THE BEST WAY TO TEACH HISTORY.

The idea of object teaching, the foundation of the Froebel system of instruction, has in recent years met with general acceptance and adoption in almost every branch of education, high and low, with resultant benefits which are beyond question. Even such subjects as grammar and arithmetic are now taught in this way so far as practicable, and with marked advantage over the old dry and abstract methods. The practice of teaching history by making pilgrimages to the very scenes where great historical events have occurred is an application of the same principle and much more valuable in the way of impressing the reality of history upon the minds of the young than any amount of mere text-book instruction could be. A recent issue of the "Four-Track Series," published by the New York Central management, gives a description of the historical sites in the immediate vicinity of New York, which will be of exceeding value for the guidance of teachers and others who desire to adopt this method of historical study. One of the best ways to develop civic pride and promote good citizenship lies in this very direction, an increase of knowledge of local history being accompanied with an increase of interest in matters of local government and a higher concern for what affects the welfare and good name of the community.—From Leslie's Weekly.

Of Interest to Cattle Men.

Henry C. Moore of Sioux City believes that it is possible to interbreed the arctic musk ox with cattle of the temperate zone, and that the stock so produced would be able to withstand the severe winters of the United States. He has been in communication on the subject with Peary, the arctic explorer, who is favorably impressed with the idea. "The vast loss of the present season among herds on the western ranges," said Mr. Moore, "emphasizes the necessity of trying to infuse hardier blood into American cattle."

Eleventh Hour Resolutions

are bad—investigate the chances in the Great Southwest at once. Write for our entertaining books and a copy of "Farming in the Southwest," free. Low rate excursions on the first and third Tuesdays of each month. Ask about the rates. Address

"KATY," 305 Wainwright Bldg., St. Louis, Mo.

The Easiest Way.

He—When a man buys his wife a dress that doesn't match her complexion, what is the result?

She—Why she changes it.

He—Changes what—the dress?

She—No; her complexion.

Vienna's Suicide Record.

Vienna almost always holds a world's record for suicide. In the first nine months of last year 250 men and 98 women succeeded in killing themselves, and another 367 made unsuccessful attempts.

English Co-operative Societies.

There are in England 1,462 co-operative associations; their combined capital is over $105,000,000.

TO HOMESEEKERS

GOOD FARMS with productive soils can be secured on the Nashville, Chattanooga & St. Louis Railway in Tennessee, Kentucky, Alabama, Georgia. PRICES REASONABLE. Climate beautiful, never very cold or very hot. All marketable crops grown and bring better prices than in the North. Rainfall ample and well distributed.

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Economy in California Travel.

A double berth in a tourist sleeper, Chicago to San Francisco, costs only $6. The service via the Chicago, Milwaukee & St. Paul and Union Pacific line is thoroughly comfortable and satisfactory.

Thro' tourist sleeper to San Francisco leaves Chicago at 10.25 p. m. daily.

If you're interested write for folder.

F. A. MILLER, General Passenger Agent, Chicago.

BEFORE THE PUBLIC EYE

GREAT SOLDIER'S PITIFUL END.

Sir Hector Macdonald Commits Suicide to Avert Disgrace.

"Fighting Mac," Sir Hector Macdonald, one of the most popular generals in the British army, shot himself in a bedroom in a Paris hotel last week to escape the disgrace of a court-martial on charges of immorality in Ceylon.

Few officers of the British army had a more brilliant record than Major General Sir Hector Archibald Macdonald. He was a typical Highlander in appearance, a Highlander of the best type.

He was born in 1852 in a crofter's cottage in Ross-shire and there was little in his early life to presage his later eminence. His father and mother were simple people, who saw little advancement for their son in following their footsteps, so, with a view to bettering his prospects, they put him into a small draper's shop when he had had his modicum of schooling.

After awhile he decided to enlist in

GEN. SIR HECTOR A. MACDONALD

the army as a result of difference of opinions between himself and his employers. He went to Fort George, took the Queen's shilling and became a recruit in the Ninety-second Highlanders, the famous Gordon regiment, which has furnished so many heroes. Thus in 1871, when he was only nineteen, the future hero of Omdurman began his career at the very bottom rung of the ladder as a simple private.

A simple private was the one thing he determined he would not remain. He had made up his mind to rise, and in three years he was made color sergeant. In 1878 he was out in India under General Roberts and served in the Afghan campaign, taking his part in the march on Candahar.

Since the Afghan campaign he has been prominent in every war in which Great Britain has been involved, winning particular distinction in the Soudan campaign and the late Boer war.

Extraordinary rumors are current about Macdonald's suicide. The nearest clew to the nature of the accusations is provided by a Paris newspaper which connects his name with certain clubs in London. Another report hints that suicide was recommended to Macdonald as the only thing he could do in the face of certain revelations which would annihilate his reputation.

Macdonald went to Paris from London where he had an interview with Lord Roberts, commander-in-chief of the British army, who told him to return to Ceylon and meet the charges like a soldier.

HEAD OF GIANT CONCERN

Jesse P. Lyman, President of New National Packing Company.

Jesse P. Lyman, president of the new National Packing company, is

JESSE P. LYMAN

one of the products of the new industrial regime, and a notable one at that. Although but forty-one, he has been for more than ten years at the head of the Hammond company, the employ of which entered in 1880. Mr. Lyman is a native of Vermont, descended from the irrepressible and indefatigable stock that fought the revolution to its finish, and possessed of all the keen ability and ingeniousness that usually characterize the New Englander.

For Memorial to Dr. Temple.

There is a proposal to raise a sum of not less than £5,000 to establish some adequate memorial of the late Dr. Temple, archbishop of Canterbury. It is suggested that a portion of the money collected shall be spent on a monument in Canterbury cathedral and the remainder on some suitable memorial in London.

A Patriotic Pincushion.

A very pretty little pincushion can be made of small American flags. To make the cushion two silk flags will be needed. The best flags are those that are made of ribbon about three inches wide. This ribbon may be bought by the yard. About nine inches will be needed for a cushion three inches wide. For a cushion of this size you will need about 16 inches of red silk ribbon three-quarters of an inch wide. The ribbon should be the exact shade of the red in the flag. Wool, or old woolen rags, make the best stuffing.

To make the cushion follow the exact plan of a bed mattress, cut the flag ribbon exactly in half for the top and bottom of the cushion, sew the ribbon around the edges of top and bottom with red silk, overhand stitch, leaving one end open to insert the stuffing. When this is done close the end like the other. Then with red silk tuft your cushion just like a matress. Sachet powder may be put inside the cushion if you wish. If the cushion is to be hung up, attach a piece of the red ribbon to the corner.

One Answer for All.

Lancaster, N. Y., March 30th.—Postmaster Remers is still in receipt of many letters asking if his cure has held good.

It will be remembered that some time ago the particulars of Mr. Remers' case were published in these columns. He had been very low with Diabetes. Physicians could do nothing to save him and he grew worse and worse till someone recommended Dodd's Kidney Pills. A treatment of this remedy was begun and when eight boxes had been taken Mr. Remers began to see an improvement, which continued as the treatment proceeded till he was completely restored.

He has since enjoyed perfect health and is as robust and able a man as any in Lancaster. Interviewed the other day he said:

"Many people wrote to me when the story of my case was first printed and some write to me yet asking if the cure was only temporary and if the diabetes has returned. I have only one answer to everybody. Three years ago I was very low with diabetes. The best physicans failed to help me and Dodd's Kidney Pills cured me. I am well and strong and have not had the slightest return of the old trouble."

Vegetarianism Is Growing.

The growth of vegetarianism in the United States is gradual but persistent.

Though a short word, love often has too many letters.

A small door may lead to a large room.

DAN GROSVENOR SAYS:

"Pe-ru-na is an Excellent Spring Catarrh Remedy—I am as Well as Ever."

HON. DAN A. GROSVENOR, OF THE FAMOUS OHIO FAMILY.

Hon. Dan A. Grosvenor, Deputy Auditor for the War Department, in a letter written from Washington, D. C., says:—

"Allow me to express my gratitude to you for the benefit derived from one bottle of Peruna. One week has brought wonderful changes and I am now as well as ever. Besides being one of the very best spring tonics it is an excellent catarrh remedy."—

DAN A. GROSVENOR.

In a recent letter he says:—

"I consider Peruna really more meritorious than I did when I wrote you last. I receive numerous letters from acquaintances all over the country asking me if my certificate is genuine. I invariably answer yes."—Dan A. Grosvenor.

A County Commissioner's Letter.

Hon. John Williams, County Commissioner, of 517 West Second street, Duluth, Minn., says the following in regard to Peruna:

"As a remedy for catarrh I can cheerfully recommend Peruna. I know what it is to suffer from that terrible disease and I feel that it is my duty to speak a good word for the tonic that brought me immediate relief. Peruna cured me of a bad case of catarrh and I know it will cure any other sufferer from that disease."—John Williams.

A Congressman's Letter.

Hon. H. W. Ogden, Congressman from Louisiana, in a letter written at Washington, D. C., says the following of Peruna, the national catarrh remedy:

"I am characteristically conservative when I express my opinion of your Peruna as a few days have elapsed since I commenced to use it, and I am free to say that I feel very much improved by its use. I am of a catarrhal character, and have been commended to use it by persons who have used it, as a remedy particularly effective in the cure of catarrh. For those who need a good catarrh medicine I know of nothing better."—H. W. Ogden.

W. E. Griffith, Concan, Texas, writes: "I suffered with chronic catarrh for many years. I took Peruna and it completely cured me. I think Peruna is the best medicine in the world for catarrh. My general health is much improved by its use, as I am much stronger than I have been for years."—W. E. Griffith.

A Congressman's Letter.

Congressman H. Bowen, Ruskin, Tazewell county, Va., writes:

"I can cheerfully recommend your valuable remedy, Peruna, to any one who is suffering with catarrh, and who is in need of a permanent and effective cure."—H. Bowen.

Mr. Fred D. Scott, Laure, Ohio, Right Guard of Hiram Foot Ball Team, writes: "As a specific for lung trouble I place Peruna at the head. I have used it myself for colds and catarrh of the bowels and it is a splendid remedy. It restores vitality, increases bodily strength and makes a sick person well in a short time. I give Peruna my hearty indorsement."—Fred D. Scott.

Gen. Ira C. Abbott, 906 M street N. W., Washington, D. C., writes:—

"I am fully convinced that your remedy is an excellent tonic. Many of my friends have used it with the most beneficial results for coughs, colds and catarrhal trouble."—Ira C. Abbott.

Mrs. Elmer Fleming, orator of Reservoir Council No. 168, Northwestern Legion of Honor, of Minneapolis, Minn., writes from 2535 Polk street, N. E.:

Mrs. Elmer Fleming, Minneapolis, Minn.

"I have been troubled all my life with catarrh in my head. I took Peruna for about three months, and now think I am permanently cured. I believe that for catarrh in all its forms Peruna is the medicine of the age. It cures when all other remedies fail. I can heartily recommend Peruna as a catarrh remedy."—Mrs. Elmer Fleming.

Treat Catarrh in Spring.

The spring is the time to treat catarrh. Cold, wet winter weather often retards a cure of catarrh. If a course of Peruna is taken during the early spring months the cure will be prompt and permanent. There can be no failures if Peruna is taken intelligently during the favorable weather of spring.

As a systemic catarrh remedy Peruna eradicates catarrh from the system wherever it may be located. It cures catarrh of the stomach or bowels with the same certainty as catarrh of the head.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

WOMAN'S GENTLE NATURE CALLS FOR GENTLE TREATMENT

Delicately formed and gently reared, women will find, in all the seasons of their lives, as maidens, wives, or mothers, that the one simple, wholesome remedy which acts gently and pleasantly and naturally, and which may be used with truly beneficial effects, under any conditions, when the system needs a laxative, is—Syrup of Figs. It is well known to be a simple combination of the laxative and carminative principles of plants with pleasant, aromatic liquids, which are agreeable and refreshing to the taste and acceptable to the system when its gentle cleansing is desired.

Many of the ills from which women suffer are of a transient nature and do not come from any organic trouble and it is pleasant to know that they yield so promptly to the beneficial effects of Syrup of Figs, but when anything more than a laxative is needed it is best to consult the family physician and to avoid the old-time cathartics and loudly advertised nostrums of the present day. When one needs only to remove the strain, the torpor, the congestion, or similar ills, which attend upon a constipated condition of the system, use the true and gentle remedy—Syrup of Figs—and enjoy freedom from the depression, the aches and pains, colds and headaches, which are due to inactivity of the bowels.

Only those who buy the genuine Syrup of Figs can hope to get its beneficial effects and as a guarantee of the excellence of the remedy the full name of the company—California Fig Syrup Co.—is printed on the front of every package and without it any preparation offered as Syrup of Figs is fraudulent and should be declined. To those who know the quality of this excellent laxative, the offer of any substitute, when Syrup of Figs is called for, is always resented by a transfer of patronage to some first-class drug establishment, where they do not recommend, nor sell false brands, nor imitation remedies. The genuine article may be bought of all reliable druggists everywhere at 50 cents per bottle.

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The Douglas secret process of tanning the bottom soles produces absolutely pure leather; more flexible and will wear longer than any other tannage in the world. The sales have more than doubled the past three years, which proves its superiority. We also give W. L. Douglas shoes a trial and save money.

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A gain of $2,[illegible] in Four Years.

W. L. DOUGLAS $4.00 GILT EDGE LINE, Worth $6.00 Compared with Other Makes.

The best imported and American leathers, Men's Patent Calf, Enamel, Box Calf, Calf, Vici Kid, Russian Calf, and National Kangaroo. Fast Color Eyelets.

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W. L. DOUGLAS, BROCKTON, MASS.

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AGENTS to sell and make signs visible in the dark; easily learned; big profits. Address BRONX CHEMICAL WORKS, 566 East 182nd Street, NEW YORK.

AGENTS Write for our up-to-date catalogue. It's full of good things, free. EASTERN SUPPLY CO., 69 Grand View Ave., Wollaston, Mass.

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$500 to $2,500 per year easily earned in a Genteel profession which is open to any intelligent man or woman residing in a small city or village; no capital required. Particulars free. EMIL J. BLAZEK, Dept. A, ELMHURST, IOWA.

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W. N. U. CHICAGO, NO. 14, 1904.

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