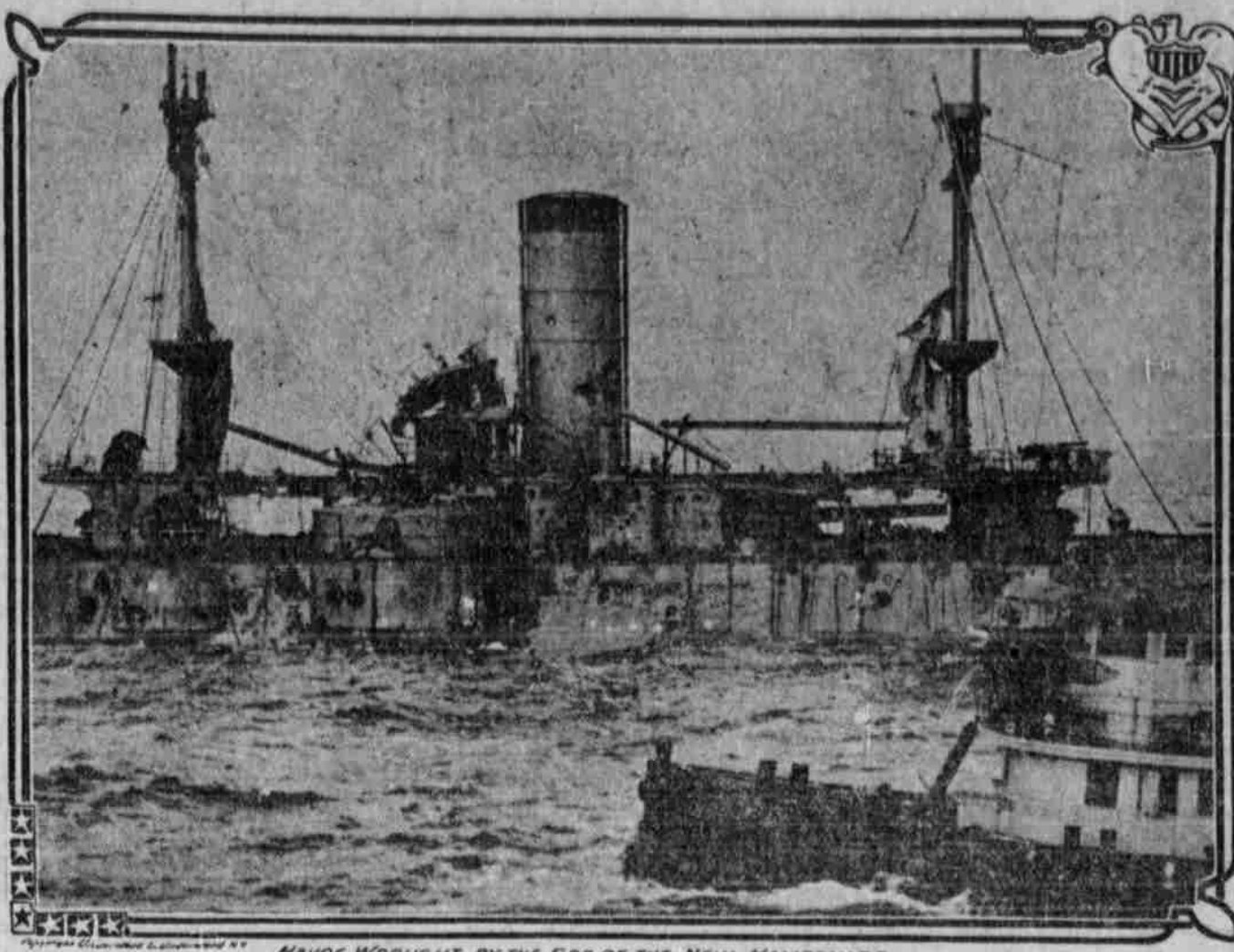


DESTRUCTION OF THE BATTLESHIP SAN MARCOS



HAVOC WROUGHT BY THE FIRE OF THE NEW HAMPSHIRE

MARKSMANSHIP of a high degree of excellence was displayed by the gunners of the battleship New Hampshire when they were given the chance to fire the vessel's big guns at the old battleship San Marcos, formerly the Texas. The out of date warship was smashed to pieces, and the test was considered most satisfactory, both in regard to the gunnery and to the remarkable qualities of "Explosive D," the new explosive, the formula of which has been given to the government by the inventor, Colonel Dunn.

CARE FOR STOMACH

Chicago Board of Health Issues Warning Bulletin.

Urges Vegetarian Diet and Gives Pointers to Those Who Must Have Meat—Much Nutrition in Cheap Steak.

Chicago.—"Don't make a junkshop of your stomach," is the warning of the Chicago health department in the weekly bulletin issued the other day. The editor of the bulletin advocates a vegetarian diet, but for those who must have meat with their meals he points out a way to get around the high cost of living problem.

"The cost of an article of food is no true guide as to its real nutritive value," he says. "For example, a glass of pure milk with bread and butter, an egg and a dish of fruit, costing all told 25 cents, is a much better meal for the average person than a big sirloin steak, which, with 'trimmings,' will cost five times as much."

"The trouble with many people is they are willing to pay high prices for food that, while it tickles or pleases their palates, is of no more value than that costing much less."

"A pound of protein or fat from a tenderloin steak at 28 cents a pound contains no more nutrition than the same amount from shoulder or round steak at less than half the expense. Even in these days of high prices 25 cents will buy meat enough, with vegetables added, to make a savory and nourishing stew for six persons; and the entire cost, including bread, butter, coffee and vegetables, need not exceed 10 cents per person."

"According to the London Lancet, there is very little difference between the nutritive value of wheat and rye. One distinct advantage of rye bread is that it keeps fresh longer than wheat bread. Rye bread also has distinct laxative properties."

"The effect of deep breathing as a mental stimulant is very pronounced. Two minutes' exercise of deep breathing will remove all feelings of sluggishness, provided, of course, that the exercise be taken in a room with the windows wide open, or, better still, in the open air."

"The mouth is the seat of many of the communicable diseases. For this reason mouth sanitation is important. A clean mouth and sound teeth are big factors in promoting physical health. Oral hygiene, as it is called, is becoming an important and recognized branch of medical school instruction. It is well understood that proper care and attention given to the mouth means that the child will be healthier, better able to assimilate its food, make better progress in its studies and be less liable to attack from the usual epidemic diseases of childhood."

"During the months of January and February of this year 13,458 physical examinations were made of children in the public schools. Of this number 5,350 were found to require treatment. The principal ailments, and to which parents were urged that immediate attention be given, were as follows:

Diseases of the eye.....	1,940
Bad teeth.....	5,245
Enlarged glands.....	1,738
Defective hearing.....	174
Defective nasal breathing.....	563
Adenoids.....	599
Affected tonsils.....	2,550

"To properly appreciate the value to the child of medical school inspection when properly done it should be clearly understood that any one of the minor defects noted and for which treatment was urged amounts to a serious and positive handicap or hin-

drance to the child's educational development and progress. And this is leaving out of consideration entirely the serious physical harm that so often follows neglect to treat and correct in their incipency these ailments so common during the adolescent period."

AMERICAN GIRL MAKES HIT

Miss Meta Reddish, Young Soprano, Scores Successful Debut at San Carlo Opera House.

Naples.—Miss Meta Reddish, a young American soprano, has just made a successful debut at the San Carlo Opera house. Her Amina in "Sonambula" was a brilliant achievement for such a young woman. The audience went wild with enthusiasm, insisting that she respond to many encores.

Two years ago Miss Reddish was placed by Miss Emma Thursby with Maestro Carlo Sebastiani in this city. Her remarkable performance as Amina reveals her to be an artist of singular value, and the critics here predict a great future for her. Although she sang with the famous tenor, Giorghini, she received the lion's share of the applause.

The success of her first appearance has resulted in her engagement to appear at the San Carlo Opera house for the season. Already she has received many requests from Italian noblemen to sing at fashionable concerts and society functions.

At the fall of the curtain she was presented with a beautiful gold watch, set with diamonds and rubies. The donor's name was kept secret.

RUIN OF NATIONS IN DRESS

College Professor Says Empires Will Be Driven to Fate of Rome if Wives Don't Reform.

New York.—If Prof. Scott Nearing, who holds a chair in the economic department of the University of Pennsylvania, does not get "in bad" with the modern woman, then wonders never cease. Hear him:

"If the women of today continue to be the economic burdens to men that they are now they will ruin this country just as the dissolute women of Rome ruined that empire."

"The wife no longer contributes to the family income by creating values. With the increased standard of elaborate dressing she is often its chief burden."

"Modern industry has converted men into earners and women into spenders."

When a reporter called on him today he was found in a cosy little house, with a very pretty wife in a crisp white dress.

"The woman of today," said Professor Nearing, "is in the third stage. First she was the slave, a creature that might be beaten by her lord and master. Second came a state of co-operative labor with the cook stove and the loom."

"Now we have the parasite woman. The whole idea of the women of the middle and upper classes is to sponge upon the men."

"And whose is the fault?" was asked.

"Nobody is to blame," answered Professor Nearing. "The women of today are not to blame for what they are, any more than the men."

"But the time has come when two roads open before the woman of the future. Either she must continue to be a parasite and go down to ruin,

REDISCOVER A WONDER CAVE

Explorers Locate it in Depths of Royal Gorge 500 Feet Above River—How Found.

Canon City, Col.—Another attraction has just been added to Canon City's list of scenic wonders by the rediscovery of a wonderful cave in the depths of the Royal Gorge by a party organized from the Canon City Merchants' association.

For many years there have been rumors of the existence of such a cavern, but, owing to the difficulty of crossing the river and exploring the region, all efforts to find it proved unavailing.

A recent letter to Guy U. Hardy from G. A. Anderson of Portland, Ore., gave a description of the cave and its location.

Following the description the party crossed the river near the gorge station one mile east of the hanging bridge, and found the entrance to the cavern in a ravine about 500 feet above the river.

To Study Sleeping Sickness.

Boston.—Dr. Simon E. Wolbach, assistant professor of bacteriology at the Harvard medical school, and Dr. J. L. Todd of the medical department of McGill university, Montreal, have departed for West Africa, to study the so-called "sleeping" sickness and its allied diseases among the natives.

827 Rats Caught in Rick.

London.—During the thrashing of an average corn rick on Lady Wantage's Berks estate, it was stated at a meeting of the Berks and Oxfordshire chamber of agriculture at Reading, no fewer than 827 rats were killed.

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THE PRICE OF LAND INCREASING

THE "BACK TO THE LAND" CRY IS EFFECTIVE.

Traveling through the state of Iowa the other day, and Iowa is no exception to the story about to be related, the writer was shown a farm that was offered three years ago for \$250 an acre. That appeared to be a high figure for land upon which the owner depended upon the crops of corn, hogs and cattle that could be raised upon it. But it wasn't. A few weeks since the farm changed hands at \$325 an acre. Over in Illinois, down in Indiana, up in Wisconsin, across the line in Minnesota, the same experience was met with. And then attention is directed to Canada, which has been the Mecca of so many hundred thousand Americans during the past few years. Not only in Eastern Canada has the price of lands increased, but in Western Canada, during the past few weeks, farm lands have increased from three to five dollars an acre, with the prospect of a similar advance during the next three months. The reason for this is very apparent, and in a few words it may be pointed out that the lands are worth a great deal more than the present prices. The Northwestern Agriculturist of Minneapolis, a paper that was one of the first of the American farm papers to discover the real merits of the lands of Manitoba, Saskatchewan and Alberta, says: "The reciprocity schedule would encourage American farmers to move to Canada, where the virgin soil will produce greater crops of grain with less labor than can be produced in our own farms in the Northwest. The result will be to enhance land values in Canada." This paper is afraid land values in Canada will be enhanced at the expense of land values in the United States. In face of the fact that land values in the United States are increasing the reasoning scarcely holds. The reason for the advance in value of Canadian lands is partly accounted for by the fact, admitted by this paper, that Canada's virgin soil will produce "greater crops of grain with less labor." But that is not the only reason. During the past twelve months 320,000 people have made Canada their home and these are mostly of the farming class. They want farms, and the demand as well as the wealth of the soil is regulating the price. A study of the increase in the acreage of land put under crop last year, which can be had from any Canadian government representative, will prove the point, that the demand is increasing at a greater rate than even the most sanguine would have predicted.

Of Course.

"Why are hotel bellboys called 'Buttons'?"

"Because they're always off when you need 'em most."

Man without patience is the lamp without oil; pride in a rage is a bad councillor.—A. de Musset.

WISE, ALL RIGHT.



Mr. Wise—Where's the man that struck my wife—where is he?
Bystander—What'll you do if you find him?
Mr. Wise—Introduces him to my mother-in-law.

The extraordinary popularity of fine white goods this summer makes the choice of Starch a matter of great importance. Defiance Starch, being free from all injurious chemicals, is the only one which is safe to use on fine fabrics. Its great strength as a stiffener makes half the usual quantity of Starch necessary, with the result of perfect finish, equal to that when the goods were new.

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Loss of Appetite

Which is so common in the spring or upon the return of warm weather, is loss of vitality, vigor or tone, and is often a forerunner of prostrating disease. It is serious and especially so to people that must keep up and doing or get behindhand.

The best medicine to take for it is the great constitutional remedy
Hood's Sarsaparilla
Which purifies and enriches the blood and builds up the whole system.

Get it today in usual liquid form or chocolate tablets called Sarasaba.

Don't Persecute your Bowels

Cut out catarrhs and constipation. They are head-aches—consequences of
CARTER'S LITTLE LIVER PILLS

Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowels. Cure Constipation, Biliousness, Headaches and Indigestion, as millions here.

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Genuine must bear Signature
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SWEETSTAKES prize winning Fields Yellow Dent Seed Corn, \$5.00 per bu., \$8.50 per bu. for 90 bu. or more. Order from this ad or send for catalog. AYE BROS., BLAIR, GREGG COIN CENTER OF THE WORLD) NEBRASKA, BOX 14.

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900 DROPS

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Recipe of Old Dr. SANUELLITCHER

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Aloes -
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Aloe -
Sassafras -
Cinnamon -
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Cinnamon -
Clove -
Cinnamon -
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A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac Simile Signature of
W. L. Douglas

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35 DROPS 35 CENTS

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The Kind You Have Always Bought Bears the Signature of
Wm. A. Ritchie
In Use For Over Thirty Years
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The genuine have W. L. Douglas name and the retail price stamped on the bottom, which guarantees full value and protects the wearer against high prices and inferior shoes. If your dealer cannot supply you with the genuine W. L. Douglas shoes, write for Mail Order Catalog. Shoes sent direct from factory to wearers, all charges prepaid. W. L. Douglas, 145 Spring St., Brockton, Mass. \$2.00, \$2.50 & \$3.00

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To disinfect the mouth, destroy disease germs, and purify the breath.
To keep artificial teeth and bridgework clean, odorless and purify the breath after smoking.
To eradicate perspiration and body odors by sponge bathing.
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