

wheat, maize, rye, oats, barley and buckwheat. It is vastly poorer than any of these in ash, in protein, in fiber and in fat, and surpasses them only in starch. It is not to be thought of for any western people as a main article of food. However, it is not as a main article of food that it is used in this country. Our diet is, fortunately, much more varied than that of the Japanese. Rice is employed in increasing quantity, and to advantage, as a palatable subsidiary article of the national diet. It is a peculiarity of the human stomach that in addition to the nutritive quality in food it demands mere bulk. Concentrated foods soon ruin the digestion. The stomach eagerly calls for something to throw away. Rice supplies this demand. As a food which one may take a large quantity of without getting much to eat it is, no doubt, filling a long felt want in this country.

WICKEDEST TOWN ON EARTH

Calientes, Nev., a Paradise for Gamblers and Cut-Throats—Railroad Worked Downfall.

Calientes, Nev., only four months ago was a little, peaceful, pastoral settlement, scarcely of enough importance to get notice on a county map, and known only to the couple of hundred sleepy individuals who made up the population of the village.

Now its inhabitants number thousands. It is a city of tents, shacks, gambling halls and saloons without number, and is known for hundreds of miles around as "the wickedest town on earth."

All this great change came about through the building of the Pedro, Los Angeles & Salt Lake railroad, which is to connect the intermountain country with the Pacific ocean by a new route.

With the advent of the civil engineers, camp crews, track layers and the host of other laborers Calientes was chosen as a temporary headquarters, and no sooner had tents been pitched and rough frame shacks raised than the camp was invaded by thugs and sharks of all descriptions, representative of the worst elements of the west.

First saloons were opened, then roulette, faro and poker in a dozen gambling halls came into glaring evidence, and soon painted females from the mining towns of Arizona and Nevada arrived in numbers and assisted the bartender in separating the gay westerner from his coin.

As time went on the thousands of men employed on the new railroad moved farther along the double line of stakes, but at the end of the month, when their wages come in, they pay regular tribute to the town, and in a single night—often in much less time—their earnings of four weeks go into the pockets of the keepers of

\$1.00 Per Year

sun, outdoor air and soap and water, would reconcile most women to the passing of the broom, the disturber but not the destroyer of deadly germs.

THE TRUE STORY OF A CAT.

"Peanuts" Found Her Way Home Alone from a Considerable Distance Guided by Instinct.

A Wakefield family who reside in Magnolia during the summer, when they removed to Magnolia last June, took with them their pet cat, but pussie did not like the roar and dash of the old ocean. Says the Prairie Farmer Home Magazine, but sighed for her home by the placid water of "Lake Quannapowitt." She disappeared, and was not seen again all summer. The family returned to their Wakefield home about the middle of September. They had been at home about two weeks when one morning the daughter of the house was in the basement and heard a cat mew, and lo, at the window was her darling pet cat that she had long mourned as dead! It could not be; where did she come from? It must be a strange cat closely resembling "Peanuts" (so called because of her fondness for the article).

"Well," said the mother, "there is one sure test. 'Don,' the house dog, will know his old playmate." Don was called and the recognition was mutual; they both seemed delighted to meet again. It was evident the cat had traveled all the way from Magnolia to Wakefield, through the woods of Magnolia, Manchester, Beverly, over Beverly bridge, Salem streets, Peabody, Lynfield, found Wakefield—how did she know it to be Wakefield?—and hied up to her old home near the lake. I never saw a creature so delighted to find her old mistress and the other members of the family. What guided her over so many miles? Was it animal instinct?

THE FOOD VALUE OF RICE.

Not So Rich in Tissue-Building Elements as Other Grains—What the Doctors Say.

Certain wise doctors have lately been assuring the world that the Japanese are sure to be beaten by the Russians because they live on rice, which is a food not at all calculated to supply the wastage upon the human body caused by the hardships of a military campaign, says the New York Mail. This may be true, though the world will wait and see. Curiously enough, at a time when the physiologists are giving this warning, the rice growers of the United States have combined to teach to the American people the assumed food value of rice and to induce the people, if they can, to consume a great deal more of that grain than they do.

As a matter of ascertained fact, rice is below all other grains produced in commercial quantities in America in its food value—below

THE BEST IS NONE TOO GOOD

A PRETTY RESIDENCE

LOSES HALF ITS ATTRACTIVENESS IF IT IS NOT PROPERLY PAINTED. IT IS NOT PROPERLY PAINTED UNLESS GOOD PAINT IS APPLIED BY SKILLED WORKMEN. THAT'S OUR WAY OF DOING BUSINESS. FOR PARTICULARS JUST

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EASIER HOUSE-CLEANING.

Portable Air-Pump Makes Disagreeable Work Almost Delightful—At Least It Is Sanitary.

When the portable air-pump takes the place of the old-fashioned broom, house-cleaning, although it may not be altogether delightful, will be at least sanitary and dustless. The Scientific American has something interesting to say of the new invention.

The carpet renovators, which are of various sizes, consist of a steel framework which lies flat on the surface to be cleaned. This is termed a hood, and contains an expanded nozzle connected with the hose. In the bottom of the hood is a small slot through which the air passes in a sheet. It is forced into the rug or carpet at a pressure sufficient to blow the dirt out from the fabric.

The dust passes upward through slots into the hood, and is prevented from escaping into the air by a cloth bag which retains it. The dirt settles into a pan especially designed to collect it, and is removed by taking off the bag and emptying the pan. The renovator is moved by a handle over the floor. The handle also acts as a conduit for the compressed air, the supply of which is regulated by an ordinary valve. The renovator is a sublimated carpet-sweeper.

For removing dust from upholstered chairs, sofas and other furniture a hand-renovator may be used. It is constructed on the same principle as the larger type, with the slots for applying the air-pressure and collecting the dust, and is pushed over the surface by hand. Even billiard-table coverings are thoroughly cleaned of chalk and dirt by the hand-renovator. In freeing pillows and mattresses a simple pneumatic needle is used. The air is injected with sufficient force to circulate among the feathers, hair or other stuffing, and expel the dust that may have collected.

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Automatic Wagon Brake.

Schuyler Burson and Lankford Shaffer of Shubert were in the city a couple of days this week. They had with them a model of the new automatic wagon brake, which Mr. Burson recently had patented. This brake is one of the finest things we have ever seen for a Lilly country as it works automatically, the brake being set while descending the hill and the moment you strike level ground it releases itself, while in backing it does not interfere in the least. That it will be a success there is no doubt as was amply proven by the severe tests we gave it in our presence. The brake is made for either the front or rear wheels and can be attached to any wagon.

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