

# A Food to Work On

Work! Work!! Work!!!

Lots of energy is needed to keep up the pace. In the struggle, the man with the strong body and clear brain wins out every time.

The man of to-day needs something more than mere food; he needs a food that makes energy—a food to work on.

Although some people may not realize it, yet it is a fact, proved and established beyond doubt, that soda crackers—and this means **Uneeda Biscuit**—are richer in muscle and fat-making elements and have a much higher per cent. of tissue-building properties than any other article of food made from flour.

That this is becoming known more and more every day is attested by the sale of nearly 400,000,000 packages of **Uneeda Biscuit**, the finest soda cracker ever baked. An energy-giving food of surpassing value—sold in a package which brings it to you with all the original flavor and nutriment perfectly preserved. *Truly the food to work on.*

Whoever you are—whatever you are—wherever you work—**Uneeda Biscuit**.

NATIONAL BISCUIT COMPANY

5c

**Stray Pointers.**  
 Not getting caught is the best policy.  
 Slander travels farther than do compliments.  
 Don't forget that a flatterer always has an ax to grind.  
 Very often the footrace is to the man with the best head.  
 Few women are as bad as many men want them to be.  
 Blissfulness of ignorance is responsible for many a blister.  
 It's risky to make a wife guess at the things she has a right to know.  
 It's lovely to prate about honest poverty in your safe deposit vault.  
 It's a dry town in which no one has occasion to raise an umbrella.  
 Beware of the man who uses perfume. He's either silly or in love.  
 Father should remember that no child is ever happier than the mother.  
 A real man can often be told by his treatment of his children and dogs.  
 The only cooks that stay with a family are those that are married to it.  
 Every woman wants to please some

one man, and it's his fault if the man isn't her husband.  
 Every woman is a puzzle and it's a wise man who can guess the answer.  
 The softest snap for the flirt is the fellow that "knows all about girls."  
 When a woman says she has no clothes, she means some one else has more.  
 Some women spend half their time quarreling and the other half gossiping.  
 No man can expect a happy home if he doesn't bring some of the happiness home.  
 The simple life is the kind nobody tries to lead because it has such a good reputation.  
 A secret is something you can't keep yourself, so you tell it to a woman and blame her.  
 Mothers think if they look after the match-making, the love-making will look after itself.  
 A man would dare do most anything but tell his wife how pretty some one else's baby is.  
 A man thinks he is awfully smart to read about some one else getting run over by a street car.  
 The more money a man has, the more his neighbors hate him and the more respect they pay him.  
 A man can always afford to marry off his daughters if he can afford to support his grandchildren.  
 Your son will be as like you as you desire to make him, and will copy two of your faults to one virtue at that.  
 A moral of recent letters on church attendance is that preaching in the pulpit is often killed by practice in the pew.  
 When a woman suspects some one she knows of leading a double life, she has more fun than if she was sure of it.  
 In this age of hygienic living, a girl should remember that a young man can look in her face and tell all about her feet.  
 Even when a woman knows it isn't so, she always believes her husband who is away when he writes how lonesome he is.  
 It takes three days of experimenting in cold weather to get the furnace to burn like blazes when the warm wave strikes us.  
 A man would have to work over-

time all day to do all the things he tries to make his friends believe he does before breakfast.  
 A boy would have to be an angel to make his rich uncle think he was not trying to get money out of him.

**KILL THE COUGH AND CURE THE LUNGS**  
 WITH **Dr. King's New Discovery**  
 FOR CONSUMPTION COUGHS and COLDs Price 50c & \$1.00 Free Trial.  
 Surest and Quickest Cure for all THROAT and LUNG TROUBLES, or MONEY BACK.

**5 DROPS**  
 TRADE MARK  
**CURES RHEUMATISM LUMBAGO, SCIATICA NEURALGIA and KIDNEY TROUBLE**  
 "5-DROPS" taken internally, rids the blood of the poisonous matter and acids which are the direct causes of these diseases. Applied externally it affords almost instant relief from pain, while a permanent cure is being effected by purifying the blood, dissolving the poisonous substance and removing it from the system.  
**DR. S. D. BLAND**  
 Of Brewster, Ga., writes:  
 "I had been a sufferer for a number of years with Lumbago and Rheumatism in my arms and legs, and tried all the remedies that I could gather from medical works, and also consulted with a number of the best physicians, but found nothing that gave the relief obtained from '5-DROPS.' I shall prescribe it to my practice for rheumatism and kindred diseases."  
**FREE**  
 If you are suffering with Rheumatism, Neuralgia, Kidney Trouble or any kindred disease, write to us for a trial bottle of "5-DROPS," and test it yourself.  
 "5-DROPS" can be used any length of time without acquiring a "drug habit," as it is entirely free of opium, cocaine, alcohol, benzoin, and other similar ingredients.  
 Large Size Bottle, "5-DROPS" (500 Doses) 2.00. For Sale by Druggists.  
**SWANSON RHEUMATIC CURE COMPANY,**  
 Dept. 25, 140 LaSalle Street, Chicago.

**Thousands Have Kidney Trouble and Don't Know it.**  
**How To Find Out.**  
 Fill a bottle or common glass with your water and let it stand twenty-four hours; a sediment or settling indicates an unhealthy condition of the kidneys; if it stains your linen it is evidence of kidney trouble; too frequent desire to pass it or pain in the back is also convincing proof that the kidneys and bladder are out of order.  
**What To Do.**  
 There is comfort in the knowledge so often expressed, that Dr. Kilmer's Swamp-Root, the great kidney remedy fulfills every wish in curing rheumatism, pain in the back, kidneys, liver, bladder and every part of the urinary passage. It corrects inability to hold water and scalding pain in passing it, or bad effects following use of liquor, wine or beer, and overcomes that unpleasant necessity of being compelled to go often during the day, and to get up many times during the night. The mild and the extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases. If you need a medicine you should have the best. Sold by druggists in 50c. and \$1. sizes.  
 You may have a sample bottle of this wonderful discovery and a book that tells more about it, both sent absolutely free by mail. Address Dr. Kilmer & Co., Binghamton, N. Y. When writing mention reading this generous offer in this paper. Don't make any mistake, but remember the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

## CRUELLY TORTURED

St. Louis Man Subjected to Terrible Agony for Three Days and Nights—His Startling Experience.

Captain Casper Gross, a well known and highly respected citizen of St. Louis, living at 2301 Dekalb St., that city has recently had an experience that he will not soon forget.  
 Captain Gross has for a long time been a sufferer from rheumatism, which at times would become so severe that his suffering would be almost unbearable. A short time ago one of these attacks came upon him and caused him such excruciating pain that it was impossible for him to sleep at night and in the day time his agony was pitiable. Nothing he could do would relieve him. Relating his story a few days ago he said: "I had tried everything imaginable but my suffering did not decrease. I had little faith left in any medicine but when I read so much and heard of so many people who had been cured by philanthropist Cooper's new medicines, I made up my mind that as a last resort I was going to try them. I

secured a small quantity and although it seems impossible it is so, that in a half hour after the first dose the pain left me. That night was the first rest I had had for nearly a week and it is only one who has suffered as I did who can appreciate what it meant to me."  
 "I am much improved even now after a short treatment, and I consider the Cooper medicines the greatest I ever heard of."  
 Cooper's New Discovery drives rheumatism poison from the blood, and besides Rheumatism, will cure Stomach and Kidney troubles, Blood Diseases, Catarrh and Paralysis. It sells for one dollar per bottle. Cooper's Quick Relief, the assistant remedy is an enemy to pain. It limbers up the muscles and joints, reduces the swelling and takes out the soreness, while the New Discovery drives the poison from the system for ever. It costs fifty cents. The medicines are sold only by Dr. J. T. Stephenson.

Burlington Route		TIME TABLE.		A—Daily except Sunday.	
All trains daily except as otherwise noted.					
TRAIN NO.	LACLEDE TRAIN SERVICE.	ARRIVE	DEPART		
.....55.....	For Kansas City, St. Joseph, Kansas and West from Chicago and Quincy	.....	4:15 a m		
.....16.....	To Hannibal, St. Louis and East from West	.....	12:35 a m		
A. 1.....	Local passenger for Kansas City from Brookfield	.....	6:10 a m		
.....3.....	Local passenger to Missouri River and west from the east	.....	11:55 a m		
.....41.....	"The Burlington Northern-Pacific Express" for Kansas City, Northwest Nebraska, Black Hills, Wyoming, Montana, Washington, Puget Sound, Portland from St. Louis	.....	3:50 p m		
.....5.....	Nebraska-Colorado Express to St. Joseph and the West from the East	.....	8:49 p m		
.....83.....	Way freight to Chillicothe	.....	6:55 p m		
.....4.....	Local passenger to Hannibal, St. Louis, Illinois, Chicago, Peoria and St. L. K. & N. W. points	.....	11:30 a m		
.....14.....	To Hannibal, St. Louis and east from the west	.....	12:20 p m		
A. 6.....	Local passenger to Brookfield from Kansas City	.....	9:15 p m		
.....56.....	To Quincy, Chicago, Peoria, and east, St. Louis, K. & N. W. points	.....	10:00 p m		
A. 92.....	Way freight, east bound	.....	4:40 p m		
<b>C B &amp; K C ROAD.</b>					
A. 7.....	Local passenger for Carrollton	.....	3:20 p m	3:50 p m	
A. 19.....	Way freight from Moulton	.....	5:00 p m		
A. 9.....	Way freight, south bound	.....	8:20 a m		
A. 8.....	Local passenger north bound	.....	11:30 a m	11:55 a m	
A. 10.....	Way freight north bound	.....	5:30 p m		
.....20.....	Way freight north bound (Monday, Wednesday, Friday and Saturday)	.....	7:45 a m		
.....24.....	Fast freight north bound (Tuesday and Sunday only)	.....	5:45 a m		
.....26.....	Fast freight north bound (Thursday only)	.....	6:45 a m		

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Z. T. STANDLY, President. H. O. LOMAX, Cashier. J. T. LOMAX, Ass't. Cashier.

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 No other section of the country promises such great return from products of the soil and increased values. It's WORTH YOUR TIME.

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