

"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 lime, 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. 10 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 El Paso, Me., 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 'Icy'?"

"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

ALL OVER THE STATE.

Spaugh Trials Continued.
Centerville—In the Reynolds county circuit court, the case of the state against Arthur Spaugh and Mary E. Spaugh, charged with the murder of Sheriff John W. Polk of Iron county, was continued on the application of the defendants. They claimed that they could not safely go to trial without the testimony of a traveling man, named Schriver, who was said to be at Ironton at the time of the killing. July 14 has been set for the trial of Arthur Spaugh. Sheriff Jordan was ordered to summon a special venire of 75 jurors for the trial of Mary E. Spaugh, set for July 23.

Nine Hurt in Powder Explosion.
St. Joseph.—Four kegs of gunpowder exploded while several young men were trying to rescue half a dozen horses from a burning building at 2027 St. Joe avenue, throwing burning timbers in all directions and killing several horses outright. Nine men were burned, and one of them was blown from the building into the street, his clothing being torn from his body by the force of the explosion. The injured are: William Crogan, Fred Koeker, Charles Walters, Kelley Bailey, Charles Gates, Frank McDonald, Levert Gaut, Harry Lofflin, W. C. Fancher.

Lexington Gamblers Fined.
Lexington.—The Sunday lid has been on here for some time. In the criminal court the lid was put on gambling when Oscar Moore and Ashley Ruby pleaded guilty to keeping a gambling house, and were fined \$250 each and costs. Oscar Moore, Ashley Ruby, Lon Johnson, "Pop" Howe, O. H. Wall, Aull Samuelson and James Smith pleaded guilty to gambling, and each was fined \$25 and costs. The \$675 fines go to the school fund.

To Probe Peonage Cases.
Sikeston.—A special federal grand jury will be impaneled June 21 to investigate the peonage case against the Smiths and others. The order was issued at the instance of United States District Attorney Dyer. It is alleged that friends of the accused men have openly threatened to lynch the negroes if they appear to testify.

Supposed Robbers and Officers Fight.
Vibbard.—In a fight between officers Graham and Boone and three men, supposed to be the ones who burglarized the post office at Mooresville, Graham was dangerously wounded in the breast and Boone was shot in the right arm. The three men escaped, though one of them is thought to have been wounded.

Prohibitionists Name Ticket.
Cameron.—The state prohibition ticket nominated here follows: Judge of the supreme court, long term, J. P. Orr, of Johnson county; for short term, A. F. Butts, of Green county; railroad commissioner, A. B. Wray, Andrew county; superintendent of schools, Miss Roena Shaner, Cape Girardeau county.

Exploding Oil Hurts Three.
Springfield.—Fire, which started from sparks from a Frisco locomotive, partially destroyed the two-story brick warehouse and four large steel tanks of the Waters-Pierce Oil Co. The explosion of the tanks slightly injured three people.

Refused Compromise; Acquitted.
Kansas City.—William Maloy, charged with wife murder, was acquitted. He had offered to plead guilty to second degree murder and take a 50 years' sentence, but the prosecutor refused and insisted that he be tried on a first degree charge.

Girl Killed By Lighting.
Butler.—Miss Hannah Holmes, aged 18, daughter of J. W. Holmes, a prominent farmer eight miles southeast of here, was killed by lightning, and Miss Nellie Thorpe was stunned and badly burned. There was a clear sky at the time.

Land Office Clerk Dismissed.
Springfield.—Edward C. Bauman, clerk of the United States land office here, has been dismissed, on orders from the general land commissioner, for dealing in government land.

Folk After Sunday Clubs.
Jefferson City.—Gov. Folk has issued orders for the suppression of all clubs organized to beat the Sunday law. There are 200 of them in St. Louis.

Found Dead in Bed.
Springfield.—Allison Shriner, 70 years old, was found dead in bed by members of his family. Death was probably due to old age.

Guard Killed by Lightning.
Lebanon.—William Donald, a farmer, was killed by lightning five miles north of here. He had taken shelter from the rain under a tree.

Farmer Killed by Lightning.
Lebanon.—William Donald, a farmer, was killed by lightning five miles north of here. He had taken shelter from the rain under a tree.

Downing Business Houses Burned.
Downing.—An early-morning fire destroyed 14 business houses and their contents here. An entire block was swept away by the flames.

Must Make Good School Funds.
Clinton.—The bondsmen of the failed Salmon & Salmon bank will have to make good \$60,000 school funds deposited in the institution.

Kansas City Politician Kills Self.
Kansas City.—Sick, W. S. Umbarger, aged 45, for years a prominent local politician, committed suicide by shooting at this home here.

"HE RAN FOR LAWYER."

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

A man from Pennsylvania went to Vinceland on a business errand. The town was strange to him, and he was unacquainted with the man (a lawyer) 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 HUMOR.

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

"I wish to inform you that Cuticura Remedies have put a stop 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 cracked, inflamed, 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 eczema 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 Ointment there was 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 Summer 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!"

"Pshaw!" 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 dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting 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 it fails to cure. Send for list of testimonials. Address F. J. CHENEY & CO., Toledo, O. Sold by all Druggists. Take 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 Sarghum, "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.

FIFTH, 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, Ld., 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 gamblin'."—Washington Star.

Lewis' Single Binder costs more than other 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 EGG-O-SEE

all there is in wheat—and he'll be your heart'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 when eaten 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—"these 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 (15 cents west of the Rocky Mountains) 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 32-page book, "back to nature," outlines a plan of right living, including menus for 7 days and recipes for preparing the necessary dishes, based on a whole wheat diet, with suggestions for bathing, eating and exercise, illustrated from life, exceedingly simple and attractive. By following the precepts, abundant and vigorous health is sure to result.

Published to sell at 25 cents a copy, this handsomely illustrated book will be mailed FREE to anyone who writes, as long as this edition lasts. Address

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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.

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A Certain Cure for Tired, Hot, Aching Feet.

DO NOT ACCEPT A SUBSTITUTE.

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For FREE Trial Package, Address, Allen S. Olmsted, Le Roy, N. Y.

This Is What Catches Me!

16oz.—One-Third More Starch.

DEFIANCE STARCH 16oz. FULL POUND for 10c

No premiums, but one-third more starch than you get of other brands. Try it now, for hot or cold starching it has no equal and will not stick to the iron.



Hard to Shut Up.

"Putting a parrot in a strong cage," remarked the Observer of Events and Things, "doesn't shut the bird up altogether."—Yonkers Statesman.

Lewis' Single Binder straight 5c. You pay 10c for cigars not so good. Your dealer or Lewis' Factory, Peoria, Ill.

The seat of conscience often seems to be in the liver.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. See bottle.

A tennis suit should be tried in open court.

THE DAISY FLY KILLER

destroys all the flies and affords comfort to every home. One box lasts the entire season. Harmless to persons, clean, neat and will not soil or injure anything. Try them once and you will never be without them. If not kept by druggists, sent prepaid for 25c. Send name, list of druggists, to Lewis' Factory, Peoria, Ill.

PATENTS

Send for "Famous" M.L.O. & S. PATENTS. Established 1860. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. See bottle. Branches at Chicago, Cleveland, Detroit.

A. N. K.—B (1906-35) 2131.

Girls' Help

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

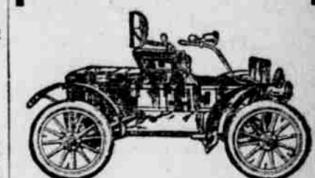
WINE OF CARDUI WOMAN'S RELIEF

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

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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.

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QUICKLY CURE HEADACHE, NEURALGIA AND FEVERS.

Price 10c. Thousands use and endorse them. CONTAIN NO NARCOTICS. Sold for twenty years.

WINTER

Wheat, 60 bushels per acre. Catalogue and sample FREE. Write for it to W. L. Brown, Peoria, Ill.

You Look Prematurely Old

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