

BOYS

Get in line to make money

A whole army of boys are making all the money they want selling

THE SATURDAY EVENING POST

a few hours a week after school. It isn't luck; it isn't that they are any brighter than you; it isn't that they have any better chances than you. They just took hold of the work heartily, and found that making money came lots easier than they expected. Most everybody who sees THE POST wants it. And what we want you to do is to show THE POST to the people in your town, to get them to let you deliver it every week. In a few weeks you'll have a regular list of customers and be making money steadily. You don't need a cent to start in. We send ten copies of THE POST free. Sell these at 5c. the copy and that furnishes all the money you need to buy further supplies. Sit down now and write us a letter that you want to get in line to make money and we'll send you everything you need to start. An education at any business college in the country free to boys who sell a certain number of copies.

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Each Month to Boys Who Do Good Work

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KRYPTOK GLASSES

THE SHORT CUT TO COMFORT

SCIENTIFIC REMEDIES FOR MANY EYE TROUBLES.

(Walter Irwin, M. O.)

Although the question has been asked and answered many times, it seems necessary to reassure the interested ones, again and again, before they reach the point of making even an inquiry as to what "Kryptoks" will really do for them.

Again, briefly describing, the Kryptoks are new and scientific glasses, composed of a series of lenses accurately ground and hermetically sealed together, which, once complete, have every appearance of a single, highly finished lens, and can be made for any style of spectacles or eyeglass mountings, answering every purpose of two pairs of glasses. In other words, they possess two distinct focal powers which enable the wearer to see perfectly at long or short distance without the necessity of changing from one pair of glasses to another. In short, they replace all other bifocal glasses of the old style "two-in-one," with a lens perfectly simple in appearance and absolutely accurate in focus, without the dividing line. They do away with the objectionable mark before the eye, and give qualities of sight entirely unobtainable in any other lens.

The one and only objection that can be offered to the "Kryptok," is the cost of manufacturing them. But for strict, reliable, business-like methods, the patentee and manufacturers of this wonderful lens have done more to lift the spectacle business above the plane of "commercialism" than any other lens makers in the world, and, although the "Kryptoks" cost at least \$10.00 a pair, they are in reality, a good business investment for the following reasons:

They are much more durable than the old style bifocals, lasting many years longer than the ordinary lenses.

When the change of focus for ad-

vancing years is required, it is easily accomplished in the "Kryptoks" at a slight portion of the original cost.

They are "sanitary," as there is nothing to gather dust and dirt; as easily kept clean as the plainest single lens.

Infinitely more elegant in appearance, and can be made in the latest "Toriscus" shapes or extra thin lenses.

Being made of the highest grade of crown or flint crystal, they are "achromatic" and give wider and better field of vision than any other lens made.

"Last, but not least," the "Kryptoks" are guaranteed as to their mechanical perfection, and also the absolute accuracy of every pair supplied through the fitting department of the Columbian Bifocal Company, who are the manufacturers and sole distributors in the West.

While speaking of "Kryptoks" we do not want you to overlook the special advantages of our new "Toriscus" lens, for to those who are not interested in "Kryptoks," the "Toriscus" lens will appeal strongly, as there is hardly a combination in any lens that cannot be worn with more comfort by having them ground in the "Toriscus" shape. This means that even though the lenses you may be wearing are correct in focal power, they can be made much more comfortable in the new shape than in the present form. It adds but \$3.00 in having them thus ground, and who would not pay the difference for additional comfort in something you use every day of your life?

To those who are interested send your name and address to the Columbian Bifocal Company, Temple Court, Denver, Colo., and they will be pleased to mail you, free of charge, a more perfect description of the "Kryptok" and "Toriscus" lenses.

THROAT EXERCISES.

Evils That Come From Misuse of the Vocal Organs.

The chronic sore throat is not infrequently produced by the misuse of the vocal organs. Very often that unruly little member, the tongue, is accountable for the difficulty, as it is for a great many other troubles in this transitory life. Many people have a habit when talking of pushing the tongue so far back against the delicate membranes that line the throat that irritation more or less painful is caused, and if it continues any length of time ulcers will form, and so will a doctor's bill.

Control of the tongue is excellent in all senses of the word. Physically this organ may be managed by depressing it into a hollow at a point three-quarters of an inch back of where the tip of it comes when in a natural position in the mouth and at the same time singing very light head tones. This exercise requires some patience at first, but the habit of keeping the tongue down is soon acquired. In speaking or singing it should not be allowed to hoop up and fill the mouth, thus interfering with the free passage of the tones of the voice from the throat to the front of the mouth, where they should strike and then escape clear as a bell. This hooping up of the tongue in the mouth is the cause of much of the indistinct and slovenly utterances to which we are too often obliged to listen.

In many people we notice the line from the point of the chin to the neck is in the form of a right angle. In a shapely throat this line forms a curve, just as a canary's does when the small yellow artist is warbling his carols.

To develop the throat and make this angle a curve stand before a mirror so that you may watch the throat swell out. Now thrust your tongue out as far as it will go, then draw it back quickly and forcibly, at the same time bringing it downward in the mouth as far as you can. Place your thumb and forefinger against the larynx (commonly called the Adam's apple), and if you are making the right movement you will feel the larynx pass downward. For a week or two make the movements lightly. After that time put as much force into it as you can. The exercise should be practiced for a few minutes several times a day to insure rapid and good results.

To fill up the hollows of the neck stand correctly and then slowly fill the lungs with air without elevating your shoulders. As the air is forced upward into the throat hold it there a few seconds and then expel slowly. This exercise is best performed soon after rising in the morning and before retiring at night.—New York Post.

Time and Eternity.

The stream of time never runs dry, and the ocean of eternity will forever send its mighty surges mountain high against the bank of time's little stream, sweeping with each receding billow over its expansive bosom the frail human craft from the shore of time, with earth's happiness, human affection, toil, trials, tears and sin, to the eternal shore of celestial beauty and bliss. Oh, mighty ocean of eternity, your wonderful anthem of life and death brings eternal woe and condemnation to him who is untrue to himself and his divine pilot, but to the trusting, faithful man it sings of endless felicity in the presence of time who has redeemed his people from the bondage of sin and has swept them through the pearly gates.—Ducktown (Tenn.) Gazette.

The Wonderful Diatom.

One of the most wonderful things in vegetable life is a beautiful and minute class of seaweeds called diatoms. They belong to the seaweed family, yet they may be found by the thousands in any roadside ditch, fresh or salt water lake or even in cisterns, wells, springs, etc. Most species of plants are made up of an infinite number of little cells, but with the diatom it is otherwise. Each representative of this wonderful family of plants is formed of but a single cell and this so minute that it would require 2,500 of the most common form, laid end to end, to make a string an inch in length. Some species of diatoms have the power of independent motion, and on that account were for some time believed to be animals.

Candy and the Flag.

The following is accredited to the late Senator Hoar: At a Fourth of July celebration in a Canadian town where both English and American guests were assembled the flags of the two countries were used in decorations. A frivolous young English girl, loyal to the queen, but with no love for the stars and stripes, exclaimed: "Oh, what a silly looking thing the American flag is! It suggests nothing but checkerberry candy." "Yes," replied Senator Hoar, "the kind of candy that has made everybody sick who ever tried to lick it."

Charity.

Charity is a universal duty which it is in every man's power sometimes to practice, since every degree of assistance given to another upon proper motives is an act of charity, and there is scarcely any man in such a state of imbecility as that he may not, on some occasions, benefit his neighbor.—Johnson.

His Advantage.

First Man—How do you do? Second Man—Beg pardon, but you have the advantage of me. First Man—Yes; I guess I have. We were engaged to the same girl, but you married her.

The taste of beauty and the relish of what is decent, just and amiable perfect the character of the gentleman and the philosopher.—Shaftesbury.

OLD TIME LEGAL METHODS.

When the Evidence of Ghosts Sufficed to Hang Men.

The testimony of a ghost would not now count for much in a court of law, but the day has been when it has sufficed to hang a man. There was a ghostly accuser in a case with which the readers of Scott are familiar. Soon after the "45" an English soldier wandering near Braemar met a violent death. Years passed and then came a story of a communication from another world.

A farm servant declared that in the night a spirit had appeared to him declaring itself to be the ghost of the soldier, whose bones, it is said, lay still unburied. The Highlander must see to their decent interment and have the murderers, two men named, brought to justice. The Highlander promised, but did not keep his word, and a second and third time the spirit appeared and upbraided him for his breach of faith. Alarmed at last and no longer daring to delay, the man called a companion and went to the spot which the spirit had indicated and there found the bones of the murdered warrior concealed in a moorland tract called the hill of Christie.

The story of the Highlander came to the ears of an anti-Jacobite, who caused the matter to be brought to trial before the court of judicary, Edinburgh. There the tale was corroborated by a woman who had seen a naked figure enter the place on the night spoken of by the man. It was an age of superstition in a district more than commonly given to superstition, and the jury seemed disposed to find the two men charged guilty of the murder, but it happened that the principal witness spoke only Gaelic. "Now," said the counsel for the defense, "in what language did the ghost speak?" "In as good Gaelic as I ever heard in Lochaber," was the reply. "Pretty good for the ghost of an English soldier," said counsel, and that question and comment saved the necks of the men at the bar. The jury could believe in a ghost, but not in an English ghost speaking Gaelic.—London Standard.

NAMING A TOWN.

How Abilene Came to Be Selected by Mrs. Hersey.

Abilene was named by the wife of the founder of the town, T. F. Hersey. With her husband she had come to central Kansas in the spring of 1857. They lived in a log house on the west side of Mud creek and were the first settlers on the town site, although no town then existed nor was there one until 1860. Then C. H. Thompson, who had moved to the county from Leavenworth, bought from the Kansas Pacific Railway company a tract east of Hersey's and laid out a town.

When it came to the naming of the future city Mr. Thompson went to Hersey and asked him to suggest a name.

"No," was the reply, "let my wife do it. She is a great reader."

Mrs. Hersey was a graduate of a seminary in the east, and her little library, which she carried with her in her wanderings, was one of the ties that bound her to the girlhood life. She was a devout Methodist and knew her Bible from "cover to cover." When she was asked to name the town she turned to the New Testament for suggestion. There, in the third chapter of Luke, first verse, she found this: "Now in the fifteenth year of the reign of Tiberius Caesar, Pontius Pilate being governor of Judaea * * * and Lysanias the tetrarch of Abilene."

"Call the town 'Abilene,'" said she. "It means 'City of the Plains,' and that exactly describes the location."

So Abilene it was, and in the fight for the county seat, wherein it contested with Newport, Smoky Hill and Union City, all long since passed away, good fortune attended it, and the new town became the county capital for the 378 dwellers then in Dickinson county.—Kansas City Star.

Flesh-making Food.

Cream gruel, according to an eminent English authority, is the ideal nourishment for thin folk. A teaspoonful taken at night immediately before retiring is said to give marvelous results. To be at its best it must be perfectly made, then thinned with sweet cream. Taken in that condition and warm, it is agreeable as well as fattening and produces just that sense of satisfied hunger essential to ideal rest. It is claimed that perseverance in the treatment yields such apparent results that the cheeks can be seen to expand from day to day.

The Pepper Vine.

The pepper vine grows best in a wooded valley where there is plenty of moisture and abundant foliage to protect it from the heat of the sun. It is given a rude sort of cultivation. The growers plant it, keeping the grass from its roots, and when the tree near which it is planted has no lower branches strings or poles are placed in proper position to enable the vine to climb the tree. It needs no further attention.

Sarcastic.

"Yes, my dear; I believe in transmigration of souls. I may be a brute in my next life."

"Wouldn't that be discouraging—or don't you care for a change?"—Houston Post.

In Plain Words.

"What," asked the judge, "was the cause of the altercation?"

"I didn't see anny, yer honor, but it was him callin' me a liar that started the fight."—Chicago Record-Herald.

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