

STOCK YARDS DAILY JOURNAL
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W. E. WARRICK, Editor and Manager.

Daddy's Bedtime Story—The Two Travelers' Stories

Once daddy had to go away from home for a few days on business. You may be sure that Evelyn and Jack were glad to welcome him back. One of the first questions he asked them was, "Well, youngsters, did you miss daddy's bedtime stories?" Jack said, "No, because auntie told us stories while you were gone." But Evelyn said, "She did not tell them as well as you do, daddy."

"Then they turned to the other man. His face was bright, and his words were eager, and he spoke as though he was glad to describe what he had seen in the big, beautiful world. When they asked him, 'And what did you see in your long walk?' he replied quickly: 'I saw green trees—and blue skies—hills—streams—birds—and flowers!'

When a warrior of those wild times went on a long journey he took with him a very nourishing food. It was made of parched corn beaten into a powder. This he put into his leather bag so that he could eat two or three teaspoonfuls a day, for that quantity, mixed with water or snow, was enough for any Indian.

NEW MAIL DEVICE.
Vexed Problem of Exchange With Trains Moving is Solved.

INDIANS FIRST TO USE CORN.
Some of our corn fields are in the very same places that the Indians' corn fields were years ago. The red men even planted bean vines to climb up their cornstalks and pumpkin vines to nestle down close to the cool earth of the corn fields.

As there were no wire sifters then made, the people in this country used loosely woven baskets for sifting the coarse cornmeal, which they made from the grain. The Indian corn mills could be found most anywhere, for they were nothing but hollow tree stumps and heavy wooden blocks,

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IN WOMAN'S REALM

VEGETABLES.
Stuffed Cabbage—Take a small head of cabbage, peel off the outside leaves, cut out the center. Put into the cabbage one pound hamburger steak, one egg, one tablespoonful melted butter, half a cup of bread crumbs soaked in milk, a little nutmeg, salt and pepper to taste. Stir all these ingredients well together. Cook for three hours and thicken the gravy. This stuffing is good when rolled into two pots of round steak and cooked like a pot roast.

Baked Tomatoes—Chop one small onion, one-half green pepper, two slices of crisp bacon. Fry onions and peppers and cracker crumbs a golden brown in the bacon grease. Scoop out inside of six small tomatoes, add to the mixture, making a moist paste; fill shells; bake fifteen to twenty minutes with a little water in pan.

Steak With Bananas—Peel one banana and slice in round pieces and while the steak is cooking fry them in a little hot butter till they are brown. After the meat is on the platter lay these pieces over it, arranging them prettily, and put some parsley around. Bananas are nice with steak.

Oyster Cabbage—Shave one small head of green cabbage fine, add small tablespoonful of butter, salt and pepper to taste, add a pint of sweet milk, cook for half an hour. When done add two butter crackers or one soda cracker, roll fine and serve hot. The cracker will give the flavor of the oyster.

GAS HELPS.
After using a gas stove for baking leave the oven open for a little while to allow the gas to escape. This will prevent sweating and rusting.

Use the oven lighter for articles needing long, slow cooking, as, for example, tapioca and Indian puddings, bread, pies, etc. It will give a slow, even heat when used alone and burn much less gas.

RAIN HELPED CORN.
Crops Greatly Benefited in This State and in Kansas.
Rain, real rain, the first in six weeks, fell yesterday morning, and, though it did not last as long as many wished, it came just in time to prevent further injury to the corn crop.

Striped Cake—White Part—One-half cupful butter, one cupful sugar, one-half cupful sweet milk, two cupfuls flour in which sifted two teaspoonfuls baking powder, whites of three eggs.

Dark Part—One cupful brown sugar, one tablespoonful molasses, one-half cupful butter, one-half cupful sour milk in which dissolve one-half teaspoonful soda, two cupfuls of flour, one tablespoonful of cinnamon and allspice.

Small Cakes—One pint of New Orleans molasses, one pound brown sugar, one tablespoonful of melted butter, two tablespoonfuls of soda, one-half cup of sour milk, one-half teaspoon each of cinnamon, cloves and allspice, one nutmeg, pinch of mace, and one grated orange and lemon; flour to make a stiff dough.

Date and Walnut Cakes—One pound of walnuts, one-half pound of dates, two cupfuls of sugar, six eggs beaten separately, three tablespoonfuls cracker crumbs and one-half teaspoonful of baking powder. Chop nuts (not too fine); cut dates in quarters. Bake in shallow pan half an hour. When cold break in small pieces and heap on a chop platter. Cover with whipped cream and sprinkle with candied cherries. This will serve ten.

CORN RECIPES.
Corn Pudding—Cut the corn from the cob. Mash rather fine; for each cupful of corn one cupful of milk, one beaten egg, add a spoonful of

WORSE THAN ALCOHOL.

New Jersey Dentist Says Former is Undermining the Race.
Asbury Park, N. J., Aug. 6.—Sugar has done the human race, especially in civilized nations, more harm than alcohol in the last hundred years, asserted Dr. Robert Roessler of Hoboken in an address before the New Jersey State Dentists convention in the Hotel Brunswick.

A world wide degeneration is in progress, the speaker declared, and the consequent enormous increase in the consumption of what the Hoboken man says is nothing more nor less than a dangerous acid. The people would be better off, he averred, if sugar were twenty times its present price, and thus should become a costly luxury.

Danger to General Welfare.
"The manufacturing of the sugar of commerce," he said, "shows plainly it is nothing else but concentrated, crystallized acid, which is dangerous to the general welfare. If in former times the sugar was so costly that the wealthy could buy it—one hundred years ago a pound of sugar cost \$1.25—it was from the national economic standpoint of no consequence but today when the sugar has caused, through its low price, a degeneration of the people, it is high time to insist upon a general enlightenment."

"It is the duty of the dentist to commence this work of enlightenment, because the dentists are the ones who first see this work of destruction caused by sugar. It is the dentist who has to start the fight against the sugar, since those who are the protectors of the health of the public are too short sighted to realize the danger."

"Cause of New Diseases.
'It is no wonder that the modern manufacturing of sugar has brought about entirely new diseases. Most of these new diseases have been caused by the daily use of sugar. The loss of energy through the consumption of sugar in the last century and the first decade of this century never can be made good, inasmuch as it has left its marks on the different races and nations. Where the nourishment is not the correct one and causes destruction there can be no progress, but degeneration follows."

"Alcohol has been consumed for thousands of years, but has not caused the degeneration of a whole race. What has been destroyed by sugar is lost and cannot be regenerated. Alcohol is eliminated by the respiratory organs and the skin. No wonder that a certain candy manufacturer has spent \$1,999,999 for the cause of temperance. He expended an increase in the consumption of candy. The highest civilization already bears the elements of degeneration. Overcivilization adopted sugar for the significance of good taste, and it has done its work."

CATNIP AT THE ZOO.
Some one at the Washington zoological park obtained the permission of the authorities to try the effect of catnip on the animals there. So far as is known, catnip does not grow in the native homes of these animals and this was the first time they had ever smelled it.

The scent of the plant filled the whole place, and as soon as it reached the parrots' corner the two gaudily attired macaws set up a note that told fearfully upon the nerves of all and made for the side of the cage, pecking their beaks and claws through. When the catnip was brought near them they became nearly frantic. They were given some, and devoured it, stem, leaf and blossom, with an avidity commensurate with the noise of their cries.

Next trial was made of an African leopard. Before the keepers reached the front of his cage he had bounced from the shelf whereon he lay, apparently asleep, and stood expectant. A double handful was passed through to the floor of the den.

Next was the prey of this spotted African in his wild state pounced upon more eagerly or with such absolute savage enjoyment. First the leopard ate a mouthful of the stuff; then he lay flat on his back and wriggled through the green mass until his black spotted yellow hide was filled with the

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BULLETIN ON GRASS.

Missouri Agricultural Experiment Station Gives Results of Tests.

The Agricultural Experiment Station receives a large number of inquiries each year regarding the methods of seeding clover and grass, and to supply this information this circular has been issued.

There is probably no practice connected with agriculture regarding which there is greater difference of opinion among farmers than that of the methods of seeding grasses and clovers.

Clover and Timothy.—The most common meadow mixture in Missouri is that of red clover and timothy.

Where these are sown together with a nurse crop of small grain, the first crop of hay is usually secured the year following the harvesting of the nurse crop.

Where timothy is not sown a better practice but one which requires more labor and greater judgment, is to wait until the ground is dry enough to harrow, usually in March or early April.

Where timothy and clover are put in with oats broadcasted, they may be sown at the same rates recommended above and all harrowed in together.

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alsike clover, one pound white clover and eight to ten pounds of orchard grass will give a good pasture.

Fertilizers.—The use of phosphates such as finely ground beef bone meal applied with the nurse crop on all lands that are rather low in fertility, and especially where clover has begun to fail, will help materially in securing a stand of both clover and grass.

Improving Old Pastures.—Where a pasture has begun to fail it can be made much more productive by drilling in with a disk drill, in early spring, a mixture of two pounds red, two pounds mammoth and one pound alsike clover, running the seed into the gashes made by the disks.

Seeds Tested Free.—The experiment station maintains a seed laboratory at Columbia in co-operation with the United States department of agriculture in which seeds are tested free for all Missouri farmers and seedsmen.

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Big Mexican Copper Output. El Paso, Tex.—The June output of the Greene-Canaan Copper Company of Sonora, Mexico, was 4,289,000 pounds of copper, as compared with 4,309,000 pounds in May.

Strike in Hearst Mine. Torreon, Mexico.—A rich strike is reported to have been made in the mines of the Haggins-Hearst syndicate in the Guadalupe district.

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ORDER OF PUBLICATION. In the Buchanan County Circuit Court to the effect that the said defendant, Thomas Robbins, is a non-resident of the State of Missouri.

STRIKE IN HEARST MINE. Torreon, Mexico.—A rich strike is reported to have been made in the mines of the Haggins-Hearst syndicate in the Guadalupe district.

