

## Nebraska Democratic Platform

Following is the text of the platform adopted by the democratic party of Nebraska in convention assembled at Columbus, July 28:

"We, the representatives of the democratic party of the state of Nebraska, in convention assembled, with pride in the tenets of our party, unfalteringly assert that the democratic party has reached its highest service under the leadership of President Woodrow Wilson and Secretary of State William J. Bryan. That the new currency law is the greatest example of constructive financial legislation ever enacted by our government; that this law, together with tariff revision downward, the Alaskan railway, the settlement without war of the Mexican difficulty and the peace treaties, signed and to be signed, are the greatest achievements of the greatest president and secretary of state since Jackson, and we extend to our president and his cabinet assurance of our unyielding confidence, unwavering esteem and devotion.

"We commend the services of our democratic senator, Gilbert M. Hitchcock, the first senator ever elected from Nebraska to serve in that exalted body, where he has reflected lustre upon our state, and we extend to him assurance of our confidence in his ability and integrity of purpose, which have distinguished him as one of the leading members of the United States senate.

"We extend to our congressmen, Hon. Dan. V. Stephens, Hon. C. O. Lobeck and Hon. John A. Maguire, our congratulations and appreciation of the fidelity of purpose and consistent support of democratic principles and pledges that have marked their services in the congress of the United States.

"The able business administration of Governor Morehead and the wisdom displayed by our present democratic legislators in their redemption of the promises and pledges made to the voters, meet our approval and warrant us appealing to the citizenship of Nebraska for their continued confidence and support of

### LESS MEAT

#### Advice of Family Physician

Formerly people thought meat necessary for strength and muscular vigor.

The man who worked hard was supposed to require meat two or three times a day. Science has found out differently.

It is now a common thing for the family physician to order less meat, as in the following letter from a New York man:

"I had suffered for years with dyspepsia and nervousness. My physician advised me to eat less meat and greasy foods generally. I tried several things to take the place of my usual breakfast of chops, fried potatoes, etc., but got no relief until I tried Grape-Nuts food.

"After using Grape-Nuts for the cereal part of my meals for two years, I am now a well man. Grape-Nuts benefited my health far more than the medicine I had taken before.

"My wife and children are healthier than they had been for years, and we are a very happy family, largely due to Grape-Nuts.

"We have been so much benefited by Grape-Nuts that I would be ungrateful not to acknowledge it."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

our party and its principles and we congratulate the democracy of Nebraska in having three men of such sterling character and personal worth as John H. Morehead, Richard L. Metcalfe and George W. Berge from whom to select a candidate for governor.

We pledge our candidates for governor and members of the legislature to support a public warehouse law. This will enable the Nebraska farmer to store his grain as soon as harvested, receiving a negotiable warehouse receipt therefor.

"We realize the need of reform in legislative procedure, and we hereby recommend the democratic members of the next legislature to work for such reforms.

"We favor the adoption of the proposed amendment to the constitution providing for a uniform and progressive taxation.

"We favor the adoption of the proposed amendment to the constitution providing that in all civic cases and in criminal cases less than felonies five-sixths of the jury may render a verdict.

"We favor the adoption of the proposed amendment to the constitution fixing the term of office and salary for governor and other executive officers.

"We favor remedial legislation to relieve the present congested condition of the supreme court of Nebraska, and we also favor an amendment to the constitution of the state providing for the election of judges by districts.

"We favor a non-partisan, non-political selection of the state superintendent and of all county superintendents.

"We recognize the right to submit the workmen's compensation law under the referendum, and if said submission results in the defeat of the pending measure, we pledge a democratic legislature to the enactment of a law meeting the just demands of labor.

"We recognize the importance of the work planned by the citizens of the southwestern part of our state, whereby it is proposed that the United States government construct a system of ditches so that the flood and waste waters of the Platte river shall be used upon the soil, thereby greatly increasing the productiveness of that portion of the state and at the same time helping to save the annual expenditure by the United States government of millions of dollars in guarding against the ravages of the same flood waters if permitted to reach the lower Mississippi valley. We urge upon all officers whose official position enables them to assist, that they give all possible help to this proposed work, that it may be carried to a successful operation.

"We believe that the flood waters of interstate streams stored in government reservoirs in excess of what is actually used for beneficial purposes should be released and be made subject to the control of the state board of irrigation, especially during irrigation season, and we recommend our representatives in congress to work for legislation to accomplish such purpose."

### GRAPE JUICE POLICY

There is every indication that the grape juice policy inaugurated at the national capital by Secretary Bryan is to be extended to every line of governmental activity. It is evident that the administration is not disposed to look upon the teetotalism of the secretary of state with disfavor or ridicule it as a minor detail of personal habit. This wineless policy is receiving the stamp of approval of federal departments.

A remarkable letter of Indian af-

## In the homes of folk who think

The serious minded, sturdy type of American citizen has found in Welch's the drink that's good for his family and friends—that satisfies the taste and quenches the thirst—that breeds good cheer and good citizenship, and has endorsed with his approval

# Welch's

"The National Drink"

When the Smiths "drop in," when "company" comes, at the fountain, club and hotel, folks now take Welch's, the drink that possesses the spirit of hospitality and good fellowship.

Get the Welch habit—  
it's one that won't get you!

Have you tried this famous Welch Punch?

Take the juice of three lemons, juice of one orange, one quart of water (plain or charged) one pint of Welch's and one cup of sugar. Add sliced oranges and pineapple. Serve very cold.

A booklet of children's games and book of household recipes to all who mention The Commoner.

Sample 4-oz. bottle by mail 10c.

## The Welch Grape Juice Company

Westfield, New York

fairs to all employees in the service of that department urging upon them total abstinence as touching liquor of all kinds. Cato Sells, the commissioner in charge of this branch of government service, confessed that nothing would tempt him to touch a drop of intoxicating beverage so long as he was in his present position quite regardless of his attitude on the question of prohibition. He would have himself and all the employees set a good example of sobriety to the Indian wards of the nation, urging in every way the necessity of abstinence from "fire water," the Indian's great foe.

Announcement has now been made from Washington that absolute prohibition is to prevail in the United States navy after July 1. Secretary Daniels has made public this sweeping order. It reads:

"The use or introduction for drinking purposes of alcoholic liquors on board any naval vessel, or within any navy yard or station, is strictly prohibited, and commanding officers will be held directly responsible for the enforcement of this order."

The command is not based upon the personal preference of the secretary necessarily, but upon the rec-

ommendation of Surgeon General Braisted, who in a letter to Secretary Daniels comes out strongly for the complete abolition of the presence of alcoholic liquors on board ships.

"As matters stand today," wrote Surgeon General Braisted, "an enlisted man is very properly subjected to severe disciplinary measures if wine or beer be found in his possession on shipboard, yet the same man is constantly aware of the free use of alcoholic liquors on board ship, which is officially permitted to officers, and the too frequent derelictions which occur among them in consequence. The prohibition of alcohol to the men has rendered alcoholism among them almost a negligible quantity.

"Surely the officers should be in all respects models for the enlisted men in duty, habits, and deportment, and the example of officers drinking aboard ship, as fostered by the wine mess, and the numerous courts-martial of officers for drunkenness and the effects of alcohol are destructive of discipline and morals, bad for the reputation and good name of the enlisted men, and detrimental to the service."—Rockford (Ill.) Republic.