

It is wise not to be too dogmatic in regard to conditions of health. In some cases, however, the view of the medical present among us and the prevalence of food and drink adulterants and of inexpensive foul air and poisonous gases, it is too much to say that any man may have good health if he is willing to pay the price for it. Yet there is a broad basis of truth in the proposition. Dr. Lorenz, in one of his many programs, has answered a question as to his own superb vitality by saying: "I order my life from hour to hour. I know how much nature can do, and meet her demands." His regimen, according to the New York World, includes a cold bath every morning, followed by vigorous exercise, and deep breathing of fresh air, a "steaming cup of coffee and several crisp, hot rolls," succeeded after dressing by a second breakfast—a substantial meal of soft-boiled eggs, chops or ham and tea. After this breakfast, at eight o'clock, he walks briskly in the open air for half an hour. He eats a hearty luncheon and a substantial dinner "at strictly regular intervals," takes three or four hours of recreation in the evening, and sleeps soundly for seven hours, which he finds more refreshing than 12 hours of broken repose. He does not drink wine or spirits. This regimen might not suit everyone or be possible to all. But by adhering to what he finds requisite to keep him in condition the eminent bloodless surgeon shows that he is willing to pay nature's price for health. Lord Bacon embodied the same wisdom in his saying that "a man's own observation of what he finds good and of what he finds hurtful is the best physic to preserve health." What is commonly lacking is the sense and the moral courage to stick to habits and rules that make for health.

Superstition is widespread, and probably more general among criminals than any other class of persons. Alluding to this fact the Philadelphia Record quotes a detective: "Nearly every criminal," said a detective, "carries some sort of lucky piece in his pocket, and will venture on no undertakings of moment if he has left this piece at home. Holmes, the murderer, carried a dime which he had found on a country lane in his boyhood. Mme. Humbert, the French swindler, has a lucky stone from Mount Vesuvius, one of the French detectives told me, and there is made in all her dresses a special pocket for this stone. Birdell, the counterfeiter, used to carry an Egyptian scarab. I know a pickpocket who carries the tooth of a cat that bit him and that he afterward killed, and it's a fact that this pickpocket hasn't come to grief since he took up the tooth. One of the most proficient card sharpers in Philadelphia carries a lock of hair from the head of his divorced wife—not from sentiment or regret as he will explain if you ask him, but because the lock of hair brings him luck. I don't believe, as a matter of fact, that I ever met a crook who didn't have some sort of pocket-piece to rely on."

One must forget self-sacrificing and self-denying, but none can afford to do so. One must overlook for one moment or neglect in the least sentiments and self-hating. Our first and highest duty is to make the best of ourselves. We can never make men or things better until we have succeeded therein in some measure. Men may call it egotism, says a writer in the Philadelphia North American, just as Pitt characterized Gen. Wolfe's boasting the day before the English army embarked for Canada. But Pitt forgot all that when he heard how Wolfe rose from a sickbed to achieve the glorious victory of the Heights of Abraham. Will men forget their ancestors when through personal care and attention we fit ourselves for the accomplishments of some high work. All we shall ever be able to accomplish, either in ourselves or in others, must begin in ourselves. It is most necessary we should set our standards sufficiently high to rise above the requirements of this world; but having done that, let us stick to the mark, despite what others say or think or do. All you can make of your life you alone must make. You may become a borrower, and thus constitute yourself only a depository for other people's thoughts and opinions and principles. Or you can be your own banker, drawing on yourself for the principal, and lending it out at interest. One thing admits no disputing—what you have not you cannot give! Apparent selfishness is often the parent of selfishness, and I am not sure there can be any finer personal resolution than to be one's own man's best self!

A Chicago policeman arrested a young woman who had a bad attack of hysterics and charged her with disorderly conduct. But, of course, you can't expect a Chicago policeman to diagnose every case that comes before him.

A St. Louis paper notes that a resident has sailed for "Paris, France." This will help those who might fall into the error of believing he had sailed for Paris, Ky., or Paris, Tex., or Paris, Mo.

A Chicago professor tells his pupils that yawning is "spiffing" and tends toward the "higher life." This dispenses of the old-fashioned theory that the yawn is a sign of bedevilment.

In sending candy through the mail, inclose your card and a chocolate certificate. If you don't want it carried gaily decorated and thrown into the furthest.

As one of the incidents of the revolution in India, Lord Curzon released 16,000 persons from jail. He never wants to see a duffer in this country.

Nothing can prevent "Marlborough" from becoming "conogram." But who wants to prevent it?

ANNOUNCEMENT—TOWNSHIP COLLECTOR

I hereby announce myself as a candidate for collector of Downers Grove township subject to the action of the township nominating primaries and solicit the support of the legal voters of Downers Grove township.

CONRAD BUSCHMAN.

COLORADO

That is the title of a very beautiful seventy-two-page book published by the C. B. & Q. railroad. It is most entertaining and informative, besides being illustrated with exceptionally fine engravings. The rates to Colorado are so cheap this year that many will take their vacation there. They should ask the C. R. & Q. ticket agent for this book. Price, 6 cents.

A BOOK ABOUT THE SUBURBS.

The C. B. & Q. have just published a very handsome little book about the suburban towns along the line, and we are requested to say that a copy will be sent without charge to the address of anyone who may be influenced to look for a home in this village. Our people are urged to take an active interest in the matter and name and address of any such persons to P. S. Eustis, general passenger agent of the C. B. & Q. at Chicago and he will attend to the rest.

REAL ESTATE TRANSFERS.

D Timke to G F Timke chif shif sqqr sec 17-38-11..... \$ 440
Same to E N Timke whf same..... 3200
Same to W H Timke sqqr sqqr sec 16-38-11 2400
Same to Lillian Wakeman shf pt sqqr qc qr sec 36-39-11..... 100
Same to Mailda Churchill same..... 1000
Braman Loveless to C V Johnson pt shf 3-38-9..... 12500
Anna Murray to H B Loomis lot 6 block 3 Prospect Park..... 400
C A Blanchard to R C Mullinix pt blk 5 Hill Ins add to Wheaton..... 3000
Lillian Hall u to J M Gleas pt sqqr 13-39-10 8000
Vosa Wcif to Herman Lichhardt pt blk 1 and 7 Ostererville..... 550
A L Phillips to S S Mills pt blk 17 11-39-10 75
D Block Jr to L Block Jr whf sqqr sec 13-40-11..... 8000
J A deGrasse to Joseph A deGrasse pa ne qr 17-39-10..... 200
V S Terrill to Franz Kiliaski its 6 and 7 original plat of Lombard..... 200

ADMINISTRATOR'S NOTICE.

Estate of George L McNaught deceased. The undersigned having been appointed administrator of the estate of George L McNaught deceased, hereby gives notice that she will appear before the county court of DuPage county, at the court house in Elgin, State of Illinois, on Monday March next at which time all persons having claims against said estate are notified and requested to attend for the purpose of having the same adjusted. All persons indebted to said estate are requested to make immediate payment to the undersigned. Dated this 13th day of December, A. D. 1892.

MARTHA MCNAUGHT, Administrator

EXECUTOR'S SALE.

The undersigned, Theodore S. Rogers, executor of the last will and testament of Eliza H. Beardsley deceased, will sell the real estate of said deceased on the 27th day of January A. D. 1903, at the hour of two o'clock in the afternoon of said day, at public sale on the premises the following described real estate, situated in Elgin, State of Illinois, in the Sub-division of Block Two (2) in the town of Downers Grove, together with all buildings and improvements thereon, and tenements, hereditaments and appurtenances thereto belonging, to the highest and best bidder for cash.

THOMAS S. ROGERS,
Executor of Estate of Eliza
H. Beardsley, deceased.
GRAY & BUNN, Attorneys for Executor.

RUTS

The walking sick, what a crowd of them there are! Persons who are thin and weak but not sick enough to go to bed.

"Chronic cases" that's what the doctors call them, which in common English means—long sickness.

To stop the continued loss of flesh they need Scott's Emulsion. For the feeling of weakness they need Scott's Emulsion.

It makes new flesh and gives new life to the weak system.

Scott's Emulsion gets thin and weak persons out of the rut. It makes new, rich blood, strengthens the nerves and gives appetite for ordinary food.

Scott's Emulsion can be taken as long as sickness lasts and do good all the time.

There's new strength and flesh in every dose.

We will be glad to send you a few doses free.

To show that this picture is the form of a label it is on the bottom of every bottle of Scott's Emulsion.

SCOTT & BOWNE,
Chemists,
409 Pearl St., N. Y.
500 and 510 all drogists.

Nothing can prevent "Marlborough" from becoming "conogram." But who wants to prevent it?



SOME of the prices you ought to compare before you buy...

3 Pkgs. Crispo Crackers	\$ 10
3 " Quaker or Mothers Oats	25
Fancy Naval Oranges per doz	25
Fancy Creamery Butter per lb	30
Pure Maple Syrup qt. bottle	25
6 Bars Kirks A. F. Soap	25
½ lb box Walter Baker's Cocoa	23
Good Santa Clara Prunes 6 lbs	25
Select Muir Peaches per lb	12
Genuine Mexican Coffee lb 35c 3 lbs	100
Hallers Combination Coffee 5½ lbs	100
Fancy Sugar Corn per can	7 9 10 12 &
Lake Side Wax Beans per can	10
Hallers CREAM OF THE WEST Flour Every Sack Guaranteed ¼ bbl	98

This is only a part of the

MANY BARGAINS

COME IN AND
Look Our
Goods Over

DOWNERS GROVE FAIR

28 AND 30 SOUTH MAIN STREET TELEPHONE NO. 371
WE CLOSE EVERY WEDNESDAY EVENING AT 7 O'CLOCK.

Mertz & Mochel

36 South Main St., Downers Grove.

Washburn-Crosby Company's

..Gold Medal..

BEST FLOUR



IN THE WORLD

Makes The Best Bread
And Most Loaves to the Sack.

THE DOWNERS GROVE DIRECTORY

CHURCHES
METHODIST EPISCOPAL—Rev. Charles W. Smith, Pastor. Services Sunday at 10:45 a.m. and 7 p.m. Sunday School at 12:30 p.m. Prayer meeting Wednesday evening at 7:30 P.M.
CONGREGATIONAL—Dr. C. Reynolds, Pastor. Services Sunday at 10:45 a.m. and 7 p.m. Sunday School at 12:30 p.m. Prayer meeting Wednesday evening at 7:30 P.M.
BAPTIST—Rev. C. J. Rose, Pastor. Services Sunday at 10:45 a.m. and 7 p.m. Sunday School at 12:30 p.m. Prayer meeting Wednesday evening at 7:30 P.M.
EVANGELICAL—GERMAN—Rev. Carl E. Friedrich, Pastor. Services Sunday at 10:30 a.m. and 7 p.m. Sunday School 9:30 a.m. Young Peoples' Alliance 7:30 p.m. Prayer meeting Wednesday evening at 7:30 P.M.

PROTESTANT EPISCOPAL—St. Andrew's Mission—Rev. H. B. Clark, Pastor. Services Sunday at 10:45 a.m. and 7 p.m. Sunday School at 12:30 p.m. Prayer meeting Wednesday evening at 7:30 P.M.
GERMAN LUTHERAN—Rev. J. J. Meyer, Pastor. Services every other Sunday at 2 p.m. in the Congregational church. Sunday School before service.

ST. MARY'S CATHOLIC—Rev. C. J. Voight, Pastor. Mass every Sunday morning at 10:30 a.m. Rosary at 10:15 a.m. Exposition of the Blessed Sacrament at 12:30 p.m. Mass every week day morning at 8 o'clock.

SUPERINTENDENTS
GROVE LODGE #29 F. & A. M. Meets every second and fourth Friday evening in each month. Visiting brothers cordially invited. Mrs. J. Griffiths, W. M. Bert C. White, Secretary.

VESTA CHAPTER #23 O. E. S. Meets second and fourth Tuesday of each month in Carpenter hall. Visiting brothers always welcome. Mrs. E. Miller, W. M. Mrs. Louis E. Hall, Secretary.

WAPER POST #48 G. A. R. Meets the second and fourth Thursdays of the month. Visiting comrades always welcome. T. B. Rogers, Commander. Gen. T. Barnes Adjutant.

DOWNERS GROVE LODGE #30 A.O.U.W. Meets the second and third Fridays of each month. Visiting brothers always welcome. M. E. Stanger, W. M. A. J. Gross, Secretary.

VICTORY COUNCIL #10 ROYAL LEAGUE Meets first and third Tuesday evenings in Carpenter hall. John Gillies, Director. Carl Weller, Scribe.

MAPLE CAMP #86 M. W. A. Meets in Carpenter hall on the second and fourth Thursday evenings of each month. Visiting neighbors always welcome. Fred Iselin, V. C. W. H. Rogers, Director.

MAPLE GROVE LODGE #29 K. OF P. Meets first and third Wednesdays of each month. Visiting Knights cordially invited. R. J. Morris, C. C. T. G. Varney, E. of K. and S. Members.

DOWNERS GROVE TENT, No. 142 Knights of the Maccabees. Meets second and fourth Wednesdays in each month in Carpenter's hall. Chas. Peters, Commander. Julius Johnson, Recorder.

LIBRARY ASSOCIATION. Library building on Curtis street. Meets first Tuesday in each month at 8 p.m. Mrs. W. H. Madell, President. Mrs. L. Narrows, Treasurer.

DOWNERS GROVE LOAN AND HOME ASSOCIATION. John Hollister, President. L. J. Rogers, Treasurer. Chas. Carpenter, Secretary.

COUNTY OFFICERS
County Seat..... Wheaton
Treasurer and Circuit Clerk..... Frank J. Knight
County Judge..... T. M. Hall
State Attorney..... Louis C. Ruth
County Clerk..... Maxine Shinner
Sheriff..... H. F. Lawrence
Superintendent of Schools..... E. T. Morris
Surveyor..... Geo. H. Wilson
Coroner..... N. E. Mattes

VILLAGE OFFICERS

President..... L. B. Gossar
Trustee..... H. M. Martin
Trustee..... C. S. Knutson, J. W. Graves, C. K. Roe
Collector..... C. S. Knutson
Attorney..... G. G. Bangs
Police..... G. G. Bangs
Fire Marshal..... Sam Hodder
Clerk..... Bert C. White
Treasurer..... J. W. Rogers
Street Commissioner..... W. H. Morris
Chief of Police..... W. H. Morris
Superintendent Water Works and Electric Light Plant..... G. C. Babel

TOWNSHIP OFFICERS
Supervisor..... Jas. McClelland, Hinsdale
Assistant Supervisor..... H. B. Strode, Elgin
Town Clerk..... Frank H. Cranmer, Lake Forest
Assessor..... Nelson Webster, Hinsdale
Collector..... F. A. Rogers, Downers Grove
Justices of the Peace..... J. H. Morris, Peter Letts, Jas. Morris, J. H. Warkentine

BOARD OF EDUCATION

President..... D. C. Graham
Secretary..... G. W. Morris
Treasurer..... H. B. Strode, H. Wheeler, L. W. Whisenant, C. C. White, F. S. Dow, J. W. Worley
Dept. of Schools..... O. M. Stevens
Regular meetings held first Tuesday of each month in the Maple Avenue school building.

THE MAIL

From the east..... 7:00 a.m. 9:00 a.m. 12:15 p.m. 2:15 p.m.

From the west..... 7:00 7:30 a.m. 1:30 2:30 p.m.

G. B. & Q. RAILWAY TIME CARD

Leave Downers Art. Chd.

Downers Grove suburban..... 5:30 a.m. 6:45 a.m.

"..... 6:30 a.m. 7:15 a.m.

"..... 6:52 a.m. 7:43 a.m.

Aurora express..... 7:01 a.m. 7:45 a.m.

Downers Grove suburban..... 7:20 a.m. 8:00 a.m.

"..... 7:59 a.m. 8:45 a.m.

Aurora express..... 8:00 a.m. 8:45 a.m.

Downers Grove suburban..... 8:35 a.m. 9:15 a.m.

Milk express..... 8:45 a.m. 9:27 a.m.

Maple Street..... 8:53 a.m. 9:35 a.m.

Downers Grove suburban..... 8:57 a.m. 9:39 a.m.