

RAISING YOUR STACK OF YEARS

Doctor Offers Some Suggestions on Stretching the Length of Life.

A New York doctor has several suggestions to offer on the promotion of longevity in an article on "The Human Body Viewed as a Machine," which appears in the New York Medical Journal.

"It is said that a sure way to prolong one's life is to contract an incurable disease," he says. "There is a germ of truth in this, for it has been observed that a person affected with one of the diseases commonly believed to be incurable is so concerned for his safety that he follows without hesitation the strict rules of health, and thus unexpectedly prolongs his life."

"The average duration of human life is said to be lengthening. Methods of still further prolonging it may perhaps be suggested by viewing the body as an ingenious piece of mechanism more or less under our control. The body and the machine consume material known respectively as food and fuel. The fuel used must be that which produces the most power with the least wear and tear, but there is no very strict rule in regard to food."

"A competent continuous diet might include starchy vegetables, fat meat, bread and other cereals, milk, plain cake or pudding, fruit, and the customary liquids. Such food should carry one a long way toward the desired goal of a late and happy old age. Striving a just balance, the vain delights of extravagant variety may be set over against recurring bilious attacks, dyspepsia, abnormal introspection, ill temper, a blighted complexion, rheumatism, and other complaints due, in part at least, to the dietetic follies of mankind."

"Fuel is prepared for the engine with the greatest care. It is broken up and screened till the size of its particles is adapted to the wants of the machine. If the same attention were paid to the preparation of food there would be less trouble from the early decay and loss of teeth."

"It was almost a sacrifice to try to discredit the family table. In a well ordered household, where the day's routine is controlled by the conventional succession of meals, it would be impossible to serve more than the customary three or four daily meals at the family table. It may, however, be fairly questioned whether the prevailing routine provides accurately for the gross wants of the body. It is related that the dining room was wanting in the home of a certain family whose members were in the habit of satisfying their appetites by occasional visits to the pantry stored with cooked viands and furnished with appliances for warming food."

"In place of this Bohemian scheme, it may be suggested that the fast which goes with sleep be broken at the hour of waking by a small repast prearranged in anticipation of the formal breakfast. Another slight repast may intervene between breakfast and luncheon. The afternoon hours may be interrupted in a similar manner without interfering with dinner, which in turn should not forestall a supper before retiring. Finally, if sleep is unduly broken it may be invited to return by levying on the food provided for the hour of waking."

"The frequency of these meals would prevent any one of them from exceeding the bounds of moderation, and the day would end without the uncomfortable sensations which so often precede and follow customary ingestion. The extra meals here suggested would not, as a rule, be eaten at home. Some of them, if desired, may be made very formal and elaborate, but many are likely to be informal and eaten from the hand and standing. Good food and sufficient variety may be found in the dinner pail, a bottle of milk may be left at the door of the office, crackers and cheese may be uncovered in the office desk, a sandwich may be extracted from a coat pocket, luncheon may be ordered in a tray, a visit may be made to a dairy, or fruit and nuts may be purchased from a convenient vendor."

"In the uncertain future tabloid food may cease to be a cause of merriment."

Corn Palace Show Pays Out. SIOUX FALLS, S. D., Oct. 2.—(Spe.) In counting up the receipts at the corn palace for Wednesday it was ascertained that the record for the largest receipts for

HOTELS. SNAPP'S HOTEL Excelsior Springs, Mo. Strictly Modern. Cuisine Unexcelled. Service Ideal. Up-to-date all appointments. Hot and cold water in every room. All Rooms Equipped with Local and Long Distance. Telephones—90 Rooms Mostly with Bath. Every Room an Outside Room. All of Generous size. In The Heart of The City. Broad and Spacious Verandas. S. E. and J. W. SNAPP, Proprietors.

any day of the corn palace since the day of its inception was broken. Taft day last year held the record at \$1,900, but Wednesday the topnotch was reached when the receipts for the afternoon and evening amounted to \$2,800. There were over 1,000 people in the building in the afternoon and half that number in the evening. There is no question but what the corn palace will pay out.

Concerning Blubber. "This talk about whale blubber," said the newspaper man, "reminds me that it isn't nearly as unpalatable as the unhappy

sound of the name would indicate. I have eaten it in company with Anthony Fiala, an Arctic explorer with at least one lost ship to his credit, and I seemed to see it down with as little effort as he did. Blubber has an oily taste, but not enough to make the stuff repulsive. It is a rich, fatty matter, and with the three-monther hiding below, it can't be hard to swallow—even in the largest doses. I have eaten whale meat, too, and have no hankering for it. It is of rubber shoe consistency and about as nutritious as a razor strap. But blubber isn't half bad."—Cleveland Plain Dealer.

Quick Action for Your Money—You get that by using The Bee advertising columns.

Majestic Gift Week. Beginning Monday, Oct. 11th, and ending Saturday, Oct. 16th is the Majestic Gift Week. Every day of that week we will have special representatives from the Majestic factory in our store to show you the merits of the Great Majestic Range.

The only range in the world made of genuine CHARCOAL WROUGHT IRON AND MALLEABLE IRON. Not an ounce of cast iron or cheap Bessemer steel used in its make up. Lasts three times as long as a steel range. Each day during the week we show a range in actual use, baking tempting biscuits in three minutes and serving free with prime coffee to all visitors. With each range sold during this demonstration week the Majestic factory will give Absolutely Free a set of kitchen ware worth eight dollars.

A set of kitchen ware worth eight dollars. The range will not cost you a penny more. You get this valuable ware absolutely free. Order your range during Gift week, make a small payment and have it delivered when ready, thus securing the gift. Remember the date, Monday, October 11th.

John Hussie Hardware Co. 2407-09 Cuming St. "If you buy it of Hussie it's right."

BRANDEIS STORES Special Demonstration and Sale FAMOUS La Vida Corsets ALL THIS WEEK. We invite the women of Omaha, who desire to improve or retain their figure, to attend this special demonstration. MISS M. E. NOLAN, Special Representative for the Makers Will Be in Attendance. La Vida Corsets conform to the figure without the least discomfort. Special models for figures that vary from the ordinary.

AK-SAR-BEN It Will Pay You to Read the Last Lines During Ak-Sar-Ben Week. We invite you to our store, which is full of choice articles, in the following lines: DIAMONDS, WATCHES, CUT GLASS, SILVERWARE, STATIONERY, SCARF PINS, SOLID GOLD AND PLATED JEWELRY.

Watch for Bargains on Sale In our Douglas street windows, new ones added daily. MAWHINNEY & RYAN CO. FIFTEENTH AND DOUGLAS STREETS.

CANVASSING GRAFTERS

The farmers of Miami county, Kansas, have organized to rid themselves of the canvasser.

What aroused the farmers was a bunch of sheet iron range canvassing fakers flim-flamming a lot of them on \$35 ranges at \$75. There were four things that made up the combination that caught the farmers' wives. One was the flashy nickel and polish on the range. Another was the canvasser allowing \$10 to \$15 for the old worn-out stoves and the fourth, the canvasser paying every farmer's wife \$5 commission on every range she helped sell.

The same scheme is now being worked here in Omaha, on the housewives. The intelligent portion soon catch onto the swindle and fire their ranges, but the other portion keep and pay for theirs under the impression that they are alright simply because the canvassing faker says they are and because they pay two prices for them and because they bake. They do not stop to think that no reliable dealer will sell a \$15 cook stove that will not bake.

In the federal courts in Council Bluffs, next December, will be tried a bunch of canvassing fakers for swindling wealthy suckers out of from \$3,000 to \$100,000 on bogus ranges, prize fights and wrestling matches and may go to the penitentiary for it. Had they peddled bogus ranges they would have made money just as fast and kept out of the penitentiary, too, because suckers are so plentiful and are so easy.

THE STOETZEL STOVE CO., 714 South Sixteenth

You want clothes that look aristocratic; that belong in good surroundings; that have a quality and style that will make you feel more like success than ever. You want clothes like that? You can easily supply your wants at



HAYDEN'S THE RELIABLE STORE

You'll find that our new Hart, Schaffner & Martin

Fine Suits and Overcoats will meet exactly the requirements; they're all wool always; they're no higher priced than best quality ought to be; the tariff hasn't made them cost any more. There's economy in wearing such clothes for they're best in style and quality at the price and worth much more than they cost. We can fit anybody.

Suits \$16.50 to \$35 O'Coats \$15 to \$35 Many other splendid values at.....\$7.50 Up.

DON'T FORGET Try HAYDEN'S First IT PAYS

WOMEN'S SLIPPERS

Our line of Dress Slippers is nothing short of a beauty show. We have the prettiest creations in Dainty Dress Slippers and Pumps that we have ever offered our trade.

- Patent Kid Orientals Patent Kid Colonials Black Castor Colonials Tan Ooze Sailor Ties Pink Kid Pumps White Kid Sailor Ties Black Castor Theo. Ties Strap Slippers in all Styles

FRY SHOE CO., THE SHOERS 16th and Douglas Sts.

BAILEY & MACH DENTISTS. Best equipped dental office in the middle west. Highest grade dentistry at reasonable prices. Porcelain fillings, just like the tooth. All instruments carefully sterilized after each patient. THIRD FLOOR PAXTON BLOCK Cor 16th and Farnam Sts.

UPDIKE'S PRIDE OF OMAHA FLOUR. UPDIKE MILLING CO. OMAHA, NEB. PLEASES THE MOST CRITICAL At all grocers. UPDIKE MILLING COMPANY, OMAHA.

TOWNSITE OPENING. New town of TWO BUTTES, Colorado, will be opened October 22, 1909. Priority of selection determined by drawing. Town surrounded by 2,800 acres of irrigated Carey Act and State lands, besides vast area of finest grazing land in Colorado.

The Two Buttes Irrigation & Reservoir Co., Lamar, Colorado. Drexel Shoe Co. 1419 Farnam Street. \$2.50 TO \$7.00

\$4.00 TO Kansas City AND RETURN Tickets on sale Oct. 4 to 8. Good to return Oct. 11. THOS. F. GODFREY, Pass and Ticket Agt.

ROUND THE WORLD. SAFETY, COMFORT, ONE STEAMER for the WHOLE CRUISE Maximum Convenience With elevator, grill room, gymnasium, deck, swimming pool. FROM NEW YORK, OCTOBER 16, 1909. SPECIAL FEATURES—Madeira, Egypt, India, Ceylon, Burma, Java, Borneo, Philippines, China, Japan. An unusual chance to visit unusually attractive places. CLARK'S 12TH ANNUAL CRUISE Feb. 5 to April 19. To the Orient

HEALTH, HAPPINESS, LONG LIFE, PROSPERITY Awaits You in

THE SUBURBAN GARDENS OF HOUSTON

Orange, Fig, Early Strawberry, Winter Vegetable Land in Ten Acre Tracts TERMS: \$20.00 CASH, BALANCE \$15.00 MONTHLY FOR 32 MONTHS

THE LOCATION IS IDEAL. These lands are situated in the coast country between Houston and Galveston within a net work of four railroads. On these railroads are fourteen passenger and express trains each way every day. Houston is within easy driving distance, and Harris county has good shell roads in every direction to the county lines. Galveston is but thirty miles away. Situated thus close to these cities, within reach of the very best home markets, with railroad and water facilities for reaching northern markets, and in the most rapidly developing part of Texas today, these lands offer exceptional advantages to the home builder and the investor. An interurban line is now building between Houston and Galveston, running a few miles east of these lands. In due time, as the country is filled with people and made into small farms, this entire district will be accessible by trolley lines. Houston-Galveston and the intervening country will one day become almost one city, the richest city-suburban area in the United States. OUR COMPANY—WHAT WE'VE DONE Within the last few years we have colonized several immense tracts in the Gulf Coast Country of Texas. We have handled on special trains thousands of land seekers and prospectors. We have sold farm tracts to a large per cent of them, and all, who have come, whether buyers or not, have been more than pleased with what they have seen. We find the number of small investors constantly increasing, and a growing demand for small tracts on easy terms for homes. To meet this demand and to furnish choice small tracts on easy terms, for homes or for investment, we have purchased about 30,000 acres of land between Houston and Galveston, have cut this into ten acre tracts, and now offer it for sale. HOUSTON—"THE CHICAGO OF THE SOUTH." Nearness to Houston adds greatly to the value of such lands as these. Property in or near a rapidly growing large city always increases in value most rapidly. Houston is growing. In 1880 its population was 16,513; in 1890, 27,557; in 1900, 44,633; today the school census shows 19,200 children, and this means about 100,000 people. This rapid growth will continue for there is a substantial basis for it. The city is spending a quarter million dollars building docks and wharves for ocean going traffic on the ship channel, which will be made 25 feet in depth. Building operations for the year represent an expenditure of \$6,000,000. Houston is the center of the lumber, the oil and rice industry of the Southwest. It is the largest cotton market in the world. It is the greatest railroad center of the Southwest, with 14 trunk lines and more than 100 passenger trains daily. In the suburbs of Houston, between these lands and the city, is building the Rice Institute, the richest institution of higher-education in the South, with an endowment of \$10,000,000. Investments in lands near Houston, especially between Houston and Galveston, are bound to increase in value rapidly. The past few years have seen very great advances, and property of all kinds will continue to grow in value. ORANGE AND FIG ORCHARDS. In this Houston district are located the oldest commercial fig and orange orchards in Texas—in fact, these orchards almost adjoin our lands. We will be glad to show you through Mr. Stout's orchard. It covers six and a half acres. It's six years old. It has about four thousand dollars worth of oranges now ripening on the trees. And orange trees don't get their full growth till they're twelve. ELDERLY PEOPLE LIVE LONGER. And enjoy much better health in the splendid climate of the Gulf Coast Country. The reason for this is found in the famous gulf breeze. It cools the summers and warms the winters, giving the country a mild and even climate. No sudden changes to jar the human machinery. The severe northern winters are respon-

ALLISON-RICHEY GULF COAST HOME COMPANY Houston Texas, Mason Block. Kansas City, Mo., Union Depot. St. Louis, Mo., Walwright Building.

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