

MARSHALL REPUBLICAN

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DAILY DIET HINTS

By DR. T. J. ALLEN
 Food Specialist

RYE BREAD EASILY DIGESTED.

Rye offers as much from wheat as does corn. It contains nearly the same minerals, but its starch is more easily digested than any other except rice starch. Hence rye bread is preferable to wheat, if it can be made light. But its starch is so easily dextrinized that it masses and fails to rise as wheat flour does. Hence, it is necessary to mix a little corn meal with rye. The best bread is that made from a combination of the cereals—wheat, rye and corn. The "black bread" so largely used by the hardy peasantry of Europe half a century ago was rye bread, the extensive cultivation of wheat in western Europe for bread-making being of comparatively recent date.

(Copyright, 1909, by Joseph B. Bowles.)

The president lost his voice in Texas. Republican presidents have never had much voice in Texas.

Yes, Christmas is coming and you couldn't dodge it if you tried. But the best way to meet it to do your shopping early—then just smile.

The motto of the Kansas City Missouri River Navigation Company is: "The way to navigate is to navigate," which means that boats will be put on the river and will begin to carry freight as soon as they can be built.

We have no inclination to force this paper upon anyone. We appreciate your patronage but when you want to part company state so frankly by stopping your paper. You have that perfect right, but please don't let it come on and then refuse to pay for it. We have so many names to watch that we never look the dates on some and we hope you will be fair enough to stop it whenever you don't wish it longer.

The people of the southeastern section of Missouri have made such progress in movements for the reclamation of lands, and have so much land along the Mississippi to be reclaimed and protected, that the deep water movement exists there heartily. At Cape Girardeau and Cairo, and at Hickman citizens of southwest Missouri manifested their pleasure at seeing a fleet of steamboats carrying many of the brainiest men of the country to the great waterways convention at New Orleans.

The Kansas City Court of Appeals has declared the Warrensburg local option election void and the town will have saloons again at least for awhile. The law provides that the election notice be published four weeks in one paper. To make sure, it was published in two papers, and in one of them the notice appeared one day less than four weeks and on this the court bases its cause for error and declares the election void.

A striking thing we noticed about Joplin is that in spite of its great prosperity and wealth it has a large class of people who live in poverty and squalor in the mining districts, due no doubt not to lack of work nor good salaries but to drink and to laziness. The contrast of our towns was so striking that we took a stroll at 1 a. m. Saturday after the banquet and found the saloons still doing a rushing business and filled with men who did not look prosperous in the least.

Missouri people lost, in damages occasioned by floods, about \$13,000,000 last year—more than \$5,000,000 in excess of all they paid the state in taxes. Governor Hadley will not undertake to stop the floods, as some critics claim, but he has undertaken to teach the people that excessive damages to lands and crops and business can be avoided by a little enterprise on

the part of the state, the counties and the people. If the \$60,000,000 in flood losses in the past six years can be reduced one-half in the next ten years by such drainage and embanking schemes as reliable engineers approve the cost will be covered and many millions more than the cost will be realized from increased crops, to say nothing of sanitary and economic conditions which cannot be computed.

An exchange criticises its opera house management because a good play was not advertised in its columns. It says it is unfair to the company, the public and the paper and gives good reasons. The company as the result of the contrary manager had a poor house to play to, the public is denied the opportunity of attending a good play and the paper not only loses the revenue it is entitled to but also loses its value as to reliability in announcing things.

We have never taken this opera house matter very seriously although our columns are not used to advertise any play. And even though our columns have been repeatedly offered free to announce any special attraction the management has neglected to use them. It may be good business to ignore a paper with a small circulation and high rate, but how our managers can come to the conclusion that they can ignore a paper with the circulation and standing of this paper, we don't understand. It looks like mighty poor business on their part.

We have an idea that if first-class plays—and first-class only—were properly advertised the opera house could be packed at \$2.00 a ticket for the right attractions.

The School and the Farm

"Missouri is a state of many and varied resources, but is first of all an agricultural state. On Missouri farms are 282,810 families. Thousands of others derive their livelihood indirectly from the soil. Yet, important as is agriculture, there has until recently been comparatively no attention given to its study, even in country schools. Too often it is true that our country boys and girls are being educated from the farm, instead of for it." The foregoing is from a bulletin, "The School and the Farm," recently issued by the Missouri State Board of Agriculture, and which may be had free by addressing, G. B. Ellis, Secretary, Columbia, Mo. The bulletin is intended primarily for those engaged in work in rural schools, but will doubtless be read with interest by others. The author explains that by the term "rural schools" is meant "not only the schools in extremely rural districts, but also those in villages and small towns which draw largely on the adjacent country for pupils and financial support."

"Failure to take up the teaching of agriculture in some form," says the author, "has not heretofore meant that the teacher has been at fault. Local conditions may have been such as to have made it unwise to undertake the work. However, the point we would make—and we would make it plain—is that the rural school teacher is at fault when he fails to point out to the country boys and girls who are his pupils, the beauties and advantages of the country, who is constantly directing them cityward, and whose general demeanor and conversation is such as to make them dissatisfied with their surroundings. Not that we would have our boys and girls blindfolded, not a bit of it. We would not have them remain on the farm just because they were born or reared there, but we would have these boys and girls receive the kind of instruction that would be of value to them should they decide to remain there."

Not only is the need of agricultural instruction pointed out, but there are suggestions as to how to interest the boys and girls in the study of the soil and growing things. In addition, there are special chapters by men prominent in rural school work. In one of these Thos. R. Melton tells of how he introduced agriculture in a district school, and describes a novel and successful school district fair.

Better Outlook for Revenue.

The First Bi-ennial Period of the Republican State Administration will not be Hampered.

Special Correspondence.
 Jefferson City, Sept. 20.—The liquor license law which was enacted by the legislature will be accepted by the liquor interests (with a few exceptions), and will be enforced against those who do not intend to accept it. There will be no compromise. No responsible official has ever suggested a compromise. The governor said, when he learned that the liquor men intended to test the law in the courts that it might become necessary to call a special session of the legislature to provide revenue in lieu of that which was expected from this special liquor license tax, as the proposed litigation would tie up the tax for two or three years, and make it impossible for the state to pay appropriations agreed upon after assurances that the tax would be promptly paid. He did not say this to force the payment of the tax; nor has he done or said anything that could be reasonably interpreted to mean that he would punish the liquor interests, or attempt retaliation; nor has he at any time offered to suspend, modify or otherwise interfere with the enforcement of this law. We are gratified now that there is to be no further contention over this law by the brewing interests, and possibly none by the organized whiskey interests. If the tax is paid there will be a balance on the right side of the revenue books at the end of the biennial period, instead of a deficiency, as the coal oil inspection department is contributing liberally to the general revenue fund, and several other sources of revenue are meeting expectations, and, in some instances, exceeding estimates made when the appropriation bills were signed.

His First Experience

Marshall, Mo.
 Nov. 4, 1909.

Editor Republican:
 I was "invited" to attend the smoker given by the Commercial Club at the Ruf Monday night and as I luckily found myself able to raise the price of a ticket, I purchased one and for several days lived in expectation of a big time with the kings of finance and wizards of trade. After waiting till 9.30 or 10—I had not touched a bite and was powerful gaunt—we sat down to a feast like I had never seen nor tasted, and which certainly was high-toned. While we were all busy grabbing for good things the fellows who "worked the trick" shut the doors and placed a guard over us—we were trapped! Then one of the "boys" said, "I have some automobile trips and other little tricks to settle for and the Fair Association won't pay the bill—so now the boys must shell out." Some of the fellows with big rolls got scared and offered to give \$10 a piece to get out, which was finally agreed to because the fellows who wanted the money was afraid some who didn't have the dough along would go free while their paper was good for \$10. After this big bribery they "tacked their sails" while to see the other fellows squirm. Just about here Nathaniel Randolph collapsed—fell flat to the floor carrying his chair with him. After coming to, he offered to part with his \$10 and was taken up. He said he'd make up by taking in more washing. A big Welsh-man man said he'd go \$5 too—\$2.50 that he'd got out of Randolph and \$2.50 that he had saved from his own labors. Some of the fellows was slow and they cross-fired them, told them of the wealth of their ancestors and the glad day coming—the chicken show—when all may eat yellow-legged chicken without money and without price. (He meant "see" instead of eat—editor.) That whooped them up a little but you ought to see the coin come when they turned the smoke on. We often heard of "smokin' em out," but this was smokin' them in and the money out. Well after they counted up the pile, says one fellow, "we'd like to have more—need it in our business—don't expect to walk when we can hire autos." Says the other fellow, "let's appoint a committee to waylay them singly where they can't get away"—and the bunch is now abroad in the land. Being a stranger and having a hungry look they thought I didn't have any coin—had \$1.30 with me belonging to the boss—and so I got away without further difficulties, but it beat me to see the fellows squirm while being held up and then shout to see the other

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Now, there is only one way that you can get a Mother's Oats Fireless Cooker, unless you want to go to a store and pay \$3.75 for it, and that is by being a user of Mother's Cereals, the best cereals, prepared in the largest mills, and sold everywhere by the best dealers in every town. In every package we place a coupon, and when you have 125 coupons we'll send you the \$3.75 Fireless Cooker for nothing. If you want a Fireless Cooker in a hurry, you can either buy ten packages of MOTHER'S OATS or any other Mother's Cereals, and get the Cooker immediately by paying \$1.15 in cash or upon the following basis:

- 50 coupons and \$.75 cash
- 35 coupons and .90 cash
- 25 coupons and 1.00 cash
- 15 coupons and 1.10 cash
- 10 coupons and 1.15 cash



But the best way of all is to go to your grocer and ask him to supply you with

A Mother's Kit

which contains a complete assortment of different delicious cereals for every palate and for every meal. Not only is it an advantage to buy your staple cereals in sufficient quantity at attractive prices (just as it's cheaper to buy flour by the barrel or butter by the crock) but in every Mother's Kit there is in addition to the saving of quite a considerable sum of money, a special Fireless Cooker Certificate, equal to eighteen coupons, which, when added to the coupons from the packages in the kit, enables you to secure a Cooker by merely adding 89 cents. A Mother's Kit consists of eighteen assorted packages of Mother's Cereals, packed in sanitary sealed packages, in which they are guaranteed to keep in perfect condition indefinitely.

- 8 packages of Mother's Oats, standard size
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- 2 packages of Mother's Granulated Hominy
- 2 packages of Mother's Coarse Pearl Hominy

This Kit can be purchased at your grocer's by simply paying \$1.95 (a little more at distant points). The grocer himself will either redeem your coupons and deliver the \$3.75 Fireless Cooker, or, if you so desire, send the coupons and 89c directly to us and we will ship the cooker to you, express collect.

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Don't think for a minute that I'm kicking—I more than got my money's worth. Mr. who sat next to me taught me a trick that alone is worth millions. Bob said he'd been suffering from stomach troubles for years until he learned how to diet himself and he undertook to show us. He says when he sits down to the table he allows six inches of space between himself and the edge of the table. When he touches, he quits. He quit a little early Monday night—there was still two inches of void.
 John Carleborn.

Prison Cruelty in Texas.

Galveston, Tex., Nov. 5.—The legislative committee's investigation of the state penal institutions and treatment of convicts on the farms, as well as in prisons, reveals the fact that more than fifty convicts have been killed by cruelties and whippings in the last three years. The record may be larger, but the board of inquiry finds it almost impossible to get the evidence from the convicts whom they examine. The majority of the convicts who could give positive evidence of specific cases of cruelty are afraid to tell because they fear they will incur the hatred of the guards at the penitentiaries and on the convict farms and plantations. As illustrating this point a long term convict, with an excellent prison record, admitted before the committee today that he had seen at least three whippings, the victims of which lived only a few days after the punishment. But he begged not to be forced to give the evidence.

A Pleasant Trip

The editor spent Friday and Saturday in the eastern part of the county last week very pleasantly and also profitably as the list of new subscribers will show. We were well cared for Friday night at the pleasant home of Mr. and Mrs. Arch Goodloe at Hardeman and Saturday for dinner by Mr. and Mrs. Ryland Carter. We thank the many who handed us their renewal or names.

Saline County Premiums.

A number of Saline county people secured premiums at the State Fair, but in looking over the published list we failed to see their names. Anyone having received a premium will confer a favor by notifying us. Among the premiums awarded we learn that N. R. White of near Nelson, who with J. T. Shackelford, of Napton is much interested in bees, received second premium on extracted honey and Mr. Shackelford second on wax and also on white clover extracted honey. Mrs. Anna E. Wright of South Odell received four premiums on crochet work.

into insensibility the guard's word goes with the superintendent. The guard merely explains that the convict showed fight or refused to obey orders. The whippings of convicts with heavy straps two feet long and three inches wide number more than four hundred that the commission has not finished. The commission says the cruelties inflicted upon the convicts by the state prison officers and guards are worse than those in Siberia.

Degrees of Decency

A man carrying a medium consignment of "booze" Saturday remarked to us, "Say, Democrats are nearly as decent as most folks, ain't they?" He then walked away and soon returned and added, "Say, Mr., don't you think Republicans are nearly as decent as Democrats?"

Another Snake Story.

John Rice, our friend of the Pinnacle Gap farm, who told that wonderful story about the snake that swallowed a nest of eggs and wrapped itself about a sapling to crush the shells, is credited with another story of no less interest. No one doubts the veracity of the man, and so we readily submit the new story to our readers, confident that it is true. He says that one day he found a big snake in the road and that he quickly dispatched his snakeship by cutting its head off with an ax. He then picked the snake up by the tail and shook it, whereupon fourteen big Irish potatoes rolled out upon the ground. What do you think of that?—Miami News.

For Sale

One automatic oil tank 60 gallons.
 One cheese cutter, Ideal make,
 One Money Weight Scale, computing and new.
 One new counter 20 feet long.
 One counter 15 feet long.
 One Cigar case.
 BARNDS and KING,
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Long Delayed Tribute.
 "The experienced reporter is a model of courtesy," acknowledged a Philadelphia preacher. First bouquet of that kind in years and years.—Cleveland Leader.

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