

Resolution Sale of Fine Shoes

KNOBLOCH'S ARCADE SHOE HOUSE

239 Nicollet Avenue and 23 and 25 So Washington Ave.

We have firmly resolved to cut down the prices on HIGH GRADE FOOTWEAR to such an extent that they will be lower than the cost of the cheap.

Immense Reductions in All Departments

Ladies' Boots
150 pairs Ladies' Kid, lace and button, were \$1.50. Sale Price. **85c**
100 pairs Ladies' Laird, Shober & Co.'s welt and turn sole button and lace, cloth and kid tops, were \$5.00. Sale **\$1.98**
250 pairs Ladies' Kid lace, with heavy soles, worth \$1.75. Sale **\$1.29**
105 pairs Ladies' \$2 and \$2.50 Kid and calf, lace and button, cloth and kid top. Sale Price. **\$1.39**
Ladies' \$3.00 and \$3.50 hand turned and welt sole, lace and button. Sale **\$1.69**
Ladies' \$3.50 and \$4 fine Vici Kid, lace and button, some turned sole, some welt soles. Sale **\$1.85**
Ladies' Patent Leather Lace, dull mat kid tops, worth \$3. Sale **\$2.48**
Ladies' \$1.50 Kid, turn Oxford Ties. Sale **89c**
Ladies' spring heel 3-Buckle Overshoes, worth \$2. Sale Price. **98c**

Ladies' Slippers and Rubbers.
Ladies' Sandal Rubbers, sizes 2 1/2 to 4, worth 40c. Sale price. **9c**
Ladies' Lamb's Wool Slipper soles, worth 15c. Sale price. **8c**
Ladies' 50c Candee Rubbers, first quality. Sale **29c**
Ladies' Storm Rubbers, Candee, worth 60c. Sale price. **39c**
Ladies' 75c Felt House Slippers, sale price, **37c**
Ladies' \$1 Felt Slippers, half price. **50c**
Ladies' Felt Lace and Congress, were \$1.00, sale **69c**
Ladies' \$1.50 Fine Fur Trimmed, hand sewed **98c**
Ladies' strap sandals and opera slippers, were \$1.25 and \$1.50, sale price. **79c**
Ladies' patent leather and kid sandals, worth \$1.50, sale price. **98c**

Children's Shoes
Misses' and Children's Storm Rubbers, worth 50c. Sale price. **29c**
Children's 60c Kid Button. Sale price. **39c**
Children's Felt Slippers, felt and leather soles, were 50c and 75c. Sale price **29c**
Children's \$1.25 Kid and Patent Leather Spring Heel Button. Sale price. **69c**
Infants' Kid Button, worth 40c. Sale price. **23c**
Children's Patent Leather Kid and Tan Button, worth \$1.00. Sale price. **48c**
Children's high cut 3 buckle Leggings, worth 90c. Sale price. **69c**
Boys' Rubbers, worth 50c. Sale price. **34c**
Misses' Kid Tip Lace and Button, regular \$1.50. Sale price. **89c**
Boys' and Youths' Satin Calf Lace Shoes, worth \$1.25 and \$1.50. Price. **98c**
Little Gent's Satin Calf Lace, worth \$1.00. Sale price. **79c**

Men's Shoes
Men's Storm Alaskas, worth \$1, black lined. Resolu- tion Price. **69c**
Men's \$5 winter tan lace, 1/2 price **\$2.50**
Men's \$3.50 patent leather lace, cloth and kid tips, broken sizes. Resolution **\$1.98**
Men's black lined Low Alaskas, sizes 6 to 8, worth \$1. **25c**
Men's \$3.50 box calf lace, double sole. Reso- lution Sale. **\$2.50**
Men's black lined Jersey Buckle Arctics, worth \$1.50. **98c**
Men's felt Lace and Congress, worth \$1.75. Reso- lution Sale. **\$1.19**
Men's satin calf Lace and Congress, were \$1.50. **98c**
Men's \$2.50 and \$3.00 box calf and tan, double sole, lace. Resolu- tion Sale. **\$1.85**
Men's extra high cut felt lace, worth \$2.50. **\$1.50**

Woman's World

GIRLS' DIET TESTED

Food Requirements of the American Girl.

A SCIENTIFIC INVESTIGATION

Data Secured Among Fargo and Paynesville, O., College Girls by Government Experts.

The food of the American girl has furnished the latest subject of inquiry by the government dietary experts, who, as the result of a scientific investigation, avers that the girl's diet is deficient in many respects, and that the desire is quelled to some extent by a plentiful allowance of fresh fruit, and that, while she shows a tendency to large indulgence in butter, this weakness ought to be encouraged rather than repressed. Butter being a form of fat easily digested, is good for girls.

One fact definitely ascertained is that, for a given amount of bodily activity, a woman requires just about four-fifths as much food as a man. When she is at moderate work, her food would furnish her every day with three and one-half ounces of stuff to make muscle and blood, and enough fuel (for running the physical machine) to represent 2,800 "calories." A calorie is the amount of heat re- quired to raise the temperature of one gram- meter of water one degree, and the fuel ma- terials are chiefly starch, sugar and fat.

A Notable Experiment.

The most notable experiment made by the experts was at Lake Erie college, in Ohio, which is an advanced school for young women. It has a faculty composed of women, who board, together with the students, at commons. To avoid disturbance of the ordi- nary routine, the girls were not told about the dietary trial, which was conducted with- out their knowledge. The aim was to fur- nish an appetizing table, with plenty of nu- tritious food, at a cost not exceeding 25 cents for each person. Everything edible was weighed before and after meals, and samples of the various articles eaten were analyzed, to find out how much fuel stuff, muscle-forming material, etc., they contained to the pound.

One thing the girls would have, and that was fresh fruit for breakfast. It was ex- pected that the management opposed the indulgence for awhile, because fruits are not highly nutritious. But the medical value of fruits as an element of diet could not be denied, and, furthermore, it was as- certained that the eating of them lessened to some extent the craving for candy, which with many, if not most, young women, seems to be chronic. Perhaps it is the acid in the fruit that does the work, for Massachusetts was obliged to yield, and thereforth 15 per cent of the table money went for peaches, cherries and other luxuries of the sort.

They Ate More.

It was noticed that many of the girls ate more of the regular breakfast when they had fruit than they did when no fruit was served. Another thing observed was that the stu- dents did not care for beans or peas. They were natives of the middle west—a region in which stock legumes are raised to a compar- atively small extent. Now, this was an im- portant matter, inasmuch as beans and peas are extraordinarily rich in "protein"—the stuff that makes blood and muscle. If the college had been located in Massachusetts, the baked beans would have run up the "pro- tein" end of the dietary to a high point.

Alleged Thieves Bound Over.

Special to The Journal.
Black River Falls, Wis., Jan. 30.—Charles Weber and Ed Erickson, who were arrested charged with purloining two overcoats from the Freeman House, were held by Justice Forbes for trial at the next term of court. Bail was fixed at \$500, which Erickson fur- nished. Weber going back to jail. Weber's record is not a very good one, but his com- panion has always borne a good reputation and both are of good families.—Mrs. H. N. Landfar, wife of the clerk of the court, died last night of consumption. She leaves a husband and three children.

Episcopal Church Meeting.

Special to The Journal.
Morris, Minn., Jan. 30.—The Mississippi valley deanery of the Episcopal church has been in session here the past two days. The Rev. Heman Farhall of St. Cloud, N. D., dean of the district. Sermons and papers were read by Rev. E. J. Mooney of Brainerd, Rev. J. B. Haslam, Rev. P. M. Garland, Rev. W. H. Eastman, Rev. F. M. Bacon, Rev. T. C. Hudson. The following subjects were discussed: "The Pastor of the Church," "The Obligation and Observance," "Music, Its Place in Our Service," "Management of Parish Finances."

Jail Couldn't Hold Him.

Special to The Journal.
Centerville, S. D., Jan. 30.—Joe Nothers, an ex-prisoner, who has been making his head- quarters here for a few months, was arrested for stealing a set of harness from Holcomb's livery barn. He was locked up but made his escape the same day. A reward of \$50 has been offered for his capture.

Appropriations for Buffalo.

Special to The Journal.
Deedwood, S. D., Jan. 30.—A petition has been drafted by the Commercial club of this city for the purpose of having the Black Hills legislators work for the \$25,000 appropriation for an exhibit of the state at the Pan-American exposition. In addition to the \$25,000, the legislature will be asked to appropriate \$5,000 for an exhibit of minerals from the Hills.

Old Business Wound Up.

Special to The Journal.
The Philadelphia Clothing House has closed its doors after twenty-four successful years in this city. The manager, E. E. Israel, will take up the management of a syndicate of stores at Fort Wayne, Ind.

Roast Beef or Oysters, with accessories.

25c, at Glass Block Tea Room.

The Changeling Child.

The Scientific Explanation of the Change Formerly At- tributed to the Fairies.

Food Requirements of the American Girl.

A SCIENTIFIC INVESTIGATION

Data Secured Among Fargo and Paynesville, O., College Girls by Government Experts.

In folk lore stories there is frequent mention of changelings—children who were changed by fairy influence. Some loving wife and proud husband found their child weak of body, and some- times weak of mind. It grew up to be fretful, sullen and perhaps spiteful. It seemed impossible that love could bring such a child into the world. So the child was called a fairy changeling, a child substituted by the fairies for one whom in their envy for its lov- eness they had carried away.

We hear no more of fairy stories. Stern science says that healthy and lovely children must have healthy par- ents, and that when the mother in her days of waiting and anticipation is

THE TEST OF WOMEN'S HEALTH

is strength. A well woman will be a strong woman. She will not be "just dragging around" with throbbing head, aching back and constant weariness. No woman can be strong who is troubled by disease of the delicate female organism. The proof of the curative power of Doctor Pierce's Favorite Prescription may be all summed up in the phrase "It makes weak women strong, sick women well."

"During my two years of married life I have not had good health," writes Mrs. Daisy Studdard, of 608 So. Esplanade Ave., Leavenworth, Kans. "I prepared for an early reply, telling my husband got me to write to Dr. Pierce and explain my case to him and see if he could do me any good. So I wrote, and, thank the Lord, I prepared for an early reply, telling me what the trouble was. I commenced taking Dr. Pierce's Favorite Prescription, and also the 'Pleasant Pellets,' and now can say that I feel like a new woman, and can say also that we have a big baby four months old. When the baby came it was just wonderful how I got along and now I do all my work and do not feel tired out like I used to. I have taken eight bottles of the 'Favorite Prescrip- tion.' It makes one feel well and strong."

THE FAIRY GOD-MOTHER

is a very pretty invention. But the real fairy god-mother is the natural mother of the child. It is she who must endow her child with health from which springs all other endowments desirable for humanity.

The way to have healthy children is to be healthy. But how to be healthy is the vexing question for women. Is the mother to blame because she is nerv- ous, because her appetite fails and her strength wanes, because she is sleepless and despondent? One cannot blame the woman whose only failing is that she does not know how to change her condition. Yet a woman's health is practically in her own control. If she is weak she can be made well. If she is sick she can be cured. The experience of other women shows that the rose of mother- hood can be stripped of its thorns by the use of Dr. Pierce's Favorite Prescription.

When I wrote to you in March, asking advice as to what to do for myself.

says Mrs. Ella Reynolds, of Guilford, N. C. "I was expecting the baby's coming in June, and was sick all of the time. Had been sick for several months. Could not get anything to stay on my stomach, not even water. Had mishaps twice in six months, and threat- ening all the time now. Had female weakness for several years. My hips, back and lower bowels hurt me all the time. Had numbness from my hips

from the animal food was 1,625 calories, and the total energy from the vegetable food 1,636 calories—a total of 2,660 calories.

These facts give an interesting notion of what is required to keep a fairly active woman going—the amount of fuel needed to run her body machine, and the quantity of muscle and blood-forming stuff used up in repairs. Of course, if she takes little exercise and does no muscular work worth mention- ing, she will get along very well on a lighter diet. On the other hand, if she is a wash- woman or engaged in any other arduous occupation, her demand for "protein" and fuel materials will rise proportionately.

Speaking of muscular work for the gen- eral sex, a serious investigation of the athletic girl has been made recently in England, re- sulting in conclusions most unfavorable to the modern "muscle cult" for women. Physi- cians of high standing have come forward

with the assertion that the reckless indul- gence in outdoor sports so fashionable now- a-days is destructive of feminine beauty and health. The exercise of the muscular system in achievement suitable only for men has a tendency to roughen women's exterior. The flow of new activity which fills the illustrated papers with portraits of female prize-winners and the sporting journals with female records is extremely unfortunate in its effects.

Armory for Company M.

Special to The Journal.
Sac City, Iowa, Jan. 30.—Work has been commenced on the new armory for Company M of this city. The company will receive its second rank next week, when Colonel Olmsted of the state guard will come from Des Moines.

No Office Complete.

Without a Journal Almanac. Price 25c.

Amount of Food Needed.

Each of these girls obtained every day (on an average) 1 1/2 ounces of protein from the animal food she ate and one and one-sixth ounces of that muscle-forming substance in addition from her vegetable diet. She got three and one-third ounces of fat from the animal food and about one-sixth of an ounce from the vegetable food. From the latter she derived nearly twelve and three-fourths ounces of starch and sugar, which, with the fat, go for fuel. The fuel energy that came

Remarkably Economical.

These young women were remarkably eco- nomical, the amount paid for food being a little less than 14 cents a day for each of them. Meat was not stinted, constituting 15 per cent of the edibles, and here again ap- peared that fatal feminine weakness for sweets, sugar being actually 12 1/2 per cent of the total weight of provender consumed. How- ever, sugar is first-class fuel for the body machine, and the North Dakota girls certainly had the appearance of being well nourished. They ate surprising quantities of dried fruits, by the way. "Protein" was somewhat de- ficient in their case—only about two-thirds as much in quantity as it ought to have been—but it is known that, to a certain extent, fuel stuff, with which they were over-supplied, will take the place of the muscle-forming ma- terial.

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Omega Oil

People walk too much and rest too little. They stand up more than they sit down. The feet don't get anything but abuse in these busy days of modern times. That's why they itch, swell, burn, ache and become tender. It's the same with the rich man and poor man. You have got to do something for your feet, or they'll keep right on hurting you. If you want a solid, healthy pair of feet to carry you around, rub them good and hard and often with Omega Oil. Every night and morning do this after taking a hot bath. In mighty short order your feet will be well. Omega Oil is good for every- thing a liniment ought to be good for.



Tell your druggist you want Omega Oil and nothing else. If he refuses to supply you, the Omega Chemical Co., 257 Broad- way, New York, will send you a bottle, prepaid, for 50c, in cash, money order or stamps.

JOURNAL BUYERS GUIDE AND MAIL ORDER DIRECTORY

Below will be found a line of representative firms in various lines. Journal "Want" Readers will find them reliable and worthy of their patronage.

SAVE YOUR HAIR

DO YOU WANT A CLEAN, HEALTHY, HAIR-PRODUCING SCALP, free from baldness, scurf, dandruff and all scalp diseases? If so, send \$1.25 for Dr. Chance's Hair Renewer and Medicated Shampoo, a month's treatment at home, and get started right, and keep the scalp clean inside and out, in other words, keep the scalp feeling comfortable with these remedies, and baldness is arrested at once and new hair begins to show in a few weeks.

Will contract, if desired, where we can give personal attention.

Dr. Oliver K. Chance, Dept. W, 586 Syndicate Arcade, Minneapolis, Minn., or druggists can get these goods for you.

ELECTRICAL ENGINEERING.

We are wholesalers and re- tailors in everything electrical, light and power supplies, tele- phones, switchboards and ap- pliances. Tel. Main 1722. ROBERT WATSON, ELECTRICAL ENGINEERING CO., 211-213 SPRING AVE. S.

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PAGE'S WATCH HOUSE, WHOLE- sale prices on all watches bought of us. Send us your Christmas orders for watches, chains, rings, pins, and all things pertaining to the jewelry business. We are manufacturers and able to make what ever you want in the jewelry line. Our catalogue sent free. Page, Jeweler, 20 and 22 2d St. S., Minneapolis, Minn.

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Defective Page

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contains more digestible nourishment than the finest Beef tea. For Breakfast, Luncheon, or Supper, it is unequalled.

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