

not reach the public till night. The emperor has received additional details of Sunday's fight on the Yalu river

they will not be given out till tonight. The general staff explains that the Russian batteries at Kiu Lien Cheng and Potletensky succeeded in withdrawing to a Chin, minister to Russia, on account of his

derous fire on the Japanese, who were occupying the heights the Russians left. The Japanese attacked at three points-Chin Gow and on the other flank at Liatan Gow or Liatun Gow, northeast and southoust, respectively, of Kiu Lien Cheng. The losses were very severe on the flanks, which protected the retreat of the main body from Kiu Lien Cheng. The Eleventh regiment made a heroic stand at Lianfan

Gow, the second position along the heights whence it was impossible to remove the guns on account of the nature of the ground and the heavy mud.

General Zassalitch's force is resting Feng Wang Cheng. No renewal of the attack has been made. It is believed that General Kuriko is also resting on the river. There is a strong Russian position back of Feng Wang Cheng, on a line parallel with Mukden and Lis Yang, where troops are concentrating, and it is considered likely that a really decisive engagement may be fought there. To force the pass beyond Feng Wang Cheng directly is con sidered practically impossible

General Zassalitch only had forty guns altogether and sixteen of these left Antung early Sunday morning and reached Feng Wang Cheng safely. The Second and Third batteries of the Sixth brigade lost all but two guns, namely, twenty-two. Eight machine guns which were used to cover the retreat were also lost.

CORBANS ARE AIDING RUSSIANS

Natives Are Told-that Caar's People Are Their Best Friends. SEOUL, May 1.-5 p. m.-(Delayed

Transmission.)-A customs officer at Sangjiu, named Olsen, a Norwegian, reports that many Coreans, who are naturalized Russians, accompanied the scouting expedition of Cossack cavalry, as interpre-

vessels not to enter Vladivostok harbor. which has been extensively mined, except during the hours of noon; also to request from General Kouroparkin, but probably the people to aid the Russian troops with guides.

Yl Hai Yung, minister of foreign affairs has urged the cabinet to dismiss Yi Pom second position, whence they poured a mur- a persistent insubordination. He is also noted as being a strong Roddophile and attempted to have the emperor take sefuge at the Russian legation in 1894. The palace frontal at Kiu Lien Cheng, on the flank at and anti-Japanese intriguers here, encouraged by the success of the recent Russian naval expedition on the east coast of Corea, are said to be reciting to the emperor fabulous tales of Russian victories. An additional force of 350 men has arrived to push the Secul-Wiju railway on to completi

### ARE KIND TO PRISONERS OF WAR

Japanese Given Food, Tobacco and Money by Russians. ST. PETERSBURG, May 4-5:57 p. m

French Pay Expenses. As this arrangement was made for the accommodation of the French parties, all expenses incident thereto are borne by them and the United States is protected from all coats whatever. Biated concisely, the arrangement is that the French interests accept our deposit with Morgan & Co. as equivalent to pay-ment for all purposes on delivery of the property. United States Consul Greener at Viedivostok has sent the following telegram to the United States embassy regarding the treatment of the twenty-six Japanese officers and 154 men captured on board the steamers Kinshiu Maru, Nehamura Maru property. The new Panama Canal company in liqui dation, has given a mandate or power of and Goyo Maru sunk by Rear Admiral Jessen's squadron April 25;

The new Panama Canal company in liqui-distion, has given a mandate or power of attorney to Benaudin, their representative upon the isthmus, with complete instruc-tions concerning the delivery of the prop-erty. This department has cabled similarly to Major Brooke, who was designated by the honorable secretary of war for that purpose, to act for the government in ac-centing delivery. The canal company has likewise placed at the disposal of the United States the personnel of the organization upon the isthmus for the purpose of temporary ser-vice in the preservation of the works and property pending the preparations by the canal commission to undertake active op-erations. The survivors left here through a dense crowd, soldiers and sailors guarding the carriages of the officers, for Irkutsk. Si-beria, April 25. Along the route through the city there were no hostile demonstra-tions or expressions. The Russian military and naval authorities were courteously at-tentive. Food, tobacco and money were furnished to the prisoners for the journey. The Japaness were deeply grateful for their kind treatment. Russia has agreed to recognize and

afford every facility to the four Japanese Red Cross ships, Saiko Marn, Kobe Maru, Sakuai Maru and Kossal, Maru.

RUSSIANS STOP A BRITISH VESSEL

Steamship Osiris Delayed, but Japanese Mails Are Not Captured. PORT SAID, May 4 .- The Peninsula &

igation company's steamer Osiris by the

Russian warship Khrabry after the Osiris

left Brindisi recently for Port Said, but

the Associated Press was informed that if

the report is officially confirmed it is a most unwarranted proceeding and will

necessitate a strong protest to the Russian

NO DEVELOPMENT AT PORT ARTHUR

Newspaper Says Chinese are Being In-

T have notified the commission of the situation and nothing now remains to be done except to take possession of the property and direct the deposit of the consideration with Morgan & Co. in secondance with the terms of the contract. Yours respectfully, P. C. KNOX, Attorney General. Attorney General. In connection with these payments, it is said at the Treasury department that Oriental steamship Osiris, nine hours out from Brindisi, has been stopped, boarded Morgan & Co. will be designated as disofficials." The captain of the Consacks, ship, which fired a blank shot across the after personally, fring a custome ware-bouse, accompanied by a party of soldiers. Osiris for two hours, searching the mails in bouds accompanied by a party of soldiers. Osiris for two hours, searching the mails in bouds accompanied by a party of soldiers.

will be in a day or two.

The payment will be made as soon as the

bonds have been received, which probably

Large Increase Noted in Marketing

of Hogs During the Past

Week.

CINCINNATI, May 4 .- (Special Tele-

gram.)-The Price Current says: A fur-

ther enlargement in the marketing of hogs

is apparent from the records of the last

preaching with teaching, aiding in the extension of the educational campaign. He its opening day," Mr. Peck continued, "and was professor of languages at Parsons this is saying a great deal, when it is college, Fairfield, In.; professor of Latin considered that the preparations for the at Lake Forest, Hil .: professor of applied Paris exposition covered a period of ten years, while the Louislana Purchase expotheology at Hopkinton, Ia.; professor of Latin and Greek at Bellevue college, and sition had been in the course of preparaheld the chair of applied theology at the tion only three years. We judge everything by comparisons these days and espe-Omaha Presbyterian seminary at the time of his death. His last pastorate was of the cially so when talking of expositions. It Presbyterian church at Tekamah, Neb., which he gave up about two years ago to devote himself entirely to his work at the college at Bellevue and the seminary in Omaha. Last fall he removed frrom Bellevue to Omaha, as the seminary work required all his time.

Four children survive Dr. Wilson, Jane, who is a Latin tutor in a New York school for girls; Edgar, a missionary to India, at present at home on a vacation; Alexander, who is still in India, a missionary; Edith, who is a tutor at the Bellevue high school, and Arthur, who served with Com-First Nebraska Volunteers, pany L. through the Philippine campaign, and who is now connected with the Union Pacific engineering department.

#### Solomon C. Allen.

DAVID CITY, Neb., May 4 .- (Special.)olomon C. Allen, one of the early settlers of Butler county, died at the residence of bian exposition it was more severe. his son in this city yesterday at the age of \$2 years. Mr. Allen came to Butler county about twenty-seven years ago and settled expectations. They are more colossal in on a farm eight miles west of this city, where he resided until about five years ago, when he removed to this city. His wife died three years sgo, and since that time he has resided with his son Fred. He leaves three sons and two daughters. Funeral services will be held Thursday after-

#### James P. Cowan.

LOGAN, Ia., May 4 .- (Special.)-James P Cowan died here this morning at his residence. He was born October 22, 1826. The funeral will occur at the Bethel church at 11 a. m. tomorrow and the interment will be at the Knauss cemetery.

Frank D. Roberts. KANSAS CITY, May 4 .- Frank D. Rob erts, collector of internal revenue for the

Newspaper Men Arrive. Kansas City district, died today at Excel-It is estimated that 3,000 newspaper men representing forty-one foreign countries and

every state and territory in the United placed in the poorhouse from which he OWN. HAND SAPOLIO vorid's press week, from May 16 to 21.

nately all day

that was impossible in Chicago.

### City Savings Bank, 16th and Douglas Streets.

## **Just Breathe It**

thing by comparisons these days and espe-cially so when talking of expositions. It is not speaking derogatorily for me to say that the Chicago exposition was, perhaps, a trifle further advanced at its opening, but then it must also be considered that it did not cover so vast an area. This ex-position is more colossal and more stu-pendous. Effect is More Pinished. "Now at the Chicago exposition Lake Michigan formed a besutiful background, while here there is no body of water but the undulating ground, the verdure and the surroundings as a whole, which have a most softening and pleasing effect to the eye, constitute equally as beautiful a back-ground and give the visitor an impression that was impossible in Chicago. "T may say that the constitute fri-May party at Child Saving institute Fri-

"I may say that the architecture must be judged wholly according to one's tastes. day, May 6. Some prefer the ornate and some the se DOYLE A RELIGIOUS FANATIC vere. I think that the architectural treatment here is ornate, while at the Colum

aged Heir of Small Sum Deranged "The state buildings are far beyond my Some Years Ago-Disappears and Keeps in Seclusion.

structure and more substantial in appear ance than I had expected, and all are mar-By a strange fate it seems James Doyle, vels of beauty. The same thing may be who years ago was so intense a Catholic said of the national buildings. Especially that he could tolerate no other religion, has is this so as regards Brazil's building." lived four years with a Jewish family. The There were no special features on today's secret of the Dixon, Ill., heir came out with program. The three bands began giving the arrival of relatives from Nelson and concerts early in the forenoon in different Clatonia, Neb. They say Doyle, new an old parts of the grounds and continued alterman, became mentally deranged from too much thinking on religion. He was a strong In the Alaska exhibit are a number Catholic and had a positive aversion for

totem poles. Workman employed at the any other faith. His derangement was not Alaskan building were yesterday instructed of a serious character, but sufficient to to erect these poles. They did so and today make him queer and delinquent in his daily when the Alaskan natives inspected the life and relations to other men. work they were deeply chagrined to find A long time ago, his father, a p. osperous that the American workmen, through misfarmer near Dixon, gave Doyle \$1,000. Within a few months he had spent the take, had erected the poles upside down. money no one knew where, and was

pauper.

BY A METHOD OF ITS Affected by his mental aliment he was

Pleasant Way to Cure Internh-Dan-gerous Stomach Dr., ging Avoided by Using Hyomel.

A noticeable improvement and a clearing up of the air passages of the head and throat is seen from the first day's use of Hyomei. This treatment is the only natural and reasonable way to cure catarrh. It has been so uniformly successful that Sherman & McConnell Drug Co., Corner 16th and Dodge Sts., Omaha, sell it under a positive guarantee to refund the money if it should fail. Pills, tablets, liquids and and other stomach drugging cannot curo catarrh. Under such treatment the catarthal gorms still live in the air passages

and increase and multiply. Hyomei, oreathed through the neat inhaler that comes with every outit, onters the air passages of the nead, throat and lungs, killing all satarrhal germs, soothing the irritated muccus membrane, and ei-

fecting a permanent cure. The complete outfit costs only one dollar, and will hast several weeks. If more Hyomei is needed, extra bottles can be ob tained at any time for fifty vents.

The directions for using Hyomei are very simple. Twenty drops of the liquid will charge the inhaler. Breathe through this for a few minutes four times a day, and the medicated air is carried to the most remote and minute cells of the air passages, giving results that can be obtained in no other way.

Tell your friends who may be suffering with catarrh or catarrhal colds about this unusual way of selling a medicine for the cure of catarrh. You run no risk when buying Hyomei.

Save Money

by buying your

OLD LINE

LIFE INSURANCE

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FARMERS AND MERCHANTS

LIFE INSURANCE CLUB.

You not only save money, but set what you WANT, what you can DE-PEND on and what is GUARANTEED. Heat from us before you buy, Par-uculars mailed free. Give your occu-pation and date of birth in first letter, this will enable us to answer you in-telligently. References-Commercial Agencies or Omaha hanks. Address

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Brown Block, Omaha, Neb.

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AMUSEMENTS.

RAMACCIOTTI, D. V. S.

and Infirmary, Sith and Mason St

Telephone 1631.

Extra-Amateurs

Telephone III.

searched the office, which he was finally They demanded the Japanese mails, but persuaded not to burn down. When it these were at the bottom of the mass of was explained to him that the property was post matter and remain untouched. Corean and not Japanese, he threatened LONDON, May 4 .- The Foreign office has to arrest Olsen as a Japanese spy. English missionaries who have successof the Peninsular & Orientat Steam Nav-

fully intereceded with the civil authorities

# IT'S A WONDER

Why so many persons will continue to suf-ter from Stomach. Liver or Kisney ills when the medicine to cure them and make them strong and healthy is within their wach. If you are among this number we take you to commence taking

Hostetter's .... Stomach Bitters at once. For fifty years it has been TOMAC sch, liver and kidney ills with-10000

**Omaha Bee** 

One Vote for\_

( Para er

Address

**Omaha** Bee

Send Bee to (name).

Votes for\_\_\_\_

Address

State and the

our Private Stamp

out fail, Try it Nervousness, Sick Headaches, Indigestion, Constipation, Weak Kidneys, Dyspepsia or Malariai Fever. You'll be pleased with the result. The genuine has genuine has

over the neck of

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A Trip to St. Louis via The Wabash

Town.

Tiwn

Address.

CUT OUT THIS COUPON.

ONE VOTE

CUT THIS OUT-Deposit at Bee Office or mail to "Exposition Department," Omaha Bee, Omaha, Nebraska.

CUT OUT THIS COUPON.

A Trip to St. Louis via The Wabash

PREPAYMENT COUPON

This coupon, when accompanied by a cash prepaid subscription to THE BES, ants 10 votes for each ice paid, 100 votes for each dollar paid, etc. A subscription cannot be prepaid until the amount due to date has been pain. Deposit at Bes Office or mail to "Exposition Department," Omahe Bee, take Net.

Name.

the bottle.

een no developments since the attack on Port Arthur of May 3, During the bombardment the big g of the Russian ships and batteries fired 2,500 shots, while the machine guns of the gunboat Gillak fired 2,000 shots. The Novi Krai says it learns that the Russophobist Chings, Asaded by Viceroy Yuan Shi Kal and General Ma, are carry-ing on an active anti-Russian campaign and that traveling or tors are spreading false reports of the strength of the Japa-ness and the magnitude of their victories, and are telling malignant stories of Russian designs throughout the Chinese towns and villages, with the object of inciting the masses against Russia.

Tokio, Gets Meager Report. TOKIO, May 4 .- The Japanese authorities have received a report of the attempt made Monday night to block the entrance of Port Arthur harbor. It is without details, but these are expected shortly. It is reported, however, that the attempt was successful

Exposition Coupon

State.

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eited Against Bussis. PORT ARTHUR, May 4-There have March 1 the total is 13,815,000, against 3,190,-000 a year ago. Prominent places compare as follows: Chicago SOUTH OMAHA t. Louis t. Joneph ndianapolis Aliwaukee Incinnati \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* edar Rapids boux City t. Paul

1855,000 420,000 420,000 196,000 778,000 777,000 77,000 91,000 65,000 76,000 154,000 DEATH POSTPONES THE CASE

Northern Securities Case Will Go Over Owing to the Demise of Judge Kirkpatrick.

TRENTON, N. J., May 4-Because of the death of United States Judge Kirkpatrick yesterday the United States district court has been adjourned until next Monday. This means that the Harriman-Northern Securities case which was to have been heard in Newark on Friday will go over. It is probable that it will be heard here on Monday next, although this is not settled. Counsel in the case had a conference in New York today and agreed to

continue the status quo in the case until the hearing could be arranged. Practically all of the cases that had been heard by Judge Kirkpatrick had either been decided or had been advanced to that stage where they can be taken up by another judge without any interruption. In the latter class is the United States Shipbuilding case.

DICK BUYS COLORADO RAILROAD

Secures Branch Connecting with the Main Ore Carrying Line Between Salt Lake and Denver.

BOULDER, Colo., May 4 .- The Colorado Northwestern railway was sold by United States Commissioner Hinsdale of Denver in Boulder today under foreclosure for \$100,000 to Colonel C. B. Dick of Pennsylvania, one of the largest stockholders and bondholders in the company. The road has been constructed from Boulder to Ward, a distance of nineteen miles, and Colonel Dick has announced his intention to extend it to Eldorado where it will connect with the new Denver-Salt Lake City road which D. H. Moffatt is buildthg.

Go to St. Louis in Skiff. PIERRE, S. D., May 4-(Special.)-Satirday next C. Louis Allen, stenographer to the clerk of the supreme court; David Stratton, stenographer to Governor Herreid and Ferd Goodfellow, curator of the state historical society, will start on a boating trip which may prove either pleasant or exciting according to the weather which they encounter, as they will make the trip to the St. Louis exposition by skiff down the Missouri river. They inve prepared a large skiff with a detachable awning

cover and fitted it out with a complete package.

WICHITA, Kan., May 4.-William M. Wallace of Kingman, Kan., who was prominent in political and lodge circles, died at a local hospital today, the result of an opno information in regard to the searching OUTPUT OF PACKING HOUSES | erstion for appendicities, aged 47.

THE REAL CAUSE.

The Ancient Scalp-Fever Theory Exploded.

At one time candruff was attributed to the result of a feverish condition of the scalp, which threw off the dried cuticle in scales Prof. Unna, Hamburg, Germany, noted

week. Total western packing was 455,000 head, compared with 445,000 head the preceding week and \$70,000 last year. Since

Prof. Unna, Hamburg, Germany, noted authority on skin disease.
This germ is really responsible for the dandruff and for so many baid heads. It can be cured if it is gone about in the right way. The right way, of course, and the only way. is to kill the germ.
Newbro's Herpicide does this and permits the hair to grow luxurie (ly, just as nature intended it should.
Bold by leading druggists. Send 10 cents in stamps for aample to The Herpicide Co., Detroif, Mich., Sherman & MoConnell Drug Co., special agents.
The Bee Want Ads are the Best Business Boosters.
Boot Strate State Stat

FOOD

is the safest way to steady

ROUTE

THE

health.

Many have already arrived to participate in the world's press parliament, and ar extensive program has been prepared. .t is said the assemblages will be the rgest and most representative gathering of working newspaper men ever before brought together.

**IOWA CAPTURED BY HEARST** 

Continued from First Pas up by the unit rule. Following are the district delegates:

Alternate Delegates.

First-John W. Hanns, Winfield; E. P. Stahl, Mount Pleasant. Bocond-O McCaffrey, Maquoketa; Sam-uel Cohn, Muzcatine. Third-J. N. Mellon. Hampton; P. J. Clark Grasse. Third- J. N. Mellon, Hampton; P. J. Clark, Greene. Fourth-R. Dorsey, Osage; J. A. Walter, McGregor. Sixth-Alf Wooster, Mahaska; J. H. Nowsk, Poweshiek. Styenth-J. P. O'Mally, Dallas; J. S. Cun-ningham, Marion. Minth-E. H. Barrett, Dunlap; O. P. Wickham, Council Bluffs. Tenth-Mr. Canaday, Greene; Mr. Cody, Calhoun. Eleventh-S. A. Heenan, Ida: N. G. O.

Eleventh-S. A. Heenan, Ida; N. G. O. Coad, Sloux.

Central Committeemen. Central Committeemen. First-A. R. Miller, Washington. Second-S. W. Mercer, Iowa City. Third-C. W. Miller, Waveriy. Fourth-Dan Bhea, Decorah. Firth-A. E. Jackson (holds over). Tama. Sixth-J. W. Kelly, Keokuk. Seventh-J. C. Likes, Poik. Bishth-A. W. Maxwell, Seymour. Ninth-S. B. Munsey. Tenth-J. B. Romont. Eleventh-J. H. Quick. Woodbury.

The Hearst members of the resolutions

ommittee are radical for the New York editor, and it is not unlikely the resolutions will carry a decided Hearst feature. Its members are: First, W. S. Curins of Tama; Becond, George W. Ball of Johnson; Third, A. W. Matthews of Dubuque; Fourth, C. M. Williams of Howard; Fifth, Sherman De-Wolf of Grundy; Sixth, Alf Wooster of Mahaska; Seventh, J. S. Cunningham of Ma-rion; Eighth, W. D. Taliman of Clarke; Ninth, A. L. Ballata of Harrison; Tenth,

Cullison Talks of Tariff. Temporary Chairman Cullison was given an ovation when he arose to address the convention. He spoke in part as follows:

and owned on when he arose to address the convention. He spoke in part as follows:
The spoke in part as follows:
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The spoke is possible in the secure his mastery.
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The spoke is the protective well is the protective is the protected in their persons and property is the must have the right to freely contract and perform the conditions of his is he soul of thery. It is "thery under here be the their persons and property under is the soul of thery. It is "thery under here is the section of the true the is the section. That is the soul of the true the is the section of protective is the true the section of protective is the true the section of protects and perform the contracts. "turn the performe section of the true the section of protects and prove the true protecting tarting is the protection of the true the section of the section

the name, Doan's, and take so other,

Here he labored for a while on the Union Pacific, later was a refugee in the Home o cleans the pores, aids the natu the Good Shepard and four years age found a home with J. Yousen on West ral changes of the skin, and im-Jackson street. Since then he has puttered about the place, refusing to leave even parts new vigor and life. Don't for a day and has known nothing except to eat, eleep, work a little and obey the argue, Don't inter, Try it! It's suggestions of his benefactor. He has declined, until lately, to have anything to do a lightning change from office to with his Nebraska relatives, who are prosnerous farmers. John Doyle, a brother, and Edward J. parlor with HAND SAPOLIO

Doyle, a nephew, have arrived in Omaha, accompanied by an old neighbor of James Deyle of Illinois. They are making positive identification this afternoon of the identity of the man who has inherited \$1,500 and who says he does not want. Suitable arrangements will be made to care for him. For aine years his relatives have not known where he was.

FAILS TO FIND HIS SPOUSE Omaha Man Pursues Recreant Wife to

Denver, but Does Not Get Her. Frank Mancusa, 513, North Twelfth

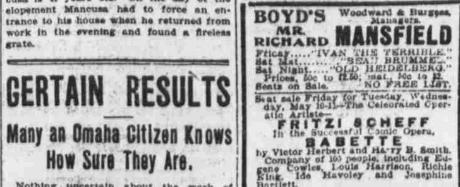
street, is reported as having been unsuc-cessful in locating his eloping wife at Denver. as he expected to do when he left Omaha several days ago in response advice that the woman was living at that place in the Italian colony.

About a week ago Mrs. Mancusa left her husband with Joseph Constance, a boarder at the Manousa home, taking with her about \$600 of Mancusa's long-saved earnings, so it was reported to the police. At Denver, Mancusa secured warrants for the arrest of his wife and Constance, starting out to find the fugitives in company with Detectives Arnett and Burghart, but

through some blunder on Mancusa's part, it is said, the twain suddenly left for the south. Mancusa is not discouraged, but says he will continue the chase until the couple are brought to justice. Constance was a boarder at the Mancusa OMAHA, NES.

home in Omaha for some time, being an accommodating and cheerful man. He is handsome and 12 years of age. Mrs. Mancusa is 41 years old. On the day of the

grate.



Nothing uncertain about the work of Doan's Kidney Pills in Omaha. There is plenty of positive proof of this in the testimony of citizens. Such svidence should convince the most skeptical doubter. Read the following statement.

Mr. Fred E. Hall of 508 North 3ind street. employed at the railroad bridge, two mile from the city, says: "I had a bad back for about a year and in the winter of 1898 if IN CONJUNCTION WITH THE REGUbecame very severe. When lying down MATINEE TODAY was very difficult to get up and on stooping sharp pains caught me in the small of the Any Part of House 25c. Children 10c. TONIGHT 5:15. Prices-10c. 26c. 100 back and my kidneys were weak. It was for this that I procured Doan's Kidney Pills at Kusaw & Co's drug store. Since using them I have had no occasion to com-plain of my back or kidneys and I have KRUG THEATER 15-25-50-75c bild friends of my high opinion of Doan's Kidney Pills and will personally correbor-ate the above at any time."

Sold for 50 cents per box by all dealers. Foster-Milburn Co., Buffalo, N. Y., sole agents for the United States. Remember

TONIGHT AT \$ 15 EDWIN HOLT MATINEE SATURDAY Bent Beats, St. ThE CARDINAL Bunday Matinee-BEN HENDRICKS IN OF WEDEN.

H. H. Steinheilder of Pocahontas; Eleventh S. R. Whitmer of O'Erlen. no more.

"The Road to Wellville," in each

Many people are kept ill because they do not know how to select food that their own particular bodies will take up and build upon. What will answer for one will not do for another. If one is ailing it is safe to

change food entirely and go on a plain, simple diet, say, **Cooked fruit** 

**Dish of Grape-Nuts** and Cream 2 Soft eggs 1 Cup Postum Coffee, Slice of Toast,

Man! but a diet like that makes one feel good after a few

days' use.

The most perfectly made food for human is

Get the little book,

Grape-Nuts "There's a reason."