## Largest Circulation in Red Willow Co.

# Subscription, \$1 a Year in Advance

"GENTLEMAN GEORGE" MEIKLEJOHN is the latest announcement for U. S. senator. Briefly, his platform favors: Railway regulation, regulation of trusts, and direct nomination of all officers, state, district and county, and for election of U. S. senators by vote of people. Not a bad platform.

THE date for holding the convention for the Fifth congressional district has been placed at Wednesday, Aug. 8th, 1906, at 3 o'clock, in the court house at Hastings. All the indications now point to the renomination of Congressman G. W. Norris and to his election. He has made the people and the party an honored representative An upright man of ability and growing in usefulness his reelection would be the part of wisdom,

#### Notice of Republican Caucus.

Notice is hereby given to the Republi can voters of Willow Grove precinct that a caucus will be held in each vot ing precinct therein on Thursday, July 19th, 1906, at 8 p.m., for the purpose of electing delegates to the Republican county convention to be held July 21st, 1906, at McCook, Nebraska, and for such other business as may properly come before said caucus.

The caucuses will be held in the re spective wards as designated below: 1st Precinct,1st ward, basement Com-

mercial Hotel. 2nd Precinct, 1st ward, W. H. Acker-

man's office. 1st Precinct, 2nd ward, City Hall.

2nd Precinct, 2nd ward, H. H. Berry's office.

S. R. McCarl, JOHN BRITTAIN, T. J. SMITH, LON CONE. Committee.

Valley Grange Precinct. The Republican caucus for this precinct will be held on July 19th, at 8 o'clock, to select 5 delegates to the county convention, etc.

R. McDonald, Committeeman.

## Republican County Convention.

The Republicans of Red Willow county, Neb., are hereby called to meet in delegate convention at the city of McCook, on Saturday, July 21st, 1906, at 11 o'clock a. m., for the purpose of electing 7 delegates to the State Convention to be held at Lincoln, Aug. 22. Also, to elect dele gates to the Congressional and to the State Senatorial Convention, and to place in nomination candidates for the following offices:

One State Representative, One County Attorney,

One County Commissioner, 2nd District.

And for the transaction of such other busines as may properly come before said convention. The basis of representation to said convention shall be 2 delegates at large for each voting precinct, and I delegate for each 10 votes or fraction thereof cast for the Hon, Chas. B. Letton, for Supreme Justice, at the last general election. Said apportionment entitles the several precincts to the following representation in said convention

Lebanon..... Alliance..... 4 Missonri Rige ..... North Valley ..... Bondville ..... 4 Perry ..... Box Elder ..... 4 Red Willow..... Tyrone..... Danbury.... 4 Valley Grange..... Driftwood ..... 4 Willow Grove .... East Valley ..... 8 1 ward, 1 precinct .. 11 Fritsch..... 4 1 ward, 2 precinct .. 10 Gerver.... 5 2 ward, 1 precinct .. 11 2 ward, 2 precinct... Indianola..... 9

It is recommended by the committee that the caucuses to elect delegates to this convention, should be held on Thursday, July 19th, at 8 p m. It is further recommended that no proxies be allowed at said convention and that the delegates present from each of the respective precinct be authorized to cast the full vote of their precinct.

CHARLES SKALLA, JAMES RYAN,

#### Bondville Precinct.

Total.....130

The Republican caucus of Bondville precinc to elect 4 delegates to the County convention to be held at McCook, July 21st, will be held at the residence of Herman Reiners, on Thursday. July HENRY N. COLLING, 19th, 1906, at 8 p.m. Committeeman.

#### Grant Precinct.

The Republican caucus of Grant precinct to elect 4 delegates to the County convention to be held at MoCook, July 21st, will be held at this principle holds good with water, the Banksville school house, on Thursday, July A. PETERS. 19th, 1996, at 8 p. m. Committeeman.

It has caused more laughs and dried more tears, wiped away diseases and driven away more fears than any other medicine in the world. Hollister's Rocky Mountain Tea. 35 cents, Tea or him, as it were-that is, it will do no L. W. McConneil.

## Depredations of Tex . (e)otes

Citizens or Measuren and adjoining counties of Texas are in a state of terror because of the depredations of covotes, which are killing scores of cattle. Worse than that, the slinking structures of the body; third, it keeps hospital at Sea Breeze will lead to the brutes are spreading hydrophobia among the stock. A man living in Tilden was bitten by an infected colt and died in a few days. Ways and means of getting rid of the pests are being elimination of waste material; sixth, it considered.

Massachusetts' Single Tax Proposal. chusetts legislature a bill will be offer- heat to or abstracts heat from the they are cheerful and hopeful, for they soul cannot reach its fullest height or ed giving to each city and town the body. Some of these functions are all expect to be cured, and the medical privilege of raising money for munici- performed by water in its liquid state men say there is good ground for such pal purposes by such methods as the and others in a state of vapor. town or city may deem best. This is Have you indigestion? Try water year-old Max: "I don't want to get the single tax proposal which was de- instead of drugs with your food .- G. feated in the last bay state legislature. Elliot Flint in New York World.

TAKE AS MUCH WATER AS YOU WANT WITH YOUR MEALS.

It Is Excellent For the Digestion, It Is Claimed, as Neither Gastric Juice Nor Pepsin Work Properly Unless Largely Diluted With Water.

and when should we drink it are quesdiscussion seems superfluous. One would naturally answer, "Drink all the water you wish when you are thirsty," but authorities say, "Drink more than you wish when you are not thirsty," for they recommend that a gallon or so be drunk between meals, which is more water than we need and the very time the system least demands it. Usually we experience thirst during or directly after eating.

Inasmuch as 87 per cent of the whole body is water, which is, of course, being used up every moment, there is no question that we should drink of this element copiously, but it is a serious question whether we should refrain from water at meals-the time we particularly desire it.

There is a class of persons, ever growing more numerous, that believes that whatever is is wrong. For the natural and simple they would substitute the artificial and complicated. To drink water while or directly after eating is a natural instinct. Give a dog his dinner, putting a bowl of water near it, and observe that he will first eat all he can and then immediately drink. Wild animals look for a stream after feeding. Cage birds will stop pecking at seed to peck at water. Children have a perpetual thirst, and I have seen babies that, unlike young Oliver, have refused to eat more when denied water after every few mouth-

It is especially important that babies be given what water they wish and at the time they wish it, which is usually

The thinner food is the more easily and thoroughly is it digested; in fact, it cannot be digested until it has been made liquid by the gastric and intestinal juices. Indigestion is caused often by food that has not been sufficiently moistened by the digestive secretions.

There are sound p' iological reasons for our craving water with meals. Water is the solvent that constitutes 95 per cent of the gastric juice, Now, when one eats a hearty meal and does not drink, the amount of water in the stomach is not sufficient thoroughly to moisten the great quantity of food, and this makes digestion difficult. On the other hand, when enough water is ingested with the food the latter is well moistened and broken up, the digestible particles being then readily acted on by the gastric juice and afterward absorbed. Again, when the partially digested food (chyme) passes into the intestines it is most important that it be very moist, particularly as water is constantly absorbed from the chyle in the large intestine. Bad cases of constipation are caused by dry chyle remaining in the intestines, where it sets up an inflammation that sometimes proves fatal, dry faeces, of course, resisting peristaltic action. The excrement of persons suffering from constipation is always dry and hard and is a potent cause of appendicitis.

The idea that water drinking at meals unduly dilutes the gastric juice is nonsensical, water being not so palatable that one is apt to drink more than his digestive functions require. As a matter of fact water generally facilitates the digestion of albuminous substances. In this connection Dr. A. Jacobi in his work on "Infant Diet,"

page 67, says: "In experiments upon digestion of albumen with gastric juice obtained from the stomach of animals it was noticed that after a certain time the process began to slacken, but was renewed merely by the addition of water. The gastric juice became saturated with the substance it had dissolved and ceased to act upon what remained until it had been diluted. In the living stomach this dilution is of even greater importance, for it permits of the immediate absorption of the substances soluble in water and which do not require the specific action of the gastric juice." Neither the gastric juice nor pepsin has any true digestive action unless they be largely diluted with wa-

It goes without saying that it is not the food that is ingested, but that which is digested, that does good, and which is practically a food. Now, when one resists the perfectly perforal desire to drink while eating he not be not thirsty several hours afterward, but he is advised nevertheless to love himself to drink at that time. But if he drinks then, the water, having no food to mix with it, will go through

good. The importance of water to the human economy may be inferred from the various purposes it subserves. First, it softens and dissolves solid foods, thus facilitating their mastication and digestion; second, it mainsubstances in solution or suspension while moving in the body; fourth, it supplies elements in the body's chemical changes; fifth, it makes easy the discharges superfluous heat by transpiration through the skin and by emis-

#### MRS. REGINALD DE KOVEN. She Questions Veracity of the Author

of "The Life of Paul Jones." The life of the naval hero Paul Jones has been much under public discussion of late owing to the finding of his body in Paris by General Horace Porter and its burial at Annapolis with signal honors. All this has given renewed interest to "The Life of Paul Jones," pub-How much water should we drink lished by the late Colonel Augustus C. Buell in 1900. It was hailed by the tions so simple that at first sight their | critics as the final word on the career avidity by students on account of the attractive glamour thrown by it about far less protracted. his career. But now somes Mrs. Reginald De Koven and says that this life of Jones is a mass of fabrications; that it is based upon a framework of truth and deals in proper sequence with the



MRS. REGINALD DE KOVEN.

chief events of the hero's career, but "is padded with inventions of clever construction and of unparalleled audacity." Mrs. De Koven classes the book as "the most audacious historical forgery ever put upon a credulous pub-

The woman who makes these charges against the veracity of a dead author is the daughter of ex-United States Senator Charles B. Farwell of Illinois. She was born in Chicago in 1860 and is a graduate of Lake Forest university. She married Reginald De Koven, the operatic composer, in 1884. Mrs. De Koven is herself well known as an author, one of her best known works being "By the Waters of Babylon," which she wrote in 1901 and dramatized three

#### A NOBLE CHARITY.

#### How Bone Tuberculosis Patients Are Treated at Sea Breeze.

It is estimated that there are 60,000 persons in the United States who are crippled through bone tuberculosis, and the pity of it is that they should remain so all their lives when they might be cured. There are nearly 5,000 such that will leave no doubt of your meancases in the city of New York, and an ing. effort is being made to give strength, courage and health to as many as possible of these sufferers through treat- still more. ment at the hospital maintained at Sea Breeze by the New York Association For Improving the Condition of the Poor. Some 20,000 of the poor of the great city are benefited each summer by a longer or shorter stay at Sea Breeze, which is at the northern end of the famous Coney Island. The good done there for persons afflicted with bone tuberculosis is only a part of the large work done by the association.

The salt air and the life out of doors winter and summer have been found



LITTLE MAX, WHO IS CHEERFUL UNDER DIFFICULTIES.

to be very beneficial to such cases where the treatment has been tried on the shores of England and France, and tains a due bulk of blood and the it is expected that the success of the establishment of others in different parts of the United States. The visit which President Roosevelt paid last vitation of Jacob A. Riis brought the | Chicago News. good work done there to public attention as never before. The sight of the sion through other outlets, and, sev- children strapped to boards or with fixed is eminently the san tifying ele-At the coming session of the Massa- enth, it supplies in a convenient form their legs in frames is a pitiful one, but ment of human life. Without it the expectations. They all agree with fivedead and be an angel. I want to play first."

#### TYPHOID FEVER.

#### Sources of This Dangerous and Pro-

tracted Disease. Although there is always more or less typhoid fever in most of the larger cities of this country, the late summer and autumn are the seasons when it is most to be feared.

The disease is not so formidable, as regards the mortality, as some others, but its great length and the evil consequences which sometimes follow it in the form of weak heart, weak spine or of the hero and was read with much | nervous disorders make it quite as serious as some which are more fatal, but

Unless one knows how the disease is usually spread one cannot hope to avoid it, and so it may be useful to consider in what ways the germs of the malady find their way into the sys-

Water is the usual vehicle for typhoid germs, as is well known, and probably all great outbreaks of the disease in cities are due to an infected water supply. This has been strikingly shown in Philadelphia, where some parts of the city are supplied with filtered water and others with unfiltered or mixed water. Comparing two parts of the city in which the conditions, except as to water supply, are almost the same, it was found that in the one supplied with filtered water the occurrence rate of typhoid fever was one in five thousand, while in the others, in which the unfiltered water was drunk, it was one in sixteen hundred.

But a city with an ideal water supply may be scourged with typhoid fever, although less severely, through the medium of impure ice, and it is almost as important to know where the ice is cut, or with what water it is made, if artificial, as where the city water comes from. Not long since a number of officers on one of the United States ships in the Mediterranean phoid fever. When the source of the infection was traced it was found to be some ice bought at Athens, the ice machine on shipboard having broken down.

Another source of infection is found in oysters that have been fattened in streams contaminated with sewage. Not only has typhoid followed the eating of these fish, but the typhoid bacilli have been found in the stomachs of the

Law vegetables used for salads may have been grown in soil contaminated with slops used as fertilizers or may have been washed in infected water.

Unless a water supply is above suspicion all that used for drinking, tooth cleaning and in the kitchen should be boiled and the drinking water cooled by putting vessels containing it on the ice, not by putting ice in the water it-

to screen all food from flies, for if most tasteful accessories. there is a case of typhoid fever in the neighborhood flies may become most active distributers of the poison .-Youth's Companion.

#### POINTED PARAGRAPHS.

Jealousy is like some other thingsthe lid should be kept on it.

When you say no, say it in a manner

When giving advice to others here is a small slice to serve yourself: Keep

How little the best doctor knows! And how helpless he is in the presence of serious illness!

to bear, but we all stand it pretty well when we look in the glass. A man just starting into a law suit has more faith in courts than his at-

torney ever claims to have. There are too many young men who start out to make their mark in the world and stop at a soda fountain or hammock on the way.-Atchison Globe.

#### The Word "Cannibalism."

The word "cannibalism" is really the | year. name of a people. It is identical with Carib, many of the Caribs, who formerly flourished in the West Indies, having been consumers of human flesh, The letters "l," "n" and "r" are interchangeable in certain aboriginal American languages, so that Columbus found one West Indian island saying "Caniba" where another said "Carib," while Shakespeare's Caliban is another variety of the same. Columbus' own conjecture was that the name was connected with the great khan, and later philologists of the old slapdash type associated with "canis," a dog. Apparently, however, the meaning of "carib" was brave and daring.

No Faith In Him. "Guess that freckled daughter of Thompson's must have a steady young man."

"What makes you think so?" "The old man was in here yesterday to buy one of these newfangled contrivances that make a big saving in the gas you burn."

"I don't believe the young man's a steady. If he was they'd save all the gas."-Cleveland Plain Dealer.

#### There Are No Certain Ones. "The only objection I have to this

story," said the cynical bachelor, "is the frequent use of the phrase 'a certain girl.' The phrase is grossly inaccurate, as everybody well knows that summer to Sea Breeze through the in- all girls are exceedingly uncertain."-

holiness.-Ruskin.

Comfort and independence abide with those who can postpone their desires .-Success Magazine.

# A Novel and Valuable Vacation Tour.

Buy a \$20.00 excursion ticket to Worland, Wyo., in the Big Horn Basin and register there to draw for a land prize in the Shoshone Reservation or make Worland your objective point in looking up a mineral or timber claim in the Owl Creek mountains. The final limit of August 15th will permit you to make the side trip from Worland to the Thermopolis hot springs, whose waters and curative properties are pronounced as fine as any in the world; the out-flow is 18,500,000 gallons of water every 24 hours at a temperature of 135 degrees F. Thermopolis will become one of the most remarkable health resorts of this country.

Side trip tickets from Edgemont through the Black Hills to Deadwood and return, \$7.00; to Hot Springs, S. D. and return, \$2.00. From Frannie to Cody and return, \$2,30. Stop-overs allowed on Shoshone tickets. Fifteen day's personally conducted camping tour from Cody through Yellowstone Park over the Sylvan Pass Route, everything provided, \$55.00.

Another delightful mountain side trip is that from Cody to Col.Cody's Pahaska Tepee, or Log Cabin Inn, in the Yellowstone Park Forest Rererve, 2 miles east of the park boundary. This is one of the choicest mountain and forest hunting and trout fishing spots anywhere available.

Call or write for Yellowstone Park folders describing tours beyond Gardiner or Cody; or Black Hills leaflet; Shosbone free lands; Big Horn folder, etc. Let me describe to you the possibilities of an outing through the interesting Northwest in connection with the cheap excursion rates to Worland, one of the principal points of registration for Shoshone

GEO. S. SCOTT, McCook, Neb.

### Reception and Banquet to the V. G. M.

Commence of the second second

The boys of McCook lodge No. 599, tendered a reception and banquet to McConnell. Vice Grand Master C. W. Mier of the squadron were taken down with ty- order, flast Friday evening. The affair was a memorable one in every aspect and particular to the boys of 599. This is the first visit from a grand master this lodge has ever received since its organization, four years ago, and it was keenly appreciated by the members.

The McCook Commercial club rooms where tendered the lodge in receiving the grand master and here the reception proper was held, the grand master addressing the members and a pleasant session withal being enjoyed with profit.

After the session in the club room a banquet was spread in honor of the grand master at the Palmer hotel, which was in keeping with the traditions of that hostelrie, the management spareing neither expense nor effort in producing a banquet of unexcelled excellence or in Finally, great care should be taken serving it in the best style and with the

W. C. Allen of Galesburg, Illinois, filed. general chairman of the joint protective board, was present and served as toastmaster with distinction and cleverness. The wives of the firemen enjoyed the

occasion with their husbands. Palmer for their banquet.

# Over The Thousand Mark.

The school census has been completed and while the increase is not as large as expected, on account of quite a number of Russian and other families leav-It is said that disappointment is hard | ing the city, this spring, to engage in | ment thereof was passed. the sugar beet culture elsewhere, the result indicates a growth over last year. The total number of population of school age is 1074 as against 1048, last year, or a gain of 26.

The Alliance papers of recent date announce the completion of an "exceedingly careful" census and report the enumeration of 927 "youngsters" of school age in that city, or a gain of 14 over last | co-operation.

This shows McCook to have 147 more persons of school age than Alliance.

# For State Professional Certificates.

Examinations for state professional certificates will be held in McCook, Monday and Tuesday, July 23 and 24. The examinations for Red Willow county will be conducted by County Sup't Quick. Following will be the program. Monday forenoon: Chemistry, general history.

Monday afternoon: English literature, plane trigonometry, zoology. Tuesday forenoon: Geology, physical

Tuesday afternoon: Psychology, rhet-

Prairie chickens are being killed by local "sportsmen" notwithstanding the law of the state of Nebraska prohibits killing before September 1st. After all to Cairo railway. what is the difference between breaking

You will find the only Shetland pony for hire in the city at McCook Livery.

ing birds out of season?

#### **BEGGS' BLOOD PURIFIER** CURES catarrh of the stomach.

SHERIFF'S SALE Curate, as everybody well knows that all girls are exceedingly uncertain."—
Chicago News.

Love when true, faithful and well fixed is eminently the san tifying element of human life. Without it the soul cannot reach its fullest height or holiness.—Ruskin.

By virture of an order of sale, issued from the District court of Red Willow county, Nebraska, under decrees in actions wherein James F. Toy is plaintiff and Carlos C. Burr, et al. are defendants and Edward B. Cowles is plaintiff, and The Cheshire Provident Institution are defendants, to me directed and delivered, I shall offer at public sale, and sell to the highest bid offer at public in township two (2), north of range twenty-nine (29), west of the 6th p.m., in Red Willow county, state of Nebraska northwest quarter of section twenty-nine (29). y, state of Nebraska.
Dated this 13th day of July, 1906.
H. I. Peterson, Sheriff.

A ...

#### City Council Proceedings.

The city council was in session, Mon-Brotherhood of Locomotive Firemen, day evening, all present but councilman

Following bills were allowed: W. A. Gold...... \$ 40 00 Thomas Burge . . . . . . . . . . . 60 00 Frank Denton...... 50 00 E. D. Shirley . . . . . . . . . . . 3 00 John Ekstedt ..... 74 10 S. A. Warner ...... 26 20 W. T. Coleman ...... 1 45 L. W. McConnell.... Rosebush & Northrup...... 120 57 J. B. Northrup. . . . . . . . . 41 88 Hammond Printing Co. . . . . 15 75 L. P. Chapman .... 4 00 W. C. Bullard ...... 24 45 C. H. Meeker.... 101 30 W. E. Heffelbower. . . . . . . . 13 00 John Hunt.... 21 25 Schell Kimmell . . . . . . . . . . . 5 50 C. A. Seed...... 4 00 William Zint..... 2 00 Fire claims were allowed to city fire-

men to the total of \$186.00. City marshal's report was read and

Police judge's report was read and referred to city attorney.

City treasurer's report was read and referred to finance committee. Resolution was passed establishing

The affair was a most satisfactory ore and making the annual levy for the and the boys are delighted with the fiscal year of 1906. The estimate calls success of the same, ascribing much of for \$12,350.00. The revenue for 1905 the credit to the management of the was \$9,078.25. The expenses of the city for 1905 were \$9,486.52.

The appropriation ordinance was pas-

sed. It is No. 126. Ordinance No. 127 establishing and describing sewer district No. 1, and providing for its construction and the pay-

#### PUBLIC LIBRARY NUTES.

"Growing Oranges in California," by Bertha M. Smith. A business worth \$14,000,000 a year was developed from half a dozen navel orange cuttings. How the fruit is gathered, sorted and packed. The struggle of the producers for a paying market and their triumph through "Automobiles for Everybody." No

longer mere toys for the rich, but within the reach of men with moderate incomes. What it costs to keep one. How they compare with horse and carriages for physcians and others who drive, The economy of commercial automobiles by Harry B. Hanies. "The New State of Oklahoma" by

M. G. Cunniff. The spirit of the people of Oklahoma and Indian Territory who will soon be citizens of a new commonwealth. Stories of life and work in the two territories. What the pioneers have accomplished.

"Bridging the Gorge of the Zambesi" by A. T. Prince. The enormous span flung across a canyon 350 feet deep just below the greatest cataract in the world. The adventures in its building. The most picturesque link in the Cape

"The Model School House" by C. C. Johnson. The H-plan building, a new the law against theft and against shootand simple design that allows light and air. How New York has improved the vision and the health of its children 30 per cent. Notable examples of this school architecture.

The above may be found at the public

Library hours: Morning 10:30 to 12 By virture of an order of sale, issued from the o'clock. Afternoon 1:30 to 6 o'clock.

each box. 25c.

Six gentle, high headed, high bred. single drivers at McCook Livery.