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#### RELIEVE DISTRESS AFTER EATING

Demon of the Niger.

The natives inhabiting the country near the source of the Niger believe that a devil lives in the rock whence the river springs. They are very superstitious and greatly fear this devil, who is supposed to kill any person who dares to look at the source. Whenever the natives are showing a stranger the spot, they cover up their faces and walk backward in the direction of the spring, pointing toward it with outstretched hand behind the

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children furing the teething period.

#### Truth Eternal.

All errors have only a time; after a hundred millions of objections, subtleties, sophisms, the smallest truth remains precisely what it was before. -Ancient Maxim.

#### Formation of Friendship.

We cannot tell the precise moment when friendship is formed. As in filling a vessel drop by drop, there is at least a drop which makes it run over; so in a series of kindnesses there is at last one which makes the heart run over .- From Boswell's Life of Johnson

#### Don't Envy

anyone a good appetitea perfect digestion - a robust constitution.

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will help you to obtain these very quickly. It tones-strengthens-invigorates-the entire digestive system and always stands for better health. Try it today. All Druggists.



#### THE LICHT-MEARTER OME.

Ver, you have durests connectly, som, Vers is a vama Light-Meantes due. Or councy, us was us dauge on wees

AMB, IF ME MAD, ME WESSELD WAY GARLE. O EVEN A SEASCH-LIGHT SMINISH THE D'OLINE TO DE LIGHT-MEANTS, VOC. AND \$17 MFON A FORT. WORLD VON



#### HOW SPOONER QUIT SMOKING

Son of Former Senator From Wiscon sin Makes Agreement With Father When Leaving Home.

Ex-Senator John C. Spooner of Wisconsin, who is now a prominent lawyer in New York, is fond of telling how he came to quit smoking. The story has a moral in it which other parents might take to heart and apply in dealing with the faults of their children.

"For thirty years I was an inces sant smoker," said the senator, "and had a cigar in my mouth nearly all the time. Cigars soothed my nerves when I worked hard. At least that was my belief. I knew the habit was filling me with nicotine, but it did not seem to affect my health much.

"My son Charles had been graduated from a law school and was preparing to go west and put out his shingle in a new country. He and I sat together one night before the time of 1's departure, and as we conversed I thought that before he left it would be a good idea to have the boy promise not to

"'Do you drink, Charlie?' I said to him, and he responded, 'Once in a while. Why?" 'I would like you to promise me,' I said, 'that you will not touch intoxicating liquors. You are going far away to begin your career in a rough country, and I would feel better if you will not drink. We probably won't see much of each other again for a good many years, and it would give me consolation to know that wherever you are you are in no danger of being ruined by drink."

"Coolly looking me over, Charlie said: 'Father, you smoke too much. You are filled with nicotine. I am going away and we will probably not see each other for some time. This would like to feel while I am away that your health is not being ruined by this dangerous nicotine habit. I'll tell you what I will do. You quit smoking and I will quit drinking.'

"'My son,' said I, 'you have touched me in a very weak spot. I take great the Adriatic sea. delight in smoking a good cigar, but if you are game so am I. We will both quit our bad habits."

The senator says he and his son both of them have kept their pledges.

#### GAME WITH BASEBALL IDEAS

New Amusement Device Arranged on Billiard Table Just Placed on Market-How Played.

A new amuse adapts some baseball ideas to a spebeen placed on the market, says the ble, in the relative positions ordinarily occupied by baseball players on a regular diamond, there are miniature figures of players over a series of pockets. The face and sides of these pockets are cushioned and are so designed that the balls enter the pockets quick-



New Baseball Game

ly and quietly. On either side of the able and in the rear, there are pockets. indicating "singles," "triplets," "home runs," and "fouls." The batter's box is near the front of the table where an average-size billard ball is placed and then caromed off a triangular rubber home plate which is mounted on a spindle. This plate revolves when hit by the ball, giving the player a constantly changing shot which makes the game very scientific.

#### ADVICE EASY TO GIVE.

Don't worry. "Seek peace and pursue it." Be cheerful. "A light heart lives

Never despair, "Lost hope is a fatal "Work like a man, but don't be

worked to death.' Don't hurry. "Too swift arrives as tardy as too slow."

is nature's benediction. Avoid passion and excitement. A moment's passion may be fatal. Associate with healthy people.

Sleep and rest abundantly. Sleep

Health is contagious as well as dis-Don't overeat. Don't starve. "Let your moderation be known to all

men.

The Retort Filial. "Don't call me a kid, pa." 'Well, aren't you a kid?" "But, pa, a kid is a goat's litta

# Pirebrand of the



IN THE ALBANIAN MOUNTAINS e sale

ARDLY any other portion of | Christian congregations are summonject of more war talk than ber of shots. the Balkan peninsula, and smoking is ruining your health. I of Turkey is at stake, and even Eu- capture remains the rule today. Womince of Turkey situated to the north some of the towns.

tive habits and customs of a bygone

of Greece, on the eastern shore of

The country is extremely mountainous, especially in the north and have civilized them. south. There are no railway lines ment device, which though several have been projected, and the development of commerce is cially arranged billiard table has just retarded accordingly. Carriage roads tional regime came into being in Turexist in a few instances, but generally Popular Mechanics. On top of the ta- travelers have still to pass one place to another by means of bridle-paths.

The inhabitants, who are one of the most ancient races in Europe, are-divided into two divisions, northern the moral and intellectual ability to and southern, known as Ghegs and Tosks. Both have ever been brilliant fighters, defending their mountain fastnesses in the past with remarkable success against all invaders.

Retain Original Customs. Retaining their original customs and language, the Albanians present a marked difference from other races in the Balkan peninsula. Sir Edwin Pears in "Turkey and Its People" gives an interesting description of the Ghegs and the Tosks. He remarks that the Ghegs are noted for their square heads, refined features, and usually light colored hair; whilst the Tosks have a heavier cast of features, with darker hair. Among both, however, are beautiful heads, which recall those of classic Greece. The characteristic dress of the Ghegs is a waistcoat, jacket and breeches, each close-fitting, of a white material, usually resembling tweed cloth, braided with black. That of the Tosks is the long white petticoat, known as the dastanella, which the Greeks who employ big numbers of Albanians as soldiers, have taken for the uniform of

the king's guards. In northern Albania the clan system still exists, and the Ghegs very rarely pay taxes. The scattered Turkish officers possess little authority. and the one obligation the inhabitants owe to the Ottoman empire is that of providing soldiers in time of war. In each clan the elders form a council and preside over gatherings of the tribesmen, which exercise the supreme legislative power. Loyalty to the chief of his clan, and to his work, is the Albanian's greatest virtue. An inborn courtesy is common to the race. The best fighter is the best man, and every Albanian feels himself independent, except when bound by the ancient customs of his race. In northern Albania he recognizes no law except that based on such ancient customs. The Turk until recently has hardly attempted to impose any other law. Whether in the field or the marketplace, he is nearly always armed, and is ready to fight on the smallest pretext. The boy attains manhood when he can show he possesses arms which fire the rifle as a sign of joy, and march to Constantinople.

the universe has been the sub- ed to divine service by a definite num-

The primitive method of revenge by few sections of the continent means of the vendetta, or bloodof Europe are less well known in the feud, still obtains in the country, and western world. The Balkan war the slaying of one member of a family cloud is familiar enough, having ap- or clan leads to a series of crimes or peared and re-appeared at intervals to warfare. The claims of hospitality, for years past, yet few people know however, are very strict, and injury why there should be trouble in the to a guest has to be revenged. In the Balkans. Today we are face to face case of marriages, a stipulated price with real conflict, the very existence is paid for the bride. Marriage by rope may be engulfed in war. In the en are respected, but wives have to very center of the conflict are the Al- work their hardest in the fields. There banians. But who and what are the is very little education in the coun-Albanians? Well, Albania is a prov- try, although there are schools in

It is this primitive race whose quarrel with the Turk is not very clearly It is probably the least-known re- understood in the west, which is worgion in the Balkan peninsula, and rying the concert of Europe. In the compared with the other countries in first place, as has been shown, the that part of Europe, it has been but most successful of sultans and conshook hands on the compact and that little explored by travelers, with the quering generals in the heydey of Otresult that its wild and fearless in- toman power never succeeded in subhabitants, who number some 1,600,000, duing the Albanians. These gallant retain, to a large extent, the primi- mountaineers acknowledged the sovereignty of the sultan only so far as it protected them from the encroachments of other nations who would

#### Turks' Nefarious Rule.

The present trouble with the Alban ians began when the new constitukey four years ago. The Young Turks insisted on regarding themselves as the dominant authority in Turkey. This would have been all right if they had had numerical preponderance and dominate the other races.

All races in the Turkish dominions have suffered during the nefarious rule of the Young Turks' secret committee of mediocre men, but none more than the Albanians. In a few weeks their centuries-old privileges and immunities were abolished, their country was invaded by hordes of inexperienced officials of a race which they held to be their inferiors, their language was tabooed in the schools and forbidden in the printing press unless written in Turkish characters. their young men were drafted into the Turkish army and sent off to Asia Minor and the deadly Yemen to be shot, a system of taxation was introduced which threatened to drain them as dry as their Macedonian neighbors. and worse than all, they were notified to surrender their firearms.

The result was rebellion. But the Albanians could do nothing against the trained troops equipped with machine guns which the Turks turned against them. The rebels fled to the mountains and soon their little peaceful villages were the scenes of frightful massacres too horrible to recount. Arms having failed, the Albanians decided to try constitutional methods at the general election which took place last spring. But by violence and illegal use of the army the Young Turks' secret committee, it is said, prevented free elections not only in Albania but throughout the empire, with the result that a parffament of Turks, subservient to the committee of union and

progress, was elected. Again the Albanians rebelled, and this time with greater success. The army ordered against them refused to march, in fact made common cause, many of them, with the rebels. This time, instead of having to defend themselves in their mountains, the Albanians have been able to invade Macedonia, since when the "packed" Turkish parliament has been turned out and a new cabinet of Young Turks formed. The Albanians have been promised redress of their grievances by the new government. But so far they have refused to go home. They want to see the promises of the Turks he has captured from an enemy. All carried out. If they are not they will

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And So Many Do It. A campaign year is a time of happiness for the man who likes to get Wo at the extreme outer edge of the crowd and yell "Louder!"-Denver Republican.

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