

# Union Made Clothes for You

This season we have placed in stock a full and complete line of  
**"Miller-Made"**

clothes, the only high grade clothes in America bearing the union label.

This label means to you the most skilled workmanship, done where men work under the best of conditions; well lighted, airy, clean and perfectly sanitary shops, and these clothes are

## Reasonably-Priced

but are high in quality.

Come in and ask to see these fine garments.

## Model Shirts

for union men, a big assortment of new patterns just in.

# Mayer Bros.

Clothes

Shoes

## FOR JEWELRY

All New Goods  
and Prices Right

We do the best repairing and manufacturing, and do it in Lincoln. Bring that job to us. Our Factory located over 913 O Street.

**CHAS. G. GRENZEBACH**

118 South 12th Street

## HEALTH AND FOOD.

### A Doctor's Idea of a Perfectly Balanced All Year Round Diet.

That every one is more or less susceptible to tubercular trouble is a matter on which all old fashioned medical authorities are agreed. They tell us that we may pass through a phase and out again without knowing it. According to Dr. T. Y. Hull in the Dietetic Gazette, there is only one thing very certain, and that is that if we keep in good health or adapt ourselves to a perfectly balanced diet the danger is slight.

He advocates a reduction of vegetable food, relying more upon butter, meat and nuts. Here, of course, one has to face the increased danger of tubercular meat, itself probably a large contributory cause of consumption.

This is Dr. Hull's idea of a perfectly balanced diet, calculated to keep the average individual in perfect health all the year round: The basis for the diet is found in meat, eggs, milk, butter, bread, potatoes and fruit. It consists daily of two quarts of milk, five eggs, four ounces of beef, one and one-half ounces of butter, two ounces of nuts (pecan), four ounces of bread, three and one-half ounces of rice, three ounces each of potatoes, peas and oatmeal, one ounce sugar, one ounce raisins, one apple and one orange.

## FOLLIES OF SCIENCE.

### Seven Problems That Have So Far Baffled Man's Mighty Brain.

The history of science has seven problems that men in all ages more or less have tried to solve, but which have finally been given up by all. Today they are called follies.

The usual list comprises the following: First, squaring the circle; second, duplication of the cube; third, trisection of an angle; fourth, perpetual motion; fifth, transmutation of metals; sixth, fixation of mercury; seventh, elixir of life. Some lists put the philosopher's stone for the last three and then add astrology and magic to make the seven.

To the unlearned it would seem possible to draw a square which shall be exactly equal in area to a given circle, which is the first problem in the list, but we are told by the highest authorities that it is impossible.

Since the discovery of radium it is claimed that the change of one metal into another has been accomplished, but it is yet too early to dogmatize about the matter.—Chicago Journal.

### Learn to Think on Your Feet.

It does not matter whether one wants to be a public speaker or not, a person should have such complete control of himself, should be so self reliant and self poised, that he can get up in any audience, no matter how large or formidable, and express his thoughts clearly and distinctly. In all ages oratory has been regarded as the highest expression of human achievement. Young people, no matter what they intend to be, whether blacksmith or farmer, merchant or physician, should make it a study. Nothing else will call out what is in a man more quickly and more effectively than the constant effort to do his best in speaking before an audience. When one undertakes to think on one's feet and speak extemporaneously before the public the power and the skill of the entire man are put to the severest test.—Success Magazine.

### At Sea on Land.

A clergyman who had neglected all knowledge of nautical affairs was asked to deliver an address before an

audience of sailors. He was discoursing on the stormy passages of life. Thinking he could make his remarks more pertinent to his hearers by metaphorically using sea expressions, he said:

"Now, friends, you know that when you are at sea in a storm the thing you do is anchor."

A half concealed snicker spread over the room, and the clergyman knew that he had made a mistake.

After the services one of his listeners came to him and said, "Mr. —, have you ever been at sea?"

The minister replied:

"No, unless it was while I was delivering that address."

### Rivulets and the Rivers.

All are to be men of genius in their degree—rivulets or rivers, it does not matter, so that the souls be clear and pure, not dead walls, encompassing dead heaps of things known and numbered, but running waters in the sweet wilderness of things unnumbered and unknown, conscious only of the living banks, on which they partly refresh and partly reflect the flowers, and so pass on.—Ruskin's "The Stones of Venice."

### Abrupt.

Judge Stevens had a slight hesitation in his speech, but that affliction did not prevent his using long words. One morning his dog Snip got into a fight with another dog. Tapping him with his cane, Judge Stevens exclaimed, "D-d-dis-con-t-t-tin-ue."—Success Magazine.

### Amended.

"James is a physical wreck."  
"Why, he used to have a strong constitution."

"Yes, but the doctors have amended it several times."—Cleveland Plain Dealer.

Nothing raises the price of a blessing like its removal, whereas it was its continuance which should have cost us its value.—Hannah More.

### Proof Positive.

Mrs. De Pretty—Horrors! That woman who just passed is a young man in disguise. Husband—Well, well! How do you know? Mrs. De Pretty—She looked at my face instead of my dress.—Washington Times.

### The Horse's Comment.

The mule, being in a temper, kicked a few boards out of the side of the barn.

"One of those fresh air cranks," commented the horse to itself.—Buffalo Express.

### A Dear Place.

Batchman—Who was it said "Home is the dearest place on earth?" Pham-lee—Some married man who had just received his coal and grocery bills, no doubt.—Boston Transcript.

### Difference of Opinion.

It were not best that we should all think alike; it is difference of opinion that makes horse races possible.—Mark Twain.

### An Essay on Woman.

A woman is sometimes fugitive, irrational, indeterminable, illogical and contradictory. A good deal of forbearance ought to be shown her and a good deal of prudence exercised with regard to her, for she may bring about innumerable evils without knowing it. Capable of all kinds of devotion and of all kinds of treason, "monster incomprehensible," raised to the second power, she is at once the delight and the terror of man.—Amiel.