

## Starvation In The Midst of Plenty

Many are actually starving, even though eating heartily three times a day. They are starving because the usual diet lacks certain essential elements.

In making white flour, the outer coat of the wheat, containing the phosphate of potash and other vital mineral salts, is discarded. These mineral salts are absolutely necessary to nerve health and therefore to bodily health.

## Grape-Nuts

FOOD

contains the whole nutriment of wheat and barley, including the mineral salts. The malting of the barley starts digestive processes and the 20-hour baking breaks down the starch cells. Grape-Nuts food digests in about one-third of the time required by white bread.

Ready to serve—convenient, healthful and appetizing.

"There's a Reason" for Grape-Nuts

—sold by Grocers everywhere.

## ATHLETIC ADVANCE IN THE FAR EAST

CHINA, RAPIDLY COMING TO THE  
FORE, MAY BE SCENE OF  
OLYMPIC GAMES

Shanghai, July 20.—Evidences of a great awakening of interest in athletics throughout China have been reaching Shanghai, which is to be the place of holding the far eastern Olympic games next October.

Enthusiasm is at such a pitch in some quarters that it is said to be only a matter of years—perhaps only a few Olympiads—when Peking shall be the scene of the world's Olympics. It was a striking instance of the new order of things when, from May 18 to 22, last, the historic Temple of Heaven grounds, for centuries past dedicated to the exclusive use of the emperor, were thrown open for a national athletic meet at Peking.

This was preliminary to the organization of a strong team for the far eastern meet in Shanghai next fall. To facilitate the organization, the empire was divided into four sections, north, east, south, and west, with each section represented by an athletic association. The competitors were for the most part from mission colleges, government schools, and the Young Men's Christian association.

The honors showered upon the students who led the field in the mile runs or did the 100-yard dash in ten seconds, recall the fact that it was only a few years ago that the scholastic ideal in China was altogether that of the long-gowned youth with hands in sleeves and philosophic countenance bent to the ground.

Government officials, from President Yuan Shi Kai down have expressed their hearty interest in the games. An appropriation of \$5,000 has been authorized for them, and the president will

offer a trophy for the winner of the Decathlon.

The first far eastern Olympic meet was that held at Manila in February, 1913, when the Philippine athletes under American tutelage won the greatest number of points. But the Chinese delegation was second, and there is seemingly a good chance for their winning first place this year. The Philippines, however, are to send a force of 65 athletes to Shanghai, and the Japanese, with their characteristic energy are busy developing men worthy of the island empire. The picturesque Malay state of Siam is also to be represented with swimmers, tennis players and track men.

While the international Olympic games committee was inclined at first to view the far eastern Olympic games idea as that of a conflicting organization, the far eastern association has since become affiliated with the international games committee, and has asked China to send a representative to the next meeting of the committee at Berlin. A further bond has been established by the presentation on behalf of the Olympic games committee of a perpetual trophy to be held by the nation winning the greatest number of points in the far eastern championships.

Eases Torment of Asthma and Hay Fever

For the discomfort and misery of asthma and hay fever use Foley's Honey and Tar Compound. It puts a healing, soothing coating over the swollen, tickling membranes, and eases the thick and choking sensation. Helps you to breathe easily and naturally. In the yellow package. O. G. Schaefer and Red Cross Drug Store.—Adv.

REGISTRATION BOOKS ISSUED  
Santa Fe, July 20.—Secretary of State Antonio Lucero today sent to the various counties the registration books for the 1914 election.

## HARVEY'S RANCH POPULAR RESORT

MANY VACATIONISTS REGISTER  
AND MAKE TRIPS TO SUR-  
ROUNDING PEAKS

Harvey's, the popular mountain resort, is having an unusually large number of visitors this summer. During the past week visitors from ten different states were registered at that place. Mountain climbing constitutes the chief form of amusement and some long trips are being taken by the boarders. A party of the more enthusiastic ones made the trip to Elk mountain last week and were pleased with the view obtained from the summit. They were also treated to one of the unusual sights of the world, seeing flowers growing at the foot of a snow bank.

Those who returned Saturday said that the country was in the best condition that it has been for many years and that the cattle are in excellent shape. The prospects for a great year are good and the farmers are in good spirits.

Those registered at Harvey's last week were:

Miss Alice Gage, Seabaw, Mo.; Miss Nell Stevenson, Hamilton, O.; Miss Nell Dunkle, Indianapolis, Ind.; L. H. Hofmeister, Tucson, Ariz.; F. R. Bittiger, Las Vegas; Miss Charlotte Falter, Chicago; Miss Esther Anderson, Chicago; Mr. and Mrs. Joshua Hunter and daughter, Saultsbury, Mo.; Mr. and Mrs. George Hunter and children, Las Vegas; Mr. and Mrs. C. H. Schirmer, Las Vegas; O. M. Lamprecht, Chicago; Eugene Thomas, Chicago; Miss Bessie Jackson, Clover, S. C.; Mrs. Laura C. Witten, Las Vegas; Bernice Witten, Las Vegas; Phil H. LeNoir, Las Vegas; Albert McRae, Chicago; Clarence Green, Chicago; M. P. Pincetl, Porvenir; Miss Alta Blake, Denver; Ruth Simpson, Miss Olive Loderer, Miss Bess Tillson, A. E. Lawson of McPherson, Kas.; O. E. Hawkinson, Marquette, Kas.; Milton Hawkinson, McPherson, Kas.; Miss Agnes Husmund, McPherson, Kas.; Mrs. Agnes M. Wright, Las Vegas; Miss Alice Casady, Crystal Lake, Ill.; Mrs. G. W. Wessel, Denver; Harry Roebuck, Las Vegas; Mrs. Oryllo S. Kelly, Dorothea Kelly, Dixon Kelly of Kansas City; Mrs. Hugo Schade, St. Louis; Miss Laura Schade, St. Louis; Mrs. Mrs. Emma Sandbrink, Catawissa, Mo.; Robert Springfelt, Denver; Fred Nolette, Las Vegas.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney and Co., Toledo, O., is the only constitutional cure on the market. It is taken internally. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address, F. J. CHENEY and CO., Toledo, O. Sold by Druggists, 75c. Take Hall's Family Pills for constipation.—Adv.

NEW CULVERTS AUTHORIZED  
Santa Fe, July 20.—State Engineer James A. French today awarded to U. O. Carlson the contract to build a concrete culvert on the Camino Real to span an arroyo near the deaf and dumb school. The contract price is \$527.70. Engineer J. W. Johnson, who returned Saturday from the Albuquerque-Ileta road, found a number of property owners willing to put up one-half the cost of permanent concrete culverts for that portion of El Camino Real, while others were unwilling. If an agreement is made by property owners to stand one-half the expenditure the state will stand the other half.

If Kidneys and Bladder Suffer  
Then Foley Kidney Pills  
Overworked kidneys will break down if not helped. When they can no longer protect the blood and the body from the poisons that come to them, then look out for Bright's disease, serious kidney trouble and bladder annoyances. Foley Kidney Pills are your best protection, your best medicine for weak, sore, overworked kidney and bladder weaknesses.—Adv.

THREE COUNTIES DELINQUENT  
Santa Fe July 20.—All the assessment rolls are now in the hands of the traveling auditor except those from San Miguel, Dona Ana and Eddy counties and legal proceedings are to be brought without delay against the delinquent assessors. The last roll to be received is that of Santa Fe county, which was completed late Saturday.

Quick Cure for Diarrhoea  
The most prompt and effectual cure for diarrhoea is Chamberlain's Colic, Cholera and Diarrhoea Remedy. When given as soon as the first unnatural looseness of the bowels appears one dose is nearly always sufficient to effect a cure. It should be kept at hand for instant use. For sale by all dealers.—Adv.

RATTLESNAKE BITES CHILD  
Santa Fe, July 20.—The three year old son of Mr. and Mrs. P. N. Skow at Carrizozo was bitten by a rattlesnake. The wound was in the thumb and the child's arm began to swell immediately. The boy was taken to a private hospital, an anesthetic administered and the wound treated. The child will recover.

There is Healing in Foley Kidney Pills  
You need a mighty good medicine if once your kidneys are exhausted by neglect and overwork, and you have got it in Foley Kidney Pills. Their action is prompt, healing and tonic. Sound health and sound kidneys follow their use. Try them. O. G. Schaefer and Red Cross Drug Store.—Adv.

CLOTHING BUNK NIPPED  
Santa Fe, July 20.—James Lopez today nipped in the bud a clothing swindle that was sprung on unsuspecting Santa Feans. A stranger approached him to take an order for a suit of clothes, representing himself to be salesman for a New York house. The stranger landed the order but Lopez became suspicious and telegraphed to New York. The reply came back that no house of the name given by the stranger is doing business in the metropolis. The stranger was compelled to cough up what he had collected and beat it out of town headed for Albuquerque.

CITROLAX  
GIVE IT TO THE CHILDREN  
Finest physic in the world for children. They love to take it—it tastes like lemonade. It is mild—and suits their sensitive organs. It is thorough—and keeps their systems cleansed, sweet and wholesome. It does the same for grown-ups, too. An Ideal laxative. O. G. Schaefer and Red Cross Drug Store.—Adv.

MINNESOTA LABOR FEDERATION  
Duluth, Minn., July 20.—The thirty-second annual convention of the Minnesota State Federation of Labor, and the largest gathering in the history of that organization, assembled in Duluth today for a three days' session. The initial session this morning was devoted to the work of organization and the annual reports of President E. G. Hall, Secretary Treasurer W. E. McEwen and the other officers of the federation.

PRELIMINARY HEARING  
Santa Fe, July 20.—Attorney J. H. Crist leaves tomorrow for Taos, having been retained by Jack Bidwell who will be given a preliminary hearing on Tuesday before Justice of Peace C. I. Dwire on the charge of killing William Fraser, a mining man. A. C. Probert of Taos, who was interested in the mines at Twining, over which the fatal quarrel occurred, arrived in Santa Fe last evening.

Woman's Duty to Herself  
Every woman owes it to herself to keep in good health. No one can reasonably be expected to maintain a cheerful disposition when half sick. Indigestion and constipation are two of the most common ills to which women are subject and fortunately are easily cured. Mrs. H. C. Getty, Indiana, Pa., writes, "Last summer I was advised by a friend to try Chamberlain's Tablets for indigestion and constipation. This medicine not only cured me of these disorders but toned up my whole system so that my health has been better than for years since taking them." For sale by all dealers.—Adv.

WHITE FILES DAMAGE SUIT  
Santa Fe, July 20.—John H. White, of Deming has filed suit for \$50,000 damages against the A. T. and S. F. Ry., alleging that he was thrown under a baggage car at Deming while attempting to effect a coupling of cars. He was employed as a switchman and attributes the accident to the alleged negligence of the defendant.

If you have neglected your kidneys and suffer from backache, weak back, headache, rheumatism and distressing bladder weakness, you will find Foley Kidney Pills to be the honestly made, healing and curative medicine you need to give you back your health and strength. They are tonic in action, quick to give good results. They will help you. O. G. Schaefer and Red Cross Drug Store.—Adv.

PRESBYTERIAN COLLEGE  
Santa Fe, July 20.—Rev. B. Z. McCullough, pastor of the First Presbyterian church, leaves tomorrow for Amistad, Union county, as a committee of the Presbytery to look into the advisability of establishing a Presbyterian college or school at that point in the dry farming section of the state. Application for such an institution was made to the presbytery by Amistad.

MEDICAL DIRECTOR RETIRES  
Washington, July 20.—Medical Director Frank Anderson, who for some time past has been acting as president of the naval examining board, was placed on the retired list of the navy today on account of having reached the age limit for active service.

SURVEYING PARTY IN FIELD  
Santa Fe, July 20.—The United States surveying gang of Lee H. Miller which left Santa Fe this week, has arrived at Oscura for two months work. The corps is camping in Spring canyon and will first survey the township around the mining camp of Parsons and then the Oscura township.

both in Lincoln county. After that they will survey two townships north of Carrizozo in the Mal Pais country, Socorro and Lincoln counties. In the corps is Professor A. A. McClure of the New Mexico Military institute, who is instructor in engineering, and Albert Wheelon, son of Dr. Charles A. Wheelon of Santa Fe.



The Biggest  
"Hit" at the  
Ball Game

Every day of the baseball season a thousand ball games are played throughout the United States—and hundreds of thousands of "fans" enjoy "Bull" Durham hand-made cigarettes while they watch the games. "Bull" Durham has become a part of the National Game. Millions of "fans" would no sooner think of sitting through a ball game without rolling "Bull" Durham, than they would think of seeing a circus without peanuts.

GENUINE  
"BULL" DURHAM  
SMOKING TOBACCO  
(Enough for forty hand-made cigarettes in each 5c sack)

"Bull" Durham is a distinctive form of tobacco enjoyment. The mellow flavor and fresh fragrance of "Bull" Durham hand-made cigarettes afford complete, healthful and lasting satisfaction. "Roll your own."

Ask for FREE book of "papers" with each 5-cent sack.

FREE An Illustrated Booklet, showing correct way to "Roll Your Own" Cigarettes, and a Book of cigarette papers, will both be mailed to you, free, on postal request. Address "Bull" Durham, Durham, N. C.

THE AMERICAN TOBACCO COMPANY

CAPITAL PAID IN	SURPLUS
\$50,000.00	\$100,000.00
<b>SAN MIGUEL NATIONAL BANK</b>	
J. M. Cunningham, President.	D. T. Hoskins, Cashier.
Frank Springer, Vice-President.	E. S. Lewis, Ass't. Cash.
LAS VEGAS	
INTEREST PAID ON TIME DEPOSITS	
<b>LAS VEGAS SAVINGS BANK</b>	
CAPITAL STOCK	\$30,000.00
Office with the San Miguel National Bank	
WM. G. HAYDON	President
E. W. KELLY	Vice President
D. W. HOSKINS	Treasurer
Interest Paid On Deposits	