

### President Roosevelt Coming.

Arrangements Are Being Perfected For a Visit From the National Executive This Fall.

### ALL CITIZENS OF THE WEST

Anxiously Await His Coming, and During His Visit Will Tender Him a Genuine Western Ovation.

President Roosevelt assured Sena'or Millard and Congressman Mercer that he would visit Omaha on his fall excursion. He is expected here early in October. The Knights of Ak-Sar-Ben are waiting for him to fix the exact date of his visit before determining upon the fall festivities. He is coming sure. When he comes the parade committee will arrange his journey through the city to pass by the offices of

#### THE BANKERS RESERVE LIFE

In the McCague Block, because the Knights of Ak-Sar-Ben recognize this institution as one of the great business enterprises of the west. President Roosevelt will have the opportunity of applying for a 20-payment life Gold Bond policy in this strenuous young insurance corporation. If he should take the necessary time to consider its policies and its career, there is no doubt but he will cheerfully embrace the opportunity offered.

#### ROOSEVELT LOVES THE WEST.

and believes in the potency of its institutions. He agrees that this magnificent trans-Missouri region is no longer dependent upon the money congested east for the safe investment of western surplus funds. Our people are rapidly accumulating fortunes. Western fiduciary institutions can aid in husbanding them. These in turn will steady the movements of our commercial fleets and effectually palliate if not prevent panics.

#### B. H. ROBINSON, PRESIDENT.

is an admirer of the national chief executive. He enjoys the President's virile style. He applies to the life insurance work entrusted to him all the energy and experience of a quarter of a century in this field. He is aided by the best corps of life underwriters associated under one life insurance leader in Nebraska and this explains why his company is enjoying a phenomenal growth.

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A FAMILY GROUP—Photo by a Staff Artist.

## Health and Good Looks

THE great majority of women have been taught the lesson that sound health and good looks have the relation of cause and effect to each other. No woman can be called good looking who has a bad complexion, and no woman who is in perfect health will have one. As complexion, good or bad, is largely the result of a corresponding quality of digestion, it is of the greatest importance to regulate the diet, eating and drinking only those things which are easily transformed into the necessary substances of the body.

Different seasons demand different dieting, if health and comfort are being sought. Not only the instincts of human beings in this matter, but the provision that nature makes, different foods, being more accessible by production and price at different seasons of the year, points to the advisability of changing the bill of fare as summer comes around. In winter, when the bodily heat needs keeping up, game is abundant and easily tracked. In summer, when the main object is to keep down the temperature, vegetables are cheap and profuse, and the strength can be kept up by making these a large part of the meal. The fresh vegetables, lettuce, tomatoes, beets, etc., reduce the bodily temperature, and yet contain nourishment, and fresh and cooked fruits are always wholesome.

Eggs are, as every one knows, very nourishing and form a desirable summer food. Milk is a food in itself, and contains all the qualities needed to support life; some physicians resort to its exclusive use in particular cases. The best hot weather foods are cereals, fresh vegetables, ripe fruit, eggs and milk. For the sake of variety, fish can be used, but great care must be exercised to see that it is perfectly fresh. Salt fish should be entirely avoided during the hot weather, as also should cheese, which is hard to digest and not particularly nourishing.

Some diet specialists claim that no meats should be eaten in summer, with the exception of lamb and chicken, which contain great nutriment, but not much heating property, and that the usual meat dish could well be replaced by one of fresh fish. A bill of fare for which is generally claimed first place in summer is as follows:

- Breakfast—Oatmeal and milk.
- Luncheon—Bread, eggs, fruit.
- Dinner—Soup, vegetables, a little meat (chicken or lamb), or broiled or boiled fish.

On this selection one is able to work best and keep in best condition during the summer. The general suggestion to "eat less" in summer is followed with advantage by everyone, especially those past middle life and those with a tendency to corpulency. These people are in much better health when they abstain from hot soups, fat meat and take but little animal food of any kind. Looked at from the point of view of hygiene, the present huge price of meat is really of beneficial effect, as it restricts the great use of it, and other forms of food are substituted with good result in the summer. To view the beef trust as a philanthropy would not be impossible, if results and not motives are under consideration.

The total quantity of food consumed can with beneficial results be reduced one-sixth, or even one-fourth, during the heated term. This condition usually regulates itself, as the appetite is not so sharp in summer; the more limited amount of exercise usually indulged in accounts for this. It is a mistake to give up exercise in the summer. It is a necessary condition of health and should be taken in the open air; only the quantity and intensity should be restricted.

The good housekeeper will expend additional care and thought on the manner of serving dishes and the dainty appearance

of all table accessories during the heated term, which is also the term of capricious appetites. Variety should be supplied in every article, even the cereal of breakfast. Fortunately the market is full of many preparations in this line, all about the same in nourishing value, but different in taste. It is hardly necessary to repeat that great care should be taken that fruits are in good condition, as unripe or overripe fruit of any description is most dangerous.

Motives of economy as well as refinement are satisfied by keeping a scrupulously clean refrigerator or ice chest. One article that has been allowed to remain in the ice chest after it has lost its freshness will soon communicate the contamination to everything else in the box. Milk should always be kept covered, as it attracts and absorbs impurities very readily. Many articles affect each other harmfully and discrimination should be observed in keeping such things in separate compartments. The milk and butter can be kept together, but meats should be kept by themselves.

The tendency to bathe more in summer than winter is instructive and, of course, should be indulged, but baths should not be taken soon after a meal nor when one is overheated from exertion. The face should not be bathed while it is hot, as the sudden shock is apt to result in a permanent redness of the skin. Hard water should be softened by the addition of ammonia or borax.

Some recent circulars of the Board of Health in Philadelphia condemn the use of stimulants in any form during the heated term, as they leave the system an easy prey to heat exhaustion and fevers. Even the lighter alcoholic beverages can better be omitted and a glass of cold milk or lemonade should be substituted for the usual beer.

### Carpenter's Letter

(Continued from Third Page.)

traveling agents, but should advise them to work quietly and leave the American eagle at home, until they have established their trade.

The British are not unfriendly to us. Indeed, they have changed their tone of late and now gladly call us their cousins. They say that blood is thicker than water and that as we all have the same ancestors we should stick together. They are, however, becoming sensitive as to what is called the American invasion, and it will be well for those who want to do business to work quietly. They did not seem to mind the loss of their commerce so much until the shipping combination was formed and they foresaw that England might lose its supremacy on the seas. This fact has caused something of a hysteria among all classes and the situation is for the first time looked upon as a serious one.

In the meantime a great deal of American business is being done under British names. We have a half dozen great companies which work here with directorates made up of eminent Britishers, whose watch cry seems to be "British goods made by British labor for the British people." At the same time much of the capital comes from the United States and a large share of the dividends will find their way across the Atlantic to us.

FRANK G. CARPENTER.

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