

# GOOD HEALTH WEEK

## Spring is the Great Tonic Season

"Spring fever" is in the air. We all have touches of it—all feel the need of a general "toning up." For this purpose nothing is better than the "orange habit." Eat "Sunkist" Oranges at breakfast time. Eat them during the day, and at bed-time. "Sunkist" Oranges are the finest grown. Doctors all agree that orange eating at this time is one of the grandest of health boons. Great trainloads of "Sunkist" Oranges are now being distributed throughout this entire section. You'll find them on special sale at your dealer's all during good health week.

### Physicians Recommend the "Orange Habit"

In old days physicians assumed a sphinx-like attitude on all matters pertaining to health and disease unless specially "called in." Now we find them seemingly as deeply interested in simple, every-day preventive measures, long walks, deep breathing, golf, and making dietary recommendations of a nature to tempt the average man or woman to try them out. The wonderful health value of oranges is a matter on which the representatives of all schools of medicine are agreed. They assert that orange juices are highly efficacious as an aid to digestion, and this opinion is confirmed by the reports of the California Orange Growers, which show an increasing demand for the rich, juicy, full-flavored oranges of that state.—The American Optimist.

### Oranges for the Complexion

Two years ago a club of twenty-five women was formed to make a test of the health-giving value of oranges. The best quality of oranges were invariably eaten and the results were uniformly beneficial. This was quite apparent in their improved complexions. Some of them said that in addition to eating oranges they had made it a practice to squeeze the juice of a lemon into a tumbler of water and drink it the first thing in the morning. These women are uniformly enthusiastic over their experiment and are firmly convinced that by freely eating oranges and drinking lemon juice from time to time, the liver is kept in perfect condition—and of course a perfect-functioning liver is the secret of a good complexion. Special Correspondence Health Advocate.

### Oranges for Grippe

If people only half realized what an exceedingly valuable medicinal food they have in the orange, the crop of California, vast as it is, would all be consumed on the Pacific Coast, leaving none for shipment east of the Rocky Mountains. Anyone who makes a practice of partaking freely of citric acid, eating at least three oranges a day—morning, noon and at night—taking a little lemon juice in water between times, need fear no epidemic of Grippe or other disease. — The Family Physician.

# Beginning Monday, April 19th

Treat yourself and every member of your family to this choicest of Spring tonics, and see how much better you'll all feel.

# Fresh-Picked "Sunkist" Oranges for Everybody

"Sunkist" Oranges are grown in the most highly cultivated orange groves in the world—the orchards of 5,000 California orange farmers.

They are tree ripened, hand-picked, full flavored, seedless and deliciously juicy. Don't let your dealer disappoint you by selling you "something just as good."

Know for yourself exactly what "Sunkist" oranges are. To make sure that you are getting this famous fruit, look for the "Sunkist" label at the end of the box. Eat "Sunkist" Oranges and learn just why thousands of people insist on having them in preference to all others.

"As a 'health hint' it may be noted that 'Sunkist' oranges are to be found on the tables of many of the best physicians, morning, noon and night.

Keep "Good Health" week in mind. Eat "Sunkist" Oranges and enjoy good health.

## "Sunkist" Lemons

"Sunkist" Lemons are of the same high quality as "Sunkist" Oranges. Grown by the same California farmers. Specially thin-skinned and extremely juicy. Lemons that are allowed to grow wild are dry and pithy. Many of them yield less than one-half as much juice as these cultivated—mostly seedless—"Sunkist" Lemons.

The Lemonade season is at hand. "Sunkist" Lemons are the lemons for lemonade. Most economical because most juicy. Always lowest in price.



# "SUNKIST" ORANGES FOR HEALTH

### AT THE CAPITAL OF SERBIA

#### Dismal Reminders Linger About King Peter's Palace.

#### TAINT OF MURDER IN THE AIR

#### Charitable Peasants, Herds of Swine on the Landscape, the Legion of Death, the National Dress.

BELGRADE, April 9.—When you arrive in Belgrade, the little Serbian capital with its broad streets and electric tram, after spending most of the winter in Turkey's great cramped, ill kept capital teeming with homeless dogs and filthy beggars, you feel you have shaken off the dirt and discomfort of the east and are once more within reach of western civilization. Though Belgrade has no pretensions whatever to the artistic, the little bungalowlike houses and even the palace itself being painted a bright yellow, still the costumes of the peasant women and the brilliant uniforms of the officers give the otherwise uninteresting streets a touch of color. And when one remembers that only forty-two years ago Turkish troops occupied the town one can but admire its attempts at cleanliness and the improvements which have been carried out.

The conventional train which leaves Constantinople every night at 8 o'clock slowly and cautiously to the edge of Turkish territory as if afraid of awakening its slumbering occupants, in reality because the Turk can never be hurried. But once past the Bulgarian frontier the difference in locomotion is noticed, and the train speeds quickly over the snow covered more on either side of the track, then rise plains that stretch away for a mile or abruptly to a high and formidable range of hills which are almost lost to sight in a dense mist.

#### Monotonous Traveling.

Toward midday the sun came out and shone dazingly upon the sea of white. On and on the train went for miles, with nothing to break the monotony or to indicate that the land was not a frozen sea, save an occasional stumpy tree or a forlorn wayside station near which a few broad shouldered peasants in sheepskin coats were to be seen trudging home.

Before evening the train stopped at Sofia, the Bulgarian capital, but as the town, like all others along the line, is a mile or more from the station, it was only possible to see some tall government buildings which stood out conspicuously from the long, bare, straggling streets. Although only a short distance from the Ottoman empire there was little here to remind one of it—an occasional fox on the crowded platform, or a couple of workmen in colored sashes and baggy trousers,

and on finding myself in Belgrade the next morning it seemed as if not a trace of the east remained.

Many of the old inhabitants of Constantinople, prejudiced in favor of their city and seeing no need for its improvement, assured me that I should find the streets of Belgrade very bad, much worse than theirs. But in only one respect can I find any similarity, namely the cobblestone paving of all the roads whose unevenness was made forcibly apparent on my first drive, and probably the exorbitant prices demanded by the drivers include the benefit which doctors affirm is derived from such violent exercise as is involved in a drive in Belgrade.

#### Easy Living, Polite People.

Instead of the steep, tortuous streets of the great capital, Belgrade, has broad level streets lit by electricity. And during the busiest hours of the day when every shop hangs up its sign saying "closed from 12:30 to 1:30," or when both master and man are abroad in the evening for an airing, you can walk with comfort on the level sidewalk, for even the hansom (porters), of whom there are a few, make way for you politely.

On the main street, built close to the roadway in the center of the town, is an ugly two storied yellow building ornamented with rude figures of men and surmounted by three cupolas. This is the palace of King Peter Karageorgievich. Though I have passed it at all hours of the day it never has exhibited an indication of life—the blinds generally remaining drawn on the sides visible from the roadway.

#### It is probable that King Peter does not care for the view obtained from the windows which face this way.

For on one side there is a monument to Milosh Obrenovitch, founder of the rival dynasty and murderer of King Peter's famous ancestor, Kara George. On the other side, immediately beneath the palace windows, is a grass plot which marks the site of the old palace where the late king, Alexander Obrenovitch, and his wife, Draga, were brutally murdered five years ago.

#### Taint of Murder does All.

Many people, friends and followers of the Obrenovitches, accuse the present monarch of being an accomplice to the murder of Alexander, which put an end to the rival line, and to that of his uncle, Michael Obrenovitch, who was shot in 1888 while walking near his summer residence in the beautiful little Topidere park, a couple of miles from the town. It is said that the sins of the fathers are visited upon the children, and certainly the house of Obrenovitch paid heavily, very heavily, for the crime which Milosh, its founder, committed in murdering his rival, Kara George (Black George), the man to whom Serbia owes her independence and emancipation from the Turk.

A little yellow mosque in a side street and an ancient Turkish fortress which overlooks the Save and Danube rivers are

all that remain to remind the Serbians that they were once under Turkish rule. As they wander round the old battlements, which would not offer the slightest resistance to an enemy now, the people remember with pride the names of their two murdered heroes, Kara George and Michael Obrenovitch—the latter having only a year before his assassination succeeded in banishing the Turkish troops from Belgrade for the first time in centuries and fortifying the town with a Serbian garrison.

#### An Unshorn Assemblage.

Beside the ancient castle is a little park where soldiers and civilians come evening after evening with untiring energy to watch the red gold sun set in a blaze of glory behind the Hungarian plains, and this sight, they tell you, makes up for all that their capital lacks in interest and beauty. The men who saunter up and down—some in smart, well-tailored, merchant—all wear soft black felt hats, shaped hats and without exception have a decidedly unkempt appearance, owing to the fact that they wear their hair long and so badly cut as to look as if they performed the cutting operation themselves.

The women, whose looks are no better than the men's, appear to make all their efforts to copy a friend's hat, fur, jacket or costume, for I frequently saw several couples of them similarly attired, and as Vienna styles are of course firmly boycotted the women are obliged to get their ideas elsewhere.

These men, like the English guards, are chosen for their size, and as you watch them day after day in the hotel cafes drinking and listening to the band or sauntering up and down the main street you realize what remarkably tall fellows they are. For the Serbian is not a short race. In crimson breeches, pale blue coat fitting tightly to the contoured figure, which accentuates the breadth of the well padded shoulders, with golden epaulettes, riding boots and purple or blue overcoat faced with scarlet, the Serbian officer is an exceedingly ornamental person, but he somehow conveys the impression that his prowess is that of the tongue rather than of the sword.

In all my wanderings around the streets I have not been beset by beggars, nor had I ever seen a single beggar until yesterday. But yesterday one forced himself on my notice—and as far as I know he may be the only one in the town.

He was an old, old man in a black squaw hat, evidently wearing the castoff clothing of a wealthy friend, and as I watched him from the hotel window he joggled along feebly until he sank with an effort into a sheltered corner just opposite me. Here he seemed to collapse from weakness, but presently he recovered sufficiently to touch his hat respectfully to passersby.

#### Poor Only Give Alms.

This is a busy corner, and men and women of all ranks pass continually. But it was not the rich who gave alms. These, like the priests and Levites, passed him by on the other side, it was always the peasants or work people who gave the old fellow a trifle in passing.

A couple of fat, long haired, black robed priests in purple velvet hats turned the corner and came suddenly upon the beggar, who touched his hat. One of the priests, swinging a silver-headed cane to and fro with negligent ease, passed, then gazing into vacancy went on his way unconcernedly down the road with his companion.

Immediately behind were two Albanian peasants, woodcutters, in rough white

homespun embroidered with black braid. The elder stopped, and pulling out from the depths of his trousers a small soiled "baker," he tried to undo the string around it. This seemed to be a difficult job for his clumsy fingers, but after several minutes the knot was undone and inside lay a minute purse.

The man opened it and taking out his only coin, a 10 centime piece, dropped it into the old fellow's hand and waited. Perhaps they knew each other anyway; the beggar appeared to understand what was expected of him, and taking out his purse, which appeared better supplied than the Albanian's, he returned 5 centimes with a touch of his hat.

One or two other rough looking customers walking beside their buffaloes and some peasant women returning from market, likewise contributed their mite—probably giving thanks to heaven for a prosperous day.

#### Women Do the Work.

Here, as in countries further east, the women do the hardest work. It is the woman who carries the basket of eggs to market, while the man walks in front with his hands deep in his trousers pockets. The women not only make all their clothes and those of their men folk, but they weave and embroider the gay and sombre colored materials used for their petticoats and the men's garments, and also knit all their stockings and socks.

The men's clothes are generally made of a dark brown baize ornamented with black braid and many of them wear sheepskin caps that resemble bushes. The trousers fit tight to the ankle, and often look as if their wearer must find them exceedingly uncomfortable when he sits, but the shapeless coat which reaches the waist always leaves plenty of room for its owner's expansion.

#### Intants in Corsets.

In the making of the socks the women exercise their ingenuity; they may be knitted in rings of various gaudy colors or of a design that baffles description, or they may be of one color—crimson or brown—but in each instance the top is finished with a border of brilliant green, yellow and scarlet flowers. Over the feet are worn stout pieces of leather strapped or laced up with string, and this foot covering, which reminds one of the days before such things were invented, is worn by the troops, too, as it is supposed to be the most useful and comfortable kind of footwear for heavy marching. But it is distinctly unpleasant and very uncomfortable to any one not accustomed to it, for I tried a pair myself once on a cross-country tramp when my own shoes gave out, and was laid up with sores and blisters as a result.

#### Picturesque Female Apparel.

The women wear a couple of petticoats which just cover the knees, showing off their colored stockings and shoes, which are exactly like the men's. The outer skirt—embroidered white baize for festive days, or red and yellow striped material for every day—is caught up to the waist on one side to show off the embroidered and colored under petticoat, which is sometimes of white batiste and sometimes of brown baize. A large woolwork apron, after the style of old gentlemen's slippers and chair covers of fifty years ago, is worn on all occasions, and the hair, which is plastered to the head and the platted and curled around the top, is covered with a pink or yellow handkerchief.

As Serbia is a country of pigs, the breeding of these creatures is the peasant's chief occupation. Within a mile of Belgrade you may meet peasants driving a single pig by a string tied to a hind leg, or a herd of huge eared, shaggy, wire haired swine, the largest, ugliest and most formidable of which are called English hogs.

Returning to the town last Thursday after a review of the third Reservists at Banitsa (one of the hills at the back), I encountered herd after herd of swine, and had it not been that the beasts

squealed loudly and fought ferociously one might have mistaken many of them for mongrel dogs.

When beyond earshot of this swinish must I board the funeral, rub-a-dub dubbing of a drum and presently saw thirty or forty dalm, long faced young men in ordinary clothes, but each carrying a rifle and wearing a military cap. This is the Legion of Death, and the youngsters—volunteers who are not yet old enough to be called upon to serve in the army—march through the main streets every day with firm set lips and mournful countenance. But they glance from side to side for the approval of the many friends who assemble on the pavements to watch the progress of this patriotic band, which declares itself prepared to die for the honor of its country.

#### INSURANCE MEN AND WAIFS

Insurance Committee that Takes Up Money for Child Saving Institute Home.

The fire insurance companies of the city have been assisting the building fund without solicitation from the management of the Child Saving Institute. A voluntary committee was formed, consisting of W. Farnam Smith, J. D. Foster, H. A. Lovv, C. D. Mullen and R. L. Baldwin, who solicited subscriptions from the fire insurance companies of the city, and have turned in the list for \$32, as follows:

Previously acknowledged	\$48,570.21
J. J. Hanchen	100.00
W. Farnam Smith	100.00
Brennan, Love & Co.	50.00
State Fire Insurance Co.	50.00
Webster, Howard & Co.	25.00
German Fire Insurance Co.	25.00
Nebraska Underwriters' Ins. Co.	25.00
The Columbia Fire Insurance Co.	25.00
Benjamin & Myers Co.	25.00
McCague Investment Co.	25.00
Hastings & Hayden	25.00
Nouglas Trust Co.	25.00
C. M. Garvey	25.00
Fell & Pinkerton Co.	15.00
Eugene F. Smith	15.00
Martin Bros. & Co.	15.00
Neb. Plumbing & Heating Co.	15.00
G. Beson	15.00
Wheeler & Welpton Co.	10.00
H. H. Shirts	10.00
H. H. Thomas	10.00
Harry A. Stone	10.00
Battle Creek Valley Bank, Battle Creek, Neb.	5.00
N. E. Trux	5.00
W. W. McDonald	5.00
Barrett-Johnson Co.	5.00
Friend	5.00
A. Tubenstein	5.00
Rose Wolf	5.00
O. E. Jensen	5.00
Le Iron Electrical Works	5.00
Arthur Smith	5.00
George Kreile	5.00
Friend	5.00
Cash	5.00
A. Friend	5.00
C. F. Swanson	5.00
Margaret Myers	5.00
B. W. Lamb	5.00
C. R. Gant	5.00
Catherine Rafferty	5.00
Irma Gwits	5.00
Frieda Gabel	5.00
James J. Alexander	5.00
A. C. Thomson	5.00
Helen Gwits	5.00
G. E. Slaughter	5.00
C. C. Horne	5.00
J. T. Senne	5.00
Minnie Hansen	5.00
P. A. Tracy	5.00
Friend	5.00
Carrie E. Dell	5.00
Total	\$49,581.91
Balance, 1908-09	\$2,641.09

#### CROWD SEES WRIGHT FLY

American Makes Three Successful Flights in Home-Italian Officers with Him.

ROME, April 16.—Wilbur Wright made three successful flights in his flying machine near here today, remaining in the air, eight and seven minutes, respectively. He was accompanied each time by an Italian army officer. A great crowd witnessed the exhibition.

### BOX CAR THIEVES RAIDED

#### Four Locked Up and Gang, Police Say, is Dissolved.

#### ONE OF WORST IN THE WEST

#### Between Five and Ten Thousand Dollars Worth of Goods Stolen from Several Railroads in Last Six Months.

Between \$5,000 and \$10,000 worth of goods are now believed to have been stolen from six different railroads during the last six months by a gang of professional box car burglars, four alleged members of which are now locked up in the city jail on charges of burglary.

This conclusion was stated by Chief of Detectives Savage, Friday morning. He says the case is being given great attention by his force of detectives, working in conjunction with the railroad officers.

More developments of an important and extensive nature are in store. Before the case is finished the officers say they expect to have broken up one of the worst gangs of railroad thieves in this part of the country. The recovery of quantities of goods still in the hands of some of the men and several more arrests are said to be possibilities.

For months, it is claimed by the police, plans have been made jointly by them and the detectives of the various roads for the apprehension of the gang that have been robbing the cars and yards of the six big roads that center in Omaha, the Union Pacific, Burlington, Northwestern, Missouri Pacific, Illinois Central and Great Western.

Sturdy oaks from Little acorns grow—advertising in The Bee will do wonders for your business.

thing that has characterized past months and years of the history of the various roads.

Captain Savage and his men of the Omaha detective force, acting with Detectives Vizzard, Malone, Mostadick, Harper and Dineen of the railroads now think their work in the matter is well on the way to a successful conclusion. Lew Adair, said to be one of the leaders of the gang, and three other alleged members of it, are in jail as the result of Wednesday night's work by the officers.

Acting upon Captain Savage and with the plans and information gathered by Detectives Vizzard and Malone, Detectives Ferris and Dunn accompanied Detective Malone to the home of the three men at La Platte Wednesday night and recovered several hundred pounds of meats and a wagon load of merchandise that had been stolen from box cars.

"Lew Adair probably will be held here and tried on a burglary charge," says Captain Savage.

The other three men may be taken to Papillion and tried there on charges of having received stolen property in Sarpy county, in which their home is located. The complaints against the men will not be filed until the case has been thoroughly worked up against them.

#### USE ALLEN'S FOOT-EASE.

A powder to be shaken into the shoes. If you have aching feet, try Allen's Foot-Ease. It cures aching, swollen, hot, sweating feet. Relieves corns and bunions of all pain and gives rest and comfort. Try it today. Sold by all Druggists and Shoe Stores. Do not accept any substitutes. For FREE trial package, also Free Sample of the FOOT-EASE BATTERY (GORN-PAD), a new invention, address Allen S. Olmsted, Le Roy, N. Y.

**Tourist Soda Crackers**

Always packed and sealed like this

**Insist on this package**

**Distinctly Packed and Distinctly Manufactured**

Every cracker is packed while warm—less than one minute after removal from the oven. First sealed with imported parchment paper—not paraffin paper, like others use—and two other wrappings make them air tight—this is known as the **Patented "Aertite" Process**

They are made in Omaha and every grocer orders twice weekly, an advantage not given by other manufacturers.

ask your grocer for **TOURIST SODA CRACKER** 10 Cents Per Package **CRISP, LIGHT AND FRESH** as when they left our ovens. **THE ONLY CRACKERS MADE IN OMAHA** Iten Biscuit Company.

**Tremont**

15¢ each 2 for 25¢

Style and comfort are but two of the good points in the "TREMONT"—a collar which possesses all the other good Arrow qualities

**ARROW COLLARS**

No other Collars at 25¢, a pair are as good as Arrow Collars. Cluett, Peabody & Co., Makers