By D. M. AMSBERRY

BROKEN BOW, - - NEBRASKA

When some people tell us they did their best, we wonder what their worst is like.

Among the prominent members of the smart set present at Newport was the chimpanzee.

Beer put up in tablet form looks like another wicked side door contrivance of the enemy.

A man loves a woman because he wants to. If he marries her it is because she wants him to.

Julia Ward Howe says the world is growing better, but she is 88, and naturally can't go out much.

By the way, did you ever notice what your toes think when a fat woman steps on them in the street car?

Anyhow, the proposed society of the Sponsors of the United States navy will include a lot of pretty girls. It is said that Cleveland girls are

smoking eigarettes to ward off mosquitoes. That is not all they will ward The overproduction of French wine,

fraught with peril as overindulgence A Georgia man shot the postmaster because his mail was late. His defense will probably be "the unwritten

genuine and bogus, is almost as

A Buffalo preacher says that hell is full of peek-a-boo waists, so man can't dodge the job of buttoning them even after death.

"Are the people apathetic?" asks the Kansas City Times. We don't know as to that, but we can say that most of them are perspiring.

Let the perpetual knocker be sent to the rock pile where his hammer may be aptly employed making little ones out of big ones.

The flea on the tail of the dog of the wife of the wild man of Borneo will doubtless be surprised to find that motor cars have invaded the island.

As a result of this anti-whiskers crusade, an Iowa man shaved off his spinnakers and was thrown out of the house by his wife, who mistook him for a tramp.

That dinosaur is variously reported as having been found in Oregon, Wyoming and Montana. But remember his immense size, which probably accounts for it.

Automobiles are being sold in Borneo, and we may suppose that the wild men over there will at once join in the march of civilization by applying for jobs as chauffeurs.

' Mme. Emma Eames says she doesn't believe she will ever marry again. However, she has just started for Europe and there are many hard-up gentlemen with titles over there.

One way to get rid of a mosquito, explains the Baltimore Sun, is to firmly slap him in the face, and at the time exclaiming haughtily: "That for you, sir," or madam, as the case may

Complaining about the quality of the modern umbrella, Mr. Max Henry Newman writes to a newspaper: "A good umbrella is somewhat like a good poet, hard to find." Why not buy one, Max?

If two Moorish armies fight five or six days with a total death list of 32. both sides included, how long could all the real and make-believe soldiers in Morocco stand up in front of a few French regiments?

A lecturer on "The Philosophy of Art" at the Harvard summer school declared that beauty, which is a func tion or entelechy subsisting between an organism and its object when the adaptation of one to the other is complete and harmonious with the organism's act of perception, is grounded upon the paycho-physical character of the organism, which determines the form of the beautiful object. All of which goes to confirm us in the belief that beauty is only skin deep after all.

Scientists in the bureau of ethnology at Washington say men are practically of the same stature and have the same size of brain to-day as before the dawn of history when they were busy hunting the woolly rhimoceros in the Thames and Seine valleys. The scientists ought not to talk this way. Do they expect any one to-believe that it took as much brains to-hunt a woolly rhinoceros, inquires the Indianapolis Star, skeptically, as it does to chase the festive baseball or pursue and capture the fugitive dollar?

That mother-in-law joke, which has been everworked anyway, will have to be called in. A wealthy Cleveland lawyer was so disconsolate because his mother-in-law left his home that he went to the courts and took out a writ of habeas corpus to get her back again. He based his application on the statement that the estimable lady had been induced through misrepresentation to forsake his domicile and was restrained by force from coming back. The mother-in-law, speaking generically, has been grossly wronged. At last she is getting a full vindication.

## The State Capital

Matters of General Interest Nebraska's Seat of Government

Primary Law Instructions.

The county clerk of Cass county telephoned to the attorney general that with the poll books sent to his county was enclosed printed instructions how to make up the primary ballot. It was stated in the instructions that a blank line was to be left upon which the voter could write in a name. Attorney General Thompson and Secretary of State Junkin have not sent out any instructions how to make up the ballot, but have left that to the discretion of the county clerks, who are supposed to follow the law in the matter. Any instructions sent out with the poll books are sent without authority from the state officials and should. according to Mr. Junkin, have no weight with the county officials. Just how the instructions got into the poll book package, of course, is not known at the state house. These books are sent out by the printers and the county clerks get their printing done where they please. The following two letters contain all the matter sent out by the secretary of state and any matter other than this is without his

August 15, 1907 .- County Clerk: In sending you certificates of filings of candidates to be voted for in the September primary, this department did not undertake the formation of an official ballot.

We refer you to sections 8 and 9 of the Primary law as to who shall make up, and the form of ballots.

We send you under separate cover blank forms to make returns to this office as provided in section 23. We also shipped you by mail one copy of the Primary law for each voting precinct in you county.

Please acknowledge receipt of laws and abstracts or notify this office in regard to them.

To the County Clerks of Nebraska: Gentlemen: In accordance with the provisions of section 33 of the primary election law it has been decided by the attorney general and secretary of state that a separate poll book must be used for each of the political parties, and they shall be designated by having the colors covered as follows: Socialist, red; prohibition, white; republican, blue; democrat, green; people's independent, yellow.

#### A Trip by Governor Sheldon.

Governor Sheldon is soon to take a trip with other western governors, which in importance will exceed any journey he has taken since he became governor of Nebraska. He will go to Keokuk, Ia., to help entertain Presi- the vouchers were given to him for fent Roosevelt and accompny his party inspection, and he signed the certifito St. Louis, where the president is to speak October 2. At St. Louis the governors will be the guests of the business men's league and after viewing the Veiled Prophet parade on the streets and attending the grand ball at night, will go with President Roosevelt down the Mississippi river to Memphis to attend a deep water convention. Governor Sheldon has a plantation in Mississippi and has spent much time there and became well acquainted with southern people and their customs. Governor Cummings in vited Governor Sheldon to come to Keokuk to help entertain the president in that city October the first. This will probably be Governor Sheldon's last trip outside the state this year and he may make very few journeys away from Lincoln. He has spoken at many towns in Nebraska since he became Governor, but now finds that official duties require him to remain at his office more than in the past. He will be obliged to decline all invitations to deliver addresses during September and October.

### Burlington Passes.

Nearly 7,000 trip passes were issued by the Burlington railroad during the month of July, according to the report filed with the railway commission. Officers and employes, their families and relatives, and even servant girls employed by officers, appear to be in the list. Many of the trips are labeled visits. As in the past, the railway commission is in the possession of no information showing that the persons listed as employes are entitled to passes under the anti-pass law which provides that only "bona fide employes, the major portion of whose time is devoted to the service of the company, and the dependent members of their families" may receive passes. F. L. Wolff of Cambridge is in the list as a lawyer who received transportation from the company without paying for it in cash. In the entire list of nearly 7,000 only one case is reported as a charity case, a woman who was carried from Lincoln to Plattsmouth at the request of the Lincoln charity organization.

Express Case Next Week, Federal Judge T. C. Munger informed Attorney General Thompson he will take up the matter of the express companies just as soon as Judge W. H. Munger returns, which will be has declined to appoint delegates to this week. Judge Munger said he hoped to have all of the state matters now in the federal court passed upon called for the purpose of harmonizing by September 1. This includes the opinion in the case of the jurisdiction in the matter of the application of the state for an injunction to prevent the railroads from violating the legisla-

tion enacted last winter.

Railroad Must Fix Tracks, Members of the State Railway com-

mission have returned from their inspection of the Missouri Pacific tracks and they are now at work on an order having for its object a general overhauling and fixing up of the physical property of the road in Nebraska, The commissioners brought back the same report, a story of wornout rails and broken ties and the absence of signs of repair. In most instances sections of six miles in length are looked after by one foreman and a helper. According to the commissioners the photographs filed by the protesting trainmen are more than verified. Commissioner Williams continued his investigations down into Kansas and where the state line was crossed the train ran onto seventy-five pound ralls and moved along as smooth as glass. He was informed by an official on the train that it was the intention of the owners to supply Nebraska with the same kind of rails this year, but instead they had sent up the large size engines, and these are being used over the objections of the engineers who protested to the officials. It is the belief of employes interviewed by the commissioner that when the tracks freeze up these big engines will smash the present light rails into smithereens. In the meantime he said freight trains a mile in length was a common sight and fifteen trains a day are scheduled south of Auburn, just an indication of the business this road is doing in Nebraska. Judge Williams was refused a permit to ride on a freight, from which the public is barred and he had to walk from Auburn to Howe, a distance of six miles, then drive to Stella, where he caught the train to Falls City. He then went on to Reserve, Kas., and came back to Weeping Water and in from there to

University Warrants Held Up.

A large number of university employes and instructors and others are liable to go without their August pay for a long time, as State Treasurer Brian refused to sign the warrants which were issued by the auditor upon the certificates filed by the state board of regents, Mr. Brian refused to act because Secretary of State Junkin refused to indorse the certificates until the youchers from which the certificates were issued were submitted for his inspection. Until the state treasurer affixes his signature to the warrants they are worth just the paper they are printed on. Mr. Brian said he would countersign no warrant when he knew the voucher had not been indorsed by the secretary of state, as the constitution clearly provides the secretary of state and the auditor shall audit and sign all vouchers for money to be drawn out of the state treasury. Some time ago Mr. Junkin served notice upon the regents that he would not sign certificates issued by them until he had examined the vouchers supposed to be on file at the State university. That month

Exchange of Land Prospects.

The associate forester of the United States has written a letter to Governor Sheldon, detailing a plan for the state to exchange all its lands in national forest reserves for a solid block of national forest land in the state, to be agreed upon by the state and the secretary of agriculture. It is proposed the exchanged lands shall approximately be equaled in area and value to the land given by the state. This associate forester says the present situation involves hardships for the state, as some of them own other lands selected as indemnity on account of grants in quantity by congress and included within the forest reserve, after selection, their holdings are scattered and cannot be economically administered as forest land or sold on such good terms as the state could get if the several tracts were not isolated.

Free Freight to the Fair.

According to a supplement of the special rules and regulations on freight traffic, effective after August 19, 1907. the Burlington railroad has announced its intention of hauling free of charge exhibits to the state fair other than live stock. This will be brought about by a rebate of the one way charges that must be paid when the exhibit is sent to the fair. If no part of it is sold while there the return will be free of charge, and a presentation of a certificate from the secretary of the board that the goods have actually been on exhibit will secure the return of the one way prepaid charges on the outgoing trip. If the goods are sold, or any part of them, the amount of freight on that part will not be refunded.

Horse Show at the Fair.

The display in the horse department at the state fair, September 2 to 6, promises to excel anything ever seen on the grounds in this state. There will be great numbers of Percheron, and French draft, Clydes and Shires, English, French and German

ceach horses. No Delegates Will Go. Governor Sheldon is not going to permit Nebraska to be represented at a convention which he believes will be dominated by corporations. He a convention which the West End Business Men's club of St. Louis has the strained relations which exist between state and federal courts in many parts of the country. The governor, being optimistic, does not believe the country is so near a crisis as the St. Louis club thinks.

METHOD IN HIS SOLICITUDE.

Willie's Deep Interest in Playmate's Health Explained.

This story is well in keeping with the spirit of the age, says the New York Tribune. A Bronx man tells it about his little boy. The neighbor's young hopeful was very Ill, and Willie and the other youngsters in the block had been asked not to make any noise in the streets. The neighbor's bell rang one day and she opened it to find Willie standing bashfully on her front

"How is he to-day?" he inquired in a shy whisper.

"He's better, thank you, dear, and what a thoughtful child you are to come and ask."

Willie stood a moment on one foot and then burst forth again, "I'm orful sorry Jimmy's sick.

The mother was profoundly touched. She could find no further words to say, but simply kissed him. Made still bolder by the caress, Willie began to back down the steps, repeating at intervals his sorrow for his playmate's illness. At the bottom step he halted and looked up. "If Jimmy should die," he asked, "kin I have his drum?"

FOR SELFISH ENDS.

The Efforts Being Made by the American Medical Association.

The Political activity of the American Medical Association has become so pronounced as to cause comment in political circles especially as the the avowed purpose of the Doctors of the "Regular" or Allopathic school, of which the Association is chiefly composed, is to secure the passage of such laws as will not only, prevent the sale of so-called "Patent" medicines, but will restrict the practice of medicine and healing to the "schools" now recognized. This in many states would prevent the growing practice of Osteopathy, and in nearly every state would prevent the healers of the Christian Science and mental science belief from practicing those sciences in which the faith of so many intelligent people is so firmly rooted.

The American Medical Association has a "Committee on Legislation," and the committee has correspondents in practically every township some 16,000 correspondents in all. This committee at the last session of the American Medical Association held in June of this year expressed a hope that a larger number of physicians than heretofore will offer themselves as candidates for Congress at the first opportunity. In its annual report this Committee said: "To meet the growing demands of the movement, however, particularly if the work of active participation in State legislation is undertaken, a larger clerical force must be employed."

This is almost the first time in the history of the United States that any organized class has frankly avowed the purpose of capturing legislatures and dominating legislation in their own selfish interests.

The American Medical Association has about 65,000 members of whom 27,000 are "fully constituted members" and the rest are members because of their affiliation with state or local societies. The Association owns real estate in Chicago valued at \$111 .-781.91 and its total assets are \$291,-567.89. Its liabilities, at the time of the annual report which was made at the June meeting, amounted to only \$21,906. The excess of assets over liabilities is increasing at the rate of about \$30,000 a year, and the purpose of the organization is to dominate the field of medicine, and by crushing all competitions by securing the passage of prohibitive legislation, compet all of the people of the United States

Deaths from X-Rays.

most simple remedy is needed.

to pay a doctor's fee every time the

The death of Dr. Weigel, a surgeon of Rochester, from a disease due to the constant use of the X-14ys makes the fourth who has lost his life from this cause, says the Chistian Advo-

The others were an assistant of Thomas Edison, a Boston physician and a woman of San Francisco named Fleischman. In the case of Dr. Weigel since 1904, when his right hand and all but the thumb and a finger of the left hand were removed, there had been four operations in trying to save his life. The first removed a part of the right shoulder; then a part of the muscles covering the right breast.

Mystery completely envelops the cause of death, the disease being unknown to medical science, though it is believed to involve some great principle of life. Dr. Weigel was president of the Rochester Academy of Medicine and the American Orthopaedic society.

Puzzled.

The bard from the city had sold sufficient verses to spend a week in a rural boarding house. Waving off the swarms of June bugs and mosquitoes, the bard sat penning his lines by the yellow light of a kerosene lamp. "How I love this madrigal!" he

mused to himself. The horny-handed farmer, who sat greasing his boots, looked up in sur-

"Gracious!" he drawled. "Where is "Who?" asked the astonished bard. "Why, the gal yeou just said yeou

loved.' Peculiar Medical Remedy.

It was stated at an inquest on a peasant in a Servian village that the man died from swallowing too many bullets, which he was accustomed to take, in common with all the peasants in that district whenever he felt ill.

TABLE DELICACIES

WORTH TRYING FOR CHANGE IN THE MENU.

Docoz Cookies Popular with Those Who Have a Sweet Tooth-Excellent Plum Pudding Sauce -Good Summer Cutlets.

Cocoa Cookies .- Cream half cup of butter with three-fourths cup of sugar. Add one beaten egg and onefourth cup of sweet milk. Sift together with two cups of flour, onefourth teaspoonful of salt, two teaspoons of baking powder, four teaspoons of dry cocoa, and one teaspoon of cinnamon. Combine wet and dry mixtures. Bake 15 minutes in hot

Grape Jelly .- To seven pounds of grapes add a double handful of juicy crabapples. Make the jelly in the usual way. It will be firm and retain Its shape when turned out of the mold.

Plum Pudding Sauce.-Cream together a cupful of sugar and half a cupful of butter. When light and creamy, add the well beaten yolks of four eggs. Stir into this one wine glass of brandy, a pinch of salt, and one large cupful of hot cream. Beat this mixture well. Place in a saucepan over a fire and stir it until it cooks sufficiently to thicken like cream.

Tea Rolls.-One quart of flour, one teacup of warm milk, half a teacup of good yeast, two eggs, level tablespoonful of sugar, salt to taste. Mix into a soft dough at nine o'clock. Let it rise well; knead thoroughly, and make into small rolls, sprinkle slightly with warm water; set to rise again, and bake quickly.

Mother's Muffins .- One-quarter cup melted butter, add two eggs, one tablespoon sugar, pinch of salt; beat ogether one teacup sweet milk, two ups flour, two teaspoons baking pow-

Summer Cutlets.-Take half a dozen small cutlets of lamb and stew until thoroughly done, in good stock with a plentiful supply of soup vegetables. Take them out and weight them down with a board until cold. Brush over with glaze and ornament on one side with pretty colored vegetables, cut into thin strips and arranged to fo a a lattice pattern. Make a salad of the cold boiled vegetables with peas to predominate, and heap it in a dish. Lay the cutlets around the edge with the ornamented side up and garnish the top with chopped aspic jelly.

Simple and Attractive Salads. An odd and pretty salad is made of celery and apple. Instead of the usual crescents and cubes, the celery and apple are cut in long, narrow straws, mixed lightly with mayonpaise, and garnished with a fluffy border of watercress. Another salad is potato and tomato. The freshly cooked potato is cut in very small pieces, placed in a bowl with a slice of onion. A French dressing is poured over while the potato is warm and whole allowed to stand for two hours in a cool place. When ready to serve a fresh tomato is peeled, carefully scooped out, filled with the potato mixture, and a large spoonful of cloked dressing, to which whipped

cream has been added, placed on top. Codfish Balls.

Pare six potatoes of medium size, and cut in quarters. Put one cup of raw salt codfish, picked into small pieces, above the potatoes in a saucepan. Pour boiling water about the notatoes, and cook until tender. Drain off the water and set in a saucepan. covered with a cloth, on the back of the range, to dry the potatoes. Mash thoroughly, and add pepper to taste. Beat an egg until white and yolk are well mixed; add gradually a little of the fishball mixture, and when well blended return to that in the saucepan, and beat thoroughly. Shape into balls and fry in deep fat, smoking hot. It is best to use a frying basket for this.

Quick Pickle. Two quarts of cabbage, one quart f tomatoes, one pint of onion, one pod of green pepper, with the seeds removed. Chop fine and mix thoroughly. Let stand all night, covered, then put in a colander or in a muslin bag and press out all the liquid. Season with a tablespoonful each of ground mustard, ginger, cinnamon, cloves, salt and celery seed. Cover with two quarts of vinegar, cold, and boil steadly until the vegetables are clear and tender. The pickle will be ready for use as soon as cold. To yellow the pickle tie two ounces of tumeric in a muslin bag and cook with it.

Chicken Chartreuse.

Chop very fine a cup of cold cooked chicken, add two sausages or six table spoonfuls of cooked ham, chopped; three tablespoonfuls of bread crumbs, one tablespoonful of capers, two tablespoonfuls of lemon juice, a dash of cayenne, two eggs, well beaten, and enough hot soup stock to make it quite moist. Butter a small mold and pack the meat in closely, leaving space at the top to allow for swelling. Steam one hour.

French Rice Pudding.

Weigh a quarter of a pound of rice, and put it into a pint of milk. Let it simmer until soft and all the milk is soaked up. When nearly cold, add one cunce of but er, the yolks and whites of three eggs, a little sugar, and the grated rind of a lemon.

Mix all well together. Butter a plain mold and sprinkle cracker crumbs thickly over the butter, then pour in the rice, bake one hour, turn t out of the mold and serve hot.



## MAN-A-LIN Is An **Excellent Remedy** for Constipation

There are many ailments directly dependent upon constipation, such as biliousness, discolored and pimpled skin, inactive liver, dyspepsia, overworked kidneys and headache.

Remove constipation and all of these ailments disappear.

MAN-A-LIN can be relied upon to produce a gentle action of the bowels, making pills and drastic cathartics entirely unnecessary.

A dose or two of Man-a-lin is advisable in slight febrile attacks, la grippe, colds and influenza.

THE MAN-A-LIN CO.. COLUMBUS, OHIO, U. S. A.

President Castro's Conceit. Many stories have been told of Cipriano Castro, president of Venezuela, and of his monumental conceit. During the Russo-Japanese war the fall of Port Arthur was being explained to him.

"Pshaw!" he exclaimed. "With 500 Venezuelans I could have taken it in four days."

"With a thousand, in one day, your

excellency," said the diplomatic representative of a European power. Castro was so pleased at what was intended to be sarcasm that, it is said, the diplomat succeeded next day in securing satisfaction of a claim that his government had been vainly pressing

An Inherited Tendency.

A Cleveland society woman gave a party to nine friends of her young son, aged six. To add to the pleasure of the occasion she had the ices frozen in the form of a hen and ten chickens. Each child was allowed to select his chicken as it was served. Finally she came to the son of a prominent politician.

"Which chicky will you have, Ber-

tie?" she asked. "If you please, Mrs. H., I think I'll take the mamma hen," was the polite reply.-Lippincott's.

Of the Cabbage Patch.

Cigar Maker-Here's a new cigar I've just been putting up and I haven't any name for it. Suppose you suggest

Friend (after smoking it)-They're naming a good many after characters in fiction now. Why don't you call this "Mrs. Wiggs?"

# It's a Good Time now

to see what a good "staying" breakfast can be made without high-priced

# Meat

TRY

A Little Fruit. A Dish of Grape-Nuts and Cream. A Soft-Boiled Egg. Some Nice, Crisp Toast, Cup of Postum Food Coffee.

That's all, and all very easy of digestion and full to the brim with nourishment and strength.

REPEAT FOR LUNCHEON OR SUP-

PER. and have a meat and vegetable dinner either at noon or evening, as you prefer.

We predict for you an increase in physical and mental power.

"There's a Reason."

Read the "little health classic," "The Road to Wallyllie," in page.