Do farmers eat the proper sort of food?

The farmer of today buys a much larger proportion of the food that goes on the table than he did ten years ago. It's a good thing that this is so because he has a great variety to select from.

He should, however, use great care in selecting for the best results in health and strength.

The widespread tendency in the city to increase the amount of Quaker Oats eaten is due very largely to the recent demonstrations by scientific men that the Quaker Oats fed man is the man with greatest physical endurance and greatest mental vigor.

Farmers should give this subject careful thought and should increase the quantity of Quaker Oats eaten by themselves, their children and the farm hands. 57

GOOD IDEA.

Teddy—Say, what makes yer have a gun wid such a long barrel?

Jeddy—'Cause yer kin get closer to de rabbit.

Avoid the Cheap and "Big Can" Baking Powders.

The cheap baking powders have but one recommendation: they certainly give the purchaser plenty of powder for his money but it's not all baking powder; the bulk is made up of cheap materials that have no leavening power. These powders are so carelessly made from inferior materials that they will not make light, wholesome food. Further, these cheap baking powders have a very small percentage of leavening gas; therefore it takes from two to three times as much of such powder to raise the cake or biscuit as it does of Calumet Baking Powder. Therefore, in the long run, the actual cost to the consumer of the cheap powders is more than Calumet would be. Cheap baking powders leave the bread sometimes bleached and acid, sometimes yellow and alkaline, and always unpalatable. They are never of uniform strength and quality.

Why not buy a perfectly wholesome baking powder like Calumet, that is at the same time moderate in price and one which can be relied upon? Calumet is always the same, keeps indefinitely and gives the cook the least trouble.

Entitled to It.

"How are things lookin' over to Dingledell?"

"They've been lookin' purty squeamish for a spell. Th' creek got so blame high it overflowed Peasley's dam, an' there's two foot o' water in Widder Brown's cellar."

"Well, well, I s'pose you folks over there will be so stuck up pretty soon thet you'll be callin' yourselves th' Parisians of Ameriky."

WORTH KNOWING

Simple But Powerful Prescription for Rheumatism and Lame Back.

This was previously published here and cured hundreds. "Get one ounce of syrup of Sarsaparilla compound and one ounce Toris Compound. Then get half a pint of good whiskey and put the other two ingredients into it. Use a tablespoonful of this mixture before each meal and at bed time. Shake the bottle each time." Good effects are felt the first day. Any druggist has these ingredients on hand or will quickly get them from his wholesale house.

Called Her Bluff.

"He's a brute!"

"What has he been doing now?"

"I threatened to leave him and he told me he would button my gown up the back if I would hurry."—Houston Post.

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it Bears the Signature of Chas. H. Fletcher.

In Use For Over 30 Years.

The Kind You Have Always Bought.

Don't kick when your wife asks if her hat is on straight. Rather feel proud that she has the graciousness to liken you to a plumb.

Beautiful Post Cards Free.

Send 4c stamps for five samples of our very best Gold and Silk Finish Birthday, Flower and Motto Post Cards; beautiful colors and loveliest designs. Art Post Card Club, 732 Jackson st., Topeka, Kan.

The diminutive chains of habit are seldom heavy enough to be felt till they are too strong to be broken.—Samuel Johnson.

"Pink Eye" in Epidemic.

Attacks the Eyes in the Springtime. Is Contagious and Calls for Immediate Action. Murine Eye Remedy Affords Reliable Relief. It Soothes. Apply Murine Freely and Frequently. Doesn't Smart.

No Deposits.

"Do you think there's money in hens?"

"Well, if there is they keep it well secured."—Exchange.

PILES CURED IN 6 TO 14 DAYS

PAZO OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

Always hold in mind that even failure can be the alphabet of success.—Wilson.

PERRY DAVIS' PAIN-KILLER

has an enviable reputation of over a forty years as a reliable remedy for bumbago, sciatica, neuralgia, stitches, etc., 25c, 50c and 100c. At all druggists.

Some men go to their graves without discovering that they were not as important as they thought they were.

Mrs. Winslow's Soothing Syrup.

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

The man who worships a womat will never develop into a free thinker

NOTHING NEW IN IDEA OF ALDRICH

Inquiries Similar to One He Asks Have Been Made Before.

BROUGHT FORTH NO RESULTS

Reports Concerning Economy Generally Pigeonholed—President Taft Not Worrying Over Roosevelt's Return—Interest Over Investigations.

Washington.—Senator Aldrich's bill to create a "government business method commission" is a measure somewhat similar to others that have been introduced in the past in congress. There have been inquiries aforetime into the business methods of the departments with a view to discovering ways and means to save money, but the reports which were turned in were pigeonholed as a rule or, if action was taken, it had no adequate result in reducing expenses.

Years ago the term, "billion dollar congress" was used merely for the purpose of getting the effect which sometimes comes from a picturesque exaggeration. No one dreamed 20 years ago that at any one session of congress there would be appropriated for the expenses of the government a sum of money reaching anywhere near the billion mark. Last year, however, congress appropriated $1,040,000,000, and this year it will appropriate in all human probability about the same amount.

The government work constantly is expanding. As the people grow, their expenses grow, and therefore if in 1910, the appropriation bills are just the same as they were in 1909, it of necessity marks a saving after all. The fact that there is not likely to be any growth in the appropriations this year over that of last year is due largely to the pruning methods which have been adopted in the committees of congress which scrutinize the supply bills.

Clever Political Work.

It is regarded in Washington as a bold, and it may be a successful party stroke for the leader of the Republicans in the senate to come out as he has for a reduction of the expenditures of the government. The Republican party has been charged with extravagance. The Democrats say that even if Mr. Aldrich's bill becomes a law, the business men's commission find out real money can be saved, and money finally is saved, this will not clear the Republicans of the charge of extravagance in the past. The Democrats also say that if the commission shall find that it has been costing $140,000,000 to run the navy department, for instance, and it can be shown that the same results could have been reached with an expenditure of one hundred millions, the majority party is bound to suffer.

Employes in Protest.

Any scheme for the investigation of the departments with a view to cutting down expenditures is bound to be met with opposition from the great force of government employes, some 30,000 in number, who are on the labor rolls in Washington. A great many of these small officials, clerks, messengers, stenographers, doorkeepers and laborers have families dependent upon them and with their families they make up a large percentage of the population of the capital city. If economy means a cutting down of salaries or a dismissal of a part of the working force employed, the reason for the opposition of the clerks and others readily can be seen.

Desire for True Economy.

It is possible and perhaps entirely probable that economy in government work can be secured without any way affecting the pay of the government employes. The government spends so much money in building battleships, in putting up public buildings and in contract work generally that it will be found that the three hundred millions which Mr. Aldrich thinks can be saved every year under the application of business methods, may be saved without the necessity of going outside of the greater bills which Uncle Sam has put up to him every year.

It always has been said that there could be a great saving in government expenditures if absolute business methods were applied, and it is very probable that this is true. If there is a chance to save three hundred million dollars, perhaps the expenditure of the few thousands that a commission of inquiry will cost will not be unwise.

President Not Worrying.

There is no evidence that President Taft is worrying in the least about what Col. Theodore Roosevelt may say concerning the progress or the lack of progress of the policies of the present administration. It is apparent that the president holds to the belief that Mr. Roosevelt will believe in his absolute sincerity of purpose, and that even though congress does not put through all the advanced legislation which the president has recommended Mr. Roosevelt will realize that the fault is that of congress and not the administration.

It is curious from how many viewpoints the return of the strenuous one to this country is looked at. There are those advanced Republicans, who are so progressive that their fellow party members call them radical, who seem to think that the instant the former president sets foot on this soil he is going to issue an edict of disapproval of everything that Mr. William Howard Taft has done since he entered the White House. Then there are the Republicans who are progressive without being markedly so, who say that Mr. Roosevelt will give expressions of approval to some of Mr. Taft's acts and of disapproval to some of his other acts. Then there are the old line Republicans who believe that Mr. Roosevelt will hold his peace.

Then come the Democrats, who look at the thing from a political rather than from a personal point of view, and who say that Mr. Roosevelt, being a good politician and knowing the value of making the party record appear as good as it can be made, will indorse the Taft administration and will simply bend his own writing energies to aid the energies of the president in getting the party to go ahead faster than it has along the line of progression.

Hopes of the Democrats.

The Democrats say, however, that the extreme conservatives in the Republican party who have control of the house and senate will refuse to go ahead on the new paths of progress any faster than they have been going in the past, and that as a result the combined editorial efforts of Mr. Roosevelt and the administration efforts of Mr. Taft, will avail nothing to get the party to move fast enough to satisfy the people—ergo the next national administration is bound to be Democratic.

Theodore Roosevelt is recognized as being the man who was practically responsible for making William H. Taft a candidate for the nomination for the presidency. It is no secret, and Mr. Taft does not deny it himself, that he did not care to enter the campaign for the nomination. His chief ambition was to have a seat on the bench of the supreme court of the United States. If he had not been urged to enter the field as a candidate for the presidency he probably would be on the supreme bench to-day. He yielded unquestionably to the persuasions of his friend, who then was president, and became an active candidate.

Roosevelt's Probable Action.

Now, when it is considered that for years Theodore Roosevelt leaned on his secretary of war, Mr. Taft, as he leaned on no other member of his cabinet, and it is remembered how he constantly alluded to the great work which his war secretary was doing, it can be readily understood why it is that the colonel's friends do not think that he will become hastily an adverse critic of the man in whom for so long a time he had placed his confidence. It may be that Col. Roosevelt is disappointed because his party already has not carried out every pledge that was made in the national platform. It may possibly be that he is disappointed in President Taft, but even if this is so his friends in Washington say he is going to keep his own counsel for a long time yet to come.

Investigations Interest.

The interest in Washington actually seems to be sharper to-day in the investigations under congressional supervision which are going on, than in any legislation which is pending before the lawmakers. The Democrats say that the Republicans are busy investigating themselves, but nonpartisan fairness would make it appear that the Democrats are right only in part.

Here is a list of the investigations and inquiries, for inquiry is a better word to apply in some cases, which are now under way or in present prospect:

Relating to the official conduct of Richard A. Ballinger, secretary of the interior, and Gifford Pinchot, former United States forester.

As to the cost of living.

An inquiry into the business methods of the various departments of the government with the view of discovering, if possible, why it costs so much to run the federal machine.

An inquiry into the monetary systems of other countries preliminary to the introduction of legislation establishing a sound currency system in the United States.

An investigation with reference to immigration.

A study of waterways at home and abroad.

An inquiry to determine whether the maximum rates of the new tariff law shall be applied to any nation.

Are Somewhat Costly.

Some of the members of congress have said that the expenses of the several committees and commissions will amount to pretty close to a million and a half dollars. A study of the paragraphs setting forth the investigations which are being conducted will show that the Democratic statement that the Republicans are investigating themselves has perhaps bearing in real truth on only the investigation into the conduct of Secretary of the Interior Ballinger and former United States Forester Pinchot.

Of course congress, which votes the appropriations, is necessarily to be held responsible for the increased expenditures which there may be in the departments of the government, because no branch of the service can spend money that congress has not authorized by appropriation. The Republicans being in the majority in congress necessarily must bear the blame if it shall be shown that there has been any extravagance in the matter of hiring too many clerks or spending too much money in any departmental way.

GEORGE CLINTON.

Wasted Life.

He who lives solely for himself, lives not at all.

BIG STRIKE NOW ON

PHILADELPHIA UNION MEN QUIT WORK IN SYMPATHY.

WHEELS STOP AT MIDNIGHT

Revival of Rioting Coincident With New Movement, and Fear That It Is Forerunner of Serious Trouble.

Philadelphia, Pa.—Between 50,000 and 75,000 union workers on strike, 100 different branches of industry affected and a renewal of rioting in which two men were shot, is the situation which confronts Philadelphia early Saturday.

The police are apprehensive as to the outcome. With hundreds of men idle, forced to quit their usual vocations, as their leaders allege, because of the obstinacy of the officials of the Rapid Transit company, it will be an easy matter to fan the spark of discontent into a flame of lawlessness. Director Clay, however, has no hesitation in declaring that he has enough men at his command to crush any uprising.

The Rapid Transit company stated Friday night that every effort would be made to maintain trolley service. Cars will be dispatched from all barns, they state, at as nearly regular intervals as possible, and will be increased if police protection is given.

Encouraged by messages of sympathy and offers of assistance from labor organizations from all parts of the country, the united workers of the many trades ceased work at midnight and inaugurated what promises to be one of the greatest sympathetic strikes in the history of organized labor. The committee of ten say that at least 75,000 organized workers, as well as many unorganized sympathizers of the street car men have ceased work.

Promptly at midnight union orchestras playing in the leading hotels and cafes picked up their instruments and started for their homes. Union cab drivers and chauffeurs also abandoned their posts, and the hotel and railroad cab and automobile service in the city are members of a union, and refused to take out their machines after the strike had gone into effect.

Demands the Proof.

Washington, D. C.—Proofs of Commander Peary's discovery of the north pole caused a row in the house committee on naval affairs Friday. Two members of the national geographic society appeared before the committee with copies of Mr. Peary's proofs to urge the granting of a suitable reward by congress to the noted explorer, but the committee declined to receive them in confidence, with the usual result that the committee has made it known that unless the Peary proofs are forthcoming to the full satisfaction of the committee that every bill introduced for the purpose of rewarding the north pole discoverer will be pigeon-holed.

Three members of the committee were in favor of recognizing the Peary proofs and making them public. Representative Macon hotly objected, and after declaring his position, stalked angrily from the room.

"I am against any legislation in the dark," Mr. Macon sharply told the committee. "Furthermore, if this committee decides in favor of Peary without inspecting the full reports and making them public, I will expose the whole business on the floor of the house or in a statement to the press. The American people have a right to know what we are rewarding him for."

To Welcome Colonel Home.

New York.—One hundred and fifty prominent New Yorkers were named by Mayor Gaynor to comprise the committee which will give Theodore Roosevelt a welcome home from his hunting expedition in Africa. Cornelius Vanderbilt heads the welcoming committee as chairman, the second name being that of Mr. Loeb. The committeemen include the following: Seth Low, Otto T. Bannard, Herman Ridder, General Horace Porter, Levi P. Morton, Andrew Carnegie, Joseph H. Choate, Elihu Root, jr., Paul Morton, George B. Cortelyou, John Fox, president of the dramatic club; John Hays Hammond, J. P. Morgan, jr., and Lloyd C. Griscom.

Editors Endorse Cannon.

Danville, Ill.—Twenty republican editors of the Eighteenth congressional district of Illinois, represented in congress by Speaker Cannon, Friday at a meeting in this city endorsed the speaker's policies, called upon him again to be a candidate for congress, approved the Payne-Aldrich tariff bill and paid high tribute to President Taft and Governor Deneen.

Farmer Is Shot and Killed.

Ashland, Wis.—Gustave Kirston, a prosperous farmer, living near Butternut shot and killed John Bryan during a quarrel with Frank Sturgeon, whom Bryan was trying to protect.

Bryan got between the combatants and was shot through the body. Sturgeon ran and has not been seen since. Kirsten gave himself up.

Montgomery Ward Injured.

Pasadena, Cal.—Montgomery Ward of Chicago was seriously injured in an automobile accident here. His left shoulder was broken when he fell from the tonneau of the machine. He refused to be operated upon. The automobile top collapsed while Mr. Ward was out driving and he was thrown out of the machine. An examination at the hospital showed that his left shoulder had been fractured and that he had sustained other injuries, which, on account of his age, will make recovery slow.

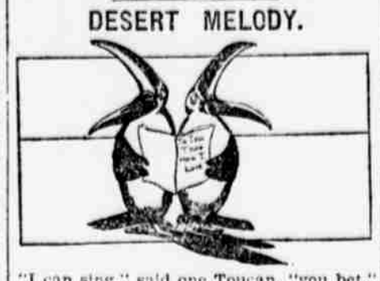
A TRAIN LOAD OF TOBACCO.

Twenty-four Carloads Purchased for Lewis' Single Binder Cigar Factory.

What is probably the biggest lot of all fancy grade tobacco held by any factory in the United States has just been purchased by Frank P. Lewis, of Peoria, for the manufacture of Lewis' Single Binder Cigars. The lot will make twenty-four carloads, and is selected from what is considered by experts to be the finest crop raised in many years. The purchase of tobacco is sufficient to last the factory more than two years. An extra price was paid for the selection. Smokers of Lewis' Single Binder Cigars will appreciate this tobacco.

—*Peoria Star, January 16, 1909.*

DESERT MELODY.



"I can sing," said one Toucan, "you bet,"
"I, too, can," said one that he met.
"So if I can, and you can,
We two can, we Toucans,"
So the two Toucans sang a duet.

THIS TELLS THE STORY.

Los Angeles, Cal., Jan. 2, 1910.
1427 West 28th St.
Uncle Sam's Breakfast Food Co.,
Omaha, Neb.

Gents:—

My mother has used your food for over one year, and it has done her so much good that she feels she can't get along without it, and as no one has it out here, I want to know what a case of 1 or 2 dozen packages will cost me, F. O. B. Omaha or Los Angeles, by freight.

Yours Truly,
J. L. WOODSON.

We certify that the above letter is a true copy of the original and was not solicited.

U. S. BF. F. CO.

Thinking of Garden Time.

Bacon—I think much of the man who can make two blades of grass grow where one grew before.

Egbert—I've not got my eye on him. I admire more the man who can make only one weed grow where a dozen grew before.

$100 Reward, $100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address F. J. CHENEY & CO., Toledo, O.
Sold by all Druggists, 75c.
Take Hall's Family Pills for constipation.

Excellent Connection.

"Is his family well connected?"

"Extremely so. They have an exclusive private 'phone."

BREAK UP THAT COUGH

with Allen's Lung Balsam, the popular family remedy. It cures where other remedies fail. All dealers, 25c, 50c, $1.00 bottles.

The decollete-gowned woman is seldom deceitful; at least, she doesn't try to conceal much.

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

It doesn't take one long to become an expert fault finder.

A Worthy Remedy.

If you suffer from any Stomach, Liver, Kidney or Bowel trouble, you will find **Hostetter's Stomach Bitters** a thoroughly **reliable remedy** and worthy of your utmost confidence. Give it a **fair trial** and see for yourself how good it is in cases of **Poor Appetite, Belching, Sick Headache, Indigestion, Costiveness, Colds, Grippe & General Weakness. Get**

HOSTETTER'S CELEBRATED STOMACH BITTERS

Your Liver is Clogged up

That's Why You're Tired—Out of Sorts—Have No Appetite.

CARTER'S LITTLE LIVER PILLS will put you right in a few days. They do their duty. Cure Constipation, Biliousness, Indigestion, and Sick Headache.

SMALL PILL, SMALL DOSE, SMALL PRICE

GENUINE must bear signature: Brent Good

RHEUMATISM

COPPER PLATE — ZINC PLATE

Cured Right at Home

by ELECTROPODES. New Electric Treatment. Galvanic inside—copper and zinc—worn inside shoes. Invigorate entire body. Nerves become "live wires." Positive cure for Rheumatism, Neuralgia, Backache, Kidney and Liver complaints. Price only $1.00. Your money returned if not satisfactory. Guarantee signed with each sale. Electropodes are mailable. If not at your Druggist's, send us $1.00. State whether for man or woman.

WESTERN ELECTROPODE CO.
245 Los Angeles St., Los Angeles, Cal.

SOUR STOMACH

"I used Cascarets and feel like a new man. I have been a sufferer from dyspepsia and sour stomach for the last two years. I have been taking medicine and other drugs, but could find no relief only for a short time. I will recommend Cascarets to my friends as the only thing for indigestion and sour stomach and to keep the bowels in good condition. They are very nice to eat."

Harry Stuckley, Mauch Chunk, Pa.

Pleasant, Palatable, Potent, Taste Good, Do Good. Never Sicken, Weaken or Gripe. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C C C. Guaranteed to cure or your money back. 926

PIT & PITLESS SCALES.

For Steel and Wood Frames, $25 and up. Write us before you buy. We save you money. Also Pumps and Wind Mills. DEMAS BROS., Des Moines, Ia.

PATENT Book and Advice FREE. Mason, Fenwick & Lawrence, Washington, D.C. Est. 40 yrs. Best references.

W. N. U., LINCOLN, NO. 11-1910.

The Tenderfoot Farmer

It was one of these experimental farmers, who put green spectacles on his cow and fed her shavings. His theory was that it didn't matter what the cow ate so long as she was fed. The questions of digestion and nourishment had not entered into his calculations.

It's only a "tenderfoot" farmer that would try such an experiment with a cow. But many a farmer feeds *himself* regardless of digestion and nutrition. He might almost as well eat shavings for all the good he gets out of his food. The result is that the stomach grows "weak" the action of the organs of digestion and nutrition are impaired and the man suffers the miseries of dyspepsia and the agonies of nervousness.

To strengthen the stomach, restore the activity of the organs of digestion and nutrition and brace up the nerves, use Dr. Pierce's Golden Medical Discovery. It is an unfailing remedy, and has the confidence of physicians as well as the praise of thousands healed by its use.

In the strictest sense "Golden Medical Discovery" is a temperance medicine. It contains neither intoxicants nor narcotics, and is as free from alcohol as from opium, cocaine and other dangerous drugs. All ingredients printed on its outside wrapper.

Don't let a dealer delude you for his own profit. There is no medicine for stomach, liver and blood "just as good" as "Golden Medical Discovery."

SPOHN'S DISTEMPER CURE

FOR **PINK EYE** DISTEMPER CATARRHAL FEVER AND ALL NOSE AND THROAT DISEASES

Cures the sick and acts as a preventive for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy; 50 cents and $1.00 a bottle; $5.00 and $10.00 the dozen. Sold by all druggists and horse goods houses, or sent express paid, by the manufacturers.

SPOHN MEDICAL CO., Chemists, GOSHEN, INDIANA

CURES CONSTIPATION, BILIOUSNESS, RHEUMATISM, STOMACH AND LIVER COMPLAINT

GET A 25c BOX ALL DRUGGISTS

Nature's Remedy NR TABLETS

EASY—SURE TO ACT

BETTER THAN PILLS FOR LIVER ILLS

A. H. LEWIS MEDICINE CO., ST. LOUIS, MO.

FOR SALE A limited amount of Great Western Portland Cement, paying a dividend of 8%

We are obliged to enlarge our plant, due to the increase in business, and offer the above stock to those seeking investments.

For particulars, address

GREAT WESTERN PORTLAND CEMENT CO. AM. BANK BLDG. KANSAS CITY, MO.

MICA AXLE GREASE

is the turning-point to economy in wear and tear of wagons. Try a box. Every dealer, everywhere

STANDARD OIL CO. (Incorporated)