

# A Food to Work On

Work! Work!! Work!!!

Lots of energy is needed to keep up the pace. In the struggle, the man with the strong body and clear brain wins out every time.

The man of to-day needs something more than mere food; he needs a food that makes energy—a food to work on.

Although some people may not realize it, yet it is a fact, proved and established beyond doubt, that soda crackers—and this means **Uneeda Biscuit**—are richer in muscle and fat-making elements and have a much higher per cent. of tissue-building properties than any other article of food made from flour.

That this is becoming known more and more every day is attested by the sale of nearly 400,000,000 packages of **Uneeda Biscuit**, the finest soda cracker ever baked. An energy-giving food of surpassing value—sold in a package which brings it to you with all the original flavor and nutriment perfectly preserved. *Truly the food to work on.*

Whoever you are—whatever you are—wherever you work—**Uneeda Biscuit**.

NATIONAL BISCUIT COMPANY

5¢

## Trust to Nature.

A great many Americans, both men and women, are thin, pale and puny, with poor circulation, because they have ill-treated their stomachs by hasty eating or too much eating, by consuming alcoholic beverages, or by too close confinement to home, office or factory, and in consequence the stomach must be treated in a natural way before they can rectify their earlier mistakes. The muscles in many such people, in fact in every weary, thin and thin-blooded person, do their work with great difficulty. As a result fatigue comes early, is extreme and lasts long. The demand for nutritive aid is ahead of the supply. To insure perfect health every tissue, bone, nerve and muscle should take from the blood certain materials and return to it certain others. It is necessary to prepare the stomach for the work of taking up from the food what is necessary to make good, rich, red blood. We must go to Nature for the remedy. There were certain roots known to the Indians of this country before the advent of the whites which later came to the knowledge of the settlers and which are now growing rapidly in professional favor for the cure of obstinate stomach and liver troubles. These are found to be safe and yet certain in their cleansing and invigorating effect upon the stomach, liver and blood. These are: Golden Seal root, Queen's root, Stone root, Bloodroot, Mandrake root. Then there is Black Cherry bark. The medicinal principles residing in these native roots when extracted with glycerine as a solvent make the most reliable and efficient stomach tonic and liver invigorator, when combined in just the right proportions, as in Dr. Pierce's Golden Medical Discovery. Where there is bankrupt vitality—such as nervous exhaustion, bad nutrition—and thin blood, the body acquires vigor and the nerves, blood and all the tissues feel the favorable effect of this sovereign remedy.

Although some physicians have been aware of the high medicinal value of the above mentioned plants, yet few have used pure glycerine as a solvent and usually the doctors' prescriptions called for the ingredients in varying amounts, with alcohol.

The "Golden Medical Discovery" is a scientific preparation compounded of the glyceric extracts of the above mentioned vegetable ingredients and contains no alcohol or harmful habit-forming drugs.

## 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: W<sup>1/2</sup> NW<sup>1/4</sup> 9, W<sup>1/2</sup> SW<sup>1/4</sup> 44-30, Somers land, E<sup>1/2</sup> NE<sup>1/4</sup> 9, E<sup>1/2</sup> SE<sup>1/4</sup> 44-30, Orlifant land, E<sup>1/2</sup> SW<sup>1/4</sup> 5-1-23, Greagar land.

D. S. FARRAM, owner, Newton Centro, Mass. 6-8-6mos\* W. S. MORLAN, Attorney, McCook.

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Brings Golden Health and Renewed Vigor.

A specific for Constipation, Indigestion, Liver and Kidney Troubles, Pimples, Eczema, Impure Blood, Bad Breath, Sluggish Bowels, Headache and Backache. It's Rocky Mountain Tea in tablet form, 25 cents a box. Genuine made by HOLLISTER DRUG COMPANY, Madison, Wis.

GOLDEN NUGGETS FOR SALLOW PEOPLE

## RECKONING TIME.

The Watch of the Man in the Street is Set by the Stars.

Time is a perennially interesting subject. Before the chronometer in the jeweler's window a procession is constantly passing. The banker pulls out his \$700 repeater, compares it with the chronometer and moves on. The office boy with just as much dignity consults the dollar timepiece that bulges his little waistcoat. Both are equally under the spell of time.

As most persons know, England supplies the world with that valuable but impalpable commodity, that purely arbitrary thing which we call time. The meridian of the Royal observatory at Greenwich is the point from which the day of the civilized world is reckoned, but in America the United States Naval observatory in Washington determines Greenwich time and distributes it by telegraph.

In the end the watch of the man in the street is set by the stars. Out of the vast number in the heavens there are some 600, visible either to the eye or the camera, which are known to be practically invariable. The astronomer selects one of them. Through the transit instrument—a telescope pointed at the meridian—he watches, telegraphic key in hand. On the lens of the telescope are eleven hair lines. The center one marks the meridian. As the star crosses each of these lines the operator presses his key, the wires of which connect with an automatic recording clock called a chronograph.

This shows at what time the star crossed the meridian. Astronomical tables determine the time at which it should have crossed. Comparison of the standard clock with these tables shows whether or not the clock is right.

The time is distributed at noon. Three minutes before 12 o'clock thousands of telegraph operators sit in silence waiting for the click of the key which shall tell them that the "master clock" in Washington has begun to speak. At one minute before 12 it begins, beating every second until the fifty-fifth. Then, after the pause, comes a single beat, which marks exact noon, and for another day the world knows that it has the correct time to the fraction of a second.—Youth's Companion.

## A FEW DON'TS.

Don't be reckless, especially in your lying.

Don't give to the Lord and then go out and rob a widow.

Don't acquire the borrowing habit, or the day will come when you will run out of friends.

Don't marry an indolent man expecting him to brace up, or you may have to take in washing to pay for the brace.

Don't be so mean minded that you can see no good in a man. He may be the first to loan you money in time of need.

Don't lay up everything for a rainy day and go hungry all through life. Besides, where you are going it may never rain.

Don't spread butter on both sides of your bread just because you have \$3 in your pockets. An earthquake may come along and shake the change out of them.—Denver News.

## Another Definition.

"Father," said the small boy, "what is a pessimist?"

"A pessimist, my son, is a man who when the home team wins kicks because the score wasn't larger."—Washington Star.

## THE ART OF ACTING.

What Amateurs Who Would Become Stars Must Learn.

It is surprising to discover how very differently people who have played parts all their lives deport themselves before the footlights. I was acquainted with a lady in London who had been the wife of a peer of the realm, who had been ambassador at foreign courts, who at the time had been a reigning beauty and who came to me longing for a new experience and imploring me to give her an opportunity to appear upon the stage.

In a weak moment I consented, and as I was producing a play, I cast her for a part which I thought she would admirably suit—that of a society woman. What that woman did and didn't do on the stage passes all belief. She became entangled in her train, she could neither sit down nor stand up, she shouted, she could not be persuaded to remain at a respectful distance, but insisted upon shrieking into the actor's ears, and she committed all the gaucheries you would expect from an untrained country wench.

But because everybody is acting in private life every one thinks he can act upon the stage, and there is no profession that has so many critics. Every individual in the audience is a critic and knows all about the art of acting. But acting is a gift. It cannot be taught.

You can teach people how to act acting, but you cannot teach them to act. Acting is as much an inspiration as the making of great poetry and great pictures. What is commonly called acting is acting acting.—Richard Mansfield in Atlantic.

## OLD ROMAN BATHS.

They Held Theaters, Temples, Feasting Halls and Libraries.

The ancient Romans were extravagantly fond of bathing. They got their notions about the bath as a luxury from the Greeks, and at one time there were nearly 900 public bathing establishments in Rome, some of which were the most beautiful and elaborate structures in the world.

The baths of the Emperor Diocletian covered more than half a square mile and contained, besides immense basins and thousands of marble recesses, theaters, temples, halls for feasting, promenades planted with trees, libraries, schools for youth and academies for the discussions of the learned. The bathers sat on marble benches below the surface of the water, around the edge of the basins, scraping themselves with dull knives of metal and ivory and taking occasional plunges in to the water.

Disputed Romans would spend whole days in the bath, seeking relief from overindulgence in eating and drinking the night before. Everybody, even the emperor, used these baths, which were open to every one who chose to pay the price of admission.

It was not usual for the old Romans to have baths in their houses, though at a date 1,500 years before that, or 3,500 years ago, the noblemen of ancient Greece had their dwellings supplied with baths of terra cotta.

## The Kitchen Autocrat.

"Yes, ma'am, an' now that I'm goin' to take hold here I'll settle th' permit business first of all. You see, I carry me own fountain pen. There, take that an' don't lose it."

"What is this?"

"That's a permit, ma'am, for you to visit th' kitchen. It entitles you to one visit a week. If you come oftener th' permit will be taken up, an' don't you forget it."—Cleveland Plain Dealer.

## William J. Bryan AND HIS World's Tour

THE tour of the world which William J. Bryan has almost completed and the reception planned in his honor on his return to this country have brought his name again before the American public in a conspicuous manner. A number of state conventions of the Democratic party have declared in favor of his nomination for the presidency in 1908. Colonel Henry Watterson of the Louisville Courier-Journal and Governor Joseph W. Folk of Missouri have announced themselves in favor of his candidacy, and this has added to the interest taken by the public in Mr. Bryan's globe gridding trip and the observations he has made in the course of it. Seldom has an American citizen in private life traveled in other countries and been the recipient of such attentions from foreign governments and statesmen as have been accorded to the distinguished Nebraskan.

These meetings with rulers and eminent men have afforded Mr. Bryan exceptional opportunities for studying the countries he has visited and the institutions and customs prevailing. His tour has included the Philippines, Japan, China, India, Burma, Ceylon and Palestine, and most of the countries of Europe will have been visited by him before his return to the United States the latter part of August. Mr. Bryan was greatly interested in Japan and has expressed most hopeful opinions as to the future of that empire and its friendly relations with the United States. He was entertained at Tokyo by the society known as Friends of America, formed by men who were educated in the United States, and on this occasion an address of welcome was delivered by Baron Kaneko. At another time he was discussing the war between Russia and Japan with Marshal Oyama, and it is related that the great Japanese warrior, knowing that Mr. Bryan had commanded a regiment in the Spanish war, asked: "Were you ever under fire, colonel?" "No, general," the Nebraskan is said to have replied, "but I've been over one many times."

But it is *open to doubt whether Oyama*, though he once studied in the United States, is enough upon Americanisms to understand how Mr. Bryan had been "roasted." On several occasions during his travels the noted American had to take the



WILLIAM J. BRYAN.

risk of offending his hosts in order to act in accordance with his religious convictions. In Japan he refused a dinner invitation on Sunday on the ground that it would conflict with his attendance at church on that day, a custom which he never allowed anything to interfere if it could be avoided. In India he addressed a large congregation upon one of the Sundays he spent in that part of the British empire. The Calcutta papers expressed surprise at finding that Mr. Bryan was a preacher as well as a politician.

Mr. Bryan has indeed devoted much of his attention to observing and studying the religions of the people among whom he has sojourned and their effect upon national character. His observation of conditions in Japan convinced him that the nation has outgrown Buddhism and Shintoism, that it needs Christianity and that favor toward it is taking the place of toleration as toleration thirty years ago supplanted persecution. His opinion of Buddhism after studying it as taught and practiced in India, China and Japan is such that he wonders it can find any admirers in a country where the teachings and benefits of Christianity are known and experienced.

Mr. Bryan says he at home need not complain of the mosquito, for it is found everywhere, "from Greenland's icy mountains to India's coral strands," and in tropical countries its activities are perennial. Even more to be dreaded than the mosquito is the ant, for while the former does most of its prowling at night, the latter "improves each shining hour." The cockroaches join with the ants and mosquitoes in making life irksome.

In his tour of the Philippines and the Sulu archipelago Mr. Bryan met Aguinaldo and also the sultan of Sulu. The latter presented him with his personal flag. He was accorded many courtesies by the officials of the Philippine government, and he has expressed his appreciation of the excellent opportunities given him to study the situation in these islands. In St. Petersburg he attended a session of the douma and met some of the Russians who are working by constitutional methods to free their country from oppression.

## BOOK ILLUMINATION.

An Early Example of the Artistic Culture of the Ancients.

The underlying thought which has inspired illumination from its very beginning is more interesting even than the gorgeous pages which pass beyond our power of appreciation and defy our comprehension. To the ancients the rarest gems in all the world were the gems of thought. The book was the tangible and visible expression of man's intellect, worthy of the noblest setting. Its covers might be made of tables of beaten gold inlaid with precious jewels, its words might be written in minimum of rare brilliancy brought from India or Spain or in Byzantine ink made from pure oriental gold upon parchment soft as velvet made from the skins of still born kids, while upon the ample margins could be displayed miniatures and decorations portraying the highest skill of the great artists of the day.

The earliest example of illumination is a papyrus in the Louvre in Paris, which contains paintings representing funeral ceremonies executed in bright colors, touched in its high lights with penciled gold. Although we find frequent mention of some poem written in gold, of some magnificent volume or codex of colored vellum or some collection of miniatures or of some magnificent gift book decorated for prince or church, yet this simple, imperfect fragment at the Louvre is the sole tangible evidence we have that so obvious a form of artistic culture as the art of illumination was known to the long period of classical antiquity or to the later luxuries of the life of Athens and Corinth, of Pergamum and Ephesus, of Cyzicus or Rhodes, Syracuse or Tarentum, of Sybaris, of Pompeii and of Rome.

With the invention of printing the demand for the illuminator and the scribe became gradually less, and finally by the end of the sixteenth century illumination ceased to be an art. The book as the developer of the people in science and literature and in learning generally had crowded out the book as an object of art. It need not have done this, perhaps, but as a matter of fact it did.—Boston Transcript.

## EAGLES IN BATTLE.

The Daring and Skill of These Fierce Birds of Prey.

Ornithologists are inclined to discourage the idea that eagles are in the habit of attacking large animals, but a contest witnessed by an observer dispels such a theory. The battle was between an eagle and a stag.

The bird singled out from a herd one particular buck, which it succeeded in driving from the rest. It struck the animal with its powerful wings, knocked it down and finally killed it. A still more remarkable spectacle is well authenticated. An eagle attacked a fawn in the highlands of Scotland. The cries of the little one were answered by its dam, which sprang upon the eagle and struck it repeatedly with its forefeet. Fawn, deer and eagle rolled down a declivity, the bird was dislodged from its hold and the fawn rescued.

Many traditions are extant as to the carrying off of children by eagles. The most recent case bearing close scrutiny is one which happened in South Africa. A Boer farmer whose stock had been harried by eagles lay in ambush for the robbers and saw one of them descend and carry off the five-year-old child of one of the Kaffir servants. He shot the bird, which, with the child still clutched in its grip, fell into a thorn bush. The bird was dead, but the child was little hurt.

Two eagles will stalk a covert in concert. While one conceals itself the other beats about the bushes with great screaming, driving out its quarry for the hidden eagle to swoop down upon. An even more insidious method has been observed. An eagle seeing a sheep on the edge of a precipice flew at it, screaming shrilly and with forceful beat of wing hurried it into the valley below, where it could devour it at its leisure. In the light of such records there is good reason for believing the legend of the eagle dropping a tortoise on the bald head of Æschylus, the Greek poet, and so causing his death.

## Her Dilemma.

A Doniphan county woman who was ill and found herself in a trying position explained her woe to a friend. "You see, my daughter Harriet married one of these homepath doctors and my daughter Kate an allypath. If I call the homepath my allypath son-in-law and his wife will get mad, an' if I call my allypath son-in-law then my homepath son-in-law an' his wife will get mad, an' if I go ahead an' get well without either of 'em then they'll both be mad, so I don't see but I've got to die outright."—Troy (Kan.) Chief.

## Echoes.

Every one is familiar with the phenomenon of echoes. In a cave in the Pantheon the guide, by striking the flap of his coat, makes a noise equal to a twelve pound cannon's report. The singularity is noticed in a lesser degree in the Mammoth cave in Kentucky. In the cave of Smellin, near Viborg, in Finland, a cat or dog thrown in will make a screaming echo lasting some minutes.

## A Natural Wonder.

Teacher—What are marsupials? Boy—Animals which have pouches in their stomachs. Teacher—What do they have pouches for? Boy—To crawl into and conceal themselves in when they are pursued.—Figaro.

A person may not merit favor, as that is only the claim of man, but he can never demerit charity, for that is the command of God.—Sterne.

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