

FOR INSOMNIA.

Some Rules Which May Lead to a Good Night's Sleep.

- 1. Rise in good time in the morning. 2. Take moderate exercise (without fatigue) and be as much in the open air as possible during the day. 3. Avoid heavy meals, rich dishes, strong tea or coffee and alcoholic drinks, especially toward night. 4. Eat only plain, well-cooked food; a small proportion of meat, with abundance of vegetables, fruit (ripe or stewed), whole meal bread, etc., and drink water or lemonade (made from fresh fruit) at dinner. 5. Go to rest in good time, for over-tired nerves and eyes are a frequent cause of sleeplessness. 6. Have no light in the bedroom, which should be as quiet and dark as possible. 7. The bedroom must be well ventilated. This can easily be done by opening the top sash of the window an inch or more, so as to allow the escape of impure air, while fresh air enters between the two glasses at the center of the window. A light curtain over the window will prevent all draught to the sleeper. 8. The clothing should be entirely woolen; no heavy cotton overlid, but an elderdown quilt must be used, and the warmth must be sufficient, but on no account excessive, carefully regulating the amount of blankets according to the temperature. 9. No heavy meal must be taken within two hours of retiring, but a cup of warm milk, soup or light farinaceous food (with milk) should be drunk the last thing before going to sleep. 10. When sleeplessness is chronic a thorough fowling (first with a wet towel, then with a dry one, using tepid or cold water) will set the action of the skin and the circulation right, and so relieve the overcharged blood vessels of the brain. A soft hot water bottle to the feet will sometimes have the same effect; the feet must not, on any account, be allowed to remain cold. 11. All exciting subjects should be avoided as much as possible. 12. Keep a clear conscience and don't worry, even though "nature's sweet restorer, balmy sleep," should refuse at first to be wooed, for it takes time, as well as patience, not only to eradicate a mischievous habit, but to form a good one.—Chicago Chronicle.

The American Girl.

Shall I dare to express my whole idea? The severe education that the American girl receives especially with those who afterward choose celibacy. The single woman in the United States is infinitely superior to her European sister; free from the fetters that often make the French old maid so pitiable and ridiculous, she does not, like the latter, expect to gain liberty by marriage—on the contrary, by marriage she would lose that perfect independence which allows her to cultivate herself more and more, to rise into a larger sphere than that of the family, and even of the ordinary social circle, by consecrating herself to works of universal interest. Her intercourse with men, freed from the childishness of flirtation, bears a stamp of quietness and freedom which allows real and serious intimacies that no criticism could assail. One sees no bitterness, no regrets. Her lot is too beautiful, her life too full, in spite of the natural satisfactions renounced—nay, perhaps an account of that renunciation. Let there be, however, no misunderstanding. If it seems indispensable to me that the woman who, for some good reason or other, does not marry, should find some sphere for her activity, I severely blame the sympathetic scorn of marriage that comes to many young Americans who are ambitious to do something to distinguish themselves in a career, and to escape from the common ways. With these pretended vocations there is often mixed a childish vanity, a morbid idea of creating a sensation, of singling one's self out, and obstacles are most useful in proving their real value.—The Forum.

Oldest House in the United States.

Dr. Carver, of St. Augustine, Fla., is said to live in the oldest house in the United States. The house was built in 1622, and was occupied by Spanish monks before St. Augustine was founded. In the house Dr. Carver has surrounded himself with a collection of antiquities connected with the history of Florida and the Spanish, who once ruled it, that is of itself a veritable museum. Dr. Carver's collection of curiosities contains relics connected with the first Spanish settlers that date back into Moorish history one thousand years ago. And, by way of proving that there is nothing new under the sun the famous nickel-in-the-slot machine has a progenitor in Dr. Carver's collection. It is a slot machine used in the fore part of this century to deliver packages of tobacco by dropping an old-fashioned big copper cent in the slot.

Where Kings Are Buried.

All the members of the royal family of England who have died during the century are buried at Windsor, with the exception of six, the Duke of Sussex and his sister, the Princess Sophia, were buried in Kendal Green cemetery, in accordance with their explicit orders. The duke and duchess of Cambridge are interred at Kew. Princess Alexandra of Wales was buried at Sandringham. The remains of the Grand Duchess Alice of Hesse are in the vault of her husband's family, near Darmstadt.

Flat Money Goes.

It is stated that the copper used in coating pennies at the Philadelphia mint costs 17 cents a pound under a contract made in 1890, while the present price is less than 10 cents a pound.

MISS ALCOCK'S EMIGRATIONS.

Author of "Little Women" Writes that Women Need a Religion.

Letters written at intervals during the last few years of Louisa M. Alcott's life to five "little girl friends," edited by Edward W. Bok, are printed, for the first time, in Ladies' Home Journal. The author of "Little Women" in these letters chats with delightful freedom about her work, her cares, her early struggles and influences, and of her religious faith. In writing to one of her "little girls" who had just lost a sister—one of the five correspondents of earlier years—Miss Alcott says with characteristic charm and loving candor: "I think you need not worry about any name for your faith, but simply try to be and do good, to love virtue in others, and study the lives of those who are truly worthy of imitation. Women need a religion of their own, for they are called upon to lead a quiet, self-sacrificing life with peculiar trials, needs and joys, and it seems to me that a very simple one is fitted to us whose hearts are usually more alive than heads, and whose hands are tied in many ways. Health of body helps health of soul; cheerful views of all things keep up the courage and brace the nerves. Work for the mind must be had, or daily duty becomes drudgery, and the power to enjoy higher things is lost. Change of scene is sometimes salvation for girls or women, who outgrow the place they are born in, and it is their duty to go away even if it is to harder work, for hungry minds prey on themselves, and bodies suffer for escape from a too-pale or narrow life. I have felt this and often gone away from Concord to teach which I never liked, because there was no food for my mind in that small conservative town, especially since Mr. Emerson died. Food, fire and shelter are not all that women need, and the noble discontent that asks for more should not be condemned, but helped if possible. At twenty-one I took my little earnings (\$20) and a few clothes and went to seek my fortune, though I might have sat still and been supported by rich friends. All those hard years were teaching me what I afterward put into the books, and so I made my fortune out of my seeming misfortune. I speak of myself because what one has lived one really knows and so can speak honestly."

Reverence for the Bible.

There is a sin prevalent in our households of which we take little note, which, in fact, we encourage either by an indifference to it, or by an active participation in its folly and wickedness: the use of the Word of God for the purpose of making riddles, conundrums, puzzling questions, anagrams, etc., etc., out of it. If we really believe in the Divine origin of the Bible can it be right to give it to children that they may construe its words into odd connections, and make sport and laughter and mental legerdemain from its pages? Is it likely they will reverence on other occasions what has previously been food for their amusement? It is not, and we need not be astonished if the boys and girls who have been permitted to turn the leaves of their Bibles for pastime and entertainment, turn them in after years to find pretext for their infidelity.—Amelia E. Barr in Ladies' Home Journal.

Religious Liberty.

The great triumphant principle of our American Christianity is that it is an independent, self-supporting, self-governing church in a free country, existing independently of the church, but at the same time in perfect harmony and friendly relationship with it. By our American principle persecution is made impossible, because man has religious liberty in the fullest sense, in thought, speech and action so long as he does not interfere with public peace and order. America recognizes religion as purely voluntary. She accords the same freedom to religious liberty that she does to civil liberty, without regard to creed, sect or party.—Rev. S. N. Usaner.

Knew His Emperor.

German policemen appreciate this less majestic business about as thoroughly as anybody. One of them arrested an Englishman the other day for publicly declaring the Emperor was several kinds of a blank blanked tool. "That's all right," protested John Bull. "It wasn't your Emperor, but the Emperor of China, I was talking about." "That won't go," replied the policeman, "there's only one Emperor who is what you said!" And he had the Britisher fined \$1.15 for describing the Emperor in a way that a fool, though a wayward man, might understand.

Wants One More Divorce.

Married in 1861 divorced twenty years later, remarried after seven years' separation, Jacob Hoxie, of Sioux City, Iowa, wants another divorce from his wife Bridget. He says his second experience was worse than his first, that his wife has finally deserted him, and that he will trouble the courts no more if they will accommodate him just once more.

Ready to Go.

A printer 85 years of age died the other day in Franklin, Ind. Having worked at the case for over seventy years, his friends have the comfort of knowing that he was "prepared to die."

A Washington Negro's Specialty.

There is a negro in Washington who makes a specialty of stealing hats, and he has become very expert at the business. The way to make a success of any calling is to attend to nothing else.

Eye Openers.

A new lot of shoes just received by W. K. Herncall.

Wildy's received a new line of clothing. Wildy has received his first large invoice of spring goods and clothing. New line of carpets at Herncall's. Ask your grocer for Ankora coffee and get a silver spoon free—Wildy. 8 lbs. of broken Java coffee at Wildy's for \$1. 20 pounds of large California prunes at Wildy's for \$1. Easter glassware novelties at Wildy's. Herncall wants some dressed hogs. 20 lbs dried apples for \$1.00 at Wildy's. PADS! PADS! Call and get your sweat pads of H. R. Green. Brown backs at 35 cts each. SHOES of all kinds, styles and prices. Can fit any foot and pocket book. W. K. HERNCALL. The undersigned will take cattle to herd for the season of 1896, at Fosket's ranch. Terms, \$1, for season, from May 1st to Oct. 15th. E. D. PIPER.

Eye Openers.

Parties having notices in this column are requested to read the same carefully and report to this office for correction any errors that may exist. This will prevent possible delay in making proof. Land Office at Alliance, Neb., April 27, 1896. Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before Robert Lucas, U. S. Commissioner at Hay Springs, on June 8, 1896, viz: BRIGGS H. WRIGHT, of Hay Springs, Neb., who made H. E. No. 2534 for the S 1/2 N 1/2 W 1/2 & S 1/2 E 1/2 W 1/2 & R 1/2 E 1/2 W 1/2, sec. 14, T. 29 N. R. 47 W. He names the following witnesses to prove his continuous residence upon and cultivation of said land, viz: Wm. Albright, Hans Kemp, James Clemens, Ellis Garner, all of Hay Springs, Neb. J. W. WENNS, Jr., Register.

Eye Openers.

Land Office at Alliance, Neb., April 27, 1896. Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before Robert Lucas, U. S. Commissioner at Hay Springs, on June 8, 1896, viz: SOPHIA REESE, of Box Butte, Neb., who made H. E. No. 2934 for the S 1/2 N 1/2 W 1/2 & S 1/2 E 1/2 W 1/2 & R 1/2 E 1/2 W 1/2, sec. 14, T. 29 N. R. 47 W. She names the following witnesses to prove her continuous residence upon and cultivation of said land, viz: Wm. Albright, Hans Kemp, James Clemens, Ellis Garner, all of Box Butte, Neb. J. W. WENNS, Jr., Register.

Eye Openers.

Land Office at Alliance, Neb., April 27, 1896. Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before Robert Lucas, U. S. Commissioner at Hay Springs, on June 8, 1896, viz: JOHN MULLENBERGER, of Marsland, Neb., who made H. E. No. 2939 for the S 1/2 N 1/2 W 1/2 & S 1/2 E 1/2 W 1/2 & R 1/2 E 1/2 W 1/2, sec. 14, T. 29 N. R. 47 W. He names the following witnesses to prove his continuous residence upon and cultivation of said land, viz: James Dickey, S. J. Wootton, L. T. Gregg, Martin McPherson, all of Marsland, Neb. Also JOHN M. TROUT, of Remington, Neb., who made timber culture application No. 228 on the 14th day of December 1895, for a 1/2 sec. 12, T. 27, R. 22, hereby giving notice of my intention to make final proof to establish my claim to the land at the same time and place as this day of May next, by two of the following witnesses: Henry Holder, Elmer E. Ford, William T. Proctor, George W. Sen, all of Lawd, Neb. J. W. WENNS, Jr., Register.

Eye Openers.

U. S. Land Office, Alliance, Neb., April 21, 1896. Complaint having been entered at this office by Edward T. Brown against Karel Blos, for abandoning his homestead entry No. 243, dated June 10, 1890, upon the S 1/2 E 1/2 W 1/2 & S 1/2 E 1/2 W 1/2, sec. 14, T. 29 N. R. 47 W., in favor of the claimant of said entry, the said parties are hereby summoned to appear at the office on the 28th day of May next, at 10 o'clock a. m., to respond and furnish testimony concerning said abandoned homestead. Failure of the party not so summoned to appear at the time and place specified shall be deemed a confession of the facts stated in the complaint. J. W. WENNS, Jr., Register.

Eye Openers.

U. S. Land Office, Alliance, Neb., April 21, 1896. Complaint having been entered at this office by Edward T. Brown against Karel Blos, for abandoning his homestead entry No. 243, dated June 10, 1890, upon the S 1/2 E 1/2 W 1/2 & S 1/2 E 1/2 W 1/2, sec. 14, T. 29 N. R. 47 W., in favor of the claimant of said entry, the said parties are hereby summoned to appear at the office on the 28th day of May next, at 10 o'clock a. m., to respond and furnish testimony concerning said abandoned homestead. Failure of the party not so summoned to appear at the time and place specified shall be deemed a confession of the facts stated in the complaint. J. W. WENNS, Jr., Register.

Eye Openers.

U. S. Land Office, Alliance, Neb., April 21, 1896. Complaint having been entered at this office by Edward T. Brown against Karel Blos, for abandoning his homestead entry No. 243, dated June 10, 1890, upon the S 1/2 E 1/2 W 1/2 & S 1/2 E 1/2 W 1/2, sec. 14, T. 29 N. R. 47 W., in favor of the claimant of said entry, the said parties are hereby summoned to appear at the office on the 28th day of May next, at 10 o'clock a. m., to respond and furnish testimony concerning said abandoned homestead. Failure of the party not so summoned to appear at the time and place specified shall be deemed a confession of the facts stated in the complaint. J. W. WENNS, Jr., Register.

Closing Out Sale of Clothing!

For the Next THIRTY DAYS I Offer my entire stock of CLOTHING at the Lowest Possible Prices Regardless of cost. W. K. HERNCALL.

Eye Openers. A new lot of shoes just received by W. K. Herncall. Wildy's received a new line of clothing. Wildy has received his first large invoice of spring goods and clothing. New line of carpets at Herncall's. Ask your grocer for Ankora coffee and get a silver spoon free—Wildy. 8 lbs. of broken Java coffee at Wildy's for \$1. 20 pounds of large California prunes at Wildy's for \$1. Easter glassware novelties at Wildy's. Herncall wants some dressed hogs. 20 lbs dried apples for \$1.00 at Wildy's. PADS! PADS! Call and get your sweat pads of H. R. Green. Brown backs at 35 cts each. SHOES of all kinds, styles and prices. Can fit any foot and pocket book. W. K. HERNCALL. The undersigned will take cattle to herd for the season of 1896, at Fosket's ranch. Terms, \$1, for season, from May 1st to Oct. 15th. E. D. PIPER.

C. J. Wildy wants some chickens.

Kaffir corn for sale at Wildy's—Best cereal for this country. New dry goods and shoes, right up to date, just received at Wildy's. I want all the dressed poultry in the county. W. K. HERNCALL. NOTICE IN SERVICE BY PUBLICATION. P. J. Halloran will take notice that on the 22nd day of March 1896, Jas. H. H. Heston, county Judge of Box Butte county, Nebraska, issued an order of attachment for the sum of \$24.45, in an action pending before him, wherein C. J. Wildy is plaintiff and J. P. Hollaren defendant, that property of the defendant consisting of money in the sum of \$21.72, has been attached under said order. Said case was continued to the 11th day of May 1896, at 10 o'clock a. m. Hemingford, Neb., March 30, 1896. C. J. WILDY.

Notice.

In the matter of the application of Bean's Pharmacy, W. J. Bean, manager, for permit to drug lists. This is to certify that Bean's Pharmacy, W. J. Bean, manager, of the village of Hemingford, Nebraska, has filed a petition on April 14, 1896, as required by the statutes of the State of Nebraska, and the rules of the board of trustees of the village of Hemingford, for a permit to sell liquors for medicinal, mechanical, and chemical purposes for the coming municipal year in building situated on lot 2 block 19 in said village. W. M. JORDAN, Clerk of the Board of Trustees.

TUTTLE & TASH

Attorneys - at Law.

HEMINGFORD, NEBRASKA.

The :-: Herald

Official County Paper

and prints all the news. We are prepared to give clubbing rates on any paper you desire. Subscribe now.

THE OMAHA WORLD-HERALD

Edited by Ex-Congressman W. J. BRYAN

Is the greatest newspaper west of the Missouri River.

It advocates FREE SILVER at the present ratio of sixteen to one.

Its news service is the best to be obtained.

Daily, \$5 00 per year; 50 cents per month. Weekly, \$1 00 per year.

Subscriptions for the WORLD-HERALD received at this office

PATENTS

Copyrights and Trade-Marks obtained and all Patent business conducted for MODERATE FEES. OUR OFFICE IS OPPOSITE U. S. PATENT OFFICE and we can secure patent in less time than those remote from Washington. Send model, drawing or photo, with description. We advise, if patentable or not, free of charge. Our fee not due till patent is secured. A PAMPHLET, "How to Obtain Patents," with list of names in the U. S. and foreign countries, sent free. Address, C. A. SNOW & CO., Opp. Patent Office, Washington, D. C.

TO CORRECT A CALENDAR.

A Scheme Suggested to Correct Our Inaccurate Leap Years.

The present year is, as well known a leap year, says London, and according to the Gregorian correcting the Julian rule of the calendar, it will be the last leap year for 100 years, or until the year 1900. The Gregorian rule, however, though an improvement on the Julian and the best one to average the length of the solar year much more accurately than the true year, is not perfect. By its leap year is dropped at the end of three centuries out of four, so that every year divisible by 100 without a remainder is not a leap year unless it is also divisible by 400; thus, 1900 will not be a leap year, 2000 will and 2100 will not. A more accurate rule would be to drop a leap year at the end of each successive period of 125 years; and in accordance with this, a French astronomer, M. Auric, points out that it would be preferable to retain 1900 as a leap year and drop one in 1925, which is a multiple (fifteen times) of 125. But referring to frequently used English almanacs, Auric's rule is much to be deprecated; he suggests, therefore, to abide by the Gregorian rule until the year 3200 and drop a leap year in that year and every succeeding multiple of 3200 (6400, 9600, etc.), which would be leap years according to Gregorian rule. Strictly speaking, every interval of 125 years should contain 51 bissextile leap years instead of the 52 which it would by the Julian rule, making every fourth year a leap year. Now, 25 times 125 amounts to 3,200, which number of years should therefore contain 25 fewer leap years than they would by the Julian rule; i. e., 775 instead of 800. The Gregorian rule puts 97 leap years in 400 years (three fewer than the Julian), and therefore 776 in 3,200 years, which is one too many. The suggestion, then, appears to be a good one, but it obviously will not be possible for this generation (or many future generations) to decide upon its adoption. For the present we will condole with those who shall be born on the 29th of February next on their having no birthday for eight years, as there will be no other 29th of February until 1904, except in Russia, which still adheres to the Julian calendar.

THE PRETTY STENOGRAPHER.

A Partial List of the Articles Kept in Her Desk. Should the X rays be thrown upon the desk of the average pretty stenographer it would reveal a condition of things quite in keeping with the small boy's joke, only for variety and uniqueness know that the desk would far outrival the pocket, says the New York World. I didn't have X rays, but I got a glimpse, nevertheless, inside of one of these desks the other day. The owner is young and fair and daintily formed, with big, saucy, blue-gray eyes that look coquettishly over the rim of a pair of extremely becoming eyeglasses. You may see her tripping demurely along any day during lunch hour in the neighborhood of Cedar street and Broadway. This is what I saw: A jackknife, a cake of violet-scented soap, a bag of kisses (sandy ones), a box of camphor pills, a box of (face) powder, a safety revolver (unloaded), a package of love letters, a bottle of needles, a pair of goloshes, a little porcelain teapot, a package of tea, a box of peppin tablets, a bottle of olive, a jar of jam, a box of charcoal tablets, a copy of "Carmen," with a newspaper criticism of a well-known actress' kiss as a book-marker, a French grammar, a dictionary, a hair-crimper, an old shoe, a jar of cold cream, a box of scented writing paper, a pair of slates, a pair of stockings, an opera bonnet, a bottle of tonic, a hundred other things and—a bottle of whisky.

The Evolution of Revolution.

Mr. D. H. Perry, in writing the story of Waterloo for Cassell's "Battles of the Nineteenth Century," gives an interesting series of quotations from the Monteur, announcing the escape of Napoleon from his first exile in Elba, and his advance on Paris. The evolution of phrases is amusing from "cannibal" to "usurper," from "usurper" to "his imperial majesty." The cannibal has left his den. The Corsican wolf has landed in the Bay of San Juan. The tiger has arrived at Gay. The wretch spent the night at Grenoble. The tyrant has arrived at Lyons. The usurper has been seen within fifty miles of Paris. Buonaparte is advancing with great rapidity, but he will not set his foot inside the walls of Paris. To-morrow Napoleon will be at our gates! The emperor has arrived at Fontainebleau. His imperial Majesty Napoleon entered Paris yesterday, surrounded by his loyal subjects. "Well, well," remarked a leading hatter the other day, "everybody has smiled at the vanity of women as they take long and fond glances at their reflections in the store-windows, but woman is not a marker for the ordinary man. The uglier a man is the longer it takes him to suit himself with a hat and the oftener does he look into the glass while buying one. I have an unusually unprepossessing customer, who would exhaust the patience of Job. He came into the store the day after the spring styles arrived and consumed two hours and ten minutes in getting a hat that pleased him. The next day he returned the hat and had one made to order. The man is so ugly that nothing could improve his looks but a mask like Philadelphia Record.

Men and Their Hats.

Religious Ignorance. I have no patience with the Christian ignorance. A man has no excuse for being ignorant of the Bible. If he can read he can know the truth and not be humbugged by every sort of silly doctrine that may be produced. It is a shame that every doctrine under the sun has its followers, and all because of the ignorance of its disciples.—Rev. Paul Whithead.

Religious Ignorance.

Religious Ignorance. I have no patience with the Christian ignorance. A man has no excuse for being ignorant of the Bible. If he can read he can know the truth and not be humbugged by every sort of silly doctrine that may be produced. It is a shame that every doctrine under the sun has its followers, and all because of the ignorance of its disciples.—Rev. Paul Whithead.