

The Way Future Generations Will Eat Their Food.



By HORACE FLETCHER, Food Theorist

HEALTHY physical organism implies correct nutrition, and correct nutrition in these enlightened days, when civilized industry has rendered "bolt-able" the foods that Mother Nature took such care to put in a "non-boltable" form, implies the method of eating that people have done me the honor to call "FLETCHERISM."

Therefore my individual part of the work of teaching future generations how to eat will be to devise a plan whereby every child shall NATURALLY AND INEVITABLY COME TO A KNOWLEDGE OF THE METHOD ORDAINED BY NATURE FOR THE TAKING OF FOOD.

Professor Russell H. Chittenden, head of the Sheffield Scientific school at Yale, has written a book on "The Nutrition of Man" in which he says: "It would be easy to adduce figures showing the GREAT WASTE WHICH THE CONSUMPTION OF FOOD BEYOND THE REQUIREMENTS OF THE BODY ENTAILS.

Future generations must be EDUCATED TO EAT PROPERLY. The trouble with humanity at present is that it EATS TOO MUCH. The future man who has learned how to eat will not gulp down his food. The worst enemy we have to fight is habit. We of the present day are in the habit of PROVIDING AND GULPING DOWN THREE SQUARE MEALS A DAY. We don't need them. We don't even want them, as we should very soon find out if we disregarded the habit of craving and looked for a real appetite. The providing of them is a hardship. The eating of them is a BURDEN.

IN THE FUTURE THE OLD CRAVING HABIT WILL BE DISREGARDED. THERE WILL NOT BE ANY MEALTIMES. PEOPLE WILL LEARN TO WAIT FOR THEIR FOOD UNTIL THEIR MOUTHS FAIRLY WATER FOR IT. THEN THEY WILL SIT DOWN IN PEACE AND JOY AND TASTE, ENJOY AND APPRECIATE EVERY MORSEL UNTIL THERE IS NO TASTE LEFT IN IT. THE BODY WILL DO THE REST.

Baseball Is Truly America's National Sport.

By WILLIAM S. DEVERY, "the Best Chief of Police New York Ever Had."

PLACE BASEBALL AMONG THE FOREMOST INSTITUTIONS IN THIS COUNTRY. IT WILL HELP TO MAKE GOOD MEN BETTER, AND IF THERE IS A YELLOW STREAK IT WILL SHOW JUST AS QUICKLY AS A FLASH OF LIGHTNING.

Anything that tends to raise the moral standard of the people is not to be ignored. Baseball is a great sport for sportsmen. It develops the sportsmanlike spirit. It has no room for the cad. ONLY WHAT'S FAIR GOES. That is the principle on which the game is founded. It offers a contest of skill which CALLS INTO PLAY ALL THE PHYSICAL AND MENTAL POWERS OF THE ATHLETE.

The game CALLS FOR ALL THAT IS GOOD IN MAN. And a man is measured by the amount of intelligence he displays and the results he is able to obtain. Now, don't let this fact get very far away.

There is a reason for calling baseball the NATIONAL GAME. It certainly has taken a LASTING HOLD on the people of this country and has even gripped Canada. And if this national sport BRINGS OUT THE TALENT, ABILITY AND INTELLIGENCE OF THE BOYS OF THE COUNTRY there won't be any chance to write the story of the decline of this republic.

THE CAUSES THAT LED TO THE DOWNFALL OF THE ANCIENT NATIONS HAVE NO PLACE WHERE THE GOOD, HEALTHY SPORT OF BASEBALL OBTAINS AND MAKES ITSELF FELT. IT DOESN'T BREED THAT CLASS OF CITIZENS, MANHOOD AND A SENSE OF FAIR PLAY NEVER RUINED A NATION. AND MANHOOD MEANS MEN OF CLEAN, HEALTHY MIND AND BODY.

Oftentimes the contest is bitter and the rivalry is fierce, but through it all the BEST MAN HAS GOT TO WIN ON HIS MERITS and not through subterfuge or trickery.

Cry Today Is For More and More Riches.

By Cardinal GIBBONS.

I THINK we are very closely approaching the age of extravagance and inordinate pleasure enjoyed by Rome just before the fall.

THE CRY TODAY IS FOR MORE AND MORE RICHES. THE RICH MAN IS GREEDY FOR MORE. HE SEEMS NEVER TO HAVE ENOUGH TO SATISFY HIS DESIRE. IT IS THE SAME WITH THE WELL TO DO. THE CRY IS THE SAME EVERYWHERE.

Then there is the DESIRE FOR INORDINATE PLEASURES. We have many more channels of pleasure than there were in the days of Augustus Caesar, yet there is the desire for new pleasures and for greater enjoyment.

I have been told that many people mortgage their homes to buy automobiles. If we did not have the automobile there would not be the desire to mortgage the home for this purpose, and so EACH NEW PLEASURE BRINGS ITS DEMAND AND ITS TOLL.

I hope the people will see their folly and realize the true situation. The spirit of SELF DENIAL, UNSELFISHNESS AND LOVE, the principles of Christ's teachings, will be practiced by the people then more largely and will SAVE US where Rome could not be saved.

This great desire for riches is MAKING PEOPLE VERY SELFISH. I do not speak of individuals, for we have many generous ones among the rich. But I wish that more of them would be a little less selfish and a little more considerate of the unfortunate.

Woman's World

Miss Sargent Only Woman in Sonder Trial Races.



MISS ALICE SARGENT AND HER BOAT, WOLF.

Miss Alice Sargent, the richest woman skipper in American waters, if not in the world, asked and expected no quarter from male competitors when she sailed her sonder boat Wolf in the regatta of Marblehead. She entered the elimination trials this year for the right to race against the Spanish sonder boats which came over to America, representing the Royal Spanish Yacht club, to race for the Taft cup.

Miss Sargent has won several prizes in yachting regattas and is no fair weather yachtswoman, but is as daring as a man, driving her boat out in rough wind and water and delighting in a stiff breeze. She scorns the peaceful monotony of an open harbor so long as her boat can stick outside in open water. Miss Sargent, with her parents, Professor and Mrs. Charles S. Sargent of Holm Lea, Brookline, Mass., is spending the summer at Marblehead Neck, where she is convenient to the yacht clubs.

In addition to being a skilled yachting sailor, Miss Sargent is an expert golfer, tennis player and horsewoman and has a considerable reputation as a pedestrian. Her favorite methods of exercise outdoors, besides yachting, are walking and horseback riding.

"The real secret of health, strength and beauty of form and face," she says, "lies in restriction of the diet to simple fare and in the consistent following of such recreative exercises as walking, running, playing tennis, golf or other forms of sport which bring into play both the physical and mental activities of a person." Miss Sargent practices what she preaches and follows outdoor life and sports almost to the entire exclusion of social functions and indoor life commonly entailed upon society women and women of wealth. She advocates all manner of simple outdoor sports for the recuperation of health; but, in addition, she decries that the simple food regime must likewise be put into effect if one would be ultimately successful in gaining perfect health.

"When one is searching for health," she says, "there are many things to be considered. Constitutionally we are many of us quite unlike. I think each woman should study herself and experiment with different recreations before going ahead with systematic programs of exercise. It is sometimes not the things we like to do best that are the best for us. In my own case I feel that I have won and kept my own good health by consistent and constant recreative walking.

"Each morning I take a brisk walk of some length, perhaps several miles. There is no lagging on the way, and I make it a practice not to have all the distance covered in over level walks, but rather up some of our steep hills and, if possible, along the rougher streets of the outlying districts."

Impressions of Polaire.

Mlle. Polaire, the French actress, celebrated for being the "ugliest woman in the world," has recently returned to Paris, and this is what she says about American women: "American women are charming, but they certainly have a sense of modesty that is purely their own. Would you believe, they even pulled up my skirts to see my legs! I like the American man immensely. He is always well groomed, smart and elegant. Everything about him suggests that he has a daily bath. In dealing with women he may not have the Frenchman's esprit, charm and delicate little ways, but he is 'all right.'"

In answer to a question as to what she thought of the appearance of the American woman she replied: "She is too slack in her appearance. She does not make as good an impression as the American man. She dresses horribly. She copies the Parisienne, but does it badly. She sticks an immense hat on her head without knowing whether it will suit her or not. It is a fine hat, she thinks, so long as it is adorned with immense feathers. They are mad for feathers over there. If they were not afraid of stepping on them they would have them sweeping to their feet.

"I am speaking of the American woman now solely as a woman. As audiences both men and women in America are charming. They have great taste for the theater. They know music well and are quick to recognize and appreciate the efforts of an artist to please them. In a word, they love art."

GAYNOR DECRIES BUSINESS MAYOR

Training Necessary for Any Public Office, He Insists.

SEES HELP IN PROVIDENCE.

Local Politics and Conditions and None Other Should Control Local Elections, Asserts New York City's Chief Executive - Foreign Voters Cited Intelligible and Discriminating.

The matter of municipal problems is handled by Mayor William J. Gaynor of New York in an article entitled "The Problem of Efficient City Government," published in the September number of the Century Magazine and apparently written shortly before the mayor was stricken down by the bullet of an assassin.

In it Mr. Gaynor emphasizes the need of making reforms gradually, declaring that "good growth has to be slow growth, as a rule. It is God's order of the universe in all things, material and mental." Proceeding, the mayor says:

"The great problem of all is to get the government of large cities into honest and competent hands. It is in this that we have long signally failed. If a dishonest political tool was not chosen an incompetent was, and often in the name of reform. And in the case of an honest incompetent the general result is in effect the same as in that of a dishonest competent. But the contempt of the community in the end is always greater for the former than for the latter, for with all his fine professions he does nothing.

Business Idea Decried. "As the times for election periodically approach," continues Mayor Gaynor, "the same demand of a large number of people is regularly heard, 'Just select some merchant or business man and let him run the city government as he runs his own business.' How easy it sounds! But this is one of the worst delusions concerning city government. It is true that the business affairs of a city should be carried on in a business way and that good business and technical men should be put at the head of departments and details, but for the general management and political control—a prime essential which cannot be dispensed with—something more is needed.

"No one has a right to aspire to be the mayor of a large city in which the mayor is given the large and controlling powers which have grown to be the rule in American cities without having first qualified himself by studying law and government and by practical experience therein. Government is a science to be learned like any other science. This does not mean that a mayor must be a lawyer. Any man of good ability can prepare himself for the majority of a city, as for the governorship of a state or for the presidency of the United States, by devoting a sufficient number of years thereto."

In his discussion of what a mayor who is honest and capable may do Mayor Gaynor expresses a religious feeling unusual in the utterances of public men. The right kind of mayor, he tells us, "cannot help turning for guidance and help to him who helps all who turn to him sincerely." And he adds, "I feel certain that the able men who are my associates in the government of the city of New York are all of this same feeling."

Believes in Local Politics.

That a mayor should be chosen absolutely aside from national or state politics is one of Mayor Gaynor's chief points. "The motto of every sensible man should be," he says, "national politics and issues for national elections, state politics and issues for state elections and local politics and issues, and none other, for local elections."

In the control of local officials or local government by outside bosses or organizations Mayor Gaynor sees an inevitable cause of corrupt local government, but he holds that "the long era of that condition is passing."

Discussing the charge, so often made, that the "foreign vote" is responsible for bad conditions in our city governments, Mayor Gaynor asserts that "the major part of the foreign vote in the city of New York is discriminating and intelligent; it is also unselfish." He hits several body blows at pseudo reformers and "leading citizens" who have axes of their own to grind in all they do, ostensibly for better government, and describes some of their methods.

Move Century Old Store.

After standing for more than 100 years the old "Caldwell (N. J.) Corner Grocery," which was a commercial enterprise when the turnpike from Dover to Newark and New York was the grand boulevard of northern New Jersey, famous for its fine roadbeds, good fences and tollgates, is being removed to a less conspicuous site to make way for a row of modern stores. One of the earliest known proprietors of the store was Justus Burnett, who ran it in 1820.

Horseman Takes Motion Pictures.

An attachment for moving picture cameras that will permit them to be carried and used by an operator on horseback has been perfected.

Serial No. 010199. Notice For Publication. United States Land Office at Havre, Montana, August 19, 1910. Notice is hereby given that ANNIE BRINKMAN, heir to Henry Brinkman, deceased, of Marias, Montana, who, on August 5, 1904, made homestead entry No. 1784, for lots 9, 10, 11, 12, section 19, township 29 north, range 8 east, Montana meridian, has filed notice of intention to make final five-year proof to establish claim to the land above described, before Chas. H. Boyle, U. S. commissioner, at Fort Benton, Montana, on the 15th day of October, 1910.

Claimant names as witnesses: Cyrus Neubert, Henry Griesbach, of Fort Benton, Montana, John Brinkman, Charles Brinkman, of Marias, Montana. F. A. CARNAL, Register.

Notice For Publication. United States Land Office at Great Falls, Montana, September 7, 1910. Notice is hereby given that CHARLES J. DUNCAN, heir of Frank Duncan, deceased, of Fort Benton, Montana, who, on September 13, 1905, made homestead entry No. 2709, serial No. 0593, for W 1/2 SW 1/4 section 14, E 1/2 SW 1/4 section 15, township 29 north, range 7 east, Montana meridian, has filed notice of intention to make final five-year proof, to establish claim to the land above described, before Chas. H. Boyle, U. S. commissioner, at his office, at Fort Benton, Montana, on the 15th day of October, 1910.

Claimant names as witnesses: Homer Shepard, Jasper Mass, Edward Harris, of Fort Benton, Montana, Chas. H. Boyle, U. S. commissioner, at Fort Benton, Montana. E. L. BARNES, Register.

Notice For Publication. United States Land Office at Great Falls, Montana, September 7, 1910. Notice is hereby given that WILLIAM J. LENNING, of Fort Benton, Montana, who, on June 3, 1909, made homestead entry No. 08380, for W 1/2 SW 1/4 section 25, E 1/2 SW 1/4 section 26, township 21 north, range 7 east, Montana meridian, has filed notice of intention to make final five-year proof, to establish claim to the land above described, before Chas. H. Boyle, U. S. commissioner, at his office, at Fort Benton, Montana, on the 15th day of October, 1910.

Claimant names as witnesses: Dexter G. Lockwood, Malcolm Morrow, George W. Tope, George H. Stevens, all of Fort Benton, Montana. C. E. MCKOIN, Register.

Notice For Publication. United States Land Office at Great Falls, Montana, August 8, 1910. Notice is hereby given that ELIAS K. HINDERAGER, father and heir of Elizabeth Hinderager, deceased, of Great Falls, Montana, who, on August 13, 1904, made homestead entry No. 1268, serial No. 03556, for E 1/2 SW 1/4, W 1/2 SW 1/4, section 28, township 29 north, range 18 east, Montana meridian, has filed notice of intention to make final five-year proof, to establish claim to the land above described, before Register and Receiver, U. S. land office, at Great Falls, Montana, on the 27th day of October, 1910.

Claimant names as witnesses: Carl Hinderager, Elias K. Hinderager, Karen Hinderager, Lewis Josephsen, all of Great Falls, Montana. E. L. BARNES, Register.

Havre Serial No. 0181. Great Falls Serial No. 03691. Coal Land. Notice For Publication. United States Land Office at Havre, Montana, September 12, 1910. Notice is hereby given that CHARLES E. ERICKSON, of Box Elder, Montana, who, on Sept. 2, 1905, made homestead entry No. 2089, for NE 1/4 SW 1/4, E 1/2 NW 1/4, SW 1/4 NW 1/4 section 11, township 23 north, range 18 east, Montana meridian, has filed notice of intention to make final five-year proof, to establish claim to the land above described, before Register and Receiver, U. S. land office, at Box Elder, Montana on the 29th day of October, 1910.

Claimant names as witnesses: Norman Hemaway, Henry S. Brough, William Niblock, Albert H. Thompson, all of Box Elder, Mont. F. A. CARNAL, Register.

Senate Bill No. 12. "An Act for the submission to the qualified electors of the State of Montana of an amendment to Section 9 of Article XII of the Constitution of the State of Montana relating to revenue and taxation." Be it enacted by the Legislative Assembly of the State of Montana: Section 1.

That Section 9 of Article XII of the Constitution of the State of Montana be amended, and that the question of such amendment be submitted to the qualified electors of the State of Montana at the next general election. Section 2. That Section 9 of Article XII of the Constitution of the State of Montana be and the same is hereby amended to read as follows: "Section 9. The rates of taxation on real and personal property for state purposes, except as hereinafter provided, shall never exceed two and one-half mills on each dollar of valuation; and whenever the taxable property of the state shall amount to six Hundred Million Dollars (\$600,000,000) the rate shall never exceed two (2) mills on each dollar of valuation, unless the proposition to increase such rate, specifying the rate proposed and the time during which the rate shall be levied shall have been submitted to the people at the general election and shall have received a majority of all votes cast for and against it at such election. Provided, that in addition to the levy for state purposes above provided for, a special levy in addition may be made on live stock for the purpose of paying bounties on wild animals and for stock inspection, protection and indemnity purposes, as may be prescribed by law, and such special levy shall be made and levied annually in amount not exceeding four mills on the dollar by the State Board of Equalization, as may be provided by law."

Section 3. Separate official ballots shall be used at the general election to be held in November, 1910, which shall have printed thereon the words: "For the amendment to the Constitution relating to revenue and taxation." and the words: "Against the amendment to the Constitution relating to revenue and taxation." and the elector shall designate his preference for either of the propositions by marking an "X" before the proposition desired." Section 4. All Acts and parts of Acts in conflict herewith are hereby repealed.

Section 5. This Act shall take effect and be in full force from and after its passage and approval. Approved February 5, 1909. UNITED STATES OF AMERICA, State of Montana, ss. I, A. N. YODER, Secretary of State of the State of Montana, do hereby certify that the above is a true and correct copy of the amendment to Section 9 of Article XII of the Constitution of the State of Montana relating to revenue and taxation. Enacted by the Eleventh Legislative Assembly of the State of Montana and approved on the 5th day of February, A. D. 1909. IN TESTIMONY WHEREOF, I have hereunto set my hand and affixed the Great Seal of said State. Done at the City of Helena, the Capital of said State, this 29th day of July, A. D. 1910. A. N. YODER, Secretary of State.

COAL. Burn Galt LUMP and NUT In Stoves and Ranges. NELSON LUMP and EGG For Furnaces and Steam.

H. LABARRE, Local Agent. Leave Orders at Benton Stables.

CLEAN COAL We handle the HAVRE COAL COMPANY Product in this city and guarantee it to give good satisfaction Lump or Nut, \$5.50 ton

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Our specialty is buying sheep on orders for our customers. If you have any for sale for delivery in the spring, or after shearing, write us giving description and price. We make no charges.

MILNER CATTLE CO. M. E. MILNER, Pres. and Manager, Fort Benton, Montana.

Main brand is shown in the accompanying cuts. Also own all cattle bearing the single "square" brand, and all branded cattle bearing only cross P. Also own brand on right hip called "square 2." Horse brand on left thigh.

Range from Bear Paw mountains eastward to Fort Fork between the Milk and Missouri rivers. Also south of the Missouri river, between Arrow creek and Bell creek, Monksia range.

HIRAM F. SMITH. Cattle branded on right ribs. Horses same brand on right shoulder. Vent for cattle and horses, same brand on right hip. P. O. address—Whitish, Mont. Note—Address is given wrong in brand book of H. T. Smith, Highwood.

Just a Moment, Please! We have just received a solid car of rockers and diners which are really bargains. We bought them at Rochester, New York, and we got them much cheaper than ever before. To See Them means to Buy Them METROPOLITAN FURNITURE CO. "Walk a Block and Save a Dollar" Great Falls, - - Montana COAL and WOOD We handle the Best Steam and Domestic Coals on the Market. Special prices on Carload orders J. F. CURTIS, Fort Benton Office at Chase Lumber Co.'s Office. JAMES NOLAN, Licensed Embalmer and Undertaker. Main Street, Fort Benton Fine Book and Job Printing a specialty at the RIVER PRESS office