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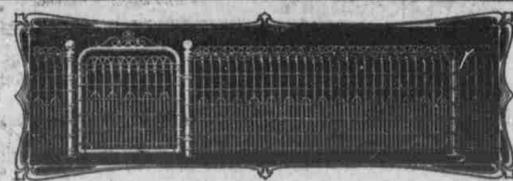
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SEEDS AND NURSERY STOCK

HIGHEST QUALITY—AT 1614 HARNEY STREET.

Lawn Grass Seed of 27-35, test per bushel, with germination of over 80%. Flower seeds from the oldest and best gardens of America and Europe. Please be interested enough in good seeds to call and examine my stocks.

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Phone Tyler 2000.

They Must Be Moved

A large stock of fruit trees grown on leased ground. Now that the lease is up we must remove them. Some of the younger plants and trees will be planted on our newly purchased farm at Keystone park. The balance will be sold at greatly reduced prices. Nice young apple trees, 6c, young cherry trees 15c each. Larger grades proportionately low. MR. FARMER, LET ME FIGURE WITH YOU ON YOUR APPLE ORCHARD. FOR THE CITY MAN, a general line of shade and ornamental trees, hedge plants, shrubs and roses. See our beautiful maple, white ash and the poplars. NO SALESGROUND STOCK, ALL FRESH DUG FROM THE NURSERY. Call and see us or PHONE US YOUR ORDER. If out of Omaha send for price list.

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Benson-Omaha Nursery

P. J. Flynn, Proprietor. Benson, Neb., Tel. Benson 534.

COMPLETE BABY SHOW PLANS

Contest at Low Cost Exhibition Under Direction of Mrs. Birss.

BLANKS GIVEN ON APPLICATION

Arrangements Are Made for Those that Wish to Enter Children for Physical Perfection Honors.

Complete organization of the Baby Health contest, which is to be the great feature of the Grocers' association "Low Cost of Living Show" in the Omaha Auditorium from April 20 to 26, was effected yesterday by Mrs. F. J. Birss. She has full charge of all details in the carrying on of this show for the Omaha Women's club. The following committees were appointed and in every instance will give hearty co-operation and aid to Mrs. Birss in her efforts at making a success of this feature:

Publicity—Mrs. P. A. Follansbee, assisted by the social science department. Awards or Premiums—Madame D. G. Crighand, W. E. Heller, L. J. Healey. Place and Equipment—Madame C. L. Hemple, J. L. Adams, F. C. Ryan, C. E. Hutchins, John Hearman, C. C. Ryan, C. A. Sherwood, C. B. Conn. Entries and Enrollment—Madame George Michel, F. J. Taggart, H. C. Sumner, J. E. Fulver and R. E. McKeivley.

Selection of Judges and Assistants—Dr. Adda Wiley Radston, Dr. Kathleen O'Connor, Dr. Mary Scott, Dr. Margaret W. Koenig. Figuring Score Cards and Making Duplicates—Mrs. J. C. Hammond, Mrs. N. H. Nelson, Mrs. J. O. Yelver. Child Welfare Exhibit—Mrs. F. H. Cole, Mrs. James Dahlman, Miss Louise McPherson, Mrs. Frank Haller, Mrs. George Josly. Educational Program—Mrs. L. M. Lord, Mrs. M. D. Cameron, Mrs. J. W. Towle, Mrs. C. W. Asell, Mrs. E. M. Syfert.

Mrs. Birss has secured the services of Mrs. Mary T. Watts, president of the National Baby Health association, who will come from Audubon, Ia., to give advice and render efficient aid in the detailed arrangements. The various committees will report direct to Mrs. Birss and all entries which are going to be made through the grocers of the association should be sent direct to Mrs. F. J. Birss, 2388 Lincoln boulevard. Mrs. Birss will send entry blanks out on application. The Omaha Retail Grocers' association have also volunteered to send the entries in of several hundred babies for this contest.

"When the subject was brought before our club by the officials of the grocers' association of giving a 'Baby Health show,' it appealed most sincerely as a proper thing for our club to manage and I can assure you that I feel very proud of the fact that the destiny of the show has been placed in my charge," said Mrs. Birss yesterday. We are going to try

GOOD SEEDS ARE ESSENTIAL

Weight of Seed in Measured Bushel Determines Quality.

EXPERIMENTS PROVE THE TEST

Dealers Cannot Guarantee Productiveness of Seeds, but Should Be Responsible for Description of Product's Quality.

BY DR. A. WALT STENILE.
Most people are ignorant of the quality and productiveness of lawn grass seeds. In purchasing seed in the open market they are compelled to rely upon the honesty of the dealers for purity and growing qualities. Since the problem of selecting and sowing grass seed has been a very vexing and costly experience for most home owners, I will endeavor in this article, to teach the prospective seed buyer how to determine quality and productiveness in seeds.

When you ask your seedman for a bushel of Kentucky blue grass (poa-pratensis) he sells you fourteen pounds to represent a bushel. Though this is the legal weight per bushel it is a standard that was established long before the invention and use of modern re-cleaning machinery. Before the use of modern re-cleaning machinery they were unable to clean the seed of insect matter or chaff, dirt, sand and foreign substances, with the result that a bushel of seed weighed only fourteen pounds.

However, since the introduction of re-cleaning methods the seedmen are enabled to take the old-fashioned fourteen-pound bushel of seed and by cleaning it over and over again, can make it weigh from twenty-one to twenty-four and even twenty-nine pounds to the bushel. The twenty-nine-pound seed constitutes the very best quality of blue grass obtainable.

As a guide in buying seeds always remember that the weight of an actual measured bushel constitutes the quality of same, when the seed has been properly cured, and it is not too old. To enable you to appreciate the fact that there is quality in blue grass seed, as well as in all other products, I will cite germinating tests made by eminent authorities. It was learned that only 10 per cent of the fourteen-pound blue grass germinated. If you plant 100 seeds of the fourteen-pound blue grass only ten seeds would germinate, while if you plant 100 of the twenty-nine-pound blue grass from 60 to 85 per cent would germinate, or sixty seeds out of 100 would grow.

Thus you see that you must purchase five times as much of the fourteen-pound blue grass seed to produce as many grass plants as one pound of the twenty-nine-pound seed. There are also other differences between the fourteen-pound and twenty-nine-pound, but the same proportion in seed value may be applied. The weight of a measured bushel of blue grass determines its quality—the less it weighs the more inert matter or foreign substance it contains, and the more inferior the quality of seed.

I also wish to mention the greatest fraud practiced and perpetrated on the American public is in some seedmen's so-called "complete grass mixtures." For example, you will find a notable absence of a good quality of white clover, Kentucky blue grass and wood meadow, the highest priced seeds, and yet the most of them charge you more for their so-called "complete grass mixtures." Some seedmen use their "complete grass mixtures" formulae as a dumping

MAN CAN LIVE ON GRASS

Vegetable Growths Are Found to Be Highly Nutritious.

REPORTS ARE FROM A CLINIC

Journal of the Medical Association Brings Tidings of Good Cheer to the Vegetarians of the Country.

The Journal of the American Medical Association commenting on the availability of nutrients from plant sources, says it has long been believed that it may be possible to utilize green vegetables so as to make them more available for digestion and assimilation by man. Some experiments in this direction have been carried on in Germany. The outcome has been decidedly gratifying and may pave the way for useful innovations in the use of vegetable foods.

It has been found that bean powder fed to man in the form of a puree contains far more nourishment than string beans served in the usual form. Spinach, carrots and cabbage, similarly prepared, were enjoyed with singular freedom from the troublesome intestinal symptoms which so often follow their use. The usefulness of these plant products appears to have been augmented by their preliminary treatment. A group of vegetable products has thus been converted into a source of nutriment.

Easily Assimilated.
"The efficiency here recorded," says the writer, "is rendered the more striking by the report from the Atlanta clinic that ten ounces a day of vegetable powder, equivalent to six pounds of fresh plant, may easily be assimilated—an amount which in the natural state could not be tolerated. Possibly by suitable preparation such plant products as grasses, which have hitherto been excluded from the dietary of man, may be used as direct sources of energy in human nutrition."

Without discussing the advantages and disadvantages of the use of foods of animal and vegetable origin, respectively, we are bound to admit that man and animal alike are dependent on plants for nutrition. A recent writer has said that man is a parasite living on the plant kingdom. The final source of human energy is found in plants in so far as mankind obtains energy by consuming the flesh of the domestic animals, only a fraction of the supply taken to the latter in the plant products can ever reach the sphere of usefulness to man.

Expensive Converters.
"The animals which furnish food to man are expensive converters of the energy of plants into a form directly available for his use. Only a very small residue of the energy-intake of such animals is left in the tissue which they furnish to man; the great bulk of what has been consumed has become lost in the processes of animal life during the long periods of growth and maintenance before the animal food products can be marketed. To appreciate this, one need only consider the enormous amount of vegetable food necessary to produce the flesh of cattle for human consumption. A cow eats a liberal plant ration daily during several years before she is ready to market."

It is evident that it would be an advantage if man could utilize more directly the energy which he now secures only after it has been converted by animals into the forms that suit his preferences.

The best grass for the foundation of lawns is Kentucky blue grass. In starting a new lawn, however, it is advisable to use in connection with this certain of the quicker growing grasses to come on and furnish green the first year to be followed by the more slowly germinating Kentucky blue grass, which soon crowds the others out. As many fine stalks of grass are desired rather than a few large ones, the seed must be sown thickly, one pound to each 200 square feet.

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MEDICS TO MEET AT LINCOLN

Spring Assembly of Missouri Valley Society March 26 and 27.

ALL SESSIONS AT LINCOLN

Convention Hall of the Hotel to House Doctors, with the Exception of Clinic Session on Second Day.

The spring meeting of the Medical Society of the Missouri Valley will be held in Lincoln Thursday and Friday, March 26 and 27, under the presidency of Dr. Flavel B. Tiffany of Kansas City.

Thursday evening members will be guests of the Lancers' County Medical Society at an informal dinner at the Lincoln hotel. Immediately following the dinner Dr. J. Rufus Eastman of Indianapolis will give an address on "Surgery," and Dr. J. M. Bell of St. Joseph will speak on "Medicine."

On Friday morning a clinical session will be held at the state orthopedic hospital when the following program will be presented: H. W. Orr, "Signal Curvature," with patients and lantern slides; J. E. Lord, "Surgery of Anterior Poliomyelitis"; H. H. Everett, "Stomach Surgery and X-Ray and Local Anesthetics"; E. G. Blair, "Rhinoplasty," two patients; J. M. Mayhew, "Medical Clinic"; A. J. McKinnon, "Traumatic Pancreatic Cyst," "Rupture of the Spleen," "Chronic Epithelioma of Testicle," "Ulcer of the Stomach," "Osteoplastic Resection of the Skull," R. L. Smith, "Radiology of the Skull," J. H. Hompes, "Acute Mucous Otitis Media," H. J. Lenhoff, "Medical Case, Exophthalmic Goitre and Organic Heart Trouble."

On Friday afternoon a "Symposium on Corneal Ulcers" will be presented as follows: "Etiology and Symptomatology," J. M. Banister; "Bacteriology and Pathology," J. M. Patton; "Treatment," W. P. Wherry; "Complications," P. I. Leonard.

All sessions of the society will be held in the convention hall of the Lincoln hotel, with the exception of the clinical session on Friday morning, which will be held at the orthopedic hospital.

The committee of arrangements consists of Drs. A. L. McKinnon, R. B. Adams and R. L. Smith.

Following is the preliminary program: "Nephritis," J. F. Percy; "Plastic Operative Methods on the Stomach," Carl Beck; "Reading X-Ray Plates, Showing Pathology," W. H. Mick; "Vomiting in Early Infancy," Newell Jones; "Serum Diagnosis of Pregnancy," Palmer Findley; "The Relations Between Radium Treatment and Surgery," D. T. Quigley; "On the Relationship of the Ductless Glands to Growth," A. D. Dunn; "A Preliminary Report on a Surgical Aspect of Diabetes Insipidus," David Hill-ton; "Caesarian Section," F. D. Dorsey; "Common Errors in Gall-Tract Surgery," C. E. Ruth; "Enteropneosis a Factor in Constipation," J. M. Byrum; "Drainage of the Peritoneal Cavity," W. W. Grant; "Free Tissue Transplantation," A. T. Mann. Complete program will be issued March 10, and copies may be obtained of the secretary, Dr. Charles Wood Fawcett, St. Joseph, Mo.



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Watch For Announcement.

YODELERS WILL GIVE TWO PROGRAMS AT MUSIK HOUSE
An interesting program of folk songs and dances will be given Friday and Saturday evenings by the Oberammergau Troupe of yodelers at the German Musik-Verein's home, Nineteenth and Cass streets. The famous "Schulplatter" dance will be one of the features. The entertainers have staged over 200 performances in the United States and have won pronounced success in practically each instance.
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