

Follow this advice.

Quaker Oats is the best of all foods; it is also the cheapest. When such men as Prof. Fisher of Yale University and Sir James Crichton Browne, LL.D.-F.R.S. of London spend the best parts of their lives in studying the great question of the nourishing and strengthening qualities of different foods, it is certain that their advice is absolutely safe to follow.

Professor Fisher found in his experiments for testing the strength and endurance of athletes that the meat eaters were exhausted long before the men who were fed on such food as Quaker Oats. The powers of endurance of the non-meat eaters were about eight times those of the meat eaters.

Sir James Crichton Browne says—eat more oatmeal, eat plenty of it and eat it frequently.

S. W. Nebraska Educational Ass'n. The meeting of the Southwestern Nebraska Educational association in Alma, April 6, 7 and 8, promises to be one of the best in the history of the association. The meeting will mean much in the way of educational uplift and inspiration for all classes of teachers, and particularly for rural teachers.

The following is a copy of a letter from the state superintendent on this subject. It would be well if every school board in the county would give two days for each teacher to attend this meeting:

"State of Nebraska, Department of Public Instruction, Lincoln, March 2, 1910.

"To Superintendents and School Boards in Southwestern Nebraska:

"The annual meeting of the Southwestern Nebraska Educational association will be held this year at Alma, April 6, 7 and 8. In recognition of its value to the schools of Southwestern Nebraska, I am pleased to recommend that teachers who are willing to bear their part of the necessary expense be granted the privilege of attending this meeting without the loss of time or pay. Subjects of importance to all teachers and all schools will be discussed. All who attend will return to their schools with a greater enthusiasm for the work, with a fund of new ideas, and with the ability to render greater service. Very truly yours, E. C. BISHOP, Superintendent.

C. C. Harless, who has been living on a farm near Stratton, has returned to McCook, and is living in West McCook.

Who's the Town Booster? Why, Here He Is!



- The citizen who praises his own town.
The citizen who encourages local enterprises.
The citizen who helps along home improvements.
The citizen who patronizes the home merchants.
The citizen who gets his job printing done in his own town.
That man's THE TOWN BOOSTER.

CHAMBERLAIN'S Cough Remedy

Cures Coughs, Colds, Croup, Grip and Whooping Cough.

We are pleased to inform our readers that Chamberlain's Cough Remedy does not contain narcotics of any kind. This makes it the safest and best for children.

It makes no difference when you catch that cold, you have it and want to get rid of it quickly. Take Chamberlain's Cough Remedy.

LETTERS BY TELEGRAPH.

Western Union to Inaugurate a New Service Known as Night Letters at Nominal Rates.

Announcement is made by the Western Union Telegraph Company, that it will shortly be prepared to handle long night messages at the rates customarily charge for ten-word day messages.

It appears that the Western Union has a large unemployed mileage of wire at night which is not earning anything. These wires must be maintained in any event to take care of the regular day business, and it is apparently the idea of the new interests in the telegraph company to let the public have the benefit of them. The announcement states that "a special Night Letter service will be established as soon as practicable. The charge for this service will be the standard day rate for ten words, for the transmission of fifty words or less, and one fifth of such standard day rate will be charged for each additional ten words or less."

To be taken at these rates "Night Letters" must be written in plain English language, that is to say, code words or communications written in foreign languages will not be accepted. The messages will be taken at any hour up to midnight and transmitted at the company's convenience during the night for delivery the following morning. For the present the new service is confined to Western Union offices in the United States. The tariffs charged for the new service will be largely availed of by business concerns and others to quicken their correspondence by using the telegraph instead of the mails. A Night Letter sent by telegraph will reach its destination at the opening of business hours the following morning thus saving as much as three or four days when long distances are involved.

Baking Economy

By the use of perfect baking powder the housewife can derive as much economy as from any other article used in baking and cooking. In selecting a baking powder, therefore, care should be exercised to purchase one that retains its original strength and always remains the same, thus making the food sweet and wholesome, and producing sufficient leavening gas to make the baking light. Very little of this leavening gas is produced by the cheap baking powders, making it necessary to use double the quantity ordinarily required to secure good results.

You cannot experiment every time of chemically pure ingredients of test the strength of your baking powder to find out how much of it you should use; yet with most baking powders you should do this, for they are never uniform, the quality and strength varying with each can purchased.

Calumet Baking Powder is made of chemically pure ingredients of tested strength. Experienced chemists put it up. The proportions of the different materials remain always the same. Sealed in air-tight cans, Calumet Baking Powder does not alter in strength and is not affected by atmospheric changes.

In using Calumet you are bound to have uniform bread, cake or biscuits, as Calumet does not contain any cheap, useless or adulterating ingredients so commonly used to increase the weight. Further, it produces pure, wholesome food and is a baking powder of rare merit; therefore is recommended by leading physicians and chemists. It complies with all pure food laws, both STATE and NATIONAL. The goods are moderate in price, and any lady purchasing Calumet from her grocer, if not satisfied with it, can return it and have her money refunded.

Alice in Wonderland.

listened to the plaint of the lobster. "You have baked me too brown, I must sugar my hair," without being able to improve on the culinary failure. Many another Alice-in-the-Kitchen has almost expected her failures to reproach her when he herself has come to the realization that her own lack of foresight caused the catastrophes in the baking.

There are two essentials in the art of baking—a good oven and good material. The oven must be at right temperature for the baking and the material must be like Caesar's wife—"above reproach." Nearly every woman thinks that she is a born cook and she surely is if she knows enough to get the oven right and to choose right proportions and right ingredients for her work.

The woman who aspires to be a successful cook should be as familiar with the best materials as a workman is with his tools or an artist with his colors. She should know that the absolute essential to good baking is good baking powder. Second-class baking powder will bring second-class results. First-class baking powder insures perfect baking. That does not mean the most expensive, for the best in the market is Calumet which sells at a moderate price. Calumet Baking Powder received the Highest Award at the World's Pure Food Exposition.

Curious Styles of Letter Endings.

Any one in the habit of perusing old letters is struck with the tone of great humility and deference which pervades the correspondence of our ancestors.

A few specimens of the style of beginning and ending letters may prove interesting as in striking contrast to the laconic "yours obediently," "faithfully" or "truly" of the present day. It would certainly be difficult to match the following subscription of a letter from the Duke of Shrewsbury to Sir Thomas Hanmer, dated September, 1713: "I desire that you will believe that, wherever I am, I shall always endeavor to deserve and very much value your friendship, being, with a sincere esteem, sir, your most faithful and obedient servant, Shrewsbury."

Frequently one meets with bellicose subscriptions, as in the case of the Earls of Rutly and Errol, who in 1594 threatened "awful consequences" to the magistrates of Aberdeen unless they released certain gentlemen imprisoned in their city and inscribed, "Yours as ye will, either present peace or war."

Arithmetic by Hand.

We shall never be in danger of forgetting that our ancestors did their sums on their fingers so long as arithmetic retains the word "digits." But modern civilization knows nothing of the elaborate developments of this method. It takes a Wallachian peasant to multiply 8 by 9 on his hands. This is how he does it: The fingers of either hand, beginning with the thumb, stand for the numbers from 6 to 10. So the ring finger of one hand and the middle finger of the other are stuck out to represent 8 and 9. Counting the fingers remaining on the side farthest from the thumbs he finds them 1 and 2 respectively, and 1 multiplied by 2 gives him the units of his product—2. Then he counts from the thumbs to the stuck out fingers inclusive, finds them 3 and 4, adds these, and gets 7 for his tens. Answer, 72. All this to avoid knowing the multiplication table beyond 4 times 4!

For the Judge's Information.

The police court judge could not repress a smile when his eyes rested on a card that was lying on his desk during a session of the court. On it were printed two stanzas under the title "The Perfect Man," and he could not but look at the motley gang of prisoners who sat before him. And he did not think the card had been dropped accidentally. The verses read:

There is a man who never drinks,
Nor smokes, nor chews, nor swears,
Who never gambles, never flirts,
And shuns all sinful snares—
He's paralyzed.

There is a man who never does
Anything that is not right,
His wife can tell just where he is
At morning, noon and night—
He's dead.
—Indianapolis News.

Pleaded an Extenuation.

An Indiana youth had called with a cab to take the judge's daughter to a dance, scarcely two blocks from her home. The judge entered the room where the youth was waiting. Pacing across the room a couple of times with his head bent and thoughts concentrated, he came short about in front of the youth and declaimed:

"Young man, this cab hiring to go two blocks is foolish, unwise, unthoughtful, misguided, unreasonable, lavish—a prodigality—a—a—I am surprised. My daughter is flesh and blood, and she won't melt, and if her gown should be ruined I bought it, and I can buy her"—
"That's all right, judge, but my father is paying for that cab."—Woman's Home Companion.

The Curse.

An Irish authority thus defines as an expert the effects of a well delivered curse: "The belief among the ancient Irish was that a curse once pronounced must fall in some direction. If it has been deserved by him on whom it is pronounced it will fall on him sooner or later, but if it has not then it will return upon the person who pronounced it. They compare it to a wedge with which a woodman cleaves timber. If it has room to go it will go and cleave the wood, but if it has not it will fly out and strike the woodman himself who is driving it between the eyes."—London Globe.

Strict Women Who Love.

The strictest women are at times the most loving. When this happens their attachment is as strong as death, their fidelity as resisting as the diamond. They are hungry for devotion and athirst for sacrifice. Their love is a piety, their tenderness a religion, and they triple the energy of love by enshrining it as a duty.—Henri Frederic Amiel.

Shadows.

The shadows of the mind are like those of the body. In the morning of life they all lie behind us, at noon we trample them underfoot, and in the evening they stretch long, broad and deepening before us.

An Exception.

She (protestingly)—That's just like you men. A man never gets into trouble without dragging some woman in with him. He—Oh, I don't know. How about Jonah in the whale?—Boston Transcript.

A Mean Retort.

Bertha—I'm sorry you asked me to marry you. It pains me to refuse. Will (cheerfully)—Oh, don't worry! Perhaps you know best what I'm escaping.

The highest exercise of charity is charity toward the uncharitable.—Buckminster.

A Mean Thrust.

"Ten thousand dollars for a dog!" he exclaimed as he looked up from his newspaper. "Do you believe any one ever paid any such price, Maria?"

"I'm sure I don't know, James," she returned without stopping her needle-work even for a moment. "Does the paper say that much was paid?"

"Yes. There's an article on valuable dogs, and it's speaking of one that was sold for \$10,000. I don't believe it."

"It may be true, James," she said quietly. "Some of those high bred animals bring fancy prices, and there's no particular reason why the paper should lie about it."

"I know that, Maria, but just think of it, just try to grasp the magnitude of that sum in your weak feminine mind. You don't seem to realize it—\$10,000 for a dog! Why, hang it, Maria, that's more than I'm worth!"

"I know that, James, but some are worth more than others."

She went on calmly with her sewing, while he fumed and spluttered for a moment and then dropped the subject, especially the weak feminine part of it.

Quick Time Music.

A music teacher in Chicago was recently approached by a lady from the interior who confided to him her intention of taking piano lessons and inquired as to terms, etc. These proving satisfactory, she went on to explain that she was desirous of accomplishing a rapid course. The professor assured her that she might learn a great deal in twenty lessons.

"Good," said the woman. "I've got only a limited time in Chicago, so I must contrive to get the twenty lessons into that."

"How long are you to be here?" she was asked.

"Three weeks."

"Twenty lessons in three weeks!" exclaimed the astonished teacher. "You could never do that!"

"Oh, yes, I could!" returned the woman. "Couldn't I, Marie?" turning to a friend for support. "I could take two lessons a day, or perhaps I could take the whole at once. Twenty lessons, one after another, would only take ten hours."—St. Paul Pioneer Press.

Face of the Typical New Yorker.

London is a friendless city enough, heaven knows, to those who are not able to conquer, but she seems to me mild, benignant even, in comparison with New York. The face of the Londoner is very often overcast with the thought of how to get a living in the keen competition of the people in that mighty capital, but the London face is tranquility embodied in comparison with the face of the typical New Yorker. Keen, hatchet shaped, anxious, absorbed—such is the face you see everywhere around you. And this keenness of face is accompanied by a terrible spirit of self absorption. You seldom see people talk much while they are traveling in the elevated railway or in the subway, as they call the underground train there.—T. P. O'Connor in London M. A. P.

Napoleon's Temper.

A story is told of a sudden rage into which Napoleon I. fell one day as he was at dinner. He had scarcely partaken of a mouthful when apparently some inopportune thought or recollection stung his brain to madness, and, receding from the table without rising from his chair—his small stature permitted that—he uplifted his foot—dashed the table, crash went the dinner, and the emperor sprang up, intending to pace the room. Quick as a flash his waiter scratched a few magic symbols on a bit of paper, and the emperor's check had grown more than double. Napoleon appreciated the delicacy of his attendant and said, "Thank you, my dear Dunand," with one of his inimitable smiles. The hurricane had blown over.

Decimals and Duodecimals.

Herbert Spencer offered a characteristically original system of reckoning. He clung to the duodecimal system, mainly because twelve can be divided by three and four as ten cannot. But he suggested that all the advantages of both systems might be combined by making twelve the basis of calculation, inventing two new digits to take the places of ten and eleven and making twelve times twelve the hundred. Spencer scornfully remarked that the decimal system rests solely on the fact that man has ten fingers and ten toes. If he had had twelve "there never would have been any difficulty."

A Quaint Epitaph.

Here is an epitaph which may be read in an English churchyard attached to Leamington church:

"Here lies the body of Lady O'Looney, great-niece of Burke, commonly called the sublime. She was Bland, Passionate and Deeply Religious; also she painted in water colors and sent several pictures to the exhibition. She was the intimate friend of Lady Jones. And of such is the kingdom of Heaven."

He Beat It.

"Where did you steal that mat from?" demanded the policeman as he seized the tramp. "I didn't steal it," said the tramp. "A lady up the street gave it me and told me to beat it."—Judge's Library.

Leisure Hours.

Dr. Johnson had scant sympathy with inconsistent and arrogant industry. "No man, sir, is obliged to do as much as he can. A man should have part of his life to himself."

Cheerfulness is like money well expended in charity—the more we dispense of it the greater our possession.—Victor Hugo.

Schoolboy Logic.

"Should women have votes for parliament? Give your reasons for and against." This was a question asked of schoolboys in a recent examination in England. One boy replied: "No, because if they did they would want to get into parliament and then they would pass a lot of silly laws, such as that a man was not to smoke before his wife or that wives were to have Wednesdays and Thursdays off and then the men would have to stay at home and mind the children."

A logical answer to the question, "Why does a kettle sing?" was furnished by a boy who wrote, "Because if it did not you could not tell when the kettle was boiling." Asked to explain the initials "C. O. D.," one boy replied that they stood for "collector of debts," and a second said "cod-liver oil drink."

Another enterprising youth described a sleeping partner as "a man who goes to sleep when playing bridge." Asked how he would mend a puncture in a bicycle tire, a boy's answer was to the point, "I would get a box of stuff that you do it with and stick it on."

Importance of a Word.

If you should write a letter to the man who is chief magistrate of this republic you are at liberty to address him as "The President, Washington, D. C." That will be sufficient. He is not "his excellency," as is the supreme executive magistrate of Massachusetts, nor "his high mightiness," a title which, they say, sounded pleasing to the ear of the Father of His Country. But if you should write a letter to the secretary of state of the United States, whom the plain "president" appointed to the job, prepare to dip your pen in honorific ink. While the chief magistrate is plain "president," without any titular epaulets, his secretary of state is "the honorable secretary of state." It will not do to address him as "the secretary of state" simply. He is something more than that. The etiquette of the state department requires that the word "honorable" be prefixed to the word "secretary."—Boston Globe.

Fire Prevention Among Pines.

Pines protect themselves against forest fires in a remarkable manner. For four or five years the stems of the infant trees attain a height of only as many inches above the soil. During this time their bark is extraordinarily thick, and that alone gives some protection. But, in addition, the long needles spring up above the stem and then bend on all sides in a green cascade which falls to the ground in a circle about the seedling. This green barrier can with difficulty be made to burn, while the shade that it casts prevents inflammable grass from growing near the protected stem. The officers of the forestry service at Washington are of opinion that it is owing to this peculiar system of self protection which the pine seedlings have developed that the growth of evergreen oaks in Florida has been restricted in regions where fires have raged, while pine forests have taken their place.—Harper's Weekly.

When Wives Were Sold.

When the war between Britain and France ended in 1815 many of the English soldiers found that their wives had married again in the belief that they were widows. The formal selling of the wife was regarded among the ignorant as a legal solution to the problem thus presented, and it is said that the authorities of the day deemed it best to shut their eyes at the proceeding. A certain amount of formality had to be observed, however, before the sale was considered legal even by the most ignorant. A Yorkshire writer mentions two conditions which must be carried out to make a satisfactory sale—the price of the wife must not be less than 1 shilling (24 cents), and she must be delivered to her purchaser with a new halter around her neck. The same writer records the case of the woman who zealously preserved the receipts for herself as a proof of respectability.

Humor and Morality.

We have extirpated gross humor from our modern literature, but we must not suppose that we are therefore more moral than the Elizabethans, whose literature was full of gross humor. It may be that we are only more afraid of ourselves and each other. This kind of fear is destructive not only of gross humor, but of humor of all kinds. In its essence humor is brave as it is honest, but with cowardice and dishonesty there come base substitutes for it, substitutes that make fun of noble things with a humorous air, and so bring humor itself into discredit.—London Times.

A Great Mystery Solved.

How many hairpins does a woman use when doing her hair? The hairpin editor has investigated and makes this report: "She uses just as many as she has. If she has only two hairpins she makes her hair stay up with two, but if she finds twenty in the top bureau drawer she uses all of them."—Acheson Globe.

A Sensitive Patient.

Dr. Emdee—Fret go to sleep? That shows your circulation is bad. Editor—That's all you quacks know. I suppose if my corns ached that would show that advertising patronage was falling off.

The Best of It.

Mrs. Gadsby—She says frankly that she can't play bridge, but that isn't the best of it. Mrs. Bungwats—What is? Mrs. Gadsby—She doesn't try.—Somerville Journal.

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NOTICE TO LAND OWNERS. To Jonathan J. Sams, C. K. Critchfield, Heirs of Storm Brähler, Heirs of Richard E. Hatcher, Sarah A. Jarvis, Heirs of Taylor K. Quigley, Mae Patterson, Irene Patterson Murphy, Enoch A. Saxson, John Longnecker, Heirs of Noah Sawyer, John B. Dunlap, Ebebe J. Taylor, and B. H. Taylor and to all whom it may concern: The Commissioner appointed to locate a road commencing at the northeast corner of the northwest quarter of section thirty-three (33), Township 4, Range 28, in Fritch precinct, Red Willow County, Nebraska, running thence south three miles on the half section line through sections 33, 4, 28 and sections 4 and 9 in Township 4, Range 28, and terminating at the southwest corner of the southwest quarter of section nine (9), Township 3, Range 28, has reported in favor of the location thereof, also that the public road running north and south for three miles between sections 33 and 4 in Township 4, Range 28, and sections 3 and 4 and 9 and 10 in Township 3, Range 28, be vacated, and all objections thereto or claims for damages must be filed in the County Clerk's office on or before noon of the second day of May, 1910, or said road will be established without reference thereto. CHAS. SKALLA, County Clerk, 24-45.