



Dr. Liebig, celebrated chemist, calls beer liquid bread. He's right for good beer fulfils two bodily necessities—the human need for pure liquids and for pure food.

Superior malt, imported Saager Hops and infinite care in brewing and aging combine these qualities in an especially pleasing way in

Budweiser

Bottled at the Brewery
ANHEUSER-BUSCH, St. Louis.

Will be pleased to supply name of nearest dealer on application.

The express charges on the cheapest beer are just as high as on the best.

HOW TO EAT IN SUMMER.

Vegetables and Fruits Should be Taken in the Place of Sugar and Meats.

"The three chief constituents of foods are proteins which go to the building of tissue, carbohydrates, and fats, whose function is to maintain the heat of the body, and to furnish energy," says Dr. M. P. Ravenel of the department of preventative medicine of the University of Missouri.

Dr. Ravenel says that carbohydrates, which includes the starches and sugars, lessen the need of fats, and when taken in excess are stored up in the body as fat. When hard labor is performed, we instinctively desire fat. Also, when cold weather comes we have a craving for such foods. During the hot weather a laboring man requires fuel, but not to the extent that he does in winter. There is no demand on the body to keep up the bodily temperature such as we find during the cold months.

A diet which contains an excess of any of these materials is not apt to be borne well during the hot season, and makes the person who eats it more uncomfortable. Generally speaking, a diet much lighter, both as regards quantity and kinds of food, is to be desired in the summer. Meats, and especially fat meats, should be taken in moderation. Starches can be eaten in moderate abundance, but the amount of sugar should be cut down. An abundance of fresh fruits and vegetables should be taken. While vegetables and fruits do not as a rule contain a great deal of material which is regarded as being nutritious, they nevertheless serve in keeping up the nutrition of the body, as they contain organic acids which keep up the alkalinity of the blood, give variety to the diet, increase the appetite and furnish certain substances which are classed under the general name of antiscrobitics.

In addition to a light diet an abundance of cool water should be taken during the summer months.

Kill the Hessian Fly and Grow More Wheat Too.

It is not necessary to quit growing wheat. The Hessian fly may be killed, starved, and prevented by practicing the best farming methods to secure an increased yield of wheat.

July or very early August plowing buries the Hessian fly and makes from 5 to 15 bushels more wheat per acre than September plowing. It is often advisable to disk the wheat stubble ground and then plow three or four weeks later. The disking will mash, destroy, and expose many of the flies in the flaxseed stage. It will also conserve moisture and make plowing much easier.

Cultivating the plowed ground through the summer, especially after rains, keeps down volunteer wheat and kills and starves the fly. It also conserves moisture and makes a better seed bed for wheat. The fly feeds almost entirely upon wheat but it may be found upon rye and barley.

Wheat soon on or soon after the fly-free date is practically free from Hessian fly injury during the fall and winter. Careful observations and experiments have shown that the fly free dates are generally as early as the wheat should be sown to secure a maximum yield regardless of the fly. For the northern third of Missouri the safe sowing date is about October 1, central third October 8, and southern third October 16. The College of Agriculture will on request furnish information on the fly-free date for each county of the state.

Every wheat grower should

try to put into practice the above measures. A united fight against the fly cannot be emphasized too strongly, because one farmer that fails to destroy volunteer wheat or that sows his wheat too early may breed enough flies to damage his neighbor's wheat crops badly the following spring.

Many of the best and most successful wheat growers of the state have found these measures practical and effective in the control of the fly and they have also greatly increased their yields at the same time.

Miss Dora Snow went to Lees Summit Monday for a visit.

Dr. and Mrs. C. G. Russell, who have been visiting Mr. Russell's mother, Mrs. S. D. Russell, returned to their home in Clinton Sunday morning.

H. H. McDowell of Lees Summit is visiting at the home of G. W. Stewart near Winton.

Harry Barron, who has been visiting home folks here for the past month returned to Kansas City Sunday evening.

Misses Lorine Deuber and Laura Smith of Kansas City arrived Sunday morning for a visit here with Miss Louise Gruber.

S. N. Wilson went to Kansas City Monday on business.

Dr. Ralph E. Duncan of Kansas City was the guest Sunday of Mrs. Albert Weber and Miss Elsie Weber.

G. P. Warren went to Odessa Monday on business.

One Who Shows No Favor.

A merciless judge is Father Time. Before him the weak and the wanting go to the wall. Only the truth can stand. For years the following statement from a Lexington resident has withstood the sternest of all tests.

Mrs. D. W. Weedon, 1817 Railroad St., Lexington, says: "My feet and ankles were swollen, and it was the same with my hands and wrists. The kidney secretions were in bad shape. I had headache and dizzy spells and a constant pain in the small of my back. I couldn't sleep well. Doan's Kidney Pills cured me after other medicines had failed."

OVER FIVE YEARS LATER.

Mrs. Weedon said: "I still highly recommend Doan's Kidney Pills. I can't praise them enough for the cure they gave me."

Price 50 cents at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Weedon has twice recommended. Foster-Milburn Co., Props., Buffalo, N. Y.

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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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CHICAGO AND ALTON TIME TABLE, HIGGINSVILLE, MO., IN EFFECT APRIL 16th, 1916.

East Bound.	
No. 16 Missouri State Express	9:52 A. M.
No. 22 Flyer Kansas City to St. Louis	11:40 A. M.
No. 18 Kansas City-Slater Accommodation	6:45 P. M.
No. 10 Hummer Kansas City to Chicago	7:42 P. M.
No. 12 Nightengale Kansas City to Chicago	10:49 P. M.
No. 24 Night Hawk Kansas City to St. Louis	12:48 A. M.
No. 198 Local Freight Independence to Corder	11:55 A. M.

West Bound.	
No. 28 Night Hawk St. Louis to Kansas City	6:12 A. M.
No. 9 Hummer Chicago to Kansas City	6:23 A. M.
No. 17 Slater to Kansas City Accommodation	7:55 A. M.
No. 11 Nightengale Chicago to Kansas City	10:10 A. M.
No. 21 Flyer St. Louis to Kansas City	3:55 P. M.
No. 15 Missouri State Express	6:17 P. M.
No. 197 Local Freight Corder to Independence	10:45 A. M.

All passenger trains stop at Higginsville regularly except Nos. 23 and 24 which stop for St. Louis passengers only. Local freight trains carry passengers between Corder and Independence in both directions.

S. A. VERMILLION,
Passenger and Ticket Agent.
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Careful attention given to every detail.

M. U. Elementary Work Praised in New York.

Prof. J. L. Meriam, head of school supervision at the University of Missouri, is conducting an Elementary Demonstration School in the Teachers' College of Columbia University, New York, and has been highly praised for his work there. The school is attracting more than 1,500 observers daily.

Professor Meriam is presenting at Columbia University the complete curriculum given in the Elementary School of the University of Missouri. The work is attracting the attention of elementary school teachers throughout the entire country.

Charles and Hugh Spears and sister, Miss Maggie Spears, spent Sunday in Winton.

Farm Loans

We will place loans on improved farms in Lafayette County in amounts not exceeding \$5000.00 to one person.

Morrison-Wentworth Bank

Notice.

Big sale first quality fruit trees, grape, gooseberries, currants, roses. At less than half price. Inspection solicited. 910 Franklin St.

Eggs For Hatching

Thoroughbred Rhode Island Red Eggs for hatching, both combs. Phone R 15 H.

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SPECIALS

FOR RENT.

A FOUR ROOM HOUSE on Southwest Blvd. Apply Phone 89.

OFFICE ROOMS—Over Vaughan's Grocery Store. Enquire of S. Sellers

TWO NEWLY decorated Flats of 4 rooms each. J. A. RANKIN Phone 188

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SEVEN ROOM HOUSE, close in Modern throughout, large garden and plenty of fruit. J. C. Graddy, Agt.

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HOUSEHOLD and kitchen furniture, also tools of all kinds. Cheap if taken at once. Call at 1614 Franklin Ave., or phone 324.

DOUBLE SET of work harness as good as new. Call R. T. Howard, phone 91 Black.

WANTED

A DESIRABLE place is open for an experienced cook and house girl. Must be reliable. Phone 765.

M. U. Track Star to National Meet.

Big "Hurdling Bob" Simpson, Missouri's crack cinder athlete, holder of the world's high hurdle record, and captain of the 1917 track team of the University of Missouri, will compete in the National A. A. U. meet to be held at Newark, N. J., September 7 and 8. Simpson has been training each day during the summer and expects to be in his best form for the meet, when he will be pitted against the best hurdlers in the country.

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