

Times-Republican

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No. 110 Secretary

SATURDAY'S REVOLUTION.

Speaker Cannon has been shorn of much of the arbitrary power over the house of representatives which he has exercised to the advantage of special interests over the interests of the people. He met a crushing defeat Saturday. He was eliminated from the committee on rules and as a possibility for re-election as speaker. The rules are to be amended. The house has said so. It met the speaker and his forces on the question on appeal from the chair and definitely settled the question whether the house as a body or the speaker controlled. The house of congress simply revolted and threw off an onerous yoke. Mr. Cannon can not under orders from any force now dictate what measures shall or shall not be considered. He can not on his personal judgment or as the agent of others, force bills thru without debate. The revolution of Saturday has made the house a deliberative body again instead of a company under command of a centurion. Saturday marked the beginning of the end of Cannonism. It would have been more satisfactory, as ex-congressman Heburn suggests, had the house assumed its right to appoint committees but that may come later and at any rate the claws of the system were effectually clipped.

It is pleading the baby act as well as plain lying to attribute the revolution to the personality of Cannon. The fight was on the system, against Cannonism. That was the essence of the fight. To say that it is of injury to the republican party is equally fallacious. It is the salvation, perhaps, of the party. Cannonism and the rule of those who are Cannonism are rapidly driving the rank and file of the party to revolt as Cannon drove the house into revolution. Eight republicans out of ten will approve the action of the house. Seven out of ten will approve it openly and enthusiastically. Smith and Hull died in the last ditch of Cannonism. They should be left there. Smith is a member of the rules committee, a Cannonite pure and simple, obedient, active, loyal to the system. In the reorganization of the committee Smith and the rest of the household troops should be left outside with the fallen emperor. Hull should be eliminated also. If Iowa is to be represented on the rules committee it should be by some one who represents Iowa and who is likely to be sent back to congress from Iowa. The vote shows several who would be highly acceptable to the state and none who would more nearly represent the state generally than the member from the Fifth district.

Cannon is still speaker. For that he has the "insurgent" republicans to thank, if he feels any tendency toward gratitude. That they saved him proves the claim that the revolt was against the system instead of the man. Mr. Cannon is on old man, drunken with authority, fierce with the implacability of those who made and control him but shorn of his czarship he is only an old man after all. It is not a question of whom shall preside but how he shall preside. It is necessary for the representatives of the United States to become representative of the whole people, to assert their right to question the advisability of legislation, to be legislators in fact instead of dummy directors of an incorporated congress with privilege to do what they are permitted or ordered to do by the voice of autocracy. That is the whole story of the revolution of Saturday. It is a return toward popular government.

THE WOES OF THE SUGAR TRUST.

It is worth notice that the American Sugar Refining Company, according to its report, has had to dig into its accumulated surplus to square up some of its crookedness. The report shows a deficit of over one and one-third millions which had to come out of the pickling vat where it had placed about twenty-one and one-third millions. The deficit, however, leaves accumulated surplus to the amount of \$20,000,000 so that the trust is still in comfortable circumstances. Note what it was that cost so much money. It had to refund \$1,395,000 that had been stolen from the customs; the Pennsylvania trouble cost it two millions. Here is a little matter of three and one-third millions of forced restitution. And it is worth remarking that the net profit of the past year were some millions, a sum that...

dends. The stock was highly profitable. If the trust preferred to pay a dividend and pay some of the stolen loot back out of its surplus, it was in order to make a poor mouth in the face of the people.

The sugar trust will find public sympathy hard to arouse. It is in the attitude of a common thief. The public is not sympathetic over its wall. On the contrary the public is particularly anxious to see some of its prominent "investors" in jail.

THE FARM HOME.

Home is reputed to be the most delightful place on earth. Often it isn't. But it ought to be. Professor Chamberlain of Brookings, S. D., was one of the speakers who made a hit at the Minnesota conservation congress. He told the farmers to provide cheerful homes for their children by putting in modern conveniences, improving their front yards, and establishing a sink in the kitchen for the convenience of their wives. Making the home attractive, he said, is the way to keep the young people on the farm. Professor Chamberlain said he had seen many fine barns and well kept fields, but the farmer's house was often unpainted and yard unkempt. "No modern improvements!" he exclaimed, "Will the children stay on farms like this? No! And I don't blame them!"

It isn't so much the case in Iowa as it used to be, but you still will find an occasional farm in Iowa where the barn is better than the house, where the stock is given more room, more care and perhaps more cleanliness, than the children. There is no reason why the farmers should not have comfortable and convenient homes, and it is one of the hopeful signs of the times that the farm home surroundings are better year by year, on the average, with new conveniences added constantly. The telephone and free mail delivery have helped. Even the slight improvement in highways counts. And there's the automobile. But, too often there remains about the farm home itself conditions not calculated to keep the children at home. We sometimes wonder whether the children wouldn't yearn to get away from home, anyway, but are never in doubt as to the ultimate utility of such suggestions as those made by Professor Chamberlain.

Topics of the Times

President Taft's recommendation to reduce the age limit for promotion to rear admiral from 60 years to 55 and to reduce all age limits from that rank down should be acted upon favorably. We are liable to have trouble some day when we shall need rear admirals who are under the extreme Osier limit.

Five hundred fifty-eight thousand four hundred ten farmers and laborers came into Canada in the two years from 1907 to 1909 according to Canadian reports. Most of these were Americans. Why not a stiff export tax on farmers and farm hands?

Those Missouri Valley doctors who stand pat on a resolution congratulating Dr. Cook evidently do not connect his press campaign with paid advertising.

Be it understood that Cannonism and not Cannon was on trial. Not Joe, but the "jokers" behind Joseph.

Perhaps it is well enough to state that the census enumerator is under strict orders not to reveal the age of any woman. But perhaps it is as well to stay on the safe side anyway.

Memory is a treacherous thing and judgment cuts up curious capers. A New York state senator can't remember to save his life how or where he got hold of a couple of \$2,000 and \$3,000 checks or by what enchantment they were insinuated into his bank account. It is not uncommon. Occasionally an expert on mail liquors by long training and inheritance becomes unable to distinguish beer from cold tea or spring water.

"When he was a boy he wore a large patch on his trousers without a trace of embarrassment."

"And now that he is a very rich man?"

"He carries a large blot on his reputation with equal composure."—Birmingham Age-Herald.

Down in Governor Haskell's ballwick, officially known as Oklahoma, officers with a penchant for the national game of poker are privileged by a generous state to charge their losses to their expense accounts. An employe of the state admitted on the witness stand that he rarely won, but the state treasury didn't squeal on his "incidentals."

away for three years and then take them. The clay pulls off the shell and the interior resembles a plover's egg in appearance. They are much nicer than a stale English egg, because the chemical process of change is complete. The abomination is the month old egg, which the co-operative depots we are establishing are designed to abolish.

There was a flurry at a recent meeting of an undertakers' association over in New Jersey when a motion was made that one of the most popular members of the organization be expelled for a breach of professional ethics. The member was at a loss as to the occasion on which he had been known to do that when he was called to serve on a jury in a recent murder case. He was excused on the ground that he did not believe in a death penalty. His fellow members forgave him, however, after he had promised never to do it again.

"As popular as are Cummins and Dooliver in this state their friends say at once, there is no danger," says the Scranton Journal and offers the warning, "Do not be too sure, and don't forget that the state is to be flooded with corporation money speakers. Corporations never sleep."

The president has made perfectly plain his idea of how to get up an administration policy and how to go about carrying it out. The whole proceeding is simply a "back man's" way of trying to follow a strong man's example," says the Nevada Representative. "We are glad to see Senator Cummins making a 'kick'."

"Iowa republicans are familiar with the plan of having the national administration run by a brick and mortar one faction. Away back in 1906 it will be remembered that Secretary Shaw took quite a hand in Iowa as the 'Spokesman' of the president," points out the Knoxville Journal. "But Theodore Roosevelt was president then and he promptly dismissed the brick and mortar bottom fell out of the campaign. If President Taft is wise he will carry this 'Roosevelt policy' into effect in like manner."

"Progressive republicans are fallible fellows. They are humane and occasionally err," confesses the Gliddy Graphic. "But about the time they begin to get into straightened circumstances, along comes the standpattees and help them out. History is just now repeating itself in this respect."

Noting that one of the prominent features of the Platt obituary was the statement that he had made Roosevelt vice president in order to get rid of him, the Madrid Register-News suggests "That owing to the present political contingency, like services may again be in demand."

"A gathering of men not in sympathy with the republican national platform of 1908 was held in Des Moines last week to see to it that Iowa is held in the republican column this year," says the Evening Journal. "The speaker, 'Queer sort of a crowd to undertake that sort of a job.'"

"Frank D. Jackson and one C. W. Johnston, of Des Moines, are 'organizing' a Taft party in Iowa," observes the Hampton News. "Jackson might give character to such a movement as far as he is personally concerned, but his interests in the big insurance combines is too great for the people to allow him to throw dust in their eyes on a proposition like this."

"The divorce suit in which Steve Elkins and Johnston are still sover, was trimmed up by Senator Cummins when the latter was practicing law. These men care about as much for Taft as they do any ordinary citizen—unless they can use him."

"Even Steve Elkins, happened representative of the railroads, balks at some of the provisions of Taft's interstate commerce bill," remarks the Oelbott Chronicle. "Steve says the people will retire the fellows who vote for it."

"Money talks where morality fears to tread," says the Dows Advocate.

GENERAL EDITORIAL COMMENT.

Senator "Jett" Davis is altogether too quiet. He should remember that Senator Tillman is absent on sick leave, and it is up to him to do double duty as a star performer.—Omaha Bee.

"Let me dominate the country and over-ride its laws," and I will give millions of my ill-Estons gains to charity," is the motto of Rockefeller, correctly translated.—Baltimore News and Observer.

Iola is the latest city to adopt the commission plan of municipal government. This makes fifteen cities in Kansas that have adopted the plan.—Wichita Eagle.

On account of the high cost of living, choice seats for the Johnson-Jeffries argument may be had at \$100 per—Washington Herald.

Later developments show that Senator Aldrich's marvelous knowledge of the tariff did not include its effect on Canada.—Indianapolis News.

Look on the bright side. With meat where it is isn't going to be any left over for fish.—Arlington Globe.

The republican party's most reliable harmonizer is a prospective election.—Washington Star.

We are waiting for Halley's to show us the spring styles in comets.—Chicago News.

Iowa Newspapers

WHY THEY BUILD OF WOOD. [Woodward Enterprise.]

The Brethren people of Dallas Center have finally decided to make their new church edifice a frame structure instead of a brick and mortar one. They are not, of course, not by choice, but rather thru force of circumstances, says the Times. Union labor is responsible more than anything else for the recent decision. It was impossible to secure men to work by the day, and any contractor who necessarily would have employed union labor, and the price in each instance was exorbitant. They could easily have raised the money to pay the few extra hundred dollars for which they would have received no value, but they did not fancy the idea of being "bumped" so to speak, and therefore a frame building was decided upon, in the building of which the union can be ignored. M. W. Eikenberry has been awarded the contract.

TAFT'S RESPONSIBILITY.

The plan of Iowa republicans to support President Taft would produce results if President Taft would give some indication that he is willing to accept such support without dictating the conditions. If support means unconditional surrender of all that the republican party fought for to the past few years we fear the president will have to worry along without Iowa. If Iowa senators and Iowa congressmen are to be refused recognition by the Taft administration because they are willing of good faith to carry out the will of the people as expressed in the platform of the polls, if the right of amendment and debate of public measures is to be withheld from Iowa representatives in congress, it is difficult to see how President Taft can expect Iowa to support him. If it is true that the president has expressed his opinion on senators and congressmen, the answer of Iowa can be guessed without fail. But it is needless to say that Iowa, all of Iowa, would like to support the president. We were proud of him as a candidate and can not understand the present tangled situation. The president has taken up the pen of his office who had the public confidence in so large a measure as President Taft. In one short year he has managed to dissipate his popularity. There must be some reason for this revolution of popular sentiment. It is silly to charge the president with the responsibility of his failure to satisfy the people. They are standing exactly where they stood one year ago, demanding a fulfillment of party pledges. The handful of insurgents have not made President Taft unpopular. He alone is responsible for his standing with the American people.

Home Course In Domestic Science

V.—Some Breakfast Suggestions.

By EDITH G. CHARLTON. In Charge of Domestic Economy, Iowa State College.

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WHEN one has acquired some knowledge of food materials and what their function is in the body the question that naturally arises is what foods should be combined in order to have a well balanced meal. Without doubt every kind of food has some value in the diet and for some people is a good food. The question is who may eat it, how much should be eaten and when. Personal peculiarities must be taken into consideration in the discussion of food and food values. A safe rule for any person to follow is to avoid any food which disagrees with him. There is always something else that will furnish an equal amount of nourishment and fill all the requirements of food. If cabbage and radishes make you uncomfortable each time you partake of



A DAINTY BREAKFAST.

them, why eat them at all? They are largely water, woody fiber, with some mineral matter and flavoring extracts, and any of these ingredients can be obtained from any other vegetable or fruit and possibly at less cost to the digestive organs.

Then, too, the matter of nourishment and cost should always be considered when planning the meals for a day. When cucumbers, which are more than 90 per cent water, are selling for 25 cents a piece the housekeeper is hard on her family at the expense of eggs, milk, bread or some other food from which nourishment is derived. Eggs contain about 14 per cent tissue building material. Dried beans have about 20 per cent of the same constituent. When the former are selling for 40 cents a dozen and the latter for 5 cents a quart it is the part of wisdom and thrift to have baked beans on the table more frequently than omelets or souffles.

The best all round dinner will include a clear soup to stimulate the digestive juices, a properly cooked meat dish, a vegetable or two—one fresh if possible—bread and butter, to which a simple dessert, preferably fresh fruit, is added. Tea and coffee are not necessary for nourishment or for aids to digestion. In fact, it is better to omit them altogether. Once a day is often enough to serve meat to any family. Even the farmer who is engaged in active outdoor work will be just as well fed and better nourished if he eats fresh food only once a day and gets his tissue building material from eggs, beans, macaroni and cheese or some other of the protein foods. Sensible people are learning, even if slowly, that a large amount of meat is not necessary in the diet of even hard-working people.

What is For Breakfast? Many housekeepers consider the bugaboo of their daily work is arranging the menus for the ever recurring breakfast, dinner and supper. They hail with delight any suggestions for new dishes that will furnish variety in any bill of fare. Breakfast is generally a light meal in most homes, but its simple menu should present some variety, and every dish included in it should be prepared with special care. In my opinion, meat dishes should ap-

pear but seldom on the breakfast table, a little thinly sliced bacon or a piece of delicately browned fish being the exception. There is generally quite enough starch, too, in the breakfast menu without serving potatoes. For your consideration let me suggest one or two breakfast menus that will be not only appetizing, but furnish the required amount of nutriment as well:

- Baked Apples. Cereal With Cream and Sugar. Bacon and Poached Eggs. Hot Muffins. Jam. Coffee. Sliced Oranges. Cereal With Cream and Sugar. Codfish Balls. Griddlecakes With Syrup. Toast and Cocoa. Fruit of Any Kind. Bacon and Griddlecakes. Toast. Coffee.

Any one of these menus affords enough variety to satisfy the most exacting appetite and can be served in quantity sufficient to appease any hunger. The majority of people will not care for the entire bill of fare, which, however, is varied enough to please any taste.

Fruit should always form a part of every breakfast. Nothing else can take its place in spite of the waitress at a certain hotel insisting when I asked for fruit, "We haven't any fruit, but we have several kinds of breakfast foods." Uncooked fruit is better for breakfast than preserves, though much less of the first is seen on the table in country homes. A little jam or marmalade or a fruit butter is a delicious relish with the toast or hot bread at the end of the meal.

A dainty breakfast dish which I have enjoyed at homes where meat never appeared was designated by the simple name fruit toast. To make it toast slices of bread carefully and keep hot in the warming oven. To one cupful of strawberry or raspberry juice heated to a boiling point add one-half tablespoonful of cornstarch diluted with a little cold water. Cook until boiling, stirring constantly until thickened. Pour this over the slices of toast and serve hot, with cream if desired. A cupful of the fruit sauce will be required for each three slices of bread.

Bacon as It Should Be.

Bacon for breakfast is appetizing and if properly cooked is a dish so easy of digestion that it may be eaten by invalids, and young-children may be given bacon gravy. But, like many of our standard foods, it is so simple that its preparation is often neglected and it comes to the table greasy soaked and unappetizing.

In order to slice bacon properly it must be cold and firm. Cut off the rind and tough lower skin, then slice very thin. Heat a frying pan until it is very hot, place the bacon in it and turn constantly until it is crisp. Do not serve bacon that looks greasy and fat. It must be dry, and each slice as it is fried should be drained on brown paper before going to the table.

After frying three or four slices or as many as can be done at one time in the skillet pour out all the fat and reheat the pan again.

Precautions.

Bacon, being nearly all fat, is more digestible than pork, which is part lean and part fat, and therefore is better for persons of weak digestion. Beef and all dark meats are more stimulating than white meats and should be avoided by persons having a tendency to rheumatism.

A Cup of Good Coffee.

Though I have said that coffee itself is not nourishing, that it would better be avoided by persons of nervous temperament or by those whose digestion is easily deranged, there are a sufficient number of persons to whom the cup of breakfast coffee is almost a necessity to make it important that coffee should be properly made. There are physiological objections to even the perfectly made article, but these can be greatly increased if the beverage is not prepared carefully. Occasionally it is difficult to procure cream for the morning cup of coffee, and when cold milk is used the concoction is most unpalatable. The French and German cooks have a method by which they substitute hot milk for cream, giving most satisfactory results. Cafe au lait, as the beverage is called, is made after the following recipe:

One cup of ground coffee, one egg, one cupful of cold water, five cupfuls of boiling water and one and one-half cupfuls of scalded milk. Wash the egg, break and beat. Add crushed shell and the cold water. Mix with the water and let stand about ten minutes. Add the boiling water and stir thoroughly. Place on the front of the range, bring slowly to the boiling point and boil three minutes, no longer. Add about one-half cupful of cold water after removing from the fire and do not allow the coffee to boil

THE LODGES.

MASONIC NOTICES.

Visitors always welcome. Hall over 105-107 West Main. MARSHALL LODGE, 108, A. F. & A. M.—First degree work March 21, at 7:30 p. m.

R. W. Chamberlain, W. M. H. S. Lawrence, Secretary.

SIGNET CHAPTER No. 38, R. A. M.—Stated convocation Monday, March 21, 7:30.

George H. Boggie, E. H. P. I. S. Millard, Secretary.

KING SOLOMON COUNCIL, R. & S. M.—Stated assembly Monday, March 21, 7:30 p. m.

A. D. Meeker, T. I. M. I. T. Forbes, Rec.

ST. ALDEMAR COMMANDERY No. 30, K. T. Stated convocation, also work in the Order of the Temple, Tuesday evening, March 22, 1910, at 7:30 p. m. sharp. Be present if possible.

Fred M. Wilbur, E. C. Fred Wallace, Rec.

CENTRAL CHAPTER, No. 67, O. E. S.—Regular meeting Wednesday evening, March 16, at 7:30.

Mrs. George Downing, W. M. Edna C. Fullerton, Secretary.

Again, strain into another coffeepot or filter containing the scalded milk. When serving add sugar and a little cream if necessary. When cream is scarce this is a most satisfactory method of making coffee.

Cooked cereal or one of the numerous prepared breakfast foods usually has a place on most breakfast menus. If properly and sufficiently cooked nothing can surpass in public favor and in nutriment the time honored dish of oatmeal and cream. But unless it has been cooked a sufficient length of time to insure the thorough cooking of the starch the prepared breakfast foods are preferable.

Cereals should be thoroughly cooked because—

First—Starch is thus made more accessible to digestive fluids when granules are broken open by heat.

Second—Heat softens woody fiber (cellulose).

Third—Cooking improves the flavor of cereals.

Until the fireless cooker came into general use it was sometimes a difficult and expensive test to cook the cereal as long as required without keeping a fire in the kitchen range all night or rising at an unreasonably early hour to start the breakfast. But these convenient little devices have very greatly reduced the time and cost of preparing foods which require long, slow cooking. A description and explanation of their use will be given in a subsequent article.

It has become the fashion in certain quarters to underestimate the food values of most of the cereal preparations now on the market. It has been asserted recently by a very high dietetic authority that ordinary white flour bread furnishes four times the nourishment contained in an equal weight of cereal. The fact remains that these preparations have served and are still serving an admirable purpose in making popular the use of a very necessary form of food.

Medicines that aid nature are always most successful. Chamberlain's Cough Remedy acts on this plan. It loosens the cough, relieves the lungs, opens the secretions and aids nature in restoring the system to a healthy condition. Sold by all dealers.

The Child Problem.

The problem of the child is the problem of the race. If we would look forward to a mighty nation in the future, a nation to conserve the heritage of the past and prove worthy of the proud traditions of its history, we must emancipate the children, free them from slavery, from ignorance, from neglect, take them out of the shadows of disease and the clutch of death and place them on the sunlit path of health, along which they can joyfully march to the goal of usefulness and victory.

Serious Lacerations

and wounds are healed without danger of blood poisoning, by Bucklen's Arnica Salve; the healing wonder. 25c. McBride & Will Drug Co.

Good Substitute for Reality.

A New York woman who likes to have flowers in her windows but finds it impracticable to do so in the city has artificial ones painted on the glass. The windows are high up above the street and the flowers are in colors to enable them to be seen more easily. The apartment house in which the woman lives is on Broadway, and the effect of the art is very striking.

Chamberlain's Stomach and Liver Tablets

are safe, sure and reliable, and have been prepared by thousands of women who have been restored to health thru their gentle aid and curative properties. Sold by all dealers.

Concrete Pavement--\$1 Per Yard

[By George A. Burley, Assistant Engineer, Board of County Road Commissioners, Wayne County, Michigan.—Good Roads Magazine.]

I am interested in cement as a road material, having had charge of the first mile, eighteen feet wide, built by the board of county road commissioners. This form of pavement has thus far proven so far superior to macadam construction on roads subjected to heavy traffic that we contemplate building from eight to ten miles the coming season.

Joints were put in every twenty-five feet to allow for expansion and also to separate the road into monolithic sections, thereby allowing the concrete to receive the action of frost should it tend to heave, it, without developing cracks as it would if the joints were spaced a greater distance. At the beginning of the work they were made one-half inch wide and filled with No. 6 pitch, asphalt, and still wax. Trouble was encountered in removing the strips of wood from between the sections. If left in too long it was impossible to remove whole, if taken too soon the edges of the green concrete were destroyed. These were patched and in fact could not be picked out from the others, but the adhesion of a patch is never as strong as the original. This led us to change our plans by placing the open joints every 100 feet, and between the intervening sections simply inserting a strip of heavy four-ply tar paper. On next year's work the open joints will be omitted entirely and the concrete laid in twenty-five foot sections separated by the tar paper.

The maximum expansion for such a section will not exceed one-eighth inch, so the tar paper plus the contraction that takes places during setting gives ample chance for it to expand without interfering with its neighbor. This road being built early in the spring expanded considerably under the heat of the summer sun and large globules of tar oozed out of the apparently dry tar paper, which shows that the expansion afforded by the above is sufficient to prevent buckling. The tar paper joints under the action of a season's traffic are not seriously affected by spalling. In fact, the joints are not appreciable, which I can say of the open joints, some of which have developed quite

Advertisement for Gold Medal Flour. Text: 'HAVE YOU HEARD ABOUT THIS? Dough rises best when made from GOLD MEDAL FLOUR. A trial will prove it. WASHINGTON GOSBY CO.'