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 Uneeda Biscult 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

Nebraska People Profit by the Great Earthquake and Fire at San Francisco.

Two of the largest San Francisco plano companies were forced by the great catastrophe to forfeit heavy contracts with eastern factories. The 3chmoller & Mueller Piano Company, of Omaha, were success-

NOTICE. To whom it may concern:

Notice is hereby given that on the 12th day of June, 1906, the Chicago, Burlington and Quincy Railway Company presented to the mayor and city conneil of the city of McCook, in Red Willow county, in the state of Nebraska, and field in the office of the clerk of said city, a p-tition praying that the avenue and large within the praying that the avenue and lane within the limits of said city, hereinafter described, be closed to the public and no further or longer use of the same be allowed to the public, and that the same be declared vacated and at an end, to-wit: The crossing and roadway about one-hundred and ten feet wide between North one-hundred and ten feet wide between North Railway street and the south line of Section Twenty-nine, in Township 1bree, Range Twentynine, in said city. Said crossing and roadway commencing on said section line nearly south of where Manhattan avenue terminates on said North Railway street, thence in a straight line north to North Railway street, there in a straight line main line and right of way of said railway company nearly south of where Manhattan avenue terminates on said North Railway street. Said avenue and lane is now used and for many years last past has been used by the bids. public as a highway and crossing over the right of way of said railway company. The clerk of said city, with the approval of the mayor and city council has appointed the 5-1-4ts 13th day of August, 1906, as the day on or before which day all objections to the vacation o such avenue and lane and the closing of said crossing and claims for damages by reason thereof must be filed with said city clerk, and all objections to the closing of said crossing, the vacation of said roadway, and claims for damages therefor must be filed in the office of said clerk on or before noon of said 13th day of August, 1906. In witness thereof I have hereunto set my hand and the seal of said city this 13th day of June, 1906. W. A. MIDDLETON, June 15-4ts City Clerk. [SEAL.]

Sealed bids will be received by the Secretary of the Board of Education of the School District of the City of McCook, in Red Willow county. in the State of Nebraska, until 6 o'clock p. n city, the same being a four room, two story frame building, about forty-nine and one-half by fifty-six feet in size, from its present location, a distance of about one-fourth mile, over almost level ground, to a place selected by said board. blocks, over the toundation five feet from the ground, so that it can be let down on the foundation walls. The person moving said building shall furnish the blocks on which it shall be left standing prior to let ting the _ame down on the foundation. A certified check, payable to the order of said board, for not less than fifty dollars, by some respon-sible bank, shall accompany each bid. Said board reserves the right to reject any and all

NOTICE FOR BIDS.

Trained Nurses In Schools

HE growth of the large citles of this country and the congestion of population in these centers of human activity have

compelled the municipal governments to take over the direction of many affairs in respect to which under other conditions no public action might be taken. It is not many years, for example, since there was no medical inspection, even in the largest cities, of children in the public schools. The health departments of municipalities have had more and more responsibilities thrust upon them with the growth of public sentiment as to safeguards that should be taken to protect the public health. These responsibilities are all a development of the idea that the community in its corporate capacity should exercise a guiding hand in such matters. It is the same idea that has led not only to regular inspection of the health of pupils in the public schools, but to instruction of the pupils themselves in many things relating to their health and to giving them practice under the eyes of trained nurses in such operations as first aid to the injured. The curriculum famillar to many of the older generation did not include any such course as this, but progress in educational ideas has brought many changes.

The main idea of regular inspection of the pupils in schools by representatives of the health departments is elimination of preventable diseases. From the nature of the case the public school is an excellent place for the spread of contagious disease unless the school is under some such regulation. Paris was the first important municipality to order the regular inspection of schools and school children by physiclans. That was in 1842. Boston was the first city in this country to institute a regular system of inspection of this kind. It took such action in 1894, and Chicago followed in 1895. New York was a little slow in establishing such a system, but it now has the most com-



NAVAL DISCIPLINE.

Pualshments That Are Meted Out to British Sailors.

For infraction of regulations some curious punishments are meted out in the English navy. It is an everyday occurrence, says London Tit-Bits, to see half a dozen sailors lined up on deck facing the paint work, holding their hammocks on their shoulders. At first the hammock isn't heavy, but after an hour or so it drags on one's shoulders like lead. Eesides, it is not at all entertaining to stare fixedly at a square foot of painted woodwork for an hour or more at a time.

Another punishment that Jack despises is bailing with a spoon. He is placed upon the deck, with two large wooden buckets, one filled with water and the other empty. With a spoon he must dip all the water from one bucket and transfer it to the other, being, meanwhile, the butt of his comrades' jests and jeers.

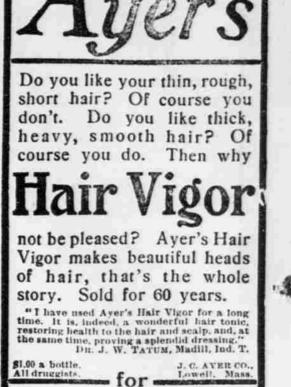
Sometimes a delinquent is made to walk slowly backward and forward along the deck, nursing in his arms a six inch projectile, weighing a little over 150 pounds. Once a sailor, who laughed at the stammering speech of his commander, was made to stand upon the forebridge, in full view of the ship's crew, and laugh for an hour and FRED R. BRUNS a half.

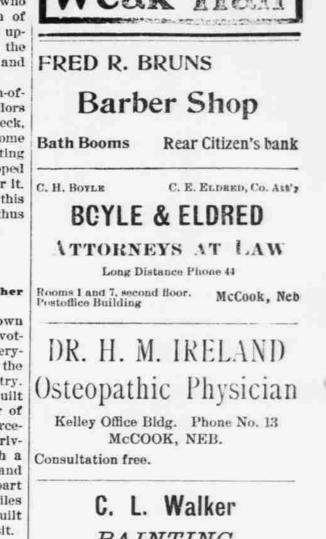
Spitting upon the deck of a man-ofwar is strictly prohibited. Cuspidors are placed at intervals along the deck, and these must be used. Upon some ships, when a sailor is caught spitting upon the deck, a small tub is strapped to his chest, and he is made to wear it. Any one who chooses may use this walking receptacle. The offender thus punished rarely repeats his offense.

A POTTERY TOWN.

Chingtechen Is Unlike Any Other Place In China.

For at least 900 years the town Chingtechen, in China, has been devoted to the making of pottery. Everything in Chingtechen belongs to the porcelain and earthenware industry. The houses are for the most part built of fragments either of old kilns or of the fire clay covers in which the porcelain is stacked during firing. The river bank is for miles covered with a deep stratum of broken chinaware and chips of fire clay, and the greater part of the town and several square miles of the surrounding country are built over or composed of a similar deposit. Chingtechen is unlike anything else in China. The forms, the color, the materials used in the buildings, the atmosphere, are reminiscent of the poorer parts of a civilized industrial center. There are 104 large pottery kilns in the town. The greater part are in use only for a short season in the summer. During this busy season the population of Chingtechen rises to about 400,000 souls, but of this total nearly half are laborers drawn from a wide area of country, who come for the season, live in rows of barracklike sheds and do not bring their families with them. Visitors to Chingtechen pass along street after street where every shop is occupied by men, women and children, all engaged in the designing, molding, painting or distributing of pottery. The river bank is crowded for three miles by junks either landing material and fuel or shipping the finished prodnet.







McCook, Neb.

ful in securing one hundred and twenty of these instruments at a great sacrifice by acting promptly and paying spot cash. They now propose to give the benefit to their customers by disposing of them quickly at a slight advance over cost, as follows:

Handsome new upright planos of New York and Boston manufacture in Colonial cases of dark Mahogany or French Burl Walnut finish (several makes to choose from, perhaps your favorite) and none made to sell for less than \$300, will be closed out at the remarkable cut price of \$175. Do not delay. Call or write at once for catalogues and complete information. Over six hundred pianos in stock. Address The Schmoller & Mueller Piano Co. Established 1859

1311-13 Farnam St., Omaha.

Important Notice.

All persons are hereby notified and warned that TRESPASS in any form on the following described lands in Red Willow county will be prosecuted to the FULL EXTENT of the law: W¹/₂NW¹/₄9, W¹/₂SW¹/₄4-30. Somers land. E¹/₂NE¹/₄9, E¹/₂SE¹/₄4-30. Oliphant land. E¹/₂NW¹/₄8-1-29. Cregar land. D. S. Farnham, owner, Newton Centre, Mass. 6-8-6mos^{*} W. S. MORLAN, Attorney, McCook.

FOLDEN & WIMER

PAINTERS

AND

PAPER HANGERS

First class work guaranteed in all lines. Would be pleased to consult with you with reference to colorings, effects and styles.

Phones: Black 302, Red 213.

McCook Tribune,

\$1.00 per year.

We'll Meat You

At the door with a nice roast, steak, broil or fry, and at anytime you give the nod. We have been in the city long enough for you to know all about us. If we have given you satisfaction in the past we ask you to continue your patronage in the future.

Yours to please,

SIDEWALK RESOLUTION.

Whereas the resident lot owners butting on certain streets herein after more fully described, have petitioned for sidewalks and the pray-er of their petition has been allowed: Therefore be it resolved: By the mayor and council of the city of McCook, that sidewalks be built and are hereby ordered constructed within thirty days after the publication of this resolution at the established grade, to be furn-ished by the city engineer upon application, toished by the city engineer upon application, to-wit: On east side of Main avenue lots 11 and 12, block 4, First Addition; lots 7, 8, 9, 10, 11, 12, block 13, and lots 7, 8, 9, block 6, Second Ad-dition. Also on south side of Dudly street lots 1-12, block 9, First Addition, and lots 1 2.3, 4.5, 6, block 12, lots 1.2, 3, 4, 5, 6, block 13, lot 1, block 24, Original town, all in the city of McCook. The material to be used in the construction

The material to be used in the construction thereof, shall be either flag stone, vitrified brick or concrete. For flag stone 3 inch thick laid on olid foundation well tamped and surfaced. Vitrified brick must be of even size laid in two inches of dry sand, upon a well tamped and solid foundation. Lay brick diagonally across space to be level on surface, 1 inch lower on the out side of mult

out side of walk. Concrete to be made 1 part Portland cement to 2 of sand and four of crushed stone laid upon qr ne qr 19-1-27..... M. F. Wilcox to A. E. Pucket wd lots a solid well tamped foundation, tamped well and surfaced with 2 of cement and 2 of sand. 9, 10, 11, 12, block 22, Indianola.....

J. Hoff to J. Hein wd lots 3, 32-3-29 All walks to be of a uniform width of 5 feet, all brick walks to be curbed on each side by J. Hein to C.Wagner wd pt lot 3,32-2-29 J. F. Cordeal to W. M. French wd lots 5, 6, block 1, Second McCook

or 19-1-27

all brick walks to be current of bricks set on ends, Said walks to be built under the supervision of the committee on streets and alleys and the city engineer in accordance with the provisions of Ordinance No. 113 as amended. Passed and approved this 11th day of June, 1906. H. P.WAITE, Mayor. M.S. Neaffy to J. Hunt wd lots 3, 4, block 1, South McCook O. Boyd to B. Carmin wd sw gr 34-1-27. 3,000 00

1906. W. A. MIDDLETON, [SEAL.] City Clerk. One publication June 22, '06.

TO ELLA QUIGLEY, AND TO WHOM IT MAY

CONCERN:

Notice is hereby given, that the undersigned, A. C. Harris, did, on the 7th day of November, 1904, purchase at public sale of Ben. G. Gos-sard, treasurer of Red Willow county, state of Nebraska, the lot fourteen, in block four, in the First Addition to South McCook, Red Willow county, Nebraska, for the delinquent taxes duly assessed and levied thereon for the years 1001 1002 and 1002 and hes since said nur. 1900, 1901, 1902 and 1903, and has since said purchase paid the taxes levied and assessed there-on for the year 1904; that said described lot was assessed for the years 1900 to 1906 inclusive in the name of Ella Quigley; that unless said in the name of Ella Quigley; that unless said lot is redeemed from said tax sale, the under-signed will apply to the county treasurer of said county for a treasurer's tax deed for said lot, after November 7th, 1906, and after the ex-piration of three months from the date of the service of this notice. A. C. HARRIS. McCook TRIBUNE, June 8-3ts.

State of Nebraska, Red Willow County. State of Nebraska, Red Willow County. To all persons interested in the estate of Bertha MayDevine, late of said county, deceased: You are hereby notified that on the 18th day of June, 1906, William Bymer filed his petition in the county court of said county for his ap-pointment as administrator of the estate of Bertha May Devine, late of said county, deceas-ed, and that the same will be heard at the county court room in the city of McCook, in said county, on the 14th day of July, 1906, at the hour of 2 p. m. he hour of 2 p. m. It is further ordered that notice of said hear-

ing be given all parties interested in said estate by publication of this notice for three succes-sive weeks in the MCCOOK TRIBUNE, a news-

By order of the Board of Education of the School District of the City of McCook, in Red Willow county, in the State of Nebraska, this 31st day of May, 1906. C. W. BARNES, Secretary.

NOTICE.

Notice is hereby given that by virture of an order issued out of the County court of Red Willow, in the State of Nebraska, to me direct-ed, whereby 1 am commanded to advertise and sell the property heretofore attached in an action pending in said court, wherein John Burtless is plaintiff and Standard Beet Sugar Company is defendant, to satisfy a judg. ent heretofore rendered in said action in favor of said plaintiff, I will at one o'clock p. m., on the on the right of way, of the Chicago, Burlington and Quincy Rail Road, east of the stock yards, in Willow Grove Precinct, in said county, offer or sale at public veudue, the following goods and chattels, to-wit: one scale house and contents, one large wagon scale, and one automo-bile numbered "461 Nebraska", taken on a writ of attachment issued in said action, as the proof attachment issued in said action, as the property of said Standard Beet Sugar Company. Dated this 21st day of June, 1906. H. I. PETERSON, June 22,21s Sheriff.

of any city in the world. Not only are physicians employed in the inspection Real Estate Transfers. service, but regularly graduated pro-The following real estate filings have fessional nurses are also so employed. been made in the county clerk's office A corps of nurses was appointed about four years ago with a supervising nurse since last Thursday evening: in charge. The medical inspectors C. C. T. Crier to H. C. Witmore qcd lot make systematic visits to the schools 14, block 29, Indianola..... 30 00 in their respective districts and main-L. L. Co.to Anna Hayes wd pt se qr ne tain a careful oversight of the pupils Anna Hayes to J. A. McGuire wd pt se in their jurisdiction and the health con-40 00 ditions existing, especially as regards contagious diseases. Each inspector 650 00 keeps a card index of each class room, 60 00 so arranged that each child affected 225 00with any contagious disease has its 800 0

300 00

1,400 00

name and disease entered upon the card as soon as the disease is discovered. A code number is used to indicate the malady. Where the case calls for it the child is sent home and excluded from school until it is safe for it to return. .Children needing treatment for some minor ailments are referred to their family physician or to some dispensary and allowed to remain in school as long as they are under treatment or until cured.

In many districts where there is a large foreign population the ignorance or poverty of parents is such that the ailing children would not receive proper treatment without assistance, and In these cases they are referred to the nurse for proper instruction and care. The nurses visit the schools in their charge each morning and have special rooms in which they may treat children needing their attention with certain specified simple remedies. The pupils are allowed to return to their class rooms and ordered to report to the nurse again at the proper time. The medical inspector looks over each case on his weekly visit, so that the patient is always under control. He also gives the nurse a list of those excluded from school, whom she visits at their homes to insure their having requisite care. Dr. Thomas Darlington, health commissioner of New York, in his last an-

Maund and Maunder.

OF

Neither maund, a basket, nor maunder, to whine or grumble, is obsolete. Both are still in common use in South Notts and Leicestershire, at any rate. The former is used only, however, of a particular kind of basket, used for carrying butter to market. The basket prehensive and highly developed one is nearly square in shape and has two llds opening from the middle part, where the handle is, and it is called the "butter mawn" (maund). Maunder is usually heard in such sentences as "What are you maundering at?" A Northumbrian will say, "He's a maundering old fool," when the man of whom he is speaking strings words together in a senseless sort of way somewhat akin to maudling.-London Notes and Queries.

The Color of the Ermine.

It is a popular idea that the ermine sheds its brown summer coat and that on the approach of winter a covering of snowy white fur takes its place. This was a natural conclusion, as a possibility of a change in the color of the fur had not occurred to scientists. Experiments, however, have been made, and the brown coated ermine has been placed in a very low temperature. Almost immediately a change was visible in the color of the fur, and without shedding the creature became snowy white.

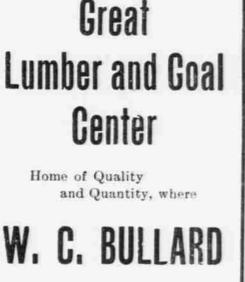
Smiles. There are many kinds of smiles, each having a distinct character. Some announce goodness and sweetness; others betray sarcasm, bitterness and pride; some soften the countenance by their languishing tenderness; others brighten by their spiritual vivacity .-Lavater.

Threats.

dence in a man to abstain from threats and the other excites his hatred and a desire to revenge himself .-- Machiavelli,

Too Sweet.

Mrs. Beach-Here is a letter from



sells THE BEST LUM-BER AND COAL. Are you thinking of building? If so, it is ten to one our figures will please you.

M. O. MCCLURE,

Phone No. 1.

Manager.



This Man Knows a Good Thing

and is making his knowledge worth something to him. That's I consider it a mark of great pro- the kind of a man that wins. Are or any contemptuous expressions, for that you can get an exceptional you doing as well? If you know but threats make him more cautious, value at a moderate price in our

"Anchor" Flour

and are using what you know to Charles. Mr. Beach-Read It. Mrs. your own advantage, nothing re-Beach (reading)-My dearest, darling- mains to be said. But if you do

12, block 33, Second McCook L. L. Co. to T. McCallum wd lot 1, block 4, Indianola, and pt nw qr nw gr 18-3-27..... 110 00 . L. Horton to O. C. Redtfeldt wd sw gr 9-1-25..... 2,200 00 L. L. Co. to P. F. McKenna wd lot 2, block 7, Fourth McCook 125 00 L. L. Co. to F. Folden wd lot 6, block 2. Sixth McCook 150 CO H. C. Rider to H. C. Jacobs wd lot 7, block 14. Riverview 15 00 Wahlquist Bros., to N. J. Johnson wd lot 11, block 15, McCook 500 00 . E. Kelley to W. S. Bixler wd lot 18,

and n 17 ft lot 17, block 20, McCook .. 1,000 00 Jol. J. Shippee to E.Timmons contract se qr 18, ne qr 17-9-26..... 4.000 00

L. L. Co. to The Public plat Sixth McCook..... County Judge to The Public ap adn est J. G. Johnson U. S. to R. P. Smith pat se qr 6-4-30 ...

J. R. Pence to M. H. Hammond wd lot

U. S. to J. W. West pat nw qr 19-1-30..

J. Hegenberger to R. W. Devoe,agt lot

11, block 12, McCook.....

When the baby talks, it is time to give Hollister's Rocky Mountain Tea. Its the greatest baby medicine known to loving mothers. It makes them eat, sleep and grow. 53 cents. Tea or

TRAINED NUESES VISITING HOMES

PUPILS IN NEW YORK.

