

THE HOUSEHOLD.

HEALTHFUL DRESS.

From a Lecture by J. H. Kellogg, M. D., of Battleground, Nebraska.



THE matter of dress sustains an important relation to the health of women, affecting not only their breathing organs but all the organs of the abdominal cavity. In natural inhalation, the chest is enlarged in all directions. As the lower ribs are drawn upward by means of the strong muscles attached to them for the purpose, the chest cavity is made deeper and is enlarged laterally at the same time while the contraction of the diaphragm serves to lengthen the cavity. This method of breathing is common to all mammals. Notice the free movements of the ribs of a horse, a dog or a man who has been running. But the civilized, corseted woman breathes by a heaving of the chest merely.

A very important function of respiration not ordinarily considered is its influence upon the abdominal organs.

The blood-vessels of this region are capable of containing one-half of the blood in the body; their walls are distensible, and they are not supplied with valves, as are the blood-vessels of the extremities. Perfect circulation depends upon the untrammelled pumping action of the diaphragm, and, if this is interfered with by improper dress, the region is exceedingly liable to congestion. The blood furnished to the organs of the abdominal cavity does not enter the general circulation until it has been through a second set of capillaries in the liver. The pumping action of the diaphragm creates a vacuum which draws the blood out of these organs, and at the same time its downward pressure upon the liver squeezes the blood out of that organ—the one action helping the other. The strong, tense muscles of the abdominal walls also assist in this process.

Suppose the chest is compressed at the point where the ribs are the most flexible, either by a corset or waist bands, flexible or inflexible, the immobility of the constriction prevents the muscles from drawing the ribs apart and it is thus impossible for the chest cavity to be increased. It is equally impossible for the diaphragm to make a good contraction and produce the strong suction necessary to keep the blood from stagnation; the pressure upon the liver is feeble, and so in both ways there is loss of the normal action by which the blood is drawn back to the heart. For these reasons, various forms of congestion, inactivity of the bowels, dyspepsia, hemorrhoids, or something of the kind are sure to follow. But the greatest harm is probably due to displacements of various organs.

For some months I have been making a careful study of cases of various pelvic diseases with reference to their relation to displacements of the organs above. Out of one hundred consecutive cases, I found ninety-four in which there were prolapsus of the stomach and bowels. In thirty-seven out of the ninety-four, the right kidney was forced out of its natural position, and in twenty-seven of these the kidney was movable, enlarged and tender. The compression of the waist had forced the liver down and consequently the kidney with which it is intimately associated. A displaced kidney must be a diseased kidney and this is the foundation of three-fourths of the kidney disease among women. In four cases out of the ninety-four, the liver as well as other organs named, had fallen below the ribs. We have then a well-defined association between these two classes of morbid conditions—those of the pelvic organs and those of the abdominal organs.

You ask what is the remedy for this long train of evils? Go to work to develop your muscles. I can not imagine how a gynecologist can get along without a gymnasium. The prolapsed stomach, bowels and other prolapsed organs must be put where they belong. Physical exercise, properly directed, associated with electricity, massage and other therapeutic means, is the only way by which a permanent cure can be effected. The dress must be perfectly loose that the abdominal muscles may have abundance of room to take on strength through activity. Do not stop because exercise makes the muscles a little sore and lame. The afflux of blood produces a temporary congestion, but it is nature's way of building them up stronger and better. The best gymnast finds himself sore and lame when he begins exercise after an interlude of rest. But he goes right on, exercising moderately until his muscles have regained their normal tone, and the soreness disappears. Light gymnastics of various kinds, aesthetic gymnastics like those taught in the Delsarte method, are all excellent. By all means persevere until every muscle of the body, and particularly every muscle of the trunk, is symmetrically and finely developed. You will find in the increase of strength, a grace and beauty undreamed of before, coupled with that best of blessings, good health.—Reported by Helen L. Manning.

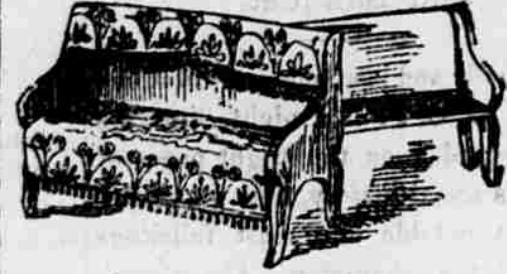
HOME COMFORT.

Two Articles That Are for Use as Well as Beauty.

Fortunate is the possessor of an old-fashioned bedstead, with low, solid head and foot; from it may be fashioned a beautiful settee. Have the end sawed off to the depth of the seat. The bed slat is replaced by a broad board, firmly nailed down. The rough ends are sanded, papered and the whole painted any desired color, and varnished.

Make a flat cushion, filled with curled hair or excelsior packing, to fit the seat. To this is fastened an embroidered cover of any heavy material. If made of felt, embroider in creases and slash the ends for fringe. If made of denim,

which launders well, embroider in linen floss and finish with cotton fringe or heavy lace. A similar embroidered cover is attached to the back of the settee by means of fancy brass tacks.



HOME-MADE SETTEE.

Select the colors with reference to the general furnishing of the apartment. Some striking effects are produced in dark blue wood with light blue cushions; black with white; brown paint with cream color covers; or even dark red with shrimp pink.

A laundry bag should find a place in each bedroom, also in the dining-room closet for soiled table linen. It is a thing so practical that a single trial will



LAUNDRY BAG.

prove it indispensable. It is made of two large sized towels, sewed together as illustrated. The upper end of each towel is turned down, to a little below the depth of the border. This forms the opening of the bag, which is closed by means of a cord or tape drawn through. If liked, the outer towel may be graced with a monogram or bit of simple embroidery.—Home and Farm.

A Pretty Sachet Bag.

A very pretty little sachet bag may be made by taking two pieces of contrasting ribbons, each half a yard long. Overhand them together, placing cord to cord leaving about two inches loose at each end. Then double them back, forming a bag, but allowing the two back ends to extend a little beyond the front ends. Embroider, with heavy floss, a vine of feather-stitching where the two ribbons join. With the same floss, in button-hole stitch, fasten the sides of the bag. Fill with cotton, adding sachet powder, and tie with a narrow ribbon a few inches from the top. This leaves the four ends (which may be cut to suit the fancy) loose at the top of the bag. Pale pink and blue ribbons, embroidered with dark maroon floss and tied with pink or blue would be pretty. Scent with heliotrope or wood violet.—American Agriculturist.

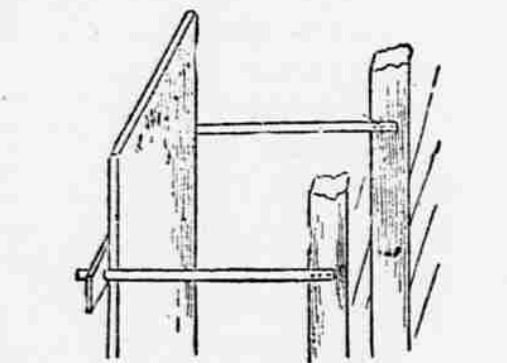


SACHET BAG.

It is desirable to have in the cellar a shelf beyond the reach of mice. The cat can not be allowed in the cellar.

Hanging Cellar Shelf.

It is desirable to have in the cellar a shelf beyond the reach of mice. The cat can not be allowed in the cellar.



the trap is not set until after the mice have made themselves known by their nibbling. It is better always to keep articles of food upon a hanging shelf. Such a shelf is usually suspended from the joists by cords, but this plan allows the shelf to sway back and forth, spilling the contents of full dishes. It is usually thought that if rigid supports are used the mice can run on them to the shelf; but if a shelf is suspended as shown in the engraving, not a mouse can reach it. The supports are round, smooth sticks.—American Agriculturist.

A FEW TABLE "DON'TS."

- Don't smack your lips.
- Don't take large mouthfuls.
- Don't blow your food in order to cool it.
- Don't use your knife instead of your fork.
- Don't find fault and pick about your food.
- Don't talk with your mouth filled with food.
- Don't soil the table-cloth with bones, parings, etc.
- Don't commence eating as soon as you are seated.
- Don't laugh loudly, or talk boisterously, at the table.
- Don't retail all the slanders you can think of at the table.
- Don't take bones up in your fingers to eat the meat from them.
- Don't call attention to any little mistake which may have occurred.
- Don't make yourself and your own affairs the chief topic of conversation.
- Don't take another mouthful, while any of the previous one remains in the mouth.
- Don't reach across the table for any thing; but wait until it is passed to you, or ask for it.
- Don't put your elbows on the table, nor lounge about; if not able to sit erect, ask to be excused.
- Don't frown or look cross at the table; it hurts your own digestion, as well as that of those eating with you.
- Don't pick your teeth unless something has become wedged between them; then put your napkin up to your mouth while extracting it.—Good Housekeeping.

THE CHEAPEST THING.

Any man can take a newspaper. It is the cheapest thing he can buy. Every time a hen clucks and has laid an egg, his paper is paid for that week. It costs less than a postage stamp—less than to send or receive a single letter. What good does it do you? It instructs you and broadens your views. It interests you and your wife and instructs your children. It comes to you every week, rain or shine, calm or storm, bringing you news of the busy world. No matter what happens, it enters your door every week as a welcome friend, full of sunshine, cheer and interest. It opens the door of the great world and puts you face to face with its people and its great events. It shortens the long summer days and enlivens the long winter nights. It is your adviser, your gossip, and your friend. No man is just to his children who does not give them the local paper to read. No man is good to himself and to his wife who does not take first-class newspapers.

IRRIGATION'S REWARD.

At a large and very profitable meeting held in Oberlin, Kansas, a few days since, in regard to irrigation, connected with the farming interest of Northwestern Kansas, one of the speakers, Mr. Reese of Jennings, said: "I irrigate 140 acres by a reservoir formed by damming Prairie Dog creek. From the reservoir I run the ditches over the farm and have plenty of water throughout the year. I have 300 rods of ditches on my place, and last year irrigated 60 acres. I had 22 acres in potatoes and raised 2,500 bushels of the largest, finest kind of potatoes. I had 2½ acres of onions and took 500 bushels off the land. My corn averaged 40 bushels per acre. I will make \$3,000 off my place this year." This might be called intelligent farming—farming with the head as well as with the hands and feet, and there is room for plenty of the same kind.

THE STATE PRESS.

The Nebraska State Press Association will hold its nineteenth annual session at Beatrice on Thursday and Friday, January 29th and 30th. These meetings have grown rapidly in interest during the past few years, and the association now numbers in its membership the most progressive and best blood of the state press.

DARING DARLINGS.

The women who indulge in the extreme of present fashion of straight, tight-fitting skirts at least exhibit the courage of their convictions. On the streets and in all places of amusement one overhears constantly amusing criticisms and often severe condemnation of the prevailing mode.

SAW WOOD.

As to the future material prosperity of Red Willow co. THE TRIBUNE is confident, and has no patience with the pessimistic fellows. Out of the present depression we will no doubt emerge chastened, perhaps, but better equipped than ever to build up this community in prosperous ways along practical lines. Saw wood.

THE McCOOK TRIBUNE covers the local newspaper field more thoroughly, completely and intelligently than any publication in Western Nebraska. Subscribe now. The coming year will be important.

The First National Bank.

AUTHORIZED CAPITAL.

\$100,000.



CAPITAL AND SURPLUS.

\$60,000.

GEORGE HOCKNELL, President.
A. CAMPBELL, Director.

B. M. FREES, Vice President.

W. F. LAWSON, Cashier.
S. L. GREEN, Director.

The Citizens Bank of McCook.

Incorporated under State Laws.

Paid Up Capital, \$50,000.

DOES A

General Banking Business.

Collections made on all accessible points. Drafts drawn directly on principal cities in Europe. Taxes paid for non-residents. Money to loan on farming lands, city and personal property.

Tickets For Sale to and from Europe

OFFICERS:

V. FRANKLIN, President. JOHN R. CLARK, Vice Pres.
A. C. EBERT, Cashier. THOS. L. GLASSCOTT, Ass. Cash.

CORRESPONDENTS:

The First National Bank, Lincoln, Nebraska.
The Chemical National Bank, New York City.

BANK OF McCOOK

Paid Up Capital, \$50,000.

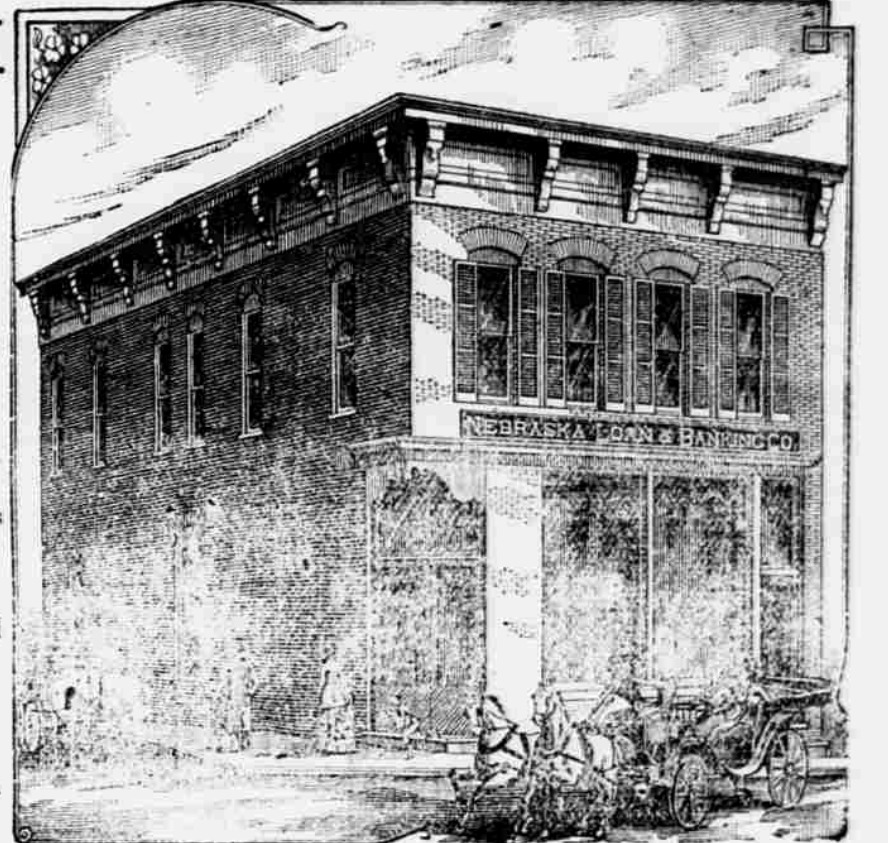
General Banking Business

Interest paid on deposits by special agreement.
Money loaned on personal property, good signatures or satisfactory collateral.

Drafts drawn on the principal cities of the United States and Europe.

OFFICERS:

C. E. SHAW, President. JAY OLNEY, Vice President.
CHAS. A. VANPELT, Cash. P. A. WELLS, Ass. Cashier.



GOOD : BYE!

How often this term of parting greets our ears, and pains our hearts; but you can buy at THE TRIBUNE STATIONERY DEPARTMENT the ingredients to keep memory green until you meet again.

STATIONERY.

GOOD PLACE TO BUY
THE TRIBUNE.

The McCook Tribune.

The State Volunteer Firemen's Convention will meet in Grand Island, January 20 to 23, inclusive. All the arrangements have been made for a grand time. Reduced rates have been secured at all leading hotels. Convention will meet in the city hall. There will be a grand ball and banquet at A. O. U. W. building on the evening of the 22d.

The first state convention of the Daughters of Veterans was held in Kearney on the 29th. Myrtle C. Gost of Kearney is President, Clara Price of Grand Island, senior vice; Ida King of Grand Island, treasurer, and Virginia Todd of Kearney, secretary.

At the rate the soldiers are making "good injuns" these days, the indian problem will soon be solved, and in a highly satisfactory manner to western people.

The Thomas County Cat appeared, last week, printed in blue ink. Some body must have stepped on its tail.

Remember that CHENERY at the CTRY DRUG STORE makes a specialty of compounding prescriptions.

Children Cry for Pitcher's Castoria.



WELL BRED SOON WED.

Girls who use SAPOLIO are QUICKLY MARRIED.
SAPOLIO is one of the best known city luxuries and each time a cake is used an hour is saved. On floors, tables and painted work it acts like a charm. For scouring pots, pans and metals it has no equal. If your store-keeper does not keep it you should insist upon his doing so, as it always gives satisfaction and its immense sale all over the United States makes it an almost necessary article to any well supplied store. Everything shines after its use, and even the children delight in using it in their attempts to help around the house.

JACK DWYER'S "OUR COUNTY-SEAT"

A FIVE CENT CIGAR.

Try this popular brand. It is one of the finest nickel cigars ever placed on sale in McCook.

Fine Fabrics--Stylish Productions.

A. KALSTEDT, THE TAILOR.

Carries the latest and most fashionable goods of the fall and winter season, in suits, pants, and overcoatings. He guarantees satisfactory, stylish work, and reasonable prices. In rear of the First National Bank Building, McCook, Nebraska.

The White Line Transfer,

Wm. M. ANDERSON, Prop.

