Saved His Wlfe's Hair

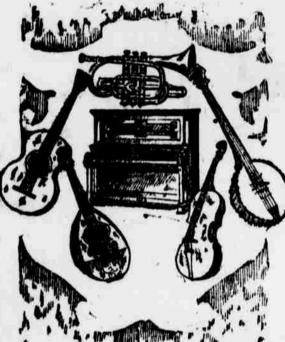
Prominent Ohio Railroad Official Tells of His Wife's Wonderful Restoration from Almost Tolal Baldness.

The Remedy is Free to All.



There is no need to be bald-headed any more. A Cincinnati physician has discovered a preparation that will grow hair on any bald head-will thicken thin hair, restore natural color to prematurely gray hair and make any hair grow rapidly, giving it a beautiful wave and gloss. Any of our readers can try for themselves this wonderful remedy and their recovery will be equally remarkable with that of Mrs. George Diefenbach, wife of a prominent official of the Big Four railroad at Dayton, O. He says: "I have just received second lot of "Foso Foam" and "Foso Bark, which I ordered from you some time ago. My wife has used two bottles and it has done great work. Her hair was falling out to such an extent she was almost entirely hald, and your remedy has brought out a fine crop of new hair. I can cheerfully recommend your remedy to any one wols afflicted same as my wife was as being the best hair restorative, and, in my opinion,

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lias been used for over FIFTY YEARS by MILLIONS of MOTHERS for their CHIL-DREN WHILE TEETHING, with PER-FECT SUCCESS, IT SOOTHES the CHILD, SOFTENS the GOMS, ALLAYS all PAIN, CURES WIND COLIC, and is the best rem-edy for DIARRHOEA. Sold by Druggists is every part of the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup," and take no other kind. Twenty-five cents &

How the Government is Transforming Its Wards Into Citizens.

CIVILIZING THE INDIANS IN GKLAHOMA

Elaborate Efforts to Tame the Wild Satives and Educate Them in the Ways of Peace and Industry.

ANADARKO, Okl., May 4 .- (Special.) --This is government headquarters for the administration of the affairs of the Indians who live upon the Kiowa, Comanche and Apache reservations, as well as those of the affiliated tribes of the Wichitas. Inasmuch as his lands will soon be thrown open to settlement it will prove interesting to note what has been done to fit the Indian for the citizenship that will soon be bestowed upon him. Until this time the members of the various tribes in question have been the wards of the government, but when they take up claims under the conditions now prevailing they will become citizens and will have to take their chances with the rest of Uncle Sam's big family. The government has taken mighty good care of them. If a firm desires to do a mercantile business within the confines of the reservation a bond of \$10,000 has to be furnished to guarantee fair dealing. Every clerk in these trading stores has to be approved by the authorities or he cannot remain. If a man decides to buy an Indian's corn or sell him a pony, the deal has to have the "O. K." of the government to make it legal. No intoxicants of any sort are allowed inside of the reservation, and this rule has been so well enforced that drunkenness among the Indians is almost unknown. It is generally supposed that the redskin has a great hankering after his "firewater," but, be that as it may, the departmental reports show that among 4,000 Indians there have only been two cases in eighteen months. The sale of cigarette papers has recently been prohibited. Gambling is another thing that cannot be indulged in on the reservation. If you are caught "shaking the box" for even a glass of alkali water, or matching nickels for the cigars, it will go hard with you. It does not pay to "monkey with Uncle Sam," for he is a stern old fellow when his

rules are disobeyed. Gives Indian Practical Training. Besides taking the precaution to see that the Indian is not imposed upon by his white brother, the government has taken every step that promises to benefit him. There is reservation farmer, who goes about the different communities demonstrating to the of this sort she is cut off from her own men of the tribes how the best results are to be obtained in tilling the soil. There are several field matrons, whose duty it is to go from camp to camp and advise with the Indian women about all the matters necessary to health and comfort in the home. They are instructed in the healthful care of their children; how to cook palatable and healthy food; how to make and mend garments and wearing apparel for both sexes; how to observe the proper laws of sanitation; how to care for and get the best results from domestic animals of all kinds, etc. The children are taught the games and manners of the whites. The men are urged to do that portion of a man's work commonly called "chores," which they have shirked by common consent and some reason, when an Indian moves into a the things they have been

that the habitation of the white man is a spare and a delusion. Woes of the Medicine Man. There is a reservation doctor on each side of the river who draws a salary from the government for looking after the phys ical welfare of the Indians. These men have a rather hard time in earning their salary. They have to contend against the superstition that is a characteristic of the red race. Their work in connection with the women is particularly trying on their patience. No matter how seriously sick the women may be, or the nature of the ail-

awhile from the cold and then proceeds to

plaster every tiny crack with mud, or putty,

or anything that he can get hold of that

stifled state of affairs which naturally re-

sults from such a proceeding, Mr. Indian

usually gets sick, forms a pronounced

prejudice against his new abode, and de-

clares in his own vernacular to the effect

ment with which they may be afflicted, the men will not allow the doctors to examine them. They think they ought to divine the cause of the trouble, and if they are not successful in doing this they immediately pronounce it "bad medicine." Following the theory that it is "hard to learn an old dog new tricks," the greater effort is being made with the young Indians. The government maintains three boarding schools. One at Riverside, a mile and a half north of Anadarko, has a capacity for 170 pupils. Another, situated two miles from the military post at Fort Sill,

can accommodate the same number of children, while the last one, located at Rainy Mountain, about thirty-five miles from Ana darko, is equipped to care for an enrollment of 100 youngsters. In addition to the schools maintained by the government there Anadarko, and has ample room for seventyfive pupils. The school that is supported 15% pounds he is in his best form. This less, and one returns from a ride refreshed by the Southern Methodists takes care of weight is a bit low for Burns, although the and invigorated instead of overheated and eighty children. This is the oldest of the missions operating in the field. Its buildings are about one-half mile south of the agency. The Presbyterian and the Reformed Presbyterian denominations both have missions, the former being located about four miles east of the agency and the latter on Cashe creek, about twenty-five miles southwest of government headquarters. Each

of these has fifty pupils.

Basis of School Work. The government has a broad foundation for the basis of its school work. Every possible influence is brought to bear upon the Indian parents to allow their children to enter school. Each child who comes to the institution is given an English name. All are dressed in the regulation style of the whites. The boys are furnished with leans suits and the girls with gingham dresses. They are taught to speak English and given a course of studies similar to that which is taught in the public schools of the states, except there is more to it. The manual feature is enlarged upon. The older boys are taught to use tools, to do all kinds of field work, and the girls are instructed in cooking, sewing and all kinds of housework. There is an immense farm consisting of three whole sections of land connected with the Riverside school, and the boys have ample room to spread them-

selves in the pursuit of agriculture. The

the several large buildings of the school in

MAKING WHITE MEN OF RED "apple pie" order, and they soon become very proficient in the work assigned them. Children are eligible between the ages of and 18, only those who are especially apt pupils being retained beyond the latter age. Then they are sent to the larger Indian schools at Carlisle, Pa., Lawrence, Kan., and Phoenix, Ariz.

Taming the Children.

During the time the children are kept in the preliminary schools they must remain ten months out of the year unless they are sick. Cases are not infrequent where the little fellows just seem to sicken for the want of the freedom to which they were accustomed in living out of doors all the time, and all such are broken in to the new order of things by degrees, being allowed to go home frequently during the first stages of their schooling. It is a very difficult matter to develop the sociable side of the Indian character as far as association with the whites is concerned. In the presence of strangers they are confused and awkward, and, in order to make them easy in their manners, it is a part of the school work to have little parties and dances to which the white people go. It is worth any visitor's time to go to the Riverside school on Saturday evening. The boys and girls first play the games of the white children with evident pleasure, after which a dance is inaugurated in which all join. The program consists principally of quadrilles. The Virginia reel is a great favorite, and when the master of ceremonies announces that time-honored figure there is a great scurry for partners among the young red-

Religion for the Red Man.

The religious side of the work among these people has been well looked after. There are sixteen missionaries, representing the various denominations, in the two reservations. There are eleven churches in the district named above, and they are well attended. There is one church that was built by the natives and which is conducted by an Indian minister who preaches in English.

Considering all that has been done to

prepare the Indian for the citizenship that is soon to be his, it remains to be seen how the work has resulted and how well prepared he is to mingle with the white people and live according to their customs and habits. At first sight it seems very discouraging. The Indian does not take at all kindly to commercial pursuits. Not well enough, in fact, to drive a bargain at trade. He is shrewd enough in many ways, but he does not know values and can be easily imposed upon by unprincipled traders unless the government keeps a protecting eye on all business transactions. The Indian girl who is trained in the schools in all the white women's arts of domestic life is not a success as the wife of the white man. If she makes an alliance people and she is equally shunned by the white women, who consider her an alien and beneath them. The white man must be very careful of his Indian bride or she will die. She has a strange temperament, altogether foreign to his. She comes of the blood that is wild. She is not used to

captivity. He is lucky if she remains with him, bappy and healthful. Success Comes Slowly. Another strange result of the training that is given the children is that after a term of many years in school the most of them go back to the old way of living. They take up the ways of their people and after a short time one could not tell to look at them that any attempt had ever thrown upon the women from time im-memorial. The government furnishes all discouraging on the face of it, but stuhouse that the government was put to the the agents of the government insist upon it. crank to the bracket axle. This gives at trouble and expense of building for him The government feeds them and they are once a real rest to both feet, takes falls to the low estate of being used for a too sharp to hold out against the hand that weight off the saddle, distributes it more stable. The ventilation of an Indian tepee fills their mouths. But after the schooling is certainly all that could be desired in the is over and the children return home it is firmer seat, the heel becomes at once the way of fresh air and plenty of it, but for impossible for them to practice fulcrum of steadiment, which locks autohouse, it seems chilly to him. He shivers They are laughed at and ridiculed for their hifalutin ways and it is only a matter of time until they again take ever, also preventing side slip by reason up the customs of their people. It is to of the weight being nearer the road. will answer the purpose. As a result of the the new generations that the authorities look for a return of their work. "Rome was not made in a day," and the savage who roamed the great stretches of prairie with as little restraint as the other wild things that lived upon it cannot be made have, according to trade testimony. to conform to the ways of his white con- tires are the most expensive part of the queror at once. The savagery must be gradually worn out of him. His amelioration is tediously slow, but it will be accomplished eventually.

COLEMAN AND BURNS AGAIN

Clever Wrestlers Will Meet the Second ing in new ones. Time with the Middleweight Championship at Stake.

Frank Coleman, the local wrestler, has pion. Coleman was offered \$100 and his exhe consented.

During his absence Coleman will try to arrange a match with Rooney, the grip- stop to consider that the higher the gear man, a Chicago heavyweight wrestler who the greater is the power required to propel has the reputation of being a crackerjack. Coleman will visit his old home in St. Louis greater is the purchase obtained in apbefore going over to Belleville, and al- plying the power to the rear wheel. The together his trip will be a pleasant one, especially since he is confident of adding another victory to his already long string.

Coleman and "Farmer" Burns will meet again in this city for the middleweight are four mission schools, which are sup- championship of the world, a title which ported principally by the various religious Barrs now holds. The men will weigh in denominations. The Roman Catholic mis- at 15 pounds each on the afternoon of the sion is located about two miles south of match. Coleman expects that this weight will be of great advantage to him, as at weight is a bit low for Burns, although the and invigorated instead of overheated and recent visit here that he could make it all right without weakening himself.

In their last match Burns had a handicap of alcut eight pounds in weight in his favor. With this handleap removed Cole-

BEST FOR THE BOWELS



girls do all the work necessary in keeping KEEP YOUR BLOOD CLEAN

man believes he can make even a better showing against the champion than he did before.

"I player in hard luck in our last match," sa'd Coleman, "for after getting the first fall and warming myself up in splendid shape for the other two rounds I had the misfortune to lose absolute control of my right arm. In one of our scrimmages, willie both were on the mat, Burns got a full Nelson he'd on me and then succeeded in getting his knee squarely on the most sensitive acree in my right arm. The arm was perfectly paralyzed and I had no use of it. In the third round I was still suffering from the pain that came from this paralysis and I was unable to make a good showing. Barring such an accident as this Burns. I telieve I would have won the last time if it hadn't been for this accidenof which I steak."

• • • • • • • • • • • • • IN THE WHEELING WORLD.

skirt slightly longer than that of last year Mohair is the favorite material and mushroom-gray the popular color. It is trimmed with blue silk braid. The jacket of the same material is decorated with some coquettish buttons of blue enamel and shows little false vestlets in front of striped blue and white silk poplin. The garment is worn over a jaunty little blue and white calico skirt and the mohair skirt is garnished with blue braid about the bottom. A dishshaped straw of blue, with a spotted foulard handkerchief and a blue quill, comprise the appropriate cycling headgear.

The very dressy cyclist and golfer is, by the way, ordering her next suit of serge, mohair or linen to be made with a many gored corselet skirt. Eight gores will not be considered too many for such service, and the seams of every gore must be strapped, stitched and piped with satin. Of course it will require the figure of a nymph and the grace of a Psyche to carry off one of these skirts effectively, and it is sad but true that along with the corselet skirt has arrived the satin ribbon britells, or suspenders, that had a passing vogue seven years ago, but which were laughed out of use and never worn by the truly modish.

If a greater number of women will pay proper attention to the matter of saddle, seat-post and handlebar adjustments there will be fewer instances of awkwardness a-wheel by women riders. The necessity for swaying the body and hips first to one side and then to the other of the saddle with every descent of the pedal is not only graceless, but injurious. The necessity can readily be done away with by simply lowering the saddle, and yet many women will continue to ride with improperly adjusted seat-posts until some pitying friend tells them that they are making "sights of

Never start out a-wheel until the seatpost has been precisely adjusted to your reach of limb. Set the saddle so that it is perfectly comfortable, and raise or lower your handlebar so that the hands touch the grips without necessitating a position, but not so that you will have to bend the elbows at an angle to grasp them Lean slightly forward; do not sit rigidly erect or lean backward, as not a few fleshy women are guilty of doing, and apply the power from the hips downward. Never unless climbing a stiff hill, attempt to throw the weight of the body on the pedals by swaying it from side to side.

Many riders of coaster-brake machine equally over the frame, provides also a matically the feet into the horizontal position, giving such a sense of security that free wheeling becomes more enjoyable than

Every rider admits it and knows that cycling did not really boom until the pneumatic tire was introduced, yet the neglect of them is the commonest fault that riders machine's equipment, and they are wha wear out first. Old ones are like old clastic bands; there is no life in them, and many a wheel has been blamed for being hard running when it simply needed new tires. Riders who are taking out wheels that have old, dried-up tires on them will find their pleasure about doubled by invest-

The seeming case and apparent grace with which a well-seasoned and accomplished cyclist propels a high-geared maone to Believille, Ill., where he will meet chine has led many a beginner into specify-Sam Stookey next Friday night. Stookey ing a high gear for their mounts at the is an unknown quantity to Coleman, but is time of purchase. This is a mistake. touted by his backers as a coming cham- Muscles must have developed well and the art of pedaling have been thoroughly maspenses to make a match with Stookey, so tered before a high-geared machine can be successfully or satisfactorily negotiated. The average beginner does not, of course the wheel and that the lower the gear the writer has seen slender, delicately built women exerting themselves to an unhealthy degree on a stretch of up-grade road for no other reason in the world than that their machines were geared to 80 and above, About the 15th or 16th of this month while they should never have attempted anything over 64 or 68 at the highest Hills that necessitate dismounting from a machine geared up to the 80s or 90s are easily taken by the same riders on a 64 gear. A greater number of pedal revolutions are necessary, it is true, but the amount of power expended is materially "former" expressed the belief during his exhausted. The rider who has not been accustomed to a high gear or one who has not kept in good physical condition during the winter months wants nothing over a 68 gear at the outset of a riding season. After the muscles have become hardened and one has gotten back into good riding fettle the gear may be easily raised by substituting a sprocket wheel of greater diameter, and this substitution may be repeated as often as the rider likes until the gear has gradually been raised to the figure desired. Gears of from 96 and upward, however, must be gradually acquired. No rider can master a high-geared machine from the outset any more than they can feel at home on their first horseback ride with a mettlesome timber-topper or a Mexican broncho beneath them.

> There is frumbling among the pace followers on account of the small amount of money offered by the race committee of the Pan-American exposition. The committee has placed the limit at \$4,000, and that will be divided between the sprinters and the be divided between the sprinters and the middle-distance men. Experts cannot figure g. W. Cor. 18th and Dodge Sts., Omaha. out where paced riders can make more than \$500 for a first and that wouldn't pay expenses. The leading foreigners who will come over will have a guaranty to be paid out of the \$4.000. It is doubtful if such men as Michael, McDuffie, Elkes, Stinson, Welthour, McEachern and others will go to

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But if you have one of the serious diseases peculiar to men, such as VARICOCELE, KIDNEY or URINARY TROUBLES, CONTAGIOUS BLOOD POISON, SEXUAL, DEBILITY or allied troubles, which is depleting your vitality, or if your case has been aggravated and made worse by the use of specific, free samples, trial treatments or similar devices—if this is your unfortunate condition I want you to write us or come to our offices, where you will be welcome to private counsel, a careful personal examination and an honest and scientific opinion of your case free of charge.

personal examination and they alone, are my specialty. To them I charge, hese diseases and weaknesses of men, and they alone, are my specialty. To them I have earnestly and exclusively devoted the best years of my life, during which time I have discovered and developed various forms of treatment which make their cure an unqualified and absolute certainty. Is it not worth your while to investigate a cure that has made life anew to multitudes of men?

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to the very bottom of the disease and forces out every particle of impurity. Soon
every sign and symptom disappears completely and forever. The blood, the tissue,
the flesh, the bones and the whole system are cleansed, purified and restored to
perfect health, and the patient prepared anew for the duties and pleasures of life.

memorial. The government furnishes all those who will accept them houses in which to live, instead of remaining in the old-fashioned tents or tepees. One of the field matrons reports that out of 155 families visited 125 lived in houses and twenty in tents. Occasionally some brave, after try-ling the house idea, decides that he likes the old way the best, so he goes back to the tepee with his family and the nice little house that the government was put to the formal part of the patient prepared anew for the duties and pleasures of life. Many riders of coaster-brake machines find themselves almost unconsciously seeking are sting place for their heels when coasting. What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is undoubtedly a good plan is thus described by one rider: "What is u

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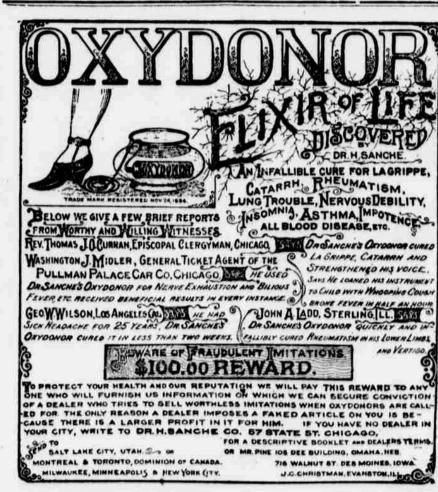
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