

FOR HEALTHY AND LONG LIFE

Simple Rules, the Observance of Which Will Double Capacity for Work and Pleasure

Daily Exercise.

Clerks, bookkeepers and thousands of other indoor workers suffer from the lack of pure air and muscular exercise. If an attempt is made to begin systematic exercise, or an hour or so is spent in digging or chopping wood, undue soreness and fatigue are produced. This disagreeable result often stops the experiment. Instead of discouraging the trial, the very soreness should point out the great need of the body.

If the work were persisted in and gradually increased the stiffness would soon disappear, and leave in its place a general feeling of increased vigor. The nerves are strengthened and the bodily activities quickened. The effect is not alone on the muscles used, but upon each organ. The blood is purified and the digestion strengthened.

The effects of a prolonged sedentary life are overcome only by working off the accumulated poisons and creating an appetite for new pure food. This is built up in the body, and thus the whole man is renewed.

Exercise must be carefully increased and adapted to the individual muscular strength. The weakest muscles must be brought up to the standard of the others.

For feeble persons who are not able to do the desired work, massage, Swedish movements and mechanical exercises should be employed.

For more robust persons, walking, horseback riding, rowing, bicycle riding and especially swimming are to be recommended.

How to Have a Clear Head.

The man who desires to have a clear head, a brain keenly alive to the subtle influences of the universe about him, alert to respond to every call made upon it by the bodily organs under its supervision—ready to receive impressions from the infinite Source of universal thought, and capable of thinking the high thoughts of God after Him, must live simply, abstemiously, naturally, and must avoid every harmful and inferior food. He will select the choicest foodstuffs. These consist of fruits, nuts, dextrinized grains—that is, well toasted grain preparations, toasted bread, toasted wheat flakes, etc. He will eat sparingly, never to repletion. He will exercise out of doors at least two or three hours daily, living as much of the time as possible in the open air. He will sleep eight hours at night. He will take a vigorous cold bath every morning on rising, and will take at least two or three times a week, a warm, cleansing bath, just before going to bed at night. He will conserve for useful work every energy of mind and body. He will endeavor to live righteously in the largest sense of the word.

Night Air and Consumption.

The old fallacy that night air is a dangerous miasm is not yet dead. Much has been said about fresh air, outdoor life and sunshine for tuberculosis. Many victims have experienced the healing power in these natural agencies. But too often the consumptive, after a day in the sunshine or in the cold, crisp winter air, retires for a night's sleep in a dark, stuffy, airtight room. Don't be afraid of night air.

Open the bedroom to all the sun possible during the day. The room will then be dry, though cold. Dampness is dangerous and more apt to occur in a closed than in a wide-open room. Keep at least one window in the bedroom open day and night, summer and winter. The door should shut the chamber off from the rest of the house. In the morning the patient should be taken quickly into a warm room for the cold sponge bath.

The Only Safeguard Against Tuberculosis.

Tuberculosis is a low-level disease. People are not subject to it until their bodies have become weakened and their whole constitution undermined. It used to be thought that one could not have tuberculosis if only he exercised his lungs. A man who had this disease went to a professor in Vienna for advice. The professor said, "You had better get a horn and learn to play it, to exercise your lungs." "Alas, professor," answered the man, "I am a bad master now." To live a natural life is the only safeguard against tuberculosis. One climate may do as well as another if only you live out of doors, get plenty of cold, fresh air, bathe the body with cold water daily, eat simple, nutritious food and take as much exercise as possible without exhausting the body.

Inherited Consumption.

Some people think that because their parents died with consumption, they are doomed by the same plague. This is not so. Cases of inherited

NOT ENJOYED BY SENATORS.

Only Galleries Amused by Repetee as Railroad Passes.

There were moments of fun at the Swayne trial. Mr. Olmsted was questioning a witness as to what furniture other effects Judge Swayne brought with him to Florida. One of his questions was: "Did he bring any effects other than what he had in his (pause) carpetbag?" Then he proved by a conductor that Judge Swayne was accustomed to ride on a pass over a certain railroad. "I do not mean to raise the question of Judge Swayne's right to ride on a pass," explained Mr. Olmsted as the witness was disappearing through the glass doors to the rear lobby, "but I consider it an important bit of testimony when the government asked to pay the transportation." "I should hardly expect the gentleman to question that right around here," observed ex-Senator Thurston quietly, but the laughter that ensued was confined to the galleries.

A self-made man is seldom capable of loving more than once.

consumption are very rare. The real reason why so many in a family suffer from tuberculosis is to be found elsewhere than in heredity.

The afflicted member does not know the necessity for personal cleanliness, for religiously collecting and burning all matter spit up. The use of the ordinary pocket handkerchief and the washing of it in the family laundry is a constant source of danger. Rice paper handkerchiefs or old linen should be used and then burned.

The person himself is almost harmless. It is only the lack of care in scattering the germs that makes him a dangerous companion. These bad practices are usually due to ignorance.

It is not necessary to isolate the patient for the protection of the family. Each person not affected should breathe fresh air, exercise out of doors, eat simple food, bathe daily and sleep eight hours each night. This will increase the body's vital power and resist the deadly germs which may be breathed in. The rest of the family being thus fortified, the patient should co-operate in the protection.

Let him study to prevent the germs from being scattered broadcast through the house. Then let all co-operate in the fresh air cure of the patient, and he may live in peace and pleasure, gradually fighting his way back to health, and in no way dangerous to his friends.

When every consumptive intelligently co-operates with the family and physician, the day of "inherited consumption" will be passed.

Stomach.

The majority of people never stop to think that the stomach is anything more than a receptacle for things that have been chewed. They get hold of something that tastes good and swallow it into the stomach to get it out of the way, so there will be room for something more. That might be all right if the stomach were a garbage box that could be carried off and emptied; but nature intends the stomach for another purpose. We are constructed of what we eat. We should stop to think of that. We should be careful what we swallow, for it becomes brain, heart, limbs, blood; and if we are to have good blood, clear brains, sound minds, sturdy legs and strong arms, we must eat food that is capable of making that sort of tissue.

Foot Prints of Alcohol.

Employers find that those addicted to the use of alcoholic beverages are not to be depended on. Even if they are always at their work the character of it suffers just in proportion to their indulgence. Now this condition is only a sign of disease in certain controlling centers in the nervous system. In this simple condition, as well as in a multitude of other diseases of the nervous system, we may trace the foot-prints of alcohol. Here we have an explanation of the overcrowded insane asylums of to-day, to say nothing of the army of sufferers at large. Statistics from France and other European countries show that the increase of insanity is parallel with the increase in the consumption of alcohol per capita.

RECIPES.

Cheese Straws.—Roll scraps of puff paste thin, and sprinkle with nut cheese, grated; fold, roll out, and sprinkle again, and repeat the process. Then place on ice to harden. When cold, roll in rectangular shape one-eighth of an inch thick; place it on a baking pan, and with a pastry cutter dipped in hot water, cut into strips four or five inches long, and less than a quarter of an inch wide. Bake in a moderate oven.

Easter Lily Cake.—Bake sunshine cake in layers thin not more than one inch thick when done; also bake angel food in the same way. With a fancy pastry cutter of lily design cut the white cake into small cakes. Cut the sunshine cake in the same way, and put one of the yellow flowers on top of the white, with a white filling between. Cover the top of the sunshine layer with white icing, or if the white flower comes on top, cover the white with a yellow tinted icing. The cakes might be served separately with the air formed from icing put on the top using white for the petals and yellow for the centers.

Tomato Sauce.—Put half a can of tomatoes over the fire in a stewpan, with a quarter of a minced onion, a little parsley, a bay leaf and half a teaspoonful of salt. Boil about twenty minutes. Remove from the fire and strain through a sieve. Melt in another pan a tablespoonful of coconut or dairy butter and as it melts, sprinkle in a tablespoonful of flour; stir until it browns a little. Mix with the tomato pulp and it is ready for use.

Western Association Facts. The club guarantee money was raised to \$100 and the money on each series of games will be divided as follows: Forty-five per cent to the visiting team and 55 per cent to the home team.

STEPS TO PREVENT PANICS.

Elaborate Precautions Taken by Leading Financiers.

The absence from Wall street of half a dozen prominent financiers, with the announcement that several others intend to depart soon on extended trips, has excited interest in the discussion respecting the power of very rich operators in the market and arrangements by them to protect their interests while away. Fifteen years ago the market became nervous whenever a powerful operator went away or took sick and often broke violently on rumors of his death. That has all changed now owing to the elaborate arrangements made by most rich men to protect their holdings when they die and prevent hasty selling by trustees or executors. Most Wall street men nowadays make it conditional upon joining forces with any group of operators that each member should make specific provision in his will for the protection of the interests of his associates in event of death. These agreements are binding and are always lived up to.



National League News.

Stanley Robison was once the shortstop of the Northwestern University team.

No one seems to be anxious to land Dick Cooley, who will be released by Boston.

Charles A. Nichols will take his Cardinals to Warm Springs instead of Houston, Texas.

During the past week Pitcher Claude Elliott of the New Yorks sent in his signed contract.

Pennsylvania university has made Roger Bresnahan an offer to coach the Varsity baseball team in batting.

The Boston Nationals will have April 19, Lexington day, all to themselves this year, the first time since the American league broke into Boston.

Ned Hanlon, manager of the Brooklyn, has asked the other National league clubs to waive claim to 30 of the 54 players who were on the Brooklyn club's roll a month ago.

John T. McGraw of the New York Giants has picked up at Hot Springs what he considers a remarkable find in Shumza Sugimoro, a young Japanese ball player, who was with the Cuban Giants last season.

Several Toledo business men have taken steps to organize a company to take over the Toledo Base Ball club and its franchise, which is now controlled by President Lennon, of the St. Paul team. The team and franchise can be purchased for \$15,000.

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been signed to twirl for the Peoria team.

George Hessler, who caught for Rock Island last year, will not join the professional ranks this season, but will play with American amateur clubs.

Rock Island has secured by purchase the release of pitcher Harry Hedges, of Milwaukee. Last year he was with Milwaukee and Springfield of the Three league, closing the season with the latter city.

Bloomington has signed a young Davenport catcher named Frank Ott. Manager Connors will also work out a young player from La Salle named Fitzpatrick, who is said to be a fine infielder. He will be given a trial at short in place of Kruger, who may not return, owing to a salary difference.

American Association Affairs. Loucks, one of the pitching recruits that Toledo has secured is said to be a "spitball" artist.

Elmer Meredith, who played with Milwaukee last year, has been turned loose by the Brewers and will play with the Meridian team of the Cotton States league next season.

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Central League Chatter.

Wheeling will get back Outfielder Lew Smith and Pitcher McConnell from the Pirates.

Jimmy Ryan, the Evansville manager, has traded Pitcher Minor for

DAIRY NOTES

Straining Milk. Prof. F. W. Woll, in his book on "Dairying," says:

Milk should be strained through a fine strainer. By straining the milk in a room with fresh and pure air, a strong infection of bacteria is not only avoided, but the advantage is also gained that the milk is aird in the best manner. The animal odor of milk as drawn from the udder, which is so unpleasant to many, will not disappear to any appreciable extent if the straining takes place in the stable where the air is foul; the odor may, on the contrary, often increase by the milk being kept there for any length of time. In the fresh air of the milk room the animal odor would, however, largely disappear.

The straining of the milk may cause germs of infection to be spread in the milk instead of removing them from the same, that is if the strainer cloth is not changed often enough, or if the wire strainer is not frequently cleaned. In such cases it will easily happen that the finest dust-like impurities remaining on the strainer are pressed downward by the milk running through and that the bacteria found on the larger impurities are washed off. Actual trials have convinced me that this may happen and largely contribute to the infection of the milk. I spread some coarse soil strongly impregnated with bacteria on a fine strainer cloth and poured newly-separated milk containing only a small number of bacteria over the same. The bacteria in the milk were previously studied and found to be different from the characteristic forms in the layer of soil. After the straining the milk showed an entirely different appearance under the microscope than before. It now teemed with the same kinds of bacteria as those found in the soil. In a sample taken after the straining had continued for some time their number had, however, greatly decreased, and soon the strained milk contained the same kinds of bacteria as the unstrained milk, which plainly showed that the soil particles had lost their high bacteria content. By a bacteriological analysis of the layer of soil this proved to be the case, as this now contained only a very small number of bacteria. The strained milk was therefore far richer in bacteria than before the straining and the keeping qualities of the milk were decreased by the straining process. We thus see that by carelessness in straining germs of infection may be scattered in the milk. The large impurities are removed from the milk in the straining, but the most dangerous components of these, the fermentation-starters themselves, are washed into the strained milk.

It is therefore very important to change the strainer cloth often during the straining; or, if a metal strainer is used, the operation should be changed occasionally by allowing steam or hot water to pass through the strainer in the opposite direction. The more unclean the milk the more frequently the changing and cleaning process should take place.

In my straining experiments it was also shown that the more violently the milk dropped on the strainer, the more the strained milk was mixed with fine soil-particles and cow hairs. The kind of strainer used also played an important part in regard to the quality of the milk strained. Milk of the highest purity was not obtained by straining the milk through a good linen strainer cloth, or by applying a fine wire-gauze strainer, but by placing the linen cloth on the wire-gauze strainer and allowing the milk to pass through them both. By changing the former as often as need be, the washing down of bacteria from the flith remaining on the strainer will be limited as much as possible.

Ripening Cream. What per cent of cream is the best to get a good quality of butter? That depends a great deal on the condition you have for getting the cream at the factory, said C. F. Hostetter at a convention. I find that a 30 or 35 per cent cream is none too heavy, especially in the summer; the process of ripening is slower, consequently there is less danger of developing too much acid in the cream and it will ripen better, churn more readily and produce a better flavored butter.

A cream containing but 20 or 25 per cent fat often brings very unsatisfactory results; it is liable to become overripe, thus injuring the flavor of the butter. There is less danger of affecting the quality of the butter from than there is in the ripening process, there is less danger of developing too much acid in the cream. This is perhaps the most important factor in buttermaking, and the one most difficult to explain, as no method of procedure can be recommended that will be found applicable to all conditions. In ripening cream properly, much depends upon the experience and judgment of the buttermaker. Methods that may bring the best results obtainable at one time may be altogether unsatisfactory at another; therefore an understanding of all conditions present is necessary, before any particular system of ripening can be recommended. Here is where the best qualifications of a buttermaker are brought into requisition. A failure at this point in buttermaking can never be entirely remedied; the influence of impure milk, improper cooling, etc., may be at least partially corrected; but an error in ripening the cream is sure to manifest itself in the impaired quality of the butter produced. The chief factor in good butter is the flavor. Other defects may be, to a certain extent, condoned or passed by, but a bad flavor never. It is by the proper ripening of cream more than anything else that good flavor is obtained; to be sure other factors exert an influence, but the flavor of butter, whether good or bad, is largely controlled by the acidity of the cream at the time of churning. Acid, like charcoal, covers a multitude of sins. Therefore many of the defects resulting

from impure milk, quality and kind of feed, stage of lactation, etc., can be covered up, or, in other words, neutralized, by the system practiced in ripening and the degree of acid developed.

Milk Producers Meet.

The dairymen and milk shippers contiguous to Chicago held a convention Feb. 10th for the purpose of establishing a permanent organization to be known as "The Milk Producers' Institute," with the object of a closely mutual exchange of thought, to educate and instruct those interested in the economic and sanitary production of milk and for the discussion of all topics, methods and matters relating to the business, with a view to elevate it as an industry to a higher moral, physical and financial standard. The Hon. D. D. Hunt, of De Kalb, chairman of the convention, appointed an organization committee of twenty-five, one member from each line of railroad and branch over which milk is shipped into Chicago and the remainder at large. The majority of addresses were by Chicago men from the Pure Food Commission and the Dairy Inspectors' offices. The subject however, that seemed most to interest those in attendance was the question of feeding wet milk to dairy cows and many sharp, pertinent sallies, seasoned by not a little wit, was in constant play during the discussions that followed the speeches. The milk shippers on the Northwestern line claimed discrimination in favor of the "Q" shippers, as they are allowed to feed wet milk and the Northwestern shippers are not. The claim was made by the department that their force was so small they couldn't cover all the territory. Many wanted to know why the city, if it attempted to enforce the ordinance against wet milk, could not make adequate appropriations to put on sufficient men to do it right—to see that all the territory was covered and the law enforced with one as another or not at all. Attention was called to the fact that there are ample funds available to do this, in fact that less than one-third of such funds were applied to such inspection. The question of dirty cans, the loss of cans and unfair methods of dealers in general was more or less thoroughly discussed. It is with a view of adjusting these grievances that the organization is projected and the co-operation of every shipper will add just so much to the effectiveness of the work done and benefits secured directly and indirectly.

The Hand Separator Problem.

Some one has had the temerity to call the use of the hand separator a fad. This is not a reasonable term to apply to it, as it is a matter of utility and nothing that has usefulness can be called a fad. Whether the work of the hand separator be well done or poorly done, whether the hand separator be well taken care of or poorly taken care of, the fact remains that a great deal of butter is being made from hand separator cream and that much cream in addition is being sent to the creameries. The effectiveness of the hand separator depends on the man that handles it. The value of a creamery that takes hand separator cream is dependent on the experience of the men that are operating it. We believe it is as easy for such a group of men to get a first class article of cream as it is for the men that are operating milk bottling plants to get first class milk. In the latter case an inspector from the bottling plant makes frequent visits to the farms where the milk is produced and all things that affect the milk are looked into. We have known such an inspector to go into a clover field where the cows were pasturing and order the cows driven out of it after having been pastured there for an hour or so. The farmer had a contract with the milk bottling plant and so had to obey the orders of the inspector. In most of our creameries there is no arrangement for a thorough inspection of the sources of supply of cream. The manager has not the time nor is the duty laid on him to act as inspector. In only a few of the creameries are the contracts with the patrons of such a nature that the creamery managers would have the authority to dictate as to how the milk should be kept or the cream handled.

Inspection is absolutely necessary if we are to give the hand separator problem favorably to the hand separator. Every patron that is willing to be taught and to adopt the best methods in the care of his cream should welcome such inspection, as it will protect the conscientious man against the carelessness of the man that has no conscience about the way he does business. A man that has the title of inspector can do things that a creamery manager or butter maker cannot do. He is expected to find fault, while the butter maker is supposed not to have that right.

The Tax on Oleo.

It is said that the manufacturers of oleomargarine are determined to fight for a reduction of the tax on oleo from ten cents a pound to three or at most four cents a pound. They propose to wage the fight on the score that Congress has a right to pass revenue laws only for the raising of revenue and that a tax so high that it is prohibitive prevents this. They assert that the smaller tax would raise more revenue. It is not likely, however, that Congress will take this view of the case.

Washing Cream.

The practice of washing cream is not a common one, yet it is one that is not new. Cream that has been subjected to bad odors is sometimes highly diluted with water, which washes it out, and the regathering of the cream on the surface of the water leaves it much purer than before the treatment. At a few creameries we hear of cream being washed out with skim milk, but as a usual thing the creamery that is depending on gathered cream does not have enough skim milk for this purpose.

There is no rigid rule that can be laid down as to the ripening of cream on account of the great variations in temperature and the richness of the cream. Good judgment on the part of the buttermaker is a part of the necessary equipment.

Adulteration of Coffee. A German review contains an article by Bertarelli on a new adulteration of coffee. The roasted beans are plunged in a five per cent solution of borax and then left to dry. The borax makes them shine and absorbs water, thus adding to the weight of the coffee. The way to discover this ingenious fraud is to dry the coffee and if it loses over 4 per cent in weight there has been a fraudulent absorption of water.—London Globe.

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