

EARLY DAY STENOGRAPHERS

Remarkable Expansion of Demand for Short-hand Writers.

SOME PIONEER REMINISCENT YARNS

Many of the Old-Timers in Omaha Have Drifted Into Other Employment and Some Have Won Fame and Fortune.

No profession has developed so rapidly in the state of Nebraska as that of the stenographer. At the time the state was admitted to the union it is doubtful if one...

With all of the increase, however, the demand for competent workers keeps pace and it is a modest counting room indeed which does not give employment to one or more...

The first court stenographer appointed in the state of Nebraska was John T. Bell, the present publisher of the Omaha Mercury. He was appointed by Judge Lake...

Moore a Pioneer. One of the first court stenographers in the state was Eugene Moore, afterward state auditor, who served under Judge Valentine in the Third district. He was one of the most expert men of his day.

In 1877 the state was redivided and at the same time the law relating to court stenographers was changed. The reporters being paid a salary of \$1,000 per year and 10 cents per 100 words for transcripts.

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INDIGESTION AND CONSTIPATION

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PRICKLY ASH BITTERS

The System Regulator, is the remedy. A few doses whenever the digestion is disturbed, or when the bowels fail to move regularly, will restore the vitality and stimulate the vital organs to a better and more complete performance of their duties.

Send for a bottle to-day. Keep it always in the house. A half wine-glassful when the stomach feels bloated, when the breath is bad, or the bowels congested, will quickly restore the feeling of vigor and cheerfulness.

DRUGGISTS SELL IT AT \$1.00 PER BOTTLE.

are twenty-eight stenographers in the state holding appointment as official court reporters. In the counties comprising the old Second district over which Mr. Bell traveled, which first appointed to office there are thirteen reporters, seven of whom reside in Omaha and are employed in the district court of the Fourth district, embracing the counties of Douglas, Washington and Sarpy.

Al Sorenson One of Them. Alfred Sorenson, the editor of the Examiner, was one of the pioneer stenographers who were independent of any stenographic situation. Mr. Sorenson, and Mr. Bell before his appointment by Judge Lake, were employed on the newspapers in various capacities and carried on their stenographic work as a side issue.

Many of the lawyers of this city and state remember "Billy" Carroll, one of the brightest minds and one of the wittiest Irishmen who ever practiced at the Nebraska bar. Carroll came to Omaha as a stenographer for the Burlington railroad. He was not with that company long before he transferred to the office of A. J. Poppleton, general solicitor of the Union Pacific.

Captain Brewster an Expert. In the early days of Nebraska stenography Captain Charles Brewster, at present a clerk in the office of the adjutant general of the Department of the Missouri, U. S. A., was one of the best in the city. Before coming to the state Captain Brewster had been an officer in the union army and shortly after his appointment was appointed deputy stenographer of the district, being the first woman to report a case in a Nebraska court of law.

Nothing Place of Melons. Canned goods take the place of fresh small fruits, but there is no winter substitute for the watermelon or the cantaloupe. On the family board, the apple wabbles around unsatisfactorily in the watermelon's place during the winter months, and the honorable position of the cantaloupe at the breakfast table is almost disgraced by the presence of the orange.

OUT OF THE ORDINARY. A Wisconsin judge has given a woman a divorce because her husband is an inveterate cigarette smoker. A warehouse that will hold nearly 100,000,000 pounds of tobacco has just been completed in Liverpool. It would take ten non-combatant years to fill it.

Method of Preservation and Their Value as Food. Gelatine is a food product very generally employed, but almost without thought or reference to its nature, or relation to other foods, or its part in the human economy. It being considered but as a delicate, convenient medium by which a great variety of desserts may be made.

Two young ladies on St. Paul street went to the theater the other evening, related the Baltimore Sun, and their father, thinking they had a latchkey, went to bed at his usual hour, and the servants all left. When the ladies returned they rang the bell repeatedly and beat on the door, but got no answer. Finally they began to despair when a neighbor who had been awakened by the din appeared in white at his window opposite and asked what was the matter.

van Ghorst's Cocoa

MENU UNDERGOES A CHANGE

Winter Brings About Revision of Family Bills of Fare.

NO SUBSTITUTES FOR THE MELONS

Fresh Fruits Give Way to Canned Goods, While Vegetables Hold Their Place Through Hot-house Gardening.

When the season for deciduous fruits and green vegetables closes there comes a period of several months' duration in which the average family menu undergoes a serious change. It is a change from strawberries to apples for breakfast, from luscious California plums to stewed dried apricots for lunch and from corn on the cob to corn out of the can for dinner.

Never Out of Season. If there are no strawberries or fresh tomatoes on the Omaha market today it is because there is an absence of demand for them and not because they are out of season. The truth of the matter is that the demand for high-priced fresh fruit and green vegetables in Omaha is not great enough to invite its shipment into this market.

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TABLE AND KITCHEN. Practical Suggestions About Food and the Preparations of It.

MONDAY BREAKFAST. Broiled Ham. Creamed Potatoes. Entire Wheat Gems, with Dates. Coffee. Luncheon. Clam Chowder (canned). Cocoa. Baking Powder Biscuit. Dinner. Clam Bouillon. Salmi of Duck. Mashed Potatoes. Corn Souffle. Junket. Coffee. Cream.

TUESDAY BREAKFAST. Corn Meal Mush. Stewed Fruit. Pie. Maple Syrup. Coffee. Luncheon. Peanut Butter and Olive Sandwich. Cottage Cheese. Water. Stewed Fruit. Tea. Dinner. Spinach Soup. Apple Sauce. Stuffed Spare Rib. Sweet Potatoes. Squash. Gazpacho. Cold Slaw. Pumpkin Custard in Cups. Coffee.

WEDNESDAY BREAKFAST. Fried Smelts. Hushed Potatoes. Corn Muffins. Coffee. Luncheon. Hot Salmon. Tomato Sauce. Cucumber Salad. Coffee. Cheese Fingers. Dinner. Spinach. Tapioca Soup. Brown Steep of Beef. Escalloped Sweet Potatoes. Stewed Tomatoes. Lettuce. Wafer. Cheese. Apple Custard. Coffee.

CREAMS AND JELLIES. Method of Preservation and Their Value as Food. Gelatine is a food product very generally employed, but almost without thought or reference to its nature, or relation to other foods, or its part in the human economy. It being considered but as a delicate, convenient medium by which a great variety of desserts may be made.

the housewife, aside from its cheapness, is its keeping qualities. Put up in neat packages it will keep in a dry place for an indefinite length of time and is ready for use at a moment's notice.

Our home-made soup stock is the same principle, derived from the bones and cartilaginous structure of the joints. Beef, veal and chicken are the materials generally employed for making meat jellies, stock or gelatine. In making the pure gelatine, which is used for desserts, only the bone and such parts of the animal that are rich in this gelatinous substance are used and clarified and treated in such a manner that after careful drying they will keep under almost any condition.

Two Forms of Gelatine. We have vegetable gelatine as well as that derived from animal sources, and while in neither form does it rank high as a nutritious substance, at the same time it belongs to the albuminates, and it is safe to infer that when nature makes a wide distribution of any one food element she intends it to fill some important part.

Perhaps its importance as a valuable food substance is greater in sickness or where the digestion is so impaired that the more useful and sustaining "albumen-sparing foods," such as fats and oils, cannot be tolerated.

It is readily digested and assimilated, and while not a tissue builder, it is a natural element designed to keep the body well sustained, and capable of responding to the impulses of will and vital power.

Physicians recommend the use of gelatine in carefully prepared jellies and liquids in cases of sickness, especially febrile conditions where the checking of waste or "organic albumen" is necessary and at the same time the capacity of assimilating albuminous food is greatly lessened.

While in health it would be necessary to administer a very considerable amount of gelatine in order to obtain a relative amount of nutritive value. Never use an acid or colored jelly for the sick.

For Making Jellies. One essential in all gelatine preparations is to have a gelatine without odor and absolutely tasteless.

The stronger, coarser kind will stiffen more readily, but are apt to have both the odor and taste. Never use an acid or colored jelly for the sick.

For Making Gelatine Creams. These are rather more difficult than the plain jellies. The most important points to remember are:

To be accurate in your measurements. Mix the different materials carefully together before molding.

Be careful to observe the proper temperature of the different parts when mixing, and also the consistency of the mixture at the time of molding.

There being such a difference in the materials used in these preparations the proportions of the ingredients should be varied accordingly.

Cream that is whipped dry, when mixed with the other cold materials, will help to stiffen the mixture. Creams have even more marked power for stiffening.

Beard and prups and fruit pulp require less gelatine than do other cold materials, such as milk, fruit juice or water.

Making gelatine creams successfully depends as much on the weather as the plain jellies.

Never add whipped cream until all other materials are perfect. Cold and never add acid flavorings, such as lemon juice, until the custard is cold, or it will curdle.

All the mixing of materials must be done before the gelatine begins to solidify, or your jelly will be lumpy. After thoroughly mixing them set in very cold water or ice and stir slowly but continuously until it is ready to turn into the molds.

If metal molds are allowed to stand for some time in the warm room before turning out the cream they generally come out nicely. If this is not sufficient to loosen them, then plunge quickly in and out of hot water. Do not allow the mold to stand in the water or the cream will melt. Wipe the mold dry before removing lid to turn out the cream.

The Useful Telephone. Two young ladies on St. Paul street went to the theater the other evening, related the Baltimore Sun, and their father, thinking they had a latchkey, went to bed at his usual hour, and the servants all left. When the ladies returned they rang the bell repeatedly and beat on the door, but got no answer. Finally they began to despair when a neighbor who had been awakened by the din appeared in white at his window opposite and asked what was the matter.

STRONG WOMEN

When an Indian wished to heap insult upon a captured foe, he called him a squaw, a woman, one having no wisdom for the council and no courage for the fight. It is not so long ago that the word woman stood in our own language as a synonym of mental and physical weakness. It was held that weakness was a womanly attribute. To be "strong-minded" was unwomanly, to be athletic was "mannish"; and the "strong-minded and mannish woman" was not the type approved by marriageable men.



There must be a reason for this general physical weakness of women, and that reason is found in the very functions which differentiate the sexes, or in what may be called the womanly organism. While there is monthly regularity the woman loses nothing by fulfilling this function of her sex. But the moment the regularity is disturbed or becomes abnormal either by suppression or excess, at once there is a loss of physical strength.

This condition of womanly weakness is neither natural nor necessary. This is proved by the strong women who suffer from none of these weakening ailments, and by the weak women who have been made strong when their diseases were cured by the use of Dr. Pierce's Favorite Prescription.

When I first wrote to Dr. Pierce concerning my health, writes Mrs. Mollie E. Carpenter, of Linnar, Cumberland Co., Tenn., "I was so weak I could hardly walk and could only write a few words until I would have to rest. Words cannot express my suffering; dimness of sight, palpitation, shortness of breath, black spots, or else shining lights before my eyes, terrible headache, numbness in my arms, hands, tongue and jaws, constipation, falling of the uterus, disagreeable drains, soreness through my bowels; in fact, I was diseased from head to foot. Now I can do my own washing and cooking. I can take a ten-quart pail in one hand and a six-quart pail in the other (full of water), and carry both one-fourth of a mile, and never stop to rest. I am as heavy as I was at 19 (125 pounds). I used thirty bottles of 'Favorite Prescription,' and 'Golden Medical Discovery,' and twenty-five vials of 'Pleasant Pellets.' If any lady suffering as I have been will write to Dr. Pierce and get his advice and use his medicines according to directions, a cure will surely result."

Those who read the above testimonials will notice the reference in them to correspondence with Dr. Pierce. Sick women, especially those suffering from chronic forms of disease, are invited to consult Dr. Pierce by letter, free. All correspondence is held in sacred secrecy and the written confidences of women are guarded by the same strict professional privacy observed by Dr. Pierce and his staff in their personal consultations with women, at the Invalids' Hotel and Surgical Institute, at Buffalo, N. Y. Address Dr. R. V. Pierce, Buffalo, N. Y.

Dr. Pierce's Favorite Prescription is essentially a woman's medicine. It establishes regularity, dries weakening drains, heals inflammation and ulceration and cures female weakness. It cures also nervousness and sleeplessness, encourages the appetite, and is especially valuable as a preparation for maternity by increasing muscular strength and elasticity and making the baby's advent practically painless.

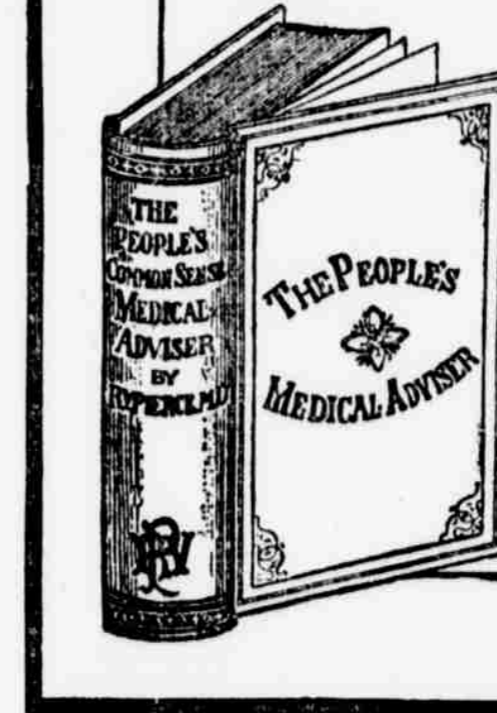
Accept no substitute for "Favorite Prescription." No other put-up medicine for woman's use has so great a record of remarkable cures to recommend it.

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will call him up." So the central was called. "Give me No. 1," said the neighbor. As soon as the bell sounded in the room of the sleeping father he awoke with a start and ran to the telephone.

Pure Food

WESSON COOKING OIL

Advertisement for Granola cereal, featuring an image of a person and text: 'Nerves like this', 'Become steady', 'The Food Granola', 'Battle Creek Sanitarium Food Co.'

Advertisement for Dr. Dix's Celebrated Female Remedy, featuring an image of a woman and text: 'EVERY WOMAN is interested and should know of this MARVEL WHIRLING MALAR SPRAY', 'DR. DIX'S CELEBRATED FEMALE REMEDY', 'LOWA FARMS \$4 PER BOTTLE'.