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Family Washing Done

We do family washing also and turn out superior work. Rough dry—you iron them at home—35 cents per dozen, but only one shirt may be included in each dozen pieces. Try us.

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Railroad News.

Home-seekers' excursion tickets at special all-time-half rates to Nebraska, Wyoming, Montana, Idaho, Washington and Oregon. On sale March 17, April 7 and 21, May 5 and 19, June 2 and 16.

One way tickets for many points in Montana, North and South Dakota and Manitoba will be on sale March 17, 24 and 31, April 7 and 14 at unusually low rates.

Cheap tickets to Montana, Idaho, Oregon and Washington on sale every day until April 30. Ask for folder giving particulars.

To California. Very cheap tickets on sale until June 20. Pullman tourist sleeping cars through to Los Angeles. Personally conducted excursions every week. A comfortable way to go. Ask me about them.

We publish a fine book about Nebraska, with a big map of the state. Full of information. Free.

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C. P. SCOTT,
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Telephone No. 3.

Deadly

LaGrippe Caused Heart Trouble, Nervous Prostration and Dyspepsia.

My Friends Know Heart Cure Cured Me.

Mrs. C. O. Hurd, 118 W. Third St., Muscatine, Ia., is well known throughout her section of Iowa as an ardent worker in the E. Church. She says: "LaGrippe left me with a severe case of nervous depression and nervous dyspepsia, which soon affected my heart. I suffered from sleeplessness, headache, extreme nervousness and twitching of the muscles. The slightest exertion would cause shortness of breath, a numbness of my body and hot flashes with pain. I will tell you what I am constantly telling my friends—that Dr. Miles' Heart Cure cured me so that all these disagreeable symptoms left me. I never said that for severe pain I have never found anything to equal Dr. Miles' Anti-Pain Pills and think the Nerve and Liver Pills are a wonderful stomach remedy."

"Our son was stricken down with heart trouble in his twentieth year. For two months he got no sleep with him at night, and was compelled to use Dr. Miles' Heart Cure and Nerve and Liver Pills and today he is sound and well. In fact he passed a physical examination since he came out of the Army in the hospital. I desire to add that Dr. Miles' Heart Pills have certainly been a boon to me. I am frequently troubled with sick headache and I have never found anything that would relieve me so quickly and leave me feeling so well thereafter. Mrs. Alice Wood, Buffalo, Mo."

Dr. Miles will guarantee first bottle if it does not relieve you. Send for free book and full particulars. Address: Dr. J. C. Miles, Little Rock, Ark.

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Monumental Works

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The best histories record many things besides battles and legislation.

In Mr. J. F. Rhodes' "The Health of the Nation," "History of the United States,"

for example, there are some remarkably suggestive pages about the physical health of the American people in the decade before the civil war. In this decade of our own we are so used to the spectacle of athletic young men and women, the product of new methods in education and hygiene, that we forget the pit whence we were digged. Let Mr. Rhodes remind us of it by a few of the contemporary comments he has collected. One of them is Thackeray's remark in a letter from New York: "Most of the ladies are as lean as greyhounds." From the Atlantic Monthly in 1858 is taken the confession: "We are a nation of health-hunters, betraying the want by the search." In the same magazine Dr. Holmes touches upon the "American female constitution, which collapses just in the middle third of life, and comes out vulcanized india-rubber, if it happens to live through the period when health and strength are most wanted." Mr. Rhodes makes a significant point in saying that "the hearty English salutation of 'good morning' had given way to an inquiry about one's health," not a perfunctory sort, but calling for a definite answer. Then follows an amazing array of excuses on the ground of ill-health brought forward by members of both houses of congress. The causes of this condition—bad cooking and diet, fast eating, lack of exercise—are shown to have been fairly national in their scope. Against all this contemporary testimony it is fair, remarks the Youth's Companion, to set the consideration that the historian of 50 years hence, noting the frequency of "nervous breakdowns" in the record of our own times, may suppose that we are a generation of weaklings. It is always easy to generalize too broadly. Yet the fact remains that Uncle Sam is gradually growing from a raw-boned, sallow, unhealthy fellow into a creditable specimen of health and manly vigor.

The Philadelphia Record has come across a man who thinks the word "elegant" is overworked. And doubtless many others will sympathize with him. "Does the word elegant ever get on your nerves?" queried the "crank" referred to by the Record. "As for me, I wish I had no place in the language. I suppose, then, though, the offenders would find an equally jarring substitute. One of my friends married a very attractive looking woman, and she's all right until she talks. She simply can't speak a whole sentence without misusing that word elegant. To make the agony short, everything is 'just elegant.' The milkman is just elegant, because he comes early; the baby is just elegant, because he doesn't cry, and so is her dressmaker, her cellar, her roof, her garbage bucket and everything else, from her cook to the boiled potatoes that they had for dinner—the cook because she permits nothing masculine within the precinct that frames her 200 pounds of femininity, and the potatoes, because they might have been more soggy. Elegant! Ah, me! 'To what base uses may we come at last!'"

Gen. Sherman used to say that if

the nomination for the presidency were offered him on a gold platter he would decline it. President Roosevelt has recently received an invitation on a gold plate. It was not political, but it asked him to attend the mining congress in Lead, South Dakota, next September. The plate was not big enough to eat a dinner from, as it measured two and three-fourths by five inches, but it was large enough to show what kind of gold the Black Hills produce.

To be cheerful when the world is going well with you is no great virtue. The thing is to be cheerful under disadvantageous circumstances. If one has lost money, if business prospects fail, if enemies appear triumphant, if there is sickness of self or those dear to one, then it is indeed a virtue to be cheerful. When poverty pinches day after day, month after month or through the years as they pass, and one has ever to deny self of every little longed-for luxury, and the puzzle of how to make one dollar do the work for two has to be solved, then the man who can still be cheerful is a hero. He is a greater hero than the soldier who faces the cannon's mouth. Such cheerfulness is the kind that we need to cultivate. To acquire this self-command, says the Milwaukee Journal, we need to think of many things. We need to guard against every way to irritation about little things. If we can maintain self-control in small matters, we shall have less difficulty in maintaining it when great matters are to be met. If we meet with irreparable losses we must readjust our lives to fit the new conditions. There is no great evil so bad but that it might have been worse. Let us congratulate ourselves that the worst is not yet! There is truth in the saying that "every cloud has a silver lining." Though it may for a time look so dark we can see no glint of silver, yet we know it is there.

Merely because the czarina appeared at a recent court ball in a gown with jeweled ornaments worth \$3,000,000, various critics—presumably anarchists and nihilists—assert that this is "another manifestation of nervous disease." We have many manifestations of such nervous disease in America, notably during the grand opera season. Americans are said to be the most nervous people in the world, and now, says Roswell Field, in the Chicago Post, we know how to account for the jewels that women slap on regardless of space or expense. The more a woman is weighed down by diamonds and pearls and rubies, the more she may be said to be suffering from nervous prostration. Let us lower middle-class folks rejoice that our nerves are not shattered by these enemies of a calm and well-ordered existence. Let our lowly but estimable wives thank heaven that they are saved from the curse of czarinas and jewelers' signs.

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Small Steak.....15	Pork Chops.....15	Whitefish.....15
Veal Cutlet.....15	Breakfast Bacon.....15	Fried Perch.....15
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