WOULD YOU LIVE 100 YEARS?

Hore is the Royal Road Marked with Guideposts.

ACTION F MPLE RULES OF

You May Be Lonesome on the Homestretch, but the Scenery is More Inspiring Than a Cem-

etery.

Prork well, eat well, sleep well, think Five guideposts on the road of life constitute the essentials for health and a century of years if rightly observed.

The government's pure food exponent. Dr. Harvey W. Wiley, puts on them the laby of genuineness, and they look it Going into details regarding the doses, the do tor sermonizes in the New York Sunday

F fty years ago the average length of life was thirty-three years. Now it is between thirty-five and forty and nearer forty years. In a couple of centuries more we ought to increase it to fifty years. When mothers come to understand the simple rules of living, a child will have two chances of surviving where it has only one now. Even now a baby under a years of age has twice the chances of growing up that it had twenty-five years ago. Perhaps it is because it has grown fasidonable for mothers to nurse their own tables. And that means to work well.

To eat well is just as important. Proper nutrition is everything. It is better to eat more than one needs than to eat less-let them say what they will that Amoricans eat too much. The proper general diet should be one that is capable of affording heat and energy for the daily occupation, with a reserve for any emersency that may arise. If one cats less than he needs he draws on his tissues, and thus he has less power to resist discase. He is more subject to infection. The well-nourished man or woman has a far better chance of warding off disease than the one who is poorly nourished. Eat too much rather than too little.

Well Balanced Elements.

If I may get technical for a moment, there are four elements that go to make up the well balanced human diet-proteins, acarbohydrates, fats and oils and mineral substances. The greatest mistake a man can make is to change his diet artificially. All over the world where men have the freedom of choice you will find that they select a diet made up of about the same proportions. You will find in the normal diet that a man cats every day about 100 grams of nitrogenous elements; three or four times that amount of starch, sugar and oils and perhaps from two to five grams of mineral substances.

To increase or lesson artificially anyone of these food elements is a very dangerous thing. For instance, I believe that to cut the nitrogenous element-such as butter -50 per cent, and to increase anyone of the other elements a similar amount, would be calculated to work damage to the race. I don't believe that a man should limit himself to a vegetable diet or to a meat diet. I think that Americans eat too much neat I think we should eat better if we sut down fat meat and lean meat, too, and substitute for them peas, beans, cereals

and nuts-to a certain extent. / Mind, I have no use for the food crank feel like inviting him to go with me to pneumonia and tuberculosis germs hate the nearest restaurant and share a juicy, tender steak

Choice of Food.

tention to the choosing of fresh food, not old and not debased. That is only true, of course, of foods that are to be eaten in a fresh state. It does not pertain to cured meats, cheese, fermented beverages -these are improved to a certain point by

Est meats in moderation, and select the lighter ones. Never touch alcohol. The more cooked fruits and vegetables you eat, ba. Drink sparingly, and never anything below 60 degrees. Iced drinks are a curse. soda water and ice cream in summer.

Boof, graham bread and potatoes are a diet which is as good for the millionaire as the pauper. Such simple food is good for any man, whether he be J. Pierpont Morgan or Dusty Rhodes. This is a comparatively cheap and well-balanced rant of all colors, nations and sexes should year has led the philanthropic stove conration containing all the nutrition that is necessary to sustain life. I don't recommend it because it is cheap, but because it makes a good, wholesome diet.

It is necessary for all such persons to return to a simple diet. I have no faith in the fads of eating. The formulae that such faddists present are founded on no islatures. The reason is simple—these anything, wear almost anything and do bodies are always taking up the problem of "have you ever seen in all your life so almost anything so long as he keeps within public health-and could any set of men be beautiful a stove? Picture it, madam, rest the bounds of moderation.

Ideal Menu. There is an ideal menu for the average American family. Perhaps it would not be proper for everybody, but it ought to fit the average man and wife and children. Tide is what I would make it:

BREAKFAST. Careal (made from natural grains). Eggs, or chop, or small steak. Toast Coffee.

LUNCHEON. Three vegetables.

Soup. Three vegetables. Homemade Pastry.
Plenty of Meat.
Coffee Cheese.

The bread and butter habit should be encouraged. Good bread should be the boating, golfing, riding-it must be taken f.amdation for every meal. This, with good out of doors. I am not quite certain butter and an agreeable drink, will make whether competing in public games is good a mest enough for anybody.

People who are nourished on cereals are

nuts for breakfast.

"Now I Lay Me." We should sleep in rooms that have no make them better men and women.

Children should be especially guarded. Even the heat in the kitchen is a pre-They ought to be kept in the fresh air moter of health. Free perspiration is hyevery moment possible. It not only pro- gienic. It rids the blood of impurities. It Don't fret don't worry. Seek the society cheeks of a girl over the stove is a far

O Pure Suits

A Very Special Sale of Men's Fine Suits



Smart Style Suits made of Plain - Blue Serges, plain and fancy mixtures, gray and brown, long lapel coats, lined, with high grade fabrics, sizes 33 to 42. They are sample garments, worth \$15 and \$18, on sale tomorrow-

and \$20 in Green Trading

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Stamps Free.

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\$1 Poros Knit Union Men's 75c Silk bosom Men's 50c Poros Knit

Men's 750 Shirts, 500 2-piece Underwear at Suits, short 69c Negligee S sleeves, Men's \$3.00 Oxfords, Men's 10c Cotton Sox Men's 39c Balbriggan lace or button, \$2.15 in 5 different colors, 5c Blue, Ecru. Pink, at

Work Clothes

Holeproof Hosiery Manhattan Shirts STETSON HATS | DUTCHESS TROUSERS | KING QUALITY SHOES

never see one that I don't these germs is to sleep in the open air- pect to live until I am 100 years old. fresh air and sunlight.

Sleep the sleep of innocence eight hours in every twenty-four. Don't worry before How Vocal Soles Lost at the Bar The choice of food is a serious thing, you go to bed. It can't do you any good I don't think Americans pay enough at- anyhow, and it may do you a lot of harm.

The Upper Story. Think well. Unless we think well the ountry will go to the bowwows. Right thinking ought to be a serious public quesschool about matters of public welfareright thinking, in a word. Instead, I am in their very face. afraid, our children are taught to think

Good thinking makes good citizens. but some of us do not think properly.

The suffrage should be carefully restricted to those who are qualified to exer- out of 18,000 have found it desirable to cise it. But the lawbreaker, the degenerate, sever their connection with the Bar asso the criminal, the dissipated and the igno- ciation owing to a small matter of \$10 per be denied the right to vote, because they cern to come to their rescue. have not exercised the power to think,

Baset. the professions should not avoid holding stove once Attorney General Wickersham office. Especially they should not refuse Elihu Root, Samuel Untermyer or even to sit in municipal, state and national leg- Abe Levy was there to present its claims? nore fitted for this than physicians?

health?

Taking Exercise.

Recreation is just as necessary as work. Play is just as much a part of everybody's duty as is labor. It ought to be vigorous old age. After working hard for a lifetime the man of activity, if he would attain longevity, must play. It does not matter what his play be-walking. for everybody, but the spectacle of

trenuous struggle between able-bodied capable of doing the hardest kind of men cannot help but impress our children manual labor. Look at the hardy Scot, and make them hunger for exercise, too. with his calmest, or the busky Italian Play can be combined with useful emwith his macaroni, or the New Englander ployment. As a matter of fact, a man of the olden days with his pie and dough- can get more recreation by eight hours' work in his garden than he can by frequenting saloons or indulging in alcohol, Real sleep is a blessing. And it ought tobacco, morphine, cocaine or caffeine. to be in the fresh air. We have too much Children should be taught to foreswear artificial heat in this country altogether, these awful habits-to go without will

heat at all-people don't catch cold in hed. Such a homely art as cooking can be Windows should be wide open even in bad made a real recreation. It is a real artweather in the rooms where we take our as much as painting or poetry or music rest. You can cover up warm and sleep And it is far more important. It is better with the thermometer well below the frees- to knead dough for recreation than it is to ing point. Next day you will feel better, play golf. To mix a pudding well is just as good exercise as rowing a boat.

motes their health, but it wards off discleanes the porce of the skin and it makes essee like, tuberculosis and pneumonia, the skin rosy and soft. The pink in the of cheerful friends. Then you will sleep more beautiful color than the kind the

the man who believes in vegetables only, death rate in consumption. Tuberculosis and then you beat up a cake. Next you ar for example. He generally thinks in vege- is an infectious disease. If the germs can mashing potatoes and then you are kneedtables, too. The fruit and nut enthusiast be kept from entering the lungs, tubercuing dough or hanging clothes on the line. Is just as bad. But the one who believes lisis will be destroyed, stamped out. The Is not that real recreation?

only in no cooked food at all is the worst segregation of comsumptives and open-air We are all going to live to be better specof all. All these poor people always look sleeping has saved many a man and woman imens of the human race. A man ought to aungry. I guess they dream of real food and child. The best way to fight off all be able to work until he is 80. I myself ex-

BIG OPENING FOR LAWYERS May Be Turned to Good

Account.

At last there is hope for the struggling members of the legal profession in New York. Those who have found it none too tion. He who thinks right is bound to live nourishing to pursue their vocation as axright. Children ought to be taught in pounders of the theories of Blackstone, Chitty, Story et al. have had hope thrust

A stove concern has advertised for law combined with meat, the better you will more of private gain than public weal. Yers to act as agents and sell their stoves. The motives of the stove company may If people do not take to heart the affairs not be above suspicion. It is barely pos-The water-cooler kills more people than of public life of their own will, they ought sible that in some entangled local proceed the champagne bottle. Eat and drink to be compelled to do so by law. All good ing they have been so soundly licked by slowly. Heware of alcohol in winter and men ought to be compelled to vote. They lawyers that they have a most wholesome will vote all right if they think properly, respect for their ability to do anything even to sell stoves. Or it may be that the fact that in ten years 6,000 odd lawyers

That either way the stove concern will Our public health is our greatest national get the best of it-providing, of course. they get any lawyers-goes without saying. So, I say, our medical men and others in Who, for instance, could resist buying a

"Madam," our lawyer agent will say. ing upon its slender legs within your Today it is hard to find a physician, a kitchen. Picture, if you can, the dainties physiologist, a college professor in the that will come from its inner caverns, national congress. Why? Because public brown and ready to est. Look, madam taxation, annexation, reciprocity, conserva- at this magnificent stove. Are you going tion and other such questions take up to take it away from its mother ah. I beg everybody's time. Why not the public pardon-are you going to let it remain here in this store?

"Madam, I beg that you will think well before bringing in your verdict. Remember that the lives of your little children depend upon your aye or nay. Think of Thick soup.

Small piece of ment, looked upon as a duty just as much as a are deprived of the warmth that this magthe suffering they must endure if they nificent stove can give them. Think, madam, of the suffering your husband will have to endure if he is compelled to ea: longer of the cookies that come from out the rusty oven of your old stove.

"Look well, madam, on the defendantbeg pardon-on the stove before you pass udgment. View it from the front, from the rear-from all sides. Look at it and then tell me, gentlemen of the jury-beg pardon-madam, tell me if you are going away without purchasing this stove?" Now, if some manufacturer of carpet

sweepers or patent wringers will only take into consideration the commercial value of our disengaged members of the medical fraternity, our unoccupied actors and the members of the Idle Hour club, in a few other lines, we'll be quite happy, thank you.-New York World.

Potato Hill Philosophy. Why are women's stockings to long and

Why are women's stockings to long and men's socks so short?

If you are under discipline you are not amounting to much.
Unless a man amounts to a good deal he should not say he has done his best.
H—I disappeared long ago, except as members of the human family raise it. People dislike advice, which is a pity, for they will always get lots of it.
When a man can't afford to build a two-story house his wife calls it a bungalew, A real soldier has the same scorn for a militiaman that a society leader has for a hired girl.
No doctor can take care of you as well

No dector can take care of you as well well for eight long hours and wake up in the morning fit for another day's real the morning fit for another day's real only one set of muscles in the Ritchen Too many people believe they can do as they can take care of you as well as you can take care of you as well as you can take care of you as well as you can take care of you as well as you can take care of you as well as you can take care of you as well as you can take care of you as well as you can take care of yourself. The trouble with modesty is that half the time if you don't but in you don't get in. Too many people believe they can do as they can take care of yourself.

Latest Market Prices

THE BEE MARKET SHOPPER

Money Saving

WITH SHOPPING CONTINGENT

What Has Been Doing on Omaha Market This Week.

WARM WEATHER AIDS TRADING

Green Vegetables Feel Stimulus and Buyers Are More Numerous Because of Desire for Light Food Products.

Shoopers who were on the market frequently this week found that prices had changed little from the points at which they were located during the previous six days. Eggs were not advanced, though the storage product was taken up in large quantities by speculators. The ogndition in the butter market was unsatisfactory, though the general condition was little changed from the previous week.

Potato receipts fell far short of the expectations, and there was a change for the higher in some of the prices on the retail market. Chickens met with a slight increase, and the movement of cheese, vegetables and fresh fruits was more satisfactory than in the preceding week, with low prices and favorable weather contributing to stimulate buying.

Fresh Vegetables Come In. Lower values in some cases were quoted on fresh vegetables and fruits The supply on the local market was larger than in previous weeks, and this had a tendency to cut down the prices. Shoppers took hold of the situation with avidity and brought freely.

The weather, which, on few days was the warmest of the year, was favorable to a broad berry trade. Strawberries were sold in the largest amounts of the season, and most of the -women shoppers bought freely all during the week.

Tomatoes, of a finer grade than of the previous week, went out of the market in large quantities. The hot weather past and for all that may come hereafter. stimulated the trade in this vegetable line, and dealers all reported a large did my duty as I saw it, and I shall abide

Women Many on Market. The hot weather also increased the number of shoppers on the market Women were led to leave their homes for the downtown district, and once being there, they naturally strolled around to the various stores and shops. Seeing things they liked they bought, so the general trade of the week, especially in doesn't get around to paying his debts." the green vegetables, was increased

SERPENTS TURN ON KNOCKERS

Mine has been the common fate of every one who makes such a disclosure. He, that digs up a nest of serpents need not be surprised if he hears the serpent's hiss, or if he feels the serpent's sting. Other instances are not wanting in ou

Theirs has been the common refuge of all those against whom such disclosures are made. They answer with charges and counter charges and like the cuttlefish darken the water and seek to escape in the darkness of their own making.

I knew that those who would undertake to debauch would not hesitate'to defame. I knew that all that malice and all that money could do would be done to discredit me, Senator La Follette and the eventuality.

It was an ordeal of fire which any man would prefer to escape. Any one would ek to shun such a sepastion and to avoid the notoriety entailed, I therefore. exhausted every resource-I tried every expedient-there was no alternative left. I had no choice. I went to the last ditch. I placed my back to the wall. It came to my silence even then, would have been golden, but it would have cost the Indians pass that silence would be criminal. There may be those who still think that

millions of dollars. While I knew that the vials of wrath and resentment would be poured out upon me, there has been a measure of malignity that I dreamed not of, but if I had known in advance that the assaults would have been a thousand times worse than they have been. I still should not have been deterred from the discharge of my duty as I saw it. I had no right to calculate upon consequences either personal

or political to myself. My experience in this affair has demonstrated how much easier it is to remain silent and secure, rather than to wage war upon wrongdoing and wrondoers of a certain description, especially if they chance to be both powerful and venal. My experience in this affair has been a terrible example, and a terrible warning to others to purchase security at the price of stience and neglect of duty. There are those, it seems, who would have had the investigating committee, add to the terrors of that example, and to the terrors of that warning-who would have had this committee place the finger of silence upon its lips and signify to all others that they would would be safe must be still, and speak not lest the accused should have the power, as he will have the disposition to reap ruinous vengeance upon his accuser.

While this bitter cup has been pressed to my lips I have not murmured. I still believe that I rendered some service to the Indians, and that service compensates me for all the sacrifices which I have incurred. I still believe that I may have helped to save the Indians from \$3,000,000 to \$5,000,000, and that saving and that ser-

The Reason

Why

Bath saves you money on meats

and groceries is that he sells for

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Rib Roast Prime Beef ... 12140

Hams, regular No. 1 1940

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Cloverdale Corn. 3 cans 250 Pioneer Rice, 3 lbs. 250

No. 1 Creamery Butter \$50

Jns. Bath's Cash Market

1921 Parnam.

Weber Pears, can ...

Extra Standard Peaches

Lamb Stew

Hayden's Meat Dept. Terrible Fall in Meat Prices

This slump came unexpectedly to the Omaha meat buyers. We took advantage of this and bought heavy for Saturday's sale. No. 1 quality, and 16 ounces to the nound is what you got hor

he pound is what you get	nere.
Boneless Rib Roast, 10c	Lamb Roast, 7c
Sc, 7c and 6c	Lamb Stew, 25c
Rib Boiling Beef, 5 lbs	No. 1 Hams, 12 ¹ /2
Bulk Sausage, 5C	Bacon Backs, 100
Hindquarter Lamb, 9c	Ground Bone for chicken feed, 10 lbs 250

Hayden's Meat Dept.

in the faith that the truth will triumph.

Singularly Fitting.

responsibility in all matters connected

with money. "He means to be honest as

the sun," said one of his friends. "but he

"He ought not to have any debts," said

another man. "He ought to have what

my boy in college wrote me for the other

"What are they?" asked one of the

"A 'Kathleen Mayourneen' loan 'may

be for years and it may be forever,"

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said the father .- Youth's Companion

day-Kathleen Mayourneen' loans.'

R U A Good Guesser?

the most important part of a Meal? Answer: Good Coffee, What Meal? Answer: Good Cories. What is the best coffse? Another casy one Our Steel cut and sifted goods. No dust, no chaff. The most healthful and youst satisfactory coffee on the market.

Mocha Mixture 350; 3 lbs. \$1.00. Excelsior Blend 30c; 3½ lbs. \$1.00.

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Port. Sherry, Angelica, Muscatel, and Catawba Wines, full qt. 50c Home-made Grape Wine, white or Jackdaw Whiskey-its reputation was gained by its quality, bottled in bond, full qt. \$1.25 Maryland Rye, 6 years old 75c

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Wine Merchants. Prompt Delivery. Both Phon 121 North 16th St. Opp. P. O. Both Phones.

vice more than compensate me for all the calumny which has come upon me in the FRESH CHICKENS, 92c I pronounce eulogy upon myself-I simply Senator T. P. Gore in National Monthly. 1911 Milk Fed Broilers 50c Each They were discussing Brown, his charming manners, and his lack of moral

AtTh	e Pul	blic Market	
Pork Rosst,	63c	Lamb Stew, 6 lbs. for	25c
Pork Loins,	10¦c	No. 1 Small Hams, per lb.	930
af Lard, 13 ½ lbs.	\$1.00	No. 1 Skinned Hams, per lb	123e
er Pot Roast,	6½C	Diamond C, Armour's Star or Swift's Premium Hame	13%c
er Bolling Beef,	A30	per lb	12½c
rn Fed Steak, er lb		No. 1 Extra Lean Bacon, per lb	
ung Veal Roast, er lb	10c	Silver Leaf or Rex Pure Lard, 3-lb, pail	32c
ung Veal Chops,	100	From 7 P. M. to 9 P. M	-No. 1
al Stew, er.ib	5c	Steer Steak, 2 lbs., * for	
mb Legs, er lb	10¦c	Spring Lamb Chops, per 1b	40
mb Chaps, er lb	81c	From 9 p. m. to 10 p. m.— Pork Chops, per lb	9€

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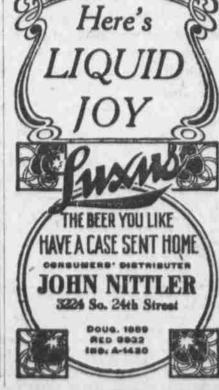
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Fancy Jar Cheese, each 10c, 15c and 25c and Large Ripe Edam Cheese, each \$1.00 Full Cream Brick Cheese, New York Cream Cheese, Celery Relian, in bulk per qt. Chow Chow and Mixed Su Pickles, per qt Pruit and Vegetable Denartment, Strawberries, per lox 102 and 150 Celery, Head Lettuce, Mint, Folics Imported Endlie, Ess Part, Limes and Fency Apples, Coffee Department. "Lotus Ankola" Coffee, the best 3-lbs. for \$1.00 Coffee soid to the world.
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