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PHYSIOLOGY AND HYGIENE.

Treatment Suggested for that Troublesome Affection, an Ingrowing Nail.

Ingrowth of the nail is an exceedingly obstinate and troublesome affection, and especially annoying when it occurs at the side of the great toe. According to The Journal of Health there is not really any alteration in the nail, as the name would imply, but the surrounding soft parts are first swollen and inflamed by constant pressure against the nail from the use of tight shoes. If this state is permitted to continue, an ulcer is formed in which the edge of the nail is imbedded. Pain is the consequence, sufficiently severe in some instances to prevent walking. Treatment for this condition often demands the skill of a physician. The sufferer might attempt a cure by the simpler methods, and, if they fail, professional assistance should be sought. The first object is to remove the cause, then to lessen the irritation and reduce the swelling. After soaking in hot water the nail should be thinned by scraping, and, if very painful, a flaxseed poultice will bring relief. After the irritation has sufficiently subsided, soft cotton should be pressed between the flesh and the nail, and after that is done, it should be saturated with tincture of iodine, and the application repeated several days, after which the tenderness will disappear. It may be necessary to lift the end of the nail, and this can be done by pressing cotton between it and the toe. This treatment is usually effective, and is attended with as little pain as any which can be suggested.

Sweet Oil in Scarlet Fever.

A physician tells of a simple and effective treatment for scarlet fever. It is the application to the whole body of warm sweet oil, well rubbed in. He says: "There is something curious in its immediate good effect. Almost twenty years ago I had five patients in one family sick with the anguine or throat variety of scarlet fever, and had them all brought into one room for convenience sake, as well as seclusion. Five little beds returned my greeting every time a visit was made, and all clamored loudly for the oil bath. It was plentifully used, then a woolen nightgown put on, and nothing else done. No medicine was given, and but little food was needed to supplement absorbed oil. In recovery there was an absence of usual complications, so that in my western town oil baths came to be generally used with excellent result."

Improving the Eyebrows.

Faint or almost imperceptible eyebrows are a not uncommon drawback to an otherwise agreeable personal appearance. For this annoyance an ingenious and fashionable tonorial artist prescribes the following treatment to his customers, with the assurance that in few cases does it fail to effect the desired improvement: First, clip the hairs to an equal length, and then gently but thoroughly rub the skin with sweet oil. Of course one trial will not accomplish the end, but a few will. Should the hair of the brows fall out or be burned, use a compound of five grains of sulphate of quinine and one ounce of alcohol. This will not only cause the hair to grow, but will make it soft and glossy.

One Thing and Another.

A small amount of the oil of cinnamon applied to a small straw, end of knitting needle or small spinto to bee stings is said to be a sure cure.

Hot water is better than cold for bruises. It relieves pain quickly, and by preventing congestion often keeps off the ugly black and blue mark.

Hold your breath and contract your abdominal muscles is the remedy for senescence suggested by an English physician, Dr. E. P. Thurston.

A human subject without collar bones is reported to have been met with in a St. Louis dissecting room. This structure is that of most of the vertebrates, such as lions, bears, etc.

Never wet the hair if you have any tendency to deafness; wear an oiled silk cap when bathing, and refrain from diving.

SOCIAL ETIQUETTE.

Why Reserve of Manner is Inevitable in Even the Kindest of City Folk.

The season of summer boarding and travel gives occasion to many complaints and criticisms against those who do not show cordiality enough to strangers. In considering this subject, with special reference to manners at watering places, Harper's Bazar gives the following among reasons for this state of things:

It is to be noticed that this complaint is made to a large extent by the country against the city.

Now it is inevitable that the kindest people living in cities should fall into a greater reserve of manner toward strangers than that developed in the country, where people know all about their neighbors. In a city you cannot nod to everybody you meet on the street; there is not time for it. You cannot even call on those who live in the same block with you. You may be living in the next house to a professional gambler and have no means of ascertaining the fact. All these things produce in people from cities a habit of more guarded intercourse, which is certainly less pleasant than the kinder country way, but is not easy to lay aside.

Again, the mere possession of a new acquaintance, as such, is a privilege to one who habitually lives an isolated life, but is not a thing so eagerly desired by those who live in a crowd all the time, and have rather to acquire the habit of defending themselves against numbers. Indeed a great deal of what is called hospitality in thinly settled regions and new communities has no special selfishness about it; where neighbors and guests are few it is really the visitor who confers the favor. To give the pleasure of his company becomes in that case a phrase of some meaning.

But above all it is to be remembered that there are always a great many people, numbering, perhaps, even the majority of summer visitors, who go to the country or the sea shore for rest and quiet, not for excitement or novelty. They are overworked all the rest of the year in our busy America, and it is only when away from home that they find the possibility of quiet. It is hard to see why this pursuit of peace is not a thing in itself as innocent as the search for gayety, and as much to be respected.

In conclusion, the authority quoted affirms that we are coming to recognize the right of social self defense, a right which hardly has the vestige of recognition in a mining town, where a man thinks it reasonable to shoot you unless you drink with him; but which, when fully recognized, will also allow a summer boarder to select his own intimates. This right can never justify rudeness, but it may sometimes justify a little modest seclusion.

Correcting Mistakes in Others.

A slip of grammar or a mispronunciation in others should not be noticed in a way to cause shame or to offend. If referred to at all, it should be done very courteously and not in the hearing of others.

He Didn't Know Jay Gould.

When Jay Gould arrived at Margaretville, N. Y., with his physician and man in his private car, Atlanta, the other day, he called on his old friend George Decker, a retired merchant of this village and who was formerly a clerk with Gould in Roxbury. Every one who knows Mr. Decker well calls him "G," and this was what Mr. Gould said to him: "Hello, 'G,' I guess you know me this time, I guess you know me this time, don't you?"

A few years ago Decker, while in New York on business one afternoon, was suddenly confronted on Broadway by a dapper, black eye little man who grasped him by the hand and exclaimed: "How are you, Mr. Decker? I am glad to see you."

Mr. Decker looked the little man over from head to foot and hurriedly answered: "Yes, so am I; but I don't know you, sir. Good day."

"But, hold up," said the other, "aren't you George Decker, of Margaretville?"

"Oh, yes; that's all right," responded Decker, "but I am in too great a hurry to be interviewed today, my friend. You have struck the wrong man."

"Yes, perhaps," said the little man, "but my name is Jay Gould; don't you know me?" "Jehoshaphat!" exclaimed Decker, "I took you for a confidence man."—New York World.

In a Bowery Restaurant.

Four young men walked arm in arm up the Bowery the other day about noon. They entered a restaurant, sat down at a table with four chairs and looked over a bill of fare. They all ordered vegetable soup, roast beef with macaroni, and rice pudding. One of them had a bronze complexion and glossy black locks; the second very light skin and hair; the third freckled face and red hair; the fourth dun complexion, dark brown hair and full beard. The black haired and the light haired spoke English with a broken accent. The first man called for half a bottle of claret, the second for a glass of lager, the third for whisky straight and the fourth for a mint julep. It was ascertained that the first was an Italian, the second an American, the third an Irishman and the fourth an American. They were the four salaried men in a clothing store not far from Chatham square, kept by an enterprising Hebrew, who draws the main part of his business from people belonging to the five races represented by them and himself. As far as possible every customer is waited on by a salesman of his own blood. It is said, however, that they are all very often mistaken in the selection of their customers, and find that it is hard to judge a man by his appearance.—New York Sun.

A Country Girl in the City.

For a picture of a ruddy, gasping and transcendental bliss nothing exceeds the expression of a country girl who is visiting New York for the first time, and who is indulging in the bewildering attractions of ice cream soda water. This extraordinary combination apparently catches the palate of all of our rural feminine visitors. For fifteen cents they get a glass full of the mixture, composed of soda water, pineapple syrup, scented cream, tutti frutti ice cream, orange water ice and candy frozen hard and eaten by means of a long handled silver spoon. It is a concoction that would drive a toper, who could swallow a pint of benzine with ease, to the edge of the grave. The country girls sit on the high stools with their heels stuck under them, their shoulders humped and their heads bent forward, consuming with slow and awful method the sweetened stuff before them. Nothing ever disturbs them while at work, and when it is all over they rise, and, with a heartfelt sigh, move along with backward glances of regret.—New York Sun.

The Paper Money of Peru.

Reports received in Washington from Callao describe the sudden collapse of the paper money of Peru. Part of this currency, amounting to 20,000,000 soles, was issued by the banks at Lima ten years ago, and guaranteed by the government. The remaining 40,000,000 soles is government money. Its purchasing capacity declined several years ago to one-twentieth that of silver, but, in the absence of any other circulating medium, it continued to be used by the people. Finally, in the brief period of ten days, confidence was lost in it so rapidly that it was virtually repudiated in all business transactions not directly connected with the government, which receives it in half payment for duties and imports and pays it out to its employees. The amount of silver in circulation in Peru is very small. The banks and commercial houses of Lima and Callao could not produce 2,000,000 soles.—Science.

They Take Their Cats Along.

The big houses in London have lots of cats about them which grow fat while folks are in town and starve when they go out into the country. This has caused much distress to members of the Animals Institute particularly, as even the queen's cats were subjected to the same difficulty. But this year it was humbly and loyally pointed out to the queen that her Windsor cats would starve while she was away, whereupon her majesty was graciously pleased to order them all put in baskets and taken along to Osborne, with the rest of the court, which was done. This has become fashionable. Society newspapers solemnly inform us that prettily decorated cat baskets are in great demand, and the happy beasts may be seen by dozens at the railway stations going to the mountain or the seaside just like anybody else.—London Letter.

New York's Chinese Carpenter.

They have a curious visitor in New York, a Chinese carpenter, whose tools are said to be made of roughly wrought iron or steel, and yet the Chinese carpenter with these contrives, it is said, to do some very fine work. He can build anything without the use of a nail. A house constructed without a nail would be a curiosity to Americans. We cannot say we regard it as an evidence of civilization. On the contrary, the more iron a community consumes the greater the civilization. But what we would like to know above all things is whether this Chinese carpenter can construct a chicken coop that will keep chicken thieves out. That is the all important question, and one that many of our neighbors are interested in.—Pittsburg Bulletin.

The Miners of Montana.

Montana miners are described by a writer in Harper's as "rough looking, pale, worn and haggard. Many of them have lived the greater part of their lives in the horrible chambers that, lined as they are with precious metals, have still no charm for their inmates. Life in the mines is modern slavery. The looks of the men prove this; the wan faces of the children bear painful evidence of the fact."—Chicago Herald.

A Drove of Weasels.

Two farmers near Bowling Green, Ky., came upon a drove, or flock, or herd of weasels in the woods the other day. There were thirty or forty of the little fellows, and they seemed to know that there is strength in numbers, for they evinced no fear at the approach of the men, but drew up in solid mass and showed fight so determinedly that the farmers didn't molest them.—New York Sun.

THE CURIOSITY SHOP.

Omens in History—Before the Death of Eminent Persons.

Omens, according to Stauffer, in his volume, "The Quaint, the Queer, the Quizzical," constitute the poetry of history. They cause the series of events which they are supposed to declare to flow into epic unity, and the political catastrophe seems to be produced not by prudence or by folly, but by the superintending destiny. The numerous tokens of the death of Henry IV are finely tragic. Mary de Medici, of her dream, saw the brilliant gems in her crown change into pearls, the symbols of tears and mourning. An owl looted until sunrise at the window of the chamber to which the king and queen retired at St. Denis on the night preceding her coronation. During the ceremony it was observed with dread that the dark portals leading to the royal sepulcher beneath the choir were gaping and expanded. The flame of the consecrated taper held by the queen was suddenly extinguished, and twice her crown nearly fell to the ground. The prognostications of the misfortunes of the Stuarts have equally a character of solemn grandeur; and we are reminded of the portents of Rome when we read how the sudden tempest rent the royal standard on the Tower of London, Charles I, yielding to his destiny, was obliterated in the signs of evil death.

Nitro-Glycerine.

Nitro-glycerine is composed of nitric acid one part and sulphuric acid two parts, to which is added ordinary glycerine, and the mixture is washed with pure water. Though not the strongest explosive known, being exceeded in power by nitrogen and other products of chemistry, it is, thus far, the most terrible explosive manufactured to any extent. Nitro-glycerine by itself is not safe to handle, hence dynamite, of which nitro-glycerine is the active principle, is preferred. Pure nitro-glycerine has a sweet, aromatic, pungent taste and has the peculiar property of causing a violent headache when placed in a very small quantity on the tongue or wrist. It freezes at 40 degs. Fahrenheit, becoming a white crystallized mass, which must be melted by the application of water at 110 degs. Fahrenheit. It was discovered by Selvero, an Italian chemist, in 1845.

Miniatures.

The origin of the word "miniature" is as follows: In the golden age of Roman literature, to be a successful author was to be as great as a king, for kings looked to their poets for immortality, as Augustus Caesar did to Horace. Hence it was to be expected that authors would feel their importance and display more or less vanity. One of their weaknesses was to see their portraits painted in artistic fashion in their parchment books. This work was intrusted to artists called "miniators," that is, artists whose work was largely done in vermilion, a color extracted from cinnabar, and called by the Romans "minium." These "miniators" chose the oval form for their beautifully brilliant portraits on the parchment books, and hence the origin of the term "miniature," a small hand painted oval or round portrait.

Language of Stamps.

"Stamp language" is used by lovers who are under close surveillance. Inverted position means "I doubt you," horizontal (head to right), "I love you truly," horizontal (head to left), "Do you reciprocate?" diagonally, "Meet me at usual time and place" diagonally inverted, "How do the old folks regard me?" The left hand upper corner is used to answer in the affirmative or favorably the signals in the right by placing the stamp in a corresponding position. Secret messages are written under the stamp placed horizontally, and with a 1-cent stamp additional to give greater space for writing and indicate that there is a message. Held by a bright light it can be easily read.

Temperature for Boiling Water.

Water boils at a lower temperature than 212 degs. Fahrenheit when the air is not allowed to press upon it. Fill a glass flask half full of water, boil it briskly, while the steam is escaping cork it, removing the heat from under it immediately. The cold air condenses the steam, the cork prevents the air from entering, and the water, thus relieved from pressure, begins to boil, the heat already in it being sufficient for that purpose. Put the flask into cold water; the ebullition then increases, the steam being still more effectually condensed. Put the flask into boiling water and the boiling stops.

Commanders-in-Chief.

The generals-in-chief of the United States army, since the retirement of Gen. Scott, have been as follows: McClellan, Halleck, Grant, Sherman, Sheridan, and now Schofield. Gen. Scott was in command from 1841 to 1861. He was preceded by Gen. Macomb, who commanded from 1828 to 1841. Between him and the retirement of Washington, respectively, Gen. Wilkinson, Dearborn and Brown were the commanders of the army.

A Christian Father.

St. Augustine was the most eminent of the Latin fathers of the church. He was born at Tagaste, in Numidia, Nov. 13, 353, of a pagan father and Christian mother. He became a Christian in 187, and nine years later he was made a bishop. He left numerous religious writings and was distinguished for his eloquence.

Standard Time Inventor.

Dr. J. W. Porter, of Kansas City, claims to be the originator of the standard time system. He says the subject was first brought to his mind in 1878, when he was in the coast survey, by noting the variation of clocks and watches. He finally marked off a standard time map, and his system was adopted.

Methodism.

John Wesley was born at Epworth, England, June 17, 1703. In 1729 he became the head of a society at Oxford called Methodists because they were so methodical in their lives and strict in the performance of their religious duties. He formed the first Methodist society in London in 1738.

An Epitaph.

This epitaph is said to have been copied from a New Jersey tombstone: Reader, pass on, don't waste your time on this inscription; for what I am, this crumbling clay insures, and what I was, is no affair of yours.

A Territory.

Alaska sustains the same relation to the Union as any other territory. It was territorially organized by an act of congress of March 17, 1854.

Glass.

Glass windows commenced to make their appearance in English private houses in 1180. Glass was first brought to England in 663.

Slavery Abolished.

Total abolition of slavery in all British colonies occurred Aug. 1, 1838.

Decimal Arithmetic.

Decimal arithmetic was invented at Bruges in 1602.

CALIFORNIA'S Finest Production.

Drink Jarvis' California Pear Cider

NUTRITIOUS SUMMER BEVERAGE, AND

Jarvis' Unfermented Blackberry Juice

FOR MEDICINAL PURPOSES.

Read the following Testimonial and Analysis.

Jarvis Wines and Brandies for Sale by all Druggists and Leading Wine Merchants

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.

THE G. M. JARVIS CO., Gentlemen:

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 1.065. 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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W. B. HOWARD, Traveling Salesman.

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