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Entered as second-class matter at the postoffice in the city of Denver, Colorado.

It occasionally happens that papers sent to subscribers are lost or stolen. In case you do not receive any number when due, inform us by postal card and we will cheerfully forward a duplicate of the missing number.

Communications to receive attention must be newsy, upon important subjects, plainly written only upon one side of the paper; must reach us Tuesdays, if possible, anyway, not later than Wednesdays, and bear the signature of the author. No manuscript returned, unless stamps are sent for postage.

Remittances should be made by Express Money Order, Postoffice Money Order, Registered Letter or Bank Draft. Postage stamps will be received the same as cash for the fractional part of a dollar. Only 1-cent and 2-cent stamps taken.

Display advertising, 50 cents per inch. An inch contains twelve square lines.

Reading notices, ten lines or less, 10 cents per line. Each additional line over ten lines, 5 cents per line.

No discounts allowed on less than three months' contract. Cash must accompany all orders from parties unknown to us. Further particulars on application.

All communications of a personal nature that are not complimentary will be withheld from the columns of this paper.

This paper and its management has at all times and under difficult circumstances sought to labor for the advancement and upbuilding of its people. We have not sought to make this a petty, personal organ of the owner, but a broad journal of opinion, reflecting the good of a growing people. All we have asked in return has been a fair share of your patronage. We feel that we are entitled to it. We are sending you a clean sheet, free from coarse and objectionable matter. We want every colored man and woman in the West to read and pay for this paper. We have much due us from our readers. We need this money. Just send it in and help a worthy cause as a Christmas gift.

DENVER STORES IN HOLIDAY ATTIRE.

Words can inadequately describe the holiday attire of the stores of the city of Denver for the season of 1915-16, and therefore everyone who is physically capable of visiting them should seize this opportunity of getting first, direct and definite information as to the merchants' special efforts to present to their customers and the public in general not only charming decorations in the interior of their store premises, but a class of goods unsurpassed by any in the country and at prices to defy competition of the most aggressive and formidable competitor. The adage, "seeing is believing," could be well applied at this instance and be readily entertained, as the managers of the various firms who advertise with us appear to act in friendly rivalry for the obtaining of public opinion as to "the best store in town." The decorations serve to remind us of the days of the fairies in fairyland, while the artistic arrangement of the holiday presents offers a feast to the eye which results in an uncontrollable magnetism. Taking a particular view of the latest productions of twentieth century manufacturers, as the counters are laden with a variety of articles in every line of merchandise, from men and women's clothing to jewelry, crockery, toys and novelties, the mind seems to thrill, the eyes sparkle, and it appears as if something within dictates that by a touch of a magic wand the pocketbooks will yield to the enchantments which environ you, and you become the recipient of that joy which is only experienced by those who make their periodical visits to such magnificent scenes.

Join the throng of spectators and be an eye-witness of the marvelous creations in fashion, etc., which these centers of attraction offer and you cannot help from being doubly pleased with your good fortune of being a resident of Denver—the great emporium of the West.

The Colorado Statesman positively assures you of the reliability of these firms that appear in its advertising columns, and from years of business experience with them, guarantees the best holiday shopping at very moderate prices.

CHICAGO GETS REPUBLICAN CONVENTION.

Chicago has again been chosen for the convention of the Republican party in June, 1916, and quite an interest will be taken in this event, which is of great importance to members of the grand old party. A change in the appointment of delegates to the convention will take place this time as the majority will have been elected at primary elections and the minority will be equally representative of the rank and file. The candidates to be nominated will be convention candidates chosen after numerous ballots. Up to the present it is declared that about six names are mentioned in nominations for president, and we think that it is wise to begin a careful study of each character so that delegates may be fully acquainted with their positions on the momentous national and international questions that are being presented to our government. Ever since the commencement of the European war we have had to combat with tests of our international policy, and the present administration in its effort to compete with the numerous incidents which involve breaches of international rules and regulations finds such complications meriting a "preparedness" of the nation to compel a respect and regard of the warring nations for their obligations made in the time of peace. The Republican party has therefore an unusual task at this time to find a man who will consider the protection of the lives of American citizens and their property, their right on the seas, honor abroad and security at home his most important duty, and having the full support of the American people will assert our righteous cause as in the past for the honor and dignity of a nation. The exercise of the utmost caution must then be observed in the selection of a man who, devoted to the principles of real Americanism, will be fearless in carrying out the duties devolved on him in proving to the world that he is alive to the responsibilities of the nation, and with a body guard that can measure up to him will determine to keep inviolate the sacred principles and obligations of our great Republican institution.

Begin now to work on the delegates that we hope to send to represent us and get their assurances to put such a man at the head of our national affairs as will be a credit to the nation and worthy of the admiration of other nations.

Figs and Raisins Are Very Nourishing

By JOHN T. BRAMHALL, Chicago

will, perhaps, be told that the fruit which tempted Eve in the garden of Eden was a persimmon. But what about the fig and the raisin?

The food value of a fruit depends mainly upon its sugar content, in which both the fig and the raisin grape are very rich. On the actual figures I have no data at hand. It is certain, however, that both the Hebrew and the Egyptian Scriptures refer frequently to the common use of the fig and the raisin as articles of food, while the persimmon is not so honored. When Abigail prepared to meet David to appease his wrath against Nabal, "she made haste and took two hundred loaves and two bottles of wine and five sheep ready dressed and five measures of parched corn and an hundred clusters of raisins and two hundred cakes of figs and laid them on asses," and took them as a peace offering to David, who thought so highly of her thrift and discretion that when Nabal died, after a drunken feast, he took her to wife. And later, when David pursued the Amalekites, they found a starved Egyptian in the field and brought him to David and gave him bread and water, "a piece of a cake of figs and two clusters of raisins, and when he had eaten his spirit came to him again, for he had eaten no bread nor drunk any water for three days."

This indicates not only that figs and raisins were the ordinary food of the people, but that they were known to be very nourishing.

The Egyptian papyrus often mentions the fig, and also the grape, and as provision was often necessary for long expeditions across the desert they must have used the dried fruit of both. There is an account of the beautiful park of Am-ton, the chief hunter for King Snefru, which had a great tank for fish and was planted with figs, vines and other fruit.

But there is no mention of persimmons!

Incidentally, as there is no mention of it in the Encyclopedia Britannica, I will remark that California produces 5,000 tons of figs annually, and about 80,000 tons of raisins—as well as some persimmons.

Rice Serves as Fuel in Human Body

By George L. Pearson, Park Ridge, Ill.

Of the rice sold on the market today is polished. This rice is denatured by the removal of the outer nutritive coat containing valuable salts and most of the proteid portion of the rice grain, and what is left is mostly starch. Meat is composed of from about 17 to 20 per cent protein, the necessary element to replace worn-out tissues in the human body.

One cannot successfully substitute starchy foods for proteid foods in the human diet any more than one could repair a leaky steam boiler with the coal that should be used as fuel. Rice is classed as a carbohydrate food and serves as fuel in the human body just as coal is the fuel for the steam engine.

Of course flesh is not absolutely essential for the human body, as the same elements can be obtained in appetizing form in other proteid foods, such as milk, eggs, cheese, nuts and the legumes, such as peas, beans and lentils, without the toxic effects derived from meat due to the body toxins ever present in flesh to a certain degree.

One should advise poor people to eat the whole rice, whole wheat and other whole grains just as nature gives them to us, together with other suitable foods, such as eggs, milk, cheese, nuts and leguminous vegetables in conjunction with proper fruits and green vegetables.

The Japanese find rice a wholesome, economical food, but investigation will show that they usually use the unpolished rice in conjunction with dried or fresh fish or such leguminous vegetables as the soy bean.

If it is desired to eliminate meat from the diet, the rational way to do so is to suggest real substitutes. When the body receives these in conjunction with other suitable foods there is no desire for flesh, for the needs of the body have been supplied.

Military Drill in Colleges Is Favored

By PROF. H. A. HARRIS, Chicago

has on the national life. Young men who go to college may be divided into two classes—those in earnest and those who are not. Happily, the first class greatly predominates. But both classes make the same error, though from different reasons. The close student does not want to drill because it takes too much time. He has a convenient chance to get a laboratory section or something else, and he does not want to quit and put on his uniform, just when an hour more would finish an experiment or complete a problem.

The idler, on the other hand, finds that drill interferes with his watching or taking part in the college sports or something else. An hour of brisk marching in the open air, with head up, shoulders square, and with every sense alert, under the inspiring influence of mass action, teamwork and military music, is a grand finish for the day of a college student and a grand preface for the evening meal.

In college or out humankind are prone to neglect the simple laws of health and fail to take exercise. The drill would be worth while ten times over if it did no other thing than to force students to exercise regularly in the open air.

One of its great merits is that it catches the very fellow who would not get the exercise except upon compulsion.

Professional Hostess Is Dire Necessity

By E. K. KANE, Los Angeles, Cal.

would take root in a porch chair and die of neglect, and go home to report that travel is not all it's cracked up to be.

So the professional hostess works overtime and grows old in sorrow in their service. They lean upon her with pathetic trust. She has to tell them what to wear and when to wear it. What time to get up and when to go to bed. She has to plan every minute of the day for them, prompt their conversational excursions, listen to their confidences, provide them with escorts and, in the case of widows, she is certainly expected to put them in the way of finding another husband.

One of the pitiful unsung martyrs to American incompetence in the matter of pleasure is the professional hostess.

One surely does get some new ideas from the department of agriculture. Following the dictum that "the only fruit which equals the persimmon in its value as a food is the date," we



Five Special Toy Tables

In Our

Arapahoe Basement

We quote one item from each table as an example of the splendid values offered.

On the 5c Table—Sand Pails and Shovels, worth 10c.
On the 10c Table—Table Croquet Games, worth 15c.
On the 15c Table—Toy Ironing Boards, worth 25c.
On the 25c Table—Musical Tops, worth 35c.
On the 35c Table—Doll High Chairs, worth 50c.

THE DANIELS AND FISHER STORES CO.

Do You Purchase Christmas Presents for Just One Day or DO YOU WISH THEM TO LAST?

WHAT kind of a Christmas gift do YOU prefer—perishable or permanent? Something durable, of course, but also attractive. Well, your relatives and friends feel the same way you do. Why not give them a pleasant surprise this year? They can all stand one. Make your choice an electrical one, and buy a beautiful gift which possesses both lasting quality and utility.

The Denver Gas & Electric Light Company

EXTRA SHOES



PATENT and DULL. One of the newest styles just received. Buy cost you \$4.00 elsewhere. Our price is

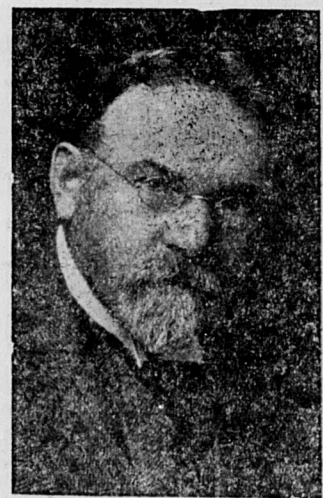
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ONLY CATERERS TO FIRST-CLASS TRADE OUR PICTURES SPEAK FOR THEMSELVES.

ORDER YOUR HOLIDAY PICTURES EARLY.

Cor 16th and Curtis Sts. Post Bld

Danger in Too Much Softness. "A soft answer will turn away wrath, jes' as de Good Book says," observed Uncle Eben. "But too much softness is gwinter tempt somebody to hand you a slap, jes' foh de fun of it."