DR. HENRY A. MARTIN'S

Medical Institute

Chronic Diseases

SPECIALTIES:

Diseases of Women,

Catarrh.

Morphine and Opium Habits.

Cure Guaranteed. Consultation Free.

Offices, 141 South 12th Street

TEBRASKA CONSERVATORY of MUSIC Academic School for Girls,

All Branches of Art, Elecution, Literature, and Languages, to by a Paculty of Mixteen Instructors. Each Teacher an ARTIST AND SPECIALIST. only Conservatory west of Boston own-ewn building and furnishings. A re-home for lady students. Tuition from \$20.50 per term of 10 weeks. for Catalogue and general information. O. B. HOWELL, Director.

Ladies' and Children's Hair Cutting and Shampooing a Specialty,

SAM. WESTERFIELD'S

BURR -- BLOCK.

Santa Fe Route!

Atchison, Topeka & Santa Fe R. R

The Popular Route to the Pacific Coast.

Through Pullman and Tourist Sleepers

LOS ANGELES, and SAN DIEGO, LOS ANGELES, and SAN FRAN-CISCO. Short Line Rates to PORTLAND, Oregon.

Double Daily Train Service Between SPRINGS, and DENVER. Short Line to SALT LAKE CITY.

The Direct Texas Route

d Trains Between Kansas City and selvesten. The Short Line Between Kansas City and Gainesville, Ft.
Worth, Dallas, Austin, Temple, San Antonio, Houston, and all Principal Points in Texas.

to Only Line Running Through the ELAHOMA COUNTRY. The Only Direct Line to the Texas Pas-Handle. For Maps and Time Tables and Information Regarding Rates and Routes Call on or Address

E. L. PALMER, Passenger Agent, 1316 Farnam Street,

OMAFIA. NEB.

西班班的



Chicago, Rock Island & Pacific Ry

SOLID VESTIBULE EXPRESS TRAINS of Through Coaches, Steepers, Free Reclining Chair Care and Buttles Care daily between CHICAGO, BES MONTHE COUNCIL BLUFFS and CHICAGO and DENVER, COLORADO STATES and PURILLO via St. Joseph, or Havan and Topeka.

Via The Albert Lea Route. E. ST. JOHN, JOHN SEBASTIAN, CHICAGO ILI.

WOMAN AND HOME.

BERIOUS RESULTS WHICH OFTEN COME FROM CARELESSNESS.

A Peanut Hunt-Rules for C. king Ment. How Moths Multiply-A Word for Wife and Mother-Important and Interesting Matters for the Homemaker.

To illustrate the culpable carelessness of some nurses may be given the following true story told by the wife of an eminent physician: "I have no doubt," she said, in the course of conversation, "that many of the distressing chronic troubles of the spine and its more obscure ramifications and manifestations might, if parents but knew it, be directly traced to some act of wanton thoughtlessness on the part of the nursery maid. It is quite dreadful to taink of such a delicate little piece of mechanism being given over to the care of an ignorant, indifferent person. The least sudden jar, if the weight of the body is resting at all on the spine, might be exceedingly in-jurious, and, for that reason, I would enact a law, if I had my way, to abolish baby carriages for infants under a year old at

"If your nurse is too lazy or too weak to carry her nursling, get another woman, but do not expose your helpless little one to the jarring movements of even the best springs in lifting the carriage across a curb, etc. Hesides, the actual heat of the human body is a great protection against cold, and no amount of eider down or woolen will take the place of the protecting warmth of a kindly bosom and strong.

tender arms. "I will tell you what I actually saw saw once," she continued after a moment's hesitation. "The story is so painful that ! hardly like to tell it, but it may do good in showing young mothers the actual dan-gers to which their babies are exposed. I was walking in — street one afternoon when a nurse who was evidently belated passed me with a baby wagon at a very quick pace, the little carriage, with its sleeping baby, swaying up and down on its easy springs with the rapid motion. 'On, do take care!' I exclaimed, as she passed me with a sudden swerve of the little vehicle, you will hurt the child.' The giri gave an impertment toss of her head and muttered something that I did not

catch, turning at the same time into the pasement in rear of a large, fine house, and without checking her career she bumped the carriage down the three or four steps that led to the inclosure.

"'I will do as I would like to be done by," I said to myself, on watching the performance, 'although it is small thanks that I will get, I dare say.' So I ran up the steps, rang the bell, and told the butler who same to the door that I wished to see the lady of the house. Luckily I found favor in his sight, for without remonstrance he showed me into a little side library, and a second after a pretty young woman walked in with an inquiring expression on her pleasant face. 'I beg your pardon for in-truding,' I began, 'but I feel it is my duty to tell you that your maid will do your child serious injury if she joits down the steps in the manner I have just noticed,' and I was proceeding to give her a little information about the delicate structure of the head, neck and spine of young in fants, when her manner froze me at once. Thank you, she said haughtily, but I think I can trust to the experience of my

"As she spoke there came the sound of a rush of rapid footsteps in the hall, and a maid burst in upon us. 'Mrs. A—, come quick!' she panted; 'the baby has a fit!' In an instant the mother was out of the room and running down the basement stairs, while I, feeling that I could be of no use, left the house, pitying the poor young thing too much to blame her. The next day I passed by and noticed with a start of horror the fatal insignia of mourn-ing on the door—the baby was dead. Did the doctors know, I wondered, that it had been murdered?"

A Peanut Hunt.

A pleasant and easily arranged evening intertainment, suitable for winter or sum mer, is prepared in this way:

First, put in order the room in which you intend to entertain your guests, as any change in the position of the furniture is undesirable after "the party" is ready. It is a good plan to remove any fragile articles of bric-a-brac or furniture that may be within easy reach of the "hunters." Get a good supply of peanuts, according to the size of the room and the number of your

Count the peanuts and record the num-ber. Then let them be hidden in every imaginable but particularly in every unimaginable place. Exercise all your inbright as yours are to find what you have concealed. Sometimes, however, it happens that a very conspicuous place is the ast to be searched.

Now prepare as many little baskets or eceptacles of some sort as you are to have guests. The little "cat baskets" are very good for this purpose, but boxes or larger oaskets will serve as well. A little decoration of some sort enhances the pleasure of the seekers, and at the close of the evening the baskets may be given as souvenirs. The small baskets may be prettily grouped in a large basket, and both may be tied

with ribbons. If the company is large the players may be asked to "hunt in couples," and the baskets may be arranged to match each other. When the hunt begins those who have placed the nuts are to act as umpires, in case there should be any question as to the first finders, and they must also notice whether all the nuts have been found, and

so determine the end of the game. Sometimes a single nut is dipped in ink or dyed red and hidden away very securely. and the person who finds this particular red or black nut is the winner of the game. But generally the prize is given to the person or the couple whose basket shows the greatest number of nuts.-Youth's Com-

Rules for Cooking Meats.

The orthodox rule for the cooking of meat, fish and fowl is to allow a quarter of an hour to every pound; yet this recipe needs to be mixed with brains. Some families like rare, others well done meats; again, a joint may be unusually thick or remarkably thin; again, full grown and mature meats, such as beef and mutton. are best with red gravy oozing from them, while immature or white meats, such as lamb, veal. sork, etc., are absolutely dangerous unles done through to the bone. A good rule - to allow twelve to fifteen minutes, according to the taste of the family and the thickness of the joint, for the cooking of every pound of beef and mutton: fifteen to eighteen minutes for the cooking of every pound of pork, veal, lamb, ham, bason, fish and every kind of fowl. Accidents appen, however, the oven

may be too bot or too cool, the fire too slow, and—what not? Bo a cook should

learn to know by the appearance of the meat itself when it is sufficiently cooked. How can this be done? By carefully observing the appearance of the meat around the center bone or bones. If the learner be in doubt, the blade of a knife can be run in about an inch to the bone, and the meat slightly raised and examined for a moment or two. After one or two trials. this will be found to be an infallible method. It is quite right that next to the bone beef and mutton should be real and juicy, but if the beef be blue or the mutton has that strange, raw look peculiar to mutton that has just felt the heat of the fire, the joints need a little more cooking; while white meats should be white, even to the bone, with the exception, perhaps, of lamb, which many people prefer with a little pinky Juice oozing through.—Good Housekeeping.

How Moths Multiply.

It is now a clearly defined fact that there are three distinct species of wool destroying moths common to this country. The common species are light brown in color. They begin to appear late in April and may oc casionally be seen about as late as August.

They pair off and the female then searches for suitable places for the disposition of her eggs, working her way into dark corners, crevices of the walls, cracks in the floor, or deep into the folds of garments, apparently choosing by instinct the

least conspicuous places.

The moth lays from eighteen to one hundred and forty eggs at a time. From these eggs hatch, in a period of three to seven days, the white, soft larvæ or worms, all of which begin to make a case for themselves from the fragments of the cloth upon which they feed. The case is in the

shape of a hollow roll. The worm reaches its full growth in thirty-six days, and then, crawling into some yet more protected spot, remains tor pid during the winter within its case, which by this time is thickened and fastened at either end and is the full sized

It is the thirty-six days' period from the time the eggs are laid to the time the worm or grub reaches full size that the damage is done.

After a thorough airing of a woolen fabric for the purpose of driving out any concealed moth—for a moth abhors light—and after time has been given to the development of any concealed egg, you may be reasonably sure that there is nothing harmful on the fabric, then it is as safe done up in a paper parcel as it would be if saturated and buried beneath all the antimoth remedies in existence.—Philadelphia Up-holsterer.

A Word for the Wife and Mother.

No one loves better than the writer to see neat little homes arranged with taste and care: to read of neat little wives trip-ping to meet their husbands, their glossy hair neatly brushed, a dozen pies on the pantry shelves, four loaves of bread, beau tifully browned, on the kitchen table, the kettle singing, the steak "doing" and every thing humming as merrily as a top. It is the reverse of romantic, it is realistic, it is brutal, to state that all this costs money in hand; that if you live from band to mouth from day to day your stove would splutter and refuse to bake anything; your pies would be horrid, your bread heavy and sour. That the little wife would have no time to brush her hair nor bake pies. She would no sooner get the baby to sleep than Johnny would come in with his one pair of trousers forn so as to demand immediate attention, and his noise would wake the baby up again. Pies! It takes a domestic amazon to do the hundred and one things our Paritan great-grandmothers are said to have done. I don't believe they did 'em, myself.

Who is it says: Income £100, expenditure £100 is., result misery. Income the same, expenditure £99 19s., result happiness? Dickens, is it not? He was right of course. The principle is correct. Cut your cost sosecording to your cloth. But if it is to be of homespun wear it gladly and call it homespun. Don't buy broadcloth at home-spun prices and call the world to witness how advantageously you spend your money.

-Mary Abbott in Chicago Post.

A Word About False Hair. False hair is an abomination. Of course

there comes a day when age has swooped down upon the once luxuriant growth and carried off great handfuls of glossy tresses that must be replaced through the agency of the dealer in hirsute adornments. Then and then only is false bair justifiable, yet it is a fact that many women not more than thirty-five years of age wear false bangs because it is such a trouble to fix their own.

This is a terrible mistake, and we have no doubt that where these lazy ones are married this very question of false hair has had much to do with cooling the ardor of the husband, who perhaps was attracted largely by the pretty and becoming style in which his wife arranged her own glossy locks before marriage. If a woman's crowning glory is her hair, why not make the most of it, instead of because she is tired or it is not actually curly resort to a pinned on affair, guaranteed for a few dol

lars to withstand dampness. These bangs never deceive any one, and the transformation at night, when my lady takes it off and reveals a plain, smooth pate that is woefully unbecoming, is enough to shock any man. Outside of all this, a man thinks that a women who tries to deceive about her hair will likewise in dulge in little deceptions on other points. and the false bang always proves a setback to admiration, no matter how beautifully it may be adjusted. - Philadelphia Times.

The Physique of the Girl of Today. The American girl of today has more arms, neck and bust than formerly. Twenty years ago her arms were apt to b skinny and the bones in her neck showed To a certain extent these things are true now, so it is often remarked that English young women have better necks and shoulders than those of this country.

though their faces are not so pretty. The present style of corsage makes the bust seem high and the waist as long as possible, the latter effect being heightened by making the corset so as to repress and confine both bust and hips. One must commend the first point, which is an improvement on the old fashion requiring that the bust must be low. A low bust is a mark of an inferior physical type, as you may observe in many tribes of savages. In that respect it is like an overlong waist, which can never properly be considered

After awhile we shall see a revolution in the style, which will demand that the hips shall appear as high as possible, so as to give apparent length to the legs and the most graceful effects of drapery. Look at the Greek statues and understand what I mean .- Young Ladies' Bazar.

The Rest Exercise for Women. A celebrated physician on being asked, What is the exercise most conductive to physical beauty in women?" replied very decidedly, "Walking." Tennis he declared

to be too violent, and too much of it is likely to lengthen the arms and make the height of the shoulders uneven. Cycling renders women awkward in their walk; they gradually come to move with a plunging kind of motion the reverse of graceful and frequently cultivate weakness of back which makes them hold themselves badly. Riding is one sided, and women who have

habitually ridden for years usually have

one hip higher than the other. Croquet really does not give exercise, and after a survey of all the ways he knew in which women take physical exercise, he considered none so conducive to health and beauty of form as walking. It ought to be persevered in and done in all but the worst weather, and particularly in winter. It is the cheapest and safest too. A woman may be burt with a ball at tennis, injured off a horse or tricycle, or receive a blow on the head from a club at golf, which is now being indulged in by females.—Pittsburg

Real Devonshire Cream.

Any American housekeeper may have Devonshire cream on her table if she will take the trouble to prepare it. Most peoparticularly rich cream of the county from which it is named.

Rich, new milk is put into a very shallow vessel with an extended surface, and is then set on the range, where the milk will be warmed, but on no account boiled or even scalded. The heat will cause all the cream to rise to the surface in a very short time, and the pan is then taken off and placed in the ice box or some other cool place.

When thoroughly chilled the cream may be taken off, and will be nearly of the consistency of newly made butter. This is put in jars, and at breakfast is served with a spoon, and is delicious with oatmeal ber ries, jam-with everything, in fact, with which ordinary cream is eaten.

Its peculiar merit lies in the fact that it is not only the richest of cream, but will keep sweet for 'two or three days.—New York Tribune.

Famous Women's Small Families.

Among famous women who were mothers of small families comes Elizabeth Barrett Browning, who had only one son. Mrs. Somerville, the mathematician, had two daughters and one son only, though she was twice married. Mme. George Sand had two children, a son and a daughter; so had Lady Mary Montagu, whose "letters" are so admired in literature, and Mme. de Sevigne, writer of equally fa-mous "letters" in French. Mme. de Stael had three children in her early married life. When forty-eight years old she mar-ried a second time and then had another son. George Eliot (Mrs. Cross) was child less, and so was Mrs. Craig, the author of "John Halifax." Mrs. Barbauld, whose prose and poetry were both much admired in the last century, had no children, and the same was the case with her equally praised contemporary, Mrs. Opie.-Ex

How a Woman Can Make a Living. I have a scheme for some woman who is wondering what she shall do to make a living. Let her get up a business card stating that she will do all kinds of mending for gentlemen, work to be called for and returned, and leave the cards with some self addressed postals with the landlady of every good house she knows of, to be distributed among the men whose laundresses can neither darn, mend nor sew buttons on. If she does it in a businesslike way and at reasonable rates she ought to get up enough trade to employ two or three girls. A man hates to throw away a silk handkerchief because the hem has raveled out, or give away garments that -New York Recorder.

Water the Best Cosmetic.

An authority warns women who would preserve or enhance the beauty of their complexion-and what woman would not? -to use rain water, if possible, to wash their faces in. If this is not procurable, boil the water before using it. With this good soap should be used, as the basis of all beauty is cleanliness. It is a mistake to fancy that oils and unguents will cleanse the skin. A few women still cling to this most mistaken idea, and there never was a greater delusion. Water is the best of all cosmetics.

To Sick Students.

Mrs. President Dwight, of Yale college, originated the idea of a "Yale home" for students who may need medical care nursing. Mrs. Dwight, with the assistance of many ladies of New York, among there Mrs. William C. Whitney, obtained funds for the erection of the building. There every student who is ill can be under the care of a matron and physician, and receive all the attention which could be given him at his home.—Boston Woman's Journal.

Lady Tennyson's Culinary Skill.

Lady Tennyson has always been a notable housekeeper. Early in his married life her husband said jestingly that should literature fail his wife would keep the family from poverty by her culinary skill, and he added, "I am sure the Tennyson tea biscuit would prove a success." Before her marriage Lady Tennyson was Miss Emily Sellwood. She was a niece of Sir John Franklin.-Exchange.

How the French Iron Napkins.

In France, instead of using starch on table napkins, after they are washed and dried and ready to be ironed they are dipped in boiling water and partially wrung out between cloth. They are rapidly ironed with as hot a flatiron as possible without burning them. They will be beautifully stiff and glossy.—New York Journal.

Sick children are sometimes overfed and overstimulated. Milk, beef juice, mutton broth, wine whey, oatmeal and barley gruels usually furnish a sufficiently varied nenn and are more likely to agree with the stomach than ice cream or wine jellies.

The Brooklyn hospital for women and children has a board of sixty women managers and a hospital staff of twenty-two women physicians. It is the only hospital in Brooklyn where women are permitted

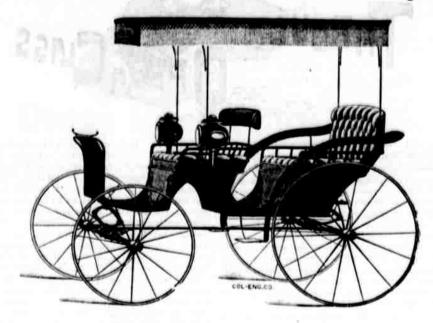
For a best all black dress get the cork screw repped bengaline and make with spangled jet vest and sleeves. Have a hat of black braided felt trimmed with wings d a velvet torsade.

The potent factors in women's tempta tions to drink are declared to be "doctors ment and "loneliness."

Mrs. Frances Hodgson Burnett says that she has made up stories ever since she can remember anything, and that since she was seven years old she has written them.

In France there are fifteen women among the thirty-six factory inspectors.

Now's the Time to Buy!



BUY FROM

Manufacturers Agent!

I have just received at my repository, direct from the factory, a large line of FIRST CLASS WORK, and am offering the n at prices that positively distance all competitors. See my line of

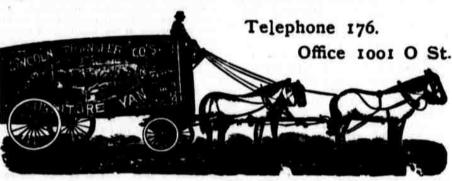
Phaetons, Surreys,

And all the latest Novelties in the Carriage, line, Being manufacturer's agent for some of the greatest factories, I am in a position to offer goods at closer figures than retailers. It will pay you to call and see my NEW LINE before making purchases.

E. R. GUTHRIE, 1540 O STREET 1540 O STREET

Sewing Machine

We have just employed a skillful workman from the East, who is fully computee T. J. THORP & CO., 320 South Eleventh street make all repairs in the above lines.



Moving Household Goods and Pianos a Specialty.

None but experienced men employed. Latest devices for moving Machinery, Safes, and other Reavy Articles.

The Burlington's Gerritory

AIR:-WITCHES' DANGE DES ALPHABETS.

Puliman Sicoper Voctibule Trains Parler Care Lew Rates Double Tracks CloseConnection Blaing Care Union Depote Steel Rails Through Coache Quick Time Chair Care Air Brakes

Burlington

Route

LINGSLU OPPIOES

DOR. O AND IOTH,

B. & M. DEPOT.

ALBANY, ATCHISON, ALLEGHENY AND AUSTIN. BALTIMORE, BOSTON, BUFFALO AND BURLINGTON. QHICAGO, COUNCIL BLUFFS, CINCINNATI AND CLEVELAND DRABWOOD, DETROIT, DES MOINES AND DENVER. EVANSVILLB, BRIE, ELMIRA AND BAU CLAIRE. FALL RIVER, FITCHBURG, FOND DU LAC AND FORT WAYNS GALVESTON, GEORGETOWN, GRAND RAPIDS, GALESBURG. HALIPAY, HOUSTON, HOT SPRINGS AND HANNIBAL. RONTON, INDIANAPOLIS, IOWA CITY AND INDEPENDENCE JERSEY CITY, JACKSON, JOLIET AND JACKSONVILLE. KALAMAROO, KEOKUK, KANKAKER AND KANSAS CITY. LEADVILLE, LITTLE ROCK, LOUISVILLE AND LINCOLM. MINNEAPOLIS, MOBILE, MILWAUKER AND MEMPHIS. NEW ORLEANS, NANTUCKET, NEW YORK AND MASHVILLE. OMAHA, OSHKOSH, OSWEGO AND OGDENSBURG. PEORIA, PITTSBURG, PHILADELPHIA AND PORTLAND. QUERETARO, QUINCY, QUEBEC AND QUITMAN. ROCK ISLAND, RICHMOND, ROCKFORD AND ROCHESTER. SACRAMENTO, SALT LAKE, SAN PRANCISCO AND ST. PAUL TALLAHASSEE, TERRE HAUTE, TOLEDO AND TAUNTON.

ULYSSES, URBANA, UNADILLA AND UTICA.

VIRGINIA CITY, VICKSBURG, VINCENNES AND VANCOUVED WINNIPEG, WASHINGTON, WINONA AND WORCESTER. KENIA JUNCTION, XERXES, XENIA AND XENOPHON. YPSILANTI, YONKERS, YANKTON AND YOUNGSTOWN.

ZION, ZUMBROTA, ZACATECAS AND ZANESVILLE.

THERE CAN BE *BURLINGTON'S" POSITION

"IN THE RAILROAD WORLD" IT IS-ALWAYS WAS-ALWAYS WILL BE-A LEADER

GEN'L PASSENGER AGENT, GMAHA.



OITY PASSENGER AGEN