

# Comparative Digestibility of Food

Made with different Baking Powders

From a Series of Elaborate Chemical Tests:

An equal quantity of bread (biscuit) was made with each of three different kinds of baking powder—cream of tartar, phosphate, and alum—and submitted separately to the action of the digestive fluid, each for the same length of time.

The relative percentage of the food digested is shown as follows:

Bread made with Royal Cream of Tartar Powder:

100 Per Cent. Digested

Bread made with phosphate powder:

68 1/4 Per Cent. Digested

Bread made with alum powder:

67 3/4 Per Cent. Digested

These tests, which are absolutely reliable and unprejudiced, make plain a fact of great importance to everyone: Food raised with Royal, a cream of tartar Baking Powder, is shown to be entirely digestible, while the alum and phosphate powders are found to largely retard the digestion of the food made from them.

Undigested food is not only wasted food, but it is the source of very many bodily ailments.

## CONDITION OF AFFAIRS ACROSS THE RIVER NEAR FOLSOM

From Tuesday's Daily.

A special from Council Bluffs under date of April 21, says: Secret service men of the "Q" railroad system are reported to have secured a "warm" scent in their search of the persons who dynamited the \$500,000 riprap work at Folsom, ten miles south of here, where nearly 700 yards of expensive work was torn out recently. The farmers of that vicinity are much wrought up over the matter and are aiding the railroad in its efforts to locate the guilty ones. The old Missouri was in a fair way to be harnessed at this troublesome point and the destruction of the mat work has allowed the river to cut in again and required the hurried efforts of a gang of men to save one farmer's home from being washed away.

The river is rapidly receding and again getting back within its banks and has practically stopped cutting. In the vicinity of Folsom the Burlington has been able to get control of the situation and the river has been turned into the old channel some distance from the east bank.

At Nebraska City and Peru the river has fallen rapidly since last Saturday and no more damage to farm lands or railroad property is anticipated. A number of farms on the lowlands were practically all washed away, but the damage will not be nearly so great as was anticipated.

Here From Union.

From Wednesday's Daily.

Eli Eaton, one of the sturdy pioneers of Liberty precinct, came up last evening from his home and transacted some business matters with the different merchants. Mr. Eaton while in the city called at the Journal office to renew his subscription to the Semi-Weekly, and we greatly enjoyed the short visit with Uncle Eli, who is a strong, rock-ribbed democrat of the old school.

Rents the Sage Property.

From Tuesday's Daily.

Mr. and Mrs. C. G. Mehring have rented the Sage property, lately owned by T. H. Pollock, on Chicago avenue, where they will make their future home, and will move thereto in the very near future. Mr. Mehring has been running as engineer on No. 29 and 30 trains for some time, but has been unable to find a suitable home to bring his family here. They are excellent people and the Journal is pleased to learn that they are comfortably located and will become permanent residents of the city.

## THE ORIGINATOR OF ARBOR DAY WAS A NEBRASKAN

From Tuesday's Daily.

Today was the holiday that had its origin in the state of Nebraska, Arbor day, and many states have taken up the observation of the day for the planting of trees and other movements to beautify the appearance of nature. The day owes its being to the activities of J. Sterling Morton of Nebraska City, who during his years as one of the leading figures in the state, was steadfastly working for the adoption of a holiday when the people of the state should plant out trees to replace those that the ruthless hand of man had destroyed, and to his efforts in this direction the citizens of Nebraska owe a deep debt of gratitude, and although the founder of the day sleeps in the silent city, his splendid example will be given to future generations by the observation of the holiday dedicated to the beautifying of the landscape. The holiday was observed by the closing of the banks here today, but the general business houses were all running as usual, but there were numerous young people of the city who carried out the spirit of the day by planting out small trees at their homes.

WANTED—Automobiles in exchange for land. Call at our office for particulars. Windham Investment & Loan Co. 4-22-d&w-1f

## FRIENDS ASSIST MISS JULIA HERMAN IN CELEBRATING HER BIRTHDAY

From Tuesday's Daily.

The birthday club, composed of a number of the ladies of the city, have had the pleasure of meeting at the homes of different members and celebrating these festive occasions, and last evening, in accordance with this custom, they gathered at the home of Miss Julia Hermann to assist her in properly observing the event. The evening was most delightfully spent at cards, interspersed by musical numbers, and at an appropriate hour some very delicious refreshments were served to the company that proved one of the treats of the pleasant affair, and the guests departed, wishing their friend many more such happy birthdays. The club members present were: Mesdames Annie Britt, Henry Herold, R. W. Clement, C. G. Fricke, J. A. Donelan, J. H. Donnelly, Misses Dora Fricke, Mia and Barbara Gering and Mathilde Valtery.

## CONTEST OVER THE MRS. DELILAH SCHWAB WILL

The matter of the probating of the will of Mrs. Delilah Schwab, an aged lady who recently died at her home ten miles south of this city, came up for hearing yesterday afternoon in the county court and met with an objection from two of her sons, William S. Schwab and James A. Schwab, and a daughter, Sarah A. Mason, who deny that the paper writing offered to the court is the last will and testament of the deceased, and claim that their mother was unduly influenced and harassed into the execution of the instrument that was offered for probate. The will is dated May, 1905, with a codicil of February 12, 1909. The other brother, Charles E. Schwab and wife, who are named as beneficiaries under the will, have looked after the aged lady during her last years. The hearing was continued in order to give the plaintiffs time to prepare their case. The deceased died possessed of an eighty-acre farm near Rock Bluffs, and the parties propose to see that the matter is aired, even if the whole farm is eaten up in court costs and attorney fees.

## PLATTSMOUTH'S TALENTED YOUNG VIOLINIST AT RECITAL

From Tuesday's Daily.

At the recital to be given by the pupils of Prof. Kolbaba's violin school at the Woodman hall Tuesday evening, May 6, there will appear one of the most talented young violin players of this part of the state in the person of Charles Simanek. He is only 14 years old, and has studied under Prof. Kolbaba for the past four years and is developing into a splendid violin artist under the instruction of his able tutor. His numbers on the program include a Romanze F Dur, by Beethoven, a composition which was played in New York by Kubelik with the Symphony orchestra, as well as a duet with Prof. Kolbaba, "Grossmutterchen," by Langer. This recital will be one of the best musical attractions of the season, and the program, which is quite extensive, will be printed later in this paper. Tickets can be secured at the stores of Wescott's Sons, Weyrich & Hadraba, Nemetz & Co. Prices, 25c; children, 15c.

## BIT ON HAND WHILE SEPARATING TWO IRATE DOGS

Henry Hirz, sr., had a very painful experience this morning at his home near this city with a couple of irate dogs who were engaged in fighting. Mr. Hirz attempted to separate the dogs, who were chewing away at one another, and as they were dragged apart one of them grabbed hold of the thumb on the right hand of Mr. Hirz and inflicted a very severe bite. He at once came to this city and had the injured member dressed and made as comfortable as possible, and it is thought that the wound will not prove dangerous, although very inconvenient.

Sell your property by an ad in the Journal.

## THE NATIONAL RIFLE RANGE IMPROVEMENTS

Contractors Pushing Along Work as Rapidly as Possible, and Getting Things in Shape.

The work at the government rifle range is being pushed along in excellent shape by the contracting firm of McLaughlin & Sons of Red Oak, Iowa, who have the contract for the construction of the permanent concrete butts for the target practice, as well as the target house and range house. The contracting firm are clearing away a great deal of the underbrush that is on the south part of the range on the east side of the track and putting it in shape for the placing of the butts, which will be put up as soon as the ground can be put in condition. The butts will be placed at 1,000, 800, 600, 400 and 200 yards, and arranged in such a manner that all the targets can be used at the same time with perfect safety and will make the range much more practical for the use of the soldiers.

The range house or office is being erected on the government land west of the track and will be used by the commander of the post, as well as the commissary department. The improvements outlined for the range in the future will be quite extensive, as part will be done each year to put the range in as fine condition as any in the west, and it will only be a question of time until the camp ground is nicely parked and laid out with walks, making it a place of great beauty, and as it is situated on one of the large hills, it will make a very handsome appearance and be the mecca for visitors in the summer season. From the camp grounds a fine view can be had of the rifle range and the soldiers at their practice shooting.

The work of making these improvements will take up several months before they are completed and ready to turn over to the government officers who are supervising the work, and we want to state here that Mr. Blair, who is at present in charge, is a very polite and genial gentleman and he is very courteous to the visitors at the range, as was the officers in charge of the range last year.

There is a matter that should be taken up by the Commercial club and the citizens here, and that is the securing of the state militia encampment and target practice this year, and the proper representations should be made to General Hall to bring the militia to this city for practice, say about the first of August, and have them camp at the range for the work of target shooting. This city has splendid railroad connections and are in touch with the outside world at almost any hour of the day, and the range is located in easy walking distance of the city and possesses all the requirements for an ideal gathering place for the citizen soldiers. The soldiers from Fort Crook are in Texas at present, and from all indications they will remain there all summer and the state militia could have full use of the splendid range. Let us get busy and see what can be done about the matter.

## ST. MARY'S GUILD IS ENTERTAINED AT THE W. A. ROBERTSON HOME

From Wednesday's Daily.

The St. Mary's Guild of St. Luke's parish met yesterday afternoon with Miss Mable White and Mrs. William A. Robertson at the charming home of Mrs. Robertson, and a most enjoyable time was had by the ladies attending. A short business session was held in the early part of the afternoon and was followed by a discussion of future plans and in preparing dainty articles for the Guild. Late in the afternoon the hostesses served some very dainty refreshments, which served greatly to aid in making the meeting one of the most pleasant that the Guild has held for some time.

Hedge Posts for Sale.

1,200 good hedge posts for sale; 600 are 7-foot and 600 are 8-foot. Call on Guy Stokes, 1 mile east and 1/4 miles north of Murray, or address Plattsmouth, R. F. D. No. 1. Tel. 5-H Murray.

## Take the Talk Train---Telephone!

WHY should you exert yourself and waste time in traveling, when the "talk trains" will take your VOICE, your IDEAS, your PERSONALITY, anywhere, almost instantly, and in nearly every case with as satisfactory results?"

Your TELEPHONE is the terminal from which "TALK TRAINS" will start whenever you wish. They will take you to any one of the several million other telephone terminals in the United States and Canada, and give you a quick, easy and satisfactory round trip.

Possibly you want to go only a few blocks; possibly a thousand miles—in any case, you can avoid the expense, possible waits, delays and disappointments of a personal journey if you will just

"Take the Telephone Train"

## Lincoln Telephone and Telegraph Company

J. K. POLLOCK, Local Manager

## MRS. HENRY EIKENBARY IS VERY LOW AND HER LIFE IS DESPAIRED OF

From Wednesday's Daily.

The condition of Mrs. Henry Eikenbary, who resides just a few miles outside of the city, was so critical this morning that all hopes for her recovery were given up and her death is expected at any time. Mrs. Eikenbary has been in very delicate health for a number of years and a few days ago she suffered a paralytic stroke which left her in an almost helpless condition, and she gradually grew worse. Her daughter, Mrs. Valtery, of St. Joseph, Missouri, arrived yesterday to be at her mother's bedside, and another daughter, Mrs. Johnson, came this morning from Denver. The arrival of the children caused a slight rally on the part of the mother, but she at once grew steadily worse, and this morning lapsed into a state of unconsciousness, which apparently will end in the death of this worthy and highly respected lady, whose large circle of friends will be greatly grieved to learn of her serious condition.

FOR SALE—Five-room cottage, in good repair, five lots, fruits and other valuable improvements. One three-room cottage, city water, one lot, price \$325.00. Six-room cottage, four lots, close in, for \$600. Seven-room cottage for \$1,000.00. Three five-room cottages for \$875.00 each. A beautiful \$5,000.00 home for \$2,500.00. Improved five acres for \$1,400.00. Most of these properties can be bought on monthly or quarterly payments. Windham Investment & Loan Co., Coates' Block. 4-22-d&w-1f

The Journal for typewriter supplies.

## BARNEY WAMPLER RECEIVES SERIOUS INJURY AT SHOPS

From Tuesday's Daily.

This afternoon Barney Wampler, who is employed in the Burlington steel car shop, while at his work repairing one of the cars, had the misfortune to have a portion of the side of the car fall on him, and as a result received a very severe gash on the head extending for several inches. He at once came down to the office of the company's surgeon, where the wound was sewed up and dressed and he will be able to enjoy a short lay-off from his duties. Mr. Wampler is very fortunate that the injury was not more severe, as the portion of the car that fell on him was quite heavy.

New Barber Here.

John Vogel, who has for some time been engaged in the barber business in Omaha, came in Monday and is now employed at the barber shop of Ward Clark, under the Bank of Cass County. Mr. Vogel is an expert in his line and will be able in every way to serve the customers at the shop with the most up-to-date work.

The beauty and virtue of women are superior to the virtue and beauty of men, but no one can be beautiful when in the throes of a deep-seated hacking cough or cold. Nothing will bring greater relief than Allen's Cough Balsam. Sold for over half a century. Endorsed by those who use it. 25c., 50c. and \$1.00 bottles.

A Few Words about  
**Painkiller**  
The Rev. James H. Dixon, Rector St. Jude's and Hon. Canon of Christ Church Cathedral, Montreal, writes:—"Permit me to send you a few lines to strongly recommend Perry Davis' PAINKILLER. I have used it with satisfaction for thirty-five years. It is a preparation which deserves full public confidence."  
**Painkiller** Cures Cramps, Diarrhoea, Bowel Complaints

NEW IDEA

## -Manure Spreaders-

The Best Manure Spreader ON THE MARKET TODAY!

This machine may be seen at my implement department—a new addition to my general blacksmith and wagon business. I also handle

## AVERY Corn Planters and Cultivators!

In fact it is my intention to carry a general line of Farm Implements of all kinds. Call and see me for whatever you may need.

**D. B. EBERSOLE,**  
SOUTH SIXTH ST., Plattsmouth, Neb.

**Feed Economy**  
is a step toward greater profits. It isn't the amount eaten that counts, but what is digested and turned into marketable products.  
**Puritts Animal Regulator**  
puts horses, cows and hogs in prime condition and insures perfect digestion. That pays! Ask the man who uses it, or test at our risk.  
25c., 50c., \$1., 25-lb. Pail, \$3.50  
"Your money back if it fails."  
**Puritts Healing Ointment (or Powder)**  
cures sores and wounds. 25c., 50c. Sample free. Get Puritts Profit-sharing Booklet.  
**J. V. EGENBERGER**