

"Renewal" Work Being Pressed.
Early in the spring thousands of miles of new rail were strung on almost every road in the country to take care of the usual "renewal" work. It was expected that as soon as the frost was out of the ground the work of laying this vast tonnage of steel rails would begin. Orders were issued by nearly every road in the country, however, to permit the rails to lie by the side of the tracks until further orders. The result is that the railroads are several months behind in their renewal and betterment work.

Watering Down Drinks.
The American cocktail is an abominably unscientific drink, for the plain and principal reason that the alcohol in it goes to the stomach in too concentrated a form. Strongest sherry, 23 per cent alcohol, is about as far as the boldest stomach should ever venture in the way of strong stuff. Brandy and whisky should be grogged, that is, watered down until it is about a sherry strength, even much weaker. Whisky is about 50 per cent alcohol and should have at least three or four times its quantity of water mixed with it.—New York Sun

With a smooth iron and Defiance Starch, you can launder your shirt-waist just as well at home as the steam laundry can; it will have the proper stiffness and finish, there will be less wear and tear of the goods, and it will be a positive pleasure to use a Starch that does not stick to the iron.

Railroad Service in Holland.
Of the railroads in Holland E. V. Lucas writes: "The trains come in to the minute and go out to the minute. The officials are intelligent and polite. The carriages are good. Every station has its waiting room, where you may sit and read and drink a cup of coffee that is not only hot and fresh, but is recognizably the product of the berry. It is impossible to travel in the wrong train."

Sheer white goods, in fact, any fine wash goods when new, owe much of their attractiveness to the way they are laundered, this being done in a manner to enhance their textile beauty. Home laundering would be equally satisfactory if proper attention was given to starching, the first essential being good Starch, which has sufficient strength to stiffen, without thickening the goods. Try Defiance Starch and you will be pleasantly surprised at the improved appearance of your work.

Controlling Flower Colors.
By the use of chemicals, such as potassium hydrate, potassium carbonate, potassium sulphate, aluminum sulphate, calcium hydrate and lead acetate, Prof. Henry Kramer of Philadelphia has produced a red color in the petals of the white Kaiserin rose, and has caused hydrangeas naturally red-flowering, to produce blue blossoms, says Youth's Companion. The chemicals are fed to the plants in the form of solutions, or added to the soil in the solid form, solution then taking place gradually in the earth. The manner in which the chemicals act on the plants is not yet fully understood.

Your Eyes
Should be fitted by a specialist. Don't trust your eyes to peddlars and traveling grafters. Call on us and we will examine your eyes free. We are the largest optical manufacturers in the middle west. Huteson Optical Co., 213 SOUTH 16TH STREET, Factory on the Premises.

Nebraska Directory
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European Plan. Rooms from \$1.00 up single, 75 cents up double. CAFE PRICES REASONABLE.

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\$5 to \$15 a price. Cash or time pay. Machine on receipt of 12.50 in stamps. A. WOODWARD & CO., "The Candy Men" Council Bluffs, Ia.

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are the best inside on having them. Ask your local dealer, or JOHN DEERE PLOW CO., OMAHA

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By this process all broken parts of machinery made good as new. Welds cast iron, cast steel, aluminum, copper, brass or any other metal. Expert automobile repairing. BERTSCHY MOTOR CO., Council Bluffs.

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HAT OF BALTIMORE LYNX \$11.50
SEND FOR BOOKLET—ALL FREE. DIRECT FROM THE FACTORY. G. N. FARRAR & CO., OMAHA, NEB.

The Marriage Vow

NO BAEES OR LOTS OF THEM?

BY MRS. VIRGINIA VAN DE WATER

A question arose as to what would be the special luxury in which each person present would indulge had she unlimited means. The answers were various, some saying travel, others entertaining, others numerous pictures, books and bric a brac. One woman who had said little during the controversy was at last addressed, and replied by saying that she had not spoken before, as she knew none of these present would agree with her.

"For," she said, blushing shyly, "my desire would be for a large family of children whom I could have finely educated and to whom I could give all the advantages I would want my boys and girls to have."

Her remark was greeted with a murmur of surprise and dissent. "Do you really mean that?" asked one woman, incredulously.

"Indeed I do," was the calm reply. "To my way of thinking there is no greater happiness than for a woman to be surrounded by a number of children, with the means to do them justice."

Ab, there's the rub. Surely 'tis a pity that the dollar mark must shine through everything as it does, an ugly birth scar on the face of nature.

In many cases, however, it is not the thought of the present expense of children, or the thought of what they will cost during the first few years of their life, that causes people to wish to have small families. It is rather the dread lest, when the young people are old enough to enter college, there will not be the finances necessary to the completion of their education. It would be well for those who argue thus to remember that in this country of ours few people have, during the first years of marriage, the money that is theirs 20 years later.

I would not have anyone imagine that I advocate the bringing into the world of more little ones than one can, at the time, feed and clothe. But I do hold that, when parents are abundantly able to provide for their children during childhood, they make a mistake in insisting that at birth there must be on hand the money with which to send their new-born baby through college and set him up in the business or profession he may choose.

Let us look the matter plainly in

the face and announce that parents have no more right to indulge in numbers of children—crowding into the nursery more money than the parents have, making the payment of just debts impossible, and sapping the courage of the father, and the strength of the mother—than they have to purchase houses and lands for which they cannot pay. But, when parents can buy luxuries that are not necessities, and can indulge their personal whims and wishes, surely children have a right to be. To bear and rear children is one of the chief aims of woman's existence, and until she has borne a child she has not lived up to the purpose of her being, and hers is not a full, round life.

And the American husband, noted over the world for his consideration for his wife's wishes, declares that she shall have her own way in this matter.

Viewed from a practical standpoint, few other investments pay as do children. It is also true that four children are little more actual trouble than are two, and that the additional trouble is compensated for in the pleasure they bring by their companionship in their childhood, and their protection as well as companionship in the years to come—when the parents begin to feel that they need strong young arms about them. If you would know what a childless home means—imagine the Christmas season without the little ones. And look for just one sad moment at the home from which an only child has been taken, and then ask if one child is more a blessing than many. That one gone, what is left but years in which the arms must be empty and the hearts must ache?

Yes, there is something worse—infinity worse to those who know what is really worth while, than a family of many little ones—and that is a family without any children. It is not less pitiable because the parents are ignorant of what they miss. When old age and loneliness approach, they will know. If God has denied them offspring, may he comfort them; if they blindly deny themselves God's greatest blessings—may he still pity them, for they know not what they do!

(Copyright, by Joseph B. Bowles.)

ONE LOAF OF BREAD

BY G. F. WRIGHT, L.L.D., F. G. S. A.

Until recently the vegetable product which supported the largest amount of human life was rice, but now it is probable that more people depend upon wheat for their main staple of nutriment than upon any other single grain. The wheat crop of the world for 1902, the largest then recorded, was 3,124,422,000 bushels, of which 760,063,000 were produced in the United States. We may therefore presume that the loaf of bread which lies upon the table of the average reader is a loaf of wheat bread, and so we will consider it.

Wheat is no new discovery. It is found in the early tombs of Egypt and among the remains of the lake dwellers in Switzerland, where the charred kernels had lain buried for several thousand years before the Christian era. From the fact that the word for wheat is common to most of the Aryan languages, it is rightly inferred that it was cultivated in central Asia in prehistoric times, and was distributed throughout the eastern continent with the emigration which early radiated from the home of the Aryan races in western Turkestan. But it did not reach America until after the discovery by Columbus.

The varieties of wheat are very numerous, thus adapting it to a wider range of conditions than any other cereal. It ripens equally well in Siberia and Alaska and India and South America. Some varieties are sown in autumn and others in the spring, but if winter wheat is sown in the spring or spring wheat is sown in autumn, while very few plants will come to maturity, a few will do so. Therefore, by sowing these few heads that ripen one can transform at his pleasure a winter wheat into a spring wheat, and vice versa. Great results have likewise been produced by crossing varieties with each other in which case there is often a great improvement in both the quality and the quantity of the product.

The great value of wheat as a food consists in its possession of a large amount of albuminoid matter, which forms the most important element in the blood, and enters into the production of the muscles and ligaments of animal bodies. In this respect it is greatly superior to rice, which almost entirely consists of starch, which supplies heat to the body, but furnishes an insufficient amount of nourishment for the muscular and the nervous system. In wheat nearly 13 per cent of the weight consists of albuminoid matter, though there is a variation of three or four per cent in the different varieties.

Under high cultivation wheat has been known to yield 66 bushels per

acre, each bushel weighing 60 pounds, while the average yield may easily be made 40 bushels to the acre. The low average of the yield so general in the United States is due to imperfect cultivation and to an unskillful use of fertilizers. The power of increase in a grain of wheat is astonishing, since a large number of other stalks spring out from the single shoot that first comes out of the ground.

There is no doubt that wheat bread with good butter on it more fully supplies the wants of the human system than any other single article of food does. The need of butter or some other fat is occasioned by the lack of that element so necessary to the human system in most of the cereals, though corn and oats contain it to a considerable extent. A good five-cent loaf of bread contains as much nutriment as would be found in any of the various breakfast foods now so popular, costing three times as much. In the wheat loaf itself we have the choice between that made from Graham flour, in which the whole wheat kernel, bran and all, is ground together; that from whole or entire wheat flour, from which a considerable portion of the bran has been removed and the flour ground a little finer, and the standard patent flour, in which the bran is all left out, and the germ of the wheat is removed so as to prevent the flour from becoming rancid.

Here is a good recipe for white bread:
Sift together 5/8 cups flour, one tablespoon sugar, one teaspoon salt. Two cups milk scalded and cooled. Add one-half cup yeast to the milk. Stir the liquid, temperature 75 degrees, into the dry with a knife. Knead until there are air bubbles at the edge of the dough. Cover in a temperature of 75 degrees and let stand 3 1/2 hours. It should be twice as large as at first. Pass a knife around the dish and cut down to get out the air bubbles. Shape and allow to rise again to twice the size.
Biscuit should be baked in an oven that will brown a spoonful of flour in two minutes, bread in five minutes.
Biscuit bakes in 15 to 20 minutes. Bread bakes in 35 to 40 minutes.
(Copyright, by Joseph B. Bowles.)

Monkey Was Orchard Thief.
Wilkesbarre, Pa.—Jacob Smith of this city thought all along that some of the neighbors were robbing his apple trees, as the fruit was disappearing rapidly. He kept watch on the trees, and saw a monkey owned by an Italian organ grinder of the vicinity, at the top of the tree helping himself

CHEAP LANDS OFFERED BY THE STATE OF COLORADO.

Land for 50c an acre is offered by the State of Colorado in the Little Snake River Valley, Routt County, Colorado, under the Carey Land Act. The perpetual water right to irrigate the land is sold under State authority for \$25, under annual assessments extending over ten years.

This is pronounced one of the most fertile valleys in Colorado and crops of all grains, grass, roots and hardier varieties of fruit are now being raised there.

The land now under cultivation under this canal system pays an average profit of \$20.00 per acre.

Both the Moffat Road and the Union Pacific are building into the district and spending large amounts of money in developing the country.

The Routt County Colonization Company, 1734 Welton Street, Denver, Colorado, is sole agent for the sale of the land and water. There will be no drawing for this land; those desiring to select may make application and select in the order in which they apply.

THE DANGER SIGNAL



"Yes, Freddy, I'm a sick man!"
"What's der matter?"
"Why, I'm gettin' that restless an' wakeful, dat I can't sleep, only at night!"

Would Find Use for It.

After a day and a night spent in answering telephone calls from people who wanted the latest news from Perry and Dr. Cook, the secretary of one of the arctic clubs had retired for a well-earned rest, when the persistent 'phone bell rang again. A voice at the other end said:

"Do you want the ambulance sent right over?"

"What ambulance?" roared the irate secretary.

"Why, the one you sent for."

"I sent for no ambulance."

"You lie!"

The secretary gasped, then he screamed into the 'phone:

"Send it as soon as possible, and you come over, too, and I'll send you back in it!"

Exercise Recommended.

Wear Walker—What! Don't look like a sailor? Why, I've been following the sea for 30 years.

Farmer Haycrop—Well, you keep following it for 30 years more and perhaps you'll catch up with it.—Life.

By following the directions, which are plainly printed on each package of Defiance Starch, Men's Collars and Cuffs can be made just as stiff as desired, with either gloss or domestic finish. Try it, 16 oz. for 10c, sold by all good grocers.

A Distinction.

Tommy—What is the difference between vision and sight?

Tommy's Pop—Well, my son, you can flatter a girl by calling her a vision, but don't call her a sight.

DON'T NEGLECT THAT COUGH!

It certainly racks your system and may run into something serious. Allen's Long Balsam will check it quickly and permanently. For sale at all druggists.

The man who is not trying to make the world better is casting his vote to make it worse.

Lewis' Single Binder made of extra quality tobacco, costs more than other 5c cigars. Tell the dealer you want them.

Gossip has a thousand tongues—and they all work overtime.

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Some men never do anything on time except quit work.

Constipation causes and seriously aggravates many diseases. It is thoroughly cured by Dr. Pierce's Peppermint Cure. Tiny sugar-coated granules.

Many a true word has been spoken regardless of grammar.

Afraid of Ghosts

Many people are afraid of ghosts. Few people are afraid of germs. Yet the ghost is a fancy and the germ is a fact. If the germ could be magnified to a size equal to its terrors it would appear more terrible than any fire-breathing dragon. Germs can't be avoided. They are in the air we breathe, the water we drink.

The germ can only prosper when the condition of the system gives it free scope to establish itself and develop. When there is a deficiency of vital force, languor, restlessness, a sallow check, a hollow eye, when the appetite is poor and the sleep is broken, it is time to guard against the germ. You can fortify the body against all germs by the use of Dr. Pierce's Golden Medical Discovery. It increases the vital power, cleanses the system of clogging impurities, enriches the blood, puts the stomach and organs of digestion and nutrition in working condition, so that the germ finds no weak or tainted spot in which to breed.

Golden Medical Discovery contains no alcohol, whisky or habit-forming drugs. All its ingredients printed on its outside wrapper. It is not a secret nostrum but a medicine of known composition and with a record of 40 years of cures. Accept no substitute—there is nothing "just as good." Ask your neighbors.

Townsite Opening

New town of TWO BUTTES, Colorado, will be opened October 21, 1909. Priority of selection determined by drawing. Town surrounded by 25,000 acres of irrigated Carey Act and State lands, besides vast area of finest grazing land in Colorado. Ground floor opportunity for every kind retail mercantile business. Full information on application. THE TWO BUTTES IRRIGATION & RESERVOIR CO., Lamar, Colorado

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FOR ALL KIDNEY DISEASES

OR RHEUMATISM, BRIGHT'S DISEASE, DIABETES, BACKACHE

Warranted 375° Guaranteed

The Baking Powder Story in a nut-shell.

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Purest Ingredients }
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Received Highest Award
World's Pure Food Exposition
Chicago, 1907.

The Way of It.

"But I don't love you," objected the young woman.

"Then why," howled the indignant youth, referring hastily to divers memoranda in his pocket diary, "did you eat up a total of 65 boxes of chocolates I bought you during the past year if you didn't love me?"

"Because," she said, with a rapt expression on her lovely features, "I do love chocolate."

Sheer white goods, in fact, any fine wash goods when new, owe much of their attractiveness to the way they are laundered, this being done in a manner to enhance their textile beauty. Home laundering would be equally satisfactory if proper attention was given to starching, the first essential being good Starch, which has sufficient strength to stiffen, without thickening the goods. Try Defiance Starch and you will be pleasantly surprised at the improved appearance of your work.

Of some Benefit.

Barber—Did the bottle of hair restorer I sold you do any good?

Customer—Yes, indeed; it kept me from wasting my money on any more.

Though we should examine the whole world we shall not find one man so happy as to have nothing left to wish for.—Oliver Goldsmith.

No matter how long your neck may be or how sore your throat, Hamlin's Wizard Oil will cure it surely and quickly. It drives out all soreness and inflammation.

When a woman has occasion to loaf, she calls it either shopping, visiting or entertaining.

PERRY DAVIS' PAINKILLER

has been used in many families for generations. It is relied upon for colds, neuralgia, sciatica, strains, burns, or bruises. 25c, 50c, 1.00 a bottle.

The dog in the manger is the one that does the most growling.

Lewis' Single Binder straight 5c—Many smokers prefer them to 10c cigars.

Many a man's honesty has saved him from becoming a politician.

Work While You Sleep

Millions of people have CAS-CARETS do Health work for them. If you have never tried this great health maker—Get a 10c box—and you will never use any other bowel medicine.

CASCARETS use a box for a week's treatment, all druggists, biggest seller in the world. Million boxes a month.

There is no better shingle

on the market, none more carefully manufactured. They are just the kind to put on the eaves as well as the roof. Good anywhere you use them. Refuse the "just as good" and insist on having this brand.

Bayliff's Clear

Big Make-N-A-Sk Ask your dealer

Work While You Sleep

Millions of people have CAS-CARETS do Health work for them. If you have never tried this great health maker—Get a 10c box—and you will never use any other bowel medicine.

CASCARETS use a box for a week's treatment, all druggists, biggest seller in the world. Million boxes a month.

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Defiance Starch

best to work with and starches clothes neat.

W. N. U., OMAHA, NEB. 41-1909.

Colt Distemper

Can be handled very easily. The stock are cured, and all others in same stable, no matter how long they have been in the disease, by using COLT'S LIQUID DISTEMPER. Cattle, five or six quarts, or in food. Acts on the blood and expels germs of all forms of distemper,