

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 **Uneeda 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.

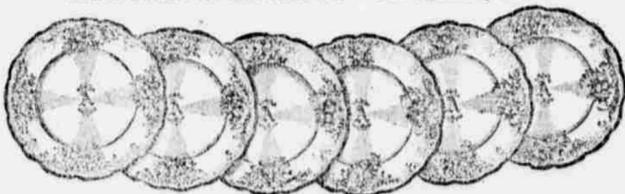
NATIONAL BISCUIT COMPANY



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.



53 KILLED IN WRECK

APPALLING DISASTER ON B. & O. NEAR WASHINGTON.

Two Rear Coaches Reduced to Kindling Wood and Smoker Telescoped. Heavy Fog Responsible for Collision Within Three Miles of Capital.

Washington, Dec. 31.—An appalling disaster, resulting in the death, as far as can be learned, of fifty-three persons and the injury of about fifty more, occurred at about 6:29 o'clock last night on the Baltimore and Ohio railroad at Terra Cotta, a suburb of Washington. Frederick City (Md.) local train No. 66, on the point of starting from the station, was run into by a train made up of eight passenger coaches, bound from the west for Washington.

It is expected the engineer of the empty train had failed to see the red signal indicating that another train was in the block, and plunged ahead

on his mission of death.

Nothing since the Ford theater disaster, which occurred about fifteen years ago, when a large number of government clerks were killed by the collapse of a portion of the building, has produced such a shock as the disaster last night. No railroad accident within a great many years, in the District of Columbia, has approached it in magnitude. A dense fog and a drizzling rain prevailed during the day and night and the inability of the engineer of the rear train to see the signal is attributed to this. The grade at the place where the tragedy occurred is downward and the tracks were slippery. The Frederick City train is run largely for the accommodation of those who have gone into the suburbs on Sunday and for the benefit of church goers who desire to attend Washington services at night.

Dead and Injured Taken to Capital. At first, owing to the impenetrable fog, it was impossible to determine the extent of the damage, and early rumors placed the number of killed higher than those which proved later

to be accurate. When the news reached Washington people began to go to Terra Cotta and many who had relatives killed and injured remained at the scene of the wreck until the special train conveyed the dead and injured to the city. An earlier train that had been dispatched to Terra Cotta brought the injured, whose wounds had been hastily dressed, and they were sent to various hospitals. Three died on the way to the city and one death occurred in the hospital.

The engine of the rear train is said to be one of the largest types of passenger engines used on the road. The fact of its size probably saved it from total destruction, the principal damage to it being confined to the front of the engine. Because of this Engineer Hildebrand and his fireman escaped. Hildebrand is said to have been a substitute. He and his fireman were arrested. No formal charge has been placed against them, pending an investigation.

Train Scattered Along Track. The wrecked train was composed of an engine, a smoking car and two

coaches. The two rear coaches were reduced to kindling wood and the rear of the smoker was telescoped. So great was the impact that the local train was scattered along the track for a considerable distance. Traffic was delayed by the accident and it was after midnight before the bodies of the dead could be brought to the city. There was an entire absence of attempts at theft. As soon as possible the bodies were covered and laid aside to await the coming of the train sent from the city. Many pathetic scenes were enacted as relatives searched amid the fog and darkness for the bodies of their loved ones, whom they feared were in the wreck.

From the appearance of the bodies it is believed that nearly all the victims were killed outright, or died within a few minutes of the accident.

Dr. E. O. Bolt, one of the most prominent physicians in Washington, and his young sons, Edwin and Sinclair, were passengers on the train. Edwin was killed and the father and the other son are missing. It is feared that they are among the list of unidentified dead.

Partial List of the Dead.

L. Ruppert, Washington, merchant; Mary Lofford, employed in bureau of engraving and printing; Elizabeth Pearman, Takoma Park; T. A. Kelly, Kensington; Leo Lowe, Washington; Henry Hieble, Washington; Theodore Moritz, New York; Mrs. S. A. Strowbridge and baby, Washington; May Cook and baby, Washington.

Terra Cotta is a station about three miles distant from the city boundaries. Ambulances, patrol wagons and fire engines were hastily summoned from Brookland and Washington, but it was with great difficulty that they were able to reach the place. Fortunately, the wreckage did not take fire.

Mob Lynchers a Lunatic.

Salt Lake, Dec. 29.—Lawrence Leberg, the man who was lynched at Las Animas, Colo., was taken into custody here in June last, was adjudged insane and was committed to the state hospital at Provo, where he was detained until Aug. 18. That the mob lynched a lunatic is the opinion of Dr. Calder, superintendent of the Utah asylum.

Spanish Catholics Protest.

San Sebastian, Spain, Dec. 31.—Three thousand, five hundred Catholics gathered at the bull ring to protest against the passage of the associations law. Afterwards they formed a procession and marched to the town hall, but there were no disorders.

Death of Former Senator Bowen.

Pueblo, Colo., Dec. 31.—Thomas M. Bowen, formerly United States senator from Colorado, died here, aged seventy-one years. He was prominent in state politics for many years as a Republican.

Ex-Senator Caffery Is Dead.

New Orleans, Dec. 31.—Former United States Senator Donelson L. Caffery died last night. The body will be taken to his home in Franklin, Pa., on a special train.

Dies of Self-Inflicted Wound.

Norwich, Conn., Jan. 2.—Frederick S. Camp, one of the most prominent millmen in western Connecticut, took his life by shooting. He had been ill for about six months with Bright's disease and had been despondent. Sons who survive him are Lieutenant Walter T. Camp, U. S. N., and Talcott Camp of Grand Rapids.

Automobile Fatality at Oakland.

Oakland, Cal., Jan. 2.—In a collision between an electric car and an automobile in East Oakland, George G. Young, one of the leading citizens of Alameda, was instantly killed and Mr. and Mrs. A. T. Swain of East Oakland and Mr. and Mrs. L. M. Martin of Alameda were painfully injured.

WOMEN

Kidney discourages



become that mon born weak kidneys, child urinates too often, if the urine scales the flesh, or if, when the child reaches an age when it should be able to control the passage, it is yet afflicted with bed-wetting, depend upon it, the cause of the difficulty is kidney trouble, and the first step should be towards the treatment of these important organs. This unpleasant trouble is due to a diseased condition of the kidneys and bladder and not to a habit as most people suppose.

Women as well as men are made miserable with kidney and bladder trouble, and both need the same great remedy. The mild and the immediate effect of **Swamp-Root** is soon realized. It is sold by druggists, in fifty-cent and one-dollar size bottles. You may have a sample bottle by mail free, also a pamphlet telling all about Swamp-Root, including many of the thousands of testimonial letters received from sufferers cured. In writing Dr. Kilmer & Co., Binghamton, N. Y., be sure and mention 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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W. S. BENSE, Proprietor.

Do You Eat Meat?

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

Home-made Sausages

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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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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