

THE FACTS ABOUT PORK

Though Slow of Digestion, is One of Surest Foods in Energy-Giving

(From "Some Diet Delusions" by Woods Hutchinson, M. D., in April McClure's.)

Even though it takes pork four hours to leave the stomach, and six more to be dissolved and absorbed in the small intestines, what does that matter so long as it is completely assimilated by the end of that time, as it is in 90 per cent of all digestive canals? It is the slowest, but also one of the surest foods that we have to give off its energy to the body. Its very slowness is what gives its splendid staying powers for hard work, whether muscular or mental.

As a matter of fact, I have seen more cases of dyspepsia cured by the use of breakfast bacon than by any kind of drug or restricted diet.

Stomachs can be spoiled by giving them too little to do almost as easily as by giving them too much. A healthy stomach fit to cope with the emergencies of life must be able to digest not only that which is digestible, but much that is difficult of digestion, and this is the standard which should be aimed at in dietetic therapeutics. As Prof. Max Einhorn puts it: "The diet in health should not always comprise the most easily digestible substance. For by doing so we weaken our digestive system." Besides, a large bulk of indigestible residue is absolutely necessary to stimulate the lower bowel to proper action. We need "hay" just as horses do. Pork, including ham and bacon, is easily our second most valuable meat food, and has laid the literal foundation of our

western civilization. What would an army, an exploring party, a railroad gang, a lumber camp or a harvest field be without bacon-

The Gossip

"But, really," said Miss Goodley, serenely, "you shouldn't say these things about Miss Alley. It's enough to think they're so, but as to saying them--"

"Oh," replied Miss Gaussip, "I don't really think they're so; I only say they are."—Philadelphia Press.

No Escape

"I hear you are going to marry the fascinating Widow Smith?"

"Who told you I was?"

"She did; isn't it true?"

"I didn't know it; but if she says so, I guess it is."—Houston Post.

Less Talk

"Yes, madam," said the doctor, "your husband needs a rest."

"I know, doctor," repeated Mrs. Nagget, "but he won't listen to me."

"Don't compel him to listen to you. That's the sort of rest he needs most."

—Philadelphia Press.

Only Two

"Speaking of bonnets," began Mrs. Spenders, "I wonder what styles—"

"My dear," interrupted her husband "bonnets are always divided into two styles—the style you don't like and the style I can't afford."—Philadelphia Press.

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PEOPLE WHO LIVE ON SEAWEED

Norway Natives Use It as Their Best Crop and for Many Purposes

The gathering and burning of seaweed on the coast of Norway in the spring of the year has become a valuable industry, says an exchange. The ashes thus obtained are shipped to this country for fertilizing purposes, and many valuable chemical substances are extracted from them, the most important being iodine.

The weed grows in veritable forests; not the common grass variety, but actual trees from five to six feet in height, with stems like ropes, and leaves as tough as leather. It begins to sprout in March and April, and gradually covers the ocean bed with a dense, impenetrable brush. In the autumn the roots release their suction-like grip on the rocky bottom, and the autumn winds wash it ashore in such great quantities that the weed looks like a huge brown wall along the entire coast.

At the close of each clear day the whole coast seems to be aflame from the thousands of bonfires that are kept burning far into the night.

HOW TO TRAIN YOUR DOG

In managing your dogs there will not perhaps, be much fun unless you can follow your individual notions on what constitutes enjoyment. There is not, perhaps, a single thrill in twisting your soul to carry out processes which rasp against the grain. However, I am not your parish priest, but a dog man. Whatever your imagination may invent, a dog is still a dog, and has none of the attributes which we assign to ourselves when we feel mushy. A dog understands "yes" and is equally competent to grasp the "no." Outside of that he is all dog and fol-

lows his dog ways. He indulges in no mental refinement and will not comprehend many of your changes of mood or mind. Whatever you undertake to teach, make it plain, simple and unchangeable. It is a pity that he must be taught not to jump up on people and compliment them with his carresses. He means well, but must be disciplined sternly into knowing that it is no good form under any circumstances. The discipline need not be accompanied by any severity. A light touch with a whip, if applied invariably, will soon settle the matter. Some kennel men adopt the plan of stepping lightly on the hind foot, and it is perhaps the clearest way of conveying the idea.

A BIG GOD

Two miles from Kamakura, in Japan, on a terrace near the temple, sits the most gigantic idol in the world. It is the brazen image of a diety, and dates from the reign of Emperor Shomu, who died A. D. 748. The dimensions of this idol are colossal. His height, from the base of the lotus flower upon which he sits to the top of his head, is 63½ feet. The face is 16 feet in length and 9½ feet wide, the eyes are 3 feet 9 inches from corner to corner, the eyebrows 5½ feet, and the ears 8½ feet. The chest is 20 feet in depth, and the middle finger is exactly 5 feet long. The fifty-six leaves of the lotus throne are each 10 feet long and 6 feet wide.—Spare Moments.

REQUISITE FOR LIFE

..A man will die for want of air in five minutes, for want of sleep in ten days, for want of water in a week, and for want of food at varying periods, depending on other circumstances.

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