

# 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 **Unesoda Biscuit** 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

Dr. Paul, dentist.  
Herrick for furniture  
Hammoeks—Snow's.

Miss Winfred Stienbough of Council Bluffs is visiting relatives and friends here.

Guaranteed watch repairing by 11th St. Jeweler.

A son arrived at the home of Mr. and Mrs. L. R. Kells of Omaha, Ia., on July 31. Mrs. Kells was formerly Miss Mary Tiffany of this city.

Try a Journal "want ad" if you have anything to buy or sell.

Harold Kramer left last Friday morning for Chicago for a month's visit with his sister Mrs. M. J. Kelley. He was accompanied as far as Omaha by his father, Carl Kramer.

Dr. Campbell, Dentist  
Herrick for baby go carts.

Miss Margarette Murphy of Brayton, Neb., visited Mrs. Murphy last week, returning Friday morning to Schuyler where she will engage in the millinery business.

Coal and baled hay always on tap at Newman & Welch.

Robert O'Brien of Oheysano, arrived last Friday to visit a few days with his brother Wm. O'Brien and his sister, Mrs. Murphy of this city.

Don't forget the handsome souvenir offer to paid in advance subscribers.

Dr. D. T. Martyn, jr., office new Columbus State Bank building.

Remember all Journal subscribers paying one year in advance will receive a handsome souvenir worth 50 cents.

Dr. Campbell, Dentist.  
Nearly new typewriter Call at Journal office.

Dr. Martyn, Evans & Evans. Consultation in German and English.

L. V. Styles of St. Edward spent a part of Tuesday in Columbus. He was on his way west to buy land.

Dr. Naumann, Dentist 13 St.  
A handsome souvenir worth 50 cents sent to all paid in advance Journal subscribers.

Mrs. Will McKay of New York was a guest several days last week of Mrs. Mark Rathburn of this city. They were University classmates.

Tender cuts and prompt delivery at Cassin's market.

Smoke the Lumo 5 cent cigar.  
Cassin solicits your meat trade.

Fish Dinners Wednesdays and Fridays at Wisenstine's, the Old Home Restaurant.

Kodaks and supplies at Newohner's.

Dr. O. A. Allenburger, office in new State Bank building.

Don't forget the Sunday Special Dinners at Wisenstine's Cafe.

Cassin's market for fresh meats.

James Nevels secured a license for a saloon in Aldion last week after a legal battle extending over several months and has been in that city for ten days getting his business started.

Smoke the Lumo 5 cent cigar.

Mrs. Jo Tiffany accompanied by her sons Jo and Homer started last week for the west. Mrs. Tiffany stopped in Dayton, Wyo., to visit her daughter Mrs. Kitchum for a few weeks. The boys went to Lander, Wyo., to register in the Shoshone reservation. Jo will remain for about two weeks, enjoying a vacation from his duties as deputy postmaster.

For Spring Chicken and Catfish call at the Smith Lunch Counter, opposite union depot.

## UNION PACIFIC TIME TABLE

WEST BOUND, MAIN LINE.

No. 1, Overland Limited	12:30 p. m.
No. 2, Colorado Express	8:30 a. m.
No. 3, California and Oregon	7:20 p. m.
No. 4, Los Angeles Limited	1:47 p. m.
No. 5, Fast Mail	4:43 p. m.
No. 6, Colo. and Pacific	10:15 p. m.
No. 12, North Platte Local	11:25 a. m.
No. 20, Local Freight	7:50 a. m.

EAST BOUND

No. 1, Overland Limited	5:50 p. m.
No. 2, Atlantic Express	6:50 a. m.
No. 3, Eastern Express	2:25 p. m.
No. 4, Los Angeles Limited	12:25 p. m.
No. 5, Fast Mail	8:25 p. m.
No. 6, Chicago Special	5:25 p. m.
No. 12, South Platte Local	1:15 p. m.
No. 20, Local Freight	5:30 p. m.

SOPHIA BRANCH

No. 22, Passenger	7:30 p. m.
No. 77, Mixed	7:01 a. m.
No. 23, Passenger	12:00 p. m.
No. 78, Mixed	7:00 p. m.

ALBION AND SPALDING BRANCH

No. 21, Passenger	2:25 p. m.
No. 76, Mixed	7:30 a. m.
No. 24, Passenger	12:55 p. m.
No. 75, Mixed	8:15 p. m.

No trains on Albion and Spalding branch during winter months.

All main line passenger trains daily.

W. H. BENHAM, Agent.

## SISTER: READ MY FREE OFFER



Wise Words to Sufferers  
From a Woman of Notre Dame, Ind.

I will tell you of my own experience, this Home Treatment with full instructions and the history of my own case to any lady suffering from female weakness. You can have it for home use. It is not a medicine, it is a home treatment. It will not interfere with your work or occupation. I have nothing to sell. Tell other sufferers of it. That is all I ask. It cures old, young or child.

If you feel a bearing-down sensation, pain of impending evil, pain in the back or bowels, coming feeling up the spine, a desire to cry, nervousness, hot flashes, weariness, frequent desire to urinate, or if you have Leucorrhoea (White Discharge), Headaches or Falling of the Womb, Profuse, Scanty or Painful Periods, Tenderness of Groin, address Miss M. SUMMERS, NOTRE DAME, IND., U. S. A. for the FREE TREATMENT and FULL INFORMATION.

Thousands before me have cured themselves with it. I read it in plain English. TO MOTHERS OF DAUGHTERS I will explain a simple Home Treatment which greatly helps. It will save you anxiety and expense and save your nerves. It is a cure of all female troubles to others. Plumpest and health always result from its use.

Whenever you live I can refer you to well-known ladies of your own state or county who have used and will gladly tell any sufferer that this Home Treatment fully cures all female troubles of our delicate female organs, thoroughly strengthens relaxed muscles and ligaments which cause displacement, and makes women well. Write today, as this offer will not be made again. Address

MRS. M. SUMMERS, Box 444, Notre Dame, Ind., U. S. A.

## FULLERTON CHAUTAUQUA ASSEMBLY

August, 24--September 2

- PARTIAL LIST OF TALENT
- |                                  |                                   |
|----------------------------------|-----------------------------------|
| Captain Richmond Pearson Hobson. | Gilbert Eldridge.                 |
| Dewitt Miller.                   | Frances Beveridge Heald           |
| Dr. Albert Bushnell.             | Oleum Male Quartet.               |
| Helen Paulson.                   | Rev. Alice Ruth Palmer.           |
| Senator J. P. Dolliver.          | Dr. Mattison W. Chase.            |
| Dr. A. M. Wilson.                | Williams Dixie Jubilee Singers.   |
| Fullerton Chautauqua Orchestra.  | Hawthorne Musical Club of Boston. |
| Edison Projectoscope.            | Ernest J. Sias.                   |
| Bess Gearhart Norrison.          | The Jeffersons.                   |

Beautiful Scenery, Splendidly Equipped Grounds. Boating, Fishing, Bathing. Special Train Service. Cheap Rates.

Write for Souvenir Program to ELLINOR LITTLE, Secretary Fullerton, Nebraska

## VACATION SEASON "SEE AMERICA FIRST"

Spend your vacation in Colorado which is brimful of attractions—where the exhilaration of the pure dry air enables you to live the genuine outdoor life—where game is plentiful—where the streams are teeming with trout, and where you will see the most famous mountain peaks, passes and canons in America.

During the tourist season the

### Denver & Rio Grande Railroad "Scenic Line of the World"

will make special low rates from Denver, Colorado Springs, Manitou and Pueblo to all the scenic points of interest in Colorado and Utah. Our booklet "Vacation Estimates" tells you about the many wonderful places in Colorado—Colorado Springs, Manitou, Pike Peak, Royal Gorge, Marshall Pass, Ouray and Grandwood Springs—and the best to see them. A Thousand Miles Around the Circle or a Trip to Salt Lake City and return are unsurpassed in scenic attractions—and inexpensive.

Open-Top Observation Cars, SEATS FREE Through the Canons during the Summer Months

Write for free descriptive literature to S. K. HOOPER, Gen'l Passenger Agent Denver, Colo.

## Going East

Five fast daily trains via the Union Pacific R.R. and the North-Western Line take you through to Chicago without change of cars over

The Only Double Track Railway Between the Missouri River and Chicago

Pullman standard drawing-room and tourist sleeping cars, composite observation cars, buffet smoking and library cars, parlor cars, dining cars, free reclining chair cars and day coaches.

Direct connection in Omaha Union Depot with fast daily trains to Sioux City, Mankato, St. Paul, Minneapolis and Duluth.

For rates, tickets and full information apply to Agents of the Union Pacific R. R. or address S. F. MILLER, Asst. Gen'l Frt. & Pass. Agent Chicago & North-Western Ry. Omaha, Neb. No. 1201 FARMAN ST.



Willie Summers of Malvern, Ia. is visiting his sister, Mrs. W. H. King this week.

A little girl arrived at the home of Mr. and Mrs. M. M. Shrier on West Thirteenth street Monday night

Wm. Poesch is contemplating the addition of material improvements to his candy factory. He will add another story to his building and has already introduced several new machines in his candy making department. The increase in his wholesale business will also necessitate the placing of a regular salesman on the road.

Mrs. Gillespie of Monroe, told a Journal reporter yesterday that her son Walter has improved till he is able to stand and can utter a few words. He was injured on the Fourth at Genoa by a horse falling upon him so that he was unconscious for five days and was relieved only when he submitted to an operation in St. Mary's Hospital and had several clots of blood removed from his brain.

A very pretty commercial war has been on for the past two weeks between competitive piano houses. R. W. Saley the Columbus piano man woke up one morning to find the city covered with hand bills and the local newspapers full of an advertisement of a house who could furnish pianos at factory prices.

Mr. Saley not wanting to be outdone and who never does anything by halves secured two factory men to assist him and immediately offered a fine line of pianos consisting of two car loads at greatly reduced prices. He advertised in the papers of Columbus also called into use his many large bill boards which were blanketed with large signs calling attention to the many attractive piano bargains. Although Mr. Saley only advertised for a week, his sales were so good he decided to continue another week. Mr. Saley says we have maintained a clean honest sale throughout and have not resorted to the common practice of running our competitive goods down. We have not sold a job lot of thump boxes, but pianos that will today and all time to come keep up a reputation and we always stand ready to make good or exchange with anyone who can say they are not satisfied. A full list of the names of satisfied purchasers can be seen by calling at our office and we would be glad to refer anyone to them who care to investigate. He wishes to thank his many friends and customers for their encouragement and help during this fight and it goes to show that the people of Columbus and Platte county believe in standing by and patronizing their home dealers.

Benefit Entertainment.

Miss Louis Ormsby, the celebrated singer who has just closed a successful concert season in the east, and Mrs. Daisy Hettleton, head of the election department at the Peru normal, will give an entertainment in the opera house in Central City on Tuesday evening, August 21st, for the benefit of the fund for the erection of a dormitory at Nebraska Central College. This will be a program of unusual excellence. It will be Miss Ormsby's only public appearance in Central City during her vacation. Seats will be on sale at N. O. Nordstrom's store Monday, August 13th. Reserved seats 75c, general admission 50c. Make your reservations early.

For Sale.

A first-class 24 room rooming house, furnished or unfurnished. Pays \$100 per month, or run as a boarding house will pay \$175 a month. For particulars address L. C. BROWN, Grand Island, Neb.

Dr. Vallier, Osteopath, Barber block.

FARM FOR SALE:—I have farm of 120 acres in Monroe township for sale on reasonable terms. The buildings are all new including a new windmill and other improvements all in good condition.—W. E. HENLEY, Columbus, Neb.

## Feeling Nature's Pulse

Throw aside the cares of every day life and hide yourself amid the eternal hills of the

### ROCKY MOUNTAINS

The Midland Route "Tits the Bull's Eye of the World's Scenery." Special Rates all Summer. Best line to Salt Lake and Pacific Coast points. Elegant Dining Cars. Service a la carte. Through Pullman Observation Cars.

Send 15c in stamps and get a handsome 9x12 color reproduction of Charles H. Harmon's famous painting of the Seven Castles. "Fine enough for a wedding present." All Midland Agents or

F. L. FEAKENS, Gen. Agt. C. H. SPEERS, 214 So. 14th St., G. P. A. Omaha, Nebraska. Denver, Colorado.

## Advertising Will Pay You

Whether it is on your business stationery or in the columns of the Journal. If you don't think so, call and let us convince you. It will be dollars in your pocket.

Real Estate Loans. We are prepared to make loans on all kinds of real estate at the lowest rates on easy terms.—Bocher, Hockenberger & Chambers.

Acre Property. We have 100 acres of choice land one-half mile from city limits for sale in 10 acre tracts. Elliott, Speice & Co

FOR SALE:—Charters Hotel, one of the leading hotels in Alliance, Neb. A bargain. Write S—Care of Columbus Journal, Columbus, Neb.

A handsome souvenir worth 50 cents sent to all paid in advance Journal subscribers.

You can see the poison Pinules clear out of the kidneys and bladder. A single dose at bedtime will show you more poison upon rising the next morning than can be expelled from the system in any other way. Pinules dissolve the impurities, lubricate the kidneys, cleanse the bladder, relieve pain and do away with backache speedily, pleasantly, permanently. 20th Century Drugstore, Platte Center

THE GARDEN OF THE GODS The world famous Cheyenne Mountain Pike's Peak, Manitou, and many other attractions are all easily accessible from Colorado Springs and Denver.

The rates to Colorado and return via the Union Pacific are exceptionally low this summer. If you have a vacation, these and many other wonders are within your reach. Write for detailed information about Colorado and its many resorts to W. H. BENHAM, Agent.

The Journal wants all the news. Phone or write it in.

How to Avoid Appendicitis. Most victims of appendicitis are those who are habitually constipated. Orino Laxative Fruit Syrup cures chronic constipation by stimulating the liver and bowels and restores the natural action of the bowels. Orino Laxative Fruit Syrup does not narcotize or grip and is mild and pleasant to take. Refuse substitutes. Ukaa, H. Dak.

Remember all Journal subscribers who pay one year in advance will receive a handsome souvenir worth 50 cents.

# Announcement

**WE** are pleased to inform our friends, our customers and the public in general, especially those who were good enough to help us a few weeks ago in finding a name for our new Bottled Beer, that

## LUXUS Bottled Beer

**Will be on Sale at all Leading Dealers on July 14th, 1906**  
In Pint and Quart Bottles Only.

**This is the Beer You Want** Because: It has a finer flavor than any other as a result of its being made of only the best materials that the world affords in just the right proportions, and is brewed by a master brewer and represents the concentrated effort of our

**Half a Century of Practical Experience.**

It is a pale, light, nutritious beer that you will enjoy with your meals as well as for refreshment. Write for our booklet "LUXUS BEER," which tells why Krug "LUXUS" Beer is more delicious, more wholesome, more nutritious and quenches the thirst better than anything else brewed.

**There is Complete Satisfaction in Every Bottle.**  
DON'T FORGET THE DATE, JULY 14th, 1906.

If your dealer cannot supply you send your order direct to us. We will supply you promptly

The best will cost you no more than other kinds. *LUXUS* Beer will never disappoint. It will always be uniform

## Fred. Krug Brewing Company Omaha, Nebraska