

WHAT SHALL WE EAT

To Keep Healthy and Strong.

A healthy appetite and common sense are excellent guides to follow in matters of diet, and a mixed diet of grains, fruits and meats is undoubtedly the best, in spite of the claims made by vegetarians and food cranks generally. As compared with grains and vegetables, meat furnishes the most nutrient in a highly concentrated form, and is digested and assimilated more quickly than vegetables or grains.

Dr. Julius F. Knebel, on this subject says: Nervous persons, people run down to health and of low vitality should eat plenty of meat.

It is a regular practice to make use of Stuart's Dyspepsia Tablets, because they supply the pepsin and diastase so necessary to perfect the digestion of food. If a regular practice is made of using Stuart's Dyspepsia Tablets, because they supply the pepsin and diastase so necessary to perfect the digestion of food.

That large class of nervous dyspeptics should eat plenty of meat and insure its complete digestion by the systematic use of a safe, but combined in many cases like Stuart's Dyspepsia Tablets, composed of the natural digestive principles, pepsin and diastase, which actually perform the function of the stomach and give the abused stomach a chance to rest and to furnish the body and brain with the necessary nutriment.

Cheap cathartics, such as calomel, are useless for relief or cure of indigestion because they have absolutely no effect upon the actual digestion of food. Dyspepsia in all its forms is simply a failure of the stomach to digest food and the scientific way to solve the riddle and cure the indigestion is to make daily use at meal time of a safe preparation which is endorsed by the medical profession and known to contain active digestive principles, and all this can truly be said of Stuart's Dyspepsia Tablets.

All druggists throughout the United States, Canada and Mexico, will sell them at the uniform price of 50 cents for full treatment.

Oberammergau—Bad Manners. [From The Nineteenth Century.]

The looking round one Sunday in July upon the huge audience, chiefly composed of Germans and Americans of the lower middle class, as they gazed and whispered or stared at them obviously indifferent and genuinely bored, one felt it was a matter of wonder why they were there at all.

In spite of the admirable arrangements for the orderly conduct of the play and the comfort of the visitors, the audience, seated by no means settled in their seats when the gun was fired and the chorus walked on to the stage, and an effort was made to obtain silence. Those who had entered the building to see the play, and whose seats were on the right, and vice versa, were still walking about, refusing to believe they could not get to their seats without going out again and re-entering the theater by the proper door.

Others came in late, and this was an unpardonable offense, resulting in each case a whole row to rise and block out the view of the tableaux, which were sufficiently fleeting without any such interruption. These disturbances met with the expressed disapproval of the manager, who undoubtedly merited, but angry hisses and exclamations were hardly the evidences of an appropriate appreciation of the art which was the duration of suffering which was presented to call forth a dumb and silent sympathy from all earnest witnesses.

From the spectators, however, no spirit, or even a spirit of reverence, never breathed its softening influence over that crowded house, and when the doors were thrown open in the middle and at the close of the play any constraint that there had been was gone immediately, and like a kettle of boiling water, the tide is removed, the feet-up steam escaped, and laughing, pushing, and talking, the crowd elbowed its way out.

On this particular Sunday referred to the weather was extremely wet and cold, and the shivering audience sat wrapped in rugs and cloaks, and still were not warm. It was doubtful the fact which caused them so far to forget what was really and reverent as to stamp the memory of the scenes of the play, only the scenes of the Last Supper and the Crucifixion were exempted from this display of irreverence.

Among the best known of the many dangerous wild plants and shrubs. To touch or handle it causes a severe, quickly produced swelling and inflammation with intense itching and burning of the skin. The eruption soon disappears, the sufferer hopes for relief, but it comes almost as soon as the little blisters and pustules appeared the poison had reached the blood, and will break out at regular intervals and each time in a more aggravated form. This poison will linger in the system for years, and every atom of it must be forced out of the blood before you can expect a perfect, permanent cure.

Nature's Antidote FOR Nature's Poisons, is the only cure for Poison Oak, Poison Ivy, and all other skin diseases. It is made exclusively of roots and herbs. Now is the time to get the poison out of your system, as delay makes your condition worse. Don't experiment longer with salves, washes and soaps—they never cure.

Dr. S. M. Marshall, bookkeeper of the Atlanta Gas Light Co., writes: "I was afflicted with Poison Oak. He took Sulphur, Arsenic and various other medicines, but they did not cure me. I was cured by Nature's Antidote. It is the only cure for Poison Oak, Poison Ivy, and all other skin diseases. It is made exclusively of roots and herbs. Now is the time to get the poison out of your system, as delay makes your condition worse. Don't experiment longer with salves, washes and soaps—they never cure."

People are often poisoned without knowing when or how. Explain your case fully to our physicians, and they will cheerfully give such information and advice as you require, without charge, and we will send at the same time an interesting book on Blood and Skin Diseases.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

SPORTING NEWS.

Walthour Wins the Long Distance Bicycle Race.

Sprints Away From His Companions in Final Lap.

CLOSES 20 FEET AHEAD

A Weary Lot of Men End Their Contest in Boston.

Seven Riders Will Divide About \$4,000 in Gold.

CONDITION OF RIDERS AT

Boston, Jan. 7.—The following is the medical examiner's summary of the physical condition of the men at the close of the race:

Kaesser, dislocated forearm. Fischer, dislocated forearm and lacerations. McEachern, severe injury to the right arm.

Wilson, contusions. Downey, on verge of nervous collapse. Fischer, Babcock and Miller, fairly good.

Boston, Jan. 7.—Bobby Walthour of Atlanta Saturday night won the international six day bicycle race in Park Square Garden in one of the most hair-raising finishes ever seen.

The race, which closed the tape second twenty feet back, with McEachern a close third, was run on the track like a fifth. Kaesser sixth and Downey seventh. The official distance was 1,000 miles and 2 1/2 laps.

The last few miles of the race lacked elements of the pace that till until Walthour was then leading, closely pressed by McEachern, who had been leading until he was overtaken by Kaesser on the first lap. The Canadian then shot to the lead and the men took a long rest.

The lead was changed nearly every lap. On the first turn of the lap Walthour, Babcock, Kaesser, Fischer and got a lead of forty feet over McEachern, which he held to almost the end.

McEachern was so nearly killed off in the final mile that just before the finish he was crawling along on his hands and knees. Walthour, who had led for most of the race, was then leading, closely pressed by Kaesser, who had been leading until he was overtaken by Kaesser on the first lap.

The race was a very close one, and the spectators were watching with eagerness his opponents to see that no fly trick was turned out by the Canadian. At the end of the race, the Canadian was leading, and the American was second.

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KANSAS NEWS.

Extensive Cement Beds Discovered in Clay County.

A Small Factory Erected on Twenty Acres of Land.

Twenty Men at Work

The Gray Stone Abundant Near Riley County Line.

Tests Show the Rock is of a Very High Grade.

Clay Center, Kan., Jan. 7.—Commercial circles are much agitated over the recent discovery of extensive cement beds, the extent of which is expected to be of high grade and enduring quality.

The peculiar gray stone so abundant in the vicinity of Bala, a small town near the Riley county line, on the Rock Island railroad, has for some time attracted the attention of geologists. Tests were made by the Rock Island which resulted so favorably that the road has purchased from Henry Esslinger and Lewis Jones twenty-five acres of land adjoining its line, paying therefor \$50 per acre. A small mill was erected thereon and twenty men are now employed to work the quarry.

If the product continues to maintain its high standard of excellence, when spring comes the road will be able to work and continuously employed during the season.

TO STAY IN MANILA

Major Bishop Writes That He May Practice Law in Philippines.

Salina, Jan. 7.—Major W. H. Bishop, who went to the Philippines as captain of Company M, Twentieth Kansas, and reenlisted before the regiment returned home, has written to his relatives here that he probably will remain in Manila permanently.

When the Twentieth regiment was mustered out, Bishop was appointed a major in the Thirty-sixth infantry. He is now stationed at Tayum, 300 miles from Luzon, and has been engaged in active fighting. He says that he will not return to the United States with the Thirty-sixth, but will be mustered out in the Philippines.

John Dawson, the well known Newmarket trainer, has announced his retirement from the turf.

Huston and Eggerston, two of the best steeplechase riders in the south, have won the Crooked Creek race.

Danny Maher, the jockey, is driving the horse in the Crooked Creek race.

Report says that Fred Gerken has arranged to compete in the Crooked Creek race.

Jockey Marty Bergen, Willie Martin and Walter M. Kim is negotiating for the lease of Green's Stud Farm track at Woodbury, N. J., next season.

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MISSOURI PACIFIC LINES

FROM KANSAS CITY.

No. 2 leaving Kansas City 9:50 a. m. is solid vestibuled train to St. Louis, consisting of Smoking car, Day coaches, Reclining Chair car (Seats Free) and Pullman Parlor car.

Connections at St. Louis union depot with eastern lines for New York and Atlantic coast points.

Table with train schedules: Lv. Kansas City, Ar. St. Louis, Lv. Kansas City, Ar. Carthage, Ar. Little Rock, Ar. Hot Springs, Ar. St. Joseph.

F. E. MIPPS, Ticket Agent, Topeka, Kan.

H. C. TOWNSEND, G. P. & T. A., St. Louis, Mo.

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has for nearly sixty years been recognized as the People's National Newspaper, and its editorial policy, recognized authority throughout the world.

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