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Residence, J. J. Inhoff, J and 12th. do J. D. Macfarland, 9 and 11th. do John Zepf, D and 11th. do Albert Watkins, D bet 9th and 10th. do Wm M. Leonard, E bet 9th and 10th. do E. R. Gutrie, 12th and N. do J. E. Reed, M. D. E bet 10th and 11th. do L. G. H. Baldwin, 4 bet 18th and 19th.

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PHYSIOLOGY AND HYGIENE.

Hints for Hot Weather, with Information About Sunstrokes, by Dr. Hammond.

Dr. William A. Hammond, in a recent communication, makes the following statements: Excessive heat causes gastric and intestinal diseases, and especially a peculiar disorder known as sunstroke or heat fever. To lessen the liability to the first group mentioned, some attention to the food taken into the system is necessary, and it is especially requisite to avoid vegetables or fruit that are not fully ripe. There is scarcely a vegetable grown in our climate, and which is used as a food, which is not wholesome if eaten in season, not in a semi-decomposed state, and properly prepared for the table. A like statement is applicable to fruits, from the strawberry, which is the first to appear, to peaches, pears and apples, which come later in the season. But when they are brought from a distance, having been picked when still green, and after their arrival frequently being kept by the dealers until they are more or less rotten, they cannot be considered suitable articles of food. Children are especially liable to suffer from eating such substances. Their digestive systems are exceedingly delicate, and their nervous systems are very impressionable.

Heat fever does not necessarily result from direct exposure to the rays of the sun. It may be caused by the diffused heat endured by a person while under the shelter of his own house. In these latter cases there has usually been some long continued exhaustive disease, or some untoward mental disturbance, or the patient has been indulging in excessive physical exertion. The persons who suffer from heat fever through the action of the direct rays of the sun are generally those whose modes of life have been in some respects vicious, or whose sanitary surroundings are bad. Sunstroke rarely occurs to those who take proper care of themselves, even when they are fully exposed to the direct heat of the sun. The victims are generally those who drink alcoholic liquors to excess, or who have overladen the stomach with improper food.

Still cases of sunstroke do occur when the mode of life has not been at variance with the laws of health. It is therefore well for every one to take proper precautions against all risks. The clothing should be light, and that worn next to the body should be of some material capable of readily absorbing the perspiration. Wool is probably to be preferred, and it should be pure, that is, un-mixed with cotton. For the head during very warm weather nothing is better than a straw hat, for not only is it of light weight, but, if properly made, free passage of air around the head takes place. The so-called Panama hats, which are so closely woven that they will hold water, are the worst possible covering for the head in summer.

It is a remarkable fact that sunstrokes are very seldom met with among persons who expose themselves to the full heat of the sun in the country or outside the limits of large cities.

Chills and Fever.

The sovereign remedy in the treatment of intermittent fever is quinine, and the most common forms in which it is employed are the sulphate and bisulphate, and the Boston Journal of Health affirms that, owing to its great solubility, the latter is preferable.

Several methods are employed in giving quinine. Some advocate the use of a single large dose to ward off an expected attack, others prefer to give the remedy in small doses, repeated at intervals of two or three hours. The weight of evidence is in favor of the latter method, still, in some cases, the former will be more effective. If the disease has existed but for a short time, says Scientific American, five grains of quinine should be taken during the sweating stage, or as near as possible to the paroxysm which has passed, and repeated every four hours until ringing noises in the ears are experienced. Even if by this method the second occurrence of a paroxysm is prevented, the use of the drug should for several weeks be persisted in, and be given three or four times daily in decreasing doses.

SOCIAL ETIQUETTE.

Rules That May Safely Be Observed by Everybody at Table.

As an invited guest never be late for dinner. This is an incivility to your host, to the other guests and to the dinner. Don't be late at the domestic table, as this is wrong to your family and is not calculated to promote harmony and good feeling.

Be careful not to seat yourself at the table until your host or hostess gives the signal. A gentleman ought never to seat himself until the ladies are all seated.

Never serve gentlemen guests at your table until all the ladies are served, including those who are members of your own household.

Do not eat soup from the end of the spoon, but from the side. Take care not to gurgle, draw in your breath or make other noises when eating soup. Do not ask for a second service of soup.

Do not bite your bread from the slice, but break it off, a little at a time, as you require it. It is considered ill bred to break or crumb bread into your soup at a dinner party.

Avoid eating vegetables with a spoon. Eat these with a fork. In a word, observe the rule not to eat anything with a spoon that can be eaten with a fork.

Do not devour the last mouthful of soup, the last fragment of bread, the last morsel of food.

Never stretch across another's plate in order to reach anything; avoid asking your neighbor to pass articles, when there is a servant in attendance.

A gentleman should not fall, at dinner, to rise when the ladies leave the table. Remain standing until they have left the room, and then reseat yourself if you intend to remain for cigars.

Society's Demands of a Hostess.

Certain hostesses in certain cities have become enormous social powers; they have tact and intelligence, they become the admired of men and the envied of women. Certain women who have no social position know that if they are seen at such a house, introduced by such a woman, their social position can be advanced. As such a hostess is very apt to be good hearted, many undesirable people get into society through her good natured but inconsiderate introductions. Society may be a false condition of things, but it demands of a hostess the highest order of virtues. She must have self possession, memory and tact, coolness and gentleness, and composure, politeness and serenity. But she must also have the negative virtue of knowing whom not to introduce, sometimes a very hard thing to know.

Don't Make Endless Adieux.

Avoid making endless adieux in parting with friends. The woman who begins at the top of the stairs, and overflows with farewells and parting admonitions every step on the way down, and repeats them a hundred times at the door, simply maddens the man who is her escort, he is her husband or lover. Be persuaded, ladies, to say "good-by" once and have done with it.

YOUNG FOLKS COLUMN.

ENTERTAINMENT OF VARIOUS KINDS FOR BOYS AND GIRLS.

A Four Footed Clock, or How the Children of the Celestial Empire Tell the Time of Day by Examining the Pupil of a Cat's Eye.

Everybody knows that cats can see in the dark, and the reason they can do so is because of the peculiar construction of their eyes. You may have noticed in a moderate light the pupil or black part of pussy's eye is small and of an oval shape, while in a full glare of light it becomes so narrow as to look like a mere slit.



A FOUR FOOTED CLOCK.

Now in the dark it expands to a circle and nearly fills the surface of the eyeball, so that it collects and transmits to the retina the faint rays of light that are in what appears to our more limited power of vision to be absolute darkness.

This peculiarity of the cat's eyes is turned to account in a curious manner by the Chinese. The Abbe Hue relates that when he was traveling in China he asked his attendant what time it was. The man went to a cat that was quietly basking in the sun and examining its eyes told the abbe that it was about two hours after noon. On being questioned how he knew that he explained that the pupils of a cat's eyes were largest in the morning, and that they gradually grew smaller as the light increased until they reached their minimum at noon, that then they began to widen again, until at night they once more became large.

The good abbe was filled with admiration for the ingenuity of a people who could use cats as clocks. But it must be admitted that this way of telling the time of day is rather a loose one, and could only be trusted in very serene, clear weather, for temporary gloom or the darkness of a storm would sadly derange the four footed clock and put it all wrong.

The Weaving of Life's Web.

Jim Phillips, as represented in our cut, is at what he calls "a loose end," which means, I suppose, that he has nothing to do; and from his appearance one would imagine that his want of occupation is not troubling him very much. Just now he is watching a troop of Irish harvest men on their way to Farmer Gray's, and presently he will stroll down the village to see if any other idle person is lounging about there who can join him in planning a "lark" for the afternoon or evening. So the day will pass, and it will be strange if Jim gets to the end of it without doing something wrong.



AT A LOOSE END.

We hear the expression "at a loose end" from the lips of both young and old far too often. If our web of life is being woven carefully and neatly there should be no such thing as a loose end about it. Each shred of time and energy has its place, and if it is wasted it will be missed by and by when there is no chance of recovering it. The loose end, once dropped, can never be woven in again. Remember, then, that the odd minutes, the leisure hours, the days set apart for rest or recreation, have their value, and must be accounted for as exactly as the periods of time which are devoted to regular work. The weaving of our life web is continuous; its growth keeps pace with our own, and though we may spoil it, we can never for a moment cease from working at it. The threads are countless, the pattern constantly changing, but we have not a single thread placed in our hands which is not needed. If you have an odd minute depend upon it there is an odd duty to be done in it; and if you waste the minute, the duty will perhaps be left undone altogether, or, at any rate, it will be done at the wrong time or by the wrong person, and so the pattern of your own life or of somebody else's life will not be just what God intended it to be. We make a sad mess of our weaving, even when we are doing our very best; but we may always be sure that we are spoiling it if we come to "a loose end."

Pearl Diamond's Mental Arithmetic.

My name is Mental Arithmetic. I am a book, and I belong to a little girl of the name of Pearl Diamond. I am the book she does not like. If she does not know her lesson she will make a terrible face at me and shake me. Sometimes I think my back will come off, as if it was my fault that she does not know her lesson. But it is not; I am there printed right before her. I have some very hard examples in my life. I was very pretty when she first bought me, but I am an old, torn, dirty book now.

When the teacher says, "Girls, in order for mental," some pupils pout. Then I am thrown in the desk, and then when she takes out another book I am sure to fall and get hurt, and she is so mad because I fell that she kicks me very hard. Then she throws me in the desk as hard as she can, as if it was my fault that I fell out. Now the strangest thing of all is this little girl's mamma always calls her "Pearl, dear." I do not understand that, when she is so mean and spiteful to me, a poor book, who is not to blame for having been made. Do you?

THE CURIOSITY SHOP.

The Term Croole Applied to Persons Born Near the Tropics.

Croole is a corruption of the Spanish word erolito, which signifies one born in America or the West Indies of European ancestors. In this sense all the native white people of the United States might be called crooles. But the word in its English form has undergone both a limitation and an extension. It is limited to persons born within or near the tropics, and is made to include persons of all colors. Thus the term croole negro is employed in the English West Indies to distinguish the negroes born there from the Africans imported during the time of the slave trade. This application of the term to the colored people has led to an idea common in some parts of the United States, though wholly unfounded, that it implies an admixture, greater or less, of African blood.

Castle Garden.

Castle Garden, New York, was originally laid out as a rough fortification, at the most southern part of Manhattan Island, in 1619. It was subsequently known as Fort Nassau, then, under the Dutch, as Fort William. It was surrendered by the Dutch to the English, and then christened Fort James. It took the name of Castle Garden soon after the breaking out of the Revolution. It was built for and used as a fortification. In 1847 it was opened as a place of amusement, and for a number of years was occupied as such. Jenny Lind made her first appearance in America there, under the management of P. T. Barnum, Sept. 11, 1850. The celebrated Julien concert was also given there. During the summers of 1851, 1852 and 1853 several noted operatic artists appeared, under the management of Max Maretzki. It has been occupied as an emigrant landing depot since August, 1855.

Senators President.

The question has been asked: Was there ever a president elected that had been United States senator?

Answer—John Quincy Adams was elected United States senator and served from Oct. 17, 1803, for a full term; James Monroe was United States senator, from 1799 to 1804; Andrew Jackson from Nov. 22, 1797, to April, 1798; Martin Van Buren from Dec. 3, 1821, to Dec. 30, 1828; Franklin Pierce from Sept. 4, 1837, to 1842; and James Buchanan, Dec. 15, 1834, to March, 1845. Andrew Johnson, who was elected vice president and became president of the United States, was a United States senator from Tenn. once, serving from Dec. 7, 1857, until he was appointed by President Lincoln to be military governor of Tennessee, March 4, 1862.

The Benefits of Salt.

Dr. Jacobi maintains that salt is necessary in milk as well as vegetables, for sick or well, and especially for children. Its action in the circulation is well understood; it enhances the vital processes, mainly by accelerating tissue changes through the elimination of more urea and carbonic acid; it prevents the solid coagulation of milk by either rennet or gastric juice. The cow's milk ought never to be given without table salt, and the latter ought to be added to a woman's milk when it behaves like cow's milk in regard to solid curdling and consequent indigestibility.

Coca.

Coca is the dried leaf of a South American shrub, valued for its stimulating narcotic properties, which it is said to possess in a greater degree than opium, tobacco or any other vegetable production. The leaves are gathered and dried in the sun, and mixed with quicklime, and are chewed by the Peruvian Indians, the effect being to support the strength for a considerable time in the absence of food. Its use is attended with pernicious consequences, as the appetite for it increases, and the power of resistance diminishes, until at last death comes as a relief.

Red Tape Bureau.

"Red Tape Bureau" means any department where business is transacted through a regular routine. The term refers to official formality, and it is so called from the red tape used in public offices for tying up official documents. The "Red Tape Bureau" is synonymous with the "Circumlocution Office" in Dickens' "Little Dorrit," which he describes as the chief of "public departments in the art of perceiving how not to do it."

The Oldest European Tongue.

The oldest European language is that spoken in the Basque provinces in Spain, and also in Navarre. It is called the Basque language, and is spoken by about 600,000 French and Spanish people. It cannot be classed with any Indo-European or Semitic tongue, and appears to be of earlier origin, presenting some grammatical analogies with Mongol, North American and certain East African languages.

Franklin's Epitaph.

Many persons have written their own epitaphs. Franklin wrote his, which was as follows: "The body of Benjamin Franklin, printer (like the cover of an old book, its contents torn out and strip of its lettering and gilding, lies here, food for worms; yet the work itself shall not be lost, for it will appear once more in a new and more beautiful edition, corrected and amended by the author."

Origin of a Term.

The term "sinews of war," as applied to money raised for war purposes, was first used by Jacob Cats, a Dutch poet and statesman of the Seventeenth century. In one of his works he says: "The prowess of the soldier or the power of the statesman amounts to nothing unless the money men supply the sinews of war."

The Irish Language.

According to census returns, the Irish language is spoken exclusively by about 820,000 persons, principally in the provinces of Munster and Connaught, and both English and Irish by about 1,300,000, thus showing that with nearly one-fourth of the population of Ireland it is still a living tongue.

Equinoctial.

Without taking into account the small variations due to refraction, etc., the days and nights are always of equal length at all points on the equator, without regard to the position of the ecliptic.

A Duty of Electors.

If the nominee for president should die the night before election the election would be held and his electors would elect a new man. Greeley died before the college met.

The Courty Plural.

The use of "we" instead of "I" by sovereigns began in England with King John, 1199. The German emperors and French kings used the plural about 1300.

The Wool Crop.

The United States raised in 1877 155,681,751 pounds of wool, and imported in 1879, 39,005,105 pounds of wool; in 1880, 128,131,747, and in 1887, 114,404,173.

CALIFORNIA'S Finest Production.

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Jarvis' California Pear Cider.

This delicious summer beverage is made in California, from very ripe mellow Bartlett Pears. In the height of the ripening season many tons of pears become too ripe for shipping or canning purposes, they can then be utilized by pressing them into cider. The fresh juice is boiled down two gallons into one, and is then strained through pulverized charcoal. This heating, condensing and straining completely destroys fermentation, and the cider ever afterwards remains sweet and good and is a most healthy and nutritious article for family use.

Knowing there are many spurious ciders sold in this market we offer the above explanation with the eminent testimonial of Prof. J. H. Long. Very Respectfully,

THE G. M. JARVIS CO., Sole Proprietors,
San Jose, California. 39 N. State Street Chicago.

Chicago, July 7th, 1887.

I have made a chemical examination of the sample of Jarvis' Pear Cider submitted to me a few days ago, and would report these points among others noted.

The liquid is non-alcoholic and has a specific gravity of 10.65. The total extractive matter amounts to 10.25 per cent, containing only .025 per cent of free acid. The tests show this acid to be malic acid as usually found in fruit juices. I find no other acid or foreign substance added for color or flavor.

I believe it, therefore, to consist simply of the juice of the Pear as represented.

Yours truly,
J. H. LONG, Analytical Chemist,
Chicago Medical College.

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