

COUNTRY AND VILLAGE RESIDENTS TENDER HOSPITALITY TO THE PEOPLE OF THE CITY

FILL IN AND MAIL TO TOWN AND COUNTRY DEPARTMENT, JOURNAL.

FACILITIES OFFERED.

CITY RESIDENT COUPON

Name _____
 Address _____
 Is house all modern construction? _____
 Number guest rooms available? _____
 Children in your family _____
 Boys; ages _____
 Girls; ages _____
 How many guests could you entertain? _____
 What time is most convenient? _____ For how long? _____
 Do you desire guests of any particular nationality, and if so, what? _____
 Do you prefer guests of any particular religious denomination, and if so, what? _____

Note here any particular features which might make your home attractive to visitors: _____

COURTESIES DESIRED.

Would like in exchange entertainment for _____ members of my family for _____ days about (date) _____

FILL IN AND MAIL TO TOWN AND COUNTRY DEPARTMENT, JOURNAL.

FACILITIES OFFERED.

RURAL RESIDENT COUPON

Name _____
 Address _____
 Do you reside in village? _____ On farm? _____
 If latter, how far out? _____ How many acres? _____
 What modern conveniences has house? _____
 Number guest rooms available? _____
 Children in your family _____
 Boys; ages _____
 Girls; ages _____
 How many guests could you entertain? _____
 What time is most convenient? _____ For how long? _____
 Do you desire guests of any particular nationality, and if so, what? _____
 Do you prefer guests of any particular religious denomination, and if so, what? _____

Could guests secure privilege of using horse or boat near your place, and at what expense? _____

Is there lake or river near you, and if so, which? _____

Note here any particular features which might make your home attractive to visitors: _____

COURTESIES DESIRED.

Would like in exchange entertainment for _____ members of my family for _____ days about (date) _____

Four out-of-town residents, three of whom reside in pretty villages and one on a farm, have extended their hospitality to residents of Minneapolis who may desire to exchange courtesies thru The Sunday Journal. The only two weeks old the project to bring together the scores of city and country folk who are anxious to exchange entertainment already has elicited hearty praise.

To many who have yearned to enjoy a romp in the country near nature and far from the heat and turmoil of the city, but have never been able to diagnose the exact nature of this craving, the Journal experiment has served to open their eyes to their mysterious ailment; others who have desired to spend a few weeks out of the city have welcomed this opportunity to realize their hope without the expense that has prevented their enjoying such a visit before; still others who are well able to bear the expense of a journey into the

woods and fields, but who are unable to find the rest and privacy they crave in the public houses with which they are alone acquainted and have given up hope of ever arranging an "ideal" vacation, have seen in this plan a chance to strike acquaintance with real, wholesome farmers who can give them just what they desire.

Farmers Take Lead.

Evidently this army of city people has been holding back formal proffers of exchanging courtesies until such rural spots as their imaginations picture have been offered to them by the farmers and residents of pretty villages. And it is probable that before long Minnesota farmers will have tendered just the places these pent-up city residents are craving for.

Probably because it is their vacation period and they have more time to write and think of visits to the city, the

farmers and residents of villages are offering opportunities for rest and pleasure that eclipse the most ideal vacations scores of city people have taken. They are willing to put the fields and quiet and smokeless air of their beautiful world at the disposal of the persons who want an outing under these conditions. All that the happy possessors of these unrivaled bounties ask in return for these generous offers is entertainment in the city while they dip into some of the sights that are mysteries to them, but as commonplace to Minneapolisians as the beauties of the country are to the farmers who thrive near them every day.

To a vast army of struggling farmers and city folk who are not rich in unparalelled opportunity is offered. Nearly every farmer and city resident has in his home one or more rooms that are unused except when visitors come. Every housewife cooks enough each

mealtime to provide sufficient food for more persons than partake of it. There would be absolutely no loss in entertaining a guest.

Body Wants Fresh Air.

For a week, two weeks or even longer, a man whose lungs are blackened by coal smoke, whose ears rebel against the din of the city, whose whole body craves the freedom, quiet and freshness of the country, may enjoy the recuperating atmosphere of the farm for almost nothing. That the expense is almost nothing would be witnessed by any person who thought his trip would be cheap because he had a "pass." It has been proved, conclusively, that railroad fare is far and away the smallest item of the expense of a pleasure trip. Hotel bills are among the principal items. Thru the exchange of courtesies this big item would be blotted out. Anyway a per-

son would expect some expense. It's the fact that the trips have been too expensive, heretofore, that has deterred the big majority. Another consideration is the fact that Mr. Cityman would be treated as a visitor and not paid "guest"—an inducement which those who have no friends or relatives in the country and are compelled to go to public places, can heartily appreciate.

Farmer Visitor Needs Friends.

With the country resident the advantages of the interchange of courtesies plan are equally abundant. Farmers usually are members of families of farmers and when they visit the city they visit it as strangers. Having no interested friends to direct their sight-seeing tours they miss much of interest. They are compelled to stay in hotels whose methods are strange to them—more difficult to comprehend than the

average person would imagine. But they yearn to visit the city. They read about it every day in the daily papers that the rural delivery puts within such easy reach they want to see Minneapolis fall the state capital in which they have a citizen's interest and hundreds of other things that are not appreciated by those who see them every day.

That such sentiment does exist is proved by the following extract from a letter received by The Journal: "Bless your heart, dear Journal, for the idea. It appeals to me, I'm sure. I spent last winter alone in a hotel in Minneapolis rather than winter in this village, and found that not pleasant, tho I had relatives to spend part of the time with. I assume there are many in a like situation. Success to the plan, anyway."

Courtesies Offered.

Tenders of country hospitality in exchange for city entertainment have been received as follows:

C-1—Family of professional man; village of Warroad; good home with three guest rooms available; no children; entertainment for two or three guests for three months or less, after June; American guests preferred; village on Lake of the Woods, with best game and fishing opportunities; rowboats free, sailboats and launches \$2 and \$2.50 per day; scenery unrivaled for wild beauty; would exchange for entertainment for one or two persons in city for week, preferably in August or any other convenient time.

C-2—Farm half mile from Parkersburg, Butler county, Iowa; two or three guest rooms; three boys, aged 7, 11 and 15; could entertain three or four guests for two weeks in June; prefer Norwegians or Danes of Lutheran or Methodist faith; river below the house; could secure use of horse or boat for little expense; elm woods right near, with bathing, fishing and boating handy; would exchange for entertainment of two or three persons in city for two weeks in March or August.

C-3—Village of Ada, Minn.; house has electric lights and telephone; one daughter aged 5 years; would exchange home, furnished, for furnished city house for one to three months.

C-4—Village of Monona, Iowa, near Prairie du Chien; modern conveniences; one guest room; no children; could entertain two guests who could occupy same room three or four weeks between July 1 and Aug. 30; prefer Americans; horse and carriage at disposal of guests two or three days a week; village and environs picturesque, affording excellent drives; would exchange for entertainment for herself (a woman) for four weeks about March 20.

These answers came on the blanks which accompany this article. Any person living in city, country or village may tender hospitality thru The Sunday Journal without expense, or obtain further information regarding proposals published by addressing Hospitality Exchange Editor, in care of The Sunday Journal.

been found to have a beneficial effect upon smallpox, as it is inimical to the vitality of the germs of that disease." Dr. Hilliard gives instances of the utility of the blue rays in the case of the extraction of teeth. One man said that under its influence he felt no pain when a molar was extracted, and returned to have two others removed by the same agency.—London Mail.

DYSPEPSIA-PROOF

How Any Meal Can Be Thoroughly Enjoyed by Any Stomach.

Men, as a rule, are first discovered by their enemies. Their antagonists turn on the searchlight, and the proof of merit will lie in being able to stand the dash.

It was only in this way that Mr. White ever knew that dyspepsia was one of Mr. Black's worst enemies. Sitting face to face at a two-by-four table, he handed his afflicted friend the bill of fare:

Oyster Cocktail. Stuffed Olives.
 Boston Clam Chowder.
 Strained Gumbo.
 Sirloin Steak with Mushrooms.
 Roast Beef Hash, you have
 Boiled Ox Tongue with Sauerkraut.
 Lobster a la Newburg.
 Baked Pork and Beans.
 Combination Crab Salad.

Hot Mince Pie.
 Pineapple Fritters.

Mr. White ordered a "little of each." Mr. Dyspepsia Black ordered crackers and a glass of milk. "I had such a big breakfast this morning," he said, "that I'll just take a bite to keep you company." But Mr. White could not be deceived; "I am afraid you can't stand the gleam, Mr. Black. Why don't you say you have dyspepsia and be done with it? You'll always have that hungry look anyhow as long as you have dyspepsia. Now listen. My stomach was in just as bad condition as yours at one time. But now I can eat anything at any time. For instance, this clam chowder or sirloin steak or even the lobster would be just as welcome to my stomach as your crackers and milk. You don't realize how this dyspepsia business is robbing you of your spirit, of your energy and ability to think quickly. I can't help notice it. You haven't the cheer and sociability you had three months ago. Now I'll tell you what to do," and thereat the cheerful Mr. White took a vial from his pocket and extracted a wee tablet. There, there is a tablet that contains an ingredient, one grain of which digests 3,000 grains of food. For even the worst dyspeptic it's the only thing that really gives relief. The reason is it relieves the stomach of nearly all the work it has to do, digests everything in the stomach and stimulates the gastric juice. I can't get along without them. They are Stuart's Dyspepsia Tablets. You can get them anywhere on earth for 50c a package."

Yes, it is true, Stuart's Dyspepsia Tablets absolutely stop heartburn, nausea, indigestion, dyspepsia of the worst type, sour stomach, bloaty feeling and all eruptions and irritation, and freshen and invigorate the stomach. They cheer you up, and make you get all the good there is in your food. You will forget you ever had a stomach to worry you.

ORIENTAL RUG HISTORY

Attractive Booklet Has Interesting Facts About Beautiful Creations.

The Alden-Keljik company, oriental rug dealers at 1000 Nicollet avenue, have prepared an attractive little booklet for free distribution, entitled "The Art of the Orient." It contains pictures of several oriental rugs with descriptions, and has also an interesting history of dyes, weaving, etc., which is designed to impart more knowledge of oriental rugs. People of refinement do not now consider a home properly furnished without oriental rugs, and yet the great majority has only a limited knowledge of the highly interesting history of their manufacture. It was to enable buyers to understand these beautiful creations of the orient and select them more intelligently that the booklet was prepared. Copies will be given to all persons who inquire at the Keljik company's store or will be mailed on request.

AGITATE FOR BATHS IS DR. HALL'S TIP

Rev. T. M. Beadenkoff, Pioneer of Movement in Baltimore and Secretary of Bath Commission, Gives Interesting Details of Popular Work in That City.

Baltimore is one of the American cities that has worked out a practical and entirely satisfactory system of public baths. The desirable end has been attained thru the funds appropriated by the city council partly, but mostly thru the labor and money contributed by public-spirited citizens.

Dr. P. M. Hall, health commissioner of Minneapolis, has long been interested in such work, and in order to gain all possible information has corresponded with men in Baltimore who have contributed largely to the success of the baths in that city. The result is information valuable to him and to everybody interested.

In a letter to Dr. Hall, Rev. T. M. Beadenkoff, the pioneer in the bath movement in Baltimore, and the present superintendent and secretary of the bath commission, says: "Replying to your favor regarding establishment of public baths in your city, I would say that you might profit by our Baltimore experience. Agitation and publicity seem to bring best results. Briefly, my advice to a city entirely without baths is, begin on a small scale, if necessary, and with only summer swimming baths, show what can be done, and agitate, agitate, agitate the subject."

Mr. Beadenkoff then gives a resume of the public bath history of his city. It is as follows:

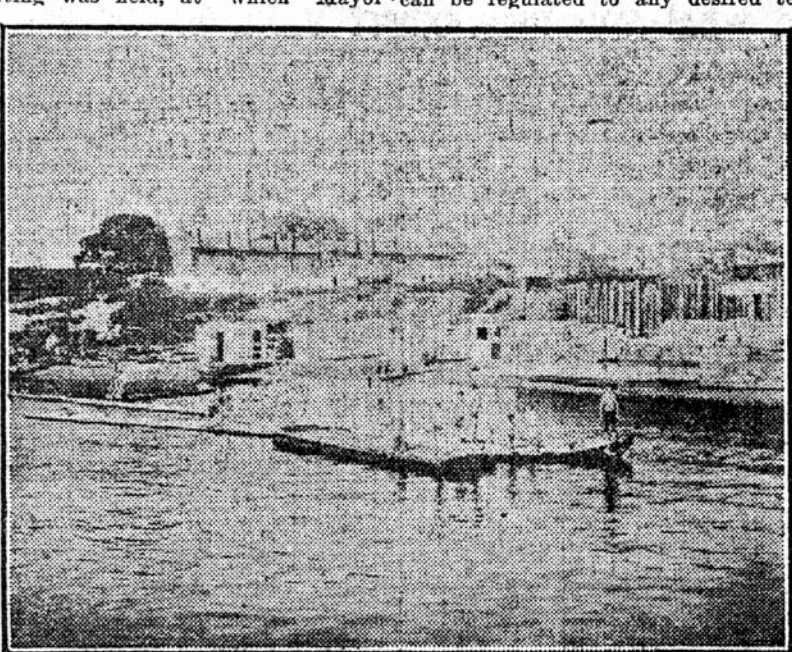
The first attempt was made in 1893, thru the efforts of Rev. T. M. Beadenkoff, by maintaining a bathing shore, where some 1,500 or 1,600 persons bathed during the summer.

In 1894 several other gentlemen cooperated with Mr. Beadenkoff and an appropriation of \$500 was made by the city, and at the mayor's suggestion a bath commission was created. Three bathing shores were established and the patronage for the summer was 23,787.

In the next four summers bathing places were maintained by an annual appropriation of \$500 from the city. The patronage varied from 24,000 to 40,000 bathers a season. In the years

1896 and 1898 the commission reported each year to the city, urging that permanent baths, to be open the year round, should be established.

The co-operation of the Maryland Public Health association was secured, and much public agitation at once commenced. On Nov. 27, 1898, a public meeting was held, at which Mayor



CANTON BATHS, BALTIMORE.

Josiah Quincy of Boston and others spoke, illustrating the public baths of other cities.

A short time after this the commissioners learned that Henry Walters was interested in the subject of public baths and they waited upon him. He was greatly interested and asked for further information. This was furnished and after reading the report he stated that he was willing to erect three baths in Baltimore, at a cost not ex-

ceeding \$15,000 each, to be known as the "Walters public baths." He desired that when erected the baths be turned over to the city and the cost of maintenance assumed by it. Lots were secured and plans and specifications prepared. The first building was erected and completed in May, 1900.

The ownership of this property and its maintenance as a public bathhouse was guaranteed by the passage of an ordinance by the city council. An additional ordinance providing for the appointment of the "free public bath commission of Baltimore city" was passed. This commission is appointed by the mayor and consists of seven persons who serve without pay.

The first bath, known as Walters public bath No. 1, was situated in an old and crowded part of the city. The bath building occupies a lot 46 by 70 feet and is a simple but elegant structure. On the main floor are an office and the two waiting rooms, one for men and one for women; beyond these are the bath halls, that for men containing eighteen cabins, equipped with shower or rain bath appliances, where the water can be regulated to any desired tem-

perature. Each cabin has also a dressing room attached; the partitions between the cabins are Vermont slate, which furnishes a substantial dividing wall, and from a sanitary point of view, non-absorbent and proof against infectious germs. The capacity of the men's department, allowing each bather about twenty minutes, is 700 persons a day.

The women's department is similar to that for men, but smaller in size, having five shower baths and two tubs. This is in charge of a woman attendant.

In the basement of the building is a public laundry, furnished with stationary wash tubs, wringers and steam dryers, where women may bring their family washing, and for a small fee have the use of all the appliances for washing, ironing and drying. A small charge is made for the privileges of the baths and the laundry. The fees are 3 cents for use of soap and towel, 1 cent for young children with parents, and 2½ cents an hour for use of laundry privileges.

In round numbers 70,000 bathers patronized this bath the first year it was opened.

Walters bath No. 2 was completed in April, 1902. It is equipped with twenty cabins for men and six for women, with laundry and drying rooms in the basement.

Walters bath No. 3, for the use of the negro population, was completed in 1905. The four beach baths have been maintained and improved. The total equipment of Baltimore's public baths at the present time is three all-the-year-round baths and four beach baths for summer bathing. These baths accommodated 312,855 bathers in the year 1904 and of this number the summer baths had 71,729.

The baths are open every day, in winter from 8 a.m. to 8 p.m., Sundays

LIGHT AS AN ANESTHETIC

Blue Rays Said to Make Toothdrawing Painless.

Interesting experiments with blue light as an agent for producing analgesia, or insensibility to pain—the discovery of Professor Reden—have been carried out by Dr. Harvey Hilliard, an estheticist to the Royal Dental hospital of London.

In an article in the Medical Times and Hospital Gazette, Dr. Hilliard states that he found that blue light had on himself "a most distinctly calming influence; a desire to close the eye and sleep is experienced, and after some minutes sensibility to pain is lessened." For instance, the difference between light pressure, made with the tip of the little finger and a needle, could not easily be detected, and surgical needles could be pushed into the face, lips, gums and arms, and blood drawn thereby, without actual pain being felt, unless a still deeper pressure were exerted.

"I believe the presence of a blue

THE VALUE OF CHARCOAL.

Few People Know How Useful It is in Preserving Health and Beauty.

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purposes.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, drinking or after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Charcoal Lozenges; they are composed of the finest powdered Willow charcoal, and other harmless antiseptics in tablet form, or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is that no possible harm can result from their continued use, but on the contrary, great benefit.

A Buffalo physician in speaking of the benefits of charcoal says: "I advise Stuart's Charcoal Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat. I also believe the liver is greatly benefited by the daily use of them; the cost but twenty-five cents a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Charcoal Lozenges than in any of the ordinary charcoal tablets."

Any Man or Boy Fitted in These Unrivalled Stocks

Palace
CLOTHING HOUSE

Minneapolis—315-325 Nicollet Av. St. Paul—Sixth and Robert Sts.

Best Advertised Sale in the World!

Not by billboard or press, but by "word-of-mouth" publicity. We positively fulfill every word of the promise—

\$12 \$15 \$18 \$20 \$22 \$24 and \$25

Suit Values For Men and Young Men, all at _____

Not all our suits, but the overplus and odd lots from "quality" lines.

No Overcoats—(Overcoat stock is "clean"), but finest light, medium and heavy-weight suit values ever known.

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(With the "Sole of Honor")

Notes in Every Individual Pair the

Added Excellence of Our Own Features

Our Immense Buying Possibilities Give to You:

Leakproof Soles Double soles on Letter Carriers' Shoes

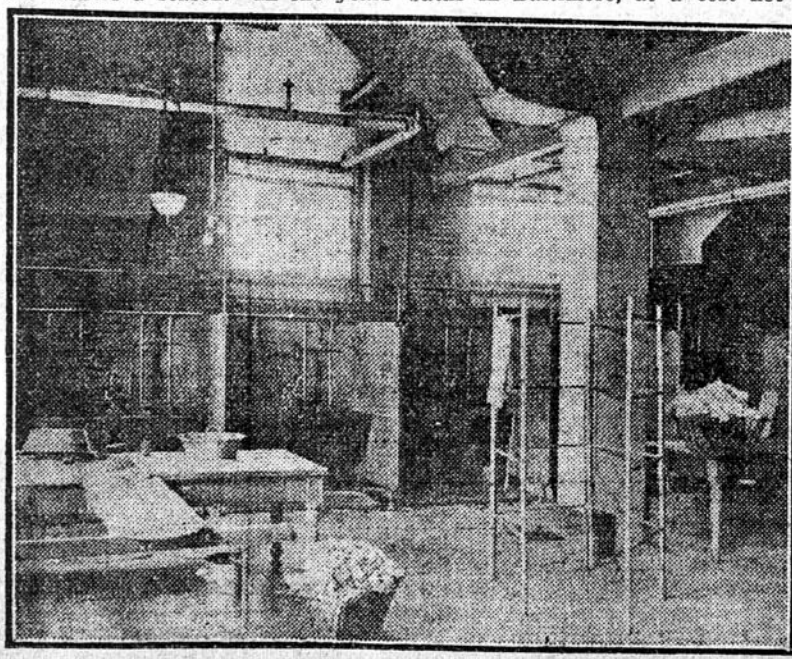
Touraine Lasts Spade soles on Young Fellows' Shoes

Common sense heels on business shoes

Found in no Other Stocks

\$3.50

The "Field" Boys' Shoe Foremost in the quality squad, \$2.50



PUBLIC LAUNDRY BATHS, BALTIMORE.