

THE WAY TO BE EVER YOUNG

Industry Needed to Ward Off the Signs of Old Age.

TIPS FOR PEOPLE LONG ON YEARS

Hair Should Be Ventilated to Give It Life—Brightening the Eyes and Clearing the Skin—Other Pointers.

"I'll whisper to you how I keep my good looks and an actress. 'I am 43 and I am for 28.'"

"When I first went on the stage I looked my full age, which was 26. At 30 I looked 30 and at 35 I looked 35. Then I woke up, and from that time on I have been steadily getting younger and younger."

"People tell me that I look more youthful now than I did ten years ago, and I believe it myself. Why should I not?"

"Letting yourself grow old is a habit. If you fall into it you will find it hard to get yourself out of it. I had the habit and I know."

"The first of all old age faults is that of lassitude. Lassitude is the friend of old age. Actresses who grow old are lazy. They have not the spirit nor the industry to remain young."

"I went at the matter with a great deal of courage. I had grown a little bit too heavy, and my skin was a little bit yellow and my hair line was getting queer. I had begun to be an old woman."

"The hair line, I will remark, is that curious line which is drawn as the boundary of youth and old age. It is the line which the hair takes around the face. It is ever so pretty in a young woman, but an old woman very quickly loses it."

"My hair line was mostly gone. There were great hollows at my temples, and I had lost the hair on the back of my head. The hair had begun to get thin."

"Being an actress, I knew that I must keep pretty if I wanted to continue to act. So I took lessons in getting back my youth. As I studied I found that other actresses were doing the same."

"The beauty parlors are filled with three classes of people. There are actresses, society women and business women. All three realize that they must be charming if they are going to keep up."

"This is especially true of the actress. Next comes the business woman, and then the society woman."

"I went from the footlights one night to the beauty parlor of a professional. She charges \$50 for a night visit."

"Peril of Carelessness. 'Give me something to make me young,' I said."

"That night I had heard some one in a box say: 'She isn't as pretty as she used to be.' And some one in the same box replied: 'No, she is getting old.' My heart was heavy."

"The owner of the beauty parlor looked at me with a pitying expression. 'To bad,' she said. 'It is almost too late to begin, I fear, but I can try.'"

"I am a young woman," I retorted with some asperity, and there is no reason why I should not look young."

"Yes," said the owner of the beauty parlor, "but you have grown careless and a little bit lazy. When that condition arrives there isn't much hope. But we shall see."

"Then she took down my hair and shook it. I could feel new life coming into it. 'I am ventilating it,' she said. 'Your hair ought to be ventilated for ten minutes every night before you go to bed. It is naturally very heavy, oily hair.'"

"Then, opening a little bottle of almond oil, she placed it in a basin of warm water, and when it had become very fluid she dipped her fingers in it and went all around the border of my hair. She touched up my hair line with a little blonde. 'This,' she said, 'will encourage the new hairs to come in.'"

"When you go to bed tonight," she went on, "be sure to let your hair fly all over the pillow. It is the best of all ways to shake it. If this feels uncomfortable you can try the college girl's way of putting up your hair at night."

"The college girl's way is to tie the hair on top of the head with a big soft ribbon. Gather a lock at each side of the head just back of the ears and lift it up to the crown of your head."

"Slip the ribbon under it and tie it with a big loose soft bow. This does not hurt the head and it looks very pretty if one is awakened in the middle of the night."

you look. A woman's teeth are a great guide to a woman's age. 'The actress is judged also by her hands. The nails must be very long and the moons must show. This is the principal thing, namely that there must be long silvery moons at the base of the nails.'"

"I have worked with mine steadily until the moons show across the room. It is all a matter of keeping at it. These moons are on every set of fingers in the world, even though they may never have seen the light of day."

"I take fifteen minutes every morning for the study of the moons upon my fingers. Unless they show plainly I know that my hands are going backward."

"I massage some good fish food into my hands and I work with them until they are immaculate. They will stay so all day if carefully prepared in the morning."

"I believe that the feet should look little. There is something bewitching in a pair of little feet. It is all a matter of cultivation."

"I walk ten miles a day now—for this is part of my restoration exercise—in a pair of shoes that are two sizes too large. They are big everywhere and they have nice, comfortable high heels."

"At night when I put on my stage shoes I find that I can squeeze my feet into very neat little slippers, with heels that are very French. I can put on shoes two sizes smaller than I wore three months ago. I have reduced my weight and my feet got thin when the rest of my body got thin."

"The matter of reducing the weight requires some mention. Eat little and walk a great deal. That is the whole secret in it."

"I drink nothing at all meal, except breakfast. I walk after each meal, if possible, and I don't eat sweets. This keeps me slender and good looking."

"I weigh just forty pounds less than I did five years ago. But you see, my normal weight is only 125 pounds and I had run up into the sixties."

"Don't weigh 160 pounds if you can help it. It makes you seem so very matronly. Try to keep slender. You may not be able to keep pretty, but you can certainly keep slender."

"Yes, and you can keep pretty if you want to. It is really only a matter of choice, you know. And everybody ought to choose to be pretty."—New York Sun.

Novelties in Velvets. It's a day of velvets for the suits and costumes worn to receptions and teas—suits made with skirts that trail softly after you, of velvets plain or in some of the well-known indescribable new color mixtures, which are as different from anything we've seen before in the velvet line as day is from night. For velvets have been experimented with—juggled with, you might say—until they have taken on strange new qualities."

Two colors are combined in a way that seems nothing in the world but a copy of the wonderful new tricks in weaves that have revolutionized cloth and suitings. As that change of weaves is impossible with velvet, the effect is got in some more subtle way, but got it is, no matter how."

Stripes and checks and plaids are all echoed in the novelty velvets—only echoed, though, for they are kept soft and lustrous and sumptuous to tone. Plenty of black and white effects are seen in them, rendered subtle instead of startling by the soft, deep pile of the stuff."

But, of course, being novelties, they appeal only to a limited class, the plain colors used for nine out of ten of the handsomest suits."

"Velvet" means not only velvet, but velveteen as well, for it isn't too long well blessed with this world's goods, velveteen suits are an expensive luxury that entail no end of minor expenses, while velveteen has a world of wear in it."

And corduroys are coming to the front, having been crowded behind so many other materials for so long a while. Some stunning French suits are made of it—the kind with the wide waist—and are trimmed with a lot of little straps of it fastened down with buttons. One brown suit was particularly pretty, made without a particle of trimming except these little straps and the buttons."

Comparatively few of the velvet suits are trimmed with anything but lace or braid or buttons, nothing else seems to set them off in a way at once effective and perfectly in keeping with the character of the material. Plenty of them have no trimming at all, the rich beauty of the velvet given ample opportunity to display itself in the long, sweeping folds of the trailing skirt."

But velvet, while its present popularity is marked, doesn't hold the field alone at all. Beautiful cloths and suitings have come out that rival velvet for richness; broadcloths embroidered in their own color, the design growing larger and heavier toward the hem, and beautiful, indescribable stuffs, made different by weaves or some wonderful trick of color deepened into shadows or lifted into lights in an elusive, fascinating way."

PRATTLE OF THE YOUNGSTERS. Mother—Bobbie, how did you get acquainted with the little boy next door? Bobbie—I liked him. Mother—Bobby, do you know why the little chickens come out of the eggs? Robert—I guess they know they'll be boiled if they don't."

The Young Man (waiting in the parlor)—Johnny, do you like candy? The Young Woman's Little Brother—Mr. Spoonmore, you ought to know better'n to ask me a fool question like that."

Bobbie was wearing his first trousers, and was as proud as a boy has the right to be under such circumstances. He felt himself a man indeed, and was very anxious to be acknowledged as such. But his "dears" were unappreciative. "One Harry had poked fun at him in a quiet way, even going so far as to inquire what "those things" were. So Bobbie went to Aunt Helen for consolation."

"Why, Bobbie," she exclaimed, when she caught sight of him, "how grand you look! I never saw you dressed like that before." "I ain't dressed," retorted the boy, indignantly. "Vase are pants!"—Brooklyn Life.

OMAHA AND REGULAR ARMY

Some Personal Reminiscences of the Fine Relations Between Two.

DINNER TO GREELY REVIVES MEMORIES

First Dinner to Officers Given by Dr. Miller in Wooden Shanty More Than Fifty Years Ago.

A few weeks ago Omaha business men and other citizens gave a dinner to General A. W. Greely. In doing this Omaha honored itself. Omaha has had a steady friend in General Greely since he was a military citizen of it as aide on the staff of General C. C. Augur, who commanded this department nearly forty years ago.

Omaha and the United States army have been warm friends through its officers and their families since it was made headquarters of the department. How much we owe to them for giving character and tone to our early social life it would be impossible to estimate. In post-prandial speeches, and in writings, I have often acknowledged our great social debt to the army."

First Dinner to Officers. The first dinner ever given to officers of the army was given by Mr. Miller fifty years ago in a wooden shanty, in which he did the cooking and the serving; the parlor, bedroom, sitting room, library and hall, for greater convenience, consisting of one room. The kitchen was just outside the main structure, practically outdoors. The unpainted wooden table stood on an uncarpeted floor of natural complexion.

The guests at that dinner were four young lieutenants, stationed at Kearney, who drifted down to Omaha, perhaps on a leave or a furlough. These young soldiers, three of them, at least, became famous in the civil war, one on the confederate side, and two on the union side. They were Lieutenants B. H. Robertson of Virginia, who won fame as brigadier general under J. E. B. Stuart in the confederate cavalry; Drum, late adjutant general; and Fred Steele, who was made major general, and Marshall Polk, nephew of President Polk, who was minus a leg, which he lost in the Mexican war. Of that gallant group of guests only Robertson, a very prince in his own personality, and General Drum, survive. Both live in and near Washington. I recently asked Robertson if he remembered that dinner, and got a rich return in the following answer, slightly altered from the text in the omission of a remark which he quoted from my father about Robertson's accomplishments in the war, as displayed at a great ball given in his honor at the old Herndon house, now Union Pacific headquarters, in 1829.

General Robertson's Letter. The gallant general says: Yes, my dear old life-long friend, I remember very distinctly that Sunday when Steele, Drum and 'Marsh' (Marshall) Polk and myself lived in your wooden shanty and visited Governor Izard, who informed us that he was convalescing, but was 'powerful weak.' All these are now dead (including 'Van Vleet' except Drum, who resides in the suburbs of Washington). Omaha was then in its first infancy. But it was a vigorous babe. And I remember as yesterday the ball given me at the Herndon house where I danced with that pretty Mrs. Wood. (Is she living?)—This reference is to the mother of Mrs. Judge Redick, who passed away two or three years ago and who was one of the most worthy of the pioneer women of Omaha—Now, have I forgotten the names of many who were present on that evening? Miss Gilmore, Miss Patrick (Mrs. Baxter), Mrs. J. B. Howard (an excellent and brilliant lawyer in Omaha) nowadays. He is quite feeble."

The scenes of days Long Sea are to me far more vivid than the occurrences of yesterday. How plainly I can now see you, and Morton, and Truman, and the shelter from a sudden storm at the 'Archer Lodge' coast. (This reference is to Mr. Morton's district, of which I may have something to say in the future.) And dear old John Heib, and the English clerk at Kearney. I have forgotten nothing since then."

Some Pleasant Recollections. General Robertson paid occasional visits to Omaha up to the outbreak of the war and before the hostilities began he called on us at the Herndon house on his way to his native Virginia. He found me in a state of personal discomfort, and in a panic of '57. I was trying to get to Washington. The Herndon house failure had left me without a copper cent in the world. Mrs. Miller told him the story of my great needs. Robertson immediately came to me with four glittering gold pieces and offered me them as a loan. I declined it, but he forced the money upon me, and, as I recall it, left the amount with Mrs. Miller, and I went to Washington. I stood one day on the south steps of the capitol after Bull Run. General Joe Johnston's flag was waving in plain sight at Munson's Hill. I knew that Robertson and I were both there, and both were near and dear friends of mine. But I wanted to see Robertson and tried hard to get to him under a flag of truce through the late E. D. Webster, the old editor of the Omaha Republican, who was then in the city without any money for the purpose of securing patronage, and then when you call demand money payments and notes signed far in advance of reasonable charges; neither do we promise to cure you in three or four days, knowing it will take longer; nor do we try to secure patronage by offering to refund money paid if a cure is not effected, and then refuse to do so. We do not accept cases we cannot cure. We guarantee a safe and lasting cure in the quickest possible time, without leaving injurious after-effects in the system, and at the lowest cost possible for honest, skillful and successful treatment.

RELIGIOUS NOTES. Rev. David C. Hughes, father of the republican candidate for governor of New York, was one of the speakers at the nineteenth annual convention of the Christian Endeavor union of the state of New York last week.

Bishop William Benjamin Arnett of the African Methodist Episcopal church and one of the leading ministers of the denomination, died recently at Xenia, O. He was born in Brownsville, Pa., and was a warm personal friend of the late President McKinley.

Bishop Henry M. Turner of the African Methodist Episcopal church, occasionally expresses somewhat original views. One of his recent utterances is that "lynching, burning and the murder of negroes here are plagues. God is indicating on the race to drive it to Africa, where it can build up a great country."

Rev. Dr. John T. Rosseter, who recently completed thirty-two years as pastor of the First Reformed church, Baltimore, was born at Blue Bell, Montgomery county, Pa., and was educated at the Allegheny College and Military Institute and Franklin and Marshall college.

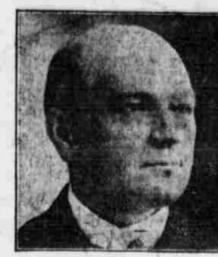
The congregation of the propaganda, on the recommendation of the bishops and archbishops of this country, has created a new ecclesiastical province in the west to be known as the archdiocese of Texas. Bishop Gallagher of the diocese of Galveston is to be the first archbishop of the new province.

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That "IN UNION THERE IS STRENGTH" was never more truly established than by the remarkable and prompt cures effected through the co-operation of the Successful Specialists of the STATE MEDICAL INSTITUTE, an institution long established for the purpose of saving the afflicted from the evil results of their own follies or misfortune, and to save them the disappointment of failure, loss of time and money, often spent in experimenting with new methods, quick cure delusions, no pay until cured deceptions and

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If we could see and treat all men when the first symptoms show themselves there would soon be little need for so-called specialists in chronic diseases, and there would be few men seeking a rejuvenation of their physical, mental and vital powers, and there would also be few marked with the stamp of Constitutional Blood Poison, and the sufferers from STRICTURE, VARICOCELE, EMISSIONS, NERVO-SEXUAL DEBILITY, IMPOTENCY, RECTAL, KIDNEY and URINARY DISEASES and their complications would be reduced to a minimum. But as long as men continue to disregard the golden adage, "A stitch in time saves nine," and continue to neglect themselves or to exercise indifference or poor judgment in consulting the right specialists at the outset, just so long will there be multitudes of chronic sufferers. You should carefully avoid all misleading statements and unbusinesslike propositions, and all uncertain, experimental, dangerous or half-way treatment, for upon the success of the first treatment depends whether you will be promptly restored to health again, with all taint of the poisonous disease removed from your system, or whether it will be allowed to become chronic and subject you to future recurrences of the disease, with the various resulting complications, etc.

RELIABILITY The State Medical Institute does not mislead the sick and afflicted into the belief that it is going to give free treatment, or for next to nothing, or for less than it can conscientiously be worth. The State Medical Institute does not resort to scheming methods. The sick should beware of and avoid any who hold out false inducements in their announcements, which appear alluring and in many cases deceive the weak, sick, suffering man, who, like the drowning man, will grasp at a straw in an effort to be saved. How many weak, nervous, drowning, sinking men are grasping at straws today to get cured of their ailments (diseases), which are dragging them down to the bottom of the sea of despair and misery? Why not awaken to the realization of the fact today that boasting promises of quick cures, misleading statements and unbusinesslike propositions to the afflicted are but straws that will sink you deeper and deeper into the sea of despair. Why grasp at such straws when you can secure the substantial treatment of the Honest, Skillful, Reliable Specialists of the State Medical Institute, who will not deceive you with any false promises, but will save you and restore you to health, strength and vigor and place you safely within the boundary line of prosperity and enjoyment of life.

TRUE SPECIALISTS Don't allow disease or weakness to take away all the pleasure of living. Life is beautiful when you possess perfect health. You should not become discouraged and lose your grip on life because inferior and unreliable treatment has failed to help you. Our special treatment for this class of troubles, which is varied and modified to meet the requirements of each individual case, is a safe cure, to which hundreds of cured men owe their sturdy health and happy condition in life. Do not be satisfied until you have been examined by the specialists of the State Medical Institute, the best in the country. Consult us and be examined free. You may be sent away happy without treatment, but with advice that will save you time and money, as well as mental suffering. If you require treatment, and your case is a curable one, you will be treated honestly and skillfully and restored to health within the briefest possible period and at the least possible expense. We will make a thorough, searching and scientific examination of your ailments free, an examination that will disclose your true physical condition, without a knowledge of which you are groping in the dark and without a thorough understanding of which no physician or specialist should treat you. The State Medical Institute desires to warn all men to beware of misleading statements by which they may be deceived in an effort to regain their health.

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