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"PURE" AMERICANS. Iowa City, May 22.—The commercial club was addressed at noon today by Ora Williams, editor of the state census, who gave interesting facts developed in the last census in regard to the characteristics of Iowa population with regard to nativity.

At first glance the above information looks good. Surely there is some prestige in being the "most American" of the states that make up the great North American republic.

But, as a matter of fact, it is most regrettable, if true, that Iowa's percentage of foreign born people is dropping off or failing to show a healthy increase. What Iowa needs above all else, is plenty of outsiders, quantities of new blood, numerous new elements from other parts of the country and other parts of the world.

The truth of the matter is that in becoming "purer" in blood, Iowa is becoming less American, because after all is said and done, an American is about the most complete mixture of bloods than can be imagined.

Beyond all question, it is the mingling of the different bloods that has made Americans the wonderful people they are. If you doubt this, look to those sections of the country which have the greatest number of foreign born residents.

Now, on the other hand, select cities that are essentially American cities, having large majorities of native born residents. You will have a hard time selecting such cities because they are small and difficult to find.

No comment is necessary. The central Atlantic states are the richest, the most popular and contains the biggest industries. New England is near the top. At the bottom are the southern states.

So, because we are American in so large a degree. Let us plan instead to be more cosmopolitan; let us see how we can let the world know of our advantages so that the foreigners will come here. Let us become still more

American, by becoming more cosmopolitan.

The wonderful possibilities of Iowa can never be fully realized until the state becomes truly a melting pot.

Commercial activities are the greatest where the races are the most mixed.

A TRAVELING LUNCH COUNTER.

One of the great ammunition companies of New England has been forced by the demands of war to extend its plant until it is over a mile in length. This distance is too long to be traversed by the workers, who have only a half hour for lunch.

GOLF PLAYING ON THE ROOF.

A Boston hotel has turned a part of its roof garden into a practice golf route such as are found in golf stores. The canvas back provided is unique in that it not only prevents the balls from going over the roof, but it indicates the sort of a shot made at each stroke.

COULDN'T SWIM—TWO DEAD.

News dispatches of yesterday told of a man and boy who lost their lives together in the water. The man was trying to rescue the boy from drowning. But the man could not swim, so when he jumped into the water to save the boy he merely doubled the death toll because he, himself, was helpless and therefore of no possible assistance to the boy.

The moral is this: If you haven't had the good sense to learn how to swim, don't jump into the water to save some other fellow. Have the good sense to let some one who had previously exercised good sense, do the rescue work when ability to swim is required.

There was a day when the office sought the man. But modern practice, including the primary law, has made it necessary for the man to seek the office if he wants it. The man who waits for the office to come to him, will have a long and lonely vigil.

Political writers have eliminated all but two of the candidates for the republican presidential nomination. Why not let them toss a coin and have all this worry over with?

Oiled roads, experts say, give better service each year and cost less to maintain. Oiled roads may yet be adopted as the solution for Iowa's road problems.

Until wars cease, there will always be necessity for peacefully inclined nations to guard themselves from nations that may be inclined otherwise.

Have you ever stopped to consider that life is just a struggle against death?

Keep your refrigerators clean. Health authorities blame dirty refrigerators for much sickness.

Dinner Stories

"O-o-o-oh! Bo-o-o-oh-o-o!" As the childish wall rang through the house the anxious mother sprang to her feet. Rushing into the hall, she met her little daughter coming in from



the garden and carrying a broken doll by the leg. "What's the matter, darling?" she asked tenderly. "O-o-o-oh, mo-o-oh-er," howled the child. "Willie's broken my doll!" "The naughty boy! How did ever he do it?" "I-I hit him on the head wiv it!" was the slow response.

Spring Vegetables By Frederic J. Haskin

Washington, D. C., May 22.—If you have weak nerves and low vitality generally, eat spring onions regularly in small quantities and if you are unable to sleep, eat them before retiring for the essential oil of the onion is an excellent soporific.

The onion is by no means alone among fresh vegetables in having marked medicinal properties. Nearly all of them have strong acids and essential oils which produce various effects upon the body.

The strawberry, with its heavy content of citric and malic acid, is a specific which bilious people will find beneficial, but which should be eaten sparingly by others.

Another wholesome vegetable is the turnip and one which may be used in more ways than most persons are aware. The root, boiled and mashed, is an excellent vegetable.

What effect the tomato has upon the human system is a matter of some controversy and should certainly be of importance in this country where nearly everyone eats the fruit raw in season and canned during the winter.

The whole tomato plant is rich in sulphur so that when burned under fruit trees that smoke will kill blight upon them. It is probable that the release of the sulphur within the body when the tomato is digested has a decided anti-bacterial action.

These instances are sufficient to show that nearly all vegetables contain specific acids and oils, and should therefore be eaten with a view to their effect. The judicious use of fresh vegetables will do a great deal to help you through minor ailments and indispositions which beset all mankind in the spring; while by the careless use of them chronic ailments or tendencies are apt to be aggravated.

oil. Wild water cress has more tonic value than the cultivated plant and you are fortunate if you have access to a spring or brook where it grows. You should be very careful, however, that the waters from which it is taken are not polluted for the cress acts as a sieve to catch everything floating down the stream.

A vegetable of little food value and hard to digest is the radish, which consists chiefly of wood, water and sulphur. A young radish, quickly grown, is fairly digestible and makes a good appetizer, but when the radish gets old it is no more edible than kerdwood and should be avoided.

Spinach is an excellent vegetable to eat in the spring because of the large amount of iron which it contains. It is only laxative and emollient, and especially good for invalids and old persons.

Common rhubarb is another vegetable which should be used with care especially by young persons. It contains a large amount of oxalic acid which combines with alkalies to induce a gouty condition.

A naturally poisonous plant that has been made very edible by cultivation is the celery. Wild celery growing in the sunlight is a deadly plant, but the cultivated variety when buried and bleached becomes not only a delicate vegetable but a very salutary one.

A famous British vegetable writer in the London Times asserts that on a diet of celery, rheumatism is impossible. Celery also has a sedative effect upon the nerves. There are some very sensitive persons who can not eat it, but for most it is an excellent vegetable, either cooked or raw.

Probably one of the best of American root habits is the abundant action of lettuce in the summer time. This plant contains lactucarin which has a genuine narcotic effect. In the wild lettuce this principle is strong that a narcotic may easily be expressed from the stem of the plant; but in the cultivated variety there is just enough of it left to make the vegetable mildly soporific.

Water cress is a vegetable which has never been properly appreciated in this country. There are few restaurants where you can order a water cress salad and few homes where the plant is regularly served.

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BOOT TOPS ARE NOT GOOD MAIL BOXES

Wichita, Kan., May 23.—That an old boot top no longer will be accepted as a mail box was declared in a resolution adopted by the Kansas State Postmasters' convention here last night.

In San Francisco they tell of a resourceful clergyman never at a loss for a retort. He was once called to the bedside of a very wealthy but stingy man, who thought at the time he was dying.

He was called to the bedside of a very wealthy but stingy man, who thought at the time he was dying. "If," he gasped to the clergyman, "I leave several thousand to the church will my salvation be assured?" Whereupon the divine responded: "I wouldn't like to be too positive, but it's well worth trying."

FLEEING MEXICANS SLAIN

Rangers Shoot Two Men Who Were Wanted For Inciting Uprising And Wrecking Train.

Brownsville, Texas, May 23.—Col. Louis Moran charged with planning an uprising in south Texas and Victoriano Ponce, charged with participating in the wrecking of a train here last October, attempted to escape from rangers seventy-five miles north of here last night and were shot and killed, according to a report reaching here today.

TO INCREASE IOWA GUARD

Militia of the State to Be Tripled as Result of the New Payment Provisions.

Des Moines, May 23.—The Iowa national guard will be increased from 3,640 to 10,400 men as the result of the passage of the military pay bill by congress, according to a statement made today by Adj. Gen. Logan. The military pay bill has been sent to the president for his signature and it is expected will go into effect July 1.

Six cities in Iowa where there are no national guard organizations have petitioned Gen. Logan for permission to organize military companies.

EDDYVILLE.

C. Stone of Grinnell was a business caller in Eddyville Monday visiting his nephew R. H. Walker and family.

Harry Davis of Oskaloosa was a business caller in Eddyville Monday. Miss Estella Akers went to Ottumwa Monday to spend the week visiting her sister Mrs. Prewitt.

Considerable damage was done by wind during the storm Sunday evening west and north of Eddyville. A number of buildings were unroofed and blown down. A barn on the Ed Walker farm was unroofed and the chicken house completely destroyed.

N. A. Thayer transacted business in Monday. Mr. and Mrs. Riley Grant of Des Moines were called to Eddyville Monday by the death of their grandfather, Louis Lemmon.

Miss Claire Roberts went to Mason City Monday for a short visit with her sister, Mrs. Rudolph Reed.

Mrs. Charles Oldham and Miss Eda Hargreaves went to Moravia Monday to visit for a few days with relatives.

Mrs. Henry Schmorange returned Monday to her home at Marshalltown after a week's visit at the parental home. B. Lucas home.

RUSSELL.

David Wright, George Blanchard and Walter Larimer returned home Sunday from Des Moines where they attended the state college field meet.

C. S. Marsolf went to Leon Monday to visit friends. Mrs. Jennings and family of Woodburn have been visiting at the parental home. G. S. Jennings and E. E. Loynachan home.

R. F. Wright of Jamsion spent Sunday with his parents, Mr. and Mrs. James M. Wright.

Alvin Coles of Ottumwa spent Sunday with his parents, Mr. and Mrs. Elvester Coles.

Hoy Jeffries entertained a number of his little friends of Russell at his home northwest of town in honor of his seventh birthday.

Prof. J. G. McSpaen entertained the seniors of the Russell high school at

the R. G. Turbot home on Monday evening. C. C. Calbreath and wife of Promise City are visiting at the parental home. A. F. Jenkins home.

Work on the new Citizens State Bank building is progressing very rapidly. The bank hopes to be in their new home soon after the first of July.

Mrs. E. M. Blanchard of Charlton spent Sunday with her son George and daughter Mrs. John Vinsel.

The school will give an entertainment Thursday night. There are no graduates this spring owing to the fact that the parents of the prospective ones moved away.

The funeral cortege of W. A. Dellinger passed through here Thursday, going to Brooks cemetery. Mr. Dellinger was for many years a resident of this vicinity, later going to Hedrick.

A very interesting Mother's day program was given Sunday night at the Methodist Episcopal church under the auspices of the Epworth League.

Miss Mertie Sears closed her year of successful school at Brookville Friday with a picnic.

Mrs. J. E. Wallace and her mother, Mrs. J. B. Easter of Galesburg, Ill., are visiting relatives at Barnes City.

Mr. and Mrs. Bert Fairchild visited relatives at Martinsburg Sunday.

Mrs. C. X. Moorman was a week end visitor with the Misses Davis at Abingdon.

Tom and George Stout were in Kirksville Monday. Miss Merle Pelham returned to Marshalltown Tuesday after a two weeks' visit at the home of her grandmother Mrs. J. H. Hart.

Earl Carter and George Pike were business callers in Ottumwa Tuesday. Mrs. Ida Fry returned to Des Moines Wednesday after a few days' visit with relatives and friends here.

Mrs. J. C. Thompson, Dr. Wm. Abegg, Dr. J. C. Kepler and Harry Williams were in Ottumwa Wednesday.

Lou Allender of Fremont was calling on friends in Kirksville Thursday. Mrs. J. M. Allison was shopping in Ottumwa Wednesday.

Mrs. Jane Van Buskirk is visiting relatives and friends here. Mr. and Mrs. Jonathan Parks and daughter Bertha spent Friday evening at the home of their daughter Mrs. Ed Belford.

Mr. and Mrs. Fred Cummins visited at the home of their daughter Mrs. Rose Marshall of Ottumwa last week.

Mrs. John Fabs of Ottumwa visited with relatives and friends here last week.

Mrs. Harold Graber of Des Moines returned home last week after a short visit at the home of her parents Mr. and Mrs. John Funk.

RICHLAND.

Guerny Stuart of Des Moines visited relatives last week in town and vicinity. David Shockey is in from Nebraska visiting his sisters Mrs. Cella Reed and Mrs. Eliza Horning.

G. L. Hobson and mother spent last Thursday in Fairfield.

Mrs. Jack Parks, Mrs. I. M. Walker, Mrs. W. C. Jones, Bunk Ward and Mr. and Mrs. Michael were Ottumwa visitors Friday.

Mrs. Lydia Bales has returned from a visit in Washington with relatives. Mrs. Pickard and children of Centerville visited the parental home in Alford home last week.

The Odd Fellows had electric lights installed in their hall last week.

C. C. Vawter field manager of the Vawter circuit was in town recently and left an outline and dates for the chaququet to be held here August 12. The program is an excellent one.

Quarterly meeting of the Friends church was held Saturday and Sunday at the Woolson church south of town. Ministers from a distance were in attendance.

Rev. J. A. Wilson delivered an excellent baccalaureate sermon, Sunday morning to the graduating class and an interested audience. The graduates are the Misses Hattie L. Jones, Edith M. Jones, Gladys W. Green and Claud Kent. Announcement cards were sent out to week of the commencement exercises to occur Thursday evening May 25 at the opera house. Prof. Edgar S. Kindley of Davenport will deliver the class address. Special music will be rendered.

The pupils of the intermediate room gave an interesting program Friday afternoon.

Mrs. Frank Mollinger of near Tallyrand who died from taking poison was brought to this city for interment in Highland cemetery Thursday morning.

Albert Bray is in the hospital at Oskaloosa where he underwent an operation.

Mrs. W. A. Cox of Morning Sun is visiting relatives and friends in town and vicinity.

FLAG DAY WILL BE CELEBRATED IN OTTUMWA

Movement Started Here By D. A. R. Grows Into Big Patriotic Observance

JOINT COMMITTEE PLANS PROGRAM

Meeting at the Commercial Club Brings Together Many Organizations

Ottumwa will have a real patriotic observance of Flag day on June 14, and the preliminary plans laid at the meeting held Monday afternoon in the Commercial club rooms, bid fair to make the day the biggest civic demonstration ever attempted in these parts.

The movement first broached by the Daughters of the American Revolution in Ottumwa, has been caught up by other organizations and the city officials as was brought out at the meeting of representatives of the various bodies held Monday afternoon, will result in an immense demonstration of patriotism on Flag day.

The plans discussed in a general way contemplate a program on a very large scale. Patriotism will permeate the exercises of the entire day and if possible the city will observe a half holiday at least and the biggest parade ever held in Ottumwa is planned to take place. Everybody in the city, every organization, club, lodge, etc., the school children and grown ups generally are expected to participate and all bearing a flag, take part in the mammoth demonstration.

A feature of the parade which is the big event of the day, is to be a living flag made by the marching school children attired in the national colors. All marchers are to be decked out in the colors of old glory which for the day is to take precedence over all else.

Appointing Committee. A working organization was effected at the meeting Monday and the following selected as members of the executive committee:

E. H. Emery, B. P. O. E., chairman; Miss Louisa Van Dyke, D. A. R.; J. J. Treeman, Merchants' association; Chas. Bannister, Commercial club; J. K. Dysart, S. of V.; Frank Younk, Co. G.; Prof. C. Dayton, Third cavalry band, and Mayor F. H. Carter representing the city officials. This committee will have executive charge of the arrangements for the celebration. A meeting is called for the committee at the Commercial club rooms Wednesday afternoon at 4:30.

Flag Raising an Event. In connection with the mammoth parade, the committee plans to make a patriotic demonstration in the form of a flag raising which if the plans thus far discussed carry out successfully, will be a feature of the day. A flag pole will be erected in the city park and the party commission has been asked to supply this and it is expected that it will be provided. At the close of the parade the plans contemplate a band concert with patriotic musical numbers and the populace will be expected to join in singing national airs accompanied by the band.

While the above plans were gone over in a general way at the first meeting, the committee in charge will have to perfect the program and many new features not touched upon Monday at the meeting may be added and some of the others be elaborated upon.

WILSON TO PASS ON KEYNOTE TALK

Washington, D. C., May 23.—Former Gov. Glynn of New York, who as temporary chairman of the St. Louis democratic convention, will deliver the keynote address, has tentatively prepared his speech and it will be submitted to President Wilson in the near future. The general outlines of the democratic platform have also been agreed upon.

Peace and prosperity will be main features of the democratic platform and also of Mr. Glynn's address. The legislative record of the Wilson administration, particularly the currency bill and claims that the administration has been of assistance to business and labor will also be included. The Monroe doctrine as explained by the president in address, will be reiterated and stress laid on efforts of the government to foster trade and good relations with South and Central America.

NOTE OF PROTEST SOON TO BE SENT

Washington, D. C., May 23.—America's latest note to Great Britain on mail seizure was ready today for transmission to London. Prospects were that it would go forward by tonight.

President Wilson worked on the communication last night putting the finishing touches on it. The original draft was prepared by Secretary Lansing.

CASTORIA For Infants and Children. The Kind You Have Always Bought

T. R. IS WITNESS AGAINST CABINET OFFICERS IN CASE

FORMER PRESIDENT UPHOLDS MEN ACCUSED OF PERJURY BY SECRETARY M'ADOO.

Washington, D. C., May 23.—Former President Roosevelt appeared on the witness stand today in the perjury trial of three officers of the Riggs National bank. The charges grew out of a squabble between the bankers and certain of President Wilson's cabinet members including Secretary McAdoo.

He testified as a character witness for President C. G. Glover of the bank, one of the convicted men. Col. Roosevelt said he had known Mr. Glover since 1889, that he had had business and social relations with the banker while civil service commissioner, assistant secretary of the navy, vice president and president. Mr. Glover's general character and standing in the District of Columbia, he added, were of the highest. Col. Roosevelt said he had come to Washington to testify in the case.

Col. Roosevelt reached the court room ten minutes before the court convened. A crowd was waiting to see him and cheered loudly as he entered.

Col. Roosevelt said that while he first knew Mr. Glover in 1889, intimacy between them started five or six years later. Mr. Glover was often a guest at the white house, he added, and the Roosevelt children were often guests at the banker's summer home.

"I knew him very well socially," continued the colonel, "especially in connection with philanthropic work he did in the district.

"My general knowledge of Mr. Glover by universal report was that his business integrity was such that naturally I and my children kept our accounts in his bank."

Mr. Lasky moved to strike this out as a voluntary statement but Justice Siders allowed it to remain.

"What can you say from your acquaintance with Mr. Glover and what you have heard of him as to his reputation for probity and integrity?" counsel asked.

"I should say that no man in the district stood higher in probity and integrity for the handling of public and private business from the standpoint of public morality."

Mr. Roosevelt concluded by saying that while he was not well acquainted with the two other defendants, William J. Flather and Henry J. Flather, vice president and former cashier of the bank, their reputations when he was in Washington were good.

DEFENSE ISSUE BEFORE WOMEN

New York, May 23.—The busiest of several thousand women here to attend the convention of the general federation of women's clubs are rival candidates for the presidency, Mrs. Samuel Sneath of Tiffin, Ohio, and Mrs. Josiah Evans Cowles of Los Angeles, Cal., and their campaign workers. The election will take place May 31.

Judging from the claims of the rival delegations, the contest for the presidency will line up the east against the west.

Both candidates are suffragists and Mrs. Sneath is vice president of the suffrage association of Ohio. Peace and preparedness issues may figure in the campaign for the presidency and come before the convention in resolutions. Mrs. Cowles is chairman of the peace committee of the federation and has been active in spreading pacifist literature throughout the country. Mrs. Sneath is said to be more inclined toward preparedness.

One man is entitled to a seat in the convention. He is Herschel T. Smith of Fulton, Ky. His wife is a delegate and Mr. Smith comes as an accredited alternate.

Committee conferences occupied this morning. At noon the board of directors, the state presidents and representatives of the local board attended a breakfast at the Essex County Country club at East Orange, N. J. Mr. and Mrs. Thomas A. Edison gave a reception for the delegates this afternoon at their home in West Orange, N. J.

TEXAS DEMOCRATS MEET.

San Antonio, Tex., May 23.—Primary business before the democratic state convention, which will open at noon today, is the election of a national committeeman to succeed Indian Commissioner Cato Sells, the selection of delegates to the St. Louis convention and the probable endorsement of President Wilson and his policies.

PRIMARY IN DAKOTA.

St. Paul, Minn., May 23.—With unusual interest awakened in the primary election campaign, an especially large vote is expected over the state of South Dakota today.

The name of Senator Albert B. Cummins of Iowa will appear unopposed on the republican presidential preference primary ballot, as will that of President Wilson on the democratic ballot.

Read The Courier Want Ads for Profit: Bears Signature of Chas. H. Pletcher.