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Railroad News.

Homesteaders excursion tickets at practically 50-cent rates to Nebraska, Wyoming, Montana, Idaho, Washington and Oregon. On sale Aug. 4 and 18, Sept. 1 and 15.

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Dr. Miles' Nervine Gave Me New Life.

"This is to certify that I have used Dr. Miles' Nervine quite extensively, especially the Restorative Nervine, which has done wonders for me. Six years ago I had nervous prostration and again three years ago, at which time I began taking Dr. Miles' Restorative Nervine. I kept taking it for six months and have taken an occasional dose since the last two years. I am practically a new man and feel that I have been given a new lease of life. I used to have very bad attacks of stomach trouble but since using the Nervine I can eat most anything. I want to mention that I was examined in Omaha by a noted German doctor three years ago. He told me I was liable to a paralytic stroke any moment; that my whole left side was badly affected. That was just before I began taking Dr. Miles' Restorative Nervine. My work for two years and a half has been very trying on my nerves. I am a presiding justice, traveling my districts at the rate of one thousand miles a year, preaching on an average of five times a week, besides many business meetings, and the multitudinous cares of my work in general. Thanks to Dr. Miles' Restorative Nervine I have been gaining in health despite this hard work until now I am a hundred and ninety-six pounds, and my health is better than in all my life. I praise Nervine whenever I go to any public gathering. I have been examined by Dr. D. M. Jones, Presiding Elder, First Methodist Church, Cantonville, Ill., and he has said that my nervous system is in a healthy condition. Send for free book on Nervine. Dr. Miles' Nervine. Address Dr. J. C. Rice, 183 East 12th St., St. Paul, Minn."

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GO HOME, YOUNG MAN.

Atchison Globe Gives Good Advice to Obstinate Young Men.
When a young man goes calling, if he can get his attention off his own attractiveness long enough to observe it, he will find that near 10 o'clock the girl begins to look worried, absent-minded, and her laughs at his jokes are suppressed and forced. At 10:30, she seems to be in a panic, and if he should depart then, and shake hands goodby, he would find her hand icy cold. Noises are heard from upstairs. A man is grumbling and a woman pleading. Will the young man go before the father makes a scene? Both the daughter downstairs and the mother upstairs are hoping that he will, but the young man stays and stays. Finally, he gets up to go, and the girl is so relieved she asks him to come again. A number of worried mothers are getting up a petition to have the street cars stop running at 9:30.—Atchison Globe.

ADVICE TO WOULD-BE BELLES.

Two Important Points Which Should Never Be Forgotten.
"Yes, my dear, one could lay down rules for the charming of the other sex," said an old but very successful belle to a debutante who in spite of a beautiful face is, it must be admitted, a failure as far as popularity goes. (Ardent admirers she has, but of temperate admirers and men friends she has none.) "One could lay down rules,—one hundred and three of them, all good rules, too. But there are two that I'd remember if I were you, and you can afford to let the others take care of themselves. The first is when talking to a man never 'run down' another woman. The second—and even if you forget the first, please remember the second—is never praise another man!"

TIRED OF THE SEA.

Little One Wished She Might Live on Land Ashore.
During the race of the ninety-footers at Larchmont recently a yachtsman on the committee boat spun this yarn: "A friend of mine owns a fine schooner yacht, and in company with his family spends the greater part of his time cruising on it. One day while sailing up the Sound his six-year-old daughter, after gazing long and wistfully at the surrounding land, suddenly turned and said to her mother: 'Mamma, don't you wish papa could make money enough to buy a house, so that we could spend some time on shore?'"

Sheep Not Easily Photographed.

If your friend the amateur photographer sends you a sheep picture of his own taking and it answers to your idea of such a picture you may know that it represents some of the hardest work ever undertaken in his photographing career. It's an instinct with sheep to be scared at everything and nothing as well, and the photographer must get them accustomed to him and to his camera before he can dare to turn it on them. It sometimes takes hours of patient work to do this, and even as the hand is about to release the shutter away will stalk the whole flock as if familiarly with the camera person had bred disgust. Then it is all has to be done over again.

Flowers That Harm the Sick.

Botanists and others who have made a life study of flowers have recently discovered that the perfume of blossoms is often increased by growing them under colored glass. They state also that some plants are fragrant only at night and others only in the hot sunshine; that the seasons affect the odors, and that some perfumes powerfully affect the human organization, sometimes giving rise to serious nervous troubles. Flowers of delicate perfume quiet the nerves of invalids, it is asserted, but the violet, lily of the valley and carnations are really harmful to the sick.

Why Men Eat Too Much.

Eating is the greatest of all our standard amusements. A great number of people obviously eat a great deal more than they need, and it is entirely credible that a large proportion of the moderate eaters might thrive as well and look as handsome and work as hard and live as long on a very much restricted diet. But would the joy of life continue unimpaired for them? The native-born might raise plenty of children if they could subsist for eleven cents a day, but would they think life worth living on eleven cents' worth of food a day? No, they would not. That is one thing that ails them.—Harper's Weekly.

Few Gold Thimbles Used.

"Gold thimbles," said the jeweler, "are rarely to be seen nowadays. Time was when every young woman had one. They were a regulation birthday or Christmas present. But the young American girl of to-day would be disgusted with the gift of a gold thimble. She would much rather have one of those long, red automobiles or a good saddle horse. The word thimble in the past was thimble. It was worn, you know, on the thumb.—Philadelphia Record.

Only One Regret.

"Captain," said the clerical friend of the Salvation Army officer, "I hope you had a good series of meetings in that part of town you invaded last week." "We had, sir," replied the captain, enthusiastically. "Indeed we had. The only thing that caused me the slightest annoyance was an attempt on the part of my faithful lieutenants made one evening to sit a hymn to the tune of Mr. Dooley—ooley—ooley—ooley—ooley." "It didn't go well, brother; it didn't go well at all."—Chicago Tribune.

THE TREATMENT OF CRAMP.

Simple Remedy for This Very Annoying Inflation.
Many persons of both sexes are troubled with cramp in one or both of the legs. It usually comes on suddenly, and while it lasts the pain is acute. Most people jump out of bed—the cramp never always comes on just after going to bed or while undressing—and either rub their legs themselves or get some one to do it for them. There is nothing easier than to overcome the spasms, and the method suggested is as follows: Provide a good strong cord—a long garter will do if nothing else is handy. When the cramp comes on take the cord, wind it round the leg, over the place in which the pain is felt, and take one end in each hand and give it a sharp pull—one that will hurt a little. The cramp will cease instantly, and the sufferer can go to bed assured that it will not come again that night.

A FEW ODD SUPERSTITIONS.

They Are of Interest to Mothers and Pretty Girls.
"Up in Bucks county last week," said a traveler, "an old woman recounted to me some odd superstitions. These, she declared, she and all her friends believed in implicitly. "One regarded new-born babies. When the baby is taken for the first time into a strange house to dine an egg and a piece of bread should be given to it by the house's owner. Otherwise the child will have bad luck for ten days. "Another regarded marriageable maids. When a maiden is shelling peas she should, if she find a pod with nine peas in it, put it over the house door; then the first young man to enter the house through the door will marry her."—Philadelphia Record.

An Earnest Drinker.

Talking about moderate drinking, said Father Lawler after he had addressed the delegates at the meeting of the Total Abstinence union, and walked down the street toward the parochial residence, "I know a physician in this town who ordered a patient to take a glass of wine four times each day. This patient is a well-known man in St. Paul, noted for being a strict abstainer and a temperance worker. One day the physician called, and, seeing little change, asked the wife of this patient: "Does your husband take four glasses of wine regularly?" "Oh, yes, doctor, he is very strict about it. Indeed, he is four weeks ahead, so earnest is he over it."—St. Paul Globe.

Important South American Line.

The railway across the Andes, between Chile and the Argentine Republic, which was projected twenty years ago, is at last to be completed, the Chilean Congress having recently passed the bill for the purpose. The loftiest part of the pass, which lies not far south of the great Andean giant, Aconcagua, and which has an elevation of 13,000 feet, is to be penetrated by a tunnel, which will serve both to avoid snowdrifts and to decrease the maximum elevation of the road. The terminals of the railway on each side of the pass are now within one day's travel by mule caravan from one another. This will be the first rail line across the South American continent.

Railroad a Civilizing Power.

For preserving the peace in a partly civilized country a railway, according to a famous statesman, is worth more than an army corps. Although the railways which are building from Haifa to Damascus, in Palestine, and from Damascus southward toward Mecca, are primarily for military purposes, they will open up a country which was prosperous and fertile 2,000 years ago, but has since become one of the waste places of the earth. They are already using American harvesting machinery on the plain of Jezreel. When the proposed railways are finished there will be a demand for the accompanying modern agricultural machines. Gallilee and the country beyond Jordan will again blossom as the rose.

Oldest Harvard Graduate.

Ninety-five years old, the oldest living graduate of Harvard university, a grandson of the revolution and a son of the war of 1812, is the proud record of Rev. Joseph Warren Cross, of Lawrence, Mass. In addition to all this he can boast of first-rate health and a clear memory that recalls stories of the revolution he received firsthand. Rev. Mr. Cross has figured in the public line, having been a member of the Massachusetts legislature and a member of the constitutional convention that created the constitution of Massachusetts.

Strange Freak of Fortune.

A few years ago when Czar Alexander III. was alive, and his family included three sons, it almost seemed beyond a doubt that the succession to the throne was secured to his descendants, and that it could hardly pass to his brother or nephew. However, the eldest son, now reigning as Nicholas II., though married, is the father of daughters only; the second son is dead, and the third son, now twenty-five years of age, is unmarried and apparently content to remain so.

The Leak Has Been Stopped Now.

When W. H. Farley, president of the board of building mechanics, announced the strike of the tile layers to the reporters the other day, one of them asked how far the strikes would extend. "They seemed to have reached heaven already," replied Mr. Farley, who was standing in the driving rain. "All the plumbers up there must be out," for repairs seem impossible."—New York Times.

Jim Dumps exulted, "We do eat. On Summer days so close and hot, Build up a fire and stew and steam! A dish of 'Force,' a bowl of cream, Is just the food to fit our whim, And keeps us cool," laughed "Sunny Jim."

"Force"

The Ready-to-Serve Cereal

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Ideal Summer Food.
"Force" is an ideal summer food because it contains elements for nourishing every organ of the body, is easily digested, creates what we know as vigor, and at the same time does not make a river of fire out of the blood. PERCY G. STANTON."

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Boiled Trout.....15	Roast Pork.....15	Veal Pot Pie.....15
Salt Mackerel.....15	Roast Veal.....15	Pork and Beans.....15
Fried Perch.....15	Boiled Ham.....15	Soup.....15
Roast Beef.....15	Beef Tongue.....15	Pastry.....15
Small Steak.....15	Pork Chops.....15	Whitefish.....15
Veal Cutlet.....15	Breakfast Bacon.....15	Fried Perch.....15
Mutton Chop.....15	Salt Pork, Broiled.....15	Salt Mackerel.....15
Broiled Ham.....15	Fried Sausage.....15	Fried Eggs.....15
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