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A cause for gratification—both on your part and ours. Here it is, epitomized: With what has gone before, we are satisfied ever—contented, never, to tailor our garments better than ever, to make the modeling more distinctive and exclusive and to give you as good a fabric as we can possibly afford—for all that we have spent our night and morn.

MacCarthy-Wilson Tailoring Co.

Nothing Like them in the world. CASCARETS the biggest seller—why? Because it's the best medicine for the liver and bowels. It's what they call for you—not what we say they call for—what makes CASCARETS... is all the medicine that they ever need to take.

after the second inning by either team. Demeters... Hatters... Grand Island Wins Two Games. BLADES, Neb., June 12.—(Special Telegram.)—Grand Island business college won two good games here today: Score: Grand Island... Blades...

Healy, College preparatory, Mainz, Wis., first, 19.00; second, 18.00; third, 17.00. Central High, Kansas City, Mo., second, 16.00; third, 15.00. Second heat: Kuh, University High, Wash. Park, second, 14.00; third, 13.00.

NEW IDEAS FOR ATHLETES

Olympic Champion Has Novel Ideas on Eating.

THEORIES ON THE PROPER DIET

Voigt, Five-Mile Runner, Says It is Better to Overeat Than Under-eat—Stimulants Are Good in Some Cases.

NEW YORK, June 12.—The very newest thing in the athletic line is theories upon diet, stimulants and massage for athletes. They come from a vegetarian, an Olympic champion and record holder to boot.

Heretofore the trainers of athletes and the general run of physical educators chimed in unvaryingly that to get the benefit of his food a man should partially abstain himself, and some went so far as to advocate periodical spells of semi-starvation. It is a little wonder then that a man who says always be sure and eat enough and you will never grow stale should regard to the quality to be eaten.

Voigt attaches a lot of importance, and he is of the opinion that the scientific working of the muscles is very advantageous. The primary objects of massage applied to the athlete means the elimination of waste matter from the muscles.

"I have my own particular ideas about animal food and will not seek to introduce them," says Voigt. "I believe that the best way to commence a reform in food is to strike out or reduce in quantity those obviously harmful articles such as rich pastry, condiments, new bread, starchy and putrescent foods."

"It should always be borne in mind that it is distinctly preferable to over-eat than to under-eat. This is not only true frequently the cause of breakdowns in training, and I feel convinced that most of the cases of staleness are really due to over-strain caused by insufficient nourishment in the blood during strenuous exercises."

"As regards drinking, it is advisable to drink only when thirsty, as the blood is then in a concentrated condition and in need of fluid. Too much fluid or fluid taken apart from thirst is injurious. Stimulants come from the same line."

"In a stimulating marathon race I had the opportunity of watching a runner who about three miles from the finish had suffered so much from the heat that it was apparent that it would be impossible for him to run another mile without assistance. At intervals, however, brandy was given to him and he ran the distance through. In explanation it might be pointed out that the action of alcohol on the system is to quickly turn the reserves of albumen in the blood and tissues into energy. After this the energy the body is of course expending more impoverished state than it would otherwise have been and is then open to permanent injury through over-exertion. Consequently there is then a call for a greater quantity of nourishment than usual in order to make up for this deficiency. If extra nourishment is not taken after such a situation the constitution is weakened. It is desirable therefore to reduce stimulants to a minimum during training."

"Apart from the narcotic and stimulating effects of smoking a 'surface breathing' is thereby induced, which is particularly detrimental to the long distance runner. Habitual smoking tends to induce a light respiration. On the other hand, it should be the athlete's endeavor to cultivate deep breathing and thereby strengthen the lungs so that they may work to the best advantage under the unusual strain which they may subsequently undergo in racing."

THE OMAHA SUNDAY BEE, JUNE 13, 1909.

EVENTS ON RUNNING TRACKS

Hilarious Wins the Cariton Stakes at Gravesend.

JOE MADDEN CLOSE SECOND

Tom Pippit Wins the Gentlemen's Cup from Melodeon—Sumner Wins at Montreal.

GRAVENSEND, June 12.—J. R. Keene's Hilarious a 4 to 5 favorite, easily won the Cariton stakes, one mile at Gravesend today, but his real triumph was in crossing the victory away by easing up his mount too soon.

Second race, Greater New York steplechasing, one mile and a half, \$500 added; Hilarious (128, Bulwell, 7 to 1) second; Joe Madden (134, Stone, 9 to 1) third; Oaklaw (141, Page, 4 to 1) fourth.

Fourth race, the Carlton three year olds, mile, \$300 added; Hilarious (128, Bulwell, 7 to 1) second; Joe Madden (134, Stone, 9 to 1) third; Oaklaw (141, Page, 4 to 1) fourth.

Summaries at Montreal. MONTREAL, June 12.—Summaries: First race, \$400 added, five furlongs; Melodeon (118, Ruxton, 5 to 1) second; Sumner (124, Ruxton, 5 to 1) third; (even) second, Autumn Girl (2 to 1) third, 1:29 2/5.

Second race, \$400 added, four and a half furlongs; Merman (even) won; Jack Deacon (2 to 1) second, Adonia (20 to 1) third, 1:12 2/5.

Third race, \$400 added, seven furlongs; Edwin (10 to 1) second, Time (10 to 1) third, 2:13 1/5. Fourth race, \$400 added, six furlongs; Pinta (4 to 1) second, Youthful (12 to 1) second, Grand (12 to 1) third, 1:56 2/5.

Fourth race, \$400 added, six furlongs; Pinta (4 to 1) second, Youthful (12 to 1) second, Grand (12 to 1) third, 1:56 2/5. Seventh race, one mile, purse \$400; Zippaco (3 to 1) second, Hope (3 to 1) second, Zippaco (3 to 1) second, 1:40.

INTERSTATE TENNIS TOURNAMENT. Open Meet Will Begin at St. Joseph, Mo., June 26. ST. JOSEPH, Mo., June 12.—(Special.)—One hundred entries will be received in the Interstate Tennis tournament, under the auspices of the St. Joseph Lawn Tennis association at St. Joseph, Mo., June 26 to July 2.

FIELD CLUB WINS THE MATCH. Contest Played a Week Ago Changed Because of Error. The Omaha field club has been declared a winner by 1 up in the interclub solo match played a week ago at the field club.

PARIS WANTS TO SEE JOHNSON

Offers Big Purse for Bout with Joe Jeannette.

NEW YORK, June 12.—Joe Jeannette's manager says that a \$20,000 purse can be obtained in Paris for a finish fight with Jack Johnson and that a \$10,000 side bet is also possible.

Langford allowed Jeannette to stay six rounds with him in a local club last year and is regarded as the local pugilist's superior in every way.

IRISH CRICKETERS CROSS FOND Will Play Several Match Games in This Country. NEW YORK, June 12.—The date of sailing of the gentlemen of Ireland, the Irish team of cricketers who will visit America this year, has been fixed definitely for August 23, and they are due in Montreal on September 2.

TEKAMAH GIVE PROMISE TO BREAK ALL RECORDS for the State. TEKAMAH, Neb., June 12.—(Special.)—Tekamah is preparing for the best race in its history, and that is saying a good deal, for Tekamah has long been recognized as the best horse town in the state.

WATER KEEPS THE SCORES DOWN Only a Little to Finish. Although over sixty golfers started out Saturday afternoon to play for the safety razor given by Harry Townsend, fewer than twenty turned in their score cards.

COMISKEY O. K.'S MARATHON Old Roman Wins Pa that His Plans Satisfy Him. Pa Rourke has received notice from Comiskey that he has agreed to his terms for the big Marathon race in Omaha, July 5.

MATCHES AT HAPPY HOLLOW Main Did Not Deter Golfers from a Busy Day. Golfers at the Happy Hollow club played the different matches Saturday afternoon, the main event being the first play for the Beaton cup, an eighteen-hole medal handicap event with eight to qualify.

Boxing Bill Vetted. MADISON, Wis., June 12.—Governor Davidson today vetoed the Brew boxing bill enacted by the present legislature providing for ten-round bouts with five-round gloves and no purse.

WASCONA Wins Both Fails. NEBRASKA CITY, Neb., June 12.—(Special.)—Oscar Wasson and Charles Hackenschmidt of New York wrestled here last

WINTWELFTH STRAIGHT GAME

(Continued from First Page.)

today by Kroh's pitching and brilliant fielding. Back of him, neither of Chicago's errors doing any damage. Hoffman scored in the first, after being hit by a pitched ball, his steal and a single. Kroh singled in the eighth and came home on a sacrifice and on Sweeney's wild throw.

QUAKERS TAKE ANOTHER ONE. Moren Holds Cardinals Down to Two Single Hits. ST. LOUIS, June 12.—Philadelphia took the second game of the series from St. Louis, 2 to 1.

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MAZEPPAS BEAT FIELD CLUB

Each Pitcher Succeeds in Striking Out Eleven Men.

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PUEBLO SHUTS OUT WICHITA

(Continued from First Page.)

and his dumb play in failing to cover third on a force play this second offense in that line of the series, factored materially in the result. From pitched steadily until the seventh, when he was touched for two runs, but fast fielding by Smith and Anderson saved the game for the visitors.

Table with columns: AB, R, H, O, A, E. Rows for Waldron, Fox, Davidson, Johnson, etc.

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LYONS Defeats South Omaha. LYONS, Neb., June 12.—(Special.)—In the local diamond the Lyons base ball team defeated the Young Men's Club, an association team of South Omaha by a score of 1 to 0.

GENEVA Defeats Fairmount. GENEVA, Neb., June 12.—Yesterday afternoon Geneva defeated Fairmount by a fast game, resulting in 2 to 1 in favor of Geneva.