HURRY AND THINK "LAST TIME."

TONE

Learn to Endure Paln-Care male Figure-Girls for Houseann's Influence-Food for Inuschold Hints, Items, Etc.

u ever stop, in the midst of life's nous hurry and flurry, and think to elf about the "last time" that is on its

sy to you and to me? There will be a last time for the careless good-by thrown to wife and children as you hurry to the morning train. There will be a last time when your step will board the car and your form will mingle with the crowd of those who go about business when the day is new. There will be a last time to speak a kind word instead of a cross one, to give a smile for a frown. There will be a last time to mingle in the city's busy stream of life, to mount your office stairs and sit at your desk. There will he a last time to seize the chance of honesty and of uprightness. There will be a last time to lunch, a last time to read the daily papers, a last time to watch the sun go down. There will be a last time to spend a happy evening at home, and bestow your company, speech and manners upon the members of your own family circle. There will be a last time to say "good night," to turn out the lamps and woo the fickle goddess of slumber. There will be a last midnight and a last new dawning of a last day on earth.

Knowing all this to be so true, how shall we set about to keep the vigil of what may be the last hour we have to spend? Take the children first. If an angel from heaven came suddenly down and whispered in your ear, "The last day has come. You have but twelve more hours to live!" how, think you, would you set about to improve that time? Would you be anxious about the practice hours, the dress, the personal appearance of the little ones you would soon have to leave? Would you stop to train them how to dance, how to hold their hands in walking, how to pose or posture? Would you stop to think of masters to teach them to play, to paint, or to charm the shallow world with any gift of alluring grace? Would you care whether their dress was stylishly cut and made, or their garments freshly laundried and daintily trimmed? Would you give a second thought to any gift this world has in its power to bestow, whether of wealth or beauty or social honor? I think not. Facing that last time to be together, I think your mind would turn to sweeter, purer things, and you would say something to this effect. "The time has come, my little ones, when I must go and leave you. You will be alone in the world to-morrow, so far as mother love goes, and I pray you heed my last words. Be pure in all things; despise evil companionships and evil conversation and evil books. Keep your heart like a spotless flower, however you keep your outward garb. Carry back your soul to God undefiled as the June evening carries upon its bosom the morning's rose.

"Be true always. You may be poor and have to win your bread, but keep your lips from speaking untruths and your heart from brooding deceit. Honest speech may not win you many friends, but such as it does win for you will be worth the keeping. Re- nearly identical with the composition of member, in friendship as in precious stones, it is not the quantity but the quality which

give that puppy any meat," says loctor. "But he won't eat anything else," replies the boy. "Then," rejoins the bealer of dogs, "leave his meal with him till be does eat it."

As it is with dogs, so it is with boys. Foolish fancies depart from boys when they are so happy as to have a keen appetite, and the boy who knows that no one will pick him up and kiss him will get up himself and rub his own head if it is bruised .- Youth's Compan-

To Secure a Good Figure.

If you want the grand, sloping shoulders of the Venus, which make the waist small in proportion, you can find no exercise equal to pumping water, and if you have a force pump about the house reserve the use of it for yourself. Begin with ten minutes' work, the wet towel pinned tightly round the hips, corset off and a Mother Hubbard gown on. which is the best modern version of the Greek robe possible. Wet the head well, for the exercise will pump the blood well over the body, heating the temples and spine; roll up your sleeves, sponge and wipe the arms dry, and go to work moderately at first. In ten minutes or less quit, sponge off the muscles that quiver and burn, drop into an easy seat and rest ten or fifteen minutes, then pull again, resting and working for an hour. Keep this up a month and you won't know your shoulders and arms for the same. Walker in his well known work on artistic beauty says the absence of fine arms in women is due to long sleeves and want of exercise. Pumping, sweeping, spinning, throwing stones at a mark and playing quoits are all better than tennis or rowing to secure finely modeled arms and busts.

The way to get the most benefit from work is to time one's self and see how much can be done in a quarter hour, a half hour and so on till the sweat flows, that great restorer of the complexion and refiner of the figure. It carries off the grossness of the body and though it is a proverb in outspoken districts that such a one is "too proud to sweat," and I have heard ladies of middle station in society aver that they never perspired, as if it were a sign of gentility. They never failed to pay the penalty in thick sallowness of face and adipose. The moderate, easy going woman grows fat. The active, quick footed one keeps down her flesh and shows as trim a waist and ankle at 45 as she had at 20. That fatal thickening at the back of the neck, by which men profess to know women past 40. is an unnecessary consequence. The woman who uses the shoulders freely and rapidly will show as flat and fine an outline of the back at 80 as my beautiful Italian "Reading Girl," and there is hardly a pleasanter sight after the roses and lily figure of 16 than one of these trim, nice, wholesome ladies of 60, with a waist as fine as that of her own granddaughter. A woman who is too fine to work is too fine to be fair, and she will be stout-the one fatal defect in a woman of any age.

To secure the round slenderness, which is far enough removed from vulgar plumpness, care must be given to the nutrition of the skin. The hot soap and water bath should be taken and the skin dried in a warm room by brisk rubbing with a towel. Friction with the hand should follow, and when the skin glows to redness it is to be anointed from head to foot with plenty of pure olive or almond oil. These are chosen as being human fat and quickly assimilated. When rubbed with oil the person should sit over a tot air register or in a sun lighted window until the oil is absorbed. The skin will take in this way ten times the nutriment the stomach is able to manage, and the result, in very emaciated bodies, is a marked softness, translucency, and gain in flesh. The rays of the sun, falling directly on the skin, have the most potent effect, increasing its activity for the exchange of worn out particles and deposit of new ones,-Shirley Dare's

low soft voice and refined thoughts of an educated and delicate woman. Isn't the moonlight brighter, the night air purer, the world better worth living in when we leave the presence of a good woman than when the swinging door of a saloon closes behind us

ALD : PLA LISBOUTA, MEBRASKA, TUESDAY, SEPTEMBER 11 1888.

and a burst of fetid atmosphere follows us into the street? No man over yet reformed unless under some such influence, and I don't believe any man ever felt such influences without a sense of his own unworthiness and a momentary resolution to cut his low acquaintances and habits. I am not saying that he did it.

There's nothing so weak in the world as a man's resolution to reform. But you can always tell when a man has been spending an evening with a charming, refined woman. You sometimes, you know, meet a man coming down the street about 11 o'clock. He is walking with a firm tread, his head up in the air. He may be humming something; he is proud of himself; he has a dignity about him that you can see in the dark. He nns been there and he can't help showing it. You are a very common, poor object to him. He despises you; for hasn't he been virtuous? Yes. It does him good, and years after the odor that came from her dainty pocket handkerchief may strike him in far different society and recall the resolution he made under the delightful influence, forgotten next day. -San Francisco Chronicle "Undertones,"

Hygiene for the Eaby.

The better bygiene you can observe for the first eighteen months of baby's life, the better chance the child has of living. A slight ailment, such as a cold, a little irritation of the bowels from solid food may be the match to gunpowder, and another life is chilled in the budding, another home is made sorrowful that else would have been happy. It is a fallacious idea that a young child needs anything but milk, if that agrees, until the teeth are present in numbers sufficient for masticating food. Even soft foods often work mischief. Starchy foods need ptyaline for their digestion; this is a chemical ingredient of the saliva, but infants have very little saliva and less ptyaline, therefore the custom of giving potatoes, crackers and so on, during the early months is pernicious. While it may not harm nine out of ten, the tenth one may die .- Amelia A. Whitefield in Good Housekeeping.

Creation of the Home.

The modern ideal home is just as much an intellectual and emotional work as an essay or a poem. A book is a collection of thoughts. Such also is a dwelling house, and the woman who has in some degree fashioned it is as much an intellectual creator as is the masculine toiler whom we call an essavist or poet or dramatist. While, therefore, the new home of our age is the result of the great and free woman, it is also the cause and has made woman the possessor of an intellectual power which she could not claim in the cabin and tent period. The house has helped to create the new woman .-Good Housekeeping.

Care of the Nails.

The finger nails of Americans are likely to be dry and to break easily. Vaseline rubbed on the nails after washing the hands will do a world of good to dry uails. Manicures first bathe the hand a long time in hot water. then with seissors and knives clean and cut the nails, remove the superfluous skin about the onyx, then polish the nails with buckskin and fine powder, washing the hand again in hot water with soap. After drying, the nails are polished with a fine brush and are finally rubbed with a rosy unguent to give

MILITARY TACTICS.

"HE CHANGED CONDITIONS OF MOD-ERN FIELD WARFARE.

Individual Independence, Strategy and Open Order Front in Battle Required by the New Weapons - The Line of Battle-But Little Maneuvering.

When weapons were not so formidable or deadly we depended on the united action and constant co-operation of large, compact masses of men moving as a unit, seeking to crush the enemy by their very weight, and giving to each other that moral support which results from companionship in danger. But new weapons will require less attention to the discipline of the masses and a more perfect discipline for each individual soldier, who must rely more upon himself and regard his weapon rather than his companions as his best and surest defense as well as the means by which he may contribute most to the defeat of the enemy. He must look less to the support of his friends and more to his own individual movements and to the judicious expenditure of his ammunition. He must be taught with more care to take cover, to advance by rushes, to practice the principles of strategy, while exhibiting the same

personal bravery as in times past. The experience of the United States army on the plains in the numerous Indian wars has been of the most practical and trying kind and peculiarly applicable to modern tactics. There are no more wily strategists than the Indians. Their tactics have always been characterized by great personal shit ness, wariness and strates. in them individuality is developed to the fullest extent. Their movements are quick and free from all stiffness, while they are celebrated for their ambuscades and ruses, their great endurance, accurate marksmanship and the habits of taking cover and securing every possible advantage for personal safety, with great bravery at the same time. All these principles and peculiarities of Indian warfare with open order fighting find practical application in modern tactics, and the army officers who have fought this foe for many years, learning all their tricks and checkmating them at their own game, are well equipped with ideas that may well be embodied in our new system. . A foreign officer who was sent to witness the grand review of our armies in Washington at the close of the civil war and report thereon, declared to his sovereign that he had never seen an army so remarkable for "moral discipline," In this he referred to the great intelligence of the rank and file-the individual discipline and independence. Many foreign officers were inclined to criticise the peculiarities of our soldiers-their freedom of action, which the foreigner thought too moblike. But the bravery they displayed,

the terrible loss of life inflicted and the dress parade precision in masses which they would exhibit whenever it was applicable only proved the tendency to select the methods best suited to the circumstances and the nature of the case, to the ground and the peculiar country in which they fought. They were simply practical, and precision of movement was not always possible nor desirable. But today clocklike movements of masses under fire are not permissible, and it follows that the qualities for which our soldiers were criticised in 1865, as well as those for which they were praised, will be the ones most to be cultivated in the future. In short, the individual intelligence and independence of our soldiers would increase their efficiency under the changed conditions of warfare, and diminish greatly the advantage possessed by foreign armies due alone to their perfection and permanency of organization rather than to the superior intelligence or strategic ability of their officers and men. The general principles which will govern the new tactics are pretty well understood. On former days the skirmish line was thrown out, under cover of which the troops were deployed and formed in two ranks for battle, the skirmisbers being then withdrawn or replaced by the compact line. All this will now be changed, and means will be provided by which troops in any formation may be quickly deployed in three lines for battle. The first line, composed of from one-third to one-half of each battalion, will be thrown forward, as was the old skirmish line, to open the battle, followed at a distance of several hundred yards by a supporting line of about one-third of each battalion, while the re-maining force will be held several hundred yards in rear of the supporting line, massed and under cover if possible, ready to be de-ployed when most needed to cover a retreat, to meet or to make a turning movement, or to join the main body in the final rush. The men in each of the three lines will be assigned to small groups, end, with its leader, whose movements and directions they are to follow. Individual freedom will therefore be permitted with the single qualification that the groups be kept intact as far as possible, rallying or deploying, advancing or retreating together, thus insuring control by the officers through the group leaders of non-commissioned officers. The first or firing line will seldom be withdrawn or received under fire, but will generally remain and fight to the finish, being re-enforced by the two lines in the rear. Ammunition must therefore be carried in as large quantities as possible and husbanded with care. The new small caliber, high powered rifles now being adopted by foreign powers will enable the men to carry many more rounds of ball cartridge than formerly, and, although the smaller and lighter bullets will not kill so often or produce such ugly wounds, their increased velocity and greater range and accuracy will make up somewhat, 贞 and the number of wounded will be increased. Wounded men embarrass the movements of an army more than the dead, and

A Word to Republica

The importance of the results of the present political campaign of overestimated by those who desire the success of the Republican party. Democrats, besides the "Solid South," are, in the North intrench breastworks of public patronage. It will take steady, carnest, and un work to dislodge them. Nothing will so surely bring about that steady, nest, and united work as the circulation of sound political literature, and O THIS CLASS NO OTHER IS AS EFFICIENT AS THE DAILY AND WE LY NEWSPAPER. Speeches and documents are read by the few, and when read are laid aside; the newspaper is the fireside friend, the trusted family companion. Its influence is continuous, constant. The Republicans can not aid their party better than by circulating

->>The Daily . Inter . Oceanter

It is a live Republic in Newspaper, and has been faithful among the faithless in Chicago. No man has ever questioned its soundness on the platform, because the principles of the pla form have been advocated by THE INTER OCEAN many years. PROTECTION TO AMERICAN INDUSTRIES AND AMERICAN MARKETS FOR AMERICAN PRODUCERS have been its battle cries from the beginning. It did not take it six weeks to ascertain whether it could stand on the platform or not.

Republicans have done much to aid in the inculcation of false political doctrines by patronizing papers that advocate them. Why should they do so when they can avoid it by subscribing for THE INTER OCEAN, which is acknowledged to be

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"Keep your heart kind. Be tender to crerything that God lets live. The child that will needlessly torture a fly will make a cruel man or woman. You may not have gold to give, but God has given you a purse to draw from, the alms of which, dispensed among the children of earth, turn sorrow into sunshine and tears into smiles. Thoughtful words and deeds of helpfulness are better than dollars in our pockets to make the world run smooth.

"Be loyal to principles, friends and God. The man who forgets a friend in time of need will make a no-account sort of angel if ever he manages to slip into heaven. He isn't worth his keep either here or yonder. And finally, little children," you would say, "re-member and let love hold its beautiful sway in your hearts and homes forever. Never be ashamed to show the demonstrations of love, for love is God and where it dwells is the temple of God, whether it be roofed in by thatch or canopied with royal splendor. No home can be utterly unhappy where love is; no heart can go far astray held by love's bands; no soul can perish upborne by the wings of pure and steadfast love." So say-ing, you would bid the wondering little ones good-by and walk with covered face into the Shadow of Death's soft and dusky wing. -"Amber" in Chicago Journal.

Boys Should be Toughened.

Prince Albert's father was of opinion that one of the most important things in education is to teach children to bear pain with composure. He never inflicted pain upon his sons, but if they suffered from toothache, or any other bodily inconvenience, he would not allow them to complain or cry out. They were expected to seek the proper remedy, but, in the meantime, bear it in silence; that is, without inflicting pain upon others.

Prince Albert followed this system in bringing up his own children, and his son, the Prince of Wales, acted upon it also. A guest at Sandringham was much surprised when ne of the Prince of Wales' children fell n an oaken floor with great violence, to e him get up, rub himself a little, and limp ay without assistance or sympathy from one, though both the child's parents were

guest was informed that this was the the house, the idea being to accustom

Iren to endure pain and inconvenwhich princes and princesses have Europe more arduous and exacting

call have to bear an immense amount We all have to do many things that not want to do, and to abstain from any things we very much want to is is the human lot, and there is no lity of avoiding it. No people suffer th as those who rebel against this law being, and no people suffer so little as o cheerfully accept it.

andening system can be carried too ely it is an essential part of traine the power to endure inevitable lution and dignity.

the other day of a family of no two of whom could take leink at breakfast. One ne must have green tea; wreiched without black who joy in life until she hto; another compromised with could only drink milk, thight their preferences their special beverage es-

ly nourish such rlings by bestow-

Girls for Doing Housework.

Letter.

The people of New England not many years ago were "wiser in their generation." They designated the female who was employed to do housework as the "help," though she discharged the same duties as the "hired girl" in a western village or the "domestic servant" in any of our large cities. "Help" sounds much better than "hired girl" or any kind of "servant." It implies an associate and suggests some sort of equality. The inference is that a helper Is somewhat inferior to the person she assists, but a reasonable explanation of this is afforded by the circumstance of youth and inexperience, condi-tions that are very flattering to a young woman. The word "help" or "helper" does not suggest positive inferiority, but intimates that the person to whom the term is applied is fairly capable, trustworthy and is in the way of advancement. A bad word or phrase often does a good deal of mischief. When this is the case it is best to allow it to become obsolete. Many a good woman has lost her "help" by referring to her as her servant. Most persons are servants one way or another, but no one likes to be called so. The question of how to obtain and keep reliable, efficient and capable girls for doing housework, like the poor, is always with us. The demand for such girls constantly in-

creases. The supply in city or country is never equal to the demand. In turn, American, English, Irish, German and Scandinavian girls have shown a disinclination to engage in domestic service partly on account of the unfortunate name. No intelli-gence office is needed for supplying "salesladies," dress makers, milliners, stenographers or typewriters. It is seldom neces sary to advertise for any of them. They do their own advertising and make personal application for positions.-Chicago Times.

Food for an Infant.

In regard to the quantity of food suitable for an infant, there are a great many very erreneous notions which should be corrected The stomach of a child under 4 months old will hold, in its natural condition, only about s small wineglassful. Of course by stretching-for it is very elastic-it can be made to hold several times that quantity, but, when so distended, it presses upon the other organs, pushes them out of place and causes pain. When this fact is known, the folly of allowing the child to feed from a bottle containing half a pint or more of food will at once appear evident. When the stomach is distended vomiting is often the measure of relief. In distention, when the superfluous food is not thrown off, the baby is factful and cries with pain. It is overloading the stomach which frequently excites colic. Mothers seldom recognize the fact, however, and, as a rule, interpreting the little one's cries as an evidence of hunger, go on giving it more food and making matters worse. Permanent distention of the stomach is not infrequently the consequence of overfeeding, the organ, which is elastic, losing its power of contracting to its original size. When such a condition exists, the sufferer wastes away even when the

Influence of a Good Woman. And still we respect and admire a gentle-man, and we take off our bats and worship a gentlewoman. Still we like to kiss the hand of a poor and isnocent girl and listen to the

them a shell pink .-- Good Housekeeping.

Treatment for Freekles.

No cosmetic, however well advertised, removes freckles. It may temporarily hide them, but it will be at the expense of the texture of the skin. A lotion of Jamaica rum and lemon juice is frequently effective, but strawberry juice applied at bedtime is decidedly the best, both for freckles and those annoying moth or liver patches. Strain the berries through a thin cloth and apply two or three times before going to bed. This is excellent for sunburn or redness of the skin, as well as for discoloration.-Lucy C. Lillie

Truthfulness of Children.

It is in youth that the spirit of truthfulness may best be cultivated. Few realize how strong are the impressions made upon the heart of childhood by the examples which are given to it. Let no one imagine that to teach a child not to tell a lie is sufficient to make him really truthful. He must be imbued with the love of positive truth; and that can be infused only by those who are themselves inspired by it.-Once a Week.

People whose lungs are not strong need not necessarily get out of breath in climbing a slope or a pair of stairs. Before beginning the ascent, take a deep breath, at a certain distance pause and take another. I am assured if this is done correctly, no one need arrive at the end of the climb panting and gasping.

If you are afraid that your yeast cakes are a little stale, put one of them in a cup of warm water with a good pinch of hops; let this stand for an hour or so before using; it will have an excellent effect on the yeast and will insure good bread.

A piece of heavy flannel doubled two or four thick and placed in the bottom of wire hanging baskets before the dirt is put in will keep the water from dripping if care is used in sprinkling the plan's. Wild moss is also excellent.

If you have occasion to use clothes wet in hot water about an invalid, do not try to wring them out of the water. The best way to prepare them is to steam them; they can be handled with comparative case.

To remove paint from windows, take strong bicarbonate of soda and dissolve it in hot water. Wash the glass, and in twenty minutes or half an hour rub thoroughly with a dry cloth.

Sprinkle salt immediately over any spot where something has boiled over on the stove, and the place may be more easily eleaned. This also counteracts the bad odor,

To remove mildew, rub the spots well with soft soap, then cover with a mixture of soap and powdered chalk and lay upon the grass,

To remove tar from the hands, rub with the outside of fresh orange or lemon peel and wipe dry immediately.

Green blinds that have faded may be made to look like new by oiling over with a brushing of linseed oil.

Indian meal and vinegar or lemon juice used on the hands will heal and soften them.

Have your shades begin below the stained glass, so that the color will show in the room.

Evidence of Prosperity. "They say Hinkle's started a resterrant

over at Bigsby." "Heard how he's makin' it go?" "Good, I guess. I seed 'im last Mone ap' he had a plug hat on."-Harper's Ba

in short campaigns cripple it more effectually. Men from the supporting line will be gradually thrown forward into the firing line to take advantage of any weakness of the enemy or to meet a heavy attack, the men always attaching themselves to the groups as they come up. Whole groups from the supports will frequently be thrown into the intervals in the firing line. There will be little maneuvering under the deadly fire of modern arms; the lines will be able to do little more than advance or retreat, rally by groups to fire volleys, or to carry some point of advantage by a rush. The reserves will be depended on to meet emergencies. Flank attacks and turning movements will be the rule, and strategy must be practiced more in the future than in the past, or at least it will have a still greater influence in determining the result of a battle. The supports will finally become merged in the firing line, giving by their impetus a forward movement to the whole line or enabling it to withstand the enemy. There will thus be a constant push from the rear under the direction of the officers. One side will eventually give way, and the time will come when the victors must make a united rush in a

In Chili the paper money is so depreciated that hotal charges are about \$600 a day and bootblacks get \$10 for a shine.

