

# A Sour Stomach

Is Often the Real Cause of a Sour Temper.

That the condition of the digestive organs has a marked effect upon the character or disposition is a truism as old as the hills. Old Ben Jonson wisely said: "The pleasure of living depends upon the liver," and it is a fact which none may dispute that a sunny disposition more often results from a healthy digestion than from any other cause.



Acid dyspepsia, commonly called sour stomach or heartburn, is caused by slow digestion of food; instead of being promptly digested and converted into blood, bone and muscle, it lies in the stomach for

hours, fermenting and decaying, creating gases which cause pressure on the lungs and heart, short breath and general discomfort and irritation.

Such half-digested food is indeed poor nourishment for the body, brain and nerves, and the result is shown in irritable tempers, unaccountable headaches and that depressing condition usually called the "blues," but how quickly all these disappear when appetite and digestion are restored.

Laxative medicines only irritate the already irritated stomach and bowels, and have no effect upon actual digestion of food.

The sensible course to follow is to make use of simple natural digestives like Stuart's Dyspepsia Tablets after meals until the stomach has a chance to recuperate.

The natural digestives which every healthy stomach contains are pepsin, diastase and hydrochloric acid, and when any of them are lacking the trouble begins. The reason Stuart's Dyspepsia Tablets are so valuable and successful in curing stomach troubles is because they contain a pleasant concentrated tablet form of all these absolutely necessary essentials for perfect digestion and assimilation of food.

Henry Kirkpatrick, of Lawrence, Mass., says: "Men and women whose occupation precludes an active outdoor life should make it a daily practice to use Stuart's Dyspepsia Tablets after meals. I have done so myself, and I know positively that I owe my present health and vigor to their daily use."

"From the time I was twenty-two, when I graduated from school, with broken health from overwork, until I was thirty-four, I scarcely knew what it was to be free from stomach weakness. I had no appetite whatever for breakfast, and very little for any other meal.

I had actually and heartily nearly every day, and sometimes was alarmed by irregularly and palpitation of the heart; but all this gradually disappeared after I began using Stuart's Dyspepsia Tablets, and I can eat my meals with relish and satisfaction which I had not known since I was a growing boy."

The success and popularity of Stuart's Dyspepsia Tablets is enormous, and it is deserved, and every druggist in the United States, Canada and Britain has a good word for this meritorious preparation.

150 LA. AVE.

# Crouse's Great Grocery Sale

- Barrel Best Family Flour \$3.00
- 4 Barrel (48 lbs.) Best Fam- 95c
- 10 lb. New Flax Seed 45.00
- 4 Barrel (24 lb.) Best 48c
- Family Flour
- 1-16 Barrel (124 lbs.) Best 25c
- Family Flour

- Blue Hen Matches, 12 1/2 dozen 12 1/2c
- Boston Baked Beans, can 7 1/2c

- New Mackerel, each 54c
- Ginger Snaps, per lb. 75c
- Cleaned Currants, per lb. 12c
- Fine New Flax, per lb. 12c
- 10 lb. New Flax, per lb. 12c
- 1 lb. Rumford Baking Powder, only 10c
- 2 lb. cans Sugar, 10c
- 12c cans Evaporated Cream, only 10c
- Imported Sardines, 10c
- Picked-up Codfish, 4c per pk.
- Best Strip Codfish, 10c
- 1 lb. for 25c
- Best American Sardines, per can, 4c
- Good Chocolate, per cake, 4c
- Best Oat Soap, per cake, 4c
- Fine (Swedish) Soap, per cake, 4c
- California Hams, per lb. 3c

- Hawker Oats, per pkg. 7c
- Mother's Oats, per pkg. 9c

Liberal prices made at all times to heavy buyers, hotels, lunch rooms, etc.

# R. W. Crouse,

950 Louisiana Avenue.

# KNABE PIANOS.

Bargains in new and used instruments of various makes. Sole agents for the Aeolian and Pianola. Wm. Knabe & Co. 1209 Penna. Ave.

# AMERICAN SOLDIERS' FOOD

An Interesting Report by the Commissary General.

Comparisons of the Rations Furnished to the Armies of Various Countries—Replies to Newspaper Criticism of Subsistence Department.

How the American Army is fed, what it eats and how much, and a comparison between this country and others as providers, are the subjects of a lengthy report of Brigadier General A. F. Wenzel, Commissary General of the Army, made public today. The various portions of the world in which the United States Army has operated in the past year, including Cuba, Porto Rico, Alaska, the Philippines, and China, are considered. The report says:

"During the period covered by this report the command to be supplied extended from the Great Wall of China on the north to the island of Borneo on the south and the island of Guam on the east. There were 480 stations in this archipelago, besides the troops in China and the prisoners in Guam.

"In addition to the 8,000 troops and 2,000 officers in this division, the Subsistence Department supplied the delicacies for the sick, rations for 4,000 prisoners of war, 1,500 marines, many of the stores for the navy, rations for 1,000 civilian employes, and sales stores for the army, navy, and marine officers, Philippine Commission and attaches, and Americans employed by the army and by the Government in its various departments, metropolitan police, police and courts, transportation, etc.

"In other words, nearly 10,000 persons, occupying a country almost destitute of meats and vegetables, and other food supplies suitable for Americans, were supplied largely from a single base, 7,000 miles distant.

"Reports of army officers in China were, without exception, most favorable to the excellent service of the Subsistence Department.

"An English writer, comparing the troops of the allied armies, said: 'The American commissary is undoubtedly far the best of all, and the American soldier's rations are the best in peace time and in the field.'

"The Japs had rice, bread, and dried fish, and tea, which they supplemented by the use of the sheep and cattle of the country. They also had American canned meats, but they were not used with impunity—seemed to be more of an adjunct to a special or emergency article of their diet.

"The British white troops had a ration similar to that of the Americans, but not so varied or flexible. They used tea instead of coffee. The British Indian troops had about the same ration as that of the Japs, about one pound rice, one half pound of vegetable oil, salt, and once a week a pound of fresh meat, and once a week a pound of mutton or beef, and the Mohammedans ate everything except pork.

"The Russians had little besides a black bread and soup. They were given one fourth pound cans of some kind of meat, and a pound of bread, and a pound of tea or flour, about one pound rice, one half pound of vegetable oil, salt, and once a week a pound of fresh meat, and once a week a pound of mutton or beef, and the Mohammedans ate everything except pork.

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"Open your mouth and Close your eyes— And I'll give you something To make you wise."

The wisdom of the epicure first comes to you when you have your oysters served with

# Kennedy's Oysterettes

Sold everywhere—served everywhere— 5 cents a package.

NATIONAL BISCUIT COMPANY

It was for this reason that ceaseless vigilance was exercised by this office, with the hearty support and cooperation of the division commander, to prevent any illegal disposition of subsistence stores, such as is liable to occur where such vast quantities are handled in times of war and with poor facilities for handling, where work has to be done nights as well as days; where sales are being made to so many irresponsible parties, who take the market price of all food products is about double that charged by the Subsistence Department, and many unobtainable elsewhere at any price, thus presenting the greatest possible temptation to peculation.

"On March 11 a rumor reached this office that an officer had received a rebate or commission. This was investigated by the assistant to the chief commissary and a report substantiating the allegation was submitted by this office to the division commander. The officer has been tried by court-martial and convicted.

"Two other officers were tried and convicted—one for shipping in from Calamba some 50 cases of rice, valued at \$24, part of the seized stores above mentioned, the other for disposing of the same. This was a matter not connected with the Subsistence Department, except that the bacon was taken from its stores.

"Six commissaries were arrested. Three of these have been tried and convicted—for taking and disposing of stores to the value of \$10, one for taking and disposing of stores to the value of \$7, and one for taking and disposing of stores to the value of \$2.50. The other three, after being held for two months and after the most rigorous examination, have been released.

"On March 11 this office learned that a party had said the chief commissary was occupying a house furnished him by a contractor. This was once reported to the chief commissary in person to the division commander, who had the matter investigated. The contractor who had rented the house and the contractor who had furnished the furniture under oath that the report was false, and it was also in evidence that the chief commissary was paying \$125 monthly for the house and \$250 monthly for the furniture. One month later this rumor was called all over the world as news and as a fact.

"The allegations that champagne was illegally purchased in February and March were immediately investigated by this office. The purchases of champagne were discontinued in December last and not a bottle purchased thereafter. Nothing is known of any purchase of champagne in February or March, though one small lot, purchased months before, was delivered in February. However, the small lot of champagne may be regarded in the United States, a business management which enabled our chief commissary to purchase the best brands of imported champagne at 42 cents per pint is not regarded by line or other officers as scandalous, and there are today soldiers on duty in the United States who had the champagne supplied by the Subsistence Department, would be resting in metal-lined caskets.

"This office has every reason to believe that the efforts of the department have been appreciated and that the commendations which have been conferred so far to reflect honor upon the service and give satisfaction to the officers and other employees who so dependent upon its successful management, and for whose comfort and well-being it is primarily the duty of this office to provide.

"The thanks of this office are due for the unflinching exertions and loyalty of subordinate officers, and the commendations of the departments of northern and southern Luzon, Majors Niskorn and Roberts, to whom credit is largely due for the success which has attended the operations of this department. My personal thanks are due to Major R. C. Bullard, Capt. H. E. Wilkins, and Capt. Thomas Franklin, who rendered faithful and intelligent hard work. The services of the commissaries serving in the tropics are invaluable; those stationed in this city have worked every day in the week and often nights, and their untiring efforts and devotion to duty have been a constant temptation to regretted more by this office than anywhere else. The clerical force has been pushed almost to the limit of human endurance, and while many lacked experience, they made up for it in zeal and long hours.

"Contrary to theory, practical demonstration proves beyond doubt that American soldiers serving in these islands need the full army ration with the addition of more sugar. The same amount of first-class fresh beef is required as in Montana; health cannot be maintained without an abundance of nutritious food, carefully prepared. The foreign population in these islands and the wealthy natives are just as heavily taxed as are American soldiers; they use a great deal of Scotch whisky and red wine. The poor masses live on rice and fish, but not from choice. They are anemic and full of skin diseases as the result of an impoverished diet. Nature secures fed on the army ration except fat, change in appearance, and gain strength. In a number of instances many natives, who were once healthy and well, have become emaciated and debilitated, and in some cases have died. Several of these cases have been reported at prisons suffering from beri-beri or other skin diseases. The surgeon recommended the issue of the army ration, stating that such diets were the result of an impoverished diet of rice and fish. These diseases seem to have rapidly disappeared under the benign influence of the army ration.

"It has been suggested by some that commissary commanders or their staffs should be allowed to issue American troops serving in the tropics, but practically demonstrated that such a system of such opinions founded upon theory. Company, troop, and battery commanders recommended no change in the ration except an increase in the amount of sugar, and the issue of oatmeal.

"The Subsistence Department also makes a report upon the relief afforded to the Philippine food by the despatch of the mules transported from Nome, Alaska. A financial statement, showing the resources, expenditures, and balances of the Department for the fiscal year ended June 30, 1901, is also given. The total liabilities of the Subsistence Department as of June 30, 1901, amounted to the credit of officers of the Subsistence Department and of officers doing duty in the Subsistence Department with the Treasurer, assistant treasurer, designated depositaries, and fiscal agents of the Government, and in their personal possession, per the latest accounts received to June 30, 1901, \$1,853,323.31, amounting to the Treasury near close of fiscal year 1901, but not carried to the credit of the Treasury. The report of June 30, 1901, \$127,000; officer out of service, \$1,726,323.31. Total balances, \$3,479,323.31.

"A report is made by Capt. S. W. Fountain upon the emergency army ration and the various experiments made. A large part of the report is devoted to a consideration of these experiments. The rations of the troops of all the Powers are explained, and the various points in which they excel the American rations are especially noted.

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AXMINSTER RUGS.		BRUSSELS RUGS.	
Size.	Price.	Size.	Price.
8 ft. 3 in. x 10 ft. 6 in.	\$16.50	6 ft. x 9 ft.	\$6.50
8 ft. 3 in. x 12 ft.	\$18.50	6 ft. x 12 ft.	\$12.50
8 ft. 3 in. x 12 ft. 6 in.	\$19.00	8 ft. 3 in. x 10 ft.	\$12.50
8 ft. 3 in. x 12 ft. 6 in.	\$19.00	8 ft. 3 in. x 12 ft.	\$13.50
8 ft. 3 in. x 12 ft. 6 in.	\$20.00	8 ft. 3 in. x 12 ft. 6 in.	\$14.50
8 ft. 3 in. x 13 ft.	\$21.00	9 ft. x 13 ft. 6 in.	\$15.00
8 ft. 3 in. x 14 ft.	\$22.25	9 ft. x 14 ft.	\$16.50
10 ft. 6 in. x 13 ft.	\$23.50	10 ft. 6 in. x 13 ft.	\$17.50
10 ft. 6 in. x 14 ft.	\$24.00	10 ft. 6 in. x 15 ft.	\$21.50
10 ft. 6 in. x 14 ft.	\$25.50		

Parlor Suite, 3-piece Parlor Suite, French design, mahogany frame, upholstered in tapestry. Worth \$300. Special at	Brass Beds, Choice of an elegant line of All-brass Beds, handsome designs, regularly worth \$35, \$50 and \$65. Special at	Iron Beds, Special White Enamel Beds, very neat, 3 ft. and 3 ft. 6 in. size; worth \$2. Special at
<b>\$99.75</b>	<b>\$37.50</b>	<b>\$1.98</b>

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The most popular and best-selling Piano in America. More than 116,000 of these instruments now in use. Valued testimony for tone, quality and durability. We have just received a large shipment of the finest Pianos in various case designs. Several special styles at tempting prices. We are closing out all second-hand and slightly used Pianos at

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SPECIAL OFFER FOR THIS WEEK.

One \$750 Baby Grand ..... \$500

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Five Special Pianos of Different Makes From

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CURE YOURSELF! Use Paine's Celery Compound in 1 to 3 days. Guaranteed to relieve all cases of Catarrh of the Bladder, Stricture, Gonorrhea, Pains, and all urinary troubles. Sold by Druggists, or sent in plain wrapper, by express, prepaid, for \$1.00, or 3 bottles, \$2.75. Circular sent on request.

# PAINE'S CELERY COMPOUND

Guaranteed Qualities on Credit at Cash Prices.

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November is here—and it is high time that your carpets were down and the home made cozy for the long winter that is coming. We invite you to take advantage of our liberal Credit System in the buying of Furniture and all manner of house furnishings. Our prices are all marked in plain figures, and are as low as reliable qualities can be bought for ANYWHERE. You assume no risk in buying here, for we personally guarantee the reliability of every article we sell—no matter what the price. We make, lay, and line all carpets free of cost—and we do not even charge for the two or three yards that are unavoidably wasted in matching figures. There isn't a cash store in Washington that will do HALF as much.

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If you need a Parlor Suite, or a Carpet, or any other article of house furnishings, you are welcome to a choice from our mammoth stock on the easiest kind of payments—arranged to suit your own convenience. Almost a hundred different styles in Parlor Suites are here for you to choose from, embracing all the newest and handsomest upholstery. Bedroom furniture in an almost endless variety of styles. Beautiful Sideboards and China Closets at all prices. We are complete furnishers, including fine Crochery, Lace Curtains, Portieres, Draperies, Bedwear; also Gas and Coal Heating and Cooking Stoves in all the standard makes. We are ready to fill your order today—on credit.

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TODAY, GRAND FORMAL OPENING OF The Modern Drug Co., 414 7th St. Formerly 11th and F Sts.

Today we invite you to the most modern and up-to-date Drug Store in the city. Our principle will be progressiveness, selling only the best in drugs and medicines and endeavoring to undersell any possible competition. We ensure your prompt service and courteous attention in every instance. As an opening attraction we've prepared

# THIS LIST OF MANY BARGAINS:

Queen Anne Lotion, 10c	Paine's Celery Compound, 50c
25c 1/4-lb. cans Toilet Powder, 10c	Cocoa, Best and Oxy (best for the nerves), 50c
75c Sterling Silver Cuticle Knives, 40c	Scott's Emulsion, large, 75c; small, 40c
Modern Bulb Syringes, guaranteed for one year, 25c	California Salve, 50c
Hot Water Bottles, guaranteed for one year, 40c	Cuticura (resolute small), 50c
4-qt. size, 75c; 2-qt. size, 60c; 1-qt. size, 50c	Cuticura Soap, 50c
7-qt. Fountain Syringes, guaranteed for one year, 25c	Full Pint Beef, Iron and Wine, 10c
Full Cream Tartar, 10c	Full Pint, Best Quality, 10c
Razor Straps (great bargain), 10c	and cologne) 50c
Found package Phosphate of Soda, 10c	25c size Syrup of Tar and Wild Cherry, 10c
Peppermint Cure, 10c	Peppermint Cure, 10c
90 2-grain Quinine Pills for, 10c	Road's Sarsaparilla, 50c
Large package of Toilet Paper, 40c	Scam's Root, large, 60c; small, 30c
Laxative Bromo Quinine, 10c	Hyemal, complete, 50c
Campo Quinine, cures a cold in 12 hours, 10c	2-grain Weyth's Little Tablets, 10c
Albion's Plaster, 10c	Albion's Salt, 10c
15c Belladonna and Capsicum Plaster, 10c	Large size Almond Lotion, 10c
25c Kidney Plaster, 10c	Almond Cold Cream, 10c
Wampole's Cod Liver Oil, 60c	Lib. 60c; 1/2 lb. 30c; 3 lb. 25c; small, 10c
Coke's Dandruff Cure, 10c	Durand's French Almond Lotion, 10c
Listerine, large, 50c; small, 10c	Large cake With Violet Soap, 5c
Cogswell's Hair Success, 30c	Armon's Violetta Soap, 5c
Cook's Balm of Life (4 for \$1.00), 25c	Robeson's Imported Violet Soap, 5c
Pierre's Golden Medical Discovery, 50c	Pierre's Favorite Prescription, 50c
Pierre's Favorite Prescription, 50c	25c Shaving Brushes, 10c

OUR LEADER: Only 3 to a customer—a genuine 25c Tooth Brush—best 9c bristles. Each.....

OUR PRESCRIPTION DEPARTMENT is in charge of an expert chemist. Only the Purest and Best Drugs Compounded.

VISIT OUR SODA FOUNTAIN And try "12 o'Clock," the most delicious Hot Chocolate, served with whipped cream—a glass..... 5c

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1901 Reading Standard \$21.50.

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or the liquor habit cured by ORRINE. A harmless and sure remedy for this disease. More than 300 "cures" in Washington. Can be given without the patient's knowledge if desired. Write or call for booklet. EDWARD P. MERTZ, Mgr., GIBBINS CO., METZGER BUILDING, 1110 F ST. N. W.

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