

Budweiser— and Other Foods

There's food value in beer—as well as beverage enjoyment. A bottle of Budweiser may not be offered as a complete meal—but it has its place in the meal comparable to bread, milk or any other of the dishes or drinks that are part of the well-balanced lunch or dinner.

The alcohol in beer (a small percentage) has its tonic value and its use as an appetizer. The hops have a nerve-soothing value. The malt not only has food value, but is, of all foods, one of the most quickly and easily turned by digestion into nourishment. By its very nature beer is especially thirst-satisfying.

Here are Two Little Charts that show graphically and in figures comparisons between beer and other beverages and beer and other foods:

Comparative Nutri- tious Extract Content	Comparative Alcohol Content				
	Whisky	Rhine Wine	Beer	Milk	None
Whisky	██████████	██████████	██████████	██████████	██████████
Rhine Wine	██████████	██████████	██████████	██████████	██████████
Beer	██████████	██████████	██████████	██████████	██████████
Milk	██████████	██████████	██████████	██████████	██████████

Average Composition of	Bread	Milk	Beer	Rhine Wine	Whisky
Carbohydrates - - - -	52.0%	4.8%	5.0%	2.25%	none
Protein - - - - -	7.0%	3.5%	0.5%	none	none
Fat - - - - -	0.40%	3.7%	none	none	none
Mineral Substances - -	1.0%	0.7%	0.2%	0.2%	none
Alcohol by weight - - -	none	none	3.75%	8.0%	40.0%

When you think of beer for your table, of course you'll settle on Budweiser.

Bottled at the Brewery

ANHEUSER-BUSCH, ST. LOUIS

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



Budweiser

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

Postal Savings Grow.

Total Deposits Now Are Nearing \$100,000,000 Mark.

The results of Postmaster General Burleson's administration of the Postal Savings System have been phenomenal. Under his guidance the number of depositors has increased from 310,000 at the beginning of March, 1913, to 603,000 at the end of June, 1916, while the amount deposited has increased during the same period from \$30,000,000 to \$86,000,000. The gain of nearly 50 per cent. In the per capita deposits is convincing evidence of the prosperity of the working people of this country, who are the principal patrons of the postal savings banks.

Notwithstanding the large increase in deposits the clerical force for handling the affairs of the system at the central office in Washington, through the installation of better business methods, has been reduced by third. Moreover, the system as a whole has been brought to a self-sustaining basis and for the past three years has yielded a substantial profit.

Postmaster General Burleson also urged upon Congress the necessity of removing the hindering restrictions imposed by the original postal savings act of June 25, 1901, on the amount that may be accepted from a postal savings depositor. In response to his recommendation an act was passed and received the approval of President Wilson on May, 18, 1916, which enables any person to deposit any number of dollars, and at any time, until the balance to his or her credit amounts to \$1,000, exclusive of accumulated interest. By the terms of the original postal savings act no one could deposit more than \$100 in any one calendar month, nor have a balance to his credit in excess of \$500, exclusive of accumulated interest. As a result of these restrictions it has been estimated that as much money was refused at the post offices as was accepted. The removal of the hindering restrictions has been followed by an immediate and pronounced increase in postal savings deposits, which will ul-

timately restore a large part of the hidden money of the country to the active channels of industry and commerce.

The confidence of the foreign-born residents of the United States in American institutions is well exemplified by a recent poll of postal savings depositors. Those born outside of the United States were found to constitute 59 per cent of the total number of depositors and to own 72 per cent of the total postal savings systems maintained by the countries from whence they came. The transfer of their place of deposit to the postal savings banks of this country expresses in no uncertain manner their confidence in the system and in its management.

PASTURES AND STOCK—Pastures, especially where overstocked earlier in the season, have failed rapidly. On the other hand, where pastures have been properly cared for and not grazed to excess, grass is still supplying much good feed. Condition, for the state, is 63.2, being highest in the Northwest and lowest in the Southwest section. From sections where drouth has been most severe come reports of cows failing in milk production. In these sections, too, brood sows, half-fat hogs and cattle are being marketed, but there is no scare and farmers generally are holding on to their stock, which is below normal in numbers.

OTHER CROPS—The Missouri apple crop has dropped to 43.4, while the peach crop is only about 15 per cent. Condition of broomcorn is 67; flax 74; melons, 52; tobacco, 69; cotton, 85; cowpeas, 73; alfalfa, 77.

Mrs. Leo Harrison and daughter, Mary Lillian, returned Sunday morning to their home in Kansas City, after a visit here with relatives.

Miss Esther Foster went to Excelsior Springs Sunday morning for a visit.

Notice.

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

HOW TO PREVENT HAY FEVER

Destruction of Weeds and Vaccination Against the Disease. The Remedy.

"There are few diseases which cause more discomfort and real suffering than that known as hay fever, hay asthma or rose cold," says Dr. M. P. Ravenel of the department of preventative medicine at the University of Missouri. Doctor Ravenel says the symptoms come on with sneezing and watering of the eyes, resembling in many ways the symptoms of an acute cold, though it is much more prolonged and the degree more intense. Often times it is accompanied by asthma.

It has been the most difficult of all diseases to prevent and cure, and it is only recently that the cause of it has been found. It has now been definitely proved that hay fever is due to the pollens of various plants. The most common of these are probably golden rod, timothy grass, and rag weed. The albuminous portion of the pollen produces the disease. Some people are susceptible to various pollens and some are not, as they have either become immunized or else they have not the peculiar, sensitiveness to the albuminous constituents of the pollen. The disease is periodical, coming on each year, almost on the same day.

Researches have made possible the discovery of a vaccine for the prevention of the disease which is quite successful. Much relief can be given by this treatment and in the majority of cases the attack can be ward off. Vaccines are now on the market usually put up in little tubes containing the full dose with directions for injection under the skin. It is best to begin the treatment six or eight weeks in advance of the time of the expected attack. By the use of the vaccines, one is made immune to the pollens of the various plants.

It is likewise essential in the prevention of hay fever, that all grass and weeds be kept down as much as possible.

Rock Road Bonds to be Burned.

On next Monday the road bonds of the Wellington and Napoleon Special Road District will be destroyed in public in the streets of Wellington. It was promised before the bond election that should Kansas City fail to meet the requirements of their definite promise to furnish funds for the additional cost of rocking the Santa Fe trail after the district had voted its limit, the bonds would be burned in public and thus relieve the taxpayer of a burden.

Some \$50,000 bonds were voted by a five to one majority and the bonds were printed. About \$25,000 of the bonds were sold to secure funds with which to build bridges and culverts that were destroyed by floods. The money is being spent for this purpose and not a penny on the rock road proper for the reason that the Kansas City people fell down and the commissioners refuse to dispose of more bonds.

The bonds that have not been sold will be given a public burial by fire on the streets of Wellington on next Monday afternoon, and it is to be hoped that those who opposed the issue in its incipency will be present at the conflagration and the people of Kansas City who made so many promises will smell the smoke. The temptation is strong for the news to mention the names of the four-flushers that live on the paved streets of the city who made so many fulsome promises, but our citizens have them on the list and it is to be hoped that the Kansas City Star will invite them to the bon (d) fire. "Conscience makes cowards of us all" so Wellington does not expect to see any rep-

resentative of automobile associations, good roads or other booster bodies at the blaze."—Wellington News.

DRINK SOUR MILK IN WARM WEATHER.

Dr. M. P. Ravenel of the University of Missouri Advises Its Use in Summer.

Many people have a prejudice against sour milk. Nevertheless, during the past few years it has come into great popularity in the United States. This has been largely due to the influence of Professor Metchnikoff of the Pasteur Institute in Paris, whose death was recently announced, says Dr. M. P. Ravenel of the department of preventative medicine of the University of Missouri.

Metchnikoff made many studies on the prolongation of life, and came to the conclusion that one great cause of death was decomposition of food in the intestinal tract and absorption of the poisonous products. It is a shown fact that many nations of the world, especially of Western Asia and Eastern Europe, look upon sour milk as an essential part of their daily diet. Among the Bulgarians, who use sour milk habitually, an unusual number of very old people is found. Metchnikoff believed that this was due to the large amount of sour milk used and showed that by introducing the bacteria which is found normally in the intestinal tract could be driven out and replaced by those given.

Tablets containing the acid forming germ of sour milk dried in some inert medium are for sale on the market, and have achieved a great success. They are used now by physicians largely in the treatment of intestinal disorders in infants.

Sour milk, whether buttermilk, skimmed milk or whole milk, has much to recommend it. It is a nutritious and wholesome diet for any time of the year, but is especially good during the summer months. It often produces markedly food effects in old people who suffer from intestinal indigestion.

Meet the Market Demands.

We must steady the market demands carefully and select good sires of the types that will enable us to meet them. If we find that the butcher or packer likes an animal of extreme beef type because that animal yields a high percentage of the high-priced cuts, the sires must be selected accordingly. If we find that the horse buyer takes the big, drafty, sound horse in preference to the chunk when his order calls for horses for heavy work, we must secure sires that will get colts of that type. If we ship or sell to a market which demands bacon hogs, then the boar should be the best obtainable individual of a bacon breed which is in good demand in that market.

In any case we must strive to produce only the best animals and to be sure that they are uniformly good and that there are among them no misfits or inferior specimens which do not meet the consumers' needs.—S. T. Simpson, Missouri College of Agriculture.

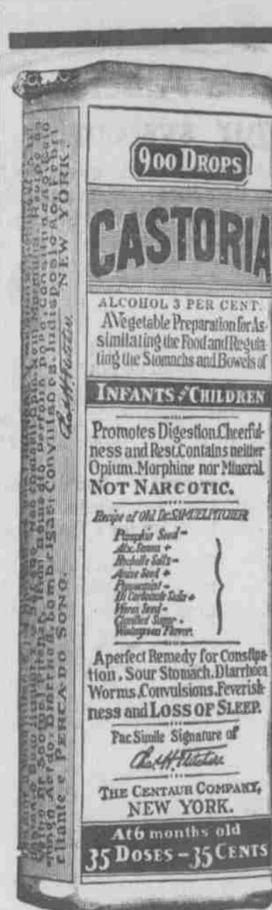
Miss Martha Pearl Crenshaw returned to her home in Kansas City Saturday after a visit here with relatives.

Mr. and Mrs. O. J. Farris returned to their home in Kansas City Saturday after a visit here at the home of Peter Hale.

Miss Nell Ross went to Kansas City Saturday for a few days' visit.

Miss Annie Mai Rushing went to Kansas City Saturday for a visit.

Miss Lucile Lockhart went to Kansas City Saturday for a few days' visit.



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

Always Bears the Signature of *Dr. J. C. Hutchins* In Use For Over Thirty Years **CASTORIA**

Cool Drinks for Hot Days.

"A lemon a day, keeps hot weather at bay."

Syrup is the best sweetening.

Fruit juices make the best drinks.

Orange and pineapple juice added to rich lemonade improve it for some people.

Half a cup of lemon juice, six tablespoonfuls of syrup, and three cupfuls of cold water make a good lemonade.

Currant jelly dissolved in either hot or cold water makes an excellent drink. So do many other jellies.

Chilled blackberry or raspberry juice diluted to taste and served with or without a slice of lemon touches the spot.

Fruit lemonade is made by adding small pieces of sliced pineapple, orange, muskmelon, Cherries, and a sprig of mint leaves.

Use the lemon squeezer on oranges just as on lemons and pour the juice on finely cracked, artificial ice. This is an especially healthful drink but little like other iced drinks, should be swallowed slowly.

Grind a can of sliced pineapple is better than that which is already grated, so the best results are obtained by buying the sliced article and using the food chopper.

Lemon egg nog is a food as well as a drink. Make it by beating an egg yolk until it is lemon colored and thick. Then add a teaspoonful of sugar gradually and follow this with the stiffly beaten white of the egg. Add a teaspoonful of lemon juice and serve while cold.

Almost all these drinks may be sweetened better and more economically with syrup than with sugar because it dissolves more completely and is not wasted by settling at the bottom of the cup and being thrown out. Make it by adding a cup of sug-

ar to a cup of water, stirring until the sugar is dissolved and then boiling slowly for ten minutes without stirring. Cool the syrup and put it in a bottle or jar until wanted for use.

John McDonald spent Sunday in Higginsville.

Wanted—Ambitious men desiring to earn \$200.00 or more per month. Every salesman given special training. Unlimited opportunities. Write immediately. Power Lubricating Co., Detroit, Mich.

Farm Loans

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

Morrison-Wentworth Bank.

HOME MONEY TO LOAN

See J. Q. Plattenburg for Home Money Reasonable rates. No Commission.

Peyton Nurseries

Boonville, Mo. Reliable growers since 1887. Catalog to planters. Agents wanted.

Cuts, Burns,

Bruises, Sores, Wounds and Piles quickly healed with Arnica Salvo. It prevents infection, is antiseptic, soothing, healing. Try it once. Money Back If It Fails. The Original and Genuine.

Bucklen's Arnica Salvo

Heals the Hurt All Druggists and Dealers, 25c.

Going West?

Want some reliable information about any of the country west of the Rockies—California, Oregon, Washington, Idaho, Montana, Nevada, Utah, Arizona, New Mexico, Texas? Want to know something about farming opportunities, railroad rates, routes, automobile highways, hotels, resorts, prices of land, methods of farming, etc.?

It's our business to know all about this Pacific Slope country. Sunset Magazine is the one big national magazine, reflecting the life of this country and giving accurate information concerning its growth and development. Send 10c for a sample copy of Sunset Magazine and write us a letter asking whatever information you desire concerning any state in the West.

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