

Jim Dumps asserted, "Too much meat in summer causes too much heat. What shall we eat all summer long? That, without meat, shall keep us strong, and in the best of summer trim? Why, 'Force,' of course," laughed "Sunny Jim."

"Force"

The Ready-to-Serve Cereal

the strength of meat without the heat.

Excludes Chops and Steaks.

"Force" is a regular breakfast food in my family to the exclusion of steaks or chops, the old standard.

A. GRANOR.

W-19

Producers Club.

A Herald reporter found Supt. W. P. Johnson of the city schools engaged with the boys of the Producers Club in their garden east of Dr. Wright's hospital the other day, and stopped long enough to look over the garden and interview the superintendent upon the plan and feasibility of the scheme of directing the energy of boys during the summer vacation.

When approached, the superintendent stopped, leaned upon his hoe, wiped the perspiration from his brow, and gazed with admiration upon the little fellows whose hoes were plying around the corn hills. "It is pretty warm," said the reporter. "I do not know" replied the superintendent. "You see when the mind is engaged, when one's attention is fixed upon what he is doing, when he is interested then one is not affected by the heat. You see that little fellow over there whose head is bobbing just above the corn. He hoed over an hour and I doubt if he knows the sun shines, and cares less. I doubt not, however, if you were to ask the question of those fellows under the shade trees down town with their minds unoccupied, that you would get a unanimous expression that it is hot."

"Do you experience any trouble in getting the boys to work?"

"Practically none. Out of a number of boys in the Producers Club there is only one who has been too busy to come out when called. In fact, parents tell me that while they experience trouble in getting their boys into the home garden at any time, that the boys always urge the necessity of responding to the call of the club. The psychological reason for this lies in the fact that boys naturally obey the law of association. They like to be together. And for the additional reason that whatever is raised here belongs to the boys. The secretary keeps time on the boys and results are divided prorate."

"Have you other gardens than this?"

"Not where we are doing co-operative work. We have, however, about two hundred boys doing individual gardening. These are scattered all over the city. We were offered much better lots than these, where the ground had been under cultivation last year and had been kept free from weeds; but as you know these lots have not been under cultivation for some time, old cans, refuse from the city were dumped here for several years, and the lots had grown up to rag weeds. Conval escents from yonder hospital for years have viewed this unsightly place of ground located as it is in the most beautiful part of the city. After talking the matter over with the Producers Club, we came to the conclusion that the selection of these lots would serve a double purpose—that it is truly educational. You see we have made corn, cabbage, tomatoes grow where weeds grew before."

"Apart from the commercial, what educational value do you place upon this work?"

"The longer I have been in educational work the more profoundly I have been impressed with the non-utilitarian tendencies of education. Boys and girls graduate from our schools by the thousands full of ideas, but, when called upon, cannot express themselves either mentally or linguistically. They have been educated along lines of the least resistance. They have never been directed along lines of research and their minds act as a receptacle for what others have performed and nothing more. A sort of a waste basket so to speak. There are fundamental elements underlying individual progress, and the principal one is industry. In the past educators, and among educators I class parents, have waited until the boy approached manhood before attempting to develop industrial habits. This, I think is where the fault lies. The process is very difficult to plant an industrial habit, where a vicious and idle one has flourished so long. My little girl, now five, has washed dishes and done it well for the past two years, and she now goes to her duty, daily without complaint—simply a habit. We converse while we work of the things we do, and this gives me an excellent opportunity to note the defects of lingual expression among the boys. This is an experiment with me and out of it I hope to evolve a plan by which the vital energy of a boy can be directed in a way that will not only be a pleasure but a source of profit to him. I am convinced that more people must get out to-day than work out. You throw the pores open in a boy's skin and you furnish an egress for a lot of meanness."

"Do you not think that it would be better to arrange work that is not so irksome?"

I have considered that myself, and have thought of securing a park where the boys could do flower gardening, where the ground could be beautiful, where fancy flower beds could be arranged. This would develop the aesthetic nature of the boy and thereby serve a double purpose."

"What do educators think of the plan?"

"I have letters of approval and encouragement from school men all over Iowa. The Chicago Chronicle of recent date in a leading editorial commended the work."—Carroll Herald.

Lates Fashion Notes.

A stylish costume is an absolute necessity, and an evidence of good taste and workmanship is shown in a gown of blue hopsack. This has a novel collar, which gives the long-shouldered effect and the strappings of which cross in front, and are completed with an ornament of pendants. Narrow plaits supply decoration, and all of the stitching which appears on the bottom of the skirt, is done with Corticeil stitching silk of the same shade, size D. This silk comes on one-ounce spools, and has generally been adopted by the best dress makers, since it is just the right size and twist for stitching purposes.

Low Rates West

UNTIL June 15th only the Burlington offers very low colonist rates to the west. \$25 from Missouri River to Tacoma, Seattle, Portland, San Francisco and Los Angeles. \$22.50 to Spokane. \$20 to Butte, Helena, Salt Lake City.

Correspondingly low rates to hundreds of other points.

Folder mailed free on request telling all about the low rates and daily tourist car service.

Burlington Route

J. FRANCIS, General Passenger Agent, Omaha, Neb.

THIS NAME

McCORMICK

IN THE GRAIN

is a guarantee of a speedy and successful harvest. Time is money to every farmer and is always worth more when the grain is ripe than at any other season of the year; therefore, it pays the farmer well to own the McCormick—the binder that not only saves his grain, but also saves his money in saving his time.

"A MODEL MACHINE"

is the title of the McCormick book for 1903. If interested in machines write for it.

B. H. FODERBERG.

Manilla News Notes.

John McNertney came up from Council Bluffs to spend Sunday with his mother.

Mrs. Ed. Gardner and son Jesse, of Sioux City, has been visiting at the parental home the past week.

Mrs. McAren and her sister, Mrs. Hubbard visited friends at Co. Bluffs last week.

Dr. J. B. Gardner and family left the latter part of the week for an extended visit at Stewart, Des Moines and other places.

Harry Irwin, of Council Bluffs, is visiting with his mother at this place.

Mrs. J. L. Dyson and children arrived Saturday evening from Arlington, Neb., for a visit with her mother.

Gene Smith and wife, of Dunlap, were Sunday visitors at this place.

Mrs. Byron Offinier returned Friday to her home at Des Moines, after a week's visit at the parental home.

M. F. Strasser visited at Co. Bluffs, Wednesday and Thursday.

—For rent, small business room in the center of Charter Oak, size 12x40, all freshly painted and papered. Best location in town. Would be good for milliner, dressmaker, music room, restaurant, or any other business wanting a fine location rather than a large room. Will give some one a bargain if taken at once. Address, Wm. Toph, Charter Oak, Iowa.

—Farm for rent, 1 1/2 miles west of Vail. Inquire of MRS. JAS. CONNER, Vail, Iowa.

The puffed or blouse front is fast being superseded by the deep corselet and long narrow buckle, suggesting the pointed stomacher, and many evening bodices show the pointed lower edge. Large floral patterns obtain for the thin gown for warm days, and a predigal display of course lace set on white bobbinet and shirtings will be the salient feature. The exaggerated long shoulders will be given by the deep lace collars of all descriptions and construction, and when these are not employed fishus daintily ruffled and filled will replace them.

Very Low Rates to California and Return.

Via the Chicago & Northwestern R'y August 1 to Los Angeles and San Francisco, with final return until October 15, inclusive, account National Encampment G. A. R. Three trains a day from Chicago to the east through without change. Daily and personally conducted tourist car excursions. Special G. A. R. train will leave Chicago 10:30 p. m. Tuesday, August 11; De Kalb, 12:10 a. m. Wednesday, Aug. 12; Clinton, 3:50 a. m.; Cedar Rapids, 6:30 a. m.; Marshalltown, 8:25 a. m.; Iowa City, 10:30 a. m.; arriving Omaha 2:00 p. m. leaving Omaha 2:30 p. m. and running via Denver, Colorado Springs, Pueblo and Salt Lake City. For itinerary, illustrated folders and full particulars apply to Agents Chicago & North Western R'y.

Very Low Rates to Pittsburgh, Pa.

Via the North-Western Line. Excursion tickets will be sold Aug. 1, 2 and 3, with very favorable return limits, on account of G. T. A. U. Convention. Apply to Agents Chicago & North-Western R'y.

Low Rates To The East.

Particular attention is being called by the Chicago & North-Western R'y to the low rates which have been made for the meeting of the National Educational Association at Boston, next month. These round trip excursion rates with liberal return limits are available at a time of the year when teachers, students and others are making their plans for the summer vacation, and afford an excellent opportunity for a journey to one of the most interesting cities of the world, as well as reaching the seashore and mountain resorts of New England.

Parties are being formed at various points in the west for the purpose of making this journey in congenial company. The officials of the Chicago & North-Western advise that the movement as now anticipated will be very large. For particulars apply to ticket Agents Chicago & North-Western R'y.

W. R. Temple Co.

All Kinds of Building Material.

Have For Sale

Hard and soft coal, lime, cement and hair hard wall plaster. Lime wall finish—all colors. Stock and hog wire fence, chicken wire garden fence. Extension and cone ladders. All kinds of sewer pipe. Building paper and roofing paper. All kinds of doors—fancy and plain front and screen doors. Full window screens on short notice. Other things too numerous to mention.

JUST RECEIVED.

TWO CAR LOADS OF Granite Monuments, Tablets, Markers and Head Stones.

We have now on hand the largest stock ever brought to Western Iowa

CALL AND SEE THEM

HILL & SON.

We Are Gutting Meat

And while we are doing so we desire to call your attention to the following cuts:

Sirloin and Porterhouse steaks former price 15c, 12 1/2c	
Round and shoulder steaks, for price 12 1/2c now	10c
Pork Chops, former price 15c, now	12 1/2c
Rib Roasts, former price 12 1/2c, now	10c
Breakfast Bacon	16c
Picnic Hams	11c
Ghoice Mild Cured Hams	16c

Constantly On Hand a Choice Line of Veal, Spring Chickens, Lamb, Etc.

Everything usually handled by a first class market is sold proportionately low considering quality. Give us a trial and be convinced that this is the best place to trade.

BROADWAY MEAT MARKET

A. D. RANDALL, Prop.

Phones, Iowa 114, Crawford Co. 37.

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—Farm for rent, 1 1/2 miles west of Vail. Inquire of MRS. JAS. CONNER, Vail, Iowa.

ILLINOIS CENTRAL EXCURSION RATES.

Excursion tickets will be sold by the Illinois Central, to the points, and rates, as follows:

Fare and One-Third on Certificate Plan Council Bluffs Ia.—Annual Meeting Iowa Pharmaceutical Association, July 14-16.

Open Rate of One Fare Plus \$2.00

Home-seekers' Excursions, Northwest West, South, East and south-west, July 7 and 21, August 4 and 18, Sept. 1 and 15.

Boston, Mass.—Annual meeting, National Educational Assn., July 6-10.

Saratoga Springs, N. Y.—Annual Meeting, Ladies of the Mystic Shrine, July 7-10.

Atlanta, Ga.—Annual Convention, Baptist Young Peoples Union of America, Ju 9-12.

Detroit, Mich.—International Epworth League Convention, July 15-18.

Baltimore, Md.—Grand Lodge, Benevolent and Protective Order of Elks, July 21-23.

ONE FARE,

San Francisco, Los Angeles and San Diego, on sale July 1-10, limited to Aug. 31st.

Sioux City, Ia.—State Firemen's Tournament, July 28-31.

Less Than One Fare.

One Way, second-class, Colonists' Rates to points in the Southeast, south, West and south west, at a rate of one-half of the first-class one way rate, plus \$2.00 tickets on sale July 7th and 21st, Aug. 4th and 18th, Sept. 1st and 15.

Denver, Colo.—International Convention, United Society of Christian Endeavor, July 9-13.

San Francisco, Cal.—National Encampment, G. A. R., August 17-22.

For particulars as to dates of sale, rates, etc., apply to any Illinois Central ticket agent, or address the undersigned.

J. F. Merry, Asst. Gen'l Pass. Agent, Dubuque Iowa.

Dime-Express. Phone 173 O. AINSWORTH.

—Taken up Estray—There came to my place in Goodrich, township section 28, one red heifer calf. Owner can have same by proving property, paying for this notice and for pastorage HERMAN POPKIN 27

Farmers, the Cows Ought to Keep You

The Empire Cream Separator makes this possible. It saves hard work, stops wastes, improves the product and doubles the profit. We offer the Empire on its merits. It does the work we promise it will do. It does the work you would expect a good machine to do. We are willing you should test this machine and see for yourself. Don't be afraid to ask us about this machine. We'll give you all the information you want. After you fully realize that you want a machine come in and buy an EMPIRE.

J. H. TAMM, FARM IMPLEMENTS DENISON, IOWA.

L. M. SHAW, Pres. C. F. KUEHNLE, V-Pres. C. L. VOSS, Cashier.

Bank of Denison.

General Banking Business Conducted.

Exchange Bought and Sold. Long and Short Time Loans at Lowest Rates. Interest Paid on Time Deposits.

Accounts of all Branches of Business Conducted.

Personal attention given to investments for local patrons. Business conducted in English or German.

SHAW, SIMS & KUEHNLE, LAWYERS.

Real Estate Loans at Lowest Rates.