Sherina, William P. Rathium, Anna Baird, John Rathium, Chisches Rathium, Pranciss Rathium, Mary Nolton, Irene Phobe, Joson R. Wiefe, Jessie C. Campbell, Rathium, A. C. Campbell, Research, Leavier, A. Campbell, He orknown hoirs of Frank H. Cotton, Joseph M. Cotton, J. Cotton, Joseph M. Cotton, Joseph M. Cotton, Joseph M. Cotton, Joseph M. Cotton, J. Cotton, Joseph M. Cotton, J. Cotton, J. Cotton, Joseph M. Cotton, Joseph M. Cotton, J. Cotton,

being dated the 2d day of January, 1822, and recorded on page 482 of Deed Book D of the deed records of said County of Dakota.

Also the cloud occasioned by the deed of Jonathan French, John D. Williams and Moses Williams, surviving trustees under the will of David W. Williams, deceased, to C. J. O'Connor, intending and alternating to convey an undivided one-half interest in the southwest quarter of the northeast quarter and an undivided one-half interest in the northwest quarter of the southeast marter of section nineteen (13), township twenty-seven (27), range nine (6), east, in said Dakota County, said deed being dated the 4th day of September, 1834, and recorded in Deed Rook S at page 126 of the deed records of said Dakota County, and in which said land is leasted in township twenty-seven (27), and to correct the description in said deed.

And the cloud occasioned by the imperfect execution of the release of a mortgage from the plaintiff Timothy J. O'Connor to William C. Orr and Lottle A. Orr, said mortgage being recorded at page 325 of Mortgage Book Q of the mortgage records of said Dakota County, said release to said mortgage not being wilnessed in suffering and covering the east half of the southwest quarter of section suren (3), township twenty-seven (27), range nine (9), as and affecting and covering the east half of the southwest quarter of section suren (3), township twenty-seven (27), range nine (9), as said Dakota County and serving the southwest quarter of the northeast quarter and the northwest quarter of section suren (3), township twenty-seven (27), range nine (9), as said Dakota County and which was improperly and investigate related by a release bearing date the county and which was improperly and investigate related by a release bearing date secution of a release of a mortgage general equitable relief.

To cevirain the defendages above named from making or enforcing any lien of or claim to any portion of said real estate and for general equitable relief.

To are required to answer said petit

TIMOTHY J. O'CONNOR,
Plaintiff.

Upon application duly made to the undesigned at Chambers, it is ordered that a notice in the form above set forth be published for four weeks in the Dakota County Herald and when so published it shall be due and legal notice to the defendants.

GHY T. GRAVES

Judge of the District Court of Dakots County, Nebraska. First publication 10—23—4w



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Boudoir Cap of Shadow Lace



A PRETTY new model in a boudoir tic cord about eight inches long is or breakfast cap is shown in the run in the casing to form the ruffle. picture given here. It has no frills about the face, which marks it as into a strip of bias tape 15 inches long. unusual and a welcome variety to the woman to whom frills are unbe-

satin, bordered with narrow lingerie lace at each side, and pretty bows of satin ribbon ornamented with tiny chiffon roses to match the satin in

The cap pictured here is made of shadow lace flouncing eighteen inches wide. Only a half yard of the lace is required to make it in the small size shown. A lace twenty-two to twenty-four inches wide is needed for larger heads. The length of lace required is the same as the width, so that the cap is made of a square of

from the edge. A piece of flat elas this little luxury.

The remaining edges are gathered The two triangles are each seven and a half inches long at the base and four inches high. A narrow edging In keeping with the present modes of val lace is stitched along the sides there is a ruffle at the back across the of each as a finish. Rose-colored satin nape of the neck. The cap is attrac- was used in this cap to make themtively put together with triangles of The bases of the triangles are sewed to the edges of the cap at each side and turned back. The points are tacked down to hold them in place.

At the front a bow of satin ribbon, with a little chiffon rose in place of a knot at the center, is sewed between the points of the triangles. At each side the termination of the neck ruffle is decorated with a small flat rosette of satin ribbon a half inch in width.

Blue, pink, lavender and figured ribbons are all available if rose color proves unbecoming.

Altogether this is one of the pret-The frill is made at the bordered tiest of boudoir caps and may be made edge of the lace by stitching on a so easily and with so little outlay piece of bias silk tape three inches that anyone who likes may indulge in

Correct Footwear



NO ONE disputes the supremacy of top of the boot. Fawn-colored quarthe American-made shoe, its ters are the most popular in style for shapeliness and style have won it an dressy street wear. The Spanish heel undisputed place as the most excel- of leather harmonizes with the relent of all footwear. There is no mainder of the boot in character. The country, not even France, that has boots with fawn or gray tops are worn won such results.

The progressiveness and originality street gowns. of American makers of footwear have A smart boot with cloth top cut to been encouraged by a receptive pub- look like a gailer is made in fawn lic, which has been educated to the color with black. It is fastened with point of being exacting. Women, small pearl buttons and provided with especially, demand so much in the leather Spanish heel. Exquisite finish matter of style in their shoes that in stitching is a part of all the new those who lead in manufacturing have shoes. placed before them this season what A model called the French boot remight be called confections in foot- sembles the Ritz, but is higher and

The shoes of today are distinguished vamp of patent leather and leather by little odd touches of style in meth- Louis heel. The lacing edges are ods of cutting the leather, and in com- faced back with a strip of the patent binations of leather with cloth and leather, making a showy and elegant the adoption of two colors in the com- design. position of the shoe.

Three pairs of high boots are shown durability, is shown with slight extenhere which illustrate these individual sion sole and Cuban heel. It is smart touches and set forth the kind of in cut and plain in finish, with stay shoes that are correct for present at the back extending to within an wear. As Fashion has decreed very inch of the top. Vici kid, calf, and short skirts for the street, women are other leathers make this all-leather likely to grow more and more partic- model a reliable investment. For all ular as to the appearance of their kinds of weather and all kinds of

roads it is the best choice. A pretty boot, called the Ritz, is made with a patent leather vamp and gray or fawn-colored cloth top. The front is stayed with tan leather, and in the secondary schools of Japan at the back the patent leather ex- studying English as a part of their tends in a shaped stay almost to the course.

Wide Brald Belts.

Dress Scrapbook.

in 'he Woman's Home Companion

low at the hips.

Wide silk braid is much used in the a scrapbook in which to keep a recand, with a fur collar or braid band, had a new dress I cut a little square

There are over fifty thousand girls

JULIA BOTTOMLEY.

with all the fashionable colors in

laces up the front. It has a short

A good, sensible boot, made for

"When I was a young girl I bought French models. Sometimes it forms ord of all my dresses. Every time I a long tunic, sometimes it is used as off the goods and a piece of the trima belt, run through straps of the fub | ming and sewed them in my scrapric of the frock it adorns. Needless to | book. Underneath them I wrote the say, the braid belt is loose and placed date 1 bought the goods, and either drew a small picture of the dress or described it. I also told the first place

l wore it. "Looking through this book in late a contributor describes as follows years has brought me many a pleasant what she calls her "dress scrapbook:" memory."

on the horse-food basis, that is to say, Fundamental Principles of Health Esses

the whole grains are bought, cooked and served, rather than the more ex-

pensive refined processed matter. Cf course we are assured by "experts" that the food is "improved" and made

"more digestible" by the elaborate process through which it is passed,

but any successful raiser of cattle,

hogs, chickens, pigeons, dogs or cats

can tell of disastrous results follow-

ing the feeding of any of these ani-

mais for any material period of time on "refined" food matter. And hu-

manity still waits the coming of some

Moses to free it from the bondage o'

the observance of universal law to

WHITE FLOUR FOOD.

"A little learning is a dangerous thing: Drink deep, or taste not the Pierian

spring: There shallow drafts intoxicate the brain.

A recent magazine article written by

an "expert" on food natters misquotes

the first line of the above and then

gives particular point to the truth of

the quotation by grossly misinterpret-

The article in question reads as fol-

lows: "We are told about blochemical

properties of wheat offals and as proof

we are referred to the ravages of beri-

beri from eating hulled rice. This is

'jugglery,' something on the order of

the magician Kellar. To be specific,

beri-beri is a disease that has no con-

white flour question. It is as remote

nervous disease that has affected the

rice, and of late years the introduction

of hulfed rice has increased the dis-

"From this it has been argued that

substances which had been removed

beri has been worked out scientifically.

"This should show the danger of be-

starvation, statements which have no

foundation in proved facts. White

bread is safe food. Polished rice is

safe food, as scientific investigation

The discerning reader will note that

the matter in the body of the article

Casimir Funk of the biochemical de-

Underlying every happening in this

statement that beri-beri has no con-

same principle applies. Beri-beri is caused by a mineral starvation, and

we know many diseases are caused by

least three elements. It would be reasonable then to expect some definite

posed largely of mineral-free matter.

and the fact that all white bread eat-

ing peoples are greatly troubled with

constipation may be considered evi-

dence to this belief. Further evidence

that white bread is not healthful is

given by Sherman, who states that

washed bran fed to cows was found to

be constipating, indicating that the

laxative property of ordinary bran and

whole wheat products is dependent not

It would be as logical to state that

while you might break your neck fall-

ing off a thirty foot brick house, fall-

ing on a thirty foot frame house over

in the next block is safe because it has

no connection with the brick house.

"It is as remote as it can be." That

may be, but nevertheless, the chances

of breaking your neck are equal, be-

The too free use of white flour, or of

any other demineralized foodstuff, no

matter whether it be demineralized by

being processed or by stupid cooking

cause the principles are identical.

simply upon mechanical irritation.

neuritis, or beri-beri.

some toxic action of rice protein.

And drinking targely sobers us again."

which all living things are subject.

By ALBERT S. GRAY, M. D.

(Copyright, 1914, by A. S. Gray) FOOD AND DELINQUENTS.

Under a recent date an Associated Press dispatch credits Charles C. D. Hilles, formerly private secretary to President Taft, now president of the New York Juvenile asylum in Dobbs Ferry, with the discovery that bad teeth make bad boys.

What is the cause of bad teeth in ing a clean cut, scientific demonstrachildren under fifteen years of age? tion of a disease resulting from the use It is universally admitted that the of sophisticated food matter. fundamental cause of the early decay of children's teeth is anemia, a lack of sufficient building material during the growing period. Obviously a lack of brick and mortar will result in an imperfect building, and the same lack of material must result in an imper-

Mr. Hilles is not the discoverer of nection with the whole wheat and this truth, but none the less he is entitled to great credit for recognizing as it can be. Beri-beri is a form of and taking practical steps to combat a dangerous condition that many for natives of Asia, who live mainly on eign governments are making strenuous efforts to overcome.

In the parliamentary debate on free ease. It has been found that when rice meals, March 27, 1905, Sir William polish was used as food along with Anson, then British parliamentary sec- the rice the disease was lessened in inretary to the board of education, re- tensity. plying to Messrs. Kier Hardie and William Crooks, admitted that in the day the rice hulls contained nourishing industrial schools, where the children had three meals a day, he found them | from the rice in polishing. This looked bright and intelligent and being devery plausible. From these facts it was veloped physically and mentally in a argued that wheat bran must also consatisfactory way." Although the chil- tain nourishing substances and they dren lived at home the regular and should not be removed from the wheat wholesome supply of food was so po- in the manufacture of flour. Fortent a factor that "their condition was | tunately, however, the subject of berithoroughly satisfactory."

Wilson Bruce, following other wit- and Funk, of the Lister institute, has nesses before the Scottish commission shown that the disease is caused by in pointing out the startling superiority of industrial school children, added that if we fed and clothed the elemen- ing influenced by the exaggerated actary school children as suitably we counts of white bread and hulled rice should "make a new race of them,"

The commissioners noted this contrast between the ill-nourished elementary school children of respectable parents and well-developed industrial has proved." school children of those who have "altogether failed in their duty."

The countess of Warwick, writing controverts the finding stated in the in "A Nation's Youth," says: "What a closing paragraph quoted. The whole fine moral have we here. Be a bad truth is as follows: parent, or confess yourself unable to control your own children, and they partment, Lister Institute of Preventwill be attached to an industrial ive Medicine, discovered that a subschool, given three meals a day, large- stance could be recovered from the ly at the expense of the ratepayers, matter ground from the surface of rice and they will become bright and in- in polishing it which would in a few telligent boys, developed physically hours cure a disease known as polyand mentally in a satisfactory way."

This touches upon and brings sharply to the front the whole subject of universe is a law or principle, and the sophisticated foods around which a same principle will be found producing commercial battle royal is at present many widely separated results. The raging in this country. In no field of knowledge is there so general a lack nection with whole wheat and white of personal information founded on flour is not strictly true, because the experience as in the fundamental one

Eating has become an art which has to be learned by man, and unfortu- the mineral starvation resulting from nately the subject is considered so un- the too free use of demineralized foods, important that quite generally our including flour. The writer personally foods are selected on the statement of knows of large flocks of chickens bepersons whose only interest is in the ing killed by feeding them on deminprofit to be derived from the manu- eralized grain, and of dogs killed by facture and sale of the commodity, feeding them on demineralized meat and then after the purchase in this and white bread. Every physiologist slipshod manner it is too frequently of note states that the vitality of the turned over to some incompetent individual cell depends on a free supkitchen drudge to be prepared for eat- ply of mineral matter consisting of at In order that an intelligent choice

of proper diet may be made it is ab- deleterious result from a diet comsolutely necessary that we should possess a certain smattering of scientific knowledge. This does not consist in the memorizing of a few terms sufficient to enable us to babble about carbohydrates, proteins and fats, of calories and of balanced rations, but to have a thorough understanding of the real meaning of the closing paragraph of the fourth article of this series, which we here again repeat for emphasis: "The now prevailing standard of food values which measures the heat units produced from foods and completely ignores all other elements and factors is not only woefully inadequate in the light of modern science, but constitutes a grave menace to the health, to the morals, to the sanity and to the life of any people."

The chief reason for the improvein inmates of well-governed asylums and industrial schools over the rate of development shown by children under home conditions undoubtedly lies in the fact that food matter is bought in bulk and largely methods, is detrimental to health.

champagne," said Mr. Regan.

the seasickness starting.'

stuff to er risk."

asked me for a seasickness cure.

Rhodes Scholarship.

A feeling that the present system

cents.

every year and the old idea of elec-B. Regan, the noted New York tions from all the states two years out hotel man, was telling, apropos of of three will be abandoned. The new champagne dispute, champagne plan will insure to Oxford an uninterrupted flow of American students and "Mean men should never drink should put an end to the lethargy that prevails here whenever a so-called can't enjoy it, you know. They think, lean year is upon us. At best the with every swallow, there goes 35 trustees seem to be having their troubles maintaining a continuous inter-"Once on the Mauretania a man est in Cecil Rhodes' vast enterprise and they are ever on the alert to 'Drink,' I said to him, 'a half botpopularize it. It was only last year, tle of champagne just before you feel t will be remembered, that the Oxford regulations were relaxed to the 'Oh,' he said with a worried look, extent of excusing American candi-'wouldn't ginger ale do just as well? dates for scholarships from entrance Champague seems such expensive examinations in Greek.—Boston Trans-

St. Pierre Still Dead.

leads every so often to a loss of interest in the Rhodes scholarship plan is destroyed by the eruption of Mount undoubtedly the dominant force be- Pelee in 1902, has never been rebuilt, hind the determination of the trus- but it is said that even yet the ruins tees to make a change in the method are being searched for valuables. of choosing the scholars from this place is under police control, and two country. Hereafter there will be elec- or three streets have been excavated, tions from two-thirds of the states but it is still a "city of desolation."

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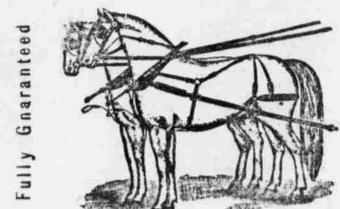
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Henry Krumwiede, Dakota City, Nobraska

St. Pierre, Martinique, which was