



Pure Sweetness

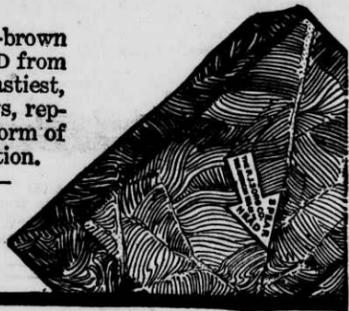
You get a double satisfaction out of your chew of SPEAR HEAD—the delicious fruity sweet flavor and the absolute assurance that it's supremely pure.

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PLUG TOBACCO

is made in one of the most up-to-date plug factories—spotlessly clean and rigidly sanitary.

That luscious, gold-brown plug of SPEAR HEAD from which you bite the tastiest, wholesomest of chews, represents the highest form of plug tobacco production. Try SPEAR HEAD—the very best chew that money can buy.



THE AMERICAN TOBACCO CO.

THE COUNTRY EDITOR

He might have been a millionaire,
And won financial fame,
Or sat in a director's chair,
Had money been his aim;
He chose instead to spend his years
In service poorly paid,
And with the paste pot and the shears
A humble living made.

He chronicled the town's events;
The local goings-on;
His fellow townsmen's hopes and beats
Inspired his lexicon;
He felt the public pulse that beat
Around him, and he tried
To make his little country sheet
A thing of local pride.

Unselfishly, with all his heart,
He strove but to uphold
His town, of which he was a part,
With great ambition filled.
He spoke well of his fellow men;
He praised when praise was due;
He wielded but a kindly pen,
And no reward he drew.

SENTIMENT AND SENTIMENTALITY

"Hit the ball hard for sentiment," says the editor of the Trenton, Mich., times, and in this touches the keynote of all that is dreamed and done to make the world progress. Sentiment is that disposition prompting to action or expression. It is the antithesis of sentimentality, which is the affectation of fine feeling. Sentiment is a feeling for a person or thing which prompts to action. It does more than that—it urges—it forces action. Love of country, of parents or of children have been the motives behind all the great works of art, of inventions, of great sacrifices and the building of great enterprises. Appeal to sentiment is a cry to the highest emotion. Through it newspapers build up large circulations, families are brought together, towns are formed and nations welded in an indissoluble bond. How greatly do those works of passion appeal, in which the actual is told with the spark of truth and nature! How do those dramas of life grip our souls when the suffering or the love or the struggle of character against character are laid before us in such a way as to be real. Through sentiment entire strangers are knit in an enduring friendship. Great orators, appealing to our sentiment, lead us on to almost impossible tasks. It is only when we depart from true sentiment into the realms of the sentimental that we go back. Thus the demagogue works, whose orations are aimed at a passing feeling—an emotion that does not nor cannot last. A whole state or nation may be swept by this momentary sentimentality, as is indicated by political movements which are not based on truth and flare up and die unremembered and discredited. Every movement should have the test of sentiment applied to it. If selfishness, money-making, untruth is shown in the reaction, it should be condemned positively and finally.

BUSINESS HARMONY

This has been a good season for business men's outings, picnics, field days and other summer sports. And they have served a good purpose. Business harmony is an absolute necessity to a community. Boards of trade are worthless if they are allowed to become hot-beds of petty jealousies, hickerings and cut-throat methods between the members. A great many business organizations also fail because a few officers are allowed to do all the work and the remainder of the members stand aside and criticize, fail to attend meetings and put up an almost insurmountable bar to closer unity. Here steps in the social side. The picnic, the summer outing, the field day, when all members of the Business Men's association close shop and get together to play cannot but result in harmony and a better understanding. Stiffness and formality can't last long in the baseball game between the fat men and the slim ones. The sourest grinch in the association is apt to become almost human under the influences of the sack or potato races, while the hatchet-faced, thin-lipped cashier who has a reputation of having smiled back in '96, is more apt to thaw under the stories and the luncheon under the trees than he is if he remains secluded in his money cage. These get-together meetings are far-reaching. Bill Jones, who has always hated his competitor, will go back to town laughing at the story the hated one told, and, like as not, will get into the habit of dropping by his store to hear more of those stories, and, incidentally, talk over business matters with him. Town spirit and good business grow out of pleasant relations.

LATEST WAR NEWS

"I understand," said Gadabout, "that Germany, France, England and Russia are now all in favor of disarmament."

"Is that so?" asked Stupid.

"Yes. Germany is in favor of the disarmament of the other three, and they are equally in favor of disarming Germany."

WHAT TO EAT AND WHY

Health demands sufficient food to supply the energy for our daily activities and to make good the continuous waste of tissue that is the essence of life itself. On the other hand, overeating is as harmful as under-eating, since an undue accumulation of food in the digestive canal leads to the production of poisonous bacterial waste products and places an undue burden on the kidneys.

Since the food is needed not only to supply energy, but also to build up the waste of the tissues of the body, it is necessary that the various elements of the diet should be present in the proper proportions. This involves at least four distinct problems.

First—Certain foods like meat and milk and eggs and beans and peas include a large proportion of protein substances which contain nitrogen, while other foods like potatoes and bread and butter are made up chiefly of carbohydrates and fats which contain no nitrogen. It is important that the diet should contain enough protein to build up the body tissue, but not too much, since it is the protein constituents in particular which are subject to harmful bacterial decompositions when they accumulate in the digestive tract.

Second—The body needs not only the proteins, carbohydrates and fats in the diet, but also the mineral elements, or salts, such as calcium and iron. These salts are practically always present in an ordinary American diet and therefore take care of themselves. It is necessary also that the balance of acid and alkali forming elements should be correct. It has been found that when meats are oxidized they yield an acid ash, while vegetables usually yield an alkaline ash. This is another reason why a proper proportion of vegetable matter in the diet is important.

Third—There is a class of substances called vitamins, which are present in meat and butter, for example, but not in bread and lard. "Polishing" or removing the outer coats from rice removes the vitamins, and primitive people who live almost exclusively upon polished rice develop a characteristic disease, beri-beri. There is practically no danger of vitamin deficiency with any diet generally used in the United States.

Fourth—Finally, a certain amount of fibrous, rough indigestible food, such as is found in graham bread, spinach, cauliflower, cabbage, etc., is a desirable element in the diet since it helps to stimulate the movements of the bowels.

If other factors are correctly adjusted the salts and vitamins will take care of themselves. One should, however, guard against too much or too little protein, too many acid forming foods and too little of the rough and indigestible, but bowel stimulating foods.

The general rules suggested by Professor H. C. Sherman of Columbia University that a family should

Spend about as much for milk, vegetables and fruits as for meat, fish and eggs, and

Spend about as much for milk and eggs as for meat and fish will approximately meet these requirements.

How near does the relative size of these items in your butcher's and grocer's bills come to these standards?

GASOLINE BILL IS TOO MUCH

The automobile owners of southern Idaho have organized an association at considerable expense to each member, and a good many of the members have been wondering whether they would ever get value received for the money paid for membership and dues. The attention of the officers of this association is called to the fact that it has been demonstrated that gasoline can be laid down in Idaho for twelve cents per gallon, while at Boise, the largest city in the State, the retail price is twenty-two cents. The Tribune recommends to the association that here is a most fertile field for its endeavors, and an opportunity to demonstrate its real worth. There are 7,000 automobiles in the State and it would be a low average to estimate that they use 300 gallons per year, or a total of 2,100,000 gallons. A saving of seven cents per gallon would amount to \$147,000, which would go a long way annually towards building good roads if so applied. If gasoline can be laid down for twelve cents, the retail price should not exceed fifteen cents. This would be a saving of seven cents on 22-cent gasoline. The automobile association can secure this reduction if it undertakes it. Its course in the matter will largely determine its usefulness.—Caldwell Tribune.

Was there something in connection with yourself or your family that should have been mentioned in the paper last week? The fault of the oversight was more yours than ours. Editorial eyes are piously supposed to see everything, but they don't—simply because we are human, after all. Next time anything of the kind occurs just tell us about it at once and you will find us thankful to get it. Our business is to tell other people what takes place in this community and we want you to help us every time you have an opportunity. Tell us about it the next time.

DON'T WAIT

Take Advantage of a Blackfoot Citizen's Experience

When the back begins to ache, Don't wait until backache becomes chronic;

'Till kidney troubles develop;

'Till urinary troubles destroy night's rest.

Profit by a Blackfoot citizen's experience.

Mrs. William Elison, R. F. D. No. 1, Blackfoot, says: "I hold just as high an opinion of Doan's Kidney Pills today as when I publicly endorsed them in 1907. My kidneys bothered me from childhood and the pain through my right kidney and side was almost unbearable. My limbs became stiff and numb as though paralyzed. I couldn't sleep well, as no position was comfortable. I had dizzy spells and kidney weakness was a source of annoyance. I finally used Doan's Kidney Pills and they cured me."

Price 50c at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Elison had. Foster-Milburn Co., Props., Buffalo, N. Y.—Adv.

JUDGE STEVENS AGAIN REVERSED

Guy Buster, serving sentence of from ten to thirty years in the Idaho State penitentiary for second degree murder in the killing of Henry Brown near the village of North Fork, Lemhi county, April 17, 1913, will be retried in the Sixth judicial district court, for the Supreme court in an opinion handed down last night finds reversible error in the character of the evidence submitted prejudicial to Buster and the manner in which Judge J. M. Stevens left instructions with the jury. It reverses the judgment of the lower court and orders a new trial. The opinion is written by Justice Budge and is concurred in by the chief justice and Justice Morgan.

Buster was charged with murder in the first degree, but the jury returned a verdict of second degree murder and it was on this verdict sentence was passed. A motion for a new trial was made by counsel for Buster, but was overruled by Judge Stevens. The appeal was taken from the order of the court on the motion.

Brown Attacks Buster

The facts leading up to the tragedy are substantially as follows: On the night Brown was killed, Buster met a Mrs. Allie Agee, at his sister's home near what is known as the North Fork post office and shortly afterwards he met her again on the highway not far from his sister's home. In company with Mrs. Agee and her son Buster walked down the road in the direction of the home of Brown, meeting the latter on the way.

Mrs. Agee testified that she was walking between her son and Buster; that her son saw Brown first and that Brown was walking towards them; that they walked along until they met him, whereupon Buster stepped back a little so Brown might pass, saying at the same time, "evening"; that Brown said to Buster, "Take a walk." At this command it appears Buster stepped back a few steps and Brown raised a cane and began hitting him. As Buster retreated before the attack he said, "Don't Mr. Brown," several times. Brown, however, kept on showering blows on Buster, whereupon the latter drew a pistol and fired two or three times, killing Brown. Walter Agee, in his testimony, corroborated the above.

Weese Evidence Prejudicial

It is largely upon the admitted testimony of one Simon Weese, however, the court reverses the verdict. Weese testified to having a conversation with Buster the day before the killing where-in he alleged Buster said, "You are not the only one I have got to round up. I have got several more and some of them will get it a damn sight worse than you did."

"After careful consideration of all the evidence in this case," says the

court, "we do not feel warranted in holding that the declaration as testified to by Witness Weese, if made by appellant, was competent proof of malice or premeditation on his part to take the life of the deceased. . . . Under the facts in this case we think it was reversible error for the court to permit the testimony of Witness Weese to go to the jury."

Instructions Improper

In regard to the instructions given by the judge of the lower court to the jury the Supreme court in its opinion finds that counsel for both sides submitted written charges to the jury and requested they be given by Judge Stevens. Upon each charge presented the court must indorse and sign its decision. If part is given and part refused the court must distinguish showing by indorsement what part of the charge was given and what part refused. It seems the lower court pinned the suggested charges with his own charge to the jury having previously struck out parts of

the former, to the jury. This the Supreme court finds, was prejudicial to Buster.

"The ninth assignment of error involves the insufficiency of the evidence to support the verdict and judgment of conviction," says the court. "From the conclusions reached in this case it will be necessary that a new trial be ordered; and for that reason we will not further comment upon the evidence. On account of errors in the admission of testimony and in permitting the jury to have possession of instructions that the trial court had refused, it becomes our duty to reverse the judgment and grant a new trial; and it is so ordered."

Beware of Cheap Substitutes

In these days of keen competition it is important that the public should see that they get Chamberlain's Cough Remedy and not take substitutes sold for the sake of extra profit. Chamberlain's Cough Remedy has stood the test and been approved for more than forty years. Obtainable everywhere.—Adv.



The Palace of Liberal Arts at the Panama-Pacific Exposition. It contains the exhibit of the Bell System and is the western terminal of the Transcontinental line.

Transcontinental Terminals

AMONG the many wonderful things worth seeing at the Panama-Pacific Exposition, which President Hadley of Yale has described as "the most beautiful and inspiring exposition the world has ever seen," the Transcontinental demonstration of the Bell System has won distinction and has been awarded the Grand Prize of Electrical Methods of Communication. For the first time, perhaps, thousands who have visited the Bell Telephone Exhibit have realized what the wonderful long distance development of the Bell System means to them personally; how it links them to their home interests no matter where they are, and increases the range of their social and business activities.

One of the practical results of this striking demonstration of long distance development will be a larger use of the Bell long distance and toll lines which unite 9,000,000 telephones covering the whole country.

Your Bell Telephone Makes You the Near Neighbor of Your Farthest-Away Fellow Citizen

The Mountain States Telephone and Telegraph Co.

"We all like Becco!"

It's so good for us!

-a true non-intoxicating beverage to serve in the home

TRY IT!

ORDER FROM Becker Brewing & Malting Co. OGDEN UTAH

Becco's is a non-intoxicating pure food beverage.

TYPHOID is no more necessary than smallpox. Army experience has demonstrated the almost infallible efficacy, and harmlessness, of Anti-Typhoid Vaccination. Be vaccinated NOW by your physician, you and your family. It is more vital than home insurance. Ask your physician, druggist, or send for "Have you had Typhoid?" telling of Typhoid Vaccine, results from use, and danger from Typhoid Carriers. THE CUTLER LABORATORY, BERKELEY, CAL. PHOENIX VACCINES & SERUMS UNDER U. S. GOV. LICENSE