

# Losing Flesh

You naturally lose flesh in the summer and running down is so easy. You get a little weaker each day without hardly noticing it. There is loss of appetite, headache, weakness of the muscles, disturbed sleep, weakness of memory, and these are the beginning of nervous prostration. Iron and tonics and bitters may afford some temporary relief, but what you need is a food for body, brain and nerves.

## Scott's Emulsion.

of Cod-liver Oil with the Hypophosphites, furnishes just the nourishment needed for those who are run down and pale and thin and weak. If you lose flesh in summer take Scott's Emulsion now. Don't wait till fall or winter before beginning.

For sale at 50c. and \$1.00 by all druggists.

### Electric Bitters.

Electric Bitters is a medicine suited for any season, but perhaps more generally needed when the languid, exhausted feeling prevails, when the liver is torpid and sluggish and the need of a tonic and alterative is felt. A prompt use of this medicine has often averted long and perhaps fatal bilious fevers. No medicine will act more surely in counteracting and freeing the system from the malarial poison. Headache, indigestion, constipation, dizziness yield to Electric Bitters, 50c. and \$1.00 per bottle at Page Blackburn's drug store.

The Southern railway, penetrating the best states of the south and southeast, calls attention to its one-way settlers and round trip home seekers tickets at special rates on third Tuesday of October and first and third Tuesdays of November and December. For full information, rates and maps write to J. C. Bean, Jr., N. W. P. A., 80 Adams street, Chicago, Ill.

Those who believe chronic diarrhea to be incurable should read what Mr. P. E. Grisham of Gaars Mills, La., has to say on the subject, viz.: "I have been a sufferer from chronic diarrhoea ever since the war and have tried all kinds of medicines for it. At last I found a remedy that affected a cure and that was Chamberlain's Cotic, Cholera and Diarrhoea Remedy." This medicine can always be depended upon for colic, cholera morbus, dysentery and diarrhoea. It is pleasant to take and never fails to effect a cure. 25 and 50 cent sizes for sale by Smith & Callow.

Take advantage of the last home-seekers' excursion announced to the west—Kansas, Nebraska, Texas, &c., on Oct. 19. Excursion tickets will be sold from principal Clover Leaf stations at about one fare for the round trip. No line offers quicker time or better service. Call on nearest agent or address C. C. Jenkins, G. P. A. Toledo, Ohio.

Chicago & Erie 10th annual excursion to Lancaster, Ohio, Tuesday, Oct. 12. Round trip \$5.00. Train No. 12 leaving Decatur at 1:30 a. m. will carry through coaches and arrive at Lancaster at 8:30 a. m. same morning. Tickets good 30 days for return. For further information call on J. W. DeLong.

### Croup Quickly Cured.

MOUNTAIN GLEN, Ark.—Our children were suffering with croup when we received a bottle of Chamberlain's Cough Remedy. It afforded almost instant relief. F. A. THORNTON. This celebrated remedy is for sale by Smith & Callow.

"I have never had a day's sickness in my life," said a middle-aged man the other day. "What a comfort it would be," sighs some poor invalid, "to be in his place for a year or two." Yet half the invalids we see might be just as healthy as he, if they would only take proper care of themselves, eat proper food—and digest it. It's so strange that such simple things are overlooked by those who want health. Food makes health. It makes strength and strength wards off sickness. The man who had never been sick was strong because he always digested his food, and you could become the same by helping your stomach to work as well as his. Shaker Digestive Cordial will help your stomach and make you strong and healthy by making the food you eat make you fat. Druggists sell it, trial bottle 10 cents.

### An Important Question.

If your friends or neighbors are suffering from coughs, colds, sore throat, or any throat or lung disease (including consumption), ask them if they have ever used Otto's Cure. This famous German remedy is having a large sale here and is performing some wonderful cures of throat and lung diseases. Smith & Callow will give you a sample bottle free. No matter what other medicines have failed to do, try Otto's Cure. Large sizes 25 and 50 cents.

### To Cure Constipation Forever.

Take Cascarets Candy Cathartic, 10c or 25c. If C. C. C. fail to cure, druggists refund money.

## PEOPLE OF THE DAY.

WALTER WELLMAN, the well known Washington correspondent, will make another attempt to reach the pole next season. He has been to Norway and has submitted his new plans to Dr. Nansen, who gave them his hearty approval. Next spring Mr. Wellman and his party will take the Franz Josef Land route



WALTER WELLMAN.

to Cape Flora, where he will establish a supply station. Then he will push as far north as practicable and establish another, perhaps within seven or eight degrees of the pole. There he will winter, and as early in the following spring as possible he will set out for the pole, accompanied by six companions and 60 or 70 dogs. He expects to make a dash in sledges over the ice cap, reach the pole and return to his winter station before his retreat is cut off. He estimates that he will have about 110 days in which to accomplish this, and, if he has good luck, will do it.

### Princess Kaiulani.

Princess Victoria Kaiulani, who is soon to visit this country on her way to Hawaii still has, so it is said, a hope that she will some day reign as queen over the Sandwich Islands. She is the daughter of the Hon. A. S. Cleghorn, a gentleman of British ancestry, but long a resident of Honolulu, and Princess Miriam Likelike, who was a sister to



PRINCESS VICTORIA KAIULANI.

King Kalakaua and ex-Queen Liliuokalani. The princess was born Oct. 16, 1875, and her mother died when she was 12 years old. Two years later she went to England to obtain an education, and she has been there ever since, being absent from Hawaii when the monarchy was overthrown and her aunt, who is now in the United States, deposed. The princess is a typical Hawaiian beauty. She is tall, graceful and has a fine figure. She has been highly educated and has that polish which can only be acquired in the most exclusive drawing rooms.

### Yellow Fever Expert.

Dr. John Guiteras, the yellow fever expert sent by the government to fight the disease in the infected districts of Mississippi, has had long experience in this line of work. He was in charge of the war against yellow fever in the Key West epidemic of 1887, and in the succeeding year the government called upon him to combat the disease in Jacksonville. He also fought yellow jack



DR. JOHN GUITERAS.

for Uncle Sam in Brunswick, Ga., in 1892. During the summers of 1894 and 1895 he was employed by the government to tour through the southern states and visit the gulf ports as a precautionary measure.

When he goes into an infected district, it is with the authority to make an official diagnosis of suspected cases. If he pronounces the disease to be yellow fever, it is recognized as such, no matter how vigorously the local physicians may protest, and they often do contradict him with much emphasis, for it is a great financial calamity to a town when a quarantine is declared against it. Dr. Guiteras also prescribes a general course of treatment and defines the symptoms so that the fever may be recognized. The quarantine is usually conducted by an official from the United States Marine hospital.

### The Roots of the Trouble.

He Roots are born—She—Yes, that's the whole trouble.—New York Truth.

## EVERY SATURDAY TOURIST SLEEPING CAR ROUTE TO CALIFORNIA.

Commencing next Saturday night, and continuing every Saturday night thereafter, Midland Route tourist cars en route to Colorado, Utah and California will leave the Chicago Union Passenger Station of the Chicago, Milwaukee & St. Paul Railway at 10 o'clock, running over the Chicago and Omaha Short Line to Omaha, thence via Lincoln, Neb., Colorado Springs and Leadville, Colo., Salt Lake City and Ogallala, Utah, Reno, Nevada, and Sacramento, Cal., arriving at San Francisco, at 8:45 p. m. Wednesday.

As will be noticed this route is Midland through Northern Illinois, Iowa, Nebraska, Kansas, Colorado, (through the heart of the Rockies,) Utah, Nevada and California, affording a perfect panoramic view of prairie, mountain and coast scenery.

These popular every Saturday California excursions for both first and second-class passengers (not foreign emigrants) are "personally conducted" by intelligent, competent and courteous "couriers" who will attend to the wants of all passengers en route. This is an entirely new feature in sleeping car service and will be greatly appreciated by families or parties of friends traveling together, or by ladies traveling alone. Particular attention is paid to the care of children who usually get weary on a long journey.

Remember that the Midland Route Tourist Cars are sleeping cars and are supplied with all the accessories necessary to make the journey comfortable and pleasant, and the sleeping berth rate is \$6.00 (for two persons) from Chicago to California.

Ask the nearest ticket agent for a tourist car "folder," giving complete information about the Midland Route, or address "Eastern Manager Midland Route," No. 95 Adams street, Chicago, Ill., or Robt. C. Jones, Traveling Passenger Agent, C. M. & St. P. Ry., 40 Carew Building, Cincinnati, Ohio.

P. S.—Berth reservations are made in the order received up to each Saturday morning. First come, first served.

### Monroe Township Institute.

Last Saturday there convened in Monroe township, in district No. 7, the first township institute for the school year. All the teachers of the township were present. Also Trustee Schug, Superintendent Brandyberry and many visitors.

An excellent program was rendered and when the noon hour came, tables were prepared and loaded with the many palatable delicacies, which appeased the appetites of all present. This first institute was a success.

### NOTES.

R. O. Johnson is an excellent cook and dish washer.

Ask Ed Macy if he likes pumpkin pie.

Leona Johnson was voted champion base ball player.

Trustee Schug was there with his usual smile and had a kind word for all.

Ed Ray gave an excellent talk on the subject, Young People's Reading Circle work.

### Catarrh and Malaria.

People who are or have been affected by catarrh are most subject to chronic malaria. The explanation is this: Malaria is a germ disease. Germs find their way into the blood through the mucous membranes. If the mucous membranes are healthy the germs can not enter the blood. This is why some people do not get malaria. But if the membranes are affected by catarrh, even slightly, the malaria germs find easy access into the blood.

Pe-ru-na is the remedy. It not only destroys malaria germs, but so restores the mucous membranes to health, that no more germs can find entrance. Pe-ru-na is the most reliable remedy for chronic malaria. It cures by eradicating the germs from the system.

Send for Dr. Hartman's latest book. Sent free by the Pe-ru-na Drug Manufacturing Co., Columbus, Ohio.

Sylvia Naomie Besser, daughter of H. Monroe and Nannie Besser, was born August 9, 1896, and died Sept. 29, 1897, aged 1 year, 1 month, 20 days. During her last sickness, which was of several weeks duration, she suffered much, and all that loving hands could do to relieve her pain was done, but not until God sent his angels to bring her to him was her suffering ended.

Then as peaceful as a flower ceases to bloom her tender little life went out and she went home to be one of God's angels. Another shining star has risen in heaven to guide our often wandering feet toward that haven of eternal rest.

The Clover Leaf will issue \$5.00 excursion tickets to Lancaster from stations on its line in Huntington, Wells and Adams counties on Oct. 12, return limit 30 days. No. 6 arrives at Lancaster at 4:15 p. m., No. 2 at 9:53 p. m., No. 4 at 8:50 a. m. Returning leaves Lancaster at 7:31 a. m., 1:50 p. m. and 6:50 p. m. This should certainly be satisfactory to the people interested. Through tickets and baggage checks. For further information call on nearest Clover Leaf agent or C. C. Jenkins, G. P. A. Toledo, Ohio.

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Nearly three minutes are required to bring a big steamer, like the Etruria, to a full stop, and in that time she will have advanced almost half a mile from the place she was when the first movements were made to stop her.

A. W. Jones of Augusta, Me., has a valuable coin in his possession over 1,700 years old. It is of black bronze and in its fine state of preservation shows the figure of Emperor Lucius Caesar, in whose reign the coin was made.

There is in the strong rooms of one of the oldest private banks in London a large quantity of jewels, plate and other valuables which were deposited for safe custody by French refugees shortly before the outbreak of the revolution.

A new use has been found for diamonds, in assisting marksmen in their shooting. The cut stones are fixed in the front and back sights, and it is said that they enable the gunner to take a quick and correct aim, even when the light is bad.

More than 6,000 species of plants are cultivated, and most of these have been broken up into varied forms by the hand of man. Horticulturists create new species and show numbers of cultivated plants of which no one knows the original form.

Machine telegraphy has been so perfected that now 8,000 words per minute have been transmitted with one instrument. This astonishing rate requires that the armature registers 2,600 impulses per second, the tape moving 27 feet per second.

A jury box still in use in Portsmouth, N. H., bears an inscription reading: "Province of New Hampshire, Portsmouth, May 29, 1758. Petit jurors for the inferior courts." The box is of pine, and has been in uninterrupted use since the date recorded.

Schoolteachers in China run great risks. A man in Yungchon was found guilty of murder, and the judges, after dooming him to death, also decreed the death penalty for his teacher, saying that he should have taught his pupil to respect human life.

The next winter I kept up my farm work as usual, also the buying of stock. I had been out for several days in succession in bad weather, and I began to feel my limbs pain me, although I did not pay any particular attention to it. They kept gradually getting worse, and in a few weeks I discovered that I had the rheumatism. When February and March came I was in a critical condition. When the spring weather opened

up I began to get some better, but there was no noticeable improvement through the summer, and all through the next winter I kept getting worse. A physician attended me but without benefit. My limbs had drawn up and were entirely useless, and pained me intensely. Almost every joint in my body ached, and it was a burden to live. I tried some medicinal waters, but they did me no good. I tried different proprietary medicines, but proved to be only a waste of time and expense.

"In December, 1893, I was taken sick with the rheumatism. I had never been sick much before, although 52 years old. For thirty years a doctor did not prescribe for me. However I had to have a physician in the winter of 1892, for I was one of the victims that had the grip. I was confined to the house for about six weeks, and I never did entirely recover from the effects. My eyes have not been so good since, and the hearing in my right ear is impaired. My system was weakened and somewhat shattered, although I thought I regained my former strength through the following summer.

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