

DAILY DIET AND HEALTH HINTS

By DR. T. J. ALLEN
Food Specialist

ATE QUAIL A DAY FOR 32 DAYS ON WAGER.

George Razakies of Chicago finished eating thirty-two quail in thirty-two days December 7, won a wager of \$700, and offered to eat thirty-two more in the next thirty-two days for \$1,000. The danger, or impossibility, of eating one article of food continually is altogether imaginary.

Quail, or any other animal food, is inappropriate as steady diet for man, who is not carnivorous, but almost any single non-flesh food that contains all the elements of nutrition in nearly the same proportion as they are found in the blood, is far superior to the ordinary mixed diet. The infant can live best for three years on a milk monodiet, and the average man could live a hundred years on whole wheat bread alone.

The adoption of the monodiet approximately would largely abolish sickness, then it would solve the servant problem. Efficiency, mental and physical, would be doubled, and the cost of living would be reduced one-half, but quail on toast, champagne, pie and cake and all superfluous dishes would be eliminated. Disease would be largely eliminated, including cancer, whose essential physical cause I have proved to be the disorganization of nutrition and consequently of cell proliferation, under certain favorable circumstances.

Aptly Quoted.

A young lawyer wished to cite an authority on a case he was conducting, and not being able to remember it, his opponent wittily remarked: "Though lost to cite, to memory dear."

Do You Know Him?

The musician had delighted her audience for an hour with classic melody, and at some one's suggestion she was now rendering one of her own compositions.

At the close she wheeled suddenly about on the stool amidst plaudits and general expressions of admiration. Her own little "piece" had struck closer home than the classics.

"Ah," said the listener who had heard the selection for the first time, that is very beautiful—charming—melodious—it sounds just like something I've heard before."

Feeding Corn.

Corn should be fed with judgment. Old corn is better than new, and there is a loss in the crib while waiting for the older it gets. Corn that is smutty or moldy should not be put in the crib. It is injurious to all kinds of stock, producing a disease styled by some the "stomach staggers." If smutty corn is placed in the crib with sound corn, there is a possibility of the sound corn being affected. The same rule applies to corn fodder; use only that which is clean and free from smut. When cattle refuse certain kinds of corn fodder the chances are that there is something wrong with it.

Pleasant.

"All men are liars, you know," said her friend. "Yes," she replied, "but it is so pleasant sometimes to sit close to them and listen to them."

Feeding Rye.

Rye should always be fed ground into meal mixed with other grains, the oats, and never fed whole to any animal, whether it be horse, cow, sheep or pig. It is just as safe to feed rye in meal as to other animals. When rye meal is fed unground with other meals it is a dangerous feed, being far too concentrated to insure good digestion. The best use that can be made of rye is to feed it in chop to hogs. It has a nutritive ratio of 1 to 7.1; oats have a nutritive ratio of 1 to 6.2.

NOTICE FOR PUBLICATION.

Department of the Interior, United States Land Office, Boise, Idaho, September 25, 1911. Notice is hereby given that Edward G. Rietberger, of Caldwell, Idaho, heir of Charles J. Rietberger, deceased, who, on September 23, 1904, made Homestead Entry No. 7623, Serial No. 03253, for SE 1/4 NW 1/4 and Lot 3, section 3, township 3 north, range 4 west, Boise Meridian, has filed notice of intention to make Final five-year proof, to establish claim to the land above described, before Isaac R. Beal, U. S. Commissioner, at Caldwell, Idaho, on the 11th day of November, 1911.

Claimant names as witnesses: John Janssen, Albert A. Faris, Roy W. Getts, and Forney C. Myers, all of Caldwell, Idaho.

WM. BALDERSTON, Register.

Oct. 6—N3
Reclamation.

NOTICE FOR PUBLICATION.

Department of the Interior, United States Land Office, Boise, Idaho, September 20, 1911. Notice is hereby given that Elias D. Brown, of Caldwell, Idaho, who, on April 20, 1910, made Homestead Entry No. 08885, for SE 1/4 SE 1/4, section 27, NE 1/4 NE 1/4, section 34, township 3 north, range 3 west, Boise Meridian, has filed notice of intention to make Final Commutation proof, to establish claim to the land above described, before Isaac R. Beal, U. S. Commissioner, at Caldwell, Idaho, on the 9th day of November, 1911.

Claimant names as witnesses: J. J. Jarvis, of Middleton; George H. Myers, Mrs. Ole Dushman, and Milt. Temples, all of Caldwell, Idaho.

WM. BALDERSTON, Register.

Oct. 6—N3
Idaho Coal Withdrawal No. 1.

COMMON COLDS MUST BE TAKEN SERIOUSLY.

For unless cured they sap the vitality and lower the resistance to more serious infection. Protect your children and yourself by the prompt use of Foley's Honey and Tar Compound and note its quick and decisive results. For coughs, colds, croup, whooping cough, bronchitis, and affections of the throat, chest and lungs it is an ever ready and valuable remedy. Botkin-Harmon Drug Co., Ltd.

Do You Know Him?

The musician had delighted her audience for an hour with classic melody, and at some one's suggestion she was now rendering one of her own compositions.

At the close she wheeled suddenly about on the stool amidst plaudits and general expressions of admiration. Her own little "piece" had struck closer home than the classics.

"Ah," said the listener who had heard the selection for the first time, that is very beautiful—charming—melodious—it sounds just like something I've heard before."

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NOTICE FOR PUBLICATION.

Idaho Coal Withdrawal No. 1. Reclamation. Department of the Interior, United States Land Office at Boise, Idaho, August 15, 1911. Notice is hereby given that Charles E. Greenleaf, of Idaho, who, on February 16, 1906, made Homestead Entry No. 7919, Township 4 North, Range 3 West, Boise Meridian, has filed notice of intention to make final five year proof, to establish claim to the land above described, before Isaac R. Beal, U. S. Commissioner, at Caldwell, Idaho, on the 10th day of October, 1911.

Claimant names as witnesses: Willie E. Ford, George M. Ernst, and William R. Ford, all of Greenleaf, Idaho.

WM. BALDERSTON, Register.

S-15—O-13

NOTICE FOR PUBLICATION.

Idaho Coal Withdrawal No. 1. Reclamation. Department of the Interior, United States Land Office at Boise, Idaho, August 16, 1911. Notice is hereby given that Charles E. Greenleaf, of Idaho, who, on February 16, 1906, made Homestead Entry No. 7919, Township 4 North, Range 3 West, Boise Meridian, has filed notice of intention to make final five year proof, to establish claim to the land above described, before Isaac R. Beal, U. S. Commissioner, at Caldwell, Idaho, on the 10th day of October, 1911.

Claimant names as witnesses: Edward G. Nelson, Cyrus E. Crook, James W. Smith and Dean H. Hight, all of Caldwell, Idaho.

WM. BALDERSTON, Register.

S-15—O-13

NOTICE FOR PUBLICATION.

Idaho Coal Withdrawal No. 1. Reclamation. Department of the Interior, United States Land Office at Boise, Idaho, August 15, 1911. Notice is hereby given that Charles E. Greenleaf, of Idaho, who, on February 16, 1906, made Homestead Entry No. 7919, Township 4 North, Range 3 West, Boise Meridian, has filed notice of intention to make final five year proof, to establish claim to the land above described, before Isaac R. Beal, U. S. Commissioner, at Caldwell, Idaho, on the 10th day of October, 1911.

Claimant names as witnesses: Mark A. Benson, of Caldwell, Idaho; R. F. D. Phillips, of Greenleaf, Idaho; Phillip V. Price, of Greenleaf, Idaho; Herbert E. Mero, of Greenleaf, Idaho.

WM. BALDERSTON, Register.

S-15—O-13

NOTICE OF THE ISSUANCE OF AN ATTACHMENT.

In the District Court of the Seventh Judicial District of the State of Idaho, in and for the County of Canyon, First National Bank of Caldwell, Idaho, a Corporation, Plaintiff, vs. W. J. Clingenpeel, Defendant. STATE OF IDAHO, ss. Notice is hereby given that on the 6th day of July, A. D. 1911, attachment was issued in the above entitled action against the Clingenpeel for the sum of Two Hundred Ninety One and Seventy-eight One Hundredths dollars, (\$291.78) with interest thereon at the rate of 10 per cent per annum from June 20th, 1910 on \$250.00 thereof and interest on \$41.78 at the rate of 10 per cent per annum from August 1st, 1910, together with the costs of this action, and \$75.00 attorney's fees.

Witness my hand and the seal of said District Court, affixed this 8th day of July, A. D. 1911.

GEO. W. STOVEL, Clerk of the District Court. By FRED MITCHELL, Deputy.

Griffiths & Griffiths, Attorneys for Plaintiff, residing at Caldwell, Idaho.

NOTICE FOR PUBLICATION.

Idaho Coal Withdrawal No. 1. Reclamation. Department of the Interior, United States Land Office at Boise, Idaho, August 31, 1911. Notice is hereby given that Cynthia B. Harrington, of Caldwell, Idaho, who, on March 14, 1906, made Homestead Entry No. 10062, Serial No. 02861, for SE 1/4 NE 1/4, section 5, Township 4 North, Range 3 West, Boise Meridian, has filed notice of intention to make final five year proof, to establish claim to the land above described, before Isaac R. Beal, U. S. Commissioner, at Caldwell, Idaho, on the 3rd day of November, 1911.

Claimant names as witnesses: William J. Agee, Wm. B. Arnold, Cora Hancock and H. R. Spencer, all of Caldwell, Idaho.

WM. BALDERSTON, Register.

S-29—N3

NOTICE OF TIME AND PLACE APPOINTED FOR PROVING WILL, ETC.

In the Probate Court of the County of Canyon, State of Idaho. In the matter of the estate of O. L. Phillips, Deceased. Pursuant to an order of the Probate Court made on the 22nd day of September, 1911, notice is hereby given that on the 14th day of October, A. D. 1911, at 10 o'clock, A. M. of said day, at the Court Room of said Court, at the Court House in the City of Caldwell, County of Canyon, has been appointed as the time and place for proving the Will of said O. L. Phillips, deceased, and for hearing the application of James L. Phillips for the issuance to him of Letters of Administration, when and where any person interested may appear and contest the same.

B. W. HENRY, Clerk.

Dated September 22, 1911. (Pub. 30.)

NOTICE FOR PUBLICATION.

Idaho Coal Withdrawal No. 1. Reclamation. Department of the Interior, U. S. Land Office at Boise, Idaho, August 31, 1911. Notice is hereby given that John P. Pemberton, of Caldwell, Idaho, who, on May 4, 1906, made Homestead Entry No. 9913, Serial No. 09913, for Lot 4, Section 10, Township 4 North, Range 3 West, Boise Meridian, has filed notice of intention to make final five year proof, to establish claim to the land above described, before Isaac R. Beal, U. S. Commissioner, at Caldwell, Idaho, on the 2nd day of November, 1911.

Claimant names as witnesses: Edward L. Murphy, Jessie Anderson, Nathan E. Ross and George A. Springer, all of Caldwell, Idaho.

WM. BALDERSTON, Register.

S-29—O-13

Idaho Coal Withdrawal No. 1.

NOTICE FOR PUBLICATION. Department of the Interior, United States Land Office at Boise, Idaho, August 24, 1911.

NOTICE is hereby given that Joseph Beckert, of Caldwell, Idaho, who, on May 7, 1906, made Homestead Entry No. 9111, Serial No. 03917, for SE 1/4 Section 19, Township 5 North, Range 3 West, Boise Meridian, has filed notice of intention to make final five year proof, to establish claim to the land above described, before Isaac R. Beal, U. S. Commissioner, at Caldwell, Idaho, on the 6th day of October, 1911.

Claimant names as witnesses: William, Ode, of Notus, Idaho; James A. Cartwright, of Caldwell, Idaho; Robert L. McFarlane, of Notus, Idaho, and Robert Cummings, of Caldwell, Idaho.

WILLIAM BALDERSTON, Register.

S-1-31.

NOTICE FOR PUBLICATION.

Department of the Interior, United States Land Office at Boise, Idaho, August 3, 1911. NOTICE is hereby given that Jonathan J. Wilson, of Greenleaf, Idaho, who, on February 16th, 1906, made Homestead Entry No. 7917, Serial No. 03330, for W 1/2 NW 1/4 Section 25, Township 4 North, Range 5 West, Boise Meridian, has filed notice of intention to make final five year proof, to establish claim to the land above described, before Isaac R. Beal, U. S. Commissioner, at Caldwell, Idaho, on the 3rd day of October, 1911.

Claimant names as witnesses: George M. Ernst, Charles F. Ernst, Thomas A. Ford and Willie M. Ford, all of Greenleaf, Idaho.

WILLIAM BALDERSTON, Register.

S-1-31.

Idaho Coal Withdrawal No. 1.

NOTICE FOR PUBLICATION. Department of the Interior, United States Land Office at Boise, Idaho, August 24, 1911.

NOTICE is hereby given that Thomas A. Ford, of Greenleaf, Idaho, who, on December 8, 1904, made Homestead Entry No. 7805, Serial No. 03330, for E 1/2 NW 1/4 Section 30, Township 4 North, Range 4 West, Boise Meridian, has filed notice of intention to make final five year proof, to establish claim to the land above described, before Isaac R. Beal, U. S. Commissioner, at Caldwell, Idaho, on the 5th day of October, 1911.

Claimant names as witnesses: George M. Ernst, of Greenleaf, Idaho; Charles F. Ernst, of Greenleaf, Idaho; Jonathan J. Wilson, of Greenleaf, Idaho, and Thomas L. Wilson, of Greenleaf, Idaho.

WILLIAM BALDERSTON, Register.

S-1-31.

NOTICE FOR PUBLICATION.

Idaho Coal Withdrawal No. 1. Department of the Interior, U. S. Land Office at Boise, Idaho, August 8, 1911. Notice is hereby given that Ida C. Exline Turner, formerly Ida C. Exline, of Caldwell, Idaho, who, on February 10th, 1910, made homestead entry No. 08278, for S 1/2 NE 1/4, N 1/2 SE 1/4, Section 31, Township 6 N., Range 3 W. Boise Meridian, has filed notice of intention to make Final Commutation Proof, to establish claim to the land above described before Isaac R. Beal, U. S. Commissioner, at Caldwell, Idaho on the 9th day of October, 1911.

Claimant names as witnesses: William H. Powell, of Emmett, Idaho. John R. Eakin, of Caldwell, Idaho. Herman P. Clark, of Caldwell, Idaho. David Fullerton, of Caldwell, Idaho.

WM. BALDERSTON, Register.

S-8-O-6

ALIAS SUMMONS.

In the District Court of the Seventh Judicial District of the State of Idaho, in and for Canyon County, Clara N. Ballard, Plaintiff, vs. James Wilford Ballard, Defendant. The State of Idaho sends Greeting to James William Ballard, the above named Defendant. You are hereby required to appear in an action brought against you by the above named plaintiff in the District Court of the Seventh Judicial District of the State of Idaho, in and for the County of Canyon, and to answer the complaint filed therein against you, within twenty days (exclusive of the day of service) after the service on you of this summons, if served within the District within which this action is brought, and within forty days if served elsewhere.

Said action is brought to obtain a decree of this Court dissolving the bonds of matrimony now existing between yourself and plaintiff, for the custody of the minor children in said complaint filed in this action named, and for such other relief as to the Court may seem just and equitable, upon neglect, all of which more fully appears in plaintiff's complaint on file herein, to which reference is hereby made.

And you are hereby notified that if you fail to appear and answer the said complaint, as above required, the said plaintiff will apply to the court for the relief demanded in this action.

Given under my hand and the seal of the District Court of the Seventh Judicial District of the State of Idaho, in and for the County of Canyon, this 24th day of August, 1911.

GEO. W. STOVEL, Clerk. By FRED MITCHELL, Deputy.

Curtis Haydon, Attorney for Plaintiff, residing at Caldwell, Idaho.

Aug. 25-29.

FOLEY'S KIDNEY REMEDY (Liquid).

Business Directory

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