

*Long & Son
Say*
After you eat—always take
EATONIC
FOR YOUR ACID-STOMACH

Instantly relieves Heartburn, Bloat-
ed Gassy Feeling. Stops food souring,
repeating, and all stomach miseries.
Strengthens and tones. Keeps stomach
sweet and strong. Increases Vitality and
Power.

EATONIC is the best remedy. Take of course
one or two a day to eat it. Positively guaranteed
to please or we will refund money. Get a big
box today. You will like it.

A. F. LONG & SON



BREAD

Do you know that bread contains
many times the nourishment of
other foods?

Do you know that bread and
butter or bread toasted with good
coffee in the morning is the most
substantial breakfast on which to
start the day?

Don't stop with one slice. Eat
several.

All good bread has a really delicious
flavor and lots of nourishment.
Bread is your Best Food—Eat
more of it.

Eat

Good Bread

"The bread that builds"

A Good Bakery

Ralph O'Riley



Say It With Flowers
Phone 426.

The Bedding Plants at Hodson's Greenhouses are fine.



JUST ARRIVED

A limited shipment of Thor Washers (only 4), which have been ordered since Feb. 25, have just arrived and you can now get immediate delivery.

I appreciate the patience of those housekeepers who have had to wait for their Thor washers.

After you have had one in your own home—when you see how quickly and perfectly it does your own washing—you will be surer than ever that it paid to wait.

Delay may mean disappointment. Your Thor Electric is here TODAY.

H. A. LEE

Phone 42. Do it Electrically

From issues five miles up the river, the
post office, green and gold road.

JUST DISAPPEAR, THAT'S ALL

English Newspaper Points Out How
Easy It Is to Become "Talk
of the Town."

Any inhabitant of any English village can make himself the "talk of the town" if he will only go away from it suddenly without leaving any address. There is no person of any consequence too dull, too harmless, or too respectable to become the hero of any imaginary crime or good deed if only he will disappear. In a moment he is a center of romance.

If he came back incognito in the end of the proverbial "nine days," which means of course a much longer time than a week and a half, he would not recognize the highly colored portrait which would be shown him of himself. What did he ever do, he might wonder, to be thought so bad or so good, so strange or so silly? There is no reputation which could stand up unaccountable departure.

Such a vague heading as "Disappearance of a Lady" obviously attracts many readers or we should not see it so often in the public press. Of course, if it can be made a little more definite, and the disappeared person's birthplace, daily work, or social condition can be particularized, the romantic instinct of the multitude is even more certain to be awakened. The notion that someone has not been buried, though every evidence is there to prove that he or she has died, is a recurrent source of squalid romance.—London Times.

TO REVIVE SHOCK SUFFERERS

Application of Artificial Respiration
Must Be Kept Up Despite Seem-
ing Discouragement.

Dr. S. Jellinek, analyzing the effects of severe electric shocks received by contact with the electrified wire fences during the World war, wrote in Elektrotechnik und Maschinenbau that an important factor was the state of preparedness of the victim.

Experience, says the Scientific American, has shown that a shock which was likely to prove fatal if received unexpectedly, was harmless when anticipated. Experiments on animals have confirmed this impression and have been instrumental in showing that physiological effects of shocks administered with direct and indirect current are distinctly different.

It is also remarked that a close resemblance to death after shock should not be accepted too readily as proof. Persons apparently dead have not infrequently recovered when artificial respiration was applied. It is best to give the victim the benefit of the doubt.

Blow-Resisting Paper Caps.

Astonishingly strong paper caps, capable of withstanding powerful blows, though extremely light in weight, have been invented by a shipyard employee, and are intended to be worn by workmen whose duties expose them to danger from falling objects. The process by which the novel headgear is produced has not been divulged, says Popular Mechanics, but it is known that chemicals are employed to harden the material, without adding to its weight. Several styles have been made, the lightest weighing about seven ounces, and others only slightly more. In a recent test, a one-pound bolt was dropped on one of them from a height of 40 feet, with the result that a barely perceptible dent was made in the paper. The novel head coverings are proof against water and acids, and are poor conductors of electricity.

Make Your Speech Short.

It's a mark of business ability to say much in few words. It saves time. The man at the other end of the wire doesn't want a sermon from you. He called you for facts, not entertainment. If that were on his mind he would go to the theater and get the real thing. Neither does your correspondent want to read a page to learn that you want six sectional cases, quartered oak, dark finish, size 124, grade 200, shipped by express. He wants your order in the fewest words. It saves him time and it will save yours, too. It's a good thing to aim at the greatest conciseness and exactness of expression. You are apt to make fewer mistakes when you can make few words tell your whole story. You will rise in the business world as you are able to do it.

Diet and Energy

The Salvation Army acquires new merit, just as we thought all had been said, when we learn that half of a doughnut will provide lifting power to carry a man to the top of the Washington monument (a climb of 555 feet), and six walnuts will do the same. While three medium-sized olives will see you comfortably half a mile on your way. A single caramel, says a discouraging article in the American Journal of Medicine, supplies energy for a mile's constitutional. Think of the mistaken picnic luncheons that have been laboriously carried in the past. Reflect that six olives and six caramels are all you need to supply steam for a seven-mile walk, and think how casually these can be eaten sitting over a supper table.

A Fair Guess.

Teacher—In what battle did Gen. Wolfe, when hearing of victory, cry, "I die happy?"
Johnny—I think it was his last battle.—Boston Transcript.

KURDS A PRE-ARYAN RACE?

Fierce Warriors Have Been Distingu-
ished for Their Turbulence
Since Days of Xenophon.

Perhaps the most interesting thing about the Kurds is that at least one ethnologist has said of them that they might easily be taken for Germans in color of hair, skin and eyes. They are one of the races which have provided plenty of speculation, and they have been classed as of the Caucasian type, though one authority has described them as representing probably the aboriginal race, pre-Aryan, which extended once over the whole of Armenia, Luristan and Kurdistan. It seems pretty certain that they are descendants of those Carduchi whom Xenophon mentions as harassing the retreat of the Ten Thousand, and they still use the caves he mentions for their winter quarters. Whatever their race, there is no doubt about their turbulence. They have the air of fierce warriors, and they live up to their appearance, having given endless trouble to the Persians at one time or another. But they have a reputation for honor as well as courage, and just as the Romans chose their personal guards from among the fierce Cossacks, so the Persian shahs have been accustomed to confide themselves more willingly to Kurdish officers. At one time or another the Kurds have been the scourge of Armenia, and have committed some terrible excesses there in their forays.

NOT ALWAYS A DANGER SIGN

Mistaken Idea that Spitting Blood
Invariably Denotes the Presence
of Tuberculosis.

Dr. S. Jellinek, analyzing the effects of severe electric shocks received by contact with the electrified wire fences during the World war, wrote in Elektrotechnik und Maschinenbau that an important factor was the state of preparedness of the victim.

Dr. Rabinowitsch says the hemorrhage itself is of slight moment. If it comes from an aneurism, death is almost instantaneous; if it comes from a congested area and is limited, it is in some ways beneficial by relieving the congested area. It has another good effect—making a recalcitrant patient obey the doctor's orders.

The treatment is directed to the cause and not to the hemorrhage.

Elf Arrows.

Elf arrow is a name given to a triangular piece of flint, formerly used as an arrowhead by early inhabitants of Great Britain and Europe generally. It was once believed that these bars of flint were shot by elves or invisible beings at cattle or men to bewitch them, hence the name. Cattle dying suddenly in the fields were said to have been struck by an elf arrow; in this superstition stillingers in Ireland at the present day. Elf arrows set in silver, were frequently worn as talismans, and were considered most efficacious as preventives against poison and witchcraft. They are also called elf bolts, elf darts, elf shot and elf stones.

Mocking Bird is a Fighter.

The mocking bird is the only bird I have ever seen drive away a cat; he will peck and dart about so fast and bewilderingly that the cat becomes confused, and seems not to realize that her assailant is a mere bird, but hurries off in a panic to escape such a dangerous foe. He even distracts the clumsy old turkey buzzard, who has lighted down in the yard to investigate the garbage can to see if by any chance the cover has been left off, and the buzzard, like the cat, never tries to defend itself, but sidesteps and dodges and finally flies from its small enemy—never seeming to think that one sweep of its big wing would grind it to dust.—Exchange.

Land Worse Than Worthless.

The desert of Gobi in central Asia, where bone-dryness has been the fashion for thousands of years, is also a difficult place to obtain a drink. Its largest streams either vanish in the sand or empty into salty lakes. Caravan routes from China to Russia are still important trade channels, for the Russians insist that a sea voyage destroys the flavor of tea. This great arid waste is 1,800 miles wide and 400 miles deep, and the almost rainless years since antiquity have parched its sands to the dryness that drifts in geyser sand waves and snuffs out vegetation with its hot breath.

Many Neglect Their Heirs.

One who is at all curious in such matters cannot fail to be amazed at the inconsequent fashion in which men transact the money that has represented the work and savings of their lives. Death, like birth, is an inevitable fact in human experience; yet the average man lives as though he were to be the one exception to the common rule and might confidently expect to live forever. In nine cases out of ten he does not take even the rudimentary precaution of making a will.—Collier's Weekly.

FIRST PARLIAMENT IN 1265

From That Time Dates the Entry of
the Commons Into Power in
the State.

The 20th of January, 1265, was a great day not only for the English-speaking people but the world; it was the time appointed for the meeting of the first parliament in England.

Matthew of Paris in his chronicles first uses the word in reference to a council of the barons in 1246, but it was in the year 1265, during a civil war which very much resembled that of the seventeenth century, being for law against an arbitrary power as expressed by royalty, that the first parliaments, properly so-called, were assembled. It was at this time that Simon de Montfort held King Henry in his power.

This parliament was summoned in such a manner that there should be two knights for each county, and two citizens for every borough; the first clear acknowledgment of the commons element in the state. The meeting was held in that magnificent hall at Westminster and the representatives of the commons sat in the same place with their noble associates, probably at the bottom of the hall, little disposed to assert a controlling voice nor joining in any vote. But there they were and, notwithstanding the fact that De Montfort was shortly overthrown and he and nearly all of his associates slaughtered, the commons were never again left out. It was an admitted power entitled to be consulted in all great national movements and to have a directing voice in the matter of taxation.

ALL DUE TO MALNUTRITION

Various Diseases of Infancy and
Childhood That Can Be Traced to
Undernourishment.

Practically all varieties of malnutrition occurring during infancy and early childhood tend to terminate in rickets, a disease characterized by softening of the bones and consequent deformity. The essential feature of rickets, says Dr. E. Pritchard in the British Medical Journal, is the want of calcification or mineralization of developing bone, and this, in its turn, is due to the existence of requirements for calcium, which for the time being are more urgent than those of developing bone. These urgent requirements are the necessity for neutralizing acid bodies in the blood; in other words, to neutralize or compensate an existing acidosis. Doctor Pritchard argues that all chronic conditions of malnutrition, of whatever kind or from whatsoever cause arising, finally terminate in an acidosis—all of which means that children who do not get proper nourishment are in a fair way to become deformed.

What Hath He Done?

A man passes for what he is worth. Very idle is all curiosity concerning other people's estimate of us, and idle is all fear of remaining unknown. . . . "What hath he done?" is the divine question which searches men and transfigures every face, reputation. A fool may sit in any chair in the world nor be distinguished for his hour from Homer and Washington; but there can never be any doubt concerning the respective ability of human beings when we seek the truth. Pretension may sit still, but cannot act. Pretension never wrote an Iliad, nor drove back Xerxes, nor christened the world, nor abolished slavery. . . . Never a sincere word was utterly lost. Never a magnanimity fell to the ground. Always the hearts of men greet and accept it unexpectedly. A man passes for what he is worth.—Emerson.

Highland Superstitions.

Did you know that if you lived in Scotland all salt cellars in the house must be full on New Year's day, else the household will suffer want during the year?

That is not the only superstition peculiar to Scotland. The country is full of them. For instance, the Highland nurses believe that if an infant's feet are put in snow he will never have colds during his life. A regular practice among the farmers used to be the placing of honeysuckle branches in their cow houses on May 2 to keep their cattle from being witched.

A bad storm is prophesied when a cat frolics about a room. If the cat washes its face with its paws before the fire, the coming day will be rainy.

Romance Beloved by All.

Romance kills the villain in the fifth act and produces the betrothal at the curtain falls. By it Homer got his daily bread in the Greek cities, and by it the movie houses earn their profits. Each of us has been soldier, lover, explorer and "all the thousand things that children are." For the same reason that romance commands the greatest audiences, dime novels and best sellers pour out from the presses. No man can elbow Clark Russell into oblivion except some more thrilling writer of sea tales. And every age must have its Sherlock Holmes. For the human mind must spend many months on the seven seas and many more in intimate relations with Scotland Yard.

Made Her Blink.

Mrs. Church—What's the matter with your eyes?

Mrs. Gotham—Why?

Mrs. Church—You seem to be squinting more than usual today.

Mrs. Gotham—Oh, my husband unthinkingly flushed a \$20 bill on me this morning.

WB.

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Slenderness and Grace;
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grace and finish at the bust-line that the corset accomplishes below

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