

MILK WILL SUSTAIN LIFE.

It is the Most Nearly Perfect Food That Man Has Yet Discovered.

In twenty pounds of potatoes there are three and three-quarter pounds of nutriment; in twenty-five cents' worth of fat salt pork there are three and one-half pounds of nutriment; in the same value of wheat bread there are two and one-quarter pounds; in the neck of beef, one and three-quarter pounds; in skim-milk cheese, one and three-quarters; in whole milk cheese, a trifle more than one and one-half pounds; in butter, one and one-half pounds, and in smoked ham and leg of mutton about the same; in milk, a trifle over one pound; in mackerel, about one pound; in round of beef, three-quarters of a pound; in salt codfish and beef sirloin, about one-half of a pound; in eggs about seven ounces, and in fresh codfish about six ounces. A quart of milk, three-quarters of a pound of moderately fat beef, sirloin steak, for instance, and five ounces of wheat flour, all contain about the same amount of nutritive material, but different prices are paid for them and they have different value for nutriment.

Milk comes nearest to being perfect food. It contains all of the different kinds of nutritive materials that the body needs. Bread made from wheat flour will support life. It contains all of the necessary ingredients for nourishment, but not in the proportions best adapted for ordinary use.

CREDIT AGENCIES ABROAD.

Germany Has an Almost Perfect System for the Collection of Debts.

Writing from Bamberg, Consul W. Bardel calls attention to a German way of doing things.

"The most influential and most important credit agency," he says, "is an association called the Verein Creditreform. This association is composed of the best element of bankers, manufacturers, merchants and tradespeople in over 300 cities in Germany, 175 in Austria-Hungary, 75 in the Netherlands and with branches in every large city of Europe. While these work entirely independent, each in its own district, they exchange their experiences in a systematic and honest way.

"The object is to look after delinquent debtors, to inquire carefully into the solidity of business houses and to give verbal or written reports on their standing. A responsible secretary is constantly in charge of each office. His pay depends upon the amount of fees paid by the members. The associations issue cards of introduction for the use of traveling salesmen which enable them to obtain fairly correct reports on the trade they have to visit in any place, no matter how remote from home."

Warlike Crustaceans.

The lobster has been endowed by nature with two gifts which go far to offset the evils attending his lot—one is the ability to fight early, often and all the time, if necessary, and the other is the ability to grow a new member, an eye, a leg, or a claw whenever the original is lost in the fortunes of war or by reason of any domestic unpleasantness. It is these two gifts which enable him to grow up and become a useful member of society, most of his members being second-hand, so to speak, by the time he is really grown.—From "The Life Story of a Lobster," by Glen Alan, in Four-Track News.

Japan's Population.

The population of Japan totals at least 5,000,000 more than that of Great Britain. If you include Formosa and the other annexations the Japanese people numbered 46,500,000 six years ago, and they were then increasing by nearly 500,000 a year. Japan also has some very big towns. Tokio has a population of about 1,500,000, Osaka between 800,000 and 900,000, and there are about 20 others with a population of more than 50,000.

He Pulled Loose.

A young woman recently recently received the following note and is heartbroken:

"You needn't expect me up to your house no more sunda nights. A girl that leaves toffee-a-tickin' on the parlour chairs for a feller to sit on ain't no girl for me.—Jim."—London Tit-Bits.

CAN'T SAVE IN NEW YORK.

Experience of Enterprising Stenographer Who Wanted to Accumulate a Bank Account.

"It is of no use," said the stenographer, taking the pencil out of her hair and replacing a refractory hairpin, relates the New York Press. "It's of no use trying to save any money. It's against the law in New York."

"Who's been trying to take your money?" asked the other girl.

"Trying to take it? They won't take it. That's the trouble. At least the right people won't take it. I went down to the bank the other day to open an account. I had two weeks' salary to deposit. Before they would look at the roll of bills I carried they wanted me to tell them who I was and why I had a right to any money of my own. The clerk looked at me suspiciously over his glasses and told me I'd have to prove that my name was Smith and that I was—well, what I said I was as to age. He asked me how long I had been living here and a lot of other questions that were positively impertinent. When he had quite finished and knew more than I did about myself he said he would agree to take care of my money for me—if he decided that he liked the sound and the color of it. When I handed him out \$30 he gasped!

"What?" he cried. "My dear madam, we never accept deposits of less than \$200!" and then he looked at me as though I had been trying to pass a bad penny off on him.

"What did I do? Well, I just took a car to my dressmaker's, and she beamed on me and invited me in and told me how pretty I looked, and gave me a glass of wine, and, of course, I bought that burnt onion suit that I had been determined to resist. Two hundred dollars! I don't see how anybody ever gets a chance to save \$200 in this town!"

WOMAN'S CHEER UPLIFTING

Desired Members of Fair Sex Are Those Who Possess Optimistic Temperament.

The cheering up woman is a real entity nowadays, says the Indianapolis News. Registered on the books of a certain woman's exchange, she dispenses her cheerfulness at so much an hour, and is in great demand.

She reads to invalids, talks to them, sings or plays to them, as the case requires. She is a bright, hustling little body, with cheery ways and optimistic temperament. She will come to you for five minutes or 30. She will darn your stockings or mend your clothes. She will fix flowers in vases and make your room home-like, or will talk to you about everything or nothing.

Personally she is just what you would expect such a woman to be. She has a family of her own who rejoices in her optimistic view of life, but she uses her talent also to keep the wolf from the door.

There was a time when there was plenty in the home, but financial reverses came, and with them the need of retrenchment. The husband fell ill and some one must turn breadwinner.

It fell upon the wife and mother. To-day she is supporting her family comfortably by acting as a cheering up woman, and her engagement book testifies to the success of the experiment and to the demand which exists for her services.

Short on English.

A story is told of a German teacher at Vassar who is not thoroughly acquainted with the English language and the college slang has not helped her in solving the puzzle. She had heard the girls talk about going off on larks. Returning one day from a picnic she said to some of the girls: "Oh, I have been on such a canary." She startled her class one day by complaining against some of the cold days of September, saying: "Why, it was so cold one day I had to stay in my room all the morning and sit with my feet over the transom trying to keep warm."—St. Louis Globe-Democrat.

Superior Man.

Bacon—Do you think man is superior to an animal?
Egbert—Sure thing. Why, some men can kick more with two feet than a mule can with four!—Yonkers Statesman.

JAP PROGRESS A MIRACLE.

Count Okuma Tells of Awakening of Island from Lethargy of 50 Years Ago.

Count Okuma, in a brief article in the Monthly Review, points out the miracle of Japanese progress. Fifty years ago Japan "was awakened from the dream of two centuries and a half and her door turned slowly on its rusty hinges." St. Francis Xavier preached the Christian religion in the land of the rising sun as far back as 1552, and it is said he made a million converts. Then came Portuguese missionaries, who, the writer says, were more intent upon plotting against the independence of the country than in the spread of their religion. But for this, the count says, Japan would have been a Christian country. When the United States sent Commodore Matthew Calbraith Perry to Japan 50 years ago that officer, Count Okuma says, "by his friendly action, showed us that every nation was not like the Portuguese intriguers. When we came to realize that in a state of isolation no civilized existence is possible we at once opened our doors to the outside world and were admitted into the comity of nations." In the short time which has intervened since Perry's visit to Japan, which had been for 25 centuries a hermit nation, with no other civilization or religion than that which it had received second-hand from China, through Korea, has now become the envy and object of admiration of all Asiatic countries and of some of those of Europe. This rapid advance in the arts and appliances of civilization has scarcely a parallel in the world's history. In less than half a century Japan has thrown off the medieval feudalism which it had for its local basis, has abandoned its exclusiveness and has adopted the civilization of the most enlightened nations, until in the arts, in manufacturing skill and in methods, machinery and the appliances of industry it has little more to learn from any nation. This, as Count Okuma justly remarks, "is one of the most perplexing problems in the history of the world."

MIKADO IS A HARD WORKER

Great Capacity of Emperor of Japan for Labor Brings Praise from His Subjects.

To sagacity of this high order is united a capacity for hard work and the habit of devoting close personal attention to public business. As one Japanese writer says: "His majesty makes his appearance in his place of official business at eight a. m., ready to attend to affairs of state, and he will sometimes continue at work till midnight." His ministers always have ready access to his presence at all hours, and I have the highest authority for the statement that the attention he gives to important matters is of no perfunctory nature, but that, on the contrary, the imperial sanction of any measure implies a careful examination of the details as well as approval of the principles involved.

The emperor has always manifested deep interest in military affairs. In times of peace he shows this by participation in military reviews and maneuvers, and in the graduation ceremonies of military and naval colleges, and by his indefatigable personal concern at all times in the success of the policy which has brought Japan's military and naval establishment to their present efficiency.

Gloucester Fishing.

Fewer men have been lost from Gloucester fishing vessels during the past 12 months than any year since 1865, while, on the other hand, the financial loss on vessels wrecked, which were valued at \$130,800, is greater than in any but three previous years since 1830. The insurance on the vessels amounted to \$88,158.

Observant.

It was little Arthur's first experience with the graphophone. After listening intently to the instrument awhile, he piped up: "Maw!"
"What is it, my son?"
"It's got the asthma, just like Uncle Harry, ain't it?"—Philadelphia Press.

Not Practical.

A college education is often blamed for a man's failure in business.—Chicago Daily News.

WHAT THE HEIR MAY MEAN

Likely to Cause Him to Cling Jealously to His Autocratic Power.

The czar may see in the birth of his son a reason for still more jealously guarding his autocratic power, says the London Spectator. His readiness to make pilgrimages in order to pray before special shrines for the gift of a son suggests a mind prone to superstition as well as faith and he is said to believe, with a conviction unusual even in kings, that he stands between God and his subjects and is responsible in some special way alike for their destiny and the safety of the orthodox church. He cannot, in his own judgment, shake off that responsibility, cannot share it with counselors, cannot part with any portion of it to a parliament and must, therefore, if he is resisted or his action so freely criticised as to be hampered by opinion, continue and even intensify the policy of repression which the bureaucracy so strongly adjures him to pursue.

It is not, he thinks, to his people that God has confided absolutism as a trust, but to him alone. That is always the ground thought of a theocracy and the Russian monarchy always wishes to be thought a theocracy and in many respects is one—that is, it places in theory the supremacy of certain religious or dogmatic ideas above even its direct interests.

Add that much of the prevailing repression is intended to preserve the emperor's life and that every emperor with a baby heir must earnestly wish to live until that heir is competent to govern and we have conditions in Russia which we fear will prohibit the smallest movement in the direction of liberty, even such liberty as exist in Germany or Austria. Men will still be liable to be sent to Siberia without trial. Criticism will still be forbidden under terrible penalties. The legislative power will still be denied to any but committees of bureaucrats appointed and removable by the sovereign's will.

That policy means anarchy in the end should great distress occur, or should the springs of power dry up as they dried up in France for want of money, and anarchy in Russia, though so many liberals write as if they wished for it, might produce grave disasters for all Europe.

INVEST A MILLION A DAY.

Insurance Companies Make a Practice of Sinking Funds in Railroad Bonds.

Practically a third of the insurance assets are in railroad bonds, and the companies own about ten per cent. of all the six or seven thousand millions of outstanding bonds issued by our railroads. A few years ago the proposed reorganization of a Georgia railroad (with a whole great plan of consolidation depending upon it) was absolutely blocked by an insurance company, which held a large proportion of the bonds, until the terms were modified to meet its ideas, declares the World's Work.

Next to railroad bonds the companies seem to prefer mortgage loans on real estate, and the total sum invested in this way is only a hundred millions less than the other. Most eligible are office buildings in large cities, fertile farm lands and dwellings worth \$20,000 or less.

Railroad stocks and bonds and real estate mortgages and holdings take up three-fourths of the vast sums the insurance companies invest. They hold also state and city bonds (the former sometimes bearing the unpleasant possibility of "repudiation"), a few United States bonds, and a great many of those of foreign governments (one of our companies often takes an entire issue of, say 10,000,000 of such securities), bonds of electric light, gas and water companies, stacks of trust companies and banks, and a few miscellaneous concerns, and a couple of hundred millions of loans on premiums to policy holders and on collateral.

En Route.

She—My husband told me to put my purse in my grip so I wouldn't lose it.
He—Did it make any difference?
"Yes; instead of losing only my purse on the train, I left the grip."—Detroit Free Press.

BOYS THRIFTY AT OXFORD

Participants in Rhodes Benefaction Make Creditable Headway in Their Studies.

It is pleasing to know, declares the Philadelphia Inquirer, that the group of American boys at Oxford enjoying the Rhodes scholarships are making creditable headway in their studies, but what has impressed England more than anything else is the way these young fellows walk off with the athletic events. A few days ago there were nine contests on track and field, and although the American boys had barely settled down to business, they carried off seven firsts, to the amazement of all beholders.

We do not hold that preeminence in athletics is in and of itself the highest crown of a scholastic career, but it has its place, and it should be remembered that Cecil Rhodes ordained that the candidates should be chosen for physical as well as intellectual prowess. Certainly, the first group of his beneficiaries has met his notions in a way he had little reason to expect. Already there is talk of an American boat crew, which is to challenge the university eight, but this is a little premature. Moreover, there are said to be three of the Americans who are likely to make the 'varsity eight next year. That there is some disquietude over this condition in Great Britain is natural, but considering that Rhodes wanted the pick of 80,000,000 of Americans it was not surprising that our boys have done so well.

It is known that Mr. Rhodes desired not only to aid American boys and to develop a feeling of mutual regard between the nations, but also to educate the British boys by some impressive object lessons. He was a young man when he died, but he had seen enough to give him confidence in the American spirit. On many occasions he found himself balked in great enterprises and was saved by American intelligence and courage. He had seen the gold mines in the Rand, containing the richest deposits in the world, working at a loss until American mining engineers came along and made them highly profitable. He knew that this was not entirely education of the schools, but was due to the dauntless spirit and originality of invention which are possessed by our own people in a large measure. He wanted to see his own people develop these qualities and took his own method of accomplishing it. Apparently the object lessons are to be all that he had hoped.

SULPHUR FOR DIPHTHERIA.

Pronounced by Physicians One of the Most Efficacious of Remedies.

Sulphur is one of the most efficacious and simple cures for diphtheria. All that is needed is flour of sulphur and a quill, and with these, it is said, one celebrated physician cured every patient without exception.

He put a teaspoonful of flour of sulphur into a wineglass of water and stirred it with his finger instead of a spoon, the sulphur not readily amalgamating with water. When the sulphur was well mixed the physician gave it as a gargle, and in ten minutes the patient was out of danger. Sulphur kills every species of fungus in a man, beast and plant in a few minutes. Instead of spitting out the gargle the swallowing of it is recommended.

In extreme cases in which the above specialist had been called in the nick of time, when the fungus was too nearly closing to allow the gargling, he blew the sulphur through the quill into the throat and after the fungus had shrunk to allow of it then gave the gargle.

Testing the Richness of Milk.

Dairymen abroad have been experimenting for the purpose of determining which yield of milk, the morning or evening, is the richer, both for butter and cheese-making qualities. The milk of cows fed on ground feed in winter was richer than that produced by the same cows from grass in the summer.

Populous, but Not Industrial.

The countries that have the largest population—China, India and Russia—are not the strongest nations, either industrially, commercially or in any other way.

Are You Looking Ahead?

To the man looking ahead the Southwest has an urgent invitation. The opportunity is today when investment chances are good and homes can be purchased at from one-tenth to one-half the prices asked in the North and East.

To the Homeseeker.

Through the M. K. & T. Land Bureau, thousands of acres of rich farm lands (improved and unimproved), located along the line of the Missouri, Kansas & Texas R.R. in Missouri, Kansas, Indian Territory, Oklahoma and Texas, are now offered for sale. The lands are especially adapted to the growth of corn, wheat, oats, fruits, vegetables, rice, cotton, sugar cane and for stock raising. The lands are well located as to markets, schools, etc.

To the Investor.

All over the Southwest, cities and towns are growing up, expanding, requiring more, demanding more, peopled by eager, pushing, wide-awake citizens, who see the virtue of encouraging enterprising of every kind, the needfulness of getting more and better facilities, and more hands to develop the country. The oil and gas fields of Kansas, Indian Territory and Oklahoma are practically new and offer wonderful opportunities for development along commercial lines.

BRIEFLY THE CONDITION IS THIS:

The Southwest is really in need of nothing save people. More men are wanted. In the Southwest are vast areas of unimproved land—land not yielding the crops of which it is capable. The same thing, in a different way, is true of the towns. Few lines of business are adequately represented. There are openings of all sorts—for mills and manufacturing plants, for small stores of all kinds, for banks, newspapers and lunger yards. Mechanics and professional men, both are in demand.

We are in possession of all sorts of information valuable alike to the investor and homeseeker. If you are interested, tell us what you want, how much you have to invest, and we will gladly furnish the information.

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