



An Associated Press dispatch from San Francisco, Cal., says: "Suit against the city and county of San Francisco was filed this afternoon in the superior court for the recovery of \$2,575 for damages, said to have been sustained by the proprietor of the Horseshoe restaurant and a Japanese bath house at Eighth and Folsom streets on May 23, when a row caused by an attack of labor union men on two non-union men who were eating in the restaurant resulted in the fronts of the two places being smashed by stones and clubs. The suit was brought in the name of J. Timeto, proprietor of the bath house."

Washington dispatches say that George E. Roberts will resign as director of the mint and will become president of a national bank in Chicago.

Secretary Taft will, on September 10, sail from Seattle for Manila. He goes to attend the opening of the first assembly, or legislature, in the Philippines.

A New York dispatch to the Chicago Record-Herald says: "The law passed by the last legislature to compel newspapers to publish the names of their legally responsible publishers went into effect on July 1 and is being obeyed by the papers of New York City and the state. The law requires newspaper and magazine publishers to print in every copy of every issue, on the outer cover or at the head of the editorial page, the full names of the owners of the publication or, if it be owned by a corporation, the name of that corporation and the address of its principal place of business, together with the names of the president, secretary and treasurer. The penalty for violation, which is made a misdemeanor, is a fine of not less than \$100 nor more than \$500. Interviews with publishers and editors in New York City and the state indicate a cheerful willingness to comply with the law because it is the law, but they also suggest an undercurrent of resentment against the implied necessity for such legislation."

A portion of western Wisconsin was visited by a severe storm in which a number of lives were lost.

According to the Chicago Record-Herald's figures thirty-six persons were killed and 1,147 were injured as a result of July 4th accidents.

A Columbus, O., dispatch says: "A special from Akron says that Senator Dick is expected to give out a statement regarding the shortage of

Fred E. Smith, the Akron city treasurer, caused by lending public funds to his friends. His shortage is placed at \$173,992. His shortage as treasurer of the county and of the school board is given as \$104,008. Smith has made good the latter, and is now trying to square up with the city. Among the securities given to Smith by people to whom he had loaned the public moneys are three notes given by 'Dick and Miller' on July 6, 1905, for \$5,000 each. Only \$1,000 has been paid on these notes. The 'Dick' mentioned in the notes is United States Senator Charles Dick and his explanation of borrowing the public funds is awaited with interest."

A cablegram from The Hague says: "President Nelidoff of the peace conference received Miss Anna Eckstein of Boston, Mass., who presented a petition signed by more than two million Americans in favor of a general arbitration treaty."

Congressman Rainey in delivering a speech before the Tammany society declared that Mr. Roosevelt was a candidate for a third term.

Confirming the report that a large part of the American navy will be seen in Pacific waters next winter, Secretary of the Navy Metcalf says there is nothing significant in the order.

Washington dispatches say that details of the vast movement of the Atlantic fleet to Pacific waters has been completed. Admiral Davis will command. The Associated Press says:

It is believed now that the route will be about as follows: Leaving New York or Hampton Roads in the early fall the battleships would probably steam straight to Culebra, where coal would be taken on. The next stop will be Rio de Janeiro, and from that point the vessels would not halt until they reached Sandy Point, in the Straits of Magellan. Here again the coal supply would be replenished for the run to Callao, Peru. The next stage would be from Callao to Panama and from that point the ships would proceed without a stop to San Francisco.

It is believed that after reaching Peruvian waters the movements of the vessels will be much more deliberate than up to that point. Although the reason for this statement is not officially obtainable, it is apparent that the explanation is to be found in the fact that the battleships will be within easy reach of San Francisco; in other words they could in an emergency, arrive at that port before any other fleet could.

Admiral Evans will, it is expect-

ed, start with sixteen battleships besides the colliers. The armored cruisers Washington and Tennessee, which are now in French waters, are under orders to return, refit and proceed to the Pacific coast to form part of an armored cruiser squadron to be assembled there. It is possible that they will be detained and will accompany the battleships on the cruise. When Admiral Evans arrives off the coast his fleet will be increased by the addition of the battleship Nebraska, newly commissioned and simply awaiting the rounding out of her skeleton crew. The battleships Wisconsin and Oregon, now at Bremerton navy yard, Puget sound, will probably have completed their extensive repairs by next March so that they, too, may be added to the fleet which will then comprise nineteen battleships, besides the armored and protected cruisers of the Pacific fleet. The composition of the fleet today is as follows:

List of Battleships

Connecticut, Captain Hugo Osterhaus, commanding; tonnage 16,000; guns 24; speed 18 knots.

Maine, Captain Nathan Niles, tonnage 12,500; guns 20; speed 18 knots.

Louisiana, Captain Richard Wainwright, tonnage 16,000; guns 24; speed 18 knots.

Missouri, Captain Greenlief A. Merriam, tonnage 12,500; guns 20; speed 18 knots.

Virginia, Captain Seaton Schroeder, tonnage 14,948; guns 24; speed 19 knots.

Georgia, Captain Henry McCrea; tonnage 14,918; guns 24; speed 19 knots.

New Jersey, Captain William Kimbal, tonnage 14,948; guns 24; speed 19 knots.

Rhode Island, captain yet to be assigned; tonnage 14,948; guns 24; speed 19 knots.

Alabama, Captain Samuel P. Comly, tonnage 15,525; guns 19; speed 17 knots.

Illinois, Captain Gottfried Blocklinger; tonnage 11,525; guns 18; speed 17 knots.

Kearsarge, Captain Herbert Winslow, tonnage 11,525; guns 22; speed 16 knots.

Kentucky, Captain Edward B. Barry, tonnage 11,525; guns 22; speed 16 knots.

Ohio, Captain Lewis C. Heilmer, tonnage 12,500; guns 20; speed 18 knots.

Minnesota, Captain John Hubbard, tonnage 17,650; guns 24; speed 18 knots.

Vermont, Captain William P. Potter, tonnage 17,650; guns 24; speed 18 knots.

Kansas, Captain Charles E. Vreeland, tonnage 17,650; guns 24; speed 18 knots.

Protected Cruisers

Charleston, Commander Frank E. Beatty, tonnage 9,500; guns 14; speed 22 knots.

Chicago, Commander Robert M. Doyle, tonnage 4,500; guns 18; speed 18 knots.

Milwaukee, Commander Charles A. Gove, tonnage 9,700; guns 14; speed 22 knots.

St. Louis, Commander Nathaniel R. Usher, tonnage 9,700; guns 14; speed 22 knots.

Gunboat

Yorkton, Commander Richard T. Milligan, tonnage 1,710; guns 6; speed 16 knots.

Armored Cruisers

The armored cruiser squadron of the Pacific fleet which will have headquarters in California waters, will be composed of the Washington, Captain Theodor Porter, and Tennessee, Captain Albert G. Berry (sister ships, 14,500 tons; guns 24; speed 22 knots) and the California and South Dakota, 13,680 tons each, 22.15 knots, 18 guns, almost com-

plete, with officers yet to be assigned. Rear Admiral Charles H. Stockton will command the armored cruiser squadron, the Tennessee being his flagship.

"We Eat too Much"

So Says Prof. Chittenden, of Yale University, in His Latest Book on the "Nutrition of Man"—The Latest Word on Food from this Scientific Authority

It is an oft-repeated statement—and one that doubtless holds true with many people—that we do not care what we eat so long as it tastes good. The average person in good health gives little thought to the "fuel value" of the food he eats, nor is he greatly concerned about the quantity of "proteids" or the number of "calories" in his daily diet. It is only when his stomach cries out in protest or the signs of mal-nutrition show themselves in gradually decreasing strength that he begins to give the food question serious or intelligent study.

Within the last few years, however, there has been a popular awakening on the question of food and the nutrition of man. Pure food laws have been enacted and scientific men are making experiments to determine just what kind of food and how much food is required to maintain health and a proper amount of energy in all kinds of employment, mental and physical. Professor Chittenden's book is one of the results of this popular awakening. It is an exhaustive work of 321 pages, covering all sorts of dietetic experiments on men and dogs.

Professor Chittenden believes that we all eat too much—especially too much meat—and that the great majority of our bodily ailments may be traced to this cause. It is interesting to note the prominence given throughout the book to Shredded Wheat Biscuit as being an ideal, perfectly balanced food, containing all the proteids and calories that are necessary to perfectly nourish the average man or woman. In outlining a simple dietary showing what will provide a proper quantity of nutriment for the average man he suggests the following as an ideal breakfast menu:

Table with 2 columns: Food item and weight/amount. Items include Shredded Wheat Biscuit, teacup of cream, German water roll, one-inch cubes of butter, three-fourths cup of coffee, one-fourth teacup of cream, and lump of sugar.

It is also interesting to note that Shredded Wheat is the only wheat breakfast food mentioned in the entire volume, which may be regarded as the latest scientific authority upon the question of food. It merely tends to confirm the general belief of physicians and dietetic experts that Shredded Whole Wheat is becoming more and more recognized as the one standard cereal food which contains in well balanced proportion and in a digestible form all the elements that are needed for the complete nourishment of the perfect human body. It is always clean, always pure, always the same. An ideal summer food. Nourishing, strengthening.

Shredded Wheat products are manufactured by the Natural Food Company at Niagara Falls, N. Y. Your grocer sells them.

THE PRIMARY PLEDGE

I promise to attend all the primaries of my party to be held between now and the next Democratic National Convention, unless unavoidably prevented, and to use my influence to secure a clear, honest and straight forward declaration of the party's position on every question upon which the voters of the party desire to speak.

Signed.....

Street.....Postoffice.....

County.....State.....Voting Precinct or Ward.....

Fill out blank and mail to Commoner Office, Lincoln, Nebraska.