NATURE'S GREAT DISINFECTANT.

Let the Sunlight Reach Every Corner of the House and Destroy the Germs. ~~~~

Nature's great disinfectant is sunlight. It is a most interesting fact
that this wonderful light, which promotes the growth of useful plants and time
that this wonderful light, which promotes the growth of useful plants and
destroys by ill liver for the same time
sorts of zerms which are brought in
contact with it. It is this fact alone
which £aders the earth inhabitable,
derms develop with such marvelous
rapidity that they would quickly overwhelm us by their very numbers it
not constantly destroyed by the sun,
A little computation will readily show
this. Some errms are capable of such
favorable conditions of temperature
and food supply. Estimates under
favorable conditions of temperature
and food supply. Estimates the number of germs which might be profuced in a langle day of twenty-fourhours, or interty-sk doublings. The
number would be more than thirtytwo thousand billion billions, or sufficient' to cover eighty thousands
square nales a foot deep, or ill
mile. There were the supplied of an inch to such predictions magnidue is beyond comprehension, and
practically cannot occur; for while
for mich to such predictions magnidue is beyond comprehension, and
practically cannot occur; for while
for mich to such predictions magnidue is beyond comprehension, and
practically cannot occur; for while
for mich to such predictions magnidue is beyond comprehension, and
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for mich to such predictions magnidue is beyond comprehension, and
practically cannot occur; for while
for mich to such predictions magnidue is beyond comprehension, and
practically cannot occur; for while
for mich and the desired way to be a
produced in a saline day of the order
to receive the mich to the control
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to the control of th to itself. The material upon which it feeds is also exhausted, so that its

growth ceases.

**Doubtless all have noticed the fact
that mold grows during the night and that mold grows during the night am-in dark, samp cellars. Bright am-light quickly destroys germs, mold, and other parasitic organisms. Dif-fused daylight does not act nearly so rapidly, but accomplishes in the rapidly, but accomplishes in the course of a few hours what bright is capable of doing in a few minutes. It is clearly evident, then, minutes. It is clearly evident, then, that in order that our houses should be lest free from corns, the, like our bodies should be made full of life. The shutters should be opened, the cuttains raised, and the light admits the contribution of the course of the

Ing.

Occupation and Tuberculosis.
The indisence of occupation as a cause of ronsumption is shown by Dr. J. M. Fronch in the Medical Examiner.
At least four classes of employments ments nave a tendency tograver the development of tuberculosis. They are:

J. Sedentary employments in thresulfated apastments, involving confinement in impure air, and other unwholesome conditions. This class of occupations is typified by the so-called swetshops for the maintenance of various articles of clothers.

Employments which necessites the inhalation of irritating dust and noxious tapics. The clothers, matchasless, the cutters, grinders, engravers, the form of the confinements of the cutters, matchasless.

etc.

3. Employments which involve the overnise or abuse of certain muscles. These are athletes, prize fighters, symnasts, wrestlers, professional bicycle riders, ball players, etc., a large proportion of whom die eventually of phthiss.

proportion or whom an eventually of publishis.

4. Employments which involve undue familiarity with intoxicants. These are those connected with manufacture and sale of wine, beer and the various classes of alcoholies. Tatham's tables show that, taking the actinge morality from consumption ut one hymrided, that of publicans is one hundred and forty, of brewers one hundred and forty, of brewers one hundred and forty-selfs and of barcenders two hundred and fifty-selfs.

Overcoming Hereditary Tuberculesis Overcoming Hereditary Tuberculdis. Much is being aid nowadays respecting the out-of-door treatment of tuberculosis, a disease which, while rarely directly transmissible by heredity, is one the predisposition to which is in the highest degree hereditary. It has been clearly shown by numerous experiments in various parts of the United States that out-of-door life with resultar hygienic habits, tree-spective of altitude or special climatic advantages, is capable of so adding the natural powers of the body, as to effect a cure of this formlabile malady without the use of drugs of any sort.

any witnost the solutions of civilization. It searcely exists among savages who it was not searcely exists among savages who it is not searce to the solution of the searce to the searce to the searce among such people of the searce of the s

from the sunlight and active exercise out of doors.

The time is not far distant when every large city will find it necessary the provide conveniences for the ap-yicaction of this simple curative meas-we, not only for the purpose of recu-ing the victims of pulmonary tuber-culosis from the certain fate which wants: then, but as an easential measure for protecting the public health.

Health Observations Abroad.

One of the most pitiful sights in bagiand is to see young women actors as barmaids in the public drinking places, and to see women chowag their way to the bar and then kand there, shoulder to shoulder with

on recling about in the streets. What a sad commentary on our modern civilization.

In Copenhagen it is the custom to dress young schoolgiris so that their arms are sinout or entirely bare, even in weather when Americans appreciate their overceats. This practice of the produce congestion of the substitution of the substitution of the substitution of the foundation for colds, pneumonia and tuberculosis.

Tuberculosis is making sad havee among the urban population of Norway. It is plitful to note how this plaque is declinating this once hardy race. Sectionary life, indoor confinement and defective ventilation are ment and defective ventilation are consumptive world of the substitution of the substitution of the substitution of the substitution are substitution and with will cure a consumptive would certainly have prevented the onset of the disease.

The liquor curse is undermitting the physical stamina of the Swellsh race. Liquor drinking among the working third of their perilation also before the age of inventy one, and one-fourth of those who live, are rejected from military service on account of physical disqualifications.

An American Puzzle.

An American Puzzle.

An American Puzzle.

Dr. Lurenz, of oloodless surgery fame, cannot understand how Americans enjoy fair health on a diet that would decouptate any other country. "The pies, puddings, sauces and intumerable other delies, most of which are undentified in the extreme, partialen of by young and old allies in America, have caused me to wonder are not playered and constitution at wrecks." By the surgest of the present generation. Their vigorous health has bestowed upon the grandchildren wonderful constitutional vigor. But the change from the simple to the luvurious is working have The rising generation have squandered the constitutional capital liquid and the simple to the luvurious is working have The rising generation have squandered the constitutional capital liquid the called and the simple habits rejumed or the prophery of Dr. Loging will surgely be realized.

BREKFAST BREADS.

BREAKFAST BREADS.

Corn Puffs.—Beat together two and one-helf cupies of unskinmed milk and the yolks of two eggs, until thoroughly believed. Add two cupfuls of best granulated corn meal. Beat the hatter thoroughly; site in lightly the whites of the eggs, beaten to a stiff forth; turn into heated irons, and bake

whites of the eggs, beaten to a stiff froth; turn into heated irons, and bake m Dedgera. Seald one cupful of heat granularised oron meal, into which a statise-poon of sugar has been stired, with one cup of besling milk. Beat until smooth, and drop on a griddle, in rakes about only inch in thickness, and bake slowly for an hour. Turn when brown. If preferred, the baking may be finished in the oven after the first turning. Hominy Gema.—Beat one erg until very light, and two cupfuls of couled homeing the state of the state

stirred, then knead thoroughly, form into rolls and bake.
Heacake.—Scald one pint of white own meal, with which, if desired, a tablespoorful of sugar and one-half teaspoorful of sugar and one-half teaspoorful of sait have been mixed, with boiling milk, or water enough to make a batter sufficiently thick not to spread. Drop on a bot griddle, in large or small cakes as preferred, about one-half lack in thickness. One of the underside, turn over. The cake may be cooked slowly until well done throughout, or, as the portion underneath becomes well browned, the first brown crust may be peeled off with a knife, and the cake again turned. As rapidly as a crust becomes formed and browned, one may be removed, and the cake turned, until the whole is browned. The this, wafer-like crusts are ercellent served with bot milk or cream.

EVERY ONE ASKS HIM

HOW HE GOT RED OF HIS OBSTINATE MUSCULAR RHEUMATISM.

Jones Tells of the Way by Which Treated Bimself Successfully When Doctors Falled.

En, Jones Tells of the Way by Which En Treated Bitmarif Successfully Six phase instead and them as peculiar, and one of them as peculiar, and does not be the season of them as peculiar, and does not be the season of them as peculiar, and does not be the season of them as peculiar, and the season of them as peculiar, and the season of th

Sixth Sense in Birds.

In the animal kingdom the birds seem to be really the class highly favored by nature, says the New Century Path. Though they are not placed near the summit to the line of evolution, their ability to fy marks them off as having some advantages over nearly all the mammalia. Their piyaterious power of changing their polarity or weight, in order to dive in water or soar in air, has often been discussed, and the almost incredible notices an insule for wast distances, has ce parallel among other animals.

And now a series of careful trials with carrier pigeons are reported from France, showing, apparently without doubt, their possession of a highly developed sense of direction. It was supposed that homing pigeons depended, upon sight to find their way, but these new experiments have been content of the Sixth Sense In Birds.

mininght, and the remainder follows in a few hours.

A Wonderful Discovery.

Broadland, S. Dak, April 17.—Quite a semation has been created here by the publication of the story of G. W. Ifray, who after a special treatment between the semantial of the semantial treatment between the semantial treatment between the semantial treatment between the semantial treatment between the semantial treatment semantial semantial

To Spread Teachings of Gorky.

Nichoil Zavolsky, 21 years old, the riopted son and trusted lieutenans of Maxim Gorky, the Russian novelist and socialist, who recently came to this country, has left New York with three companions to make a tour of the United States for the purpose of spreading the doctrines of socialism smong the poorer classes. He will travel as a missionary from Gorky, with the object of imitating the great Russian writer.

e a Pinch, Use ALLEN'S FOOT-EASE.
A powder. Il cares painful, unarting services feet and ingroving anial. It's the
greatest comfort discovery of the age.
Makes new shose easy. A certain cure for
sweating feet. Sold by all druggists, 25c.
Trial package FREE. Address A. S.
Olmsted, Le Roy, N. Y.

Half the ills we hoard within our earts are ills because we hoard them.

ILLINOIS STATE NEWS

Illinois Central to Improve Its Rural

The management of the Alton has let a contract for ten gasoline motors, to be used in the new interurban service which the company recently inaugurated. The motors are electricity generators, so that the motive power of the service will be electricity, and not gasoline, when applied to the wheels. At present the motors, will be put in service between Ponitac and Bloomington, a distance of thirty-five miles, and between Springfield and Girard, a distance of twenty-five miles. Hetween these points the company is now maintaining an interurban service. Eventually it is expected to use the gasoline motors between Dwight and St. Lonis, a distance of 200 miles. The decision of the company to use motors was made only after, Passenger Service. Dispit and St. Louis, a distance of 200 mites. The decision of the company to use motors was made only after, exhaustive experiments, which are claimed to have demonstrated their adaptability to passenger business. Thus far the Alton's interurban service has proved an unpualified success. It runs through the center of most of the towns along its lines.

Admits Starting Fire.

In the Shelby county circuit court at Para, Wm. Nance, Jr. of Tower Hill admitted he set fire to a residence in Tower Hill belonging to G. F. Leigh. He said Leigh was to have paid him some of the insurance money which

some of the insurance money which was carried on the house. Leigh was also indicted. He is said to be in routheast Missouri. He is said to be in tenced to the penitentiary.

Central Illinois Rebekahs.

The Rebekahs of central Illinois have organized a district association and elected the following officers: President, Mrs. Moille Hawkes of Pana: vice president, Elas Stewardson of Shelbyville; secretary, Althea Staples of Grove City; treasurer, Sarah Hilligoss of Bruce.

Rewards Porter for Monesty, Mrs. Judge William Springer of Springel of Georgia Grandel a clase for \$25 to Edward McCall, a colored patter on the Chicaco & Alton for his honesty in finding a \$6.000 diamond coars in finding a form of the company, from whom site received the jewel undamaged.

May Get \$80,000.

J. O. Fisher of Quiney, who is u the line of heirship to Andrew Dye, who died in Philadelphia in 1759, leaving an estate of \$23,000,000, has received a letter amounting that his prospect is very good for getting his share of the fortune, which will probably be about \$80,000.

Expect to Locate Plant.

Representation of the Independent
Clay, Coal and Coke company of Girard visited Jerseyville with a view to
erectine a plant near that city. They
expect to beein prospecting on the
farms of II. C. Steele and John Rue,
near Delhi.

Taylorville Library Report.
The following is the report of the Taylorville cits librarian for the month of March: Number of books oil, record. JASH, number in circulation, 2250, total number of victions, 2500, new borrowers, 36; new books, 151.

Sells 438 Acres.
M. D. Green has sold to Theodore
Stratham 438 acres of land in Stan
ford township, four miles cast of Flo
to, for a consideration of \$17,520.

Drainage Board Election.
The drainage district hoard of Pana and Assumption townships elected N H. Padgett of Assumption president and J. A Poil of Pana treasurer.

Crushed to Death in Mine.
Frank Lowery, timberman in the Jefferson mine, at Springfield, was crushed to death to-day by falling slate. He was 32 years old.

Milk Condenser to Start.
White Hall Milk Condensing

company has let the contract for the machinery for its plant, which will be in operation by July 1. White Half is Growing.
There are twenty dwelling houses to process of construction in White Half Two new additions to the city have been surveyed.

Central Illinois Medics.

The thirty-first annual meeting of the district medical society of central Illinois will be held in Pana on Tuesday, April 25.

Find Vein of Coal.

At the new shaft of the Lebanon
City Coal company a vein of coal of
excellent quality was found at a depth
of 190 feet.

Alton Juvenile Court.
Judge J E Dunnegan of the Alton
city court is holding a juvenile court
in Alton, which obviates the trouble
and expense citizens have been put to
in going to Edwardsville to have juvenile cases tried in the county court.

Gate Panarya Berth,
Fred Reuter of Nashville has been
appointed official stenographer to
Gea. Wallace of the engineering force
on the Panama canal commission
with headquarters in the city of Pan-

MOTORS ON INTERURBAN LINES | TIRES OF QUEER LEGAL TANGLE

Horse Eats Huckster's Apples, and

Horse Eats Huckster's Apples, and Peddler Pays for Attaching Animal. A suit involving the loss of two barrels of apples, valued at \$6, and a horse valued at \$50, in which Ben Beanet and Edward Klawzon were the Higants, was dismissed in Judge Moynes and Barrels and East St. Louis for the want of prosts East St. Louis for the want of prosts East St. Louis for the want of prostser, and that on the night of Nov. 5 last a horse belonging to Klawzon at a two barrels of apples which he had stored in a barn. Klawson refused to pay for the apples, and Hennett Pept the horse, which was afterward replevihed and the case carried to the city court. Klawson did not appear when the case was called, and monthing to \$25 assessed the costs, amounting to \$25 assessed the costs, amounting to \$25 assessed the costs, amounting to \$25 assessed the costs.

horse returned to Hennett.

Oppose School Measures.

A large mass meeting of members of these Catholic and Lutheran churches, which support several parachial schools, was fible at Quiney to protest against synate-wills and house bills now layout the filmost leftsfatture. These-sillis favor a consolidation for school districts, and for favorable children in the country carried to and from schools in conveyances at the expense of taxpayers. Opposition was also taken to the movement of Turnishing free text books at public expense. Resolutions are to be forwarded to the legislature, vicorously profession.

Negro Threatens Candidate.

Negro Threatens Candidate,
James Crawford, a negro, was arrested in Alton on a charge of having
rested in Alton on a charge of having
attempted to extent mency from Edmoced Beall, candidate for mayor, and
threatening to kill bitm. At 5 o'clock
in the morning Beall side the was
awakened by pounding on bit front
door, and on opening the door was
confronted by Crawford, who admanded \$2. Mr. Beall refused to comply with the demand, and Crawford,
be said, endeavored to force bit was
the said, endeavored to force bit was
board Mr. Beall, Beatl struck him
three times on the nees.

Compromise for \$100,000.

The embezziement charges against Cuthbert Laing of Chicago for alleged conversion of the \$235000 estate of his daughter. Mrs. Adelaide Laing Malcom, have been dismissed. Attorneys for Robert Burkholder, who signed the complaint, appeared and agreed to the complaint, appeared that the history of the prosecution, "the payment of \$100,000 having been accepted in full gayment," said her attorney when the case was called The \$140,000 was paid by Dr. V. C. Price, one of Laing's bondsmen.

Oulony Merchants Bangate.

The Quitary Merchants Association gave in a mail balance April 13.

J. O. Fliether presided as trustmaster, and responses to timely suggested on the superficient of the suggested on the superficient of the superficient gave and George II. Lyford. J. S. Stusher was elected president. Goo. H. Lyford ties president, Baniel Speyer et teasurer. Herman Heint, W. F. Duker and J. H. Meyer directors.

Shoots Man at Station,
John Conner, a farmer, about 550
years 6td, shot and probably fastilly
wounded. "Jack." Smith, about 27
years 6td, at Riley's lake, about nine
miles north of Chrester. Smith was
taken to the home of his parents in
Sparta, and it is thought be will die.
Trouble over a woman is the alleged
cause of the shooting.

Negress Slays intruder.
Georgianna Galloway, a negress of
Murphysboro, shot to death Herry
Bowman, who persisted in enterine
her room. Bowman was shot with a
22-callet revolver, and iffed in the
yard about a hundred feet from the
house. The Galloway woman was house. The placed in jail.

Asks \$10,000 for Fatality,
Mary C. Yenger, administratrix of
the estate of her son, Herman Yenger, filed sult in the city court at East
St. Louis against Mrs. Mary Doleson
for \$10,000 damages on account of the
doubt of her son, who was killed in an
elevator accident in the Lovinaston elevator building

Flora Spard of Education.
The following board of education was elected at Flora: W. A. Karr. president; J. Frank Maxwell. A. E. Snitn and J. D. Gibson, members The bold-over members are D. F. Hodges, Frank L. Medley and Solon P. Hill.

Declines College Presidency, Rev. Dr. Myron W. Haynes of Chi-cago has declined to accept the offer of the presidency of Shurtleff college in Upper Alton, to succeed Rev. Dr. Stanley A. McKay.

College Y. M. C. A. Delegates. Messrs. Arthur I. Weber. C. M. Dun-can and N. Bliss Dee have been ap-pointed delegates to the annual assem-bly of the college Y. M. C. A. at Lake Genera, Wis. to represent the Mr-Kendree college branch of Lebanon.

Contract for Two Bridges.
The highway commissioners of Carlyle township and the public improvement board of the consty let the contract for two bridges to be built at
White's Ford. The contract price is
\$2,682.

MY WIFE'S PEOPLE COMING

"We have had a splendid winter in Western Canada's inrush this year is wonderfully great and considerably ahead of any previous year. It is always interesting to those who contemplate morning to read expressions of optales to the contemplate morning to read expressions of optales to the following written to an Agent of the Government and forwarded to the Interferor our pickes to an Agent of the Hongranion Branch of the Department of the Interferor at Ottawa:

Birch Hills, Sank, Canada, Feb. 1, '08.

Dear Sir.'—I take pleasure in dropping you a few lines to let you know how we like the place in the large of the same how we like the place of the working in the bush getting out logs for buildings, etc., getting rails for fencing. We have not suffered with the cold as series of the same of the cold as series of the same of the same of the cold as series of the same of the sam

(Signed) J. D. Head.

Spert housekeeper hould know
that if the will buy Defines 20th
Water Sterch for launder use they
will save not only time, because it
never sticks to the fron, but because
each package contains 16 or.—one full
pound—while all other Cold Water
Starches are put up in %-pound packages, and the price is the same, 19
cents. Then again bocause Defiance
Starch is fere from all injurious chemStarch is fere from all injurious chema 150c package i. is because he has
a stock on hand which we wishes to
dispose of before he puts in Defiance.
He knows that Defiance Starch has
printed on every package in large letters and figures "16 ozs." Demand Defiance and save much time and money
and the annoyance of the iron stickand the annoyance of the iron stickand the annoyance of the iron stick-

To Work for Christian Sunday

To Work for Christian Sunday.
The archibehop of Canterbury is said to be emaged in the formation of a league for the obligation of the godless Sunday from society. The association is to consist exclusively of matrons in high life and Lady Wimberne is to be president. Cold dinners will be one of the rules insisted upon.

Important to Mothers.

Examine carefully every bottle of CANTORIA, a safe and ever remedy for infants and children, and see that it

Bears to Chart Hilltehing In Use For Over 30 Years, The Kind You Have Always Bought

Proof to the Contrary.
"She's a very elever talker. She always hits the nail on the head."
"Not always. I saw her with her thumb tied upplesterday."

Quality Brings the Susiness. Seen million 17,000,000 Lewis' "Single Binder" straight be cigar now sold annu-ally. Made of extra quality tobacco. Many who formerly smoked the cigars are sow smoking Lewis' Single Binder. Lewis' Pactory, Peoria. Ill

New Hampshire has a seacoast of eighteen miles.



THE NEXT MORNING I FEEL BRIGHT AND NEW AND MY COMPLEXION IS BETTER. He deciser says it are goodly on the element, lives and bilager and to a pleasant leaster. This drink is mails from both, and is presented for one on early as the live well of "Leas" Teas" or LANE'S FAMILY MEDICINE All draggists or by real Mote, and to etc. Buy it to day. Lame's Facely Medicino moves the bowels each day. It order to be healthy thing in