

The Food Value of a Soda Cracker

You have heard that some foods furnish fat, other foods make muscle, and still others are tissue building and heat forming.

You know that most foods have one or more of these elements, but do you know that no food contains them all in such properly balanced proportions as a good soda cracker?

The United States Government report shows that soda crackers contain less water, are richer in the muscle and fat elements, and have a much higher per cent of the tissue building and heat forming properties than any article of food made from flour.

That is why **Uneda Biscuit** should form an important part of every meal. They represent the superlative of the soda cracker, all their goodness and nourishment being brought from the oven to you in a package that is proof against air, moisture and dust—the price being too small to mention.

NATIONAL BISCUIT COMPANY

RURAL WRITINGS

Items from the country are solicited for this department. Mail or send them in as early in the week as possible; items received later than Wednesday can not be used at all and it is preferred that they be in not later than Tuesday. Always send your name with items, that we may know who they are from. Name of sender not for publication. See that your writing is legible, especially names and places, leaving plenty of space between the lines for correction. Be careful that what you tell about actually occurred.

Ray Items.

School closes here this week. The robins have begun their spring song. Mr. Chas. Bigler has gone to O'Neill again this week, to attend court. Mrs. John Twyford has been having very poor health for some time. Joe Bigler has been suffering with asthma the last week. Hazel and Troy Twyford visited their grandparents Monday and Tuesday. Mr. and Mrs. Coombs and son visited friends here the first of the week. Mrs. Wright and children, visited with Jim Harding's folks Sunday. Chas. H. Bigler, John Moler, Henry and Rolfe Twyford were out hunting the first of the week, over on Oak Creek.

Phoenix Pick-Ups

Mr. Henkel was a caller at Otto Nilson's Sunday. Otto Nilson is again "courting" at the county seat. Hazel Wagner spent Monday with Jessie Coburn. Mr. Finke was a caller at Mrs. F. Coburn's Saturday afternoon. Wilber Kirkland was an over Sunday visitor at Ray Coburn's. Jess and Ben Anderson visited Roy and Clyde Nilson Sunday last. Sam Abdanore and Abraham Syfle returned from Lyman county, S. D., last week.

Singing school will hereafter be held at the different houses, instead of at the schoolhouse.

Sam Abdanore made a trip to Atkinson Saturday and "one to Eagle Mills Monday.

Howard Greeley is again at home, his term of school at Dustin having been completed.

A wedding anniversary was celebrated at the McKathnie's home Monday, will give particulars later.

Dr. Stockwell and Harmon Damero returned from O'Neill Friday, the doctor going on to Butte the following day.

Several from this neighborhood have been attending evening services, at the Storchmann school house, the past week.

Bertha Coleman returned home from O'Neill last week and will attend school in the Christensen's district.

Mr. Austin, the insurance man, is again with us, having returned from three weeks stay at his home, at Greeley Center.

George Kirkland and family, moved to Atkinson Saturday and will reside in the Hall residence, Mr. Kirkland having purchased the property.

Newt Cromwell is at work on the phone line from Anncarr to Martin Christensen's, and it will soon be completed, then work will begin on the south extension of this same line.

Dr. Stockwell came over from Butte, the first of the week, and he and Harmon Damero drove to O'Neill Wednesday, where the doctor was a witness on the Cearn's-Irwin case.

First publication March 22.

NOTICE—ESTRAY SALE.

Notice is hereby given that I will on Tuesday, April 24, 1906, sell at public auction at my farm two and a half miles west of O'Neill at 2 o'clock P. M., a steer about three years old, taken up by me as an estray on December 20, 1905. Sale will be for cash. 39-5 P. S. HUGHES.

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I have good farms for sale at reasonable prices and on good terms. Parties buying will be conveyed to and from land free of cost. May find me 4 blks. west First Nat'l Bank. Address is O'Neill, Neb. 20-3m B. A. JOHRING

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Practical Cement Worker
Manufactures Cement Walks, builds Foundations, Caves, etc. In fact all cement work neatly and promptly done. Address, Atkinson or O'Neill

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Harness & Saddlery Goods
Also Agent for Bliss Native Herbs, 200 days treatment for \$1 and money refunded if not benefited. Also Wheeler & Wilson Ball Bearing Sewing Mach.

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16th to 30th every month

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PHYSICIAN and SURGEON
(Late of the U. S. Army)
Successor to Dr. Trueblood. Surgery and Diseases of women.

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Spectacles correctly fitted and Supplied.
O'NEILL, NEB.

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SCOTCH tops on best BATES families, 35 BULLS 14 to 26 mo. old. 20 HEIFERS and 10 COWS bred to our fine Scotch bull MISSIES PRINCE 75402. Over 200 head in heard to select from. These are the cattle for western men, as they are acclimated. Come and see them or write for prices.

THE BROOK FARM CO.,
J. R. Thomas, foreman O'Neill, Holt Co., Neb.

Scottish Sharon...

OF GREYTOWER 153330, Assisted by Imported KING TOM 171979. Both prize-winning bulls of the Pan-American, heads the Ak-Sar-Ben home herd of Shorthorns. Young bulls for sale.

J. M. ALDERSON & SONS,
Chambers, Nebraska



ONLY Double Track RAILROAD
Between Missouri River and Chicago
Direct line to St. Paul and Minneapolis.
Direct line to the Black Hills, South Dakota.
Only line to Bonesteel, S. D. the Rosebud Indian Reservation.
Through sleeping car service to Omaha, making direct connections at Omaha Union Station for Chicago and all points east. No delays, no change of cars, Northwestern all the way.
Apply to nearest agent for rates, maps and time cards, or write to—
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Has 100,000 Strawberry & Raspberry Plants
The largest and most complete stock of all kinds of fruit trees that we have ever had to offer; Crimson Rambler roses and ornamental flowering shrubs of all hardiest kinds; elms, ash, boxelder, maple and basswood, 8 to 12 feet tall. Small forest tree seedlings of all kinds for planting groves.
We have two varieties of raspberries—one red and one black—that are very hardy and prolific and are annual bearers. They have borne a good crop of berries every year for the last 15 years. Order 100 or 200 of these plants and you will have plants that will bear fruit. \$5 per 100 delivered at your town. Order at once and pay when you get stock at depot. Call at Nursery and select your trees or send in your order by mail and have it booked for next April delivery. Address, E. D. HAMMOND, Norfolk, Nebraska.

Chicago & Northwestern Railway

TRAINS EAST
*Passenger, No. 4, 3:00 a. m.
*Passenger, No. 6, 9:40 a. m.
*Freight, No. 116, 3:35 p. m.
*Freight, No. 64, 12:01 p. m.


TRAINS WEST
*Passenger, No. 5, 3:35 p. m.
*Passenger, No. 11, 10:25 p. m.
*Freight, No. 119, 5:32 p. m.
*Freight, No. 63, 3:35 p. m.

The service is greatly improved by the addition of the new passenger trains Nos. 4 and 5; No. 4 arrives in Omaha at 10:35 a. m., arrives at Sioux City at 9:15 a. m. No. 5 leaves Omaha at 7:15 a. m., leaves Sioux City at 7:50 a. m.
*Daily; *Daily, except Sunday.

E. R. ADAMS, Agent

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FREE BUS SERVICE



(Wilmar & Sioux Falls Ry.)
Going East.
LEAVE O'NEILL 7:00 a. m. 164 Passenger 11:50 a. m.
6:50 p. m. 324 Mixed 6:20 a. m.
Going West.
LEAVE O'NEILL 5:30 p. m. 163 Passenger 9:50 p. m.
4:50 a. m. 323 Mixed 3:50 p. m.

Close connections at Sioux City for all points. For rates and further information call on or address—
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Before You Purchase Any Other Write THE NEW HOME SEWING MACHINE COMPANY ORANGE, MASS.
Many Sewing Machines are made to sell regardless of quality, but the "New Home" is made to wear. Our guaranty never runs out.
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Wiggle-Stick Wash BLUE
For Sale By ALL WISE GROCERS
DIRECTIONS FOR USE: Wiggle-Stick around in the water.

Calumet Baking Powder

Perfect in quality. Moderate in price.

Queer Little Blunders.
From an account of the Doncaster (England) Art club's annual exhibition in the Doncaster Gazette: "Miss — also goes in for portraiture. In hitting off her father's head her intentions are good, but the execution lacks very much in artistic finish."
In the London Mall's description of a parade in honor of the king of the Hellenes the reporter said: "The soldiers, clad only in their scarlet tunics, presented an unpleasant contrast with the warmly clad members of the police force."
From the windows of a British tailor: "We have cleared a Scotch merchant's remains of high class overcoatings at a big reduction."

Not a Born Forger.
The indorsement of checks is a very simple thing, but, as the following story will show, it, too, has its difficulties: A woman went into a bank where she had several times presented checks drawn to Mrs. Lucy B. Smith. This time the check was made to the order of Mrs. M. J. Smith—M. J. were her husband's initials. She explained this to the paying teller and asked what she should do.
"Oh, that is all right," he said. "Just indorse it as it is written there."
She took the check and, after much hesitation, said, "I don't think I can make an M like that."

Hair.
Animal hair differs in construction from that grown on a human head. In human hair the upper skin is smooth and thin. The circular section is comparatively broad, forming the main part of the hair shaft. It is striped in appearance and carries the color matter. The tubular part is thin, extending to about one-fifth and certainly not more than to one-quarter of the entire width of the hair. Animal hair also consists of three parts, but these are differently constructed, the tube often filling the entire hair.

The Salts in the Ocean.
The salts of the sea have fed throughout all time countless living things which have thronged its water and whose remains now form the rocks of continents or lie spread in beds of unknown thickness over 60,000,000 square miles of the 143,000,000 square miles of the ocean's floor. They have lent the substance to build the fringing reefs of the land and all the coral islands of the sea, and there are at present on the basis of an average salinity of 3 1/2 per cent in the 290,700,000 cubic miles of water which make up the ocean's 90,000,000,000,000 tons, or 10,173,000 cubic miles, of salt. This is sufficient to cover the areas of all the lands of the earth with a uniform layer of salt to a depth of 1,000 feet.

The Real Need.
"He said he would lay the earth at my feet," said the sentimental girl.
"Yes," answered Miss Cayenne. "It sounds good, but it is not practical. You already have the earth at your feet. What you want is a three or four story house over your head."—Washington Star.

Why He Loved Her.
Minister—Bobby, do you love your teacher? Bobby (six years old)—Yes, sir. Minister—That's right. Now tell me why you love her. Bobby—Because the Bible says we must love our enemies.—Philadelphia Inquirer.

What Distinguishes Man.
The difference between man and the so called "lower animals" is that he alone cooks his food and wears artificial clothes. And these are the two that injure his health!—St. Louis Globe-Democrat.

First publication March 15.
PROPOSAL FOR VAULT
Sealed proposals will be received at the office of the county clerk of Holt county, Nebraska, in O'Neill, until 12 o'clock noon of April 6, 1906, for the construction of a storage vault, specified and described in the following manner:
Vault to be located or built on the north side and adjoining the one at present occupied by the county treasurer; said vault to be the same size and dimensions as the present vault, namely: Eighteen feet long, sixteen feet wide and the same height as the present one, the walls to be two feet thick, built of Sioux City hard brick.
The outside walls to be built of solid bricks and the inside walls of hollow bricks, with an opening two and one-half feet by six and one-half feet with an arch top, but no frame, said opening to connect the old vault with the new one to be erected. The main arch of the new vault to have the same circle as the main arch of the old vault. The floor of the vault to be made out of concrete and cement finish. The wall of the vault to be all plastered on the inside and hard finished. Also door opening into vault. One iron window frame and shutter to be placed in east end of vault. The roof to include both the old and the new vaults. All the lumber of the old vault which is serviceable to be used in roof of new vault and roof to be covered with galvanized street roofing, standing seam. Said vault to be braced by four iron rods running the full width of walls. The cornice to be similar to the present one.
Said building to be completed on or before July 1, 1906. 38-4
W. P. SIMAR, County Clerk.

First publication March 8.
SHERIFF'S SALE.
By virtue of an order of sale directed to me from the clerk of the district court of Holt county, Nebraska, on a judgment obtained before the clerk of the district court of Holt county, Nebraska, on the 20th day of October, 1905, in favor of T. V. Golden as plaintiff and against the unknown heirs of Charles W. Strombeck, deceased, and southwest quarter of section 29, township 31, range 10, as defendants, for the sum of two hundred and ten dollars and sixty-three cents, and the costs taxed at \$47.69 and accruing costs, I have levied upon the following real estate, taken as the property of said defendants, to satisfy said order of sale, to-wit:
Southwest quarter of section twenty-nine (29), in township thirty-one (31), range ten (10), in Holt county, Nebraska.
And will offer the same for sale to the highest bidder for cash, in hand, on the 9th day of April, A. D. 1906, in front of Court House, in O'Neill, Holt County, Nebraska, at the hour of 10 o'clock A. M. of said day, when and where due attendance will be given by the undersigned.
Dated at O'Neill, Holt County, 8th day of March, 1906. 37-5
C. E. HALL, Sheriff of Said County.

(First Publication Mar. 8, 06)
BRIDGE NOTICE.

Sealed proposals will be received at the office of the county clerk at O'Neill, Nebraska, and at the office of the county clerk at Butte, Nebraska, until 12 o'clock, noon, on April 7, 1906, for the construction of a bridge, five hundred and forty feet long, more or less, with sixteen foot roadway, across the Niobrara river, between Holt and Boyd counties, Nebraska, at or near a point known as Parshall's crossing, in township thirty-three, range thirteen, west of the 6th p. m.

Bidders will be required to furnish their own plans and specifications. All bids to be sealed and marked, "Proposals for bridge." The board of supervisors reserves the right to reject any or all bids.
Dated Feb. 19, 1906.
37-4 W. P. SIMAR,
County Clerk, Holt County, Nebraska.

Chamberlain's Cough Remedy
Cures Colds, Croup and Whooping Cough.