

JASPER COURIER

A BEN ED DOANE.

JASPER, DUBOIS COUNTY, INDIANA

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FRIDAY, DECEMBER 11, 1909

If you have any news, or want any printing, call us through the Courier Phone 13-2.

Cure for Cold Feet.

Cold hands and feet is one of the most uncomfortable and common complaints among women to-day, and one that is neglected too frequently. To suffer from chilled extremities seems a slight matter, more unpleasant than serious, and yet, like the proverbial stitch taken in time, if treated promptly and properly, an oftentimes chronic affliction is escaped.

Thus just because of those too often slighted cold toes and fingers frequent headaches arise, early twinges of rheumatism are felt, and that most dreadful of all habits, insomnia, contracted. Of course, it seems too small a matter to worry the family doctor about and a hot-water bath at night brings relief, but the trouble is not local, as so many persons think, and the warm foot flannel and hot bottle fail to create a cure.

Cold extremities arise from poor circulation, and to touch the root of the matter a simple course of treatment for stirring sluggish blood ought to be put in progress. One way, and undoubtedly the best, most especially for persons who are obliged to lead rather sedentary lives is with clear cold water. Nothing, except, perhaps, a fifteen mile run across country on snowshoes, will stir the blood like cold water properly applied, for cold water acts as a tonic and a liniment, and, if its aid is constantly invoked, it will in time almost cure an obstinate case of insomnia.

Delicate persons, who suffer from overfullness of the head, moist hands and feet, chilblains and nerves, must court its blessings cautiously and first by his morning bath. On getting out of bed the teeth ought to be brushed in a cup of cold water and the throat repeatedly gargled. Then it is wise to drink a half-glass of the fluid, or as much as can be taken with comparative relish. The bath ought then to follow, in a room where the temperature is equable, but distinctly fresh and before touching water a few calisthenic exercises should be taken.

Try ten movements the first morning, fifteen the next, twenty the third and so on until fifteen to eighteen minutes every day are spent in bending from the hips, expending the chest, etc. By this time a considerable glow is aroused, and the bath should be turned on, a fourth full of tepid water. This is a proper temperature to soap and generally scrub in, but when the latter is to be washed off turn on the cold water faucet.

Let it run, and, kneeling in the tub, vigorously dash the slowly cooling water over the shoulders, back and arms. Don't attempt too cold a bath the first day, but little by little permit the chill to grow stronger as the mornings go on, until in the course of ten days you can let the tub run full of frigid water as you dash about and feel that you keenly regret leaving the bracing bath.

From the water you should step to a bath mat, and then with an unbleached Turkish towel rub down from neck to heels. If there is no reaction of languor and chilliness a half an hour after such a bath its effects are beneficial. One sensation sure to be noticed will be a great itching of the feet and limbs, produced by the blood forcing its way through long-unused channels to the surface. In course of time this will disappear, and after a week or more of such baths a rubber tube and a spray nozzle ought to be purchased. On going through the warm and then cold splashing fix this tube to the cold-water faucet and spray the body. This will so excite the blood as to

give on the sensation almost of standing before a hot fire, but it is always to be remembered that to take such a bath and then, dressing hastily, go at once to breakfast in an injurious process. At last three-quarters of an hour must elapse between the bath and any meal, giving ample time for the blood to return, in a measure, to the stomach, where it is needed for digestion.

To stimulate circulation still further, salt thrown into the bath proves an excellent tonic; still, for all this bathing and a walk once a day in the open air, your feet may be cold and clammy when bedtime comes. If such is the case, make a habit of taking, a glass of cold water before retiring, slip into a night dress and big shawl, and, sitting on the bedside, put your feet into a foot tub, holding about four inches of water, that is keenly cold.

Sit, with your feet in the water, for six or eight minutes, moving them constantly all the while, then lift them out, wind up a big towel and thrust right into bed. Don't attempt to dry them off, and the towel is only used to keep the bed from receiving too much water from the dripping extremities.

It will be surprising how soon a rush of blood to the wet feet will warm and soothe and gently induce peaceful sleep. A winter of these foot baths on retiring will set the blood in circulation, in spite of everything, and stimulate the nerves wonderfully. The results are almost identical with the effects gained in following the Kneippe cure, and the method is vastly simpler and less expensive.

Cold, moist hands can be similarly treated. Dip them into water that is almost icy. Hold them for a bit, then wrap in a towel and thrust under a shawl or blanket. The blood will ebb back of the fingers, while the pallid girl will find a receipt for pink cheeks in her own basin. First let her, with a wet crash wash cloth well rubbed with castle soap, fairly scour every inch of her countenance and clear off the suits in warm water. When all the soap is washed from both face and rag, she should take another basin of very cold water, and over and over again dash the invigorating fluid upon her face. When brow and cheeks are fairly glowing she must then use a fine Turkish towel to dry off with, polishing every feature as if it was the handle of the big front door.

In the end she will find herself the possessor of not only a clear, but a rosy face, and the texture of her skin will be all the softer and sweeter for these heroic measures.

FANNY ENDERS.

Notice for Proposals for Deposit of Public Funds.

Notice is hereby given that the Bainbridge Township Board of Finance will, between the hours of 10 A. M. and 2 P. M., on the 4th day of January, 1909, at the office of the trustee, in the township of Bainbridge, county of Dubois and State of Indiana, receive written proposals from banks and trust companies, subject to examination by the State of Indiana or by the United States, and having their place of business in this State, for the receipt of a maximum amount of public funds on deposit, as provided for in an act of the General Assembly of Indiana, entitled "An Act concerning public funds, their deposit and safe-keeping, and the collection of interest thereon; creating boards of finance and defining their powers, duties and procedure, prescribing punishment for violations, and repealing laws in conflict," approved March 9, 1907, and being Chapter 222 of the Acts of 1907, page 391. Said funds to be deposited consist of the public funds of Bainbridge Tp., Dubois county, Indiana. All proposals must be executed according to official forms prepared under the provisions of the above statute. Personal or surety company bond, or collateral bond as security, must accompany proposals.

THE BAINBRIDGE TWP. BOARD OF FINANCE, Dubois County, Indiana.

By FREDERICK BOCKELMAN, Pres.

Attest: JACOB BURGER, JR., Secretary.

Dec. 11, 1908.

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AGE NO BAR.

Everybody in Jasper is Eligible.

Old people stooped with suffering, Middle age, courageously fighting, Youth protesting impatiently; Children, unable to explain; All in misery from their kidneys. Only a little backache first. Comes when you catch a cold. Or when you strain the back. Many complications follow. Urinary disorders, Diabetes, Bright's disease.

Doan's Kidney pills cure backache. Cure every form of kidney ill.

Mrs. Ezra Parker, living in Smokey Row, Jasper, Ind., says: "I have a little son who was afflicted with an inability to retain the kidney secretions at night. This caused me much extra work and was a constant annoyance. I finally went to Flick & Pfen's drug store and got Doan's Kidney Pills. I think the boy is cured as there has been no sign of the difficulty since I gave one box of this remedy to him. I can heartily recommend Doan's Kidney Pills to others having children similarly afflicted."

For sale by all dealers. Price 50 cents. Foster-Milburn, Co., New York, sole agents for the United States. Remember the name—Doan's—and take no other.

BANK STATEMENT.

JOHN L. BURGER, President, JOHN P. SAIR, Vice-President, JACOB BURGER, JR., Cashier, GUSTAVE GAMESPACHER, Asst. Cashier. Report of the condition of the Farmers & Merchants' Bank, a State bank at Jasper, in the State of Indiana, at the close of its business on Nov. 27, 1908.

Resources: Loans and Discounts \$151,121.57, Other Loans and Securities \$2,016.83, Banking Loan 4,000.00, Furniture and Fixtures 1,375.00, Due from Banks & Trust Co's. \$3,500.94, Cash on Hand 24,263.71, Cash Items 430.27, Current Expenses 2,087.00.

Total Resources \$188,801.32. Liabilities: Capital Stock—paid in \$25,000.00, Surplus 17,000.00, Unliquidated profits 1,130.00, Demand Deposits 78,653.97, Demand Certificate 192,182.94, Exchange, Discounts, etc. 4,834.45.

Total Liabilities \$188,801.32. State of Indiana, County of Dubois ss: I, Jacob Burger, Jr., Cashier of the Farmers and Merchants' Bank do solemnly swear that the above statement is true.

JACOB BURGER, JR., Cashier.

Subscribed and sworn to before me, this 5th day of Dec. 1908.

JOHN E. McFALL, Notary Public.

My commission expires Sept. 15, 1910.

Notice for Proposals for Deposit of Public Funds.

Notice is hereby given that the Harrison Township Board of Finance will, between the hours of 10 A. M. and 2 P. M., on the 4th day of January, 1909, at the office of the trustee, in the township of Harrison, county of Dubois and State of Indiana, receive written proposals from banks and trust companies, subject to examination by the State of Indiana or by the United States, and having their place of business in this State, for the receipt of a maximum amount of public funds on deposit, as provided for in an act of the General Assembly of Indiana, entitled "An Act concerning public funds, their deposit and safe-keeping, and the collection of interest thereon; creating boards of finance and defining their powers, duties and procedure, prescribing punishment for violations, and repealing laws in conflict," approved March 9, 1907, and being Chapter 222 of the Acts of 1907, page 391. Said funds to be deposited consist of the public funds of Harrison Tp., Dubois county, Indiana. All proposals must be executed according to official forms prepared under the provisions of the above statute. Personal or surety company bond, or collateral bond as security, must accompany proposals.

THE HARRISON TWP. BOARD OF FINANCE, Dubois County, Indiana.

By J. A. FREYBARGER, SR. Pres.

Attest: JACOB N. GOS, Sec'y.

Dec. 4, 1908—3w.

Notice of Final Settlement of Estate.

Notice is hereby given to the creditors, heirs and legatees of KANGARUA BROS. deceased, to appear in the Dubois Circuit Court, held at Jasper, Indiana, on the 4th day of January 1909, and show cause, if any, why the Final Settlement Accounts with the estate of said deceased should not be approved and said heirs are notified to then and there make proof of heirship, and receive their distributive shares.

Witness, The Clerk of said Court, this 1st day of December 1908.

JOHN P. HUTHER,

Clerk Dubois Circuit Court.

TRAYLOR & TRAYLOR, Attys.

Dec. 4, 1908—2 wks.

STRIKE WHILE THE IRON'S HOT!

Strike the people for business while they're in a buying mood. If you want to strike hardest, put a striking ad in the JASPER COURIER and keep it there. Keep on striking and the "iron," for you, will never grow cold.

Application for Liquor License.

To the citizens of the town of Jasper, Dubois county, Ind. Notice is hereby given that the undersigned, a male citizen, twenty-one years old, of good moral character, and who has been a continuous resident of the town of Jasper for a period of ninety days before the publication of this notice, will apply to the Board of Commissioners of Dubois county, Indiana, at their next regular January term, 1909, for leave to sell in his own name spirituous, vinous and malt liquors, in less quantities than a quart, at a time, with the privilege of allowing the same, to be drunk for a period of one year from the date of said license, upon the following described property to wit:

A one-story frame building 20x8 feet on the ground floor located on the north west corner of the west half of lot 36, as shown on the original map or plat of the town of Jasper, Dubois county, Ind., said saloon open on the public square.

Also, at the same time will make application for license to serve lunches, confectionery, etc., and for the sale of cigars and tobacco.

Nov. 27, 1908—3w. CHARLES FLICK.

License Notice.

NOTICE is hereby given to the citizens of Portersville, Boone township, Dubois county, Indiana, that the undersigned, a male citizen of the United States, will apply to the County Commissioners of Dubois county at their next regular session in Jasper, Ind., for a license to retail intoxicating liquors, beer and wine, and permit the same to be drunk on the premises under the provisions of the laws of Indiana governing such license.

The exact description of where said liquor is to be sold is in a front room on the ground floor of a one-story frame building, 16x24 feet, located on the East half of lot 36, the town of Portersville, Ind.

At the same time and place will apply for license to low card playing, dice throwing, and to sell lunches and confectionery.

JOHN L. KROG, L.

Dec. 11, 1908, 3wks.

Non Resident Notice.

State of Indiana, County of Dubois, S.S. Dubois Circuit Court, January Term, 1909. Margaret Hubbs vs. Edgar DeBruier.

The defendant in the above entitled cause is hereby notified that the plaintiff has filed her complaint in the Dubois Circuit Court, praying for an order of Court to sell certain timber upon the real estate owned by defendant in fee, and upon which plaintiff has a life estate, for the purpose of making permanent improvements upon said real estate.

Said defendant is further notified that said cause will come up for hearing on the 20th day of January, 1909, before the Judge of the Dubois Circuit Court, at Jasper, Dubois county, Indiana, and said defendant is notified that unless he appears in said court on said day, and answer or demur to said complaint, the same will be tried and determined in his absence.

Witness my hand and the seal of the Dubois Circuit Court, this 3d day of December, 1908.

JOHN P. HUTHER,

Clerk, Dubois Circuit Court.

R. M. MILLERS, Atty.

Dec. 4, 1908—3w.

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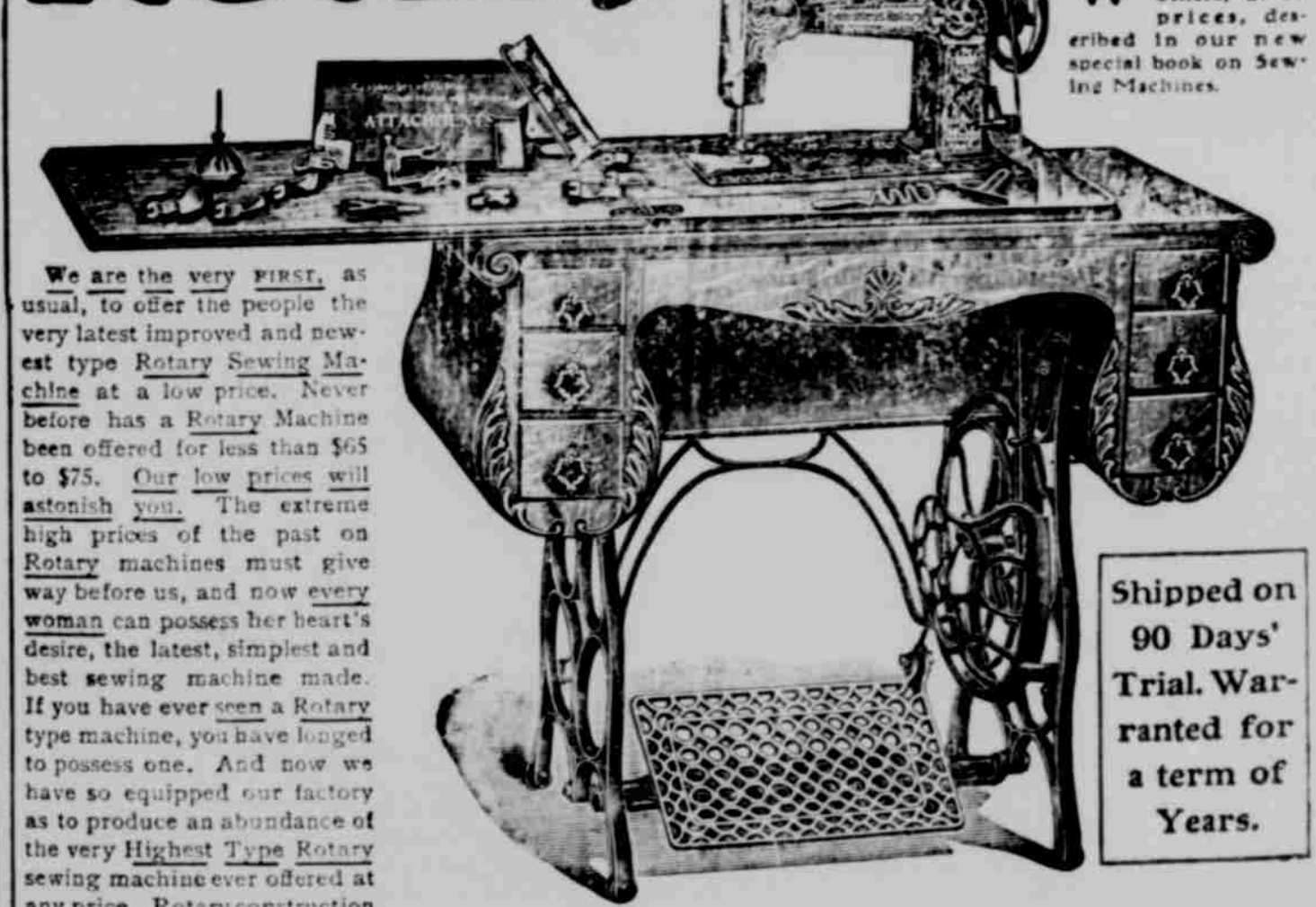
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