

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.

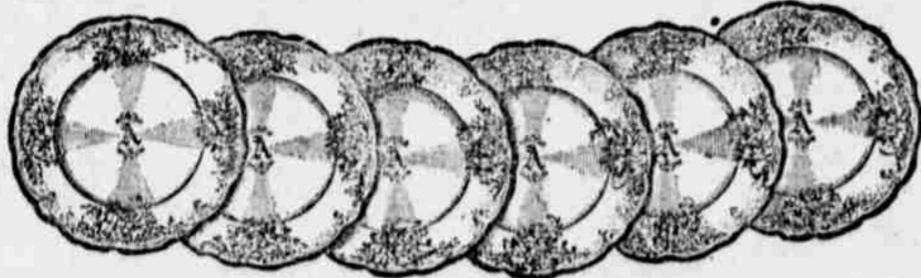
NATIONAL BISCUIT COMPANY



This Beautiful Set of Dishes FREE with **DEFIANCE TEA and COFFEE**

No money whatever required—you get the set absolutely free for giving your opinion of the finest tea and coffee in the world to a few friends and neighbors. Full particulars of the plan in each package. It was our intention to withdraw this offer October 1st, but so many people have said they did not realize the great chance we are offering until they saw it in the home of some friend, we have therefore decided to extend it. This will give everyone a chance to get a set. Many ladies are securing sets to present to friends at Christmas. Remember, this is not a premium with Defiance Tea and Coffee. It is a *present* to users of these beverages for making new friends. Ask the grocer.

LETTS-SPENCER GROCER CO. - ST. JOSEPH, MO.



SHELDON IS A WINNER

ELECTED WITH ENTIRE STATE TICKET IN NEBRASKA.

LEGISLATURE ALSO REPUBLICAN

Constitutional Amendment Providing for Elective Railroad Commission Carried—Republicans Elect Five Out of Six Congressmen.

Lincoln, Neb., Nov. 7.—George L. Sheldon (Rep.) is elected governor of Nebraska by a plurality of from 10,000 to 18,000 and carries with him probably the entire Republican state ticket. The returns show a Republican loss of barely one vote to the precinct outside of Lincoln and Omaha. These two cities will nearly offset the Democratic gain.

The Republican state central committee claims not only the state tick-

et, but five of the six congressmen and a majority of thirty-seven on joint ballot in the legislature, insuring a Republican successor to United States Senator Millard. Democratic state headquarters do not concede the Republican claims, but made no formal statement.

The vote was lighter by far than two years ago, and the scratching of tickets made the count slow.

In the city of Lincoln the Republican plurality of former years was maintained, Republicans electing the entire legislative and county tickets.

Pollard (Rep.) for congress in the First district and Hinshaw in the Fourth are elected by reduced pluralities.

The indications are that the constitutional amendment providing for an elective railroad commission carried.

Douglas county divided its vote and elected a Democratic county attorney and congressman, Hitchcock, while sending a Republican delegation to the legislature.

The hottest fight in Omaha prior to the election centered about the inde-

pendent telephone franchise proposition, and the franchise was voted by a majority of more than 2 to 1, the vote being 7,653 in favor of it and 3,625 against.

Town of Crete complete, three voting precincts, gives a Republican gain over two years ago on governor of 95.

Returns indicate the election of Boyd (Rep.) to congress from the Third district.

BOTH SIDES CLAIM IOWA

Ratio of Democratic Gain Points to Election of Porter.

Des Moines, Nov. 7.—For the first time in many years the gubernatorial result in Iowa is in doubt. Although both Republican and Democratic state managers claim the election of their candidates for governor, all the returns received so far, numbering about 250, indicate that only a complete count will determine the result. The 250 precincts already received show a loss for Cummins of nearly 40 per cent, which, if maintained, would mean the election of Porter

(Dem.) by a small plurality.

Iowa will have ten Republicans in its next congressional delegation. It is believed that Major J. F. Lacey, for many years representative of the Sixth district, has been defeated. In the First district both Republicans and Democrats claim victory.

The next legislature will be safely Republican and on joint ballot will probably elect J. P. Dolliver to the United States senate.

Three hundred and twenty-five precincts out of a total of 2,197, give Cummins 39,490 and Porter 33,408. The same precincts two years ago gave Cummins 43,432 and Sullivan 25,612, a loss to Cummins of 11,738.

Reports from 400 of the total precincts of the state put Cummins 16,665 votes behind his vote of 1903. His plurality that year was 79,000, but if he loses in all the rest of the precincts as he has already he may be defeated by a small margin. Both party chairmen claim the election on the ground that favorable territory is yet to be heard from.

KANSAS IS IN DOUBT

Both Sides Claim Election of Their Candidate for Governor.

Topeka, Nov. 7.—The result for governor in Kansas is still in doubt.

Chairman Crummer of the Republican state committee claims the election of Governor E. W. Hoch by 6,000, while Chairman Ryan of the Democratic committee says W. A. Harris has carried the state by at least 15,000 majority. The Republican committee has complete returns from 43 of the 105 counties. Governor Hoch is running far behind his ticket. Harris has carried Shawnee county, in which Topeka is situated, by at least 500 majority.

Republicans Will Carry Colorado.

Denver, Nov. 7.—It is generally conceded that the entire Republican state ticket has been elected by a majority ranging from 15,000 to 20,000. The Republicans have also undoubtedly elected two out of the three congressmen and are claiming the third. It is also thought that the Republicans have elected a majority of the legislative ticket and that the successor to Senator Patterson (Dem.) will be a Republican.

Rhode Island.

Providence, Nov. 7.—Late returns indicate the election of Higgins (Dem.), for governor.

Wyoming.

Cheyenne, Nov. 7.—The entire Republican state ticket has been elected by good majorities and the legislature, which will elect a senator, will be overwhelmingly Republican.

Maryland.

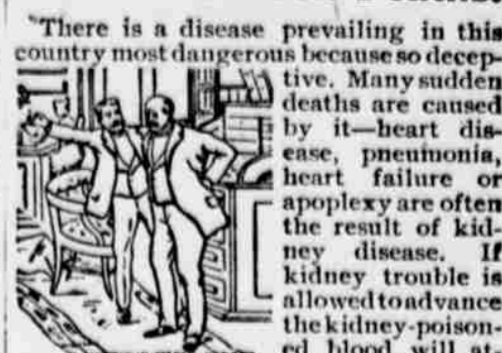
Baltimore, Nov. 7.—Maryland's delegation in the sixtieth congress will be three Republicans and three Democrats, proportionately the same as at present.

York Man Attempts Suicide.

Denver, Nov. 5.—Gordon Thomas, who eloped from York, Neb., on Oct. 16 with Lulu Cole and married her here, took a dose of strychnine and lay down beside his sick wife, telling her he was going to die. He complained she no longer loved him. Mrs. Thomas summoned a doctor, who hopes to save her husband's life. Two days ago Thomas, maddened by drink and charging his wife with scolding him, tried to kill her with a carving knife, but she fought until she secured the weapon.

The Cause of Many

Sudden Deaths.



There is a disease prevailing in this country most dangerous because so deceptive. Many sudden deaths are caused by it—heart disease, pneumonia, heart failure or apoplexy are often the result of kidney disease. If kidney trouble is allowed to advance the kidney-poisoned blood will attack the vital organs, causing catarrh of the bladder, or the kidneys themselves break down and waste away cell by cell.

Bladder troubles almost always result from a derangement of the kidneys and a cure is obtained quickest by a proper treatment of the kidneys. If you are feeling badly you can make no mistake by taking Dr. Kilmer's **Swamp-Root**, the great kidney, liver and bladder remedy.

It corrects inability to hold urine and scalding pain in passing it, and overcomes that unpleasant necessity of being compelled to go often through the day, and to get up many times during the night. The mild and the extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases. Swamp-Root is pleasant to take and is sold by all druggists in fifty-cent and one-dollar size bottles. You may have a sample bottle of this wonderful new discovery and a book that tells all about it, both sent free by mail. Address, Dr. Kilmer & Co., Binghamton, N. Y. When writing mention reading this generous offer in this paper. Don't make any mistake, but remember the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

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When you are hungry and want something nice in the meat line, drop into my market. We have the nicest kind of

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and meats, fish, and game in season. We think, and almost know, that we can please you. Give us a trial.

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Clears and beautifies the hair. Promotes a luxuriant growth. Never fails to Restore Gray Hair to its Youthful Color. Cures scalp diseases & hair falling. 25c and 50c at Druggists.

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Do you know that it will pay YOU, as well as US, to buy your Building Material and Coal at our yards? Not only that our prices AVERAGE lower, or at least as low, as those of our competitors, but BECAUSE we take especial care of and protect all can be classed as REGULAR CUSTOMERS.

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