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JOHN F. VAIL, PRESIDENT.

TELEPHONES:

Office ..... Main 20
ter and State News Service ..... Main 245
Editor ..... Main 251

J. P. McKINNEY,
Foreign Advertising Representative,
h Ave., New York. 150 Michigan Ave., Chicago.

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Governors And Others Need Exercise

GOVERNOR SHAFROTH is taking exercise to reduce his weight because despite his official cares he has managed to gain about 30 pounds since he assumed office. The governor's favorite method of exercising is to kick in bed, and he advises that people indulge in this habit if they want to improve their health, pointing to himself as an example of what can be accomplished.

The governor, although he tips the scales considerably over the 200 mark, is not fat, but he has fears of becoming so. This is a trouble which is common to others and it is a strange freak of fate that those who worry about becoming fat are usually the ones who get in that condition. Men as a rule do not care whether they get fat or not, but with the women it is different. Exercise, when conducted in a systematic manner, will be found an excellent method of reducing superfluous flesh and no better way can be found than to indulge in healthy open air pursuits.

Walking is the best kind of exercise, but people do not appreciate it as much as they should. Nothing equals a brisk spin across country in the cool bracing air, where one can take deep breaths of the health-giving air which makes Colorado famous. People do not take so quickly to walking because it is free and does not require the services of an athletic instructor or the use of some expensive apparatus, but those who think this way can get the benefits of walking and the open air by indulging in the game of golf. Swatting the elusive and aggravating little ball furnishes all kinds of exercise and at the same time provides a fascinating pastime in which men and women, young and old, can indulge with satisfaction and profit to their health.

Exercise of some kind ought to be indulged in by every one, whether in the seclusion of home, at the gymnasium or in the open air.

Restoration of Captured Flags

ONLY a few days ago press reports told of a Grand Army veteran who had in his possession a Confederate flag which he refused to return to a Southern city and which he declared would not even be given up after his death because he had provided against such a contingency in his will. In striking contrast to this attitude is that of a former Confederate soldier who recently came into possession of a flag which he captured from an Illinois soldier. The flag had been the property of a Confederate soldier and after his death was found among his effects and sent by the widow to the soldier who had captured it. The flag was turned over to a Confederate army post at Chicago with instructions that it be restored to the state of Illinois and the ceremony occurred as directed.

Restoration of battle flags captured by both sides to the great contest have been going on for years and the custom is a pretty one. No useful purpose is served by storing captured flags in either the North or the South. While the victors are entitled to the spoils of war they show a pretty sentiment by being willing to give up their personal trophies to the former enemies from which they were taken.

There are some people who still feel that the war is not over and that they must perpetuate the bitter memories of long ago, but happily these are dying off. It would be a good thing if every captured flag in the country was returned to the former owners or the state from which the regiment came. Some time this will have been effected, but until it is done it is unfortunate that there should be people so stubborn as to resist efforts of this kind.

Congressman Is In Bad

CONGRESSMAN LITTLETON of New York seems to have made a bad mess politically by his advocacy of less stringent laws to govern the trust problem, especially as he is a member of the committee which is now engaged in probing the doings of the steel trust. Mr. Littleton is a Democrat and his practical defense of easier methods for combinations did not sound well to those in his party who believe that the fault of the law is that regulation of trusts is not strict enough to bring about the improvement in conditions which are admittedly necessary in the business affairs of the country.

Following along the lines of his speech at Pittsburgh the New Yorker did not

LIFE INSURANCE COMPANIES

They Are Closely Observing Public Health Conditions

An examining physician for one of the prominent Life Insurance Companies, in an interview on the subject, made the astonishing statement that the reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of applicants do not even suspect that they have the disease.

He states that judging from his own experience and reports from druggists who are constantly in direct touch with the public, there is one preparation that has probably been more successful in relieving and curing these diseases than any remedy known. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of cures.

We find that Swamp-Root is strictly an herbal compound and we would advise our readers to give it a trial. It is on sale at all drug stores in bottles of two sizes—fifty-cents and one-dollar.

However, if you wish first to test its wonderful merits, send to Dr. Kilmer & Co., Binghamton N. Y., for a sample bottle, absolutely free. When writing be sure and mention the Star-Journal.

DIED

Milo Crawford, aged 25 years, died in this city last night. The body is at McMahon and Collier's.

Mrs. Eva L. Anders died yesterday at the family residence, 1620 east Fifth street. The funeral was held this morning at 10 o'clock from McCarthy's chapel. Interment was in Mountain View.

Rogo, the infant son of Mr. and Mrs. Nicholas Fabrizio, died yesterday at the family home 316 east River street. The funeral was held at 9 o'clock this morning from McCarthy's chapel. Interment was in Roselawn.

REVIVAL—The nightly revival meeting at First Methodist church had larger attendance last evening than at any previous meeting of the two-weeks campaign. The vocal and instrumental music at these revival meetings, under direction of J. C. Schneider, is very fine, and Pastor Bretnall is giving strong and effective evangelical sermons.

LADIES' AID—The Ladies' Aid society of the Irving Place Congregational church will meet Friday afternoon at the home of Mrs. C. L. Engle, 1625 West Seventeenth street.

Get This for Colds

Prescription for Positive Results Don't Experiment.

"From your druggist get two ounces of Glycerine and half an ounce of Concentrated Pine Compound. Take these two ingredients home and put them into a half pint of good whiskey. Shake well. Take one to two teaspoonfuls after each meal and at bed time. Smaller doses to children according to age." This is said to be the quickest cough and cold cure known to the medical profession. Be sure to get only the genuine (Globe) Concentrated Pine. Each half ounce bottle comes in a tin screw-top sealed case. If your druggist is out of stock he will quickly get it from his wholesale house. Don't fool with uncertain mixtures. It is risky. Local druggists say that for the past six years this has had a wonderful demand.

Callouses Here is quickest and surest cure known for corns, callouses, bunions, frost-bites, sweaty and aching feet. "Two tablespoonfuls of Calocide compound in hot foot-bath, gives instant relief and if repeated daily for a short time, permanent cure results. Get a 25c box of this remarkable Calocide from any druggist or direct from Medical Formula laboratories of Chicago.

QUEEN MARY'S C



The upper pictures from left to right are, Hon. Mrs. Nigel Stourton and the Countess of Mar and Kellie. Below from left to right are, Lady Hardinge, the vice-reine, Lady Constance Butler and the Marchioness of Bute. Lady Hardinge, the vice-reine,