Horseback Riding.

Doctors who prescribe horseback riding for their patients declare that it is the greatest exercise possiblethat is, the most beneficial, because it strengthens the muscles of the arms, back, neck and the nether limbs, stirs up the liver, stimulates circulation and produces a good, round, full, strong, healthful heart action. This particular wisdom of the medical fraternity has long since demonstrated its worth, and the wonder of it all is that, knowing its corrective blessings in cases of nervousness, with their thousand and one other ailments of which racked nerves is the parent, there are not more persons who will take horseback riding as a preventive for the ills when it can cure, says Christine McVale in Home Companion. A number of answers to this query have been made, and each has in it grains of truth, but it seems that no single word can answer the question. The expense, ignorance of the way to ride, and too frequently, in the case of the feminine, fear of the animal itself, and the possibility of bodily injury. Sometimes it is urged that horseback riding is a society stunt, and in a small town makes for exclusiveness. And there is really some truth in that.

A Commendable Movement.

The national government has acted wisely and well in prohibiting the use of posters in setting forth the advantages that the army and navy possess for furnishing young men with honest ways of earning a livelihood. There was a lack of dignity that should attend the proceedings of a great nation in this florid way of attracting public notice, remarks the Boston Budget, and now that it has been discontinued in favor of more legitimate advertising in the newspapers, it is to be hoped that this movement will have a good influence in helping to do away with the billboard nuisance in other directions. There are posters, no doubt, that are inoffensive to the eyes and that do no harm, but there are some that are positively demoralizing in their influence upon the young, through the gaudy pictures of crime that they exhibit, while there are others that are often a blot upon a beautiful stretch of rural scenery. The banishment of the most of these is eagerly desired by people of taste, and there now seems to be a determined effort all over the country to make the un-

Indiana ingenuity was never better displayed than in the opening of the choked overflow pipe at the Blackburn coal mines, says the Indinapolis Star. It was impossible to get at the pipe with the necessary tools, but a neighboring fisherman, who had caught a large sturgeon, saw a mode. Tying a strong cord to the fish's tail he put it in the pipe. It at once swam forward to escape, and when it butted into the obstruction with its bony nose he pulled it back and let it butt again. Thus by the simple process of drilling the obstruction was removed. The possibilities of this system are great. By the aid of trained sturgeons, gar fish and shovel-nose catfish almost any old pipe may be cleaned.

When the manager of one of the underground railways in London attempts to force the trainmen to use their H's in the proper places, it is not surprising that there is resentment. This manager has called the attention of the employes to the fact that there are no such places as 'Ampstead or 'Ighgate, or even 'O'born, and insists that they pronounce the names properly. If he succeeds, remarks the Youth's Companion, hopefully, there is likely to be a loud demand for his services on this side to train the street car conductors.

Those international marriages are not so dreadfully one-sided, after all. To be sure there is rather a preponderance of titled foreigners capturing American heiresses, but occasionally there is an offset. A fine young American one of the Rhodes scholars studying in Oxford, has taken to wife a charming English lady. Perhaps, suggests the Indianapolis Star, it will yet become the fashion for old-world ladies of beauty and rank to appropriate plain, untitled but studious and worthy young Americans for their

Ill-bred Americans abroad, about whom we hear complaints, are no more to be condemned than ill-bred foreigners in this country. Lord Allcash, touring in Italy, was no worse in behavior than the lordlings who come here prospecting for a rich matrimo-

No doubt the duchess of Marlborough can give her cousin Gladys some facts about matrimonial life among the titled that will prove prof-Itable to the prospective bride.

Since, according to the Rev. Dr. Kummer, man is wholly tainted. doesn't it seem to follow that there is no money but tainted money?

A Pennsylvania farmer spent only three cents of money the past year. But his economy did him no good, for now he has up and died.

The wonderful part of England's war halloon is not that it can be steered, but that it will stay up in the Useful Blouses



The first consists of a blouse of lace worn with an overbodice of cashmere to match the skirt; the edges of overbodice are bound with silk, the fronts teing connected by points composed of silk strapping, each point ornamented with little jeweled buttons. The lace sleeves are trimmed with pointed straps of the silk. Materials required: Four yards silk for the blouse, one and a quarter yard cashmere 46 inches wide for overbodice, one and a quarter yard silk on the cross for trimming.

The second is a simple skirt blouse of white wincey; the back is cut with a yoke pointing in the center, the front has three deep tucks and a box-pleat; stars are worked with green washing silk in long stitches up box-pleats, and just inside the stitching of tucks; the deep cuffs of the bishop sleeves are or-namented to match. Material required: Three yards wincey 30 inches wide.

The third sketch shows a dinner blouse of spotted silk muslin, it is gathered at the neck to a high lace collar-band, the elbow-bands also being of lace. The over-bodice is of pale pink and pearl gray chine silk, edged with plain gray silk, on which are worked knot stitches in pink; the points are finished with cilk tassels. Materials required: Four and a half yards silk 22 inches wide, one quarter plain silk on the cross, eight tassels, two and a half yards silk muslin 40 inches wide.

AT THE BREAKFAST TABLE

Woman Makes Mistake Who Appears at Morning Meal Unbecomingly Or Untidily Attired.

The finest compliment we have ever breakfast table.'

and even uncleanly to look at.

worthy billboards things of the past. a big apron will thoroughly protect her only water you have is "hard" then

That woman commits an error who looks uncared for and badly dressed water. Any of these will soften it. wears any old thing to the breakfast cream on the face and hands. Use a pearance in the evening, when the soft with warm water, so that the pores hide many defects.

NEW FASHION HINT.



broidered black voile bands over green Even the fancy muffs are extremely taffeta and finished with two large tas-

A Hatpin Fad. One of the latest fads of ultra-fashlonable women is to have their waistcoat buttons, their hatpins and their umbrella handles all to match. One sees the loveliest sets in pink and purple quartz set in tiny rose diamonds metal. All hatpins are now very large, and in all cases they must bear special they are worn.

The Latest in Gloves.

Gloves of all thing are of supreme importance. The smartest street broidered gloves are worn by the very dressy, and the glove with fancy wrists is seen now and then among those who can bear the touch of much ornamentation.

A Beautiful Figure.

A girl noted for her beautiful figure wears her corset over all of her pet ticoats, save one extremely thin. Littached to her stockings. Of course, she wears the best make of corset, and the princess gowns looked as if she had been "melted and poured into them." The main good in wearing her corset in this manner comes from the eradication of all wrinkles or rathers of the skirts.

TAKE PROPER CARE OF FACE

Many Women Have Poor Complexions Because They Neglect Simple Precautions.

One of the greatest evils that beauheard told to a woman was by her ty doctors have to contend with is the husband, and he said, in speaking of fact that women do not properly dry her: "We always think of her as a their hands and face after washing. morning glory, because she looks so Nine women out of ten thoroughly bright and cheery and pretty at the wash their face with soap and water, carelessly wipe it off with a stiff towel, How many breakfast tables are pre- then go right out in the wind. It will sided over by women who make no take you days, and sometimes weeks, efforts to be dainty? and there are a to undo the harm that this carelessgreat number who are at once untidy ness has caused. If you have not time to dry your face and hands then do The claim that household duties not wash them. Rub a little cold cream keep women from looking well in the on your face and wipe that off with morning is easily disproved, for in old towel-this will answer the purmany a household where the lady pose if you are in a hurry. Then, too, gives a helping hand in the kitchen do not wash in "hard" water. If the add a few drops of benzoin to the basin every time you use it, or throw a handful of bran or oatmeal in the

in the morning. The other woman who Be liberal with your use of cold table, is also making a mistake, for little of it every time you wash, wipe that is the time when the men of the it off the face and apply a good qualhousehold ought to see a woman at her ity of powder. Powder does not hurt best, and not specially rely on her apthe face if well washed off every night and charitable light of the gas will are left well open while you are sleeping. The use of good powder properly applied, never hurt anybody. It is the girl who buys a highly scented powder with a fancy name, dabs it on in spots and never thoroughly washes it off, who has a muddy skin caused by the use of powder.

For the hands that are badly chapped the following pomade

One ounce of cocoa butter, one ounce of oil of sweet almonds: one drachm of oxide of zinc; one drachm of borax; six drops of oil of bergamot. Heat the cocoa butter and the oil of almonds in a double boiler, and when they are well mixed, add the borax, and also the oxide of zinc. Stir these four ingredients until almost cool and then add the oil of bergamot. The oxide of zinc contained in this formula has wonderful healing properties.

Immensity of Muffs.

Sumptuous is the only word that expresses the newest muffs. Some of them are simply immense in regard

One on this order fashioned from caracul was made with flaring ends faced with black satin, box-plaited and edged with a ruching, black silk cords adorning the front, a regular granny muff, indeed.

Chinchilla and black lynx muffs re sembled veritable pillows and ten or in crystal set in thin rims of gun pelts of the little ermine went to make a single muff, while a fashionable one in Persian lamb took as relationship to the hat with which much fur in its construction as a small coatee.

Old-Fashioned Hair Tonic. One of the best tonics in the world model has a strap of suede or kid in infusion of the leaf of the common front, fastened with a stud button on the outside. Black and white gloves as possible and guaranteed by one's have given place to colors matching druggist to be grown the year they the costume, or at least hormonizing are used. A liberal quantity should with it. Glace and suede are both in be placed in cold water, and allowed order, and for street wear the Eng- to stand in a porcelain or agateware dish in some place where they will not boil, or boiling water may be poured over them and then be set aside for several hours. They must not be boiled at all; an infusion, not a decoction, is the thing needed. When ca'd strain the tea and add to each half teacupful a tablespoonful of fine French brandy, bottle, and keep in the ice box or a cool place. It should be made fresh every week. It should be tle places are cut through the skirts applied as often as convenient, once so that her hose supporters may be at- a day if possible, for several weeks to get a good start, and twice a week after that.

> Gold Net. In the Brussels mesh there is a rich gold net for gowns, and laces for flouncing have the design and edging worked in gold thread.

Washington Gossip

Interesting Bits of News Picked Up Here and There at the National Capital

BROTHERS IN OPPOSITE PARTIES IN CONGRESS

WASHINGTON.—The Fulton family From there the family went to Pawhouse. The senator is Charles Wil- a Republican.

fails to recall another case just like ate as his successor. that of the Fultons. Brothers have served in congress before. In the last mitting Indian Territory and Oklabrother, Frederick Landis, represented announced as a candidate for the districts in Indiana. But both are Re- house in the Oklahoma City district. publicans.

themselves politically.

Representative Fulton was born. Nebraska town.



is well represented in the Sixtleth nee City, Neb., where the brothers congress. There is a Fulton among studied law and were admitted to the the Republicans in the senate and a bar. Charles later went to Oregon Fulton among the Democrats of the and was elected to a lot of offices as liam Fulton, of the state of Oregon, Elmer went first to Stillwater, Okla.,

the member of the house, Elmer L. then to Pawnee, and finally settled Fulton, who comes to Washington as down at the practice of law in Oklaa member of the first congressional homa City. In 1903 the term of Sendelegation from the state of Oklahoma, ator Joseph Simon, of Oregon, expired The oldest officeholder at the capital and Charles Fulton came to the sen-When congress passed the bill ad

congress Charles B. Landis and his homa to statehood Elmer was He was nominated by the Democrats Some years ago there were two and was elected, defeating ex-Gov. T. brothers in congress at the same time, B. Ferguson in what was supposed to one in the senate and the other in the be a Republican district. He was ashouse. They, too, belonged to the same sisted in his campaign by William J. political party. But the Fultons are Bryan. Pawnee City is Mr. Bryan's the only brothers who have come to district, and he had known Elmer Fulcongress together but divided against ton there. Bryan made five speeches for him in the campaign, in each Senator Fulton was born in Lima, speech emphasizing the fact that Ful-Ia. It was there, too, that the future tou stood well with the people of the

MUCH TROUBLE IS SAVED BY SOCIAL SECRETARIES

THE season of social gayeties which | have to deal. She must not only be was ushered in by the opening of able to segregate the social mountecongress again calls attention to an banks from the real factors of society eminently useful personage in the but she must have an exhaustive acrealm of fashion-the social secretary. quaintance with the maze of precedents and formulas and distinctions Although the social secretary is a for which Washington society is noted. creature of modern development, and A good social secretary has all of this a most interesting one at that, her information at her tongue's end and is place in the fashionable universe of able to steer her patron's social bark the national capital has become firmly past all the reefs and rocks that renfixed and there are more positions at der navigation so uncertain and dangood salaries than there are social sec- gerous for the tyro.

retaries to fill them. The demand is Fashionable Washington is comso great and the pay is often so alling nearer every day to the belief that luring that a number of Washington a good social secretary is as essengirls whose social status is near the tially a part of the household equipupper edge of the top crust, but who ment as a good cook. This view is acare not as well favored financially as centuated by the sorry spectacles presome of their sisters in society, are sented by women of the ultra fashionpreparing to take up this as their life able set who come to Washington to Some one has said that "good social tality, only to end in sad failure besecretaries are born, not made," and cause they have no one to inform them there is much truth in the observation. as to the real members of the smart She must be a natural born diplomat set, and the pretenders, or to point or she will not be a success, but she out the numerous social distinctions must be more than that. It is neces- that are peculiar to Washington life, sary that she shall know intimately the infraction of any one of which is the society with whom her patron will counted an unpardonable mistake.

ROOSEVELT AND TAFT TO **DECIDE OFFICERS' WEIGHT**

CONFLICT of expert opinions as to was issued granting Col. Davis leave ride a horse has brought about such tired by age. a state of confusion, especially in the found no physical disabilities which would warrant his retirement.

Davis has been doing. Then an order would create havoc.



what kind of army officer should until February when he would be re-

Too fat, as fat as Taft, is the charge engineer corps, that the president and that the Davis board has brought Secretary Taft will be compelled to against Col. W. L. Marshall, of New solve the problem. For instance, one York, in charge of the Ambrose chanboard appointed to determine the fit- nel work. The preliminary examinness of officers to take the equestrian ing board could find nothing the mat- dall. test prescribed by President Roose- ter with Col. Marshall, but Gen. Fred velt, decided that the exercise would Grant excused the big fellow from the cost Col. Charles E. L. Davis, other- ride out of sympathy for the horse. wise known in the army as "Alpha- The last board to examine him could bet Davis," his life. He was accord- find no disability except his corpuingly ordered here from Detroit, where lency. His retirement has been held he was in charge of river and harbor in abeyance until Taft's return. The improvements. Try as hard as it could secretary and the president will decide it appears the board which has been how fat a man can be and yet be servknown as the Davis retirement board, iceable in constructing a big channel. Meanwhile Col. Marshall is said to be reducing his weight by the delicate Oddly enough a testimonial from the process of rolling on the floor. Offi-Lake Carriers' association came along, cers are scarce in the engineering telling what wonderful work Col. corps and a retirement of half a dozen

YOUNG QUENTIN A TRUANT: IS FOUND BY DETECTIVE

OUENTIN ROOSEVELT, aged eight, ington was begun for the truant. one time the protector of Pete, the White House bulldog, and charmer of snakes that terrified cabinet members the humble home where lives a pretty and sent chills up and down the spines of diplomats, gave the White House another jar the other day.

When time came to dress for dinner, which is seven o'clock, Quentin was nowhere to be found. Garret and cellar were searched, but no Quentin. Then the grounds and the offices were hunted for traces of snakes or bulldogs or bonfires, but never a trace. The secret service squad was called sweetheart and near the school. The out next, and a search of all Wash- detectives hustled him home.

a couple of men were dispatched to little dark-haired, dark-eyed lass of 12 or 14 years, the object of Master Roosevelt's affections. But he was not there: he had left two hours before, bound, so the girl said, for a snake and bird emporium. But he was not at the em-

With knowledge born of experience,

Quentin was finally found playing in Massachusetts avenue, a couple of blocks from the home of his little

Janitor's Good Memory.

Of the late genial and kindly heart- this morning." ed Henry Burch it is told that, a good many years ago, while he held the position of janitor of Trinity Methodist Episcopal church, the minister one summer Sunday morning delivered a sermon which, it appears, had been given by him once before, perhaps two or three years previous.

On the Sunday in question, and during the progress of the sermon, a violent thunderstorm came up which created some little nervousness among

ty severe storm while I was preaching

and the singular thing about it is that there was a thunderstorm the last time you preached that sermon."-Oil City Blizzard.

Wished to Be Truthful. "There are several seats up forward

in the car, sir," said the conductor to the man who was hanging to a strap. "No, thank you," replied the straphanger; "I'm/about to write an article for the newspapers on the street car ndignities and I want to say honestly After the services were over, and as the minister was about to leave the building, he met the janitor.

"Henry," said he, "that was a pret- Yonkers Statesman.



"Are you still troubled by your neighbor's chickens?" asked one man of another. "Not a bit," was the answer. "They

are kept shut up now."

"How did you manage it?" "Why, every night I put a lot of eggs in the grass very carefully, and every morning, when my neighbor was looking, I went out and brought them

THOUGHT CHILD WOULD DIE.

Whole Body Covered with Cuban Itch -Cuticura Remedies Cured at Cost of Seventy-Five Cents.

"My little boy, when only an infant of three months, caught the Cuban Itch. Sores broke out from his head to the bottom of his feet. He would itch and claw himself and cry all the time. He could not sleep day or night. and a light dress is all he could wear. I called one of our best doctors to treat him, but he seemed to get worse. He suffered so terribly that my husband said he believed he would have to die. I had almost given up hope when a lady friend told me to try the Cuticura Remedies. I used the Cuticura Soap and applied the Cuticura Ointment and he at once fell into a sleep, and he slept with ease for the first time since two months. After three applications the sores began to dry up, and in just two weeks from the day I commenced to use the Cuticura Remedies my baby was entirely well. The treatment only cost 75c, and I would have gladly paid \$100 if I could not have got it cheaper. I feel safe in saying that the Cuticura Remedies saved his life. He is now a boy of five years. Mrs. Zana Miller, Union City, R. F. D. No. 1, Branch Co., Mich., May

SORRY HE SPOKE.



Hubby-Just look at that idiot, Fitzjones, what a charming, amiable wife he has-seems to me all the biggest fools get hold of the prettiest women! Wifey-You're right, nobody knows that better than I do.

Knew Him.

It was difficult to hire competent or even incompetent help in Eden Center, and the commuters in that idyllic spot had learned resignation.

"Harold," said Mrs. Crandall, "I haven't seen anything of that man who was to mow our lawn. Where do you suppose he is? There, I believe that's he now, over in Meade's orch-

"Is he standing?" inquired Mr. Cran-

"Yes," said his wife, "he's standing under one of the big trees looking toward our house." "That can't be the man," said Mr.

Crandall. "He'd be sitting or lying

Laundry work at home would be much more satisfactory if the right Starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

In the spring the gardener's fancy turns to thoughts of green goods.

You always get full value in Lewis' Single Binder straight 5c cigar. Your dealer or Lewis' Factory, Peoria. Ill. His Satanic majesty is probably

ashamed of some of his associates.

Constipation

May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial laxative remedy. Syrup of higs and Llixir of Senna, which enables one to form regular habits daily so that assistance to nature may be gradually dispensed with when no longer needed as the best of remedies, when required, are to assist nature and not to supplant the natural functions, which must depend ultimately upon proper nourishment mately upon proper nourishment, proper efforts, and right living generally. To get us beneficial effects, always buy the genuine

IDLE MEDITATIONS.

A woman may be afraid of the cook, but a man isn't-unless she's his

Some people who say what they think aren't able to talk more than a

minute. When you hear a married won.in say that all men are alike it's a safe bet that she faced the parson with the wrong man.-Philadelphia Tele-

PUCKERINGS.

graph.

The silver lining to most of our clouds is only plated.

Nobody lives to eat, any more, and only a few obscure cranks eat to live. Most everybody eats to show off.

It is true that public conscience has to be waked up pretty often, but what of that? Young and lusty and growing things are bound to be sleepy. It is the wornout and senile that stay awake.-Puck.

In Kansas. "How did you make out on your run through Kansas?" queried the

"Pretty rough," replied the motorist. "Cyclone came along and carried the machine into the next county at the rate of sixty miles an hour."

"Whew! Bet you were shocked!" "Well, I should say so. While I was picking myself out of the mix-up and counting the bruises a constable came along and arrested me for speeding." -Chicago News.

More Practical.

"Did you hear that the professor had succeeded in squaring the circle?" 'No. I didn't: but if he would figure a while longer and tell a man how to square his wife when he comes home at 2 a. m. I think the would have a more appreciative audience."-Nashville American.

Oh, the Flatterer!

Weary Willie-"Gee, yer a wonder! How did yer manage ter git a handout from dat frosty-lookin' woman?". Hungry Higgins-"Dead easy. W'en she opened de door, I sez: 'Gootl

mornin' miss. Is yer mudder home?" In Glowing Terms.

She-"Mr. Wimbleton spoke of you in glowing terms last night." He-"I am gratified to hear you say

so. I have always regarded him as a fine judge of men." She-"es. It was one of theY worst

roasts I ever heard." "Lady," said the tattered tramp at the gate, "can't yer spare me a dime on a very urgent collection?" "What do you call an urgent collection?" / asked the busy housewife. "Why, yer see, I have just been fined \$29,240,000 for ridin' on an oil car, an' I've only got two days to get it together."

"Of course," said the analytical questioner, "there is a great deal to be

said on both sides of the question." "Yes," answered Senator Sorghum. 'Too many of us are getting the idea that all a public question is fit for nowadays is to serve as the topic for a good talk."

Omaha Directory

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teach it most thorough, filling a number of positions every week. Why put it off? Write or come at once. We Absolutely Guarantee Positions. U. P Railroad wires and blanks used in school work. Omaha Commercial College, Omaha

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