

HE'S OUT TO WIN BIG PRIZE



Poultry raising is one of our largest national industries. The high price of eggs and meat makes it an extremely profitable business.

Generous premiums for all kinds of poultry will be awarded by the big North Dakota State Fair, Fargo, July 12-17.

SAY THOUSANDS DIE FROM H. C. L.

United States Scientists Give Startling Facts Gleaned From Investigation.

CHILDREN MOST SUSCEPTIBLE

Claim Vice President Marshall's Adopted Son Killed by Lack of Nutritious Food—Proper Diet is Needed.

Washington.—The high cost of food is killing thousands of Americans and undermining the health of thousands of others.

This is the deduction made by scientists connected with the government, whose job is to figure out just what kinds of foods are necessary to sustain the human body.

The reason for the H. C. L. casualty list is that the most expensive foods are the ones most necessary to good health. Economical shoppers select the cheaper food and thereby deprive themselves and their families of life-sustaining elements.

The disease that develops is called acidosis. It is not a new disease, but its prevalence in America has developed in the last five years. The word "acidosis" is so new that it hasn't got into the dictionary.

Children Most Susceptible. The disease is more prevalent among children. It was the malady that killed Vice President and Mrs. Thomas Marshall's adopted son. That child had been properly cared for after the Marshalls adopted him, but he was undernourished before he fell into such fortunate hands and several years of proper feeding failed to restore his health.

"Bread and other starchy foods are the cheapest," said Dr. Carl Voegtlin, professor of pharmacology, government hygienic laboratory. "For this reason they are consumed more extensively. They are the foods that, used to excess, bring on acidosis."

The principal symptom of acidosis is abnormality in breathing. The respiration is more difficult because the lungs are trying to eliminate the excess of poison.

What is the preventive or remedy for acidosis?

Sometimes doctors give bicarbonate of soda or magnesium-alkalines that neutralize the acids—to prevent acidosis after operations, after ether anesthesia or relieving established acidosis or diabetes.

Proper Diet Needed. But to keep from "getting" acidosis there is a better way. The necessary alkalines can be taken into the body in a mixed diet, containing green vegetables, fruits and milk.

"One cannot emphasize too much the value of milk, fresh vegetables and fruits," declared Doctor Voegtlin. "From these foods one gets sodium and potassium carbonates and other inorganic salts that are absolutely necessary in neutralizing the acids if one is to keep well. The juices contain the alkalines the body needs. We should have them regardless of cost, for it is not economy to save money and ruin our health."

"The starchy foods, such as cakes, pies, hominy, hot cakes, biscuits, bread and potatoes should never make up more than 50 per cent of the menu, and should be much less, if possible. People should eat lettuce, cabbage, spinach, carrots, turnips, onions, apples, pears, oranges, grapefruit and other fruit and vegetables."

"String beans contain about the right proportion of foods and we should eat all we can get of them. The people now eat a half-pound of meat a day per capita, which is just 100 per cent too much. Sugar is a luxury that could be entirely eliminated with no bad effects. The best rule to follow is a mixed diet, with emphasis, especially now that summer is near, on the green vegetables and fruits and milk and its products, and eat plenty of food at regular intervals."

ENDS 150-YEAR FEUD

Trouble Started by Dog Has Just Been Settled.

Egyptian Authorities Interfere When Two Villages Engage in Bloody Battle.

Cairo.—An assize case has ended which is one of the most remarkable held in Egypt for years. It originated in a vendetta, not between families—but between two whole villages, Hamidat and Ashraf, near Kenah, Upper Egypt, northeast of the ruins of Thebes.

One hundred and fifty years ago a dog from the village of Hamidat bit an Ashraf man, who died. A quarrel followed between his relatives and the owner of the Hamidat dog, which developed till all the inhabitants of Ashraf considered that all persons of Hamidat blood were guilty of the death. The hatred of one village for the other became hereditary, and assassination was common between them whenever the conditions of the country favored disorder.

Last spring Ashraf attacked Hamidat in force. A score of Hamidatians were killed, 120 houses were burned and harvests were carried off.

Hamidat remembered the dog and bit back, killing 16 of the assailants.

These slayers have just been tried, 71 accused being brought up and one lawyer briefed for every five persons by the defense. Twenty-one received sentence of 10 years' penal servitude.

It is noteworthy that the vendetta did not include women, who during 150 years had indulged only in verbal warfare.

"EVERYBODY A SWIMMER"



The "two point side carry." A splendid method of carrying an exhausted swimmer to safety, as demonstrated by the American Red Cross, whose "Water Safety" throughout the United States will, they feel, be a means of saving many persons who otherwise might pay the penalty of carelessness or ignorance in the treacherous waters of our lakes, rivers and oceans. Through every water's port organization the Red Cross seeks to spread the gospel, "Everybody a swimmer—every swimmer a life-saver."

WHO STOLE DINOSAUR?

Theft of Giant Skeleton From Patagonia Frets Buenos Aires Official.

Buenos Aires.—Who stole the great Patagonian dinosaur?

This is a question the newspapers are asking, and it is also a question with which Dr. Carlos Ameghino, director of the Buenos Aires Museum of Natural History, would like to have answered.

The dinosaur, or rather its skeleton, was not stolen from the museum. It should be explained, but from the soil of Patagonia, near Neuquen, where, in a remarkable state of preservation, it was discovered by some English engineers a year ago during the excavation of an irrigation ditch. They notified Arthur Smith Woodward, naturalist of the British museum, of the find, who, in turn, communicated with Dr. Ameghino.

From the description of the engineers it appeared the dinosaur was a monster, even for dinosaur, and of a new species.

Thieves Stripped Distillery.

Gausville, Md.—On their sixteenth visit to the warehouse of the Fairchance distillery thieves took the last drop of 45 barrels of liquor left at the distillery at the time war-time prohibition became effective. It is believed that the distillery was the most robbed whiskey warehouse in the United States. It is located in a rather lonely spot. The whiskey taken is valued at between \$30,000 and \$40,000.

Mine in His Back Yard.

Webb City, Mo.—Back yards here are being turned into mining fields as a result of the operations of Joseph Lewis at the rear of his Liberty street home. Sinking a shaft 80 feet deep Lewis uncovered both lead and zinc deposits. The lead alone pays expenses. In the last week he shipped a cartload of zinc ore.

A Brown Study.

Portsmouth, O.—When commencement is held at the Stockdale (Pike county) school five of the eight students will answer to the name of Brown. There's Hazel, Robert, John, Ethel and Margaret.

015534 NOTICE FOR PUBLICATION

Department of the Interior U. S. Land Office at Minot, N. Dak. May 15, 1920.

Notice is hereby given that Arthur Leroy Williams, of Warwick, N. Dak., who, on Sept. 10, 1917 made homestead entry No. 015534 for NW 1-4 NW 1-4, Section 26, Township 151 N., Range 64 W., 5th P. Meridian, has filed notice of intention to make three-year Proof to establish claim to the land above described, before the Clerk of the District Court, at Devils Lake, N. Dak., on the 10th day of July, 1920.

Claimant names as witnesses: Fred Fleming, of Warwick, N. D. C. R. Bowers, of Warwick, N. Dak. W. E. Bryant of Devils Lake, N. Dak.

R. V. Rice, of Devils Lake, N. Dak. WM. O'LEARY, Register.

5-2-7 wkly.

The Boycott That Failed.

Dayton, O.—Women of this city handed together not to buy any groceries unless they could get sugar. The boycott was of brief duration, for with no sugar in town there was a good chance that the women would have to stop eating.

The Wife Pays.

Bellaire, O.—Two young men carrying income tax blanks called at the home of Annuzio Marchesi with the news that her husband owed Uncle Sam \$54 income tax. She paid. Her husband is seeking the bogus federal agents.

It is cheaper to ship by truck—Turtle's Transfer line—By motor truck anywhere. c5-18-tf

010547 NOTICE FOR PUBLICATION

Department of the Interior U. S. Land Office at Minot, N. Dak. May 15, 1920.

Notice is hereby given that Charles Belland, of Fort Totten, N. Dak., who on June 18, 1913, made homestead entry, No. 010547, for Lots 7 and 8, Section 5, Township 152 N., Range 66 W., 5th P. Meridian, has filed notice of intention to make three-year Proof, to establish claim to the land above described, before George R. Duncan, Clerk of District Court, at Minnewaukan, N. Dak., on the 26th day of June, 1920.

Claimant names as witnesses: Henry Langie, Frank Blackshield, Henry Buisson, Moses Smith, all of Fort Totten, N. Dak.

WM. O'LEARY, Register.

5-26-5t Wkly.

VOICE RECORD BY "WIRELESS"

Talking Machine in Experiments Repeats Tones of Persons Forty Miles Away.

London, England.—Experiments which have been carried out here have resulted in the making of a talking machine record on wax of a voice transmitted by wireless telephone 40 miles away.

While the voice was speaking at Chelmsford, in the county of Essex, where there is a high power instrument capable of transmitting the voice hundreds of miles, the equipment at the receiving plant in the Strand, London, was attached to a recorder which engraved the message in soft wax in the same way as an ordinary talking machine disk is manufactured.

CHICHESTER'S PILLS
THE DIAMOND BRAND
Largest Sale ever recorded by
any other brand of pills
Pills in Box and each bottle
has a diamond on the wrapper
Take as directed. Full directions
on wrapper. **CHICHESTER'S PILLS**
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SOLD BY DRUGGISTS EVERYWHERE.

MINNEAPOLIS
The
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RATES
\$1.75 to \$3.50
Per Day.

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Machine of One Purpose

BUTTER FAT is worth a lot of money today. To save every particle of it is the part of wise business economy. The Primrose Cream Separator is the standby of the wise dairyman.

The more you see of the Primrose separator and the longer you use it, the better you will like it. It has but one purpose—to separate cream from milk. It saves all the cream. The escape of a little cream here and there may not strike you as such a serious matter, but bunch those losses over a period of time and you will be astonished at the amount. That is where the Primrose separator protects your pocket-book.

The Primrose is the only cream separator that forces oil through every bearing, not just to them. This and other special and exclusive features about the machine we should like to show you. Call and let us show you just what this means to you as a money-saver. If not convenient to call, phone us, and we will call on you and bring a machine with us.

C. D. Haley
Devils Lake, N. D.

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We Sell Monuments

This design is but one of many we have to show you—From Factory direct to you

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Wolves in Manitoba Meet Trains, Claim

Winnipeg, Man.—According to Christopher Possett, station agent at Ginton Village, a short distance from here, the only thing wolves don't insist on doing in his town is roving.

Possett was here to get provincial permission to carry a gun and says the wolves know the railroad timetables as well as the chief dispatcher and come in droves to meet the incoming trains.

He was given the permit, bought a gun and loaded up with enough ammunition to last him a year or two.

Returns Watch.

Pittsburgh, Pa.—Another "honest" thief has made his appearance here. This time a watch taken from a hold-up victim was returned to him. According to J. S. Miller, he was held up and robbed of \$7 in cash and a watch and chain which was a family heirloom. A few days later Miller noticed something hanging from the knob of his front door and upon investigation discovered that it was his watch and chain.