

THE COLD SPONGE BATH.

Not Only Delightful but in Every Way Beneficial.

Bathing is chiefly for cleanliness, but it should be practiced also for its good effect upon the skin, the circulation and nutrition.

It affords an excellent stimulus for the skin, improving the tone of its minute network of vessels, increasing the excretion that is carried on by its glands, and thus relieves the kidneys and liver of much of their work.

It acts as an additional stimulus to the circulation by causing the blood to flow more thoroughly through all the organs of the body as well as through the minute blood vessels of the skin itself.

It improves nutrition by causing a more rapid removal of the waste products from the system.

One of the most invigorating forms of bathing is the cold sponge bath taken in the morning before breakfast. Persons who do not react readily after such a bath, such as the very young, the very old, or those who are seriously weakened by disease, should not practice it. For a person of average health, however, the cold bath is an excellent tonic.

After a cold sponge bath of short duration there is a feeling of well-being and exhilaration. The whole man is refreshed. The mental faculties are cleared, the muscles seem strengthened and there is a desire for both muscular and mental work. There is also a feeling of warmth due to the dilatation of the blood vessels of the skin after the contraction caused by the cold water.

The exhilaration and warmth of the cold sponge bath may be increased by drying and rubbing the body with a rough towel.

Care should always be taken not to have the bath too prolonged, or of a temperature so low as to prevent the reactionary dilatation of the vessels of the skin.

If the cold sponge bath be taken regularly the blood vessels of the skin are trained to contract and relax easily, and therefore habitual bathers are comparatively little liable to catch cold. The number of red blood-corpuscles and the amount of coloring matter in them is increased by cold baths.

An excellent way of becoming accustomed to the cold sponge bath is to begin with water that is tepid, and gradually reduce its temperature until absolutely cold water may be borne and enjoyed.—Youth's Companion.

Small Typewriter.

What is thou, I to be the smallest typewriter in practical use in Denver. According to the New York Tribune it is made of aluminum, and is two and one-eighth inches in diameter, three-quarters of an inch deep, and weighs, complete, but three and one-half ounces. An ordinary watch is about the same size and weight. Its mechanism is very simple. Fifty characters are on the watch-face like keyboard, while the type bars radiate from the center. A single key, which is placed over the particular letter desired, to be printed and then pressed, forms the means of operation. A piece of felt is used as the ribbon. The entire machine is attached to a writing pad by means of a clamp when in use. High speed is not claimed, yet it can be operated sufficiently fast for ordinary purposes.

A Puzzling Phenomenon.

"I'll give it up," said the scientist. "The action of sunlight is too much of a mystery for me to solve."

"Have you been trying to account for some of the changes that take place in photography?"

"No. That's hard enough to understand. But it's easy compared to the problem that I have undertaken to solve. I've been trying to find out why it is that on Saturday afternoon a man'll sit down under an electric fan with his shirt collar open and say the heat won't let him do a stroke of work, and the next day put on a sweater and ride his bicycle thirty-seven miles between the hours of 10 and 4, and never say a word about the weather."—Washington Star.

They Get Off Easy.

A young man and a young woman arrested for riding bicycles on the sidewalk in Hempstead, L. I., Sunday, told the judge before whom they were arraigned that they were on their wedding tour. The judge gave them a solemn lecture, after which he said: "If I should decide to let you go, will you promise me that you will always live happily together and never quarrel?" "O, judge," exclaimed the bride, through her tears, "we will never quarrel." The bridegroom joined in, "No, never!" and the judge let them go, but wasn't he guilty of subornation of perjury?—Boston Globe.

A Foolish Question.

A gentleman traveling in England some years ago, while walking near a railway, encountered a number of insane people in charge of a keeper. Nodding to one of the lunatics he said: "Where does this railway go to?" With a scornful look the lunatic replied: "It doesn't go anywhere; we keep it here to run trains on."—Philadelphia American.

Luther's Bible.

A museum in Berlin has secured possession of Luther's bible which he used in his study. Its margins are covered with notes in the reformer's handwriting. It was printed in Eisle in 1509 and is in excellent state of preservation.

Use of the Umpire.

She (new to the game)—What is the umpire for? He (a rooster)—To show that there is no pleasure without its alloy.—Philadelphia North American.

CATCHING A THIEF.

She Protected Her Ice Chest in a Practical Way—Her Husband Objected.

From the Cleveland Leader: "Did you ever hear how Mrs. Turner caught the fellow who was robbing her ice chest?" asked the smooth-faced man. "No," the man with the krugers replied; "how was it?"

They were riding down town in an open car and the narrator of the story pitched his voice in a key that made it possible for every person aboard to hear what he said.

"For a long time," the smooth-faced man said, "somebody had been helping himself pretty freely to the beer that the Turners always kept on ice. Mrs. Turner was uncertain as to whether the ice man or the hired girl's beau was the guilty person, but finally she hit upon a plan whereby the identity of the wrong-doer could be established. You know Mrs. Turner is a practical woman if she is anything."

"Yes," said the man with the krugers, rubbing his hands and beginning to look as if he was interested. "Well," his companion resumed, "she went to the drugget and asked him to fix up a dose that would double the beer guzzler up like a jack-knife, but which would be sure to result in no permanent injury. Then she 'doctored' two bottles, put them in the ice chest and waited for results."

"Yes," said the listener, a pleased grin beginning to show upon his countenance.

"But," the other went on, "neither the ice man nor the hired girl's beau was caught."

"You don't say," exclaimed the man with the krugers.

"No," the smooth-faced man said, "but they had to call in the doctor for old man Turner last night, and some of the neighbors were afraid for an hour or two that after he had got so that he could talk again that the affair might result in a permanent breach."

While the people on the car were laughing at the joke on Turner a big man who had been sitting directly behind the narrator of the story signalled the conductor to stop, and as he hurriedly got off the smooth-faced man whispered:

"Great Scott! That was Turner himself!"

The American Woman's Idea.

The Paris papers are telling of a good thing given at a dinner table in the French capital the other day by a well-known American woman. Someone was telling a story about Wordsworth. It seems that the bard was in the habit of thinking out his stories at night and in the early morning, and that he used to rouse his wife about 4 o'clock and exclaim, "Maria, get up! I have thought of a good word!" Whereupon his obedient helpmate arose and recorded it upon paper. About an hour would elapse and a new inspiration would seize the poet and he would call out, "Maria, get up! I have thought of a better word." Everybody listened and admired the practical spirit of the poet, but the bright-eyed American remarked, with a wave of the rose in her hand: "Well, if he'd been my husband I should have said, 'Wordsworth, get up! I've thought of a bad word.'"

Woman as a Police Officer.

The new woman has advanced a step. Mayor Doran of St. Paul, Minn., has appointed Mrs. S. V. Root, who is prominent in society, as a special police officer, possessing full power to make arrests. Mrs. Root will not patrol a beat, nor will she look after the property of any person, yet she will wear a star. She desired the appointment to aid her work in connection with the rescue home and institution for the reformation of fallen women, with which she has long been connected. She thinks that as soon as it is generally known that she has police authority she will be treated with more consideration by people with whom she comes in contact.

A Dog's Expensive Appetite.

A dog who has eaten up a farm and a set of buildings has been found in eastern Maine. This dog killed a neighbor's sheep. The neighbor offered to call it square if the dog was killed. The dog's master refused to agree to this, and a lawsuit came next. To pay the costs and damages assessed by the court the owner of the dog had to mortgage his farm for \$100. The mortgage had a bigger appetite than the dog, and soon his farm was gone and the owner had to move away. The dog is now dead.

Singular.

The late Lord Lilford, in his recently published work on the birds of Northamptonshire, England, tells this story of a singular incident which occurred in one of his frequent visits to Spain: "I first learned," he says, "the Jews of President Abraham Lincoln's murder from a scrap of a Spanish newspaper found in a nest of the kite by climber, Agapo, near Aranjuez."

A Good Voice.

First deacon—"Has the new soprano good voice?" Second deacon—"Well, I should say so. Why, at the choir fight the other night, you could hear her voice above all the rest!"—Puck.

A Vermont Joke.

One of our builders was asked the other day if that empty house of his just erected on Winooski avenue was his last. "Yes," he said, "my last, but not leased."—Burlington Sun.

Largest Telegraph Office.

The largest telegraph office in the world is at the general postoffice, St. Martin's-le-Grand. There are over 3,000 operators, 1,000 of whom are women.

ON THE CABLE CAR.

Mrs. Loftor Condescends to Patronize It and Then Wishes She Hadn't.

From Scribner's: The car started forward, slowly, but with that rapidly increasing speed so misleading to the uptight traveler. Mrs. Loftor leaned deferentially toward her showy vis-a-vis, and laid her hands carelessly upon his shoulders. Then they bounded gracefully toward the door, with a step that was neither a wait nor a poika, but which was executed in such perfect time that the ordinary observer would have suspected a previous rehearsal. Although differing widely in color and in social standing these two travelers were, for the time being, certainly one in movement. This movement was perhaps more of a gallop than a poika, and although harmoniously executed became a little too hasty at the finish. The exhibition was brought to a close by her partner's back coming in violent contact with the jamb of the door. Although the dance itself was practically over, Mrs. Loftor continued for a moment to press heavily against her dusky partner, and to one unaccustomed to these conveyances her action might appear of questionable taste even if prompted by the warmest affection; but to those familiar with the Broadway cable cars there was nothing unusual in this performance, except, perhaps, the costly attire of the leading lady, and this added a certain novelty and richness to the general effect. As Mrs. Loftor, hot with indignation, released herself and stepped away from the grinning object of her caresses, a seat was offered which she gladly accepted. Once in it she had leisure to look about.

Although inwardly revolting against the sickening episode in which, to her everlasting humiliation, she had just taken so conspicuous a part, her glance swept the row of opposite faces with haughty composure. She bit her lips and there was defiance in her eyes as she noticed a general smile throughout the car. Having no sense of humor herself, this cheerfulness seemed the acme of human insolence.

Novel Window Screen.

A beautiful novelty for a window screen is made of silk bolting cloth. This is intended to hang close to the window, and upon its transparent surface may be painted a broad effect in water colors, embodying a border of conventional design, using alternately salmon pink, blue, India red, tawny or foxy brown and gray outlining in long stitches of silk in appropriate colors. Inside of this border may be worked a design in water lilies, with foliage painted and worked in silks, the water suggested by broad touches of gray blue, with an occasional gleam of silver thread. These are but suggestions of what may be done with this species of screens, as there are many elegant materials and combinations of color, but all depend for their beauty on the artistic make up and the rare qualities of their embroidery.

Croquet Again in Favor.

Croquet is finding its way into favor again. Some youths and maidens who are too young to have played croquet when it was formerly in high favor are now learning how to handle the coy, reluctant mallet for the first time. There are lawns within ten miles of Boston where croquet has always held its own against the ebb and flow of fashion. On one maple-shaded lawn three generations have played, all at once, it is needless to say, and a little girl of eight has been playing ever since she could hold a mallet with one of her grandparents, who never gave up the game, but stuck to it in summer as faithfully as to a chess table during the winter months.—Boston Transcript.

A Colony of Vegetarians.

At Oranienburg, near Berlin, a colony of vegetarians was started some years ago, and is growing slowly but steadily. Founded in 1893 by seven enthusiasts on the subject, there are at present 47 homesteads, where 37 families and 10 single men have built houses and raise their cabbage. Outside of the vegetables necessary for their own food they have planted 35,000 fruit trees, and 15,000 berry bushes, and have fenced in the entire property, with a hedge of hazel nuts. From a financial standpoint they are doing very well, because they realize excellent prices for the products of their truck farms, the quality of the vegetables raised by them being the best to be obtained.

Reciprocity.

"And would you die for me?" the fair young thing asked.

"Well," the cruel man replied, as he fondled the golden braid that was hanging down her back. "I suppose it would be only doing the fair thing, since you seem to have bleached for me."

Whereupon a solemn stillness enveloped them.—Cleveland Leader.

Republics Are Ungrateful.

The statesman—"I think my country has treated me shamefully." His wife—"Yes, indeed! To think that, after being concerned in nineteen revolutions, you should be allowed to occupy the presidency only three weeks!"—Puck.

Wise Precaution.

"Large ears are a sign of generosity," observed the philosopher. "That's true; but then, most men with large ears are sensitive about it, and try to conceal them."—Harper's Bazar.

One Condition.

"Think beautifully," said the doctor to his sleepless patient, "and you will fall tranquilly asleep. Can you try?" "That depends," answered the patient, "on the size of the mosquito."

LENGTH OF LIFE.

Comparative Longevity of Men in Different Lines of Business.

Some interesting facts and figures in regard to the comparative length of life of men in different lines of business have been prepared by Dr. George W. Wells, A. M., M. D., one of the best known medical directors for one of the largest life insurance companies in the world, says an exchange. Dr. Wells, who is about to publish in book form the results of his many years' experience as a medical director, has arranged the following table, showing the comparative mortality of men between the ages of 25 and 65 years. The table represents many thousands of deaths which have been tabulated and the percentages are based upon every hundred deaths among clergymen, the longest lived individuals, as a class, of which there is any record. There is twice as good a chance that a minister will reach the age of 65 as that a doctor will.

Clergymen, priests, ministers.....	100
Lawyers.....	152
Medical men.....	202
Farmers.....	114
Agricultural laborers.....	126
Gardeners.....	108
Fishermen.....	143
Commercial clerks.....	179
Commercial travelers.....	171
Innkeepers, liquor dealers.....	274
Inn hotel service.....	397
Brewers.....	254
Butchers.....	211
Bakers.....	172
Corn millers.....	172
Grocers.....	139
Drapers.....	159
Shopkeepers generally.....	158
Tailors.....	180
Shoemakers.....	166
Hatters.....	192
Printers.....	192
Bookbinders.....	210

Wholesome and Delicious.

"One of the most wholesome, delicious and convenient ways of using Lima or other shelled beans while in the green state is in a puree," said a matron whose dinners are always delightful. "Cook the beans in boiling water for ten minutes, then drain, rinse and put again into boiling water, plenty of it, and cook until very tender. Turn into a puree strainer and press all the pulp through. Put on to boil again and add milk or cream sufficient to make it the usual puree consistency. For each quart of the mixture cook one tablespoon each of butter and flour together as for white sauce and stir it into the boiling liquid. Season with salt and pepper. Serve with wafers. It is convenient to cook a large quantity of the beans at once and sift them, then add milk and thicken only to whatever portion may be needed for that meal, as the pulp will keep longer without the milk and butter. Then it is but a few minutes' work to prepare a puree for the next day's dinner, or a nourishing portion if one of the family comes in faint and hungry and does not care for or cannot wait for solid food. I learned the value of this easily prepared dish one summer when I had a guest who could not eat solid food, and again when friends came in after mealtime, faint and exhausted from long fasting and severe exertion at a railroad accident. There was nothing else that I could prepare and they thought it the best lunch they ever tasted."

Short-Lived Insects.

The wonder in brevity of insect life is curiously illustrated in the case of those that prey upon different species of mushrooms. The life of the mushroom itself is measured by hours, yet it is often entirely ruined by an insect which deposits its eggs upon the fungi while it is in the vigor of youth. The entire span of life of this mushroom insect is so brief that the grubs hatch from the eggs and the creature becomes fully developed and capable of laying eggs itself before the mushroom dies, even though the latter's life may not extend over a period of forty-eight hours from the moment it first pushes through the soil.

Cycling Made Easy.

Bicycling is to be made easy by a new "house-to-house" cycle-cleaning and insurance company, just floated in London, with a capital of \$1,500,000. It will establish depots for the cleaning, storing, repairing, and sale of bicycles, and for an annual payment of \$6.50 by subscribers will send people to their houses to clean their machines, will insure them for \$500 against death, and for \$250 against serious personal injuries while cycling, will store their machines when not in use, and teach them to ride.—New York Sun.

From Her Point of View.

Both were very young. They stood gazing into a store window, admiring the pretty frocks that children so love, and turning to look at the ragged figure beside her, Marjorie said compassionately: "Little girl, poor little girl! are those your best clothes?" "No," the other responded with a solemn shake of her head; "my best clothes is wore out."—Boston Herald.

Bliss.

"I don't think the kids enjoy a circus these days as much as they used to when you and I were boys," said the man with the bald spot.

"I know mine doesn't enjoy it as much as I did," said the man with the brindle whiskers. "I was taught in my early days that it was sinful."—Cincinnati Enquirer.

Wedlock.

"Are they contemplating wedlock?" "I think so. He gave her a gold bracelet with a padlock and he carries the key."—Detroit Free Press.

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