

Makes Home Baking Easy and Profitable

# ROYAL BAKING POWDER

Adds Healthful Qualities to the Food

The only Baking Powder made from Royal Grape Cream of Tartar.

ABSOLUTELY PURE

No Lime Phosphates  
No Alum

### Sunday Services At The Boise Churches

**Methodist.**  
 First Methodist Episcopal church—Tenth and State streets. Rev. W. S. Matthew, pastor. Sunday school at 10 a. m. Young men, especially strangers, are cordially invited to meet with the Epworth League at 11:30 a. m. at 6:45 p. m. Morning, the Sacrament of the Lord's Supper, Evening topic, "How Christianity Invaded the Continent of Europe."  
 Eagle Methodist Episcopal church—Irvin A. Engle, pastor. Sunday school at 10:30; Epworth League at 7:15; preaching at 11:45 a. m. and 8 p. m.  
 Immanuel Methodist Episcopal church—Corner Fourteenth and Eastman streets. Rev. G. G. Haley, pastor. Sunday school at 10 a. m. Epworth League at 6:30 p. m. Services at 11:30 a. m. and 7:30 p. m. The new pastor will preach his first sermon, Morning subject, "Gospel Measure"; evening, "Debt of Power." Special music at the evening service by the ladies' quartet.  
 Whitney M. E. Mission—At Whittington school house on the bench. Preaching at 2:30 p. m. Sunday school at 8:30 p. m.  
 Trinity M. E. Sunday school—Meets every Sunday morning at 10 o'clock at Twenty-seventh and Washington streets. Joe Farmer, superintendent. Preaching by Rev. H. F. Irvin, at 11 a. m. and 7:30 p. m.  
 Free Methodists—Hall 110 South Thirteenth street. Ira D. Brown, pastor. In charge. Sunday school at 10 a. m. Preaching at 11 a. m. and 7:30 p. m. Regular prayer meeting Friday at 7:30 p. m. Missionary meeting first Tuesday of each month.  
 Collister Methodist church—Rev. Irwing, pastor. Services at Sargent's store. Sunday school at 6:45 p. m. Preaching at 8 p. m.  
**Episcopal.**  
 St. Michael's Cathedral—Eighth and State streets. Rev. Everett P. Smith, dean. Sunday school and adult Bible classes at 10:15 a. m. Holy communion on the first Sunday of each month at 11:30 a. m. Morning prayer and sermon at 11:30 a. m. Young people's meeting at 7:15 p. m. Evening prayer and sermon at 8 p. m. Service and address every Friday evening at 8 p. m. in the Bishop Tuttle church house.  
 Christ church (Episcopal)—Corner of Ridenbaugh and Fifteenth streets. Rev. D. H. Jones, rector. Sunday school at 10:30 a. m. Morning services at 11:30 a. m.; evening service at 8 p. m.  
**DANGER IN DELAY**  
 Kidney Diseases Are Too Dangerous for Boise People to Neglect.  
 The great danger of kidney troubles is that they so often get a firm hold before the sufferer recognizes them. Health will be gradually undermined. Backache, headache, nervousness, lameness, soreness, lumbago, urinary troubles, dropsy, gravel and Bright's disease may follow as the kidneys get worse. Don't neglect your kidneys. Help the kidneys with Doan's Kidney Pills, which are so strongly recommended right here in Boise.  
 Mrs. H. Bay, 1706 N. Fourteenth st., Boise, Idaho, says: "For several years I was afflicted with kidney complaint and at times my back was very weak and painful. The kidney secretions caused me great annoyance and my system was filled with uric poison. My ankles often became badly swollen and it seemed as though needles were sticking me. I first used Doan's Kidney Pills, procured at Joy's Drug Store, two years ago and they benefited me wonderfully. I still take this remedy whenever I feel in need of a kidney tonic and the results are always of the best."  
 For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States.  
 Remember the name—Doan's—and take no other.

## REGULATIONS OF HEALTH ENFORCED BY THE MILITARY

Armies and Navies of the World Have Solved Many Problems.

### TYPHOID IS NOW A THING OF THE PAST

First Quality of Soldier His Power to Endure Fatigue and Privation, Declared Napoleon—Health of the Armies Has Been Very Greatly Improved During Recent Years—Costly Lesson Learned by America.

By Frederic J. Mackin.

The world is much indebted to its armies and navies for the state of its health. Able to enforce rules and regulations upon large bodies of men, the medical officers of the armies and navies of the civilized world have been in a position first to work out their theories and then to apply them. The results have proved of incalculable value in the fight of humanity against disease and for a longer lease on life. The sanitary results of our war in Cuba have been worth more to humanity than it is possible to estimate. It directly banished from the category of uncontrollable diseases one of the worst of all the ills to which one-half of the human race was heir. Indirectly it made possible the digging of the Panama canal and the "healthization" of half the earth's surface.

Likewise, the protection of the British soldier demanded that he should be released from the constant warfare of malaria, and that called upon the British army surgeon to determine the cause of the disease, and he did not fail to meet the demand. The result is that the world now has it within its power to put an end to one of the most widespread and enervating ailments in the catalogue.

Then came typhoid fever. Armies in the past have lost more good men from the ranks from intestinal diseases in general and typhoid fever in particular, than they have lost from all the cannons and guns and bayonets. Our

in streets. Rev. A. L. Chapman, pastor. Sunday school at 10:15 a. m. Preaching services at 11:30 a. m. and 8 p. m. Special music by a large chorus under direction of Mrs. Clara Gish Ewing. Morning subject, "The Disciples of Christ and Christ Efficiency;" evening, "The Great Lawgiver."

Unitarian church—Franklin street, near Ninth street. Young people's meeting at 10:45 a. m.

Re-organized Church of Jesus Christ of Latter Day Saints (non-Mormon)—Meets at the G. A. R. hall at Eighth and State streets. Sunday school 9:30 a. m. Preaching at 8 p. m. Religious matter of all kinds discussed at these meetings. R. Owen, pastor. The poor among men are welcomed among us.

Church of Jesus Christ of Latter Day Saints—Corner of Fourth and Jefferson streets. Heber Q. Hale, presiding elder. Sunday school, 10 a. m. Evening service at 7:30.

Adventist church—Corner of Thirteenth and State streets. Sabbath school every Saturday at 10:30.

German Evangelical Lutheran Mission—G. A. R. hall, on State street. Rev. P. C. Rathert, pastor. German service at 11 a. m.; subject, "Die Wahlfahrt; Gedenktage des Leibes u. Blutes Christi im Abendmahl." Holy communion will be celebrated. The service will be the last held at the G. A. R. hall as the Unitarian church has been secured for services. A cordial invitation to all.

Church of God—Services at 11 a. m. Services held at 602 South Sixteenth street. J. W. Baker, D. D., district officer, ex-officio pastor.

Bible class—Meets for mutual study at 8 p. m. every Sunday afternoon at 602 South Sixteenth street. No collection.

The Church of the Nazarene—Corner of Twelfth and Eastman streets. Preaching every Sunday at 11 a. m. and 8 p. m. by pastor, J. B. Creighton. Review of the Sunday school lesson by pastor Tuesday evening at 8 p. m. Mid-week prayer meeting Wednesday evening at 8 p. m. Interdenominational holiness meeting Friday evening at 8 p. m.

South Sixteenth Street Gospel mission; interdenominational—South Sixteenth street, near River. Services Sunday and Wednesday at 8 p. m. Sunday school at 10 a. m.

Christians gathered to the name of the Lord meet in Odd Fellows building, South Boise, Sunday 10:30. Sunday school, 11:30. Gospel meeting, 8:00. Prayer meeting Wednesday at 8:00.

Friend's church—Corner of Eastman and Twelfth streets. Rev. G. W. Harvey, pastor. Sabbath school at 10 a. m. Preaching at 11 a. m. and 8 p. m.

Christian Scientists—State street, between Eighth and Ninth streets. Sunday services at 11 a. m. Sunday school at 12:15. Wednesday evening testimonial service at 8 o'clock. Free reading room in the Empire building open every afternoon except Sunday from 2 until 5 o'clock.

Salvation Army—Meets at 615 1/2 Main street. Holiness meeting at 11 a. m. Sunday school at 2:30 p. m. Y. P. L. meeting at 6:30 p. m. Grand battle for souls 8:30 p. m.

International Bible Students' association—Meets every Sunday at 3 p. m. at 310 North Eighteenth street. All are welcome.

Immanuel Lutheran church—Seventh and Port streets. Rev. F. Swenson, pastor. Sunday school at 10 a. m. Preaching services at 11 a. m. and 7:30 p. m. Morning subject, "An Unanswered Question and Some Important Instructions of Jesus." Everyone welcome.

Catholic.  
 St. John's Catholic—Sunday morning mass at 8 o'clock; high mass at 10:30. Evening service at 7:30. Rosary, instruction and benediction. On week days mass at 8:15 a. m. On the first Friday of each month masses at 6:30 and 8 a. m. Remi S. Keyser, rector.

Miscellaneous.  
 Church of Christ—Ninth and Frank-

own record in Cuba and afterward was appalling, and other armies have suffered no less. Then came the English and the German army surgeons in South Africa, and the vaccination treatment for the prevention of typhoid was the result—a treatment that, coupled with sanitation, promises to end the reign of typhoid in temperate climates, as that of yellow jack has been ended in torrid regions. The phenomenal record of the United States army during the past fiscal year when typhoid was as rare as leprosy, tells the story of its mastery by medical science.

Napoleon's Saying.

Napoleon once remarked that the first quality of a soldier is the power to endure fatigue and privation, and that courage is only secondary. Acting on that principle the military and naval men of the world have been trying to surround the soldierly with those conditions that would put them and keep them in the pink of physical shape. It was this same great authority who remarked that he wanted men, since boys only served to fill the hospitals and encumber the roadsides. In the campaign leading to Austerlitz he would take none under 22 and there never has been a campaign freer from stragglers or sick soldiers. During the Crimean war, the commander-in-chief, Lord Raglan, though in need of recruits, said he preferred to wait rather than to have 2000 boys sent him.

It is said that the only exception to the general rule of military life that an army loses more men from disease than from wounds, either in war or in peace, was that of the German army in the war of 1870 with France. During the American civil war they were almost exactly twice as many deaths from disease as from wounds. There were nearly five times as many deaths from disease in our war with Mexico as there were from wounds. During the war with Spain and in the Philippines from May 1, 1898 to May 1, 1899 there were nearly three times as many deaths from typhoid fever alone as there were from wounds, and more than five times as many from diseases in general.

The restriction of malaria has come to be an important problem in the promotion of military health. It has been asserted that this disease was responsible for the enervation of the armies of Greece and of Rome and the consequent decline of those two great nations. In point of fatality malaria is not such a serious affliction, but it so lowers the resistance to other diseases which are highly fatal, that it is being fought strenuously in the armies of the leading nations. A striking illustration of what may be done in that direction is afforded by an experience of the naval station at Olongapo, Philippine Islands. It was decided that the swamps land around the station should be flamed and that the ground should be cleared so that the mosquitoes could find "not where to set the soles of their feet" within 200 yards of the station. A second line of precautionary measures came in the shape of thoroughly screened quarters. The result was that instead of 2,214 days of sickness from malaria during the first quarter of one year, there were less than 200 during the corresponding quarter of the following year.

Health of Armies Impaired.  
 With the improved apparatus for sanitation in the field, such as incinerators, where all human and organic wastes are burned; with protected water supplies; and with carefully inspected food supplies, the health of men in armies today is better than that of a similar number outside the service. The regulations of the diet of the soldier and the sailor has now given them a balanced ration, and one that tends to keep their bodies in physical trim.

The armies of the world have not only made themselves freer from disease than they were before, but they have cleaned up civilian pest holes of disease. What our own troops have done in Porto Rico furnishes a notable instance at 11 a. m.; subject, "Die Wahlfahrt; Gedenktage des Leibes u. Blutes Christi im Abendmahl." Holy communion will be celebrated. The service will be the last held at the G. A. R. hall as the Unitarian church has been secured for services. A cordial invitation to all.

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 Church of Christ—Ninth and Frank-

# SUNNY BROOK

The PURE FOOD Whiskey

"The Inspector Is Back Of Every Bottle"

A PURE HEALTHFUL TONIC



Northwestern Liquor Assn.

(Successors to Leo P. Granbaum) General Distributors BOISE CITY, IDAHO

house canvass was made of the city of Richmond, and every healthy child of healthy parents was vaccinated in six places on each arm. Not a single mother in the city refused to have her children vaccinated when told that it was to provide virus for vaccinating the army. On the 14th day the crusts were collected, 12 from every child, wrapped in tinfoil, and distributed throughout the army, and the threatened epidemic was thus controlled promptly and completely. Not a single untoward case developed among the children.

Military and naval authorities are the first in the field in the application of every kind of prophylactic measures for the maintenance of health on a large scale. They not only have the power to compel the men under them to utilize those measures when once they have been proved effective in a small way, but to the lasting honor and glory of the common soldier himself it is to be said that he heartily joins in any movement of the kind. When doctors wanted to prove that mosquitoes cause yellow fever, the private soldier was there to submit himself and his life willingly to the test; when they wanted to prove that typhoid inoculation prevents typhoid fever, the hero of war was no less a hero of peace, and lives were willingly offered for experiment. Everywhere this spirit has been written in the armies of Europe and America, and the private who willingly would die for his country would as cheerfully

die for humanity.  
 Tomorrow—Hygiene and Sanitation. XVI.—Measuring the Public Health.

### PIERCE PARK AND COLLISTER NOTES

Mr. and Mrs. Sayer, father and mother of Mrs. Lacy E. Alter, have returned to their home in the east after several weeks' visit in Idaho.  
 Work is progressing on the new Collister school building. The walls of the second story are rising and the building will doubtless soon be enclosed.

A sister of Mrs. J. M. Shaw left for her home Thursday after a brief visit.  
 Robert Mead had a slight operation recently, from which he is recovering nicely.

Miss Mabel Mears is teaching in the Eagle schools.  
 Mrs. George D. Turner has been in attendance on the W. C. T. U. convention, which has been in session at Nampa the past week.

A. H. Keith has just contracted for the erection of two more dwellings in Garver addition.  
 Arthur Waddles, who has been almost helpless with rheumatism and other diseases for several years, is critically ill.

Mr. Ellison has teased the Paul Peckstein place for five years and will soon move his family there.  
 John D. Bell has been picking and shipping prunes from his place for several days.  
 A large company of young girls from Pierce park and Collister spent Saturday afternoon with Mrs. E. N. Murphy and enjoyed games and refreshments.  
 Dr. Collister has finished shipping prunes and will next ship apples.  
 The new Collister Presbyterian chapel will be ready for the plasterers when the lathing is completed.  
 Miss Florence Atkinson and Mrs. Edwin Atkinson left for Emmett today for a brief visit.

Baggage Transfer. Call us if in a hurry. Pasley Transfer & Storage Co. Phones No. 72.  
 How to Cure Cholera Morbus. Many cases of this disease result fatally before medicine can be obtained or a physician summoned. It is easily cured when the proper remedy is at hand. Mrs. Charles Stewart of Mt. Collins, N. Y., says: "When my husband had cholera morbus last summer he used Chamberlain's Colic, Cholera and Diarrhoea Remedy and it cured him promptly." Every family should keep this remedy at hand. It only costs a quarter. For sale by all dealers.  
 T H S  
 All our watch work absolutely guaranteed.  
 CON W. HESSE, Jeweler.

YOU CAN RENT YOUR VACANT property by advertising it in the columns of the Evening Capital News. No one will know that you have a vacant house unless you advertise it.