

HORSEMEN OF PONY EXPRESS

Courage, Daring and Romance Combined in Their Exploits.
THRILLING RIDES ON PLAINS

Splendid Examples of Speed and Endurance of Man and Animal—
Recollections of Famous Pathfinders.

Tales of the overland mail and famous rides and riders are found in a little history of the pony express, written by William Lightfoot Viascher...

In the fall of 1859, W. M. Gwin, one of the United States senators from California, proceeded from San Francisco to Washington to take up his legislative duties...

Notwithstanding that it was found impossible, remarks the author, "to obtain any subsidy from congress at that time for the purpose in view...

"By that time the time of transmitting news across the continent had been reduced from twenty-one days to ten days. It is about 3,600 miles by our most direct railway route from New York to San Francisco...

"The mail bags were tin pouches of leather, impervious to rain, sealed and behind the rider's saddle before to contain over twenty pounds in weight...

"Particularly were these requirements necessary in those who were to ride over the lonely route. It was no easy duty. Horse and human flesh were strained to the utmost of physical endurance...

"The ponies employed in the service were splendid specimens of speed and endurance. They were fed and housed with the greatest care for their motto must never fail the test to which it was put...

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The 'Kantstoop' Shoulder Brace and Suspender. STRONG, EFFECTIVE, SIMPLE. Produced that military effect so desired.

W. B. BENDICK CO., INC. Sole Manufacturers and Distributors. C. BENEDICT CO., INC. OAKLAND, CALIFORNIA.

Fat People I WILL SEND YOU A TRAIL TREATMENT FREE. I can reduce your weight...

MISS ANNIE CATRON.



CATARRH MADE LIFE A BURDEN TO ME.

MISS ANNIE CATRON, 927 Main St., Cincinnati, Ohio, writes: "As I have found Peruna a blessing for a severe case of catarrh of the head and throat...

SOME MOTTOES FOR HEALTH

Philadelphia issues an imposing and timely Bulletin for Household Guidance. Again calling attention of the parents and caretakers of babies...

Delay Only a Second or Two

"Nearly 2,000 miles in eight days must be made and there was no idling for man or beast. When the express rode up to the station both rider and pony were always ready...

Man-a-Lin the Ideal Laxative

ing into the station fleeted with foam, nostrils dilated and reeking with perspiration, while his flanks thumped at every breath.

Strain on Man and Horse.

"Particularly were these requirements necessary in those who were to ride over the lonely route. It was no easy duty. Horse and human flesh were strained to the utmost of physical endurance...

Mr. Visser tells of the start of the express, on April 3, 1860, at noon:

"Harry Hoff, mounted on a splendid half-bred broncho, left Sacramento on his perilous ride, covering the first twenty miles including one change in fifty-nine miles. On reaching Polson he changed again and started for Placerville...

The Mormon Trail.

This was the trail taken by the Mormons in 1847, and afterward by the gold seekers to California in 1848-50. and by General Albert Sidney Johnston and his army of 6,000 men, who marched from Fort Leavenworth to Salt Lake City in 1847-8.

Mr. Barr and Mr. Rose did not look upon St. Louis and Cleveland merely as places in which to do business...

By using the various formulations of The Bee-Want Aid you will get best results at small expense.

PREPARE BIG MILITARY CAMP

Eleven Thousand Men Will Visit Fort Riley in August.

MODERN EQUIPMENT THROUGHOUT

Militiamen of Kansas, Oklahoma, Missouri, South Dakota and Iowa Will Attend at Different Times.

FORT RILEY, Kan., August 1.—(Special.)—The preparation of the big maneuver and instruction camp on this reservation is being pushed every day in the week by a large force of mechanics and laborers...

Major Thomas Cruse, quartermaster's department, ordered here from Boston, in charge of this work with First Lieutenant Gilbert C. Smith...

About fifty carpenters are employed in the building of almost 500 bath houses and latrines. The cost of this work alone will amount to the neighborhood of \$100,000.

There will be in the neighborhood of 5,000 animals in camp—horses and mules, their watering twice daily will be no small task.

To feed these animals will require about 2,000,000 pounds of hay, or 1,000 tons of hay. A gang of men is stacking up this hay in high piles ready for use...

The entire plan of the camp has been arranged and as soon as troops arrive they will be assigned locations, supplies of all sorts will be issued and confusion will be a thing unknown.

The signal corps is already running its field telegraph lines and as soon as the headquarters of the different organizations are established following their arrivals, telephones will be installed and within a few minutes time they will be in communication with the headquarters of the commanding general.

"Clean water, clean food, clean houses, clean clothes, clean bodies keep us healthy. 'Clean water is obtainable by all by boiling drinking water in open kettles not supplied with filtered water and keeping it free from contamination after it is drawn.'

"Clean food may be obtained as cheaply as an inferior quality by close observation on the part of the purchaser. 'Clean clothes are the reach of everyone. Colthes worn next to the skin should be turned inside out and aired over night.'

"Clean bodies. To get the results, in addition to clean water, food, houses and clothes, the body must also be kept clean. The daily bath in the best treatment in the field of preventive medicine."

"The National Consumers' league has recently issued a leaflet containing in part the following information: 'Which, if followed by the masses, must be productive of good results. 'Buy food at the cleanest stores only. 'Buy only clean, fresh goods. 'Refuse to take food handled by dirty hands. Insist upon its being well wrapped. Paper bags are the best. 'Buy only pure, candies. Is the candy pure and clear that your children buy from a pushcart? 'Do not buy decayed food because it is cheap. 'Do not buy bread and cake from dirty bakers. Look into the baking rooms, if possible. Are they clean? 'Examine packages of cereals for worms. 'Does your grocer keep his butter and milk in clean, cool places, and are they covered? Does he keep his candies, figs, dates, berries, bread, etc., exposed to flies and dust from the street in open boxes and windows? Flies carry dirt and disease to food and man. 'Are your grocer, butcher and baker cleanly in person? Are their clerks cleanly? Do they keep their goods on the sidewalk? 'Refuse to buy food sold in open receptacles which stand uncovered in the store after day. Are the flour barrels covered? Is there any decaying matter in connection with the vegetables or fruit? 'The law requires all food manufacturers to label their products truthfully. Read these labels carefully. They are your protection from fraud. Labels must tell what is inside the can, box or bottle. If it is a compound it must be stated. Read the small print, as it is often more important than the large. Does the label tell the truth about the weight of the package? Don't buy foods containing artificial color matter. Don't buy foods containing chemical preservatives.' —Philadelphia North American.

PUBLIC SPIRITED BUSINESS MEN

Shining Examples of Generosity to Communities Which Made Them Rich. William Harr, for many years a leading merchant in St. Louis, died recently in the east. He made a large fortune and left it all in that city. By his will he returns nearly all of it to St. Louis...

DENVER MAN'S LONG FAST

Sixty-One Days Without Food and Still Persisting in Starving Himself. Do you suppose you would be hungry if you hadn't had anything to eat for sixty-two days? W. R. Truchel, a pioneer druggist, who for years conducted the drug store at Eighteenth and Arapahoe streets, Denver, fasted for sixty-two days since he touched food.

HOT! SET YOUR TIRES

for 50c. up to 1 1/2 inch. We do it quick, while you wait, and guarantee the best work. MODERN METHOD DRUMMOND 18th and Harvey Sts. Omaha, Neb.

GETTING YOUR MONEY'S WORTH

It is important that you carefully note the claims of all... when competing articles are brought to your attention. As sure as the sun rises and sets just so sure will you find that one article contains more intrinsic worth than the other. This is the one you ought to buy—and not the other.

Jacob Doll Player Piano

Hardman Artist's Model Autotone. which through patented features contained in these alone make it possible to play either 65 or 88 note rolls by means of the interchangeable Tracker Board.

Schmoller & Mueller Piano Co.

1311-1313 Farnam Street Omaha, Nebraska

nothing but water. The second, third and fourth weeks he occasionally at night took a teaspoonful of olive oil and the juice of half a lemon, but nothing more than this.

"The fortieth day he tried to eat a slice of an onion with the lemon juice spread on it, but it did not taste good.

Every day he rode downtown and spent an hour or two at the drug store. During this time he says his health constantly improved, although he gradually lost weight.

NEW MEMBER'S FIRST SPEEL. How a Congressman, Big at Home, Shrivels Up in Frigid Washington.

The article, entitled "Congressman's First Speech," by Congressman Murdock of Kansas, in the August American Magazine, is a great human document. It is a complete revelation of the means by which Speaker Cannon and the republican machine rule the house of representatives.

"The new member makes his first speech. The desks whirl and rise into his face when he gains his feet, and he has the sensation that he is being shaked, and he soon discovers that he has three audiences. The nearest audience is the house itself, cold, critical and politely curious. The next is the audience in the gallery, and with this audience the orator seems to feel at moments in touch. Possibly these visitors, eightiers in the capital mostly, are the men who will be speaking in the press gallery. The men of the press do not listen to first speeches, and presently this single reporter departs. The new member watches him go with a resentment against all of his craft.

And he continues there comes to him the impenetrable sense that for a hundred years congressmen have been making his speech; the Jefferson heard it in his day, and Clay and Webster and Lincoln and Blaine and McKinley in theirs. And he notices the slight smile on the face of an old member like Grosvenor of Ohio, a smile that means plainly that he, Grosvenor, has heard the speech over and over again during his long service, the same old, honest, futile speech.

IT WILL PAY YOU. to call and see our MATTING AND RATTAN SUIT CASES before you start on your vacation. They are light, roomy and neat. They are strong and enduring. PRICES FROM \$2.00 UP.

Omaha Trunk Factory 1209 Farnam Street.

MEN

Don't delay if in need of skilful medical attention and you are desirous of being restored to health. Consult at once the reliable, skilful, experienced and successful specialists of the State Medical Institute. Get the right treatment first and be cured promptly, safely and thoroughly.

STATE MEDICAL INSTITUTE 1308 Farnam St., Between 13th and 14th Sts., Omaha, Neb.

FREE Consultation and Examination. Office Hours: 8 a. m. to 8 p. m. Sundays, 10 to 1 only. If you cannot call, write.

Bee Want Ads Produce Results

Don't delay if in need of skilful medical attention and you are desirous of being restored to health. Consult at once the reliable, skilful, experienced and successful specialists of the State Medical Institute. Get the right treatment first and be cured promptly, safely and thoroughly.