Monday, June 12, and that Waldemar Pfeiffer who has been working at Stork Brothers asked for a two weeks' vacation on June 5, and had not been seen since. It is claimed also that on the night of May 11 some one broke into the Stork Commission house where their auto truck is stationed but nothing was taken. Whether the burglars were scared away or whether they were unable to find what they were after because the electric light was turned off is not known at this time.

Max Pfeiffer, who is in jail, at one time conducted the Union Restaurant on Broadway and it is claimed that when he sold out several months ago, he had \$800 in cash. This is apparently all gone because his family is in dire want. They have absolutely nothing to eat and last Friday the Child Welfare Board took charge of the family and is giving them such assistance as they can. Pfeiffer has been making himself a nuisance at the jail, it is said, yelling at night to give the impression of insanity, and otherwise making life a burden to the jailer. He is now kept in solitary confinement.

LOVE CAST THE LARIAT.

Bound to a fear-maddened horse—headed for the sheer precipice—then like a flash came the rope, guided by the sure arm of fate—and she was saved—saved that a wonderful romance might be real.

It was an amazing novel, but as a picture it will thrill you all the more. You will grip your seat, your heart will beat with the clattering feet of "Wildfire" as he races to victory—amaze yourself with your enthusiasm as climax piles upon climax, building to a splendid finale. "When Romance Rides" Jane Grey's wonderful outdoor picture, shown at Lyric, Friday and Saturday, June 23 and 24.

Mr. and Mrs. Geo. Leikam accompanied by Mr. and Mrs. John Annen motored to Cold Lake on Friday where they were called to the bedside of Mr. Leikam's father, Jacob Keller, who met with an accident and sustained painful injuries. On their return they went to St. Cloud to visit relatives and Miss Lorraine Gulden of St. Cloud came here with them for a short visit with relatives.

A district convention of the Women's Foreign Missionary society will be held on Friday all day at the M. E. church. At 2 o'clock in the afternoon a session will be held, and another at 8 o'clock in the evening. Mrs. Edlund, a missionary who returned from Africa lately will be the main speaker at the convention.

CAMBRIA NEWS.

Mrs. Enoch Roberts and Mrs. W. J. Evans visited with friends and relatives at Lake Crystal Monday.

James Crawford of Minneapolis is spending his summer vacation with his aunt, Mrs. George Crawford of this place.

The Charivari party for Mr. and Mrs. Hugh T. Hughes at the Woodmen Hall Friday evening was enjoyed by a large crowd of young people. A midnight supper was served. The guests presented Mr. and Mrs. Hughes with an appropriate wedding gift.

Mrs. Ruth Roberts of Judson was the guest of Mrs. James D. Price Monday.

William Crawford who is a student at the State University has been home for a few days to visit with his parents. He has returned to Minneapolis where he will work during the summer vacation. He has one more year at the university before he completes his course in dentistry.

The Ladies Aid of Cambria will hold their regular meeting Friday of this week at the church parlors.

The new bungalow which Owen Evans is building will soon be ready for plastering.

David Bowen has the framework up for his new residence which will be a very large house with full basement. He and his sister will move into town in the fall from the farm three miles from Cambria. Mr. Bowen has rented the farm to his son Eyan.

Among those from here who attended the Bryan lecture Monday evening at the New Ulm Chautauqua were the following: Mr. and Mrs. Ross Espenson, Mr. and Mrs. Alfred Espenson, Mrs. Harlie Espenson, Miss Lillie Thomas and brother, Arthur, Miss Dora Roberts, Miss Eleanor Price and brother Iver.

Election day in Cambria was quiet although a large vote turned out, especially in the evening. There were several contests on the county ticket and considerable interest in the Williams-Andrews contest.

Mrs. Henry Knees entertained a number of friends Sunday in honor of her daughter, Mrs. E. E. Spelbrink of Milltona. Those present were Rev. and Mrs. Emil Sans, Mr. and Mrs. Ed. Werner of New Ulm, Mrs. Paul Wiedenmann, Miss Erna and Herbert Wiedenmann and Fred Berkner of Sleepy Eye, Mr. and Mrs. Fred Johns and children, Mr. and Mrs. Val. Knees and daughter, Miss Esther Spelbrink and Mrs. Ernst Roloff, Sr.

Mrs. E. E. Spelbrink and children and Mrs. Henry Knees were dinner guests at the home of Mr. and Mrs. Andrew Wagner Monday.

Leo Heiman returned to Omaha, Neb. Sunday, where he will be employed in a drug store during the summer months. The trip was made as far as Manokato by auto whether he was accompanied by Mr. and Mrs. W. C. Heiman, Miss Hazel Heiman and Miss Gladys Wagner.

Myra, the little daughter of Mr. and Mrs. O. C. Stock was bitten in the lower lip and about the chin while playing with a dog. Several stitches had to be made by the doctor where she was taken at once.

Ronald Spelbrink and Iona Knees were visitors at the Wm. Geske home Monday.

Boys get your charivari instruments ready for action; Claus Reimers has gone to Sioux Falls and when he comes back you can get busy!

"THE LOVLIEST GIRL ON THE SCREEN"

"Personal magnetism, I believe," says W. T. Benda, the artist, "is the greatest asset in the business and professional and social world of today, and by magnetism I mean something far superior to beauty and excellence and feature.

"One cannot regulate the shape of one's nose, or change the general contour of one's face, but the charm that radiates from a happy and contented personality is something that every girl can acquire, if she really wants it badly enough and is willing to work for it.

"Personality is self-acquired, self-cultivated, and is largely the fruit of experience and observation and reading. Read good books by authors of repute; novels dealing, if you like, with the problems that are confronting all of us today; read biographies of self-made men and women read history and acquire a general background for the formation of your ideals of life. Then observe: watch people, of various walks of life, in various situations. See how such-and-such a man or woman reacts under certain circumstances. Be optimistic—for an attractive and compelling personality is never associated with a grouchy manner or the gloomy tones of the pessimist! For the personality that attracts and invites is often largely the result of a kindly heart and good nature and friendly feelings for one's fellow men.

"Personality is the key that unlocks many an otherwise barred door—doors showing fascinating vistas of professional or personal success. Personality is the greatest asset in the world, and without it, life is a drab affair, but when carefully nurtured and cultivated, proves a veritable store house of treasure to its possessor."

This has Mabel Ballin, who appears in "Other Women's Clothes" at the Turner Theatre next Sunday, been characterized by one of the most prominent artists of the present age.

Mr. and Mrs. Franz Korth went to Sioux Falls Saturday afternoon to visit with friends and relatives there. They will be gone a week or ten days.

A surprise party was given to Mrs. Mary Kuebler by her many friends and neighbors at Evan before she left that place. Mrs. Kuebler has purchased a residence at Sleepy Eye and will make her home there.

Miss Agatha Russell, an instructor in the local high school for the past year, arrived Monday from Madelia to attend the wedding of her cousin, Miss Gladys Henle. She will visit here for several days as the guest of Mr. and Mrs. J. Henle.

Mr. and Mrs. Otto Schneider are rejoicing over the arrival of a bouncing ten pound baby boy which was born to them at the Union Hospital on Friday morning. "Otto" believes he will be an A No. 1 mechanic some of these days.

Miss Katherine Russell, an instructor in the public schools of Seattle, came here to attend the wedding of her cousin, Miss Gladys Henle. She arrived yesterday and will remain here during the summer months as the guest of Mr. and Mrs. John Henle.

Christ Sprenger left on Saturday noon for Fort Dodge, Iowa, where he will enjoy a visit with his brother, Henry Sprenger. Mr. Sprenger is taking a ten days' vacation from his duties at Crane Bros. Company and will also visit in the Twin Cities before returning home.

Members of the Senior class of Morgan enjoyed a picnic at Herrmanns Heights in this city last Monday. The class had a group picture taken, and games and races were indulged in throughout the afternoon. Miss Ellen Hummel, a member of the Morgan school faculty entertained the class at her home at a four o'clock luncheon.

John Eichmann arrived here a few days ago for an extended visit with his sisters, Mrs. J. P. Graff and Mrs. J. M. Arbes. Mr. Eichmann was formerly a resident of Springfield but left about twelve years ago for the Pacific Coast and is doing very well. At the present time he is in the employ of the Columbia Shipping Company at Portland, Oregon.

A letter sent by Henry Ludcke of St. Peter to the Vitagraph Company at Minneapolis bearing date July 23, 1919, managed to reach the office of the Vitagraph Company last week. The envelope was yellow with grease and age and evidently had fallen between the partitions in the mail coach and was found just recently. The letter contained a check and thereby settled a controversy as to whether or not a certain claim had been paid.

Judge James Oliver Andrews who will be remembered by some of the early settlers and who for the past forty years has been a prominent lawyer in Sisseton, South Dakota, died last Thursday morning after a week of illness with pneumonia, aged 70 years. The deceased was born in Clark County, Illinois, June 27, 1852. His parents came to Minnesota in 1857 and settled on a farm three miles west of St. Peter in Traverse township. He is a brother of Dr. J. W. Andrews of Mankato. The remains were brought to St. Peter and laid to rest in the Woodlark cemetery Saturday afternoon.

Cards are out announcing the marriage of Miss Callie Steinhauser and Erhardt Bauch which occurred May 17. The bride is a daughter of Mr. and Mrs. E. C. Steinhauser of Lamberton, where the bride was born and later graduated from the Lamberton High School. The groom is the son of Mr. and Mrs. Carl Bauch of near Lamberton. He taught school for several years and during the World War served in the navy, and at the time of his discharge was chief radio man at the nation's capital. For the present the newlyweds will reside in Lamberton.

Mrs. Henry Kegel who was at one time a resident of this vicinity died at her home in Springfield Friday morning, June 9. The deceased whose maiden name was Louise Gruye, was born May 18, 1857, in Brownston, Jackson County, Indiana, and came to Minnesota with her foster parents Mr. and Mrs. Otto Katzenberger in 1866, moving on to a farm very close to New Ulm. She was married to Henry Kegel July 9, 1877, and from here they moved to Sundown township near Springfield where they continued to reside until 1916 when they gave up active farm life and moved to Springfield. The deceased is survived by four sons, six daughters and two brothers, Philip Gruye of Winthrop and A. H. Gruye of Minneapolis, and twenty-four grandchildren. The funeral was held Monday afternoon.

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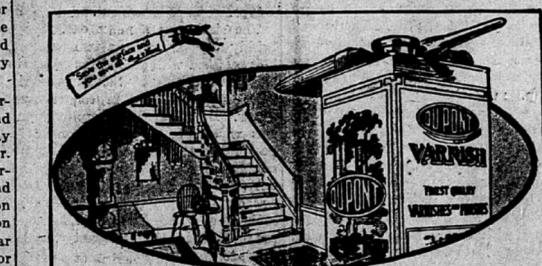
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