

Music Lightens Labor and Awakens Patriotism

By LOUIS C. ELSON, Boston, Mass.

What influence has music had on human progress? Perhaps only as medicine has helped human progress, for music has been a remarkable specific in certain cases. Unlike a medical specific music has worked beneficially in many diverse cases. Pythagoras used to employ music at the beginning of the day to fortify himself for the labors to come, and at the end of the day to soothe his mind after these labors. In defensive wars music has been a direct stimulant to deeds of daring. When the German writer, Klopstock, was introduced to Rouget de L'Isle, the author and composer of the "Marseillaise," he refused to shake hands with him and exclaimed, "Monsieur! Your music has killed 50,000 Germans!"

In such a case a Frenchman might be pardoned for thinking that music had helped human progress.

Dibdin's sailor songs were said to have been worth 10,000 seamen to the cause of England (this in offensive wars), so thoroughly did they awaken the pride of the British mariners. Dibdin received a pension from the English government and certainly deserved it.

Music is a direct aid in certain kinds of labor, and this is certainly a material and definite example of a practical advantage in the art. The sailor gives the most universal example of this, for he has often pulled the ropes in rhythmic swing with the tones of the "Shanty." This direct aid to labor is not only employed by American sailors, but by the seamen of every nation. There are French "shanty-songs" and Russian and Spanish; yes, even Chinese. In the Mahogany forests of Honduras, when they drag the heavy logs to the seacoast, at the head of the tugging crowd there marches the singer, warbling his rhythmic melody and uniting the efforts of the men. On the southern levees, say at Mobile or New Orleans, one often heard a similar song as the cotton bales were pulled and hauled—and whatever aids labor certainly aids human progress.

Summing up, I would say that since music has always been used in awakening patriotism, stimulating courage, lightening labor, it certainly has been an aid to human progress, even though it would be difficult to cite specific instances.

Louis C. Elson

Catching Cold Is House-Cleaning Operation

By ALEXANDER LANE, New York

Ask the average person where he got his cold and he will say that he must have sat in a draft or got his feet wet. If you suggest that he got his cold at the table he will consider such a statement too ridiculous for a moment's serious consideration.

A cold in foreign countries is usually called a fever, which is the correct term, as the ordinary cold is a mild form of fever caused by nature in her efforts to cast out impurities. The impetus to this healing operation is usually supplied by an extra amount of cold air. A cold is to be welcomed and not to be suppressed, as these impurities if retained in the system would poison every part of the body. Catching cold is a life-saving process—a house-cleaning operation—on the part of nature. It shows that the body has become so clogged with impurities that it rebels and attempts to get rid of the filth. The impurities thrown off in the cleaning process are the surplus accumulated filth which must be eliminated before it decays and poisons the whole system. Any discharge from any part of the body relates to matter which cannot use. When there is no surplus matter in the system a cold is an impossibility.

How did this filth or surplus matter get into the body? There is one way, and that is through the mouth. Those who do not eat more than is necessary for the growth and repair of the body never have colds or catarrh and very seldom any other form of sickness. About ninety per cent of all diseases come from overeating, which causes more deaths than alcohol and war combined.

United States Lagging Behind in Aviation

By H. A. VELLCHEN, New York

It is sad for the American to contemplate, particularly the American traveling abroad, the lack of progress in world-wide movements of the American nation. Here we are at the birthplace of the aeroplane, the conqueror of the air, and yet we are far behind the march of progress in aviation.

Germany is setting a hard pace in airship development, as Mr. Churchill recently pointed out in a speech in the house of commons. The British program is modest in comparison with what is being done in France and Germany, and the United States is not to be mentioned when it comes to reciting the accomplishments of the war divisions of the European nations. The German chancellor not long ago made the claim that Germany possesses superior airships to those of any other power, and the British had to admit that the claim was correct. Germany has shown that no airship dare take the field that cannot defend itself against aeroplane attacks by means of guns on the top of its gas container.

The British navy has recently taken over the aeroplane airship department of the national defense from the army. Great Britain has ordered eight airships to cost approximately \$2,500,000, the cost of each ship varying in price from \$100,000 to \$250,000. Germany has 17 first-class rigid airships and two others on the point of being delivered. The "first-class" airships are those capable of a speed of 45 miles an hour or more. What have we to show in the way of an airship or aeroplane fleet?

Poor "Plain Man" Described as Myth

By J. JOHN KELLEY, Pittsburgh, Pa.

Not long ago a clever essayist attempted to prove that "the plain man" is a myth. He who humbly speaks of himself as a plain man does not expect you to take him literally; he wants you to protest by word or manner and intimate that he is decidedly superior in at least one way. The all-round plain man is a literary invention, like the "economic man" of the classical scholar, according to the essayist.

But John Galsworthy evidently believes that the plain man is always with us, and that he is a poor creature from every point of view. Galsworthy has drawn his portrait with merciless irony. The plain man is dull, ignorant, parrot-like in his cant phrases about art, society, morals and the higher life. There is no beauty or genuine emotion in him; all progress takes place in spite of him. He is absurd without knowing it, and the superior man must try to forget his very existence.

Now some are coming to the defense of the plain man by reciting his modest virtues and pleading his lack of opportunity.

The plain man does the work of the world; he toils and pays the freight; he serves and supports the institutions we call civilization. Why not?

Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

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BACTERIA.

"More than 600,000 inhabitants of the United States die prematurely each year." The department of conservation of one of our great life insurance companies and other equally competent and reliable investigators are authority for that statement.

For each death recorded there is known to be a vast amount of suffering and expense which might easily be avoided, and it is believed by competent investigators including the National Conservation Commission that at least fifteen years could be added to the average life of the present generation if a sane system of personal hygiene were generally adopted.

Scientists have decided that bacteria belong to the plant kingdom, and the microscope reveals another and formerly unseen bacterial world of vast extent and of far reaching consequence to the human race. Under the microscope mosses and molds become forests of giant trees, while the smallest plants so seen are the bacteria. The unit of measurement in dealing with these small plants is the micron, .001 millimeter, or approximately 1-25,000 inch.

At some period in universal development certain species of these small plants learned to live within the bodies of animals and of men and we have as a result what we call the infectious diseases known to us as tuberculosis, pneumonia, diphtheria, typhoid fever, measles, scarlet fever and the like. The plant or bacteria causing typhoid fever for instance averages about 1-14,000 inch long by between 1-32,000 to 1-50,000 inch wide.

Like the larger varieties of the plant kingdom these minute plants are good or bad, poisonous or non-poisonous according to the species and the environment, and that is the reason specific human diseases exhibit such an infinite variety of symptoms; for as the environment differs in each individual infected so must the reactions. Hence every man makes his own disease.

When society becomes efficiently organized so that it will be possible to consider human ailments on the same broad impersonal basis we do diseases of plants and animals, undoubtedly most of our now numerous diseases will be found to have a common origin and to be easily preventable.

To illustrate the point—a group of men exposed to a swirl of street dust composed of finely ground horse manure and other decomposing animal and vegetable refuse will develop "colds," sore throats or pneumonia, depending on the reaction of the individual to the contained bacteria. Every individual life makes its own disease.

These tiny plants increase and grow only under favorable environmental conditions of moisture, heat and food, but under such favorable conditions a single bacterium may easily become the parent of 17,000,000 within twenty-four hours. Those bacteria that have acquired the ability to live within the body of man have been so modified by that environment that they have lost the ability to live independently outside the human body for any great length of time. Like all parasites they are unable to stand alone and quickly die if thrown on their own resources.

The conditions favorable to bacterial life and growth are filth, dampness, warmth and absence of light. What we commonly designate as filth is, of course, only matter in the wrong place. The conditions detrimental and fatal to bacterial life are cleanliness, dryness, cold and light.

Bacteria are not hereditary but are contagious, and the existence of these plants in the human race is continued from one person to another only because certain men in whom they have found lodgment transfer them to other men or animals receptive at the time because their bodies have been modified by environment, their constituent matter is in the wrong place or combination, and they are technically unclean, a condition commonly known as one of low vitality.

It is estimated there are now in the United States approximately 18,000 persons infected with typhoid fever germs who although in apparent perfect physical health are discharging these bacteria in enormous numbers every day. The same fact is true of diphtheria and other infectious diseases, and it is in this way that disease is carried from one person to another. Typhoid fever for instance will vanish as a human disease only when men cease to eat or drink human and animal excreta in any form. And the same principle applies to all diseases.

There is but one sound and successful method of combating diseases and that is by prevention. To waste valuable time and lives in futile efforts at "curing" the natural results of existing conditions is illogical. To first locate the cause of the condition which we know as disease and then,

having conclusively demonstrated the cause, to lay aside fads, fancies, prejudices, superstition and tradition and take the necessary steps for the removal of the known cause—that is sane and logical. And when rational preventive measures are taken then disease and premature death must cease as a natural and inevitable result.

THE FOOT.

Recently there appeared in the columns of the daily press a special cable notice of the presentation of a paper at the Academy of Sciences, Paris, France, by Edmond Perrier, director of the Museum of Natural History, indicating as the result of experiments conducted by M. Laby over a period of ten years that "persons who work constantly in the midst of harsh noise show symptoms of exceptional fatigue, due to excessive blood pressure while working, followed by depression of the vital forces." And Emile Gautier, the well-known scientist, is quoted as comparing city noises "to blows of a hammer upon the nervous system," and stating that "such noises frequently repeated tend to cause neurasthenia in persons naturally sensitive to noise."

There is not the shadow of a doubt as to the truth of these observations. And, further, we venture to state that there is not a competent specialist of more than five years' experience in any country in the world who cannot show in his records many cases of mental exhaustion from the over use of whatever organ falls within his special field of observation, be it the eye, ear, nose or any other part.

We have long been familiar with the phenomena of reflex irritation as a factor in human suffering, but the subject has never received the attention it deserves and that it is destined to receive from this time on.

We do not have to be conscious of irritation to suffer the reaction from over stimulation. And here we have an illustration of the effect of inertia on the human mind; for the scientific gentleman who will so clearly point out the cause of many cases of human wreckage among his clients is usually himself a victim of the same irritation from another point. Obviously he lacks either in intellectual integrity or in that broad grasp of principle approximating genius, or he would recognize in the fourteenth century type of contraction he wears on his feet a source of irritation of vastly more destructive power than can possibly flow from eye, ear or nose.

Every normal baby born into this world has a foot so shaped that a straight line drawn from the center of the end of the big toe through the center of its base will pass through the center of the heel of the foot. This imaginary line was discovered many years ago by a man named Meyer and has since been known as "Meyer's line," and on the preservation of this line depends foot comfort and, to a very large degree, general health and happiness as well.

The foot is composed of 26 bones, more or less movable. Fourteen of these belong to the toes, the remaining 12 being a series of odd shaped bones forming two arches. The weight of the body is carried on the astragalus, the highest bone in the arch. These two arches are held up by two sets of tendons originating in the heavy calf muscles. One set, running down under the heel bone and extending from heel to toes, strings the longitudinal arch up just as a bowstring strings a bow; others running down the inside of the leg turn under the arch of the instep and, extending across the sole of the foot are anchored to a bone near the base of the little toe, stringing up the crosswise arch. The give and pull of the calf muscles on these tendon ropes that hold up the arches forms a wonderfully efficient set of springs and insures an easy, graceful, swinging and ever enduring gait if they are permitted to operate.

When the entire weight of the body is thrown on the foot in taking a normal stride the longitudinal arch will expand approximately three-quarters of an inch and the cross arch about one-half inch. If this free action be not permitted then it means weakening the muscles of not only the entire leg and hips but of the back and abdomen as well, besides disturbing the circulation in general and converting the natural walk into a waddle. Few people walk these days—they cannot; they tire too easily because their center of gravity is displaced.

It would be much less harmful if any person thoroughly convinced that nature had made a mistake in shaping the human foot should have his feet reshaped to suit with saw and knife than to devote a life time to molding them into conventional lines by the usual daily hammering, which is brutal and disastrous because each step taken means a blow on the brain tissue.

Nervous exhaustion is a powerful factor in the stupefaction of multitudes who imagine they are ill, and the key to the puzzle is without doubt to be found in the fact that it is among the class showing the greatest distortion of "Meyer's line" that the vast majority of the most aggravated types of neurasthenia are to be found.

Any pressure that can possibly distort "Meyer's line" is, at the same time applied to this special sense area, and this brings us face to face with the question of nerve cell exhaustion through foot irritation—a subject on which the average individual is exceedingly sensitive because it touches on the style of the shoe, an article of apparel in which there has been little change in type since it was designed in the fourteenth century for a class who never walked.

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WHERE SIGNS ARE AS GOOD AS BONDS

By Robert H. Moulton



TRADER'S SIGN MANUAL



TELEPHONE OPERATOR TRANSMITTING BROKERS' ORDER TO PIT



TELEGRAPH OPERATORS ON THE EXCHANGE FLOOR



SCENE IN THE WHEAT PIT, CHICAGO BOARD OF TRADE



PREPARING SAMPLES FOR THE EXCHANGE FLOOR



TRADERS CHECKING UP DEALS

WHAT undoubtedly is the most unique sign language employed anywhere in the world is to be found in Chicago. It is different from other sign languages in that it is called into use only between the hours of 9:30 a. m. and 1 p. m. each week day, and because of the fact that before and after these periods its users depend upon ordinary methods of speech for communication.

But perhaps the most remarkable feature of this sign language lies in the fact that its characters while only nine in number are each of such far-reaching importance that thousands of dollars are involved practically every time one of them is made.

This extraordinary system of communication is the means by which brokers on the Chicago board of trade conduct their business of buying and selling on the open market. It is peculiar to this institution, being unlike that used on the floor of any other exchange in the world.

To the casual visitor watching the crowds congregated about the different pits during the times of a flurry in prices the signs used by the traders have no intelligible meaning, but to the experienced trader a simple movement of the hand attracts attention and at the same time conveys all the information necessary to consummate a deal.

This sign language has developed with the growth of the board and its use has long since become a necessity. The turmoil and hurly-burly resulting from a thousand traders seeking to attract attention in the excitement of the hour, added to the click of hundreds of high-keyed telegraph instruments and the noise of a small army of messenger and errand boys scurrying about, makes articulate speech practically impossible. Then, too, the eye is quicker than the ear, and the signals given with the hand or by a gesture of the head mean as much as a telegram to the party addressed and frequently permits the closing of a trade, when, if time had been taken in an attempt to reach the side of the party making an offer, some change might have taken place in the market and the opportune moment would have been lost.

The sign manual of the pit trader is simplicity itself, and with a very little practise anyone can become adept at it, although, of course, this does not mean that it will perfect him as a master in the strategy and generalship demanded of a good broker. For instance, wheat having sold at 90 cents, a trader catches the eye of some one opposite in the pit who has 50,000 bushels to sell, and partly by telepathy and partly by a motion of the clenched fist, signals that he will take the "50" wheat at 90. The seller, in reply, holds up his right hand with the index finger extended horizontally, indicating that he wants 1/4 cent more than the price quoted, or 90 1/4 cents. The buyer motions acceptance and signals back "1/4." The seller and buyer then note on their cards "Sold 50 at 1/4 Jones" and "Bot 50 at 1/4 Smith," respectively, the number of bushels bought and sold always meaning so many thousands. After leaving the pit the two traders meet and check the operations.

All prices are indicated by the hand and fingers

when held in a horizontal position. The clenched fist means the price in even cents. Each outstretched finger, the fingers being spread apart, represents an added eighth of a cent up to five-eighths; the extended hand with all of the fingers pressed together means three-quarters, and the thumb only signals seven-eighths. The hand displayed vertically refers to quantities, each extended finger meaning 5,000 bushels up to 25,000 for the entire hand. Whether the grain is being offered or bid for is shown by a slight motion of the hand to or from the trader making the signal. The official reporter stationed in each pit sees all this signaling, and partly by observation and partly on information given him by the traders, notes the latest price and gives it to a telegraph operator at his side to be "put on the ticker." Thus the price of grain is made every moment of the session and transmitted to all the markets of the world.

While the visitor who sits in the gallery overlooking the floor, and who understands nothing of what is going on below, is likely to be impressed with the thought that he is looking at the vitals of a lunatic asylum, there is really no other business so well organized that one man will accept a nod and a shake of the finger for thousands of dollars without argument. This means that it is a business embedded in honor. No contract, either written or oral, is more binding than the contracts to which a member of the association is a party. No informality, no absence of legal technicalities, will avail under the rules of the association to absolve a man from undeviating compliance with every term and every feature of his business obligation. Every pretext for the avoidance of such obligation is brushed aside by a jury, not of a court, but of business men, his peers, and is not permitted to obscure the spirit and intent of his promises, or to release him from his responsibilities as a man and as a merchant. When it is considered that in a single year more than 500,000,000 bushels of grain have been dealt in on the board, the success of the system employed is apparent.

The system of buying and selling for future delivery, as applied to grain especially, and as practised upon and safeguarded by the rules of the grain exchanges located in our great primary markets, is much discussed and regarding which there is more or less misunderstanding. It was devised solely in the interest of the farmer and interior grain buyer. It provides for the economical marketing of the chief grain crops of the West, and creates and maintains a broad, active

and constant market for the sale of grain and provisions, independent of an immediate, actual, existing consumptive demand. What is more important to the agriculturist, it provides him with ready money, which in turn finds its way through the country stores to wholesale merchants in great centers of trade, and more than any other measure, keeps the complicated machinery of business in harmonious activity. It also has the effect of bringing to the knowledge of the grain dealer and the farmer all facts which are necessary for them to know, in order to arrive at the intrinsic value of their grain, as measured by the supply and the demand the world over and the year through. Under its operation, all information concerning the movement of grain, and of the markets of the world, is placed at the service of the public.

In the arena of speculation every buyer and every seller is a free lance. If the "bull" thinks the "bear" has pulled down the price of next May's wheat lower than the crop prospects warrant, the "bull" puts his neck and horns under the quotations and hurls them upward. They stand there, to change the figure, like two game cocks. There can never be an alliance between these two opposing interests. But between these two self interests equilibrium is established.

Unfortunately, the public knows to its sorrow the methods of the bucketshop better than it does the legitimate boards of trade. Bucketshops in outward appearance are exactly the same as the offices of a private wire company. They are intentional counterfeiters. Bucketshops do not trade in grain at all. They simply bet with their customers on the fluctuations and frequently hold back or make fluctuations to suit themselves.

The real broker, however, who is a member of regular authorized grain exchange wants his customers to make money, and if it is in his power, they make money. If they don't he knows that he will lose their trade because their commission is all that he makes.

It is interesting to trace the handling of a car of grain from arrival until it is delivered into the elevator. First, it is necessary to provide for the protection of cars from thieves after the reaching the neighborhood of the city. Railroad yards, as a rule, are located in remote parts of large cities, and this remoteness, together with the fact that they attract to their neighborhood numbers of petty pilferers, makes special protection necessary. For this reason the Chicago board of trade maintains a detective service.

Upon arrival, under the protection mentioned, the first official handling of the contents of a car of grain occurs when it reaches the Chicago inspection yards of any given railroad, whereupon the seals are broken by an employe of the state grain inspection department, to permit inspection and sampling by the state inspectors and the receivers' agents. The cars of a train are then resealed and ordered to the various unloading points, such as public and private elevators, transfer houses, mills, and some large wholesale feed stores, where they are unloaded and weighed under the supervision of the board of trade weighing department, which has stationed at each of these points one or more men to look after such work.

Each car, when unloaded, is thoroughly cleaned out and swept with a broom, in order that all grain may be accounted for.

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C. W. Warwick, Managing Editor.

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H. A. Halbert, candidate commissioner of agriculture, is the father-in-law of Editor J. M. Adams of the Plainview News. Mr. Halbert is a practical farmer who farms and if elected to the office he will be the first farmer who has held the office for many years. Mr. Halbert is the originator of the "Halbert Honey" watermelon, a drought resisting corn, is the highest authority in the United States on pecan grafting, is well educated and knows farming both practical and scientific. He is a prohibitionist and lives in Coleman county. The votes of Randall county should go to Mr. Halbert for this office.

It's up to you, Mr. Voter. The question in the primary Saturday is whether or not the liquor interests of Texas shall rule or whether those who stand for sound and staple government shall have first place. A vote for Ferguson means a vote for the first kind of government. A vote for Ball is a bid for the latter kind. Are you willing to cast your lot and influence with the former crowd? Surely not!

The only thing we don't like about Huerta's resignation is that now just when we got used to pronouncing his name with the proper accent, along comes another "temporary" president whose name is longer and harder.

W. J. Bryan has lined up for woman suffrage Champ Clark almost so. It's only a matter of time until all of the women will vote in America and the big guns of all political parties and lining up on the proposition.

The political campaign this year is the most bitter the state has seen for some time. And a majority of the people will be mighty glad when it is over next Saturday.

How To Give Quinine To Children.
FEBRILINE is the trade-mark name given to an improved Quinine. It is a Tasteless Syrup, pleasant to take and does not disturb the stomach. Children take it and never know it is Quinine. Also especially adapted to adults who cannot take ordinary Quinine. Does not nauseate nor cause nervousness nor ringing in the head. Try it the next time you need Quinine for any purpose. Ask for 2-ounce original package. The name FEBRILINE is blown in bottle. 25 cents.

 **EXCURSIONS**

Meeting Grand Lodge Ancient Order of United Workman, Dallas, July 29. One and one-third fare for round trip. Tickets on sale July 25-26-27, return limit July 31.

White Mountain Bible Conference and Summer Assembly, annual session, Roswell, N. M., July 10-Aug. 1. Fare and one-third for round trip. Tickets on sale July 16-17-22-23-24, return limit Aug. 2.

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Grady, I. T., Nov. 29, 1898.
Dear Sir—About eleven months ago I was taken by something I thought to be rheumatism, and lost the use of one leg. I consulted physicians; they told me it was incurable, and advised me to have the leg amputated. Unwilling to part with my leg, I commenced using medicines advertised for the above disease, all to no effect; but after taking two bottles of McCroskey's Tonic you left with W. C. Sappington for me, my health was greatly improved, and after taking the third bottle I am able to walk without my crutches. You may use this if you see fit. Anyone doubting this can write to me and I will answer them, provided a stamp for postage is inclosed.

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Holland Drug Co. sells this remedy. Your money back if you are not cured.

President Wilson is again displaying his ability of getting what he wants—both from the point of nominating men and passing new laws. And what he wants is always best for all concerned.

Save good samples from your farm, orchard or garden for the Panhandle State Fair this fall. Randall county must have a representative showing this year.

Texas is importing hogs from Nebraska. This should not be. Let the farmers of the Panhandle raise more hogs to make up this deficiency.

Voters of Randall county, do not forget to vote on the submission question Saturday. It comes first on the ballot. Vote submission.

What about that clean up day?

Execution Sale.

State of Texas, County of Tarrant. In the district court of Tarrant county, Texas. Harvey B. Herd, Plaintiff No. 37024 vs. R. E. Foster, et al. Defendants. Whereas, by virtue of an order of sale issued out of the District Court of Tarrant County, Texas, on a judgment rendered in said court on the 15th day of June, A. D. 1914, in favor of said Harvey B. Herd, and against the said R. E. Foster, T. K. Jones, T. A. Ridgway and L. H. Hubbard, Joe Foster, J. M. Redfearn and J. H. Altizer, No. 37024 on the docket of said court for Civil cases, 1 dtd on the 9th day of July, A. D. 1914, at 5 o'clock p. m., levy upon the following described tracts and parcels of land situated, lying and being in the County of Randall, State of Texas and belonging to the said R. E. Foster, described in two tracts as follows, to-wit:

First Tract—Being 640 acres of land known as Survey No. 39, Block No. 1, Original Grantee. Taylor Tap R. R. Co., Certificate No. 63, being the same land conveyed to R. E. Foster by Mrs. Massie A. Bogar, a widow by Deed recorded in Book 11, Page 448 of Deed Records of said Randall County, reference to which said deed and its record is here made, being located about 3 miles North of the town of Canyon.

Second Tract—Being 640 acres of land located about 5 miles W. of Canyon and known as Survey No. 39, Block Lettered and numbered B-5, surveyed for H. & G. N. Ry. Co., located by virtue of Certificate No. 15-3559, patented to Texas Land Co., assigned, by Patent No. 89, Vol. 61; save and except 27.68 acres taken up right of way of P. & N. T. Ry. Co., and being the same land conveyed to R. E. Foster, by O. C. Davis and wife by Deed recorded in Book 16, page 336, of Randall County Deed Records, reference to which is here made; and on the 4th day of August, A. D. 1914 being the first Tuesday of said Month, between the hours of 10 o'clock a. m. and 4 o'clock p. m. on said day, at the Court house door of said County, I will offer for sale and sell at Public Auction for cash, all the right, title and interest of the said R. E. Foster, T. K. Jones, L. H. Hubbard, Joe Foster, J. M. Redfearn, T. A. Ridgway and J. H. Altizer in and to said property.

Dated at Canyon, County of Randall, this 8th day of July, A. D. 1914.
Worth A. Jennings, 1913
Sheriff of Randall County, Texas.

Texas Marketing Problems Studied

Hundreds of Texas Farmers Give Statement of Their Actual Experience.

Descending from the general discussion of farm marketing problems, Prof. C. B. Austin, through the University of Texas Department of Extension, is making a special study of the marketing problem in Texas. He wants to get specific and detailed accounts of the exact situation which the average Texas farmer faces. During the past year, Prof. Austin has obtained many hundreds of letters from the general farmers of Texas, and in those letters they not only give their views of the marketing situation, but state in a detailed way exactly what they grow, how they have attempted to sell it, what prices they have obtained, and what difficulties they have had to surmount, or have failed to meet. A wealth of information of this nature, contains a minimum of theory and a maximum amount of information on the actual conditions in the marketing of farm produce.

It is hoped that this mass of information directly from the farmer will form the background for a proper legislative solution of marketing problems in Texas. In this way the farmer is given a chance to state his own case and his statements are put in a place where they will do him the most good.

Diversification of Crops is Needed

By Producing Something Besides One Specialized Crop Farmers Feed Themselves.

In the course of an address before the Southern States Association of Marketing, Chas. B. Austin, head of the Division of Public Welfare of the University of Texas, made the following plea for diversion of crops:

"Several years ago, manufacturers erected buildings, put in boilers, and lathes and other machinery and turned out bicycles until the bicycle craze was over; then they used the same boilers, the same machines to give us sewing machines and automobiles. The average farmer must be shown that he has fixed capital that will produce something besides one specialized crop. When you produce something besides the one specialized crop you begin to feed yourselves, and then you break up this balance of trade against the farmer caused by specializing in cotton. The average farmer in Texas at the present time is not in a position to help you on this market question, because demand is made up of two factors, i. e., desire plus ability to obtain, and he has been caught in the squeeze. He has the desire for the good things to put on his dinner table, but he has not the wherewithal to transform that desire into demand."

Piles Cured in 6 to 14 Days.
Your druggist will refund money if FAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. The first application gives Ease and Rest. 50c.

Wayside Items.

Quite a number of farmers will build new grainaries.

Born to Wm. and Ethel James July 15, an 8 lb. boy.

A number from Wayside attended the annual picnic at Tulla the 17th.

W. D. and J. T. McGehee left Tuesday to attend the Farmers Congress at College Station, the latter returned Monday.

An ice cream supper at D. H. Hamblens Tuesday night, also one at Mrs. Schaffers Saturday night.

A goodly number attended the singing at W. H. Hamblens Sunday.

Henry Woodard formerly of Randall county, now of Scurry county is visiting friends in Ceta.

Headache and Nervousness Cured.
"Chamberlain's Tablets are entitled to all the praise I can give them," writes Mrs. Richard Oip, Spencerport, N. Y. They have cured me of headache and nervousness and restored me to my normal health. For sale by all dealers.—Advertisement.

NEAR DEATH BY SMOTHERING

But Husband, With Aid of Cardui, Effects Her Deliverance.

Draper, N. C.—Mrs. Helen Dalton, of this place, says: "I suffered for years with pains in my left side, and would often almost smother to death.

Medicines patched me up for awhile but then I would get worse again. Finally, my husband decided he wanted me to try Cardui, the woman's tonic, so he bought me a bottle and I began using it. It did me more good than all the medicines I had taken.

I have induced many of my friends to try Cardui, and they all say they have been benefited by its use. There never has been, and never will be, a medicine to compare with Cardui. I believe it is a good medicine for all womanly troubles."

For over 50 years, Cardui has been relieving woman's sufferings and building weak women up to health and strength.

If you are a woman, give it a fair trial. It should surely help you, as it has a million others.

Get a bottle of Cardui to-day.
Write to: Chattanooga Medicine Co., Ladies' Advisory Dept., Chattanooga, Tenn., for Special Instructions on purchase and 64-page book, "Home Treatment for Women," in plain wrapper. N. C. 138

CLASSIFIED ADS

Wanted—To buy some good furniture reasonable. P. O. box 496, Canyon. 18t2

For Exchange—Six room house in Canyon to trade for mules 3 to 5 years old. G. S. Patterson, Goodnight, Texas. 18t2

For Sale—Hay press, at a bargain. W. H. Younger, 1 mile southeast of town. 1t

For Sale—One pair of horses, weighing 1050, well broke, cheap if taken at once. E. Hyatt. 16t1

For Sale—Modern six room house within one block of campus. W. J. Thomas. 15p4

For Sale—One scraper, cultivator, gang plow with sod attachments, corn sheller, feed mill, walking plow. S. B. McClure. 1t

For Sale—Seven room brick house, basement, half block land, good outbuildings at sacrifice, three blocks from depot. John Beggin. 1t

Dust Proof Windows—The one and only practical flexible metal weather strip. Never binds, rattles or rusts. J. W. Turner, Agent, Umbarger. 1t

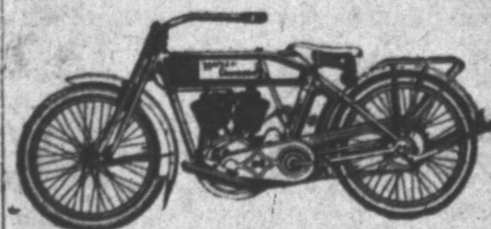
Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless Chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents. (Advertisement)

Best Diarrhoea Remedy.

If you have ever used Chamberlain's Colic, Cholera and Diarrhoea Remedy you know that it is a success. Sam F. Guin, Whatley, Ala., writes: "I had the measles and got caught out in the rain, and it settled in my stomach and bowels. I had an awful time, and had it not been for Chamberlain's Colic, Cholera and Diarrhoea Remedy I could not possibly have lived but a few hours longer, but thanks to this remedy, I am now well and strong." For sale by all dealers.—Advertisement.

Harley-Davidson



the Motorcycle With Automobile Control.

The brake, the clutch and the step-starter can all be operated by the feet, leaving only the spark and throttle for hand operation, making the control the same as that of the highest priced automobile.

Then there is the Free-Wheel Control, Folding Foot Boards, and nearly forty other refinements which help to make the Harley-Davidson the greatest motorcycle value ever offered. Call or telephone for demonstration.

Bowen Brothers

The Backbone of our Country



The farmer is the man we all want to see prosper. He is the original producer of everything we use today.

We Want Good Farmers

For our customers, it matters not how large or how small your account may be, we are looking for it.

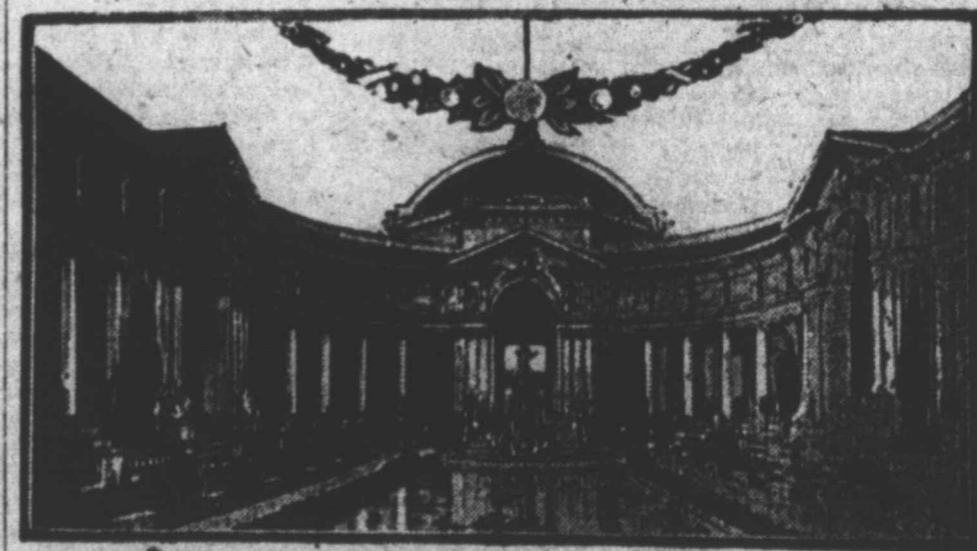
The First State Bank

THE GUARANTY FUND BANK

the electric iron is one of the finest LABOR SAVER for the housewife.

Get one on free trial today
Canyon Power Company

PANAMA-PACIFIC INTERNATIONAL EXPOSITION, SAN FRANCISCO, 1915.



Copyright, 1915, by Panama-Pacific International Exposition.
ONE of the minor courts that will open out from the great exposition city upon a vast tropical garden upon the south. This court, a marvel of tropical transplanting, is south of the Court of Four Seasons. It is designed by Mr. George W. Kelham. The Panama-Pacific International Exposition will stand alone not only in its architectural treatment but in its setting at Harbor View, the exposition site, in the adornment of its huge interior courts and of its grounds, with hundreds of thousands of palms, flowers and rare shrubs and vines, and in the superb color plan created by Jules Guerin, world-famous colorist. The theme of the exposition, the sculpture, and mural paintings will exalt the spirit of achievement through which America has completed the Panama canal. The theme of the great interior courts will suggest the meeting of the East and West.

See the News Printery

FOR THE SUPERIOR KIND OF

Commercial Job Printing

HOW CHILDREN GROW

Children grow by nourishment—not overfed stomachs or rich foods but qualities that are readily converted into life-sustaining blood; too often their digestive powers cannot procure these qualities from ordinary foods which results in weakness, dullness and sickness.

If your children are under-size, underweight, catch cold easily, are languid, backward, pale or frail, give them Scott's Emulsion which is pure medicinal nourishment. It sharpens the appetite, builds healthy flesh, firm muscles and active brains. Scott's is growing-food for children. Refuse alcoholic substitutes.

Rev. F. M. Neal was in Amarillo Wednesday to meet his daughter, Louise, who was returning from Wellington.

Seal flour at \$1.50 per sack. Grocery & Novelty Co. It

Miss Lena Hunt returned Wednesday to her home in Oklahoma City after spending a week with Mrs. Tucker.

Just received 400 pairs Blue Ribbon shoes for boys and girls. Supply Co. It

Mrs. D. A. Park returned home Saturday from Memphis where she has been visiting her parents.

A full stock of hay ties at Thompson Hardware Co. It

Dr. D. M. Stewart has returned from a business trip to Ft. Worth, Denton and Seymour.

Buy your work shoes from the Supply Co. Big lot just in. It

No services were held at the Presbyterian church Sunday owing to the illness at the home of Rev. Haynes.

Get a 25c can of Rexall Talcum Powder or a can of Rexall Antiseptic Tooth Powder and get a balloon for the children. City Pharmacy. It

If you are not attending Sunday school, come to the Christian church we have Sunday school every Sunday morning at 10 o'clock. Communion service following. Your presence will be appreciated and you are welcome.

Only One "BROMO QUININE"
To get the genuine, call for full name, LAXATIVE BROMO QUININE. Look for signature of E. W. GROVE. Cures a Cold in One Day. Stops cough and headache, and works off cold. 25c.

Seal flour at \$1.50 per sack. Grocery & Novelty Co. It

John Rowan had a house moved from the west end of town to his land near Wayside Thursday. Murry Evans, his son-in-law, will occupy the same.

Just arrived—350 pairs Howard & Foster shoes for fall. Supply Co. It

W. J. Fleisher returned home Sunday from Galveston.

Spraying Conkey's Fly Knock-er in your barns and on your horses and cows, settles the fly problem. For sale by S. A. Shotwell. It

Cure Old Sores, Other Remedies Won't Cure
The worst cases, no matter of how long standing, are cured by the wonderful, old reliable Dr. Porter's Antiseptic Healing Oil. It relieves Pain and Heals at the same time. 25c, 50c, \$1.00.

H. W. Morelock has a new Ford car.

W. G. Word is taking a vacation from the Supply this week.

20 per cent discount on all oxfords and pumps at the Supply Co. It

Mrs. Laughery will leave today for Missouri where she is called by the illness of her mother.

Mrs. C. E. Coss was in Amarillo Saturday evening.

Brightening up time! Get your paint, glass and wall paper of S. V. Wirt. Best line in the city.

Dr. J. M. Black has returned from a trip to Ft. Worth. He states that he was with I. W. McClure on his place near Ft. Worth on the Trinity river when Mr. McClure saw a large fish in the river, jumped in and killed it with a club. The fish weighed 53 pounds.

Straw hats at half price at the Supply Co. It

Misses Ritchie and Malone returned Monday from an extensive trip through the east during which they visited the principal points of interest.

The C. I. C. class of the Christian Sunday school will serve ice cream and cake for 15c old furniture building Saturday night.

THE SECRET OF SUCCESS

Genuine Merit Required to Win the People's Confidence.

Have you ever stopped to reason why it is that so many products that are extensively advertised, all at once drop out of sight and are soon forgotten? The reason is plain—the article did not fulfill the promises of the manufacturer. This applies more particularly to the medicine. A medical preparation that has real curative value almost sells itself, as like an endless chain system the remedy is recommended by those who have been benefited, to those who are in need of it.

A prominent druggist says "Take for example Dr. Kilmer's Swamp-Root, a preparation I have sold for many years and never hesitate to recommend, for in almost every case it shows excellent results, as many of my customers testify. No other kidney remedy that I know of has so large a sale."

According to sworn statements and verified testimony of thousands who have used the preparation, the success of Dr. Kilmer's Swamp-Root is due to the fact that it fulfills almost every wish in overcoming kidney, liver and bladder diseases, corrects urinary troubles and neutralizes the uric acid which causes rheumatism.

You may receive a sample bottle of Swamp-Root by Parcels Post. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents; also mention the Canyon Weekly Randall County News.

(Advertisement)

B. E. Julian of Dallas, nephew of T. F. Reid, is visiting in the city. He was accompanied by his daughter, Miss Bessie, who will spend the summer here to enjoy this delightful climate and drink in the pure ozone that floats over these vast prairies.

A balloon given with each 25c cash purchase of a can of Rexall Talcum Powder or Rexall Antiseptic Tooth Powder. City Pharmacy.

S. W. and D. W. Davis are putting up a new store building in the Conner addition near the Normal. They will teach school this winter and return to Canyon next spring to put in a stock of goods. They live at Van Alstine.

Redburn will buy your produce for cash. Lots of difference between soda and cash. It

Miss Cora Smith of Ft. Worth is visiting at the home of her uncle, W. H. Hicks.

Drs. Wilson and Griffin were in Amarillo Wednesday attending the Panhandle Medical Association. Dr. Griffin was on the program.

Tom Campbell and J. L. McReynolds were in Amarillo on business Monday.

50 pieces new fall dress goods at the Supply Co. It

S. R. Shambaugh of Clinton, Iowa, spent last week at the Joe Gamble home. Mr. Shambaugh was well pleased with conditions in Randall county this year.

Remember we have the cleanest and freshest stock of groceries in town and have never been undersold. Supply Co. It

No cases were tried in the county court this week. The jury drawn for this term appeared Monday but were immediately dismissed for the term.

The property belonging to W. J. Woods near Amarillo which was stolen last week, as published in the News, was recovered two days following about three miles from the Woods home, hid in a shed. The thief was never seen. He evidently got a hunch to move to parts unknown.

Cane sugar \$5.25 per 100 lbs at the Supply Co. It

Welton Winn returned Saturday from Kennon, N. M., where he has been transacting business for the past two weeks.

A daughter was born to Mr. and Mrs. Elmer Prichard Monday morning.

Mr. and Mrs. Roy Wederbrook of Hereford visited over Sunday at the parental John Knight home.

I have made arrangements to reduce the price of flour to the customers 35 to 50 cents per hundred after August 1, 1914. All fully guaranteed to give satisfaction. I need your business. If you will look into our method of doing business you can see why we can defy competition. If you don't save more than 20 per cent it will pay you to visit us. D. N. Redburn. It

J. R. Cullum is having a vacation from Thompson Hardware this week and is at the Canyon Club grounds with his family.

O. F. Winn of Amarillo was in the city prospecting Monday.

Miss Lamb spent Monday in Amarillo.

Mrs. R. L. Curd of Childress visited her daughter Miss Nellie over Sunday.

Mildred Craven who has been visiting with her sister Mrs. Wilford Taylor returned Sunday to her home in Okla.

Posted Notice—My land northeast of Canyon is posted, and I hereby give notice that any and all cases of trespassing such as hunting and fishing will be prosecuted to the fullest extent of the law. R. G. Oldham. 1814

Mrs. J. W. Rattikin, was called to Delton, Ark., Sunday to the death bed of her father.

Misses Mate Hunt and Cora Leonard visited at the home of W. H. Donaldson in Tulsa from Friday till Tuesday.

The News man is no mind reader—he can't tell by looking at you whether or not you just got home from a trip, or whether you are going, or whether you had a party, or whether you have company, or anything of the other dozens of things that take to make a good newspaper. So PLEASE, PLEASE tell us the news. Phone it in, or tell us on the street, or write it up and hand it in. At any rate, GIVE US THE NEWS.

Come to Canyon to live.



Everybody

Drinks

Coca-Cola

—it answers every beverage requirement—vim, vigor, refreshment, wholesomeness.

It will satisfy you.

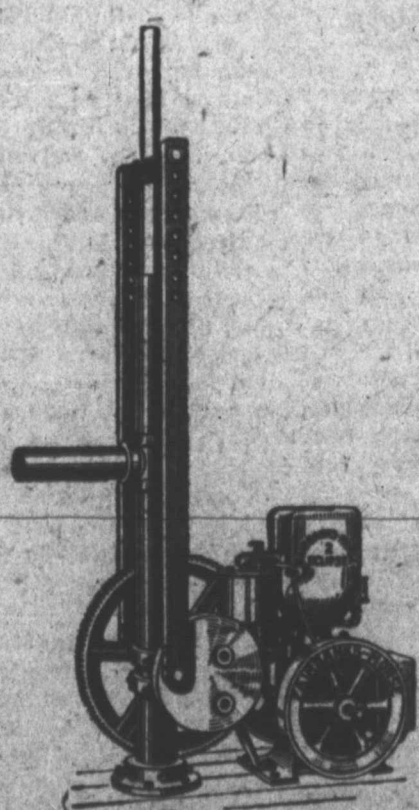
Demand the genuine by full name—Nicknames encourage substitution.

THE COCA-COLA COMPANY
ATLANTA, GA.

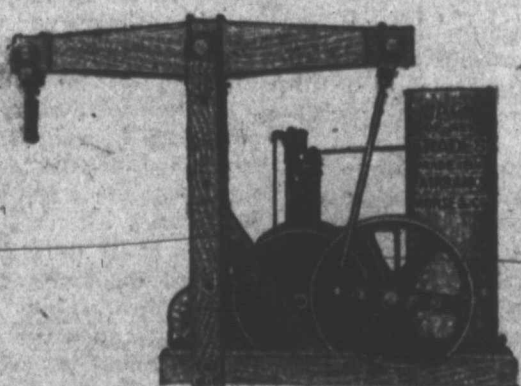
Whenever you see an Arrow think of Coca-Cola.

You Can Not Afford

to let your cattle suffer for water on still days when the wind does not blow enough to turn your windmills when we can sell you a No. 1 or No. 2 Eclipse Pumper and Jack of All Trades Fairbanks, Morse gasoline engine that will pump water at any and all times.



Let us figure with you.



THOMPSON HARDWARE CO.

CANYON, TEXAS

AT HALF PRICE

All Straw Hats
All Ladies' Party Dresses
All Ladies' Skirts
All Ladies' light weight Coats

1-3 OFF

Men's and Boys' Summer Suits

Ladies' House Dresses

20 per cent discount

On Oxfords and Pumps

One lot of men's \$4 and \$5 oxfords for \$1.95

For Cash ONLY At These Prices

The Canyon City Supply Co.
DRY GOODS, CLOTHING & GROCERIES
CANYON, TEXAS

SUBSCRIBE FOR THE NEWS

COME TO THE PANHANDLE THIS YEAR

MAN has acquired a hunger for land which he can call his own. The supply is limited—the demand unlimited! Land values have risen to prohibitive prices in older settled states!

The Panhandle is Ready for the Farmer

Here is a deep, rich soil, ready for the plow. An ample rainfall and a most healthful and splendid climate. Adequate railroad facilities by which to reach the markets of the world.

A return to normal climatic conditions, a greatly increased acreage of winter wheat, spring wheat, oats and barley, an unqualifiedly successful demonstration that Kaffir corn and Milo maize cannot be excelled as material for ensilage, the "better farming" spirit and the results of studying and developing this land assures a prosperous year.

Farms can be bought here now cheaper than they can later on, at prices which are certain of a steady advance as the summer and fall emigration stimulates the demand.

My farms are all favorably located, as regards towns and railroads and give the buyer a wide range in selection. All the improved farms are rented to good farmers and will produce a substantial revenue this year.

I am in a position to give terms to suit the purchaser.

C. O. KEISER

Canyon, Texas

Keota, Iowa

GUARDS SHIPS ALONE

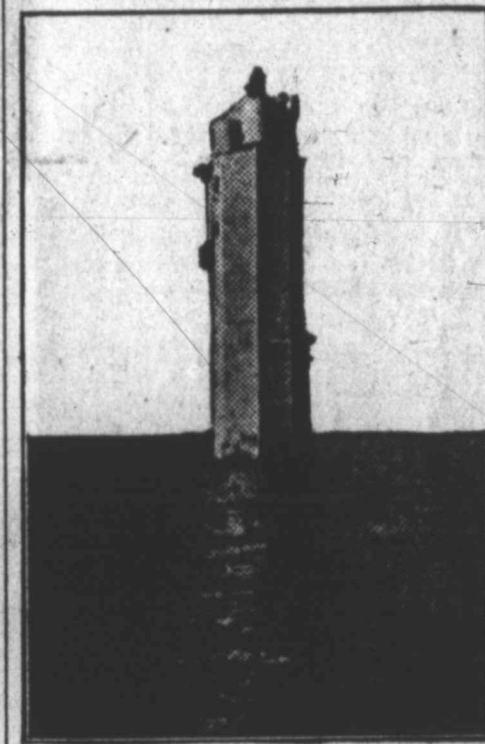
Platte Fougere Lighthouse Only Unattended One Built.

Possesses a Powerful Fog Signal and Marks Entrance to Russell Channel Leading to Guernsey Capital of St. Peter's Port.

London.—What is declared to be the only unattended lighthouse built on a wave-washed rock, possessing a powerful fog signal, is the recently-completed Platte Fougere lighthouse, marking the entrance to the Russell channel leading to the Guernsey capital of St. Peter's Port, a spot which figures in Victor Hugo's great romance, "The Toilers of the Sea." This unattended tower, built of ferro-concrete, which rises on a wave-washed rock, is of irregular octagonal shape, measuring 14½ feet and 17 feet across the faces and 80 feet in height. The head of the rock on which it stands is visible only at low tide, while it is difficult to approach even in the smoothest weather owing to the tides and currents. Much of the foundation work had to be carried out under water. The tower is solid for a height of 46 feet above the rock, and the base is formed of Portland cement placed in iron molds with iron bars driven into the solid rock to anchor the concrete firmly. On the side to which the building is exposed to the heaviest seas massive beams of rolled steel are driven into the rock so as to impart additional strength to the part of the tower where the greatest strains are likely to be set up.

On the entrance level is a compartment containing an electric motor and air-compressor, while on the floor immediately above is a duplicate installation. The siren projects through the top of the tower, the trumpet being so turned as to throw the sounds in a horizontal direction over the water. On the top of the tower is a small automatic acetylene-gas plant and light. These devices, many of which are the invention of the engineer-in-chief, Mr. E. O. Cattford, are controlled from the shore station one and one-quarter miles distant by means of a submarine cable made specially for the work. It is 11 inches in diameter and weighs 45 tons to the nautical mile.

The foghorn has been heard 30 miles away on the French coast, while



Unattended Lighthouse Off Guernsey.

the light is brought into being at sunset and automatically extinguished at dawn. The tower and its installation cost £8,500. An ordinary stone structure would have demanded five or six times this amount and would have been far more expensive to maintain. Thus Guernsey's unattended lighthouse has solved a vexed problem.

Four-Year-Old Milks Cow.

Dover, N. H.—Milking cows regularly at the age of four years, has brought fame to Master George Beard of Dover. A year ago the father, at the urgent request of the boy, permitted him to try his hand at milking one of the cows on the farm. Placing his stool he sat down to his first milking stunt with the air of a veteran and in a short time obtained three quarts of milk. After that he milked the cow regularly every night and has gradually acquired the strength to do a complete job.

Leopard Tears Trainer.

St. Louis.—Emil Schwyer, an animal trainer in a circus, was attacked and torn by a leopard while he was trying to get it to walk a rolling globe in a steel cage. The leopard tore the flesh from the trainer's left arm and shoulder. Tom Hilton, an assistant trainer, then tried to make the leopard do the trick, when the animal leaped on him, bearing him to the floor. Circus attaches beat off the animal before Hilton was hurt seriously.

Dog Saves Family From Fire.

Southington, Conn.—"Happy," a big Mastiff, smelling smoke, unlatched the back door of Robert Graham's home, rushed to Graham's bedroom and aroused him. Graham then awoke ten other members of the family who barely escaped death from suffocation.

Sawdust Sausages in Boston.

Boston.—Sawdust formed part of the filling of sausages offered for sale by a merchant here, according to a court finding. Sentence was deferred.

New Indian Animal Stories

When the Bear Tried the Bow and Arrow

By JOHN M. OSKISON



Children, Color Up This Picture to Suit Yourself.

(Copyright, 1914, by the McClure Newspaper Syndicate.)

Long time ago, after the animals came down to this world from the world above the arch of the sky to find more room for themselves, men came into the world, too. For a great many years, the animals and men lived together as friends; they talked with one another and held their councils together.

But after they had lived on this earth a very long time, there wasn't room enough for all of the animals and the men, too, and so they began to quarrel. Men learned how to make bows and arrows, knives, blowguns, spears and hooks, and then they began to kill the animals to get their flesh to eat and their skins to wrap themselves in.

"We must do something about this," said the Great Beaver, and he called a council, but no men were allowed to come.

One after another, the animals told how they were hunted by man. The catfish said that he caught on a hook once, but got away, and his brother had been killed with a spear. A mother squirrel had seen one of her children knocked out of a tree by a man with a blowgun. The knife had been used on the wild pigs, who were not wild then, and the bears were afraid of the bows and arrows.

"The best thing to do is to make war on man," said the Great Beaver, when he had heard all of the complaints.

"Who will lead the fight on man?" asked the rabbit. "I think it must be some one who is very strong."

"Let the bears make war first," said the Great Beaver.

"What shall we use to fight with?" asked a young bear, who had never been hunted.

"Bows and arrows, of course," said an old bear.

KICKING IS GOOD EXERCISE

Tends to Develop Thigh Muscles, Often Neglected by Athlete—Try the Dip Movement.

High kicking is good exercise because it tends to develop the thigh muscles. These are often neglected and generally count against the ath-



For High Kicking.

lete because they are his weakest spot. If you wish to find out how much or little you need exercise for the thighs, try the dip movement. The first position is to stand upright, hands on hips. The movement is to

"What are they made of?" asked the young bear.

"The bow is made of wood," the old bear said, "and the string is made from the skin of some animal."

So they all started out to make some bows and arrows. One bear got a stout piece of locust wood and bent it in the shape of a bow. Another bear let his friends cut a hole in his side and take out a piece of his inner skin to make the string. And when the bow was all ready some arrows were cut and trimmed and pointed and hardened.

"Now let me try the first shot," said the young bear, for he had never seen a bow and he was very curious about it. So, one of the bears set up a mark against a tree and the young bear put an arrow against the string and drew back. But when he tried to let go, his long claws caught and held to the string and spoiled the shot.

"That will never do!" said the old bear.

"Cut off the young bear's claws, and then he will be able to hit the mark," said mamma bear, who had left her cooking fire to watch the trial. They all thought that was a good idea, and after the young bear had his claws clipped, sure enough he hit the mark.

They were about the clip off the claws of another one of the bears when the oldest and wisest bear said:

"We must not clip off our claws! If we do, how shall we ever climb trees for the nuts and the blackhaw berries we eat? We shall starve, and that would be worse than it is now. Already one of us has died to give up his skin for a bow string, and that is enough!"

So the bears had to give up the bow and arrow; and because they once planned to make war on man, the bear hunter does not have to beg the bear to forgive him when he kills one of them.

squat down in a sitting position, as far as you can go and then straighten up again. Twenty-five times will tire the average lad, while fifty will be the limit of most high school gym men. Remember to quit when you are tired. Do not wait until you are exhausted or you will have done yourself actual harm. Contrast the miserable fifty times that your legs will stand flexing with the number of times you can raise your clenched hands. The arms will win by about ten to one. You may say that the arms do not have to support anything, while the leg muscles hold up the body. This is partly the reason, but think of the calf muscles and the enormous work they perform in comparison. By all means get those thigh muscles limbered up. Kicking practice is just the thing for grace and speed as well as strength.

The device shown consists of a tin pot-cover suspended from the ceiling by a chain that passes through a pulley. The ceiling pulley is marked "X," the wall pulley "Y" and the weight to keep the pan balanced "Z." By nailing a yard stick to the wall right back of the chain you can keep track of your progress as a kicker. If you have no rule, chalk lines drawn across the chain line will do. You will no doubt be able to gain steadily for a month or so. This is good exercise for a sprinter, high jumper or basketball player. It will keep you limbered up in fine shape and make you realize that there is some truth in the saying that "life is worth living."—American Boy.

Out of Place.

What fish may be said to be out of place?

A perch in a bird's cage; a skate in a cutler's shop; place on the top of an omnibus; a sole at the bottom of your boot; whitening cleaning plate; a mussel in a lady's neck; and a cockle making antiblethous pills.

