

# COLDS

## Cured in One Day

As a rule, a few doses of Munyon's Cold Remedy will break up any cold and prevent pneumonia. It relieves the head, throat and lungs almost instantly. Price 25 cents at any druggist's, or sent postpaid. If you need Medical advice write to Munyon's Doctors. They will carefully diagnose your case and give you advice by mail, absolutely free. Address Professor Munyon, 53d and Jefferson streets, Philadelphia, Pa.

## Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. **CARTER'S LITTLE LIVER PILLS** gently but firmly compel a lazy liver to do its duty.

Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. **SMALL PILL, SMALL DOSE, SMALL PRICE.** Genuine must bear Signature



*Warranted*

## DIET FOR THE TUBERCULOSIS

General Idea That Too Much Food Cannot Be Given, Is Shown to Be Erroneous.

Many traditions with regard to the feeding of tuberculosis patients and with regard to food in general, are given severe blows in a series of articles published in the October number of the Journal of Outdoor Life, the official organ of the National Association for the Study and Prevention of Tuberculosis. Dr. John R. Murlin of New York, assistant professor of physiology at the Cornell university medical college, holds in an article entitled "The Dynamic Principles of Nutrition," that a consumptive will gain weight and do well on three pints of whole milk, eight ounces of cream, five ounces of milk sugar, six eggs and two slices of buttered toast as a ration for 24 hours. The entire diet, with the exception of the bread and butter could be prepared in advance and served for a cost of about fifty cents for the day. Miss Cecilia Flick of the Henry Phipps Institute of Philadelphia also offers some sample diets which the ordinary family can prepare for even less than fifty cents a day.

Dr. David R. Lyman of Wallingford, Conn., and Dr. Paul B. Johnson of Washington, D. C., both agree that the ordinary person eats too much, and that the old notions about stuffing a tuberculosis patient at all times and seasons have been proven false. Dr. Lyman holds that eggs are not a necessary article of the consumptive's diet, and that a tuberculosis patient should eat anything that agrees with him that is nourishing. He thinks that a tuberculosis patient should eat only a little more than a person in ordinary good health.

### RED.

It's the Red Blood Corpuscles That Proper Food Makes.

An Ohio woman says Grape-Nuts food gave her good red blood and restored the roses of youth to a complexion that had been muddy and blotchy. She says:

"For 10 years I had stomach trouble which produced a breaking out on my face. The doctors gave it a long Latin name, but their medicines failed to cure it. Along with this I had frequent headaches, nervousness and usually pain in my stomach after meals. I got disgusted with the drugs, stopped them and coffee off short, and quit eating everything but fruit and Grape-Nuts, with Postum for my table beverage.

"The headaches, stomach trouble, and nervous weakness disappeared almost like magic, which showed that when the cause was removed and good food and drink used nature was ready to help.

"My blood was purified and my complexion became like a young girl's, while my weight was increased from 90 to 120 pounds in a few months—good, solid firm flesh, where it used to be soft and flabby.

"I recommended Grape-Nuts and Postum to one of my friends, who was afflicted as I had been. She followed my advice and in a short time was restored to complete health and in about 8 months her weight increased from 100 to 148 pounds.

"Our doctor, observing the effect of Grape-Nuts and Postum in our cases, declared, the other day, that he would hereafter prescribe these food products for gastritis." Name given by Postum Co., Battle Creek, Mich.

Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

# FAMOUS AMERICAN INDIANS

BY ALBERT PAYSON TERHUNE

## Red Jacket

A tall stately young Seneca—Sagoyewatha by name—was the fleetest runner among the Indian scouts employed by the British in the revolutionary war. He was tireless and covered long stretches of rough forest country with marvelous speed. A British officer toward the end of the revolution gave Sagoyewatha a castoff uniform jacket, brilliant scarlet and faced with gold braid. The gift was a prize for running.

Sagoyewatha's barbaric soul rejoiced at so gaudy a garment. He wore it day and night until it was in shreds. And thereby he won for himself the nickname by which he is best known to history—"Red Jacket."

Red Jacket was a strange man. Even his own people did not know whether to despise or honor him. In battle he was a coward. In council he was a genius. He was at once a patriot and a low politician; a reformer and a crook; a friend to the white men and their bitter foe. His eloquence could sway a whole Indian "nation." He could plan inspired campaigns of war or diplomacy. Yet he shrank from fighting and often failed to live up to his own teachings. He sought to turn the Indians from drunkenness, etc. Yet he died an imbecile drunkard.

**The Man of Many Natures.** Red Jacket was born near Geneva, N. Y., in 1751, and succeeded the great Brant as chief of the Wolf tribe of the Seneca "nation." Brant despised him for his cowardice, and in contempt nicknamed him "The Cow Killer." Yet within a few years Red Jacket became the foremost man in the mighty "Six Nations," talking his way to supremacy among a people who admired deeds rather than words. When the revolution broke out he and his people espoused the British cause. It was as a forest runner and scout for the English officers, rather than as a warrior, that Red Jacket distinguished himself during the revolutionary years.

In 1784 a conference was held at Fort Stanwix to discuss a treaty be-

tween the Six Nations and the United States. Red Jacket argued fiercely against such a treaty, and used all his wonderful eloquence to avert it. Yet, when he failed and the treaty was ratified, he promptly threw his influence upon the other side and rendered the country such good service among his own people that in 1792 the president conferred upon him a huge silver medal. This medal represented George Washington and Red Jacket smoking the pipe of peace together.

Red Jacket gave far more than "value received" for the Washington medal. For, when Tecumseh strove to rouse the various Indian tribes against the white men it was he who learned of the plot and notified the government. His tidings did much to help Uncle Sam check this wholesale conspiracy. Soon afterward, at the beginning of the war of 1812 with England, he and the Senecas cast in their lot with the United States. In council and in secret service rather than in fighting Red Jacket was of tremendous assistance to the government throughout that conflict, though his admirers claim that in the battle near Fort George, on the Niagara boundary line, in 1813, he did valiant work.

### A Fight Against Progress.

To the last he held to the old religion, dress, language and ways of his savage ancestors, and strove to prevent his followers from adopting white men's customs. The only change he himself made from the primitive Indian life was in learning to drink whisky.

In 1829 Red Jacket came to New York, where a noted artist painted his portrait. Thence he journeyed to Washington in behalf of his people's rights. By that time he had become a hopeless drunkard and a little later his brain gave way. He was deposed by his own tribesmen from his high office of Sachem. A mere shattered wreck of his former self, he died in Seneca Village, N. Y., on January 30, 1830.

## Modoc Jack

Today Modoc Jack is half forgotten. A generation ago his adventures were everywhere told. Race horses were named for him. Small boys secretly longed to go west and capture him. He was held up as an example of the true desperado. Yet, as a matter of fact, he was more of a man and less of a scoundrel than he has been painted.

The Modocs were an offshoot of the Klamath nation in California. They lived on a 65-mile strip of volcanic land known as "the lava beds." This ground was honeycombed with caves and tunnels, affording fine hiding places in case of pursuit. The word "Modoc" in the Klamath dialect means "enemy." And the Modocs lived up to their name. They fought their relatives, the Klamaths, for years; then turned their attention in 1850 to making life a peril for California's white settlers. Ben Wright, a frontiersman, hit on a plan to crush them. Pretending to make peace, he invited 46 of the foremost Modocs to a great feast in 1852.

**Ben Wright's Massacre.** As the Indian guests lay asleep after the banquet Wright and his comrades fell upon them with rifle and knife, slaughtering all but five of the 46. This cold-blooded massacre cowed the rest of the tribe for the moment, but it ended forever all hope of friendship between the Modocs and the white men.

All the local tribes were summoned by Indian Commissioner Meacham in 1856 to Fort Klamath for a conference. At this meeting the Modocs agreed to leave their lava beds and settle on the Klamath reservation. Jack and Schonchin were not at the conference and they refused to be bound by the promise. They stayed on, with their own followers, at the lava beds. But when the government threatened to use force to remove them Jack said "Obedience is better than war," and made his tribe—300 men, women and children in all—go with him to the reservation. There new trouble set in. The Klamath and other Indians that were already on the reservation at once made life miserable for the newcomers. To avoid war and to stop the persecution of his tribe-folk Jack gathered his people together, fled by night from the reserva-

tion and went back to the lava beds. But they found their old lands had been given to white men.

A company of soldiers was sent to evict Jack and his followers from the lava beds. While the leaders were conferring a fight broke out between a few of the soldiers and the Indians. The conflict became general. Five were killed on each side and many were wounded. The Modocs fled southward, destroying every white settlement in their path. But though white men and boys were everywhere slain Jack would allow no white woman or child to be harmed. At last, with 70 braves and many squaws and pappooses, he sought refuge in the lava caves of Lost river. Colonel Wheaton, with 600 United States troops, came out to dislodge him. Jack and his braves sent the soldiers scurrying back in hasty retreat, killing 35 of them.

### A Blow for Vengeance.

Then an army under General Canby was brought up and besieged the caves, hoping to starve out the handful of plucky defenders. Jack even yet hoped to make peace. All along he had hated the idea of war, but hostilities had always been forced upon him. So he agreed to a conference with Canby, Meacham, Dr. Thomas and other white leaders. It was arranged that five Indians and five white men should meet, unarmed, on April 11, 1873, at a neutral spot between the lines. Whether Jack suspected treachery or whether he merely wished to avenge the Ben Wright massacre cannot be known. At any rate, he and four of his men went to the conference armed. They fired on the white men, killing Canby and Thomas and wounding Meacham. Then they got back in safety to their caves. As the soldiers pressed in on him Jack led his people through a tunnel under the enemy's very feet, out of the trap and to a place of safety.

But the new hiding place was quickly discovered. The Modocs were again surrounded and were at last forced by hunger and thirst to surrender. Jack was betrayed by his own braves and was the last man captured. He and three of his lieutenants were hanged at Fort Klamath October 3, 1873, for Canby's murder.

### AN EASY LOSER.



He—You're worth a million and I'm penniless. Will you marry me?  
She—No. Why did you ask me?  
He—I wanted to see how a man feels when he loses a million dollars.

### Natural Ending.

"Our cook's dead."  
"Indeed? Did she die a natural death?"  
"Yes, the natural death of a person who tries to light a fire with kerosene!"—Stray Stories.

Blood Poisoning is often caused by slight cuts or wounds. Death may result. Hamlin's Wizard Oil will draw out the poison, heal the wound and prevent serious trouble.

A bald man doesn't want the earth. Give him a bottle of hair restorer that will restore, and he'll go on his way rejoicing.

**CHRISTMAS POST CARDS FREE**  
Send 25 stamp for five samples of my very choicest Gold Embossed Christmas and New Year Post Cards; beautiful colors and loveliest designs. Art Post Card Club, 731 Jackson St., Topeka, Kansas

A town that pays the preacher and supports the editor is mighty close to heaven.—Atlanta Constitution.

If you wish beautiful, clear, white clothes, use Red Cross Bag Blue. At all good grocers.

Apologies are perfectly satisfactory—to those who make them.

## WHAT'S THE MATTER WITH YOUR BABY?

The young mother—and many an old one, too—is often puzzled to know the cause of her child's ill nature. The loudness of its crying does not necessarily indicate the seriousness of its trouble. It may have nothing more the matter with it than a headache or a feeling of general dullness. It cannot, of course, describe its feelings, but as a preliminary measure you are safe in trying a mild laxative.

Mrs. Dan Adams, Duquoin, Kas., and Mrs. A. M. Morgan, Attila, Kas., the only laxative given is Dr. Caldwell's Syrup Pepsin. It has been found to answer most perfectly all the purposes of a laxative, and its very mildness and freedom from gripping recommend it especially for the use of children, women, and old folks generally—people who need a gentle bowel stimulant. Thousands of American families have been enthusiastic about it for more than a quarter of a century.



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Always ready for use. Safest and most reliable. The Perfection Smokeless Oil Heater is just like a portable fireplace. It gives quick, glowing heat whenever, whenever, you want it. A necessity in fall and spring, when it is not cold enough for the furnace. Invaluable as an auxiliary heater in midwinter. Drums of blue enamel or plain steel, with nickel trimmings.

Ask your dealer to show you a Perfection Smokeless Oil Heater, or write to any agency of

Continental Oil Company (Incorporated)

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Big 16-ounce package for 10 cents. Ask for "Defiance Starch" next time and take no substitute.

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