

FACTS IN NATURE.

Not Only Do We Get Inspiration From Nature, But Health as Well.

For people who are run-down and nervous, who suffer from indigestion or dyspepsia, headache, biliousness, or torpid liver, coated tongue with bitter taste in the morning and poor appetite, it becomes necessary to turn to some tonic or strengthener which will assist Nature and help them to get on their feet and put the body into its proper condition. It is becoming more and more apparent that Nature's most valuable health-giving agents are to be found in forest plants and roots.

Nearly forty years ago, Dr. R. V. Pierce, now consulting physician to the Invalids' Hotel and Surgical Institute, at Buffalo, N. Y., discovered that by scientifically extracting and combining certain medicinal principles from native roots, taken from our American forests, he could produce a medicine which was marvelously efficient in curing cases of blood disorder and liver and stomach trouble as well as many other chronic, or lingering ailments. This concentrated extract of Nature's vitality he named "Golden Medical Discovery."

It purifies the blood by putting the stomach and liver into healthy condition, thereby helping the digestion and assimilation of food which feeds the blood. Thereby it cures weak stomach, indigestion, torpid liver, or biliousness, and kindred derangements. If you have coated tongue, with bitter or bad taste in the morning, frequent headaches, feel weak, easily tired, stitches or pain in side, back gives out easily and aches, belching of gas, constipation, or irregular bowels, feel flashes of heat alternating with chilly sensations or kindred symptoms, they point to derangement of your stomach, liver and kidneys, which the "Golden Medical Discovery" will correct more speedily and permanently than any other known agent. Contains no alcohol or habit-forming drugs. All its ingredients printed in plain English on wrapper.

The sole motive for substitution is to permit the dealer to make a little more profit. He gains; you lose. Accept no substitute for "Golden Medical Discovery."

Constipation causes and aggravates many serious diseases. It is thoroughly cured by Dr. Pierce's Pleasant Pellets. One a laxative; two or three are cathartic.

Paris Is Crowded.

The average number of residents to the acre in Paris is no less than 128. There are nearly 700,000 apartments or lodgings in the French metropolis which rent for less than \$100 a year. About 17,000 bring \$800 or more.

Shake Into Your Shoes

Allen's Foot-Ease, a powder, it cures painful, smarting, nervous feet and ingrowing nails. It's the greatest comfort discovery of the age. Makes new shoes easy. A certain cure for sweating feet. Sold by all Druggists, 25c. Trial package FREE. Address A. S. Olmsted, Le Roy, N. Y.

No Pleasing the Man.

It makes a man almost as mad to have to stay in bed Sunday morning because breakfast won't be ready as to have to get up other days because it is.—New York Press.

5 Tons Grass Hay Free.

Everybody loves lots and lots of fodder for hogs, cows, sheep and swine.



The enormous crops of our Northern Green Pedigree Seeds on our seed farms the past year compelled us to issue a special catalogue called

SALZER'S BARGAIN SEED BOOK.

This is brim full of bargain seeds at bargain prices.

SEND THIS NOTICE TO-DAY.

and receive free sufficient seed to grow 5 tons of grass on your lot or farm this summer and a great Bargain Seed Book with its wonderful surprises and great bargains in seeds at bargain prices.

Remit 4c and we add a package of Cosmos, the most fashionable, serviceable, beautiful annual flower.
John A. Salzer Seed Co., Lock Cramer W. La Crosse, Wis.

The Professor.

"Whenever there is an impending crisis," said the professor, who was in a retrospective mood, "there are always plenty of Helpers to push it along."

A GUARANTEED CURE FOR PILES. Itching, Blind, Bleeding Protruding Piles. Druggists are authorized to refund money if PIAZO OINTMENT fails to cure in 6 to 14 days. 25c.

Night Cap, as Wedding Gift.

An old-world night cap, made of real lace, recently figured among the presents of a well-known bride, the giver being no less a person than the Countess Fabbricotti.

DON'T FORGET

A large 2-oz. package Red Cross Ball Blue, only 5 cents. The Russ Company, South Bend, Ind.

Shoes and Gown Alike.

In the period between 1840 and 1860 women of fashion wore shoes made of the same material as their gowns; prunella boots being the accepted style.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

New Laid Eggs.

By greasing eggs with vaseline while still warm, or at any rate, within a few hours of being laid, the contents retain perfection for six weeks or two months, and many do so for a much longer period. The sooner the grease is applied the longer "new laid" qualities persist.

I do not believe Pilo's Cure for Consumption has an equal for coughs and colds.—JOHN F. BOYER, Trinity Springs, Ind., Feb. 15, 1900.

Why Hield Keeps Walking.

John Hield, a genial Scotchman, is floorwalker in a large department store in New London, Conn. One day a customer said to him: "Do you keep stationary?" "No," he replied; "if I did I should lose my job."

A round trip rate of \$50 to California will be in effect all winter via the new and popular Salt Lake Route. See nearest agent or write for information to J. L. Moore, D. P. A., Salt Lake City.

Australasian Gesture Language. Gesture language still exists in parts of Australasia. Some tribes possess so excellent a code that it is almost as efficient as a spoken language.

Alice Roosevelt's Wedding Trousseau All of American Manufacture

Miss Roosevelt's wedding gown—in fact, the entire trousseau—is of American manufacture. The material, of heavy pearl white satin and brocade, was designed especially for the White House bride by a firm in Paterson, N. J. This same firm designed and manufactured Mrs. Roosevelt's famous inauguration gown brocade. Miss Roosevelt selected her own design. It is a fine cross pattern with a crescent scattered at irregular intervals. This brocade will be used in the full court train of three yards, while the plain satin will make the bodice and panels.

Nearly all of Miss Roosevelt's trousseau is in the hands of a Baltimore modiste firm that has gowned three generations of the Washington and Baltimore set.

Miss Roosevelt will become Mrs. Nicholas Longworth Jr., in a princess robe, built on severely plain lines. Her robe will be fashioned according to court regulations, for it is to do dual service, first at the wedding and then at the court of King Edward VII. The train will measure three yards and will come from the back widths and swell into billowy folds, with a soft ruffle of chiffon peeping beneath.

Miss Roosevelt, who has gained the reputation of being one of the best gowned women in America, has spent much thought on the details of her bridal robe. The bodice will be embroidered in seed pearls and a wide leaf design of soft silk. Some rare old lace which has adorned the wedding finery of several generations of the Lees, the maternal ancestors of the bride, will be draped on the sleeves and form a bertha effect. A veil of tulle and orange blossoms will complete the toilet, and Miss Roosevelt may carry an ivory prayer book, which her mother used when she became the bride of Theodore Roosevelt.

Some of the evening gowns which Miss Roosevelt is having built may give Londoners and Parisians a new idea of American fabrics and American dressmakers. One gown is pale green tissue built over deep yellow moire with drapery of frosted leaves and exquisitely embroidered bodice. Another evening gown is a fetching combination of fine silk lace, tulle and satin in deep cream, with drapery and combinations of the most effective style.

A broadcloth gown of old rose trimmed with sable and Persian embroidery is another of the handsome toilets being prepared by a Washington tailor for the trousseau. In the matter of lingerie, Miss Roosevelt has been equally patriotic. All the dainty embroidery and stitching has been given to a girls' industrial home in Washington.

WILL HAVE OFFICIAL WEDDING.

President Yields to Wish of Daughter in the Matter.

The President last week gave out the following:

"The President and Mrs. Roosevelt have sent out invitations for the wedding of Miss Alice Roosevelt and Mr. Longworth, which has already been announced to take place on Saturday, February 17.

"The invitations are limited to the immediate family connections, a

small official list and the intimate personal friends of Miss Roosevelt and Mr. Longworth."

The announcement indicates that the invitations will be limited to 800, the capacity of the east room, in which the ceremony is to take place. The "small official list" refers to the cabinet and ambassadors and min-

isters and ladies of the diplomatic corps, showing that Miss Alice's will have prevailed; that is, she will have an official wedding, gold lace and all, and not a private wedding, as her father had planned.

is by the peck are—well, they are yarns. Still, it is certain the presents to her will represent a lot of money in the aggregate.

The President has decided to make public a list of the more costly gifts and those from organizations and foreign rulers. Only three European monarchs thus far have given a suggestion of their gifts. The Emperor and Empress of Germany will send a set of gold embossed china and ornaments for a dining room. The Czar and Czarina will send bronze ornaments and the President of France some Gobelin tapestries.

PRESENTS TO BE MAGNIFICENT.

Tiffany's Most Skillful Workmen Are Preparing Gifts.

At the New York shop of Tiffany's, as well as at their Forest Hill plant, skilled workmen are engaged night and day, under the direction of Superintendent Von Posal, on a bewildering array of jewels which friends of Miss Alice Roosevelt are having set in special designs as wedding gifts for the daughter of the President.

One of the handsomest is a pearl collar of ten strands, the largest ever made by Tiffany, and worth \$31,000. A diamond tiara, containing 500 stones, is another, and there are also two dia-



MISS ROOSEVELT'S WEDDING GOWN

mond collars and two bow knots of diamonds.

The names of the persons who will present these gifts to Miss Roosevelt are, of course, being kept a close secret, but at least two of the gifts, two diamond lockets, are being made for Secretary of War William H. Taft.

Miss Carew, sister of Mrs. Roosevelt, is also having some jewelry made, as is also Mrs. Douglas Robinson, sister of the president. Most of the gifts are being made for well known persons living in New York, Washington and Ohio.

At the Forest Hill plant, two of the largest presents which in all probability Miss Roosevelt will receive, are being finished. They are a magnificent silver service, one of the most beautiful ever made by Tiffany, which has been ordered by the Rough Riders' association; and a Krag-Jorgenson rifle, fashioned of solid 22-karat gold, an exact, full-size, working model, to be presented to Miss Roosevelt by the officers of the United States army.

ROYALTY SENDS COSTLY GIFTS.

Presents from European Monarchs to Happy Bride.

Rescued from the dust heap of banned phrases, "the wedding gifts were numerous and costly" may rear its horrid head in the accounts of Miss Alice Roosevelt's bridal, though the yarns about wonderful jewels coming

around the fireside or about the well-lighted family reading table during the winter evenings the children and grown-ups can play with their wits and see how many words can be made.

20 people making the greatest number of words will each receive a little box containing a \$10.00 gold piece.

10 people will each win one box containing a \$5.00 gold piece.

300 people will each win a box containing \$1.00 in paper money and one person who makes the highest number of words over all contestants will receive a box containing \$100.00 in gold.

It is really a most fascinating bit of fun to take up the list evening after evening and see how many words can be added.

A few rules are necessary for absolute fair play.

Any word authorized by Webster's dictionary will be counted, but no name of person. Both the singular and plural can be used, as for instance "grape" and "grapes."

The letters in "Y-I-O-Grape-Nuts" may be repeated in the same word.

Geographical names authorized by Webster will be counted.

Arrange the words in alphabetical classes, all those beginning with A together and those beginning with E to come under E, etc.

When you are writing down the words leave some spaces, in the A, E, and other columns, to fill in later as new words come to you, for they will spring into mind every evening.

It is almost certain that some contestants will tie with others. In such cases a prize identical in value and character with that offered in that class shall be awarded to each. Each one will be requested to send with the list of words a plainly written letter describing the advantages of Grape-Nuts, but the contestant is not required to purchase a pkg. These letters are not to contain poetry, or fancy flourishes, but simple, truthful statements of fact. For illustration: A person may have experienced some incipient or chronic ailment traceable to unwise selection of food that failed to give the body and brain the energy, health and power desired. Seeking better conditions a change in food is made and Grape-Nuts and cream used in place of the former diet. Suppose one quite the meat, fried potatoes, starchy, sticky masses of half-cooked oats or wheat and cuts out the coffee. Try, say, for breakfast a bit of fruit, a dish of Grape-Nuts and cream, two soft-boiled eggs, a slice of hard toast and a cup of Postum Food Coffee. Some amateur says: "A man would faint away on that," but, my dear friend, we will put dollars to your pen-

Senator's Wife Skillful Painter.

Mrs. Heyburn, wife of Senator Weldon Brinton Heyburn of Idaho, as Miss Geraldine Yeatman of Philadelphia, was a famous portrait painter. One of the works of her skillful brush is the portrait of Thomas F. Bayard, which adorns the statehouse in Wilmington, Del. Mrs. Heyburn has recently completed one of the daintiest of miniature plates, which shows the daughter of a friend in various ages from 8 months to 18 years. The heads are miniatures in oil on a Limoges plate, arranged in soft azure clouds all around the edge. There are twelve heads, all finished in exquisite detail.


On Stage for Fifty Years.

Mrs. Samuel Charles, the oldest actress on the stage in point of actual length of service, gave a reception in New York recently in celebration of the fiftieth anniversary of her professional debut. Mrs. Charles was born on a Mississippi steamboat, made her first appearance on the stage at the age of four in a pantomime with the elder Holland. A six months' journey from St. Paul to California in a prairie schooner drawn by oxen and a stop-over in Salt Lake City to fight a lawsuit with Brigham Young, are among her early recollections.

First Signs of Age.

If one be watchful there comes a time in the life of every man and woman when one or more discoveries are made. The walk is not so brisk, the shoulders have got into a way of slumping forward and the back is not so erect as formerly. Now is the time to cry "Halt!" It is the time to drill the body, the time to revise sleep, diet, exercise, occupation, relaxation and all habits. Every son and daughter of humanity should refuse this gradual yielding to decay.

INVITATION CARD TO WEDDING


The President and Mrs. Roosevelt
request the pleasure of your company
at the marriage of their daughter
Alice Lee
to
Mr. Nicholas Longworth
on Saturday, February, the seventeenth
nineteen hundred and six
at twelve o'clock

An answer is requested

Spend Money for Golf.

Never has so much money been applied to the propagation of any game in one year as there has been applied to golf in the year which has just drawn to a close. Twenty thousand pounds spent by the Tooting Bec club, £12,000 by the Bournemouth corporation, scores of cases where sums of from £2,000 to £5,000 have been expended, and now £6,000 by the people of North Berwick—these are but a few items in the golf expenditure of the season.—Golf Illustrated.

Training of Jap Soldiers.

The Japanese official organ, the Kokumin, comparing the Japanese with foreign soldiers, says: "They are brought up in the idea that it is their common duty to serve with the colors and die in the defense of their country in case of emergency, so that they can rise in their valor and fidelity above those of other countries, who either make fighting the occupation of their caste or follow it as mercenaries. England is not quite up to the mark in the matter of this principle."

HE ATTENDS TO BUSINESS
 who goes straight to work to cure
Hurts, Sprains, Bruises
 by the use of
St. Jacobs Oil
 and saves time, money and gets out of misery quickly.
It Acts Like Magic. Price, 25c. and 50c.

ARRIVED AT A GREAT TRUTH. VARYING COLORS FOR SEASONS.

Conclusion of Absent-Minded Man That Was Very Natural.

Daniel Drew was an exceedingly absent-minded man, as Depew in his charming anecdotes has had occasion to remind us. Here is a story, however, that Depew never got hold of:

Drew made a point of buying all his own clothing, against repeated protests from his wife, who was frequently at her wits' ends to know how to manage his somewhat illy-assorted wardrobe.

"Daniel," she said one day, "you must get some underdrawers." (She spoke of course in the seclusion of their own apartments.)

"Yes, my dear," was the reply; and that night Daniel came home with a bundle containing undershirts. Undershirts he had in great abundance, but of the article his wife had suggested his buying the specimens on hand were almost past wearing. The good lady's patience was exhausted. When next she prepared clean clothes for him she laid out two undershirts and no underdrawers. When he had dressed and gone out she found evidence of his having donned both garments.

Among that day's items in his notebook the following was subsequently discovered:

"The underwear of today is not what it used to be. Underdrawers are made much too small in the legs—so much so, in fact, that one has to slit them up to make them go on. They fit loosely about the waist and are not an aid to a man's sitting down. In fact they seem not at all suited to the needs of the human frame."—Lippincott's Magazine.

Cheap Tea in Japan.

Tea at a cent a pound is used by the poorer classes in Japan. This is the cheapest kind of "bancha," and consists of the trimmings of the tea bushes when they are clipped with the shears after the first crop.

31 Boxes of Gold
300 Boxes of Greenbacks
 For the most words made up from these letters
Y - I - O - Grape-Nuts
 331 people will earn these prizes

Around the fireside or about the well-lighted family reading table during the winter evenings the children and grown-ups can play with their wits and see how many words can be made.

20 people making the greatest number of words will each receive a little box containing a \$10.00 gold piece.

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There is plenty of time to get personal experience with Grape-Nuts and write a sensible, truthful letter to be sent in with the list of words, as the contest does not close until April 30th, 1906. So start in as soon as you like to building words, and start in using Grape-Nuts. Cut this statement out and keep the letters Y-I-O-Grape-Nuts before you and when you write your letter you will have some reason to write on the subject, "Why I Owe Grape-Nuts."

Remember 331 persons will win prizes, which will be awarded in an exact and just manner as soon as the list can be counted after April 30th, 1906. Every contestant will be sent a printed list of names and addresses of winners on application, in order to have proof that the prizes are sent as agreed. The company is well known, all over the world for absolute fidelity to its agreements and every single one of the 331 winners may depend on receiving the prize won.

Many persons might feel it useless to contest, but when one remembers the great number of prizes—(331)—the curiosity of seeing how many words can really be made up evening after evening and the good, natural fun and education in the competition, it seems worth the trial; there is no cost, nothing to lose and a fine opportunity to win one of the many boxes of gold or greenbacks.

We make the prediction that some who win a prize of gold or greenback will also win back health and strength worth more to them than a wagon full of money prizes.

There are no preliminaries, cut out this statement and go to it, and send in the list and letter before April 30th, 1906, to Postum Cereal Co., Ltd., Battle Creek, Mich., and let your name and address be plainly written.