HYGIENE OF BEAUTY.

PRESCRIPTIONS FOR MAKING FEMP NINE LOVELINESS PERENNIAL.

Keeping the Skin in Good Condition-Virtues of the Bath-Black Pimples on the Nose-The Causes of Bad Skin.

Next to regularity of features, human beauty largely consists in a fine complexion, to have which it is necessary that the skin should be kept in good condition. According to Ovid, paleness was essential to female beauty in old Rome. Modern theorists of beauty prefer color in the face, which is certainly suggestive of health. To keep the skin in good order, cleanliness is the first requisite. Between the Russian peasant, who never bathes, and the neat American, who bathes every day, there are many gradations, such as the Englishman who bathes often, the Frenchman, not of the highest classes, who buthes occasionally, and the people of other European nations with whom the practice is intermittent. In this connection it may not seem impertinent to quote from a work on the hygiene of beauty, published quite recently in Paris. Therein we read, after various directions for washing the face at least twice, a day, the following remarkable advice, which is translated literally:

Every week, or at least every fifteen days, hygiene presents a general bath for cleansing the person-a both of tepid water from 28 to 32 degs, centigrade. The bath universally recognized by legislators is indespensable as a means to health. "I would abandon medicine," wrote Percy very justly, "if I were interdicted in use of the bath."

A bath once in fifteen days would hardly satisfy the conscience of a neat American nor prove perfectly agreeable to his associates. No American ever thinks of bathing without soap. The French often do so, because only a small minority of the people are able to have a bath tub at home, and at the public boths soap is an extra charge. The soap used in bathing should not be too alkaline, though, since the skin of the body is soon after supplied with an oily fluid by means of the pores, this is a question of less importance. If something should be added to the Lath to make it more efficient the question is, what shall it be? In this matter the experience of the French will be found valuable. If the skin is inclined to eruptions an reblition of sulphur or the use of sulphur soap will be found efficacious. Baths of bran, starch and gelatine soften and cleanse the skin. Cold water baths are not generally to be recommended unless attended with the free use of soap and a lively friction.

Fran or starch added to warm baths increases the unctuousness of the skin, which delays the formation of wrinkles. Gelatine has a similar effect. Baths with aromatic plants, cologne water, benzoin, essences of thyme or wintergreen, or borate of soda, all have the effect of checking excessive or offensive secretions of the skin. Friction with oil after the bath was the custom among Greeks and Romans, and is still throughout the civilized world greatly in favor. The Empress Poppaea used baths of milk, Blanche d'Antigny, a noted contemporary demimondane of Paris, buths of champagne. In regard to the eclebrated baths of Mme, Tallien, we are left in uncertainty as to how often she indulged you see," said she, "when one gives a dinner in the lexury. It was probably only on social or tea, one may invite some people whom one have been great when strawberries and raspberries cost no more than three or four cents a sound at Paris. Baths like these, though beyorious, have only a secondary hygiene importance, and are not likely often to be

The black pimples of the nose are not always due, as is supposed, to a small and very enrious worm to which scientists have given the name of demodex folliculorum, though this is found frequently in the skin of man and of animals. There are in the skin little glands, the office of some of which is to secrete perspiration, and of others the fatty sebaceous fluid which is intended by nature to keep the outer coating soft and pliable. These communicate with the surface by minute pores invisible to the naked eye, These openings sometimes become obstructed, when there follow several forms of skin disease. The most simple form of malady, which is caused by an excessive secretion of the sebaceous fluid, which becomes hard and black, is called by the physicians acre simplex. When the complaint is more serious it is caused by the congestion or inflammation of the atrophy or hypertrophy of the sebaceous glands. Then the black points increase in size, especially if the skin is not kept clean, and there are larger pimples on the skin which suppurate. Pressing one of these pimples, there emerges a long, black, cylindrical object which resembles a worm, but which is merely fatty matter hardened and mixed with dust, if the meet fluid part is dissolved in a drop of olive oil or ether the worms are sometimes found, with the aid of a microscope, floating in it.

The causes of a bad skin are bad digestion, bad blood and generally a want of neatness. Even if the blood is not in perfect condition, if the skin is kept clean, pimples may in most cases be avoided, which is not saying that the blood should not be kept pure by all possible means. To this end the diet must be regulated and the digestion kept good. In this regard the French are exceedingly reasonable. They drink red wine, which is an excellent corrective, and they rarely drink it to excess. They are discreet in their use of neids, alcohol, rich syrups, smoked meats, lobsters and oysters. They eat little buckwheat, fruit or meat pies, sausages, spices, or other fatty substances. As a general thing, whatever may be said of the infrequency with which they baths the body, they keep the face clean and have good complexions, as a rule. Preparations which French women use for the face are numerous and can easily be found. They do not wash the face too often with alkaline soaps, but clean it with bean floor, meal or bran, applied with tepid water and a piece of fine linen. Creams are often used. The frequent drinking of milk is recommended as keeping the stymach, liver and kidneys in order, and so indirectly giding digestion.

There is resem to believe that the skin of the face can be kept free from pimples by very simple means. To this end the body should be kept clean on account of the sym pathy between the skin of the chest and that of the face. The face should be washed several times a day, whether with warm or cold water does not matter much, if immediately afterward it is bathed with cologue, which should not be wiped off, but left to evapor gate, Persons who use cologne freely can safely make it of spirit of wine or deodorized alcohol, perfumed with a few drops of attar of roses or other essential oil. For the face and hands the use of brandy or corn whisky will be found beneficial. Then by ford retiring something in the form of a fore retiring something in the form of a cosmetic elegald be applied which is not too quickly absorbed by the pores of the skin. Cold creams are good, but they are absorbed almost immediately. There is nothing so good for this purpose as a well rande camphor ice, one which has wax, glycerine, camphor, and perhaps some pure form of grease compounded in proper proportions. The swax keeps the other elements from being alsorbed too quickly.—San Francisco Chronicle. TRAINING FIGHTING DOGS.

Improving Their Grip, Reducing Flesh and Cultivating Wind and Limb. A man who owns several fighting dogs and who also owns a barroom not many blocks away from Washington square, explained the method of training a dog to a reporter, as follows: "Well, take my dog Grip, for axample. Say I make a match for him to fight at twenty-four pounds. He has been hang-ing about the bar doing nothing but eat and sleep for six or eight months and is consequently fat, short winded and lazy, as well as

ten or twelve pounds over weight. "I must put him to work at once so as to be ready, but I must begin slowly. Every morning before breakfast I take Grip out and walk him around Washington square balf a dozen times at a brisk walk and then back to the house. With a rough towel I give bim a good rub down and sponge out his mouth with a clean sponge. He is now ready for breakfast, generally a piece of raw beef. In the afternoon I give him another two or three mile walk, a rub down and sponge his mouth. Giving him three times a day a good substan-

"A few days of this and Grip is feeling as bright and chipper as you please. Then the walks become longer, with an occasional run, and I add some exercise in the house. This consists principally of chasing the ball. I'll

"Here, Grip! and a fat, lazy looking bull dog came lazily from behind the ber. A rubber ball, about half the size of a baseball, was taken out of a box and sept spinning across the floor and Grip went after it. He picked it up and brought it to his master, giving it up with a wag of the tail as naturally as a well trained setter.

"When he is in training I keep him at that work for two or three hours a day," con-tinued Grip's owner, "besides the walking it gets the flesh off of him and gives him good wind. After the training has gone on for a couple of weeks I give him long runs and slack up on the walking. Sometimes I'll hitch him under a light wagon and drive at a smart jog up to Central park and back. He'll make it after two or three trials without turning a hair.

"Another essential thing has to be looked after, his grip. The way this is cultivated is by taking a heavy crash towel and making the dog bite it. The way that a bull dog will hang on is something marvelous. I can make that one take a towel and can drag him all over the place, or even lift him off the floor and carry him the length of the room, provided his jaw is in good condition and the towel holds. He gets anywhere from half an hour to two hours of this work every day, and after he has been at it for two or three weeks he'll hold on until you kill him or his

trainer tells him to let go.
"It generally takes about a month to get a dog like Grip into first class shape, and when he is there he is fit to fight for a man's life." -New York Press.

A Dining Room Mystery. A gentleman who was invited out to dine at a Delaware avenue residence lately, observed that the chandelier over the dining room table was of peculiar construction, so that there was a light over the head of each guest. The globes were of various colors, some amber, some red and some blue. "What is the object of having the globes of different colors?" the guest asked of his hostess, "Why, supper and I had to invite two women whom I despise. But I had to invite them or some of the young men I wanted wouldn't come. I had my revenge on my fair enemies, however. I placed each of these two women under one of those pale blue lights at the table. They're usually considered beautiful women, but under that light they had the most ghastly look you ever saw. They were per-fect scarecrows. They seemed to have aged twenty years the minute that they sat down. The men noticed it, of course, but they did not divine what caused it. They were quite taken aback and awfully glum at first. But finally one of them turned with a sigh and began talking to a real homely little thing that was sitting under a ruby colored light. Why, she was perfectly charming under it. So you see that when I want people to look perfectly hideous I put them under the blue lights. It kills everything." The gentleman looked up. He was under a blue light. -Buf

The Right Hand and the Left. As I stood on the curb talking with an accomplished anatomist the other day he offered to bet me that I could not tell which was my right hand. I immediately held out my right hand for the wager. But he objected. He said he did not offer to bet me that I could not show him my right hand, or extend him my right hand, but that I could not tell him which was my right hand-that is, that I could not describe it in words so is, that I could not describe it in words so that one who never heard of the distinction we make between the right hand and the left would be able to find it. I thought that that would be easy enough, also, until I thought it over, and then I had to give it up.

Said the anatomist: "There are plenty of criteria within the body which define its place such as the heart the lives and the

place such as the heart, the liver and the duodenum. But on the outside of a perfectly formed human being there is nothing to dis-tinguish the right hand from the left, and no or- can describe it in words so that an ignor-ant person can find it. If people were ambidextrous, and were not taught, from childhood, to use one of their hands more than the other, it would be almost impossible for them to know which is which. I often think of this when I hear any one say to some one whom he wishes to stigmatize as a fool that he 'can't tell his right hand from his left,' as I do also when I read that God said to Jonah about Nineveh, in which he said were 'more than six-score thousand persons that can not discern between their right hand and their left hand."—Chicaga Journal.

The state of New York is about to embark in the enterprise of raising and keeping deer. Last year the legislature voted \$5,000 for the establishment of a state deer park in the Catskill mountains, and recently the forest commission designated Frank C. Parker to take the matter in hand. Mr. Parker will try to find two men who know the habits of deer, and with them tramp, the Catskills to find a suitable state paddock. When located and purchased the ground will be fenced in and efforts will then be made to catch deer and keep them in the park.—Chicago Herald.

Drawing Boom Meetings. An Englishman with a missionary spirit has issued an appeal to evangelicals to pro-vide "drawing room meetings," at which those who attend should be required to wear

evening dress. "We dress to go out to dinner, why should we not dress to read the Bible to-gether?" is his original theory. - Dhicage Times.

Natives near Asheville, N. C., get \$1.75 a pound for ginseng root, which they dig in the woods, for expertation to China.

The city of Madison is a phenomenon, from a western point of view. It has never had a "boom."

ALMOND EYED YANKEES

OUR JAPANESE BUSINESS MEN AND THEIR THRIFTY WAYS.

Americanized Japs and Their Occupations-Essentially a Home Loving People-Japanese Business Houses in This Country-In a Wholesale Store.

"Has it occurred to you," said a gentleman

to a reporter, as a couple of Japanese gentlemen walked up Broadway with their characteristic rapid stride, "that among all the nations represented on American soil it may be exceptionally recorded of the Japanese that not one has been convicted of a great criminal offense in an American court?"

The reporter was unable to state to the contrary, and a cursory examination shows that save an occasional misdemeanor resulting from undue familiarity with John Barleycorn, and confined chiefly to the Japanese sailors who now and then visit the Pacific coast, the page is clean whereon may be written any transgression of the law. It is true that there are comparatively few in the country, probably not more than 500 or 800, but these stand out in such sharp contrast with the Chinese as to command unqualified

Since the expedition of Commodore Perry in 1853, undertaken for the purpose of establishing friendly and commercial relations with a hitherto comparatively unknown empire, the Japanese have been remarable in their eagerness to break down all the ancient barriers by which they were restrained at home and adapt themselves to the manners and customs of western civilization. In New York they constitute a little colony of their own, but they live in elegantly furnished houses, dress with a taste indicative of the utmost refinement, are enterprising in business and in every respect model American citizens. They are either merchants engaged in the importation and sale of raw silk, tea, lacquer work and Japanese brie-a-brac, or are students in some of our colleges preparing to introduce our arts and sciences at home, or they occupy official government positions, in imitation of American customs. They have a cozy club room, where they assemble after the cares of the day to interchange views, and there is not a more exclu-

JAPANESE PECULIARITIES. Keenness of observation is one of the peculiarities of the Japanese. Having started in the race, it is their ambition to keep abreast of the progress of civilization, and hence you will find them patrons of the best literary, mechanical, railway and agricultural magarines, and eager to learn everything but American politics. On practical subjects they are better posted than the majority of our own people. Another peculiarity is that the nation is more homogeneous than even the Germans, and hence you find a kind of paternal supervision exercised over them by the consuls who represent their government. Each member of the little family in the United States is known at official headquarters, and by a glance at a carefully kept record of addresses one may learn the whereabouts of any of the permanently located Japanese in the country. For instance, one is in Cornell studying physics, another in Harvard in the law class, a third in Chicago pondering over the intricacies of the railway ence of agriculture, and so on. Nor do these energetic people come here unprepared. Be fore leaving Japan they had already acquired the rudiments of education and laid the foundation for the higher knowledge which they intend to make available in their own country.

A reporter in making inquiries, learned of a Japanese gentleman that it was much easier for an American to learn the Japanese tongue than for a Japanese to master the English. "Although," he continued, "our alphabet is not unlike the English in sound. It contains forty-eight letters, and these enable us to pronounce with more or less ac-curacy any of the languages of civilization. From ancient times, however, having used the Chinese character, the two languages having become somewhat intermixed but we are trying to remove the Chinese

A Litter thing it is To lose at once the lover and the love; For who receiveth not may yet keep life In the spirit with bestowal,

But turn, my soul, and Learn thou the beauty of omniscient care! Be strong in faith, bid anxious thoughts lie still Seek for the good, and cherish it; the ill Oppose, or bear with a submissive will.

MEN WHO FIX THE WIRES.

Work and Hardships of Telegraphic Line-

men-Much Toil and Little Pay. There are employed in this country nearly 5,000 telegraph and telephone linemen. They are all expert men in their business, and, while the work is extremely hard, they are fairly well paid.

Their work is peculiar. If a break occurs in a wire they have to start out, find it and repair it. By instruments now in use it is possible to tell pretty nearly where the trouble is, but it requires even then a man with a quick eye and a long experience to find it out without the wasting of much valuable time. This is particularly so in a big city, where sometimes as high as 100 wires are strung on one pole.

Some of these men are able to pick out a certain wire and follow it for almost any. distance, though it may be one of a dozen on the pole.

The men begin work as groundmen or assistants. They carry the wire and attend to the work on the ground, while the regular linemen climb the poles and attend to the repairs. Gradually the groundman learns to climb with spikes and to keep his head clear at great heights. Then he is given some unimportant work to do aloft until he gradually becomes expert enough to do and hard

The lineman has to do his work at all times of the day and night, and in all kinds of weather. In fact his hardest work is generally in the coldest and most disagreeable weather, for it is then that the worst damage is done to the wires. In the winter time he has to climb poles covered with ice, and handle the wires when every touch is liable to take the skin off his hands.

In the city when a big snow storm occurs there are bound to be a great number of wires broken or grounded. They have to be fixed at once, and the whole force is sent out, working night and day.

Out in the home of the blizzard, the great northwest, the linemen have a part migrly hard time. It is so cold there sometimes that they find it impossible to work more than half an hour or so at a time on the top of a ticularly hard one it is frequently necessary to have gangs from all the surrounding country following the track of the storm, so

How Gamblers Read Cards.

We do it in the same way that the blind man reads—by the sense of feeling. But before we can read these cards they must be put in shape. This is done with a ring which is worn on the most convenient finger. On the inside of the ring-I mean the part under the finger-is a little steel spur not sharp enough to penetrate the cards and make a hole which would be detected, but a slight indentation, resembling a pimple, on the back of the card, but so small that with close obrvation it would not be n cannot see, but we can feel it, and the location is the cipher to the denomination of the card. Of course, we have to see and handle the cards before they can be "marked," but as we can handle from five to ten cards each deal, it does not take long to have all the important cards punctured.

Reading cards marked in this way is easy to me. I have one system as to the location of marks, and it is just as simple as telling the time by the location of the hands of a clock in the absence of the regular dial figures. Sharp players make their punctures so slight that they cannot be detected by the ordinary sense of feeling. The reading is then done with the ball of the thumb, from which the outer cuticle has been removed by acid. The nether skin is very tender and readily responds when it comes in contact with the "mark." Greeks of this class can be detected by watching the thumb of the right hand in dealing. If it has a sliding motion up and down the carde than you can bet two to one that the stealer has got a book for the blind to read.—Chicago Herald.

Women Crazy About Stenography, "How many stenographers do you suppose there are in Chicago? was the inquiry of an employment agency man the other day. The Stroller would not hazard a fguess, "About terrogator. He explained further that their wages averaged from \$10 to \$15 a week, a few of the most competent getting more than the latter figure, and a great many roceiving less than \$10. They are mostly women, and there is an army of them constantly in search of places. The hours are not hard, usually ranging from 8 or 9 in the morning to 5 or 6 in the afternoon, with nearly an hour at noon for lunch. But the work is very confining.

"The business is entirely overdone," said my informant, "It has become a sort of mania with girls, and they are going into is in such numbers that the supply is already entirely out of proportion to the demand. If I had the education of a young girl in charge I would strongly dissuade her from learning stenography. In addition to the overcrowded state of the profession, Edison's new phonograph will entirely dispense with the necessity of stenographers, if it will do all that is claimed for it. My advice to girls who want to fit themselves to earn a living is to try something else than stenography."-Chicago Journal.

The Mixer of Drinks.

This is a busy age and a busy country, and people do not want to be given unnecessary trouble through the stunidity of the mixer of their drinks. Just in the middle of a good story, or just as the point of an anecdote has been arrived at, the stupid bartender gets the orders mixed and is compelled to ask everybody again or serve you something you never thought of ordering. He interrupts the company without computation of conscience, and the company and story are utterly broken up and knocked endwise. He becomes unduly familiar, but nevertheless never fails to for-get the sort of drink you like, never remempers your name, gives you vichy instead of lozen other ways makes you wish he was a 1,000 miles away or clay understood his business —Globe Democrat.

Kept Busy Explaining.

A Philadelphia club of lawyers has called self the Burlaw, and since it became fau-us and moved into a fine new club house in fashionable part of the city, the members e kept busy explaining that burian was a ort of Scottish common law whereby dis-trest between neighbors were settled at an esemblage of the people without the delay and expense of litigation.—New York Sun.

Fifteen young Moors from Meroeco have one to Italy to study in the military col-

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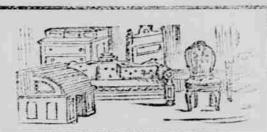
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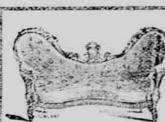
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