

Castilian Cuisine.

Oil and pepper are the two things that especially characterize the Castilian cuisine. One of the favorite dishes in Cuba is "tasajo," which is simply dried meat, cooked with tomatoes, red peppers and onions. "Tripa la Andaluza" is another preparation frequently seen. As the name indicates, the basis is boiled tripe, which is cooked with beans and potatoes, and always served with the small red Spanish sausage known as "Butafarra Catalina." A similar sausage, only black, is known as "Butafarra Astoriana."

"Chile con carne," which everybody eats, is nothing more than a thick stew of beef (carne) and beans seasoned with chiles. Spanish "tortillas" are corn cakes flavored with red peppers, and differ from the Mexican tortilla in that the latter, when properly made, are rolled in chopped vegetables. A salad a la Espanola is prepared of lettuce and celery, with a few sliced tomatoes and peppers. Served with French dressing it is very good.

The Spanish soups are as a rule a little too heavy for the American taste, which runs more toward the consommé. They are thick decoctions, full of vegetables, and look frightfully greasy. Soup, however, does not have the important role among the Spaniards that it plays in French domestic economy, and is an article of secondary importance. The dishes named are pretty apt to appear ere long on home menus, and it is interesting to know in advance what they are composed of.—New Orleans Times-Democrat.

Books Rather Than Food.

Success gives an interesting anecdote told by Agassiz of his visit when a young man to the great German naturalist, Professor Lorenz Oken.

The professor received his guest with warm enthusiasm, but apparent embarrassment. He showed his visitor the laboratory and the students at work, also his cabinet, and lastly his splendid library of books pertaining to zoological science, a collection worth some \$7,000, and well deserving the glow of pride which the owner manifested as he expatiated on its excellence. The dinner hour came, and then the embarrassment of the great German reached its maximum point. "M. Agassiz," he said, with perturbation, "to gather and keep up this library exacts the utmost husbandry of my pecuniary means. To accomplish this I allow myself no luxury whatever. Hence my table is restricted to the plainest fare. Thrice a week our table boasts of meat, the other days we have only potatoes and salt. I very much regret that your visit has occurred upon a potato day." And so the splendid Switzer and the great German, with his students, dined together on potatoes and salt. And what must those students have enjoyed in the conversation of those remarkable men!

Telling Him the Truth.

"I think Willie is learning to smoke," said his mother. "I wish you to speak to him about it."

"What shall I say to him?" asked his father.

"Why, tell him the truth, of course." And so Willie was duly called up, and his father put on a severe look and said:

"Willie, I understand you are learning to smoke. Now, before it goes any further, I want to tell you what the result may be. You may die in a year, and then again you may live to be 100 years old."

"Why, John," expostulated the boy's mother.

"You told me to tell him the truth," returned the father, "and there's hardly a week goes by that I don't hear of some one close to the century mark who has smoked ever since he was 14 years old, while people who never smoked at all die in infancy with great frequency."

It is sometimes difficult to get a man who smokes to look at the subject from the right point of view.—Chicago Post.

Going Without Sleep.

It is an interesting question to studious people how long a man can go without sleep. A physician asserts that no healthy man can overwork because eventually nature will compel him to fall asleep at his task. A journalist recently claimed to have worked 72 hours without sleeping. Humboldt said that when a young man he required only two hours sleep each night, but that in his old age he found he really needed as many as three or four. Victims subjected to the Chinese torture of being kept continually awake die on or before the fifth day. By far the most inspiring example, however, is that of one of the saints, who is related to have lived 19 years without sleep and to have remained standing a large portion of that time.—San Francisco Argonaut.

Inscrutable Carlyle.

A lady who lived near Thomas Carlyle kept Cochon China fowls, and their crowing was such a nuisance that the philosopher sent a complaint to her. The owner was indignant upon hearing the appeal.

"Why," said she, "they crow only four times a day, and how can Mr. Carlyle be seriously annoyed at that?"

Upon hearing of her attitude upon the subject, Carlyle replied, "The lady forgets the pain I suffer in waiting for those four crows."

Rather Mean.

"Did the old skinflint give you a reward for returning his pocketbook?" asked the policeman of the little newsboy who helps support his mother.

"Naw, he tried ter make me pay for de advertisin' cause I didn' return de stuff fore I knowed who it belonged ter."—Detroit Free Press.

Encouragement.

Frances—Harry says he just wants to fall down and worship me all the time.

Her Mamma—Oh, well, don't mind that, dear. After you're married he won't let it interfere with his business.—Chicago News.

Physical Endurance.

It should be impressed upon all young persons that during life each member of the body, in the very act of living, produces poison to itself, notes a writer in Popular Science Monthly. When this poison accumulates faster than it can be eliminated, which always occurs unless the muscle has an interval of rest, then will come fatigue, which is only another expression for toxic infection. If the muscle is given an interval of rest, so that the cell can give off its waste product to keep pace with the new productions, the muscle will then liberate energy for a long time. This latter condition is what we call endurance.

The power and endurance of the human machine is limited according to our understanding of the above facts, and also our recognition of its slowness in getting started. Like any other ponderous and intricate machine, the body requires time to get in harmonious working order. The brain, nerves, heart and skeletal muscles must be given some warning of the work they are expected collectively to perform. Ignorance of this fact has broken down many a young man who aspired to honors on the cinder path.

The necessity of getting all the parts of the body slowly in working order is well understood by trainers and jockeys on the race track, as is evidenced by the preliminary "warming up" they give their horses, although it is doubtful if the trainers could give any physiologic reason for this custom.

His Wonderful Curious.

The author of "Idyls of Spain" speaks of a notary whom he met, whose naive simplicity surely could not be exceeded. "He asked for our autographs, and I inquired whether he was a collector of such trifles."

"Yes, sir," he replied, "I am, and among others I have a most precious collection of anonymous ones."

"Beaming with delight, he produced a rare manuscript of the time of Ferdinand and Isabella, exquisitely written, and with the initial letters beautifully painted."

"Senores," he cried with enthusiasm, "look at this. Isn't it a beauty? I'm always collecting such things. Then I have just purchased by letter the manuscript of the 'Iliad,' written by Homer himself, his own handwriting. The pity of it is that the work is not written in Greek."

"At this Miguel came to the rescue, for Luis and I were almost hysterical with amusement."

"I say," inquired Miguel, "what document would your worship like most to have in your possession?"

"Why," answered the notary, "the telegram from Christopher Columbus announcing the discovery of the new world."

Bananas in Typhoid Fever.

After a long experience with typhoid patients, Dr. Ussery of St. Louis maintains that the best food for them is the banana. He explains by stating that in this disease the lining membrane of the small intestines becomes intensely inflamed and engorged, eventually beginning to slough away in spots, leaving well defined ulcers, at which places the intestinal walls become dangerously thin.

Now, a solid food, if taken into the stomach, is likely to produce perforation of the intestines, dire results naturally following, and, this being the case, solid foods or those containing a large amount of innutritious substances are to be avoided as dangerous.

But the banana, though it may be classed as a solid food, containing as it does some 95 per cent nutrition, does not possess sufficient waste to irritate the sore spots. Nearly the whole amount taken into the stomach is absorbed, giving the patient more strength than can be obtained from other food.—American Druggist.

A Mountain of Sulphur.

The "Soufriere," or sulphurous mountain, is considered to be the greatest natural curiosity of St. Lucia, and, in fact, of the West Indies. It is situated about half an hour's ride from the town of Soufriere, to which it has given its name, and nearly two miles to the east of the Pitons, and is at the foot of two small hills, both of which are quite bare of vegetation on the sides facing the crater.

It covers a space of about three acres and is crusted over with sulphur and alum. There are several caldrons in a perpetual state of ebullition. The water is quite black in the larger ones and boils up to the height of two or three feet, but in the smaller ones it is quite clear.

Visitors never fail to boil some eggs in one of the smaller caldrons, obtaining them from one of the creole guides, who keep a supply on hand on purpose.

Personal Reflection.

"Are you a resident of this ward?" asked the challenger.

"I reckon I am, sir," replied Tuffold Knutt.

"Where do you have your washing done?" pursued the challenger, still unconvinced.

"Sir," rejoined Tuffold Knutt witheringly, "I've been votin' on an on fur 29 year, an nobody ever axed me that question before."—Chicago Tribune.

Not Very Amiable.

"Excuse me!" exclaimed the timorous man, "but may I disturb you for a few minutes on a matter of considerable importance to myself and possibly of some concern to you?"

"No, sir!" replied the disagreeable citizen. "Not unless you promise not to waste as much time talking business as you do apologizing."—Washington Star.

Had Lived a Slow Life.

A negro called at a residence in Beverly, Mass., and asked for assistance and food, and told the lady who assisted him the remarkable fact that he was 75 years of age and was born 80 years ago in Boston.—Exchange.

PUBLIC SCHOOL ITEMS.

The McCook schools are now on the university "accredited list."

Miss Case of the Seventh grade was ill, Thursday, and Walter Clark substituted for her.

Miss Leonard, principal of the West ward school, visited the family in Lincoln over Saturday and Sunday.

More radiation was provided for the city hall school, Saturday, to enable the children to keep warm in the more severe weather.

It is proposed soon to give an entertainment for the purpose of raising funds with which to liquidate the balance due on the lantern.

Slides representing scenes of Cuba and Porto Rico are expected soon to form the basis for a lantern entertainment. They will be especially pertinent and entertaining at this time.

The board of education will in time enclose grounds about the South McCook school-house. Such a fence is needed since the construction of the fence by the railroad company.

ADDITIONAL PERSONALS.

MR. AND MRS. CANFIELD of Harvard, old time friends of the Perrys, were up to attend the Perry-Stranahan wedding, this week.

J. S. PHILLIPS of the Indianola Reporter sojourned a brief while in the city of political conventions and seat of county affairs, Thursday afternoon.

MR. AND MRS. H. L. KENNEDY, who have made McCook their headquarters for a number of years, will leave for Cambridge, tomorrow, to make that town their future headquarters in order to better accommodate his business interests and convenience. Many good wishes will go with them.

Few men in this country are better or more favorably known to the drug and medicine trade than Mr. E. J. Schall, buyer in the proprietary medicine department of the Meyer Bros. Drug Co., St. Louis. He says: "My boy came home from school with his hand badly lacerated and bleeding, and suffering great pain. I dressed the wound and applied Chamberlain's Pain Balm freely; all pain ceased, and in a remarkably short time, it healed without leaving a scar. For wounds, sprains, swellings and rheumatism, I know of no medicine or prescription equal to it. I consider it a household necessity." Sold by L. W. McConnell & Co.

BANKSVILLE.

Rev. White preached in the Dodge school-house, Sunday.

Seeding is about completed and corn husking well under way.

George Rowland was drilling in wheat on W. A. Gold's place, last week.

The election passed off quietly at this place and resulted in a Republican victory.

Some of our farmers were plowing and drilling in small grain in the snow, last week.

Wm. Relph is having his house plastered, this week, an outfit from McCook doing the work.

Henry Richardson, Anna Bell and Mary Sigving visited Mr. and Mrs. J. H. Relph, Sunday.

George Cooper threshed, last week. It was about the last job of the kind in Grant precinct.

A traveling magic lantern show exhibited at the Dodge school-house, last Tuesday evening.

W. H. Benjamin and J. H. Relph were assisting H. H. Benjamin to overhaul his pump, Wednesday.

E. B. Nelson and family will start for Guthrie Center, Iowa, the latter part of this week or first of next.

It was decided by the Pleasant Prairie Sunday-school to have a Christmas tree, and the several committees were appointed last Sunday.

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COURT HOUSE NEWS.

COUNTY COURT.

Licenses to wed have been issued, this week, by the county judge, to John M. Stranahan and Mabel C. Perry, and to James J. Moore and Josie M. Snell. The county judge married the latter couple on Tuesday evening.

DISTRICT COURT.

The clerk of the court is preparing his smokeless powder and quick-firers in readiness to commence a lively campaign of collecting delinquent fees of the office and if you are not square with the captain you had better take to the tall grass. He means all kinds and colors of business.

A new typewriter graces the office of the clerk of the court and the whole court house gang is calling him blessed, or words to that effect. The old machine made as much noise as an old style threshing machine—almost as much as Colonel Green's unspeakable "lulu".

Violins and Guitars at the Bee Hive.

The Best And Cheapest.

The New York Independent, the leading weekly newspaper of the world, and one whose pages exercise the widest influence, is entering upon its fiftieth year of publication. The Independent emphasizes its fiftieth year by changing its form to that of a magazine, and by reducing its annual subscription price from \$3.00 to \$2.00; single copies from 10 to 5 cents. The Independent in its new form will print 3,640 pages of reading matter per year at a cost to subscribers of \$2.00, while the prominent magazines, which sell for \$4.00 a year, print only 2,000 pages. The subscriber to The Independent gets 82 per cent more of equally good reading matter at one-half the cost! It is not only the leading family weekly newspaper but by far the cheapest and best. A free specimen copy may be had by addressing The Independent, 130 Fulton Street, New York.

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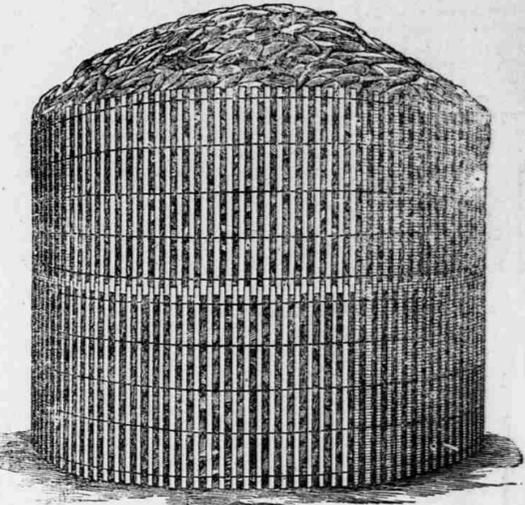
Table with 3 columns: PUBLICATION, PRICE, WITH TRIBUNE. Includes Detroit Free Press, Leslie's Weekly, Prairie Farmer, Chicago Inter-Ocean, Cincinnati Enquirer, New-York Tribune, Demorest's Magazine, Toledo Blade, Nebraska Farmer, Iowa Homestead, Lincoln Journal, Campbell's Soil-Culture, New-York World, Omaha Bee, Cosmopolitan Magazine, St. Louis Republic.

We are prepared to fill orders for any other papers published, at reduced rates.

THE TRIBUNE, McCook, Neb.

NOTICE FOR PUBLICATION.

Land Office at McCook, Nebraska, October 29, 1908. Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before register or receiver at McCook, Neb., on Saturday, December 10th, 1908, viz: Joseph T. Sanders, Homestead entry No. 9985, for the E 1/2 S 1/2 and W 1/2 S 1/2 of section 4, township 4, north of range 30 west 6th P. M. He names the following witnesses to prove his continuous residence upon, and cultivation of, said land, viz: James Ryan, Thomas F. Ryan, John N. Smith and William H. Epperly, all of McCook, Nebraska. F. M. RATHBUN, 11-4-6ts. Register.

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Less than One Cent a Bushel
Think of it

Made with 10 Galvanized Steel Wire Cables around each Crib interwoven with 5/8-inch Pickets, space 1 1/2 inches apart.
A Crib of 500 bushels capacity, 13 1-2 feet in diameter, 8 feet high and 5 rods long, for \$3.75.
Cheap, Convenient and Practical.
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For sale by W. C. BULLARD & CO., McCOOK, NEB.

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"We have four children. With the first three I suffered almost unbearable pains from 12 to 14 hours, and had to be placed under the influence of chloroform. I used three bottles of Mother's Friend before our last child came, which is a strong, fat and healthy boy, doing my housework up to within two hours of birth, and suffered but a few hard pains. This liniment is the grandest remedy ever made."

Mother's Friend
will do for every woman what it did for the Minnesota mother who writes the above letter. Not to use it during pregnancy is a mistake to be paid for in pain and suffering. Mother's Friend equips the patient with a strong body and clear intellect, which in turn are imparted to the child. It relaxes the muscles and allows them to expand. It relieves morning sickness and nervousness. It puts all the organs concerned in perfect condition for the final hour, so that the actual labor is short and practically painless. Danger of rising or hard breasts is altogether avoided, and recovery is merely a matter of a few days.
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