

# 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 **Uneda 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

## Panama's Problem, Or a Lock Canal.

Among the important subjects with which the congress that has just opened will have to deal is that of the Panama canal. Whether it will be a sea level canal or a canal with locks is yet an open question. If the latter plan is adopted, then the question of how high above sea level it shall be remains to be decided. When there is the plan of M. Banao-Varilla, who advocates a "strait of Panama" to divide the western continent like another Bosphorus and which, he declares, would be the best and eventually the cheapest waterway through the isthmus. His idea is that the canal should first be constructed with a summit level 130 feet above the sea and with dams and locks. This, he thinks, could be done in about four years, and the canal could be opened to commerce. It would then be making money, and while ships went on their way the process of lowering the level to the sea could go on until there was a ship canal from the Atlantic to the Pacific forty-five feet deep and 500 feet wide.

It is conceded by the advocates of a sea level canal that it will require much more time and money for its construction than a lock canal would. The estimated cost of such a waterway is \$250,000,000, and the time in which it could be constructed is put at fifteen years. The advisory board of engineers has reported in favor of this plan, and its decision was reached by a vote in which eight stood for the sea level plan and five for the lock canal. The five engineers who voted for the lock canal will submit a minority report, and the president will lay the two reports before the canal commission and the chief engineer of the canal for consideration. The foreign members of the advisory board were all for a sea level canal, but in the minds of five out of the eight American engineers the advantages of such a canal were not sufficient to outweigh the delay involved.

The appropriation of \$60,000,000 which congress made at the time it was decided to go ahead and build a canal at Panama has now been expended. Of this \$40,000,000 went to

**Through Thick and Thin.**  
If monarchs have often permitted themselves the indulgence of making puns the fact has not been recorded in the pages of history. One pun, however, is assigned to King Frederick William IV. of Prussia.

It is said that on the occasion of a court ball he was standing near the middle of the dance hall in conversation with an exceedingly thin ambassador. In the haste and excitement of a fiery gallop a lieutenant of the hussars danced, with his partner, between the monarch and the person whom he was addressing, and then, seeing what he had done, he began to stammer abject apologies and explanations.

"Oh, that was nothing," replied the king, with a hearty laugh. "A hussar must go without fear through thick and thin."  
A whimsical glance from his own portly figure to that of the slender ambassador accompanied this answer, and the hussar felt himself not only pardoned, but invited to share in the king's laugh.

**Serving Fish.**  
Fish is dainty food. Practice is needed in serving it. Lightness of touch and dexterity of management are necessary to keep the delicate flakes intact. It requires some skill to rip the skin and lay it back and sever the head and tail with neatness and dispatch. These three articles must never leave the platter. They belong to the cat. The choicest morsel of any white fish is the cheek. It is not good form to cut through a fish. Begin at the tail and throw aside the skin. Begin at the head to serve, cutting to the backbone. When the meat on that side is helped turn the fish and help the other side in the same way. If there is roe a part should be served each person. Boiling is the nicest way to cook and the easiest way to serve fish. Dress the edge of the platter with hard egg and sliced lemon, tomato and beads.

**An Ivory Mat.**  
Many people have never even heard of such a thing, and it is not to be wondered at, for these mats are exceedingly rare, and it is said by those who know that only three of these beautiful curiosities exist in the whole world. The one we now write about is the largest one made. It measures 8 by 4 feet and, though made in a small hill state in the north of India, has an almost Greek design for its border. It was only used on state occasions, when the rajah sat on it to sign important documents. The original cost of the mat is fabulous, for 6,400 pounds of ivory were used in its manufacture. The finest strips of ivory must have been taken off the tusks, as the mat is as flexible as a woven stuff and beautifully fine.—London Graphic.

**Sea Water and Colds.**  
The delusion that sea water does not give cold is accountable for much harm. A chill may be caught by wetting from sea water as quickly as by wetting from any other water. There is a certain stimulation to the skin from salt, no doubt, but that does not prevent chills from indiscriminate exposure to wetting by salt water, and chills are fertile causes of illness. Chill to the lower part of the body is always dangerous to any one. It is much more so to a child than to a grown person, though many people seem to think the reverse is the case.

**Sandy's Warning.**  
A volunteer sham fight took place in England. During the retreat a Scotch volunteer in scrambling through some bushes stuck fast in a hedge. One of the advancing foe, seeing the situation, for a joke, came toward the unfortunate volunteer at full charge, with his bayonet fixed and a ferocious look on his face. The poor fellow in the hedge, seeing the threatening aspect of affairs, bawled out at the top of his voice: "Haud on, you idiot! Dinna you ken it's only in fun?"

**Mother Livesey's Well.**  
In the grounds of Livesey Hall, near Blackburn, there is a spring called "Mother Livesey's well." The curious thing about this well is that the water only flows during nine months of the year and is quite dry during the other three months—June, July and August—however wet the weather may be. The water always commences to flow on the same date each year, and never freezes even during the hardest frost.—Leeds (England) News.

**Like a Miracle.**  
"The age of miracles has gone," declared the cynic.  
"No, it hasn't," said the woman. "My husband told me this morning that he noticed I was wearing last season's hat and gave me money to buy a new one."—Baltimore American.

**Reverdy.**  
"Oh, hubby, dear, what do you think are the first words our baby will say?" gurgled Mrs. Matron.  
"Well, if she takes after you, they will probably be, 'This is a nice time to come home,'" said the brute.—Portland Telegraph.

**Very Much Happier.**  
A boy reading the verse, "And those who live in cottages are happier than those who sit on thrones," startled the crowd by reading thus: "And those who live in cottages are happier than those who sit on thorns."

**Human Nature.**  
"That fellow Spinks has excellent judgment."  
"What makes you think so?"  
"Why—er—he's always asking my opinion about things."—Louisville Courier-Journal.

Alaska's canned salmon output is estimated this year at \$10,000,000.

## DR. R. J. GUNN

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BICYCLES, GUNS, SEWING MACHINES, ETC.  
GASOLINE STOVES REPAIRED ON SHORT NOTICE  
Two doors east of DeGroot's Store, McCook, Nebraska

**Chamberlain's Cough Remedy**  
The Children's Favorite  
Cures Coughs, Croup and Whooping Cough.  
This remedy is famous for its cures over a large part of the civilized world. It can always be depended upon. It contains no opium or other harmful drugs and may be given as confidently to a baby as to an adult.  
Price 25 cts; Large Size, 50 cts.

**WE GUARANTEE To Prevent Hog Cholera**  
From appearing on your farm. Be prudent, this year, and prevent a repetition of the losses of previous years.  
Call and See Us and Get a Written Guarantee

**THE GERM AND INSECT KILLER**  
**LIQUID KOAL**  
TRADE-MARK  
FOR ALL KINDS OF ANIMALS

**TESTIMONIAL**  
Delmont, S. D., Dec. 11, 1902.  
I used L. K. for hog cholera and it was all right. It cured my hogs. I had three sick ones and they all got well and done fine. I also used it for chicken lice and mites and it is all you claim for it. It is the only medicine for hog cholera, I think.  
GOTTLIEB JERRE.

Harrington, Neb., Dec. 11, 1902.  
I am using Liquid Koal and am well pleased with it. I am sure I saved my hogs with it last year, and am going to keep it in stock all the time as it is the best thing I ever had on the place for everything it is intended for. It is good for chicken cholera, lice on stock, insects of all kinds; it will destroy all kinds.  
F. W. WOMAN.

**JAMES CAIN**  
Manufactured by the National Medical Company, Sheldon, Iowa.

To Cure a Cold in One Day.  
Take LAXATIVE BROMO QUININE TABLETS. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

Take advantage of THE TRIBUNE'S extraordinary subscription offer found on second page of this issue.

**PUBLIC LAND SALE.**  
United States Land Office, Lincoln, Nebraska. Notice is hereby given that in pursuance of instructions from the commissioner of the general land office under authority vested in him by section 2455 U. S. Rev. Stat., as amended by the act of congress approved February 26, 1895, we will proceed to offer at public sale on the 10th day of January next, at two o'clock p. m., at this office, the following tract of land to-wit: South-west quarter northeast quarter section 7, township 1, north, range 29, west 8th P. M. Any and all persons claiming adversely the above-described lands are advised to file their claims in this office on or before the above designated for the commencement of said sale, otherwise their rights will be forfeited.  
Dated December 5, 1905.  
ALVA E. KENNARD, Receiver.  
Boyle & Eldred, attorneys.—12-5-05.

**PUBLICATION NOTICE.**  
Elba W. Graves, Mrs. Elba W. Graves, first name unknown, wife of Elba W. Graves, Ports Wilson, E. P. Bowman, first name unknown, wife of E. P. Bowman, Charles B. Brown, and Mrs. Charles B. Brown, first name unknown, wife of Charles B. Brown, defendants, will take notice that Zora A. Wilson has filed her petition in the district court of Red Willow county, Nebraska, against the above named defendants, for a decree that said defendants be required to foreclose a certain mortgage, executed and delivered by the defendant Elba W. Graves to the defendant Ports Wilson, on the northwest quarter of the northwest quarter and lots one and two of section eight and lot seven of section five, all in township three north, range twenty-six, west of the sixth principal meridian in said county and state, to secure the payment of one certain promissory note for the sum of \$1,000.00 due October 1, 1897, dated July 20th, 1897, and drawing interest at the rate of seven per cent per annum from the 20th day of July, 1897; said note and mortgage have been duly assigned to this plaintiff and said plaintiff is now the owner and holder of the same. There is now due this plaintiff on said promissory note and mortgage the sum of \$1,000.00 with interest thereon at the rate of seven per cent per annum from the 20th day of July, 1897. Said plaintiff prays for a decree that said defendants be required to pay the same or that said land be sold to satisfy the amount due said plaintiff with interest and costs of suit. You are required to answer said petition on or before Monday, the 5th day of January, 1906.  
Dated this 19th day of December, A. D. 1905.  
ALVA E. KENNARD, Receiver, Plaintiff.  
W. S. Moran, her attorney.—12-24-05.

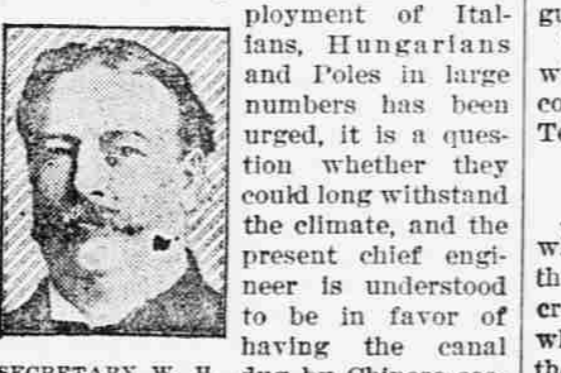
**NOTICE TO CREDITORS.**  
In the county court, within and for Red Willow county, Nebraska, December 23, 1905. In the matter of the estate of Edward L. Nettleton, deceased. To the creditors of said estate: You are hereby notified, that I will sit at the county court room in McCook, Nebraska, on the 30th day of June, 1906, at ten o'clock in the forenoon to receive and examine all claims against said estate, with a view to their adjustment and allowance. The time limited for the presentation of claims against said estate is six months from the 26th day of December, 1905, and the time for the payment of debts is one year from said 26th day of December, 1905. Witness my hand and the seal of said county court, this 26th day of December, 1905.  
FRANK MOORE, County Judge.  
Boyle & Eldred, attorneys.—12-29-05.



THEODORE P. SHONTS.

pay the French claims. The sum of \$10,000,000 went to the republic of Panama, and much of the remaining \$10,000,000 has been spent in surveys, in the purchase of supplies, in work in Culabra cut and in sanitation. Secretary Taft and a party of congressmen made a trip to the isthmus to inspect the progress of the enterprise last spring. Theodore P. Shonts has become chairman of the commission, and John F. Stevens has succeeded John H. Wallace as chief engineer. Considerable work has been done in the Culabra cut, where the French started work under De Lesseps. This has to be done whether a sea level or a lock canal is dug, for the way must be cut through a mountain range, and though the canal crosses this range at its lowest point, the hills in the neighborhood are over 300 feet above sea level.

Large and perplexing as are the engineering problems in connection with the enterprise they are hardly so discouraging as the problem of labor. Intimately connected with this subject is that of sanitation, for it is evident that if the death rate of those working on the project is high its cost will be proportionately great. The native workmen are very lazy. It is suggested that the best results could be accomplished with negroes from the southern states if they could be persuaded to emigrate in sufficient numbers, but just there lies the difficulty. Although the employment of Italians, Hungarians and Poles in large numbers has been urged, it is a question whether they could long withstand the climate, and the present chief engineer is understood to be in favor of having the canal dug by Chinese coolies. To make the men at present employed in the enterprise as common laborers better contented with their lot the commission not long since contrived to import a cargo of wives and sweethearts. The first shipload came from Martinique, and the women were welcomed by the American families and employed as cooks and general servants until they secured husbands.



SECRETARY W. H. TAFT.

Secretary W. H. Taft.

**NOTICE**

For the best of all kinds of Building Materials, Steam and Domestic Coals, see **W. C. Bullard**  
Phone No. 1  
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**NOTICE FOR PUBLICATION.**  
Department of the Interior, land office at Lincoln, Nebraska, December 20, 1905. 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 and receiver at Lincoln, Nebraska, on January 27, 1906, viz: Thomas McQuay who filed D. S. No. 314 for the northeast quarter of the southeast quarter and lot 2, section 23 and the northwest quarter of the southwest quarter and southwest quarter of the northwest quarter of section 24, township 3, north, range 29 west of the 6th P. M. He names the following witnesses to prove his continuous residence upon and cultivation of said land, viz: Isaac J. Starbuck of McCook, Neb., Jacob Harsbarger of McCook, Nebraska, Richard Johnston of McCook, Nebraska.—12-22-05.  
W. A. GREEN, Register.

**NOTICE OF FORECLOSURE OF TAX LIEN.**  
The southwest quarter of section 4, in town 1, north, range 30, west of the 8th Principal Meridian and Charles N. Keith, will take notice that on the 18th day of December, 1905, Edward B. Cowles, plaintiff, filed his petition in the district court of Red Willow county, Nebraska, the object and prayer of which are to foreclose a tax purchaser's lien upon the above described land for the taxes for the years 1895, 1896, 1897, 1898, 1899, 1900, 1901 and 1902. That there was due plaintiff at the time of filing said petition the sum of \$106.60 for the payment of which sum together with costs, accruing interest and attorney's fee, plaintiff prays a decree of foreclosure of said tax lien and a sale of said premises. You are required to answer said petition on or before the 5th day of February, 1906.—12-29-05.  
EDWARD B. COWLES, Plaintiff.

**The Cough Habit**  
is more dangerous to your life than the drink, cocaine or morphine habits, for it soon ends in Consumption, Pneumonia and Death. Save yourself from these awful results of Coughs and Colds, by taking **DR. KING'S NEW DISCOVERY FOR CONSUMPTION, COUGHS AND COLDS**

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writes F. G. Huntley, of Oaklanden, Ind., "I read about Dr. King's New Discovery. She had got a frightful chronic cough, which three doctors failed to relieve. After taking two bottles she was perfectly cured, and today she is well and strong."

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RECOMMENDED, GUARANTEED AND SOLD BY  
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Take Laxative Bromo Quinine Tablets. This signature, **E. W. Grove**  
Seven Million boxes sold in past 12 months. Cures Grip in Two Days. on every box. 25c.