

M. U. DOCTOR ADVISES ON SUMMER LIVING

Eat Clean, Wholesome Food and Don't Worry, Says M. P. Ravenel.

For the preservation of health and production of efficiency, man needs a mixed diet. There are certain food principles which are essential, says Dr. M. P. Ravenel of the department of preventative medicine of the University of Missouri at Columbia.

First, the proteins, whose principal function is the building up of tissue, replacing wear and tear. They are found in meats, eggs, milk and certain vegetables, like beans, peas, lentils and nuts.

Second, the carbohydrates, whose function is chiefly to provide fuel and energy. They are found in two of the ordinarily used food stuffs, the starches such as bread, cereals, rice, potatoes, etc.; and the sugars, which are found in the juices of various plants, in honey, etc.

Third, fats whose function is chiefly to furnish fuel. The chief sources of fats are cream, the fat of meats, many nuts, etc.

Fourth, the minerals and organic acids, which are essential to the body. These are found in many vegetables and certain other foods, particularly in milk and the yolk of eggs.

Certain other principles have been discovered in recent years, among the chief of which are substances called vitamins. These are absolutely essential to well-being. They are found in fresh food of all kinds, like meats, yolk of eggs, peas, beans, various vegetables and fruits. They are destroyed by some of our methods of preparation of food. For example, sterilized milk and sterilized canned foods are in large part deprived of these vitamins. We can also take them away from vegetables, like rice, by a high degree of polishing, which has been largely practiced.

Babies feed on sterilized milk sometime develop scurvy. This can be prevented by feeding a tablespoonful of orange juice once a day.

People should not worry too much about their eating. If the foods are clean, fresh and well prepared, the average person gets a fairly well balanced ration.

In people inclined to overweight, or those who lead sedentary lives, the fats, starches and sugars should be reduced, and fruit and vegetables increased. Those who are underweight, or are engaged in heavy muscular labor, should increase the starches, fats and sugars.

Miss Adele Vocat of Kansas City who have been visiting relatives in this city went to Marshall Tuesday for a visit.

Th July Woman's Home Companion.

The July Woman's Home Companion contains clever short stories and articles on timely subjects. There are also several serials and a wide variety of material in the regular departments.

Among the short stories and serials are: "The Vintage," by Sylvia Chatfield Bates, "Wanted—A Shoehorn," by Ralph Henry Barbour, "The Rising Tide," by Margaret Deland, "Mr. Robertson, 'Househusband,'" by George Hudson, "The Blue Envelope," by Sophie Kerr, "Extra, Extra," by Francis R. Sterrett, "Peace and War at the Drayton's," by Louise Seymour Hasbrouck and "Chole Malone," by Fannie Heaslip Lea.

The special articles include, "It's the Prettiest Street in Town," by Frank A. Waugh, who teaches a much needed lesson in civic improvement, "Peace at any Price," by Earle Harrison, who discusses the arguments of the pacifists in an original manner, "Why We Are Not Divorced," "Little Business Gold Mines," "Fashions in Appetites" any many others.

Among the regular departments are "The Tower Room," "Entertainment," "Your Son's Career," conducted by a successful business man, "The Woman Motorist," conducted by C. H. Claudy, "Better Babies," "The Exchange," "Films for the Family Group," selected by Helen Duey.

The section on cooking is conducted by Cora Farmer Perkins. The section for younger readers includes attractive drawings and verses by Olive Rush. Fashions are discussed by Grace Margaret Gould. The picture section, printed by the Alco Gravure process, and including the result of the prize photographic contest entitled "Life on the Farm," is better than ever.

Miss Elizabeth Eckle left Sunday for Chicago where she will take a special course in Kindergarten-Primary work at Chicago University.

B. R. Young went to Kansas City Tuesday to spend the day on business.

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Oswald Winkler went to Higginsville Tuesday to spend the day on business.

Mr. and Mrs. D. C. Morris went to Marshall Tuesday for a few days' visit.

C. A. Simpkins went to Kansas City Tuesday to spend the day on business.

45,000 VOTERS SIGN LAND BANK PETITION

OFFICIAL DOCUMENT LEGALLY FILED IN SECRETARY OF STATE'S OFFICE.

29,200 MORE THAN REQUIRED

Work of Securing Signers Began Less Than Year Ago and Men From All Walks of Life Volunteered Their Services.

Jefferson City, Mo., June 29.—In the presence of Gov. Elliott W. Major and Cornelius Roach, Secretary of State, in accordance with the Constitution of the state, an initiative petition containing more than 45,000 signatures, calling for the submission of the Missouri State Land Bank Amendment to the State Constitution, was filed today in the office of the Secretary of State. Samuel Rosenfeld of St. Louis, chairman of the Initiative Petition Committee, and A. T. Edmonston of Jefferson City, accompanied by numerous members of the Gardner State Land Bank Committee, presented the petition for filing.

The 45,000 names signed to hundreds of petitions were obtained in the 114 counties of the state. Every



FREDERICK D. GARDNER, Author of Missouri Land Bank Act.

county is represented in some petition. Under the law eleven congressional districts would have been sufficient, but the disposition to sign petitions was so strong throughout the state that fifteen congressional districts were completed and filed.

Under the law 15,000 signatures would have been sufficient, but the Initiative Petition Committee, as shown by previous figures, far exceeded the number required by law, as well as the number of congressional districts. It was a great occasion and will make history for the state.

About a year ago a group of men, consisting of farmers, business men, bankers, professional men, scholars, members of labor unions, newspaper editors and representatives of other occupations and employments, organized the Gardner Land Bank State Committee. They came from all parts of the state. Every congressional district had its proportion of representatives.

These men organized for the sole purpose of amending the State Constitution so as to provide for the establishment of the Missouri State Land Bank.

The State Legislature at its 1915 session had passed what is known as the Gardner Land Bank Bill, providing a land bank for farmers. After the Legislature had adopted this bill, in order to avoid any possible doubt as to its constitutionality, an amendment to the Constitution was prepared and it was determined to submit this amendment by the initiative petition to the people of Missouri.

The Gardner Land Bank State Committee consists of the following officers and members: Noah W. Simpson, chairman, LaBelle, Mo.; A. T. Edmonston, secretary, Jefferson City, Mo.; E. H. Bullock, treasurer, Edina, Mo.; C. O. Raine, farmer, Master Missouri State Grange, Canton, Mo.; F. H. Lee, lawyer, Joplin, Mo.; E. F. Corbelli, farmer, Maryville, Mo.; Anderson Craig, furrier, Maryville, Mo.; Rich R. Correll, editor, Clark, Mo.; F. C. Hawley, merchant, Louisiana, Mo.; H. G. Windsor, president Missouri State Corn Growers' Association, Booneville, Mo.; C. F. Carter, farmer, Luray, Mo.; M. J. Murphy, Brotherhood of Locomotive Engineers, Springfield, Mo.; Lloyd Stark, newspaperman, Louisiana, Mo.; Cecil Thomas, mayor, Jefferson City, Mo.; J. H. Dickbreder, merchant, Washington, Mo.; J. T. Mitchell, banker, Centralia, Mo.; H. H. Shenk, farmer, Memphis, Mo.; J. B. Wright, merchant, Douglas, Mo.; J. H. Somerville, farmer, Mercer, Mo.; Carter M. Buford, farmer, Ellington, Mo.; Charles Outley, banker, Crocker, Mo.; George W. Chick, farmer, Mondak City, Mo.; William F. Banks, farmer, Tarkio, Mo.; Charles Hartenstein, president Transnational Union, 810 Olive, St. Louis, Mo.; Samuel Jordan, agent U. S. Department of Agriculture, Sedalia, Mo.; Matthew Hall, farmer, Marshall, Mo.; S. P. Fleming, farmer, Pleasant Hill, Mo.; C. M. Gearty, farmer, New London, Mo.; George B. Ellis, editor, Columbia, Mo.; P. T. Lewis, farmer, Eureka, Mo.; H. J. Blanton, editor, Pratt, Mo.; J. R. Kirk, president Kirksville Normal School, Kirksville, Mo.; W. I. Dufferer, banker, Lebanon, Mo.; George

H. Scruton, editor, Sedalia, Mo.; W. N. Evans, judge, West Plains, Mo.; W. D. Byrd, mayor, Caruthersville, Mo.; Samuel Rosenfeld, member Board of Freeholders, St. Louis, Mo.; O. E. Jennings, president Central Trades and Labor Assembly, Springfield, Mo.; M. P. Moody, editor, Warrensburg, Mo.; John T. Fitzpatrick, Commissioner Labor Bureau, Kansas City, Mo.; Floyd Tuggle, farmer, Galatia, Mo.; Fred A. Morris, merchant, Mexico, Mo.; Charles Sumner, president Industrial Council, Kansas City, Mo.; S. D. Groener, professor rural economics, University of Missouri, Columbia, Mo.; C. L. Woods, editor, Rolla, Mo.; C. F. Enright, banker, St. Joseph, Mo.; C. A. Winfrey, president Jackson County Farm Bureau, Buckner, Mo.; R. T. Woods, president State Federation of Labor, Springfield, Mo.; Almon Ing, lawyer, Poplar Bluff, Mo.

The statewide activities of the Gardner Land Bank State Committee, of the Initiative Petition Committee and the Congressional District Committee accomplished in due course the first necessary step—that is, the securing of sufficient signatures in each congressional district to comply with the law.

When it is considered that all these men and committees were volunteers and gave their time and labor and ability to the public service and interest, animated solely by the motive of bettering the agricultural conditions of the state and, consequently, the higher development of the commercial interests of the state, it is not a matter of marvel and wonder that so much was accomplished. The sacrifices made by these men will never be fully appreciated and cannot be repaid. Their reward must always consist in the success of their efforts.

The farmers of the state will be the first and permanent beneficiaries of the labor of these public-spirited citizens. In the gradual development of the Missouri State Land Bank plan the whole state, in all its ramifications will reap its benefits.

The plan and effect of the Missouri State Land Bank is generally well understood, but a brief outline of its purpose and the relief to farmers afforded by it may be of interest to those not familiar with the plan. Quotations from the address of Col. Frederick D. Gardner, author of the constitutional amendment and of the Gardner Land Bank Bill, enacted by the last legislature, delivered before a joint conference of the agricultural committees of the Forty-eighth General Assembly, at Jefferson City, Mo., Jan. 29, 1915, will best and most simply convey its import to the student of the subject. In the course of his address Col. Gardner said:

"Our system of 3 to 5 year loans is discredited and archaic. It is inevitable that these loans must be renewed with the usual commissions, or that the farmer must sell part of his investment. That is to say, his capital must be reduced if the loans are to be paid in bulk, according to our system. Neither is desirable nor should be necessary. All other nations of the world have discredited this 3 to 5 year loan plan that we use in America, and it should have been discarded by us many years ago. The maximum time allowed for paying off loans for such purposes is 30 years in Finland, 33 years in Chile, 36½ years in New Zealand, 42 years in Australia, 50 years in Italy and Japan, 54½ years in Austria, 55½ years in Russia, 56½ years in Germany and Sweden, 57 years in Switzerland, 60 years in Denmark, 63 years in Hungary, 68½ years in Ireland and 75 years in France.

"It is stated on authority that there is a total of 25 billion dollars being utilized by the farmer in the above-named countries on this long-time bond issue plan at an average of 3 to 4 per cent interest. The necessity for development, particularly here in Missouri, immediately suggests the principle of the long-time or amortization plan.

"It must be remembered that agricultural products are largely regulated by international competition. Missouri wheat, for instance, competes in Liverpool with wheat from Russia, France and Argentina. If farmers in other nations are able to secure their money at about half what our American farmer has to pay, considering that our land will produce less and less because the virgin qualities are gradually being worn out, what will be the result without rebuilding?"

"I had a long talk with Herr Gwiner, president of the Deutsche Bank, in Berlin. He is considered one of the most astute financiers, business men and farmers in the world. This is what he said:

"I have just finished an interview with the president of one of your railroads. I told him American export of manufactured articles was not your trouble. It is growing and will grow fast enough—you can't help it. What you require is development of your agricultural resources. Food is what the world wants and must have, and the supply is short. You must give your rural people better educational advantages, and you must give them cheap capital. If you had good machinery for rural credits your land bank debentures would sell here and the world over at as good rates as your government bonds."

The initiative petition just filed will be submitted to a vote of the people as a constitutional amendment at the general election to be held Tuesday, Nov. 7, 1916.

Its adoption will revive the farming interests of the state in a wonderful manner. It will afford opportunities for improving farm property and greatly enhancing its value and will put Missouri in the forefront of progressive agricultural states in America.

PREPARE DRIVE ON HESSIAN FLY

Missouri Farmers to Attack Enemy in Every Wheat Growing Country.

"The most gigantic drive that has ever been delivered against the Hessian Fly is now being prepared by Missouri farmers in every wheat growing county of the state," says T. J. Talbert, assistant professor of horticulture at the University of Missouri at Columbia. According to Mr. Talbert, the fly is now entrenched in the flax seed and maggot stage between the leaf sheath and stalk at the bottom of the wheat plant. The enemy will remain in this position until fall, thus providing the farmer an opportunity to deal him an effective blow at his weakest point.

During the months of July, August and September the trenches of the Hessian fly can easily be taken without artillery preparation. As soon as practical after harvest, the farmer will advance in the open to the first line trenches in the wheat stubble fields, and by the use of the disc, harrow and drag he will bury the enemy deeply beneath the soil.

In order to make the destruction of the enemy complete, his food supply must be cut off. This can be done by discing and harrowing the plowed ground to keep down volunteer wheat.

The fly will make his general attack upon the fall wheat during September and October after which he will take his encampment for the winter at the base of the wheat plants. As the life of the fly is only four or five days in the adult stage during which time the eggs are deposited on the wheat leaves, it is advisable to sow the wheat late enough to escape the egg laying of the main fall brood of flies.

The fly free dates for Missouri are about as follows:

For northern third of state, Oct. 1; central third, Oct. 8; southern third, Oct. 16. If the fly is allowed to intrench himself in early wheat and volunteer wheat in the summer and fall, he may emerge the following spring in numbers sufficient to do great harm to wheat that was sown on the fly free date. To make a successful fight against the enemy, co-operation is necessary and cannot be too strongly emphasized.

TRUSTEE'S SALE.

Whereas, Sophia Summers, (a widow) and Bess Bullard (a widow), by their certain deed of trust, dated the 10th day of October, 1913, and recorded in the office of the Recorder of Deeds in and for Lafayette County, Missouri, in Book 216, at page 628, conveyed to the undersigned trustee, the real estate hereinafter described to secure the payment of the promissory note in said deed of trust described, and whereas there has been a failure to comply with the terms and conditions of said note according to its tenor and effect, and default has been made in the payment thereof:

Now therefore I, the said trustee at the request of the legal holder of said note, hereby give notice that I will on

Friday, June 30th, 1916, between the hours of nine o'clock in the forenoon and five o'clock in the afternoon of that day, at the Court House door in the city of Lexington, Lafayette County, Missouri, proceed to sell and will sell at public vendue to the highest bidder for cash in hand, the real estate in said deed of trust described, situate in Lafayette County, Missouri, to-wit:

Lot Four (4) in Block Two (2), in Hou's Addition to the city of Lexington, Missouri, for the purpose of paying the amount due on said note and the costs and expenses of this sale.

Given under my hand this 8th day of June, 1916.

W. J. BANDON, Trustee.

Executor's Notice.
Notice is hereby given that letters testamentary on the estate of George Gray deceased, were granted to the undersigned on the 10th day of May 1916, by the Probate Court of Lafayette County, Missouri. All persons having claims against said estate are required to exhibit them for allowance to the undersigned within six months after the date of said letters, or they may be precluded from any benefit of said estate; and if such claims be not exhibited within one year from the date of the last insertion of this publication they will be forever barred.

This 10th day of May 1916.
MARY BELL, Executor.

NOTICE OF LOCAL OPTION ELECTION.

Notice of a special election to be held under the provisions of Article 3, of Chapter 63, of the Revised Statutes of Missouri, 1909, commonly known as the Local Option Law, to determine whether or not spirituous and intoxicating liquors, including wine and beer, shall be sold within the limits of the City of Lexington, in Lafayette County, in the State of Missouri, lying inside the corporate limits of said city, to-wit:—Lexington.

BE IT REMEMBERED That on the fifth day of June 1916, among other proceedings, a petition was filed and received by the City Council of said City of Lexington, Missouri, signed by M. W. Hatton, B. M. Little, H. H. Spears, James Peak, E. B. Vaughan, Ed. Brawner et al., praying for a special election to be held in said City, inside the corporate limits of said city, to-wit: Lexington, to determine whether or not spirituous and intoxicating liquors, including wine and beer, shall be sold within the corporate limits of said city, and on the fifth day of June 1916, the following among other proceedings were had and entered of record, to-wit:—Now comes M. W. Hatton, B. M. Little, H. H. Spears, James Peak, E. B. Vaughan, Ed. Brawner et al., and present their petition to the City Council of the City of Lexington, Missouri, praying for a special election to be held in the City of Lexington, in Lafayette County, Missouri, as provided by Article 3 of Chapter 63, of the Revised Statutes of Missouri, Revision of 1909, commonly known as the Local Option Law, to determine whether or not spirituous and intoxicating liquors, including wine and beer, shall be sold within the corporate limits of said City of Lexington, in Lafayette County, Missouri, and the City Council having seen and heard said petition, and having examined the poll books of the last general election held in the city of Lexington, in Lafayette County, Missouri, and having compared the names on said poll books with the names on said petition, doth find that said petition is signed by one-tenth of the qualified voters of said city who reside inside of the corporate limits of said City of Lexington, Missouri, who were qualified to vote for members of the Legislature in said City at the last previous general election held therein, and that said City of Lexington now has a population of twenty-five hundred or more.

It is therefore ordered by the City Council that a special election be held in said city, at the usual voting precincts therein, which are located inside the corporate limits of said city, at which general elections for State Officers have been held, on the 15th day of July, 1916, to determine whether or not spirituous and intoxicating liquors, including wine and beer, shall be sold within the corporate limits of said city, and the tickets to be voted by the voters in said election shall have written or printed on them the words:

"Against the Sale of Intoxicating Liquors."
"For the Sale of Intoxicating Liquors."
(Erase the Clause you do not want.)
It is further ordered that said election shall be conducted, the returns thereof made and the result thereof ascertained and determined in accordance with all respects with the laws of this State governing general elections for City Officers, and the result thereof shall be entered upon the records of this Council and the expenses of said election shall be paid out of the City Treasury, as in case of the election of City Officers. It is further ordered that notice of said election shall be published in the Lexington Intelligencer, a newspaper published in Lexington, Lafayette County, Missouri, and that said notice shall be published in said paper for four consecutive weeks, and the last insertion shall be within ten days next before the day of said election.

A true copy of the record.
(SEAL.)

G. C. WRIGHT, Clerk of the City Council of Lexington, Lafayette County, Missouri.

Notice to Banking Corporations Doing Business in the City of Lexington, Missouri.
Notice is hereby given that the City Council of the City of Lexington, Missouri, at its regular meeting in July 1916, will receive sealed proposals for the custody of the City funds from any Banking Corporation doing business within the said City that may desire to be selected as the depository of the funds of the City. Any banking Corporation doing business in said City desiring to bid shall deliver a sealed proposal to the City Clerk, on or before the 3rd day of July 1916, at 7:30 P. M. Such sealed bids shall state the rate per cent upon daily balances that such Banking Corporation offers to pay and will pay to the City for the privilege of being made the depository of the funds of the City for the year next ensuing the date of such meeting. The successful bidder shall execute a bond payable to the City of Lexington according to law.

The right of the City Council to reject any and all bids is reserved.
Done by order of the City Council of the City of Lexington this 13th day of June 1916.
(SEAL.)

G. C. WRIGHT, City Clerk of the City of Lexington, Missouri.

Executor's Notice.
Notice is hereby given, that letters testamentary on the estate of John McIntyre deceased, were granted to the undersigned on the 13th day of June 1916, by the Probate Court of Lafayette County, Missouri. All persons having claims against said estate are required to exhibit them for allowance to the undersigned within six months after the date of said letters, or they may be precluded from any benefit of said estate; and if such claims be not exhibited within one year from the date of the last insertion of this publication they will be forever barred.

This 13th day of June 1916.
WILLIAM MCINTYRE, Executor.

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