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WOMAN AND HOME.

HOW PHYSICAL TRAINING AND FRESH AIR BENEFIT WOMEN.

The "Too Busy Mother"—She Got Another Pair—Woman and Her Watch. About Women's Feet—Many Things of Interest to Wives and Mothers.

The physical training of women has received a very great impetus of late years, and we may see the result in their notably increased stature and beauty.

A girl of the period belongs to her gymnasium, which is fitted up with all the luxury of appointments in the way of baths, dressing rooms, etc., that are found in the athletic club to which her brothers belong.

Unfortunately, however, while this physical training and open air life have become fashionable among the few the greater majority of American women are still indoor creatures, their only exercise, for week in and week out, being the daily routine of household tasks in the pent up air of kitchen and bedroom.

Men should look to this; the remedy lies in their hands more even than in those of the women. Let the farmers realize that the majority of the inmates of the insane asylums are women from the farms; let them see to it that their wives and daughters have time for more outdoor life and recreation, and know that it is better to pay the wages of a "hired girl" than a lone doctor's bill, or to have a broken down invalid for a wife.

"You Yorkers seem mighty fond of the beach," said an old woman who lived barely a quarter of a mile from the ocean to one of her summer boarders. "I don't hear much for it myself; in fact I haven't seen it for forty years. I guess—just since I was a girl, when I went down to see a big whale brought in. Father was one of the life saving men, and he promised me a new dress if they caught it, and naturally I felt interested."—New York Tribune.

The "Too Busy" Mother. The "too busy" mother may be in part a victim of culture. A conspicuous example of this sort was a woman noted far and wide for her brilliant intellectual attainments, studies and writing filled her days. Her only child was a beautiful boy, who very early in life learned the sad lesson that mother was always too busy to participate in his joys and sorrows. He was trained by his nurse till big enough to run about and tyrannize over her, when he took up the society of his mother's stableman. He spent hours at months and years imbibing the sentiments, the language, the tastes of his instructor. When the busy mother paused long enough in her studies to reflect that her son ought to go to school—behold he had been at school for years. She sent him to be taught; he ran away from his teachers. She hired tutors; he bullied and drove them off. He boldly announced his opposition to instructors of all sorts and threatened to run away from home. Not to follow his career step by step, it is enough to say that he utterly refused education, became a spendthrift and a vagabond of the lowest tastes, and at last brought his mother in sorrow to her grave.

The mother who is "too busy" may be overfond of society, and for the fleeting pleasures of social success may throw away the deepest and purest happiness she can possibly give her, leaving the delight no less than the duties of motherhood to a hired servant. Society in moderation is of great value to every mother, not only as a needed change from home cares, to keep her bright and in touch with the active world about her, but as a school of manners for her children and a proper place to introduce them when grown.

To such a mother little elbows on her knees are an interruption, and little eyes soon learn to look to others than mother for help, advice and love. Oh, the pity of it!—Olive Thorne Miller in Washington Star.

She Got Another Pair. Some women are brighter than others. Here's an act of one of the some.

It was in a big Fourteenth street dry goods store—one of those places where women push and struggle and fight to get near the counters to save the extra cent, while the wear and tear on their clothes and temper costs many a dollar.

The store had advertised a sale of black kid gloves of standard make at a big reduction. The space in front of the glove counter was packed with women, struggling to see those gloves. By dint of patient waiting one woman with bright brown eyes and clear cut features got to the counter. She told the saleswoman her size, paid for the gloves, waited a quarter of an hour for the change and then retired to the edge of the crowd to try on her new purchase.

She was just getting the last few pulls on the first glove, when "crack," and the whole palm split open. Forcing her way to the counter again the woman showed the split glove to the salesgirl.

"Can't do anything for you," was her terse answer. "We never exchange gloves." The woman with the broken eyes didn't lose her temper. She looked for a floor-walker instead. She spied one in the thickest of the crowd at the glove counter. "This glove has split," she said. "I want another pair." She said it loud enough for all the who buyers to hear.

The crowd stopped buying. Some began to talk. "What a shame!" and "She's a swifter!" and "I guess I won't take these gloves" were some of the remarks. The floor-walker was quick to grasp the situation. "Give this lady another pair of gloves," he said to the saleswoman.—New York World.

Women and Her Watch. For the person who invents a safe sort of pocket for women's watches a large fortune and the gratitude of thousands are waiting.

Women are beginning to grow tired of having their slender chains jerked in a crowd and flung themselves watchless. They don't enjoy even hunting vainly for the timepiece which was buttoned in on the front of their bodies, but which has slipped in and is finally discovered two inches above their waistbands and far on one side.

There are a few precautions which might be taken. In the first place one of these dainty watch pockets high on the left side of a tailor made bodice is the very worst possible place in which to carry a watch. There is absolutely nothing to hinder a man from jerking it out by the chain. It is even less safe than the ordinary fashion of thrusting it inside the waist and trusting to a button or to a hook.

Men who are popularly supposed to have much more strength wherewith to defend themselves against sudden attacks of this sort do not give half the temptation. Their chains are firmly caught in their buttonholes with a slender little bar or swivel, which holds it safe against jerking, and their watches are in a distant and secure pocket.—Cincinnati Commercial Gazette.

About the Feet of Women. The Frenchwoman's foot is not naturally smaller or prettier than the English woman's foot, but her shoes are of the softest kid and cut to perfection. They fit daintily and comfortably and do all they can not to be felt, heard or seen. The lighter and thinner the shoe the more graceful is the foot and walk. The heel-less satin shoe, in this respect, is the best of all; it is as if no shoes at all were on the foot.

Unfortunately modern requirements make it necessary to wear heavy shoes with thick soles in which the feet are tortured almost as cruelly as in the Chinese foot cage. No foot can have natural, elastic play in a heavy, thick soled and thick leather shoe. And as thick, heavy soles are the chief attributes of English shoes, so the present generation of English women are noted for their clumsy feet; whereas, in reality, their feet would be as small, dainty and elastic as Parisian and Andalusian feet were they equally lightly shod.

In Holland, Germany and other northern countries the women are equally noted for their big feet, not because their feet are bigger than other feet, but because they are shod badly. In Poland and in Russia, where the woman shoe daintily, their feet are dainty.—New York Advertiser.

The Value of a Black Gown. The experience of a professional beauty, Mrs. Lantry, in regard to black gowns is worth recording. The first season that the Jersey Lily spent in London found her the possessor of one evening gown, and that a very simple black. Immediately after her picture appeared she became most positively "Never tell me that a woman can't dress well who has a single frock. I know that she cannot only look well, but always be distinguished; and I know it through the best teacher of all experience." And so it is that the black evening gown is commended not only to the woman who has a great deal of money, but to her who, though she may be bent on pleasure, yet has a frugal mind.—Philadelphia Times.

The Proper Way to Teach Children. Most people go through the world with closed eyes. For this incalculable loss of values and of opportunities unquestionably the usual methods pursued in our schools, and constituting what we call "popular education," are largely accountable. We are taught nothing but what is found in books. The work that is done is all indoors. The result is that we leave our schoolrooms unacquainted with thousands of things that would be of daily use and interest to us if we had been taught anything about them. We may be familiar with Greek and Latin, know all about higher mathematics and speculative philosophy and ancient history, and yet be profoundly ignorant of the common things that meet us at every turn, and which may almost be classed with the rudiments of practical knowledge.

Every teacher of children should take his or her pupils regularly into the fields and give them object lessons in natural history and science. Primary instruction should be largely in the open air. Other wise there can be no thorough education.—Belford's Magazine.

Promptness at Mealtime. Mothers, instill the habit of promptness in the children growing up about you. Teach them that when a meal is placed upon the table that no excuse save sickness will be taken for their nonappearance at the same time. This habit goes far toward establishing those pleasant memories that cluster about the meeting of the family around the festal board when in after years the members have been scattered to the four corners of the globe. The meal enjoyed by all is far more satisfactory than when laggards come straying in at intervals and petitions for hot food are sent out every few minutes to the long suffering domestic in the kitchen.

Promptness is a virtue wherever you find it, but never more to be commended than when it causes each and every member of the household to feel that they must be on hand at meals instead of regarding the dinner bell as the signal to go up stairs and commence a piece of work that will keep them away from the table until the food is cold, the dishes disarranged and the coffee fetid and upset.—Exchange.

Two Well Dressed New York Women. Mrs. Edwars Cooper, of Washington square, is one of the notably beautiful women who ornament the handsome party given by the New York Yacht club on reception days. Mrs. Cooper, though not so young nor as bright perhaps as the majority of the yacht clubmen's wives, is far more attractive in many ways. She has a dainty, delicate, sweet, womanly way of

conversing on yachting subjects and relating witty incidents of her many yachting trips. Mrs. Cooper's daughter, Mrs. Lloyd Bryce, is equally as attractive as her mother, with all the youthful beauty and nerve which marked her mother's early social career.

Mrs. Bryce has a hobby of dressing in an eccentric manner. She has an oriental eye for combining and blending colors, and shows the fitness of an enthusiastic Parisian academic student in the graceful designing of her own costumes. She is blessed with a clear, delightful complexion, and can afford to wear those old colors without sacrificing her natural charms to the calls of Dame Fashion.—New York Commercial Advertiser.

Glycerin for Affections of the Skin. Glycerin is very extensively used in the treatment of affections of the skin. In many of these, more particularly in such as are characterized by dryness and harshness of the cuticle, glycerin of itself effects a speedy improvement, while in others, again, it serves a valuable purpose in bringing other remedies into direct relation with the diseased structures.

In affections of the eye glycerin alone or in combination plays an important part in the local treatment, while in certain forms of deafness, arising from a deficiency of the waxy secretion in the outer meatus of the ear, it works often like a charm when dropped into the meatus, so as to lubricate that passage and the external surface of the membrana tympani, commonly known as the drum of the ear.

Glycerin when rubbed upon the surface of the skin effectually protects it from the results of exposure to the air. A small quantity applied to the skin will prevent it from becoming chapped or chilled in winter or from being burned and inflamed in the summer.—Hygiene.

The Spirit of Refinement. Thrice blessed the mortal who hath that one familiar ever near—the spirit of refinement. Her absence, her presence—how easily are either discerned! How loudly do the habits, speech, manners, dress and surrounding prove our possession or lack of this sweet spirit. Riches cannot show the gentle guest, neither can poverty bid her whereabouts. She dwells not with luxury, although luxury would give her rarest gems to entertain and make the graces of this guest her own.

And luxury, conscious of her lack, strives ever with splendid pageant, with brilliant speech, with every outward exhibit to hoodwink the world and make it believe that under her gilded dome dwells sweet refinement. Vain are her efforts. The great world smiles, for beneath the glittering panes above, whence luxury looks in feigned content, here among the onlooker, close beside one shabbily clad, in faithful attendance, walks the supernal visitor.—Detroit Free Press.

Guarding Secrets of the Home. Perhaps there is no surer revelation of character than the manner in which a wife uses her husband's name in conversation. We have some respect for Mr. Fawcett's heroine, who closed her eyes when her husband staggered into sight, and declared that "Manhattan had one of his headaches, for he never drank." It is hard, however, to pardon the woman who confides to every one she meets the shortcomings of the man whose honor is in her keeping. Reticence requires more culture and brain power than criticism.

There are wives who argue, with sharp-tongued Mrs. Poyser, that "God made the women silly to match the men," and with her are ready to play a sister making the same statement.

We question if women are quite fitted to occupy positions of public trust until they have learned to guard more zealously the secrets of the home.—Helen Jay in Harper's Bazar.

A Cure for Frontal Headaches. Nine-tenths of the nervous headaches are situated over the brow, and they are accompanied by languor and chilliness. If the headache continues dull and heavy for any length of time, the patient has a distaste for food, becomes nauseous and has a general feeling of uncomfortableness. To cure such a headache rapidly and quietly two grains of potassium salt should be dissolved in a wineglass of water. When it is dissolved sip the mixture slowly, taking the whole dose in about ten minutes. The saline acts immediately, and in half an hour after the medicine has been taken the unpleasant symptoms will have disappeared. The dose can be repeated in small quantities later if the headache is not relieved. These small doses appear to be more effective than larger ones, and one should not lose faith in them on account of the smallness of the dose until they have been fairly tested.—Yankee Blade.

Entering and Leaving a Carriage. Retain a sitting position till one foot, preferably the left, is on the step; then with the other step easily down. This is simple and natural in a victoria or brougham; more difficult in a higher lung cart or road wagon. To mount a coach or drag is worse than either. A woman should touch the vehicle with one hand only while the other rests on the shoulder of the groom or gentleman who is assisting her. And the woman who is accorded the high privilege of the box seat should be careful of her ribbons and parasol. There should be no loose ends of the one, and the second should be carefully kept away from the driver.—Exchange.

A teaspoonful of borax added to the starch in the laundry will give that peculiar gloss to collars, cuffs and shirt bosoms which is the characteristic of the professional laundry, though much of this gloss is undoubtedly due to the skillful use which the worker makes of her polishing iron.

Sarah Bernhardt keeps a large scrapbook the press criticisms of her acting. The severe as the favorable are all preserved in these volumes. The portrait of the great actress appears on the frontispiece with her favorite eyes, her hair and Danish bloodhound standing on either side.

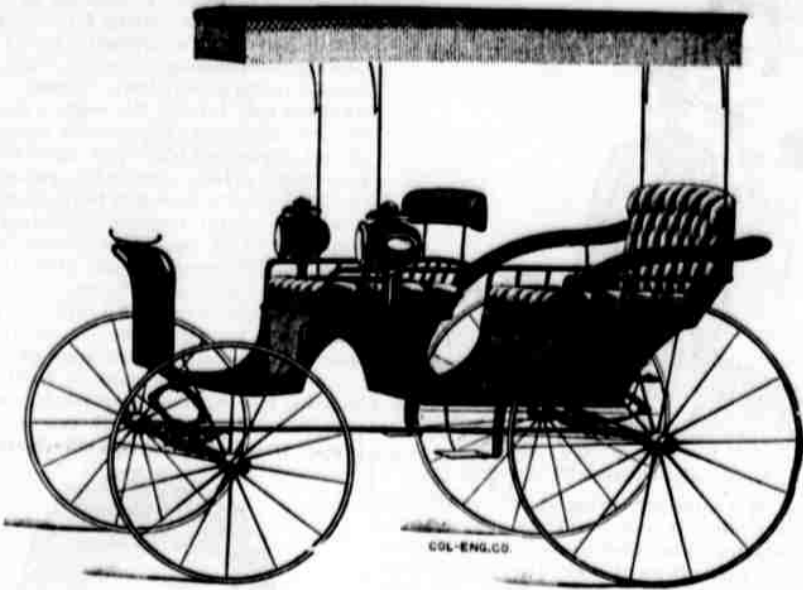
Kind words are benedictions. They are not only instruments of power, but of benevolence and courtesy, blessings both to the speaker and hearer of them.—Frederick Saunders.

Bloomington, Ill., has had for eighteen years a woman superintendent of schools. Miss S. E. Raymond. During her regime the school facilities have been greatly enlarged.

You can tell if a bed is damp by laying your handglass between the sheets for a few moments. If the sheets are not properly dried the glass will be clouded.

Mrs. Langtry has performed the character of some twenty-eight different personages during her dramatic career.

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