

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

The Kind You Have Always Bought

In Use For Over 30 Years

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

DRINK PLENTY OF WATER WITH YOUR EATING

Some Suggestions That May Prove Beneficial to the Journal Readers.

The following is taken from the Saturday Evening Post, and is published by request of an old friend of the Journal:

Few beliefs relating to matters of diet are more widely accepted than that which forbids the drinking of much water at meals—the idea being that the gastric juices, relied upon to start the process of digestion, are liable to suffer too much dilution.

And yet, somehow, there has been a noteworthy lack of definite and satisfactory data to uphold this theory, which seems likely to be entirely upset by a systematic investigation of the subject recently made by Professor P. B. Hawk, physiological chemist of the University of Illinois. His results indicate that the truth is exactly opposite and that the drinking of water at meals tends powerfully to stimulate the flow of digestive secretions.

This stimulation, furthermore, appears to be directly proportionate to the quantity of water drunk—though it is by no means to be supposed that undue distention of the stomach with fluid is desirable. Incidentally the activity of the pancreatic function is augmented and those processes of digestion that go on in the intestines are greatly helped.

Much has been said against the practice of drinking ice-water at meals. Yet many people do it, apparently without suffering the slightest ill-effect—the fact being, probably, that ice-water in moderate quantities is harmless under such circumstances. It retards digestion somewhat; but, once swallowed, it is soon warmed to the temperature of the body, so that the processes of assimilation are not held back to any important extent.

Many persons nowadays refuse to drink water at all with their meals in the belief that, when thus taken, it tends to fatten. This notion is probably without the slightest basis in fact. It was stated originally by a physician who attended Prince Bismarck and who recommended him, as a cure for obesity, to keep his food and water apart.

Bismarck certainly lost much flesh while under the treatment, but some other cause may have had to do with the matter. Fat people, when they reach a certain age, are apt suddenly to begin to waste rapidly. Grover Cleveland was not a very stout man toward the end of his life.

The value of water as medicine is being more and more highly appreciated. Most people do not drink enough of it; and a certain well known physician is actually in the habit of prescribing the eating of chocolate for his women patients in order to render them thirsty.

The New Thanksgiving.

In the early days of the Thanksgiving celebration people showed their thankfulness by shivering in fireless churches while the preacher delivered a two-hour sermon on the state of the nation. Today God and Uncle Sam have to wait while we attend to our prior engagement with turkey-bird. However, as a considerable number of people have previously carted around four barrels and plum puddings to some of their hungry neighbors, the Lord of heaven and earth may be just as well satisfied. There is a pretty bad gap in our lives, though, if there are not tucked in somewhere some moments of thankfulness for all that we have received. For the most of us life has been kinder than our fears. Like the locomotive engineer at night, we have been ever dreading the dark things on the track ahead, but when we get there they were only shadows. At the heart of the world there must be love. For the power that made the world must be greater and better than the thing made. If love existed only in human hearts, the creature must be greater than the creator, which is inconceivable.

Rural Carriers to Be Docked.

Uncle Sam has made a new rule in regard to rural carriers and since October the postmasters throughout the country are required to deduct from their salaries for each partial failure to serve the route in its entirety. Carriers are required to use every endeavor to serve the entire route by traveling every road available. Upon reaching an obstructed point, a stream which is unfordable or a bridge that cannot be crossed, he should make such deviation from the official line of travel to avoid the obstruction. If this is not possible he should return immediately to the postoffice and start out in the opposite direction. Whenever, after leaving the postoffice the carrier finds out he cannot reach his route, he must travel some other road, although it may be covered by another carrier, and make every endeavor to serve his patrons.

Ruthians Hold Social Meet.

From Tuesday's Daily. The Ruthians, or Young Ladies' Bible class of the Methodist church met in their regular semi-monthly social meeting at the home of Mr. and Mrs. Julius Hall last evening. An elegant spread was served by Mrs. Hall, the menu consisting of every palatable dish to be thought of. Music, instrumental and vocal, amused the fifteen or twenty young ladies present; some of them had their fancy work with them and busied their hands while the program was in progress. It was a very pleasant meeting and broke up at a late hour.

Mike Wraga, Jr., of Eveslock, was in the city yesterday, having come down from the shop town on his motorcycle, returning last evening.

CANDIDATES FOR THE REFORM SCHOOL

Three Boys Named Verhule, Fullerton and Maybee, of This City.

From Tuesday's Daily. Three boys, named Verhule, Fullerton and Maybee, of this city, who were principals in an unlawful assembly Monday afternoon were yesterday overtaken by the deputy sheriff at Louisville and brought to Plattsmouth and lodged in jail.

The boys appeared at the Cottonwood school house just after school had closed and made a nuisance of themselves by throwing shelled corn through a window at the teacher. The window was lowered, when the youths went to the opposite side of the building and repeated the act. The lady teacher went out after them and finally drove them off. The neighborhood was aroused and the deputy sheriff went to the scene of the trouble and searched for the youngsters until near midnight, but got no trace of them. A bridge in a neighboring pasture was also torn up by the youngsters.

Tuesday morning, by 'phone' Mr. Manspeaker got the information that the three boys had passed Henry Hile's residence on their way west, when he and Charles Cline, with the deputy's auto, went out to Louisville and captured the trio. They started to Plattsmouth with the three boys, and they had no sooner gotten under way than the tired boys fell asleep and did not awake until the jail was reached, when they hopped out and entered the county bastille cheerfully.

The neighborhood of the Cottonwood school was well aroused and eager to capture the boys, as they feared a fire might be started by them during the night. But it was learned that the three stayed over night with a farmer named Killison, a mile or so away from the scene of the assault with the shelled corn.

As the boys have been in court and let go prior to this on their promise to reform, it is possible that the court may send them over the road.

Loyal Daughters Social.

From Tuesday's Daily. The Loyal Daughters, the young ladies' class at the Christian church Sunday school, will give a "Hard Times" social at the home of Miss Celia Taylor, on Washington avenue, Thursday evening, November 23. To this social everybody is invited. A good time will be assured. One feature of the occasion will be the "Hard Times" dressing of the guests and a limit will be placed as to the value of the apparel that can be worn without the danger of a fine being assessed. For every dollar's worth of jewelry or ribbons, or those things which are worn only to enhance one's natural attractiveness, a fine of 1 penny will be levied. A royal feast, considering the hard times feature, will be had and enjoyed by those present. These girls know how to have a good time and to make everyone enjoy themselves at their entertainments. Come and enjoy an evening and you will also help the Sunday school class, who are making this school a success.

May Take a Bride.

Con Gillispie, of whom no one had the slightest suspicion that he contemplated matrimony, boarded the early train this morning dressed in his Sunday togs, and with a hand satchel, with the intention, he informed the boys, of interviewing the marriage license clerk at Omaha. On account of pressure of work on the Burlington Con thinks Mrs. Gillispie may have to take the honeymoon trip alone, and she will be along by the time the house is in shape.

Grand Ball January 13.

The annual grand ball of the T. J. Sokols will be given January 13, 1912, and is looked forward to with a good deal of pleasure by those who enjoy a good dance. This is an annual function and has always been largely attended and afforded an excellent opportunity for a good time. Keep the date in mind and don't miss the ball.

C. F. Harris drove up from his farm today and boarded the fast mail for St. Catherine's hospital to see his wife and child. The little one, which was taken to the hospital a week ago, is not doing well.

Mrs. Houseworth Here.

From Tuesday's Daily. Mrs. George Houseworth of Long Beach, Cal., arrived from Omaha this morning and spent the day in Plattsmouth. Mrs. Houseworth expects to visit Plattsmouth friends after Thanksgiving for a time. She left Mr. Houseworth and their daughter in charge of their domicile. In the Nebraska colony at the Beach all were well and happy. Our old friend, Senator Thomas, having sold out his ranch, is taking life easy. Mrs. Houseworth has been in Nebraska for about three weeks.

ORDERED RESTRAINED BY INSANITY BOARD

But Suspended the Order During Abstinence From Use of Intoxicants.

From Tuesday's Daily.

Henry L. Cline, a stationary engineer, of Louisville, was before the board of inebriates yesterday and heard the testimony of Mrs. Thomas of Louisville and Mrs. Cline, wife of the accused. After hearing the testimony the board made an order restraining the accused at the hospital for inebriates at Lincoln, but suspended the order during the abstinence from the use of intoxicants. The evidence was that Mr. Cline earned \$2.25 per day and turned the most of this over to his wife for the support of the family of four children. The board took the view that Mrs. Cline would supervise the actions of her husband and report to the board at stated times, it would be better for the accused to be with his family.

The board also made an order directing the clerk of the board to enforce the criminal statute regarding persons found by the board to be inebriates, and to send a list of the persons to every saloon-keeper and druggist in the county of Cass.

Meet With Mrs. E. D. Cummins.

The Ladies' Auxiliary society of the First Presbyterian church met with Mrs. E. D. Cummins yesterday afternoon and were entertained in a most delightful manner. There were a large number in attendance and they held their regular business session at the usual hour. The remainder of the afternoon was spent in a social time, a number of the ladies having brought their fancy work, plying the busy needle. The hostess served a delicious luncheon at an appropriate hour and a little later all departed for their homes, very much indebted to Mrs. Cummins for her kind hospitality.

In Justice Court.

In Justice Archer's court today, in the case of F. H. Dunbar against E. W. Schaffer, a Missouri Pacific operator, for \$44.65 board bill, the railway company was released as garnishee. The defendant quit the company's employ Saturday evening, and before many hours his wages were tied so tight he could not get any of them. The matter was soon adjusted and the company wired the court to sign up a receipt for the money.

Mrs. Frank Cummins was a passenger to Omaha on the afternoon train today.

Gray Jersey Roll Neck Sweaters Full Fashioned

75c

Here's a flyer for you fellows that want a nice fine roll neck sweater and don't want to spend all your last summer's wages for it. This is a very elastic two-thread sweater in a handsome oxford gray—just what the athletically inclined bunch have been asking for. This extra low price is a revelation. See them in our west window.

C. E. Wescott's Sons

"ALWAYS, THE HOME OF SATISFACTION"

To the Public.

The question of international peace has become one of the living and vital issues of the day. The treaties negotiated between the United States and England and France under the leadership of President Taft, have made it possible for the United States, the youngest of the nations, to take the initiative in this great movement.

The state of Nebraska ought to be represented among the forces that are creating public opinion on this subject. There never was a time in all the history of the world when a more splendid opportunity was presented to any people.

In order to make our influence effective, there should be organized a Nebraska branch of the American Peace society. We, the undersigned, believe that this ought to be done at once. Persons interested are requested to send at once their names to Arthur L. Weatherly, 1834 South 25th street, Lincoln, Nebraska. As soon as sufficient names are received, a meeting will be called to perfect a state organization.

C. S. Allen.
William J. Bryan.
John A. Maguire.
W. L. Locke.
John E. Miller.
Chester H. Aldrich.
A. J. Sawyer.
Samuel Avery.
George E. Howard.
F. M. Fling.
Laurie J. Quinby.
A. E. Sheldon.
Arthur L. Weatherly.
Paul F. Clark.
Don L. Love.

For pains in the side or chest dampen a piece of flannel with Chamberlain's Liniment and bind it over the seat of pain. There is nothing better. For sale by E. G. Fricke & Co.

Some Railway Statistics.

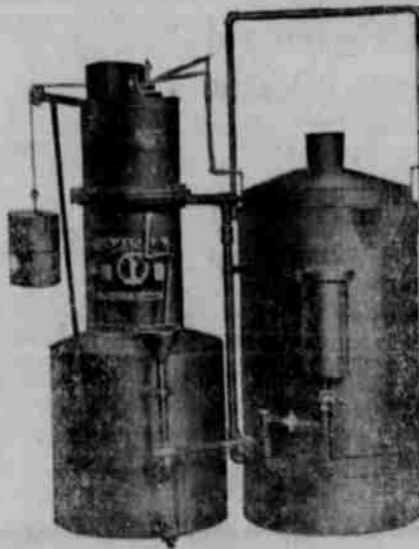
Recent statistics show that the American railroads in June were employing 1,750,000 people—assuming that each represents a family, there would be at least 5,000,000 persons dependent on the roads for food, clothes, rents in the pay envelope, says the Missouri Pacific Bulletin. It is also shown that \$42 out of every \$100 a railroad earns goes to labor, and that it aggregates \$1,172,184,000. While \$42 out of every \$100 goes to labor, \$4.59 goes to interest on the capital invested, or to dividends. The average pay: If a clerk in general office, class, he averages a wage of \$2.38 per day; if he is a station agent he will average \$2.13; if he is a fireman he will draw around \$2.74; if he is an engineer he gets \$4.59 per day, and if a conductor his average is \$3.93. If he is merely a trackman, of whom there are over 375,000, his average wage per day is \$1.47. Ten years ago the number of employes was but little over 1,000,000; today they number 1,750,000. Then they received in wages 38 per cent of the gross earnings of the railroads; today they receive 42 per cent. That is to say, almost half of the gross earnings of the railroads goes to pay labor.

Will Teach Athletics.

Earnest Wurl was recently elected assistant physical director for the Y. M. C. A. at Long Beach, Cal. The position is one which pays a handsome salary, and Mr. Wurl's skill at turning makes him one of the best physical trainers in the west, and the association is fortunate to secure his services.

George S. Davies of Lincoln was in the city today looking after the interests of the Metropolitan Insurance company, of which Captain Morrison is the local agent.

Lights the Moment You Want Them



THE Pilot Acetylene Gas Machine is entirely automatic in operation and requires no attention whatever. Every light is started with an electric spark, which does away with the use of matches, and also makes it impossible to open a gas jet without the gas being ignited at the tip.

This machine makes gas just as it is needed and positively no more. This item alone is a great saving over other machines that have a different style of mixing, which leaves a quantity of gas in the reservoir, which loses its burning qualities the longer it stands.

Gas from this machine can be run to any of our out buildings. This is absolutely the only machine that is giving perfect satisfaction at all times and under all conditions without any extra expense after installation. This machine can be seen any time at our store.

JOHN BAUER,

PLUMBING!

HEATING!

HARDWARE!