

THE NEWS IN NEBRASKA

A NEBRASKA MAN DIES AT AGE OF 102

FULLERTON—Orren W. Sherman, the oldest citizen of Nance county and presumably the oldest man in the state, died of cancer at his home in this city, and was buried in the Fullerton cemetery. Rev. Mr. Vallow, pastor of the M. E. church officiating. Mr. Sherman was born in Windom county, Connecticut, October 10, 1802, and was 102 years and eight months and seven days of age when death's summons came to him. His boyhood was spent on a small farm in his native state where he underwent the hardships incident to farm life of that day.

THE NEBRASKA STATE FAIR

Secretary Bassett Issues Circular of Importance. Office of State Board of Agriculture, Lincoln, Neb.—The following circular has been issued by Secretary Bassett:

"Some misunderstanding has arisen in regard to the provision in the Nebraska state fair premium list relating to what are termed 'senior calves.' The provision reads six months and under one year (not permitted to have nurse mother.) The board of managers rules that during the state fair such calves are not permitted to nurse but one cow; such cow may be the mother of such calf or not; in either event during the week of the state fair such calf to nurse, but one cow.

"This provision in regard to 'not to have nurse mother' was inserted at the suggestions of the secretary of the Illinois state board of agriculture and applies to senior calves only, that is, six months and under one year."

"The classifications in regard to senior and junior calves in the beef breeds was made at the request of breeders of beef cattle and was not intended to apply to the dairy breeds. 'In both 'exhibitors herd' and 'breeders herd' in class B-Cattle, the premium list provides for animals 'under one year' and makes no mention of 'nurse mother;' therefore in exhibitors herd and breeders young herd an exhibitor can show animals under one year regardless of whether they have nurse mother or not.

In dairy breeds, class B-Lots 8 and 9, premium numbers 175, 179, 191 and 195 should read 'under one year' instead of 'under six months.'

"The secretary's office has been moved from Brownville to Lincoln, and S. C. Bassett appointed to fill vacancy.

"For premium lists or other information in regard to state fair matters address S. C. BASSETT, Secretary."

HAIL AND RAIN DAMAGE THE CROPS

NORFOLK—Reports of the hail and rainstorm which visited northern Nebraska indicate that the area of the disturbance was general in the section extending west to Long Pine and north to the Nebraska-South Dakota boundary. Hail fell with terrific force in many localities, literary pounding the crops that it struck into the earth, scripping fruit trees, cutting the limbs from ordinary trees and shattering windows.

Fatalities in Fire at Elkhorn.

ELKHORN—Fred Paash, a German farmer residing near here, is dead and his wife seriously burned as the result of an explosion of coal oil.

Mr. Paash started to light a fire in the stove. After igniting the fuel he poured oil out of a five-gallon can on the fire. Flames were immediately communicated to the can, which exploded, covering the unfortunate man with burning oil. His wife came to his assistance, but could do nothing to save him and he fell to the floor in an unconscious condition, burned from head to foot. His wife, suffering from burns and the flesh falling from her body, which was then practically nude, walked to the home of a neighbor, where she was given such treatment as could be administered. She is in a critical condition.

Promotions on Elkhorn.

NORFOLK—By a change in the Northwestern railroad headquarters, E. O. Mount, chief train dispatcher for Nebraska and Wyoming, is promoted to trainmaster of the lines out of Norfolk, the territory of Trainmaster Roach of Fremont is diminished, and E. Sly is promoted to fill the vacancy made by Mr. Mount.

Discouraging Fruit Prospects.

NEBRASKA CITY—Fruit growers are authority for the statement that a less amount of fruit will be raised in this county than for many years past. The cherry and peach crops are a total failure. There will be a few early apples, but the late apples have all fallen off the trees.

Great Northern Right of Way.

FREMONT—The right-of-way of the Great Northern south of the railroad in this city will take about seventy-five lots on which there are houses, and some activity in real estate in that vicinity is therefore looked for.

Sheepman Killed by Lightning.

KIMBALL—Thomas Dinsdale, a prominent sheep owner living in the southern part of this county, was instantly killed by lightning on his ranch.

OVER THE STATE.

The Commercial club and business men of Beatrice are contemplating an excursion to Omaha in the near future.

The store of R. F. Dovel at Howe, was broken into and a quantity of flour, candy, canned goods and cigars stolen.

Ben Harper, a bachelor and wealthy farmer, living three miles northeast of Humphrey, committed suicide by hanging.

Money is declared to be easy by the bankers of Nebraska, and deposits, loans and reserves have increased materially during the last four months.

At the city council meeting of Nebraska City an ordinance was passed prohibiting spitting on the sidewalks and provides a penalty for its violation.

As far as known, McCool is the only place in York county that will celebrate July 4. It has not sent out programs, but will soon advertise the celebration.

Henry Nue, one of the leading farmers of Berlin precinct, Otoe county, was arrested on complaint filed by Mrs. Lillie Comstock charging him with assaulting and beating her.

Captain and Mrs. W. S. Mapes, formerly of Fort Niobrara, Neb., left Norfolk last week for the Philippine islands, where the captain goes to take charge of a company of scouts.

During a neighborhood quarrel at Beatrice a woman named Nelson threw a can of concentrated lye into the face of Mrs. Martin Ossowski. The woman was badly burned on the face and arms.

C. D. Schell and wife and child are in Beatrice from the Philippine islands for a visit with Mr. Schell's parents. The former is employed by the government as a teacher at Sanisador, P. I.

News has been received at Plattsmouth of the death of Mrs. Illisana Mickelwait, which occurred recently at Jonesborough, Ark. Mrs. Mickelwait was one of the very earliest residents of Plattsmouth.

Farmers in the vicinity of Beatrice say that the last rain has practically insured the wheat crop and, while the yield will not be heavy, it will be of fine quality. Oats is looking well and corn is fully up to the standard.

At Leigh at an adjourned meeting of the village board a special election was called for the purpose of voting \$8,000 bonds for the purpose of erecting a system of water works. The election will be held on Tuesday, July 11th.

Sheriff Trude of Gage county left for Denver, armed with requisition papers, and will bring back Oscar Shores, who is wanted on a charge of alleged criminal assault, preferred by May Hurlless of Adams. Shores is under arrest in Denver.

Mr. and Mrs. Elmer Pense were visiting the home of her parents in Harvard when their child, 2 years of age, found a box of Paris green, taking quite freely of the contents before discovered. Prompt work by a physician saved the child's life.

Claude Sutton, 21 years old, was instantly killed at Silver Creek. Sutton was crossing the Union Pacific tracks and was struck by No. 10, the east-bound fast mail. Both he and the team were killed outright. Sutton was thrown high in the air and fell about sixty feet from where he was struck.

Crop conditions for Banner county were never better than at the present time, although about two weeks late. The stand of corn is good, and all kinds of small grain are looking fine. The Hessian fly has made its appearance in several places, but no fears are entertained that they will greatly damage crops.

A live pig in the haystack for four months without food or drink is the unique experience of a beast that belongs to E. M. Martin at Fairfax, S. D., just over the Nebraska line. The pig disappeared during a snowstorm in January and had not been found since. He was discovered in a little cradle that he had made for himself right in the center of the stack.

Gerard Lammers, a boy 11 years old of West Point, was the victim of a self-inflicted accident, which resulted in his death a few hours later. The lad found an old toy pistol in the afternoon, and by some means he secured a 22-calibre cartridge which he inserted in the barrel of the pistol and proceeded to discharge it by beating it against a stone with the barrel pointing into his face.

Manager Ferrar of the American Beet Sugar company, Grand Island reports the condition of the beet crop as having materially improved in the last few weeks. In some places, in lower lands, much work will have to be done to catch up with the weeding and thinning process and the crop is still a trifle late, but with the more encouraging weather the prospects for a sufficient crop are now regarded as excellent.

Bustles have been put to a new use in Pierce county. A farmer from Osmond last week walked into a Pierce millinery store where he seen bustles on display. He bought twenty of them and took them home to muzzle his calves.

The board of managers of the Seward county fair held a meeting and decided to hold a stock judging contest for young men under 20 years old, under the supervision of an expert judge from the state farm. The object of this is to stimulate this branch of farm work. Liberal prizes will be given the winners.

ADDS TO SPLENDOR

MENT OF BUSINESS RECOGNIZE ADVANTAGES OF ACETYLENE.

Famous Summer Hotel, the Grand Union of Saratoga, Has Installed This Best of All Artificial Lights—Means Increased Comfort and Health.

Saratoga, June 27.—The very name, "Saratoga," brings to every mind health-giving springs, unsurpassed hotels and beautiful drives. It has been for many years the Mecca for all who admire nature, enjoy good living, and are searching for health, or are simply taking a vacation.

The Grand Union, the largest summer hotel in the United States, set among green trees with its long wings enclosing a court with fountains and flowers, grass and trees, music and light, is throughout the season thronged with guests. With the progressive spirit always shown by its management, the Grand Union has again added to its attractiveness by introducing acetylene gas to make still more brilliant the evening hours. The genial proprietors believe in furnishing their guests with the best of everything, and now, after investigating and finding that Artificial Sunlight can be had, they have installed a complete acetylene gas plant to produce it, and have connected upwards of six thousand acetylene burners in and about the house and grounds to this little gas plant.

Like many discoveries of recent years, which are coming into popular favor, acetylene, one of the most recent, is very simply produced. It is adapted for use wherever artificial light is needed and the necessary apparatus can be understood and operated by anyone.

The generator in which Acetylene is produced by the automatic contact of carbide and water might be termed a gas plant, as it performs all of the functions of a city gas plant. The acetylene generator can be purchased for a few dollars and in any size, from one adapted to furnish acetylene to ten or a dozen burners for a cottage, up to the large but still simple machine such as is now furnishing Acetylene for six thousand burners in the Grand Union.

Outside of large cities the use of Acetylene is quite common. The owner of the country home now demands running water, gas and other conveniences which a few years ago were considered as luxuries, and acetylene gas has met his requirements, and gives him a better and cheaper light than is ordinarily furnished in cities.

It is well known that rooms lighted with Acetylene are more comfortable, because cooler, and more healthful because the air is not vitiated.

Why Butter is Eaten.

There are generally scientific reasons for dietetic habits. Butter is eaten with bread, the Dietetic and Hygienic Gazette explains, because while bread is rich in starch and contains a fair proportion of proteid, it has not the fat which the body craves. Milk is taken with rice pudding to make up the deficiency of proteid which rice lacks.

Giving Away a Secret.

A Birmingham church warden, says the London News, was reading at a vestry meeting a list of subscriptions to the parochial funds. The list began as follows: "The vicar, a guinea; Mrs. —, half a guinea; an anonymous donor, myself, twenty-five shillings."

Quicksilver Mining.

In the Alamedas (Spain) quicksilver mines the miner cannot work more than four and one-half hours a day and cannot work more than seven or eight days a month without seriously injuring his health.

Alligator for Dinner.

After promising to get some fish for dinner, Max Hartmann, having gone mad, went to the Hamburg Zoo, removed a young alligator from a pond and took it home for his wife to cook.

Of Wide Interest.

Breed, Wis., June 26.—Special—Chas. V. Peterson, Justice of the Peace for Oconto Co., has delivered a judgment that is of interest to the whole United States. Put briefly, that judgment is, "Dodd's Kidney Pills are the best Kidney medicine on the market to-day."

And Mr. Peterson gives his reason for this judgment. He says: "Last winter I had an aching pain in my back which troubled me very much. In the morning I could hardly straighten my back. I did not know what it was but an advertisement led me to try Dodd's Kidney Pills. After taking one box I can only say they have done more for me than expected as I feel as well now as ever I did before."

Pain in the back is one of the first symptoms of Kidney disease. If not cured by Dodd's Kidney Pills it may develop into Bright's Disease, Diabetes, Rheumatism or some of the other deadly forms of Kidney Disease.

Colorado's Forest Reserves.

The forest reserve system in Colorado now includes near 7,000,000 acres, nearly double the amount found in any other state in the union.

Church Trustees

should investigate Acetylene Gas. See ad of Acetylene Apparatus Mfg. Co. in this paper.

The great thing is not so much to get people into the church as to get Christ into the people.

STRAWBERRY A PERFECT FOOD

Fruit Juices Admirably Adapted to Those Requiring a Light Diet.

Although the strawberry has been in cultivation for nearly two hundred and fifty years, the wild strawberry dates back into the times of antiquity. This luscious berry, which to-day we so much enjoy, was peddled about the streets of ancient Grecian and Roman cities by hucksters, many centuries in the past. Virgil sings of it in his pastoral poems, and Ovid mentions it in words of praise.

The cultivated strawberry plant reached Europe about the year 1712, but attracted little attention and made little progress until about 1750 or 1760, when another kind than those previously raised was brought from Chili—one having a pleasant, pineapple-like aroma, which was known as the pine strawberry.

In America, during the early colonial days, the wild strawberries of the field were abundant and furnished a much prized article of diet. These wild plants were transplanted to the garden and produced fruit of increased size. The garden strawberry is, therefore, an American product. It adapts itself to a wider range of latitude and to greater extremes in environment than any other cultivated fruit. There are a great many varieties, each peculiar to its section of the country.

As the strawberry contains abundant salts of potash, lime, and soda, its value as a food can not be over-estimated. What is more refreshing on a warm day, after being fatigued from labor in the fields, or perchance, after returning from a long walk, than to sit down to a dish of these luscious berries, which our Creator has so kindly caused to grow for us! As you cut them with the spoon and the fine red juice begins to flow, note the contrast between this sight and the one, so horrifying, of cutting a piece of bloody meat, causing the oozing out of the blood, "which is the life."

"Take not the life you cannot give. All things have equal right to live."

For persons very ill with fever, or for any others who require a light diet, there is nothing better adapted than fruit juices. This is the lightest diet which can be taken, digests easily and is very refreshing, because of the valuable acids which the berries contain. Further, the fruit acids are germicides, keeping the stomach, and in fact the whole alimentary canal, to a great degree, free from germs, which would otherwise do much mischief, overpowering the body weakened from battling against disease. According to some authorities, beside the antiseptic property of the strawberry, it possesses more—a curative property. Linnaeus, it is said, was persuaded to take strawberries during a severe attack of sciatica, with the result that a sweet sleep ensued, and when he awoke the pain had sensibly subsided. On the next day he ate as many strawberries as possible, and on the following morning the pain was gone, and he was able to leave his bed. Gouty pains returned at the same date in the next year, but they were dispersed as soon as Linnaeus was able to get strawberries. As the strawberry excels all other common fruits in the amount of mineral salts, it is likely that this fruit is beneficial in gouty states.

Strawberries are best eaten just as they come from the vines, after being thoroughly washed, with as little sugar as possible, as much sugar renders fruit less digestible. The strawberry, as well as all other acid fruits, does not combine well with milk or cream, so this should be avoided. Canned berries are very nice for use when fresh ones are out of season.

Fruit Soup—In one cup of strawberry juice cook one teaspoonful of sago until transparent. Add one cup of pineapple juice, one tablespoonful of lemon juice, one tablespoonful of sugar. Serve hot as soon as well heated.

Strawberry Minute Pudding—Cook a quart of ripe strawberries in a pint of water till well scalded. Add sugar to taste. Skim out the fruit, and into the boiling juice stir a scant cup of granulated wheat flour, previously rubbed to a paste with a little cold water; cook fifteen or twenty minutes, pour over the fruit, and serve cold with whipped cream.

Strawberry Toast—Take fresh strawberries and mash well with a spoon. Add sugar to sweeten, and serve as a dressing on slices of zwieback previously moistened with hot water or hot cream. When fresh berries are not obtainable, turn a can of well-kept berries into a colander over an earthen dish, to separate the juice from the berries. Place the juice in a porcelain kettle, and heat to boiling. Thicken to the consistency of cream with cornstarch rubbed smooth in a little water; a tablespoonful of flour to the pint of juice will be about the right proportion. Add the berries and boil up just sufficiently to cook the flour and heat the berries. Serve hot.

Rest.

Few people really know how to rest. Exercise is very necessary to health and many do not take enough of it; but on the other hand, perhaps even more people rest too little, or what amounts to the same thing, do not rest properly. No matter how well developed the muscles are, if they are rigid and stiff they will not do the best work. They must be readily relaxed when not in use. Even athletes if they really understand the laws of exercise, strive for relaxation as well as for well-developed muscles.

Rest means relaxation—not only of the body, but of the mind also. In America, particularly, we are apt to forget this. That is why "nervous prostration" is such a popular phrase just now. The Germans, as a nation, go more slowly than we do in all things; the English and even the French take life more easily. Perhaps our atmosphere conduces to energy and hurry. At any rate the popularity of such words as "strenuous", "hustle" and the like, in this country, show our attitude as a nation.

Of course we cannot immediately change all this. We do not wish to. Enthusiasm and energy, hard work and hard thinking, have brought us to our present state of prosperity, and we cannot afford to fall back now. Nor do we need to. Hard work, whether of hand or brain, does not kill, but continual work and worry do. If we would secure the future generations from nervous degeneration, we must learn how and when to relax.

This is very hard for some temperaments. Some people must have their hands constantly occupied in some way, and it is difficult, of course, to remember that haste is often lower than deliberation. We say that have no time to go slowly.

A great fault in busy people is their failure to relax thoroughly at night. Many go to bed and sleep, after a fashion, but with tense nerves. The mind should be as divested of worries and cares at bedtime as the body is of clothes. The muscles must be relaxed. If exercises are taken at night, they should end in a few especially for relaxation. Some of the most helpful of these relaxing exercises may be mentioned:

- 1. Stand easily erect, chest raised and abdomen in, and let the head fall gently forward, then arms and trunk above the waist. All this must be done without effort, the breath being gently expelled at the same time. After a little pause, raise the body slowly.
- 2. Stand erect, raise the arms above the head and let them fall—first the fingers, then the wrists, then the arms.
- 3. Let the arms hang at the sides, then slowly and gently swing them from side to side, gradually letting the head and then the body swing with them.

Remember that your object is to relax the muscles and do all these exercises easily and with as little exertion as possible.

"It's All Dead."

A physician recently related an incident which had come under his observation showing the aversion a certain little fellow of 4 entertained for dead chickens. On being seated at a table upon which was an uncarved chicken, he cried out in evident distress, "It's all dead, mamma! I must have hurt it," and he could scarcely be persuaded to remain at the table until the dead creature was carved past recognition.

Children are naturally tender and sympathetic, not only toward each other, but also solicitous for the welfare of the lower animals. The parents of this child will probably congratulate themselves when his tender nature becomes so calloused that the sight of a dead animal being devoured will seem to him entirely consistent, and will no longer excite his pity.

Many of the boys in the stock yard districts of our large cities are further advanced in education in this line, for they consider it rare amusement to torment the live stock before they are unloaded from the stock cars. One method is to poke them with red-hot irons until the animals give vent to the most piteous outcries.

The barbarous custom of college hazing is another manifestation of this same spirit of cruelty, which, when implanted early enough in the child's mind and then carefully fostered and cultivated, will invariably in due time produce a bountiful harvest of undesirable fruits in various shocking manifestations of human cruelty.

Breathing and Digestion.

The stomach lies just below the diaphragm, and a portion of the mechanical work of the stomach, the mingling of the food and the digestive fluids, is performed by the diaphragm, which, as it moves up and down, kneads the stomach and its contents, and so greatly aids digestion. In ordinary breathing in a quiet person the movements of the chest are so slight as to be scarcely noticeable, and the action of the diaphragm produces little effect; but by moderate exercise these movements are greatly increased, more than doubled, and the stomach is energetically kneaded. In this way, moderate exercise after eating is beneficial. The practice of breathing movements is also very helpful for persons who have slow digestion.

Exercise out of doors is especially helpful. Fresh air, and especially cold air, sharpens the appetite, and creates a demand for food by burning up the waste matters with which the tissues are clogged, and preparing the way for new material, which digestion introduces into the blood.

Claims to Be 157 Years Old.

Manuel Del Valle, of Menlo Park, a suburb of San Francisco, Cal., claims that he is 157 years of age. He has certificates showing that he was born in Zacatecas, Mexico, on Nov. 24, 1745.