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FOR FEMINE FOLK.

A COLUMN FOR THOSE WE CALL THE WEAKER SEX.

Gymnastic Training and its Benefits to Women - A Writer Says Women Are Smarter Than Men - Some Small Talk About Women - A Stay-at-Home Woman, Etc.

GYMNASIATIC training for women is becoming fashionable in America, as it has been for some time in Europe. At first clubs and dumbbells were in vogue and young girls developed their muscles in the same way as men and with like effects. The result of this development of muscularity was by no means satisfactory. Girls became strong and healthy, but lost in grace and feminine bearing, and after a few years of married life they showed a tendency to beefy stoutness that was the reverse of charming. This produced a reaction and it was found that masculine exercises are unsuited to women.

Now a new kind of physical training for women is coming in vogue and it has the advantage of not requiring a teacher or attendance at a gymnasium. Every girl can practice in her own room. The preliminary preparation is a breathing exercise. The girl stands erect with heels together, head well thrown back and arms straight down by the sides. Then a long breath is drawn, inflating the lungs thoroughly. This will start the circulation and will prepare the body for other exercises. It should be done with the windows open, so that the air of the room may be pure.

For strengthening, broadening, and developing the chest and shoulders there are a number of exercises. First, in the same old position, the arm is brought, with the hand open and without bending the elbow, around by the side of the head and body in a circular or cartwheel motion. This is done as rapidly as possible, always being careful not to let the elbow bend. This is very good for girls who are what is known as "hollow chested."

There are two exercises which are used a great deal for the back and lower limbs, one of which is done by trying without bending the knees to touch the tips of the fingers to the floor. This is the one athletic exercise in which woman exhibits her superiority over man. The second one is done by trying to rise from a sitting position on the floor without touching the hand to the floor, using one foot only. The exercise discounts all the patent pads on the continent as a hip developer.

greater magnificence could have existed in the way of table decoration, wines, and service, than a millionaire New Yorker displays when his wife gives a large dinner. - Foster Coats, in Ladies' Home Journal.

What is a Nice Woman? A nice woman is one who says good-morning with a smile and good-night with a blessing. A nice woman is one who doesn't make you suffer, at second-hand, with her acies, nor expect you to think there is but one doctor in the world, and that is the one of her choice.

A nice woman is one who is evenly pleased with the weather—that is, the temperature does not affect her temper, and when the skies water she does not shower tears and groans everywhere. A nice woman is one who can eat what is set before her, wear the clothes she possesses, and both with amiability and without envy.

A nice woman is one who sees the niceness in you and me and all the rest of the world, and as she obliterates our faults she makes us try to do it too. That's the nice woman. - Bab.

Women Smarter Than Men. Not long since the writer went into the office of a man who has a school of typewriters. That is, he instructs men and women to operate typewriters and assist them in getting work. I asked him for the result of his observations. He replied: "Women learn quicker than men. They are more in demand than men. They give better satisfaction, as a rule, I mean, than men. And there is another thing I want to tell you," he said. "A few years ago, when women first began learning how to operate the typewriter and began getting work, a cry went up among men about cheap female labor. In the last twelve months I have known of a number of cases in which men have not only offered to do this work for less than women, but have undertaken to get the places by means that were not creditable. I am not a woman's rights man by any means, but it is my observation that the woman of to-day who is put on her mettle surpasses her brother."

The Women of Ecuador. The females of Ecuador are proverbial for beauty, those among the aristocracy being said to have the fairest complexion of any in South America, while all possess large, soft and expressive dark eyes, the blackest and most abundant hair, the whitest teeth, well-rounded figures and small hands and feet. Like all women in the tropics, they mature early and fade quickly, but perhaps their average span of forty years includes more heart-happiness than comes to women of colder climes in three score years and ten, for these are harassed by no "carking cares" or high ambitions.

A Stay-at-Home Woman. A woman at Jonesboro, Me., goes on record as the champion "home body." She has just visited the home of her childhood for the first time since her marriage, thirty years ago, although she has lived during this time only one mile distant, and has always been in perfect harmony with the families there. She says she never had time to go before without neglecting her duties.

oring to revive the woolen industry, which is carried on in many cottage homes about Langwell. LADIES of note in the Parisian world are discussing the style of tea service which should be used at afternoon gatherings at home during the ensuing season. MISS GRACE HARRIMAN, an English woman who has started a scheme for employing women as market gardeners, has subscribed all the capital for starting the work.

MISS HENRIETTA VINTON DAVIS, of Baltimore, is the name of a colored actress who made her debut in Washington in 1883, and has played Juliet, Desdemona and Leah with success. THE Silver Cross Circle of King's Daughters proposes soon to open a house where apartments of one, two or three rooms will be rented at the lowest possible rate to widows with children to support.

What to Do With the Hands. "My dear fellow," said a society woman of great candor to an awkward, timid young Harvard graduate whom she was to present, "you have any amount of talent, you have position, you have money, but you will never be at your ease, never show at your best until you know what to do with your hands and feet. You must lose them, forget them, be unconscious of them." This is easier said than done; and yet it is possible by the persistent use of a few simple exercises which brings relaxation and freedom from stiffness, and others which encourage flexibility and strength of muscle. Cultivate the habit of letting the arms fall and place themselves as they will when standing or sitting without occupation. Learn to swing them, one at a time, back and forth like a pendulum hanging from the shoulder, the elbow joint straight and easy, but not taut. Lift the length of the arm as a weight from the shoulder very quietly and slowly, as high as it will go, and bring it down in the same manner. The muscles across the back are weakened to a wonderful degree. Try this movement singly and with both arms, fifty or a hundred times a day. With the arms hanging at full length, elevate the shoulders slowly, and turn them in a rotary motion toward the back.

A daily practice of such simple movements calls one's attention to the varied actions and use of joint and muscles; the idea of using the arm from the shoulder is understood, and the habit of bringing different sets of muscles into play in alternation and succession becomes second nature. This is the numbering of one's forces, and training them to do each its own part. It is a kind of personal massage, the virtue of which lies in the minute search for weakness, flabbiness and lack of development in the smallest muscle, and the daily gentle manipulation which strengthens it by action. No woman wants that close-knit, sinew and knotty, woody fiber, that many men seek to obtain from athletics. It is entirely opposed to the offices of life to which nature calls her; she does want firmness with flexibility, staying power and endurance. - Emma Moffet Tyng, in Harper's Bazar.

"Human Vanity to Human Misery." Doctor Stellwag, the famous oculist, while lecturing to his students at Vienna recently told a pretty story of Dom Pedro of Brazil. He said that he had had many opportunities of conversing with the ex-Emperor, a man of the highest character and of great culture, whose heart and mind were always filled with plans for improving the condition of his people. It was one of his dearest wishes to have a big hospital in Rio, but he lacked the money where-with to build it, and the wealthy could not be induced to subscribe. Then an idea came to him, and he began to bestow titles. Any man who was willing to give a good round sum to the hospital could call himself "count," "viscount" or "baron." The patent of nobility was not hereditary, and if the children wished to inherit the father's title, they had to pay over again. Rio was suddenly peopled with nobles, and the hospital was built on a grand scale. When it was completed the Emperor placed over its gates, "Human Vanity to Human Misery."

Noble Italian Soldiers. In 1867, the cholera invaded Italy. Its ravages made the people cowards. Civil officers abandoned their posts, and well-to-do people fled from the cities to their villas. The poor people also fled and wandered, hungry and terrified, through the country. Famine, discouragement and squalor were everywhere. The general misfortune culminated in the spread of an odd superstition that the cholera was the effect of poisons scattered about by order of the Government. Even the distributed medicines were believed to be poisoned, and the physicians and officers poisoners. Mobs attacked them and many were massacred. In this terrible crisis the Italian army said, "We are ready for sacrifice and hardship. We will breast the ravages of the cholera and the superstition of the people." De Amicis, in his sketches of "Military Life in Italy," paints such scenes as these: One day six or seven companies were drawn up near Palermo. The colonel told them of the sad state of the city. The cholera had been raging there for days. Nurses were lacking in the hospitals.

"I impose no duty upon you; I exhort you to a sacrifice. All are at liberty to reply yes or no, as their hearts dictate. Before consenting each man must measure the strength of his soul, and reflect that the office of nurse is a noble and a grave one, and one not without danger—and that he must lend his assistance with great courage and great affection—or refuse it. Those who are ready to offer their services kneel!"

Almost in one instant the whole battalion knelt, as if at a shout of command, and above all those heads appeared, straight and distinct, their four hundred muskets. At St. Cataldo a father and mother died, leaving a family of six girls, the oldest of whom was twelve. The sergeant of a company approached the soldiers. "Give me your attention for a moment," he said. "Yesterday morning, here in this place, six children were left without father or mother. Who will give something that they will not be left to die of starvation?"

The soldiers looked at each other as much as to say, "What can we give now? the cover of the account-book, to have it boiled?" "Courage!" said the sergeant; "give me some sort of an answer." One soldier rose and, showing a son in the palm of his hand, asked, "Do you want that?" "Even that is something," replied the sergeant, taking the son. "Are there any more?" "If it is only the question of a son, I have one, too," said another, throwing him the son. "I have one, too." "I too." And so all the soldiers handed him their son, one after another. "Bravo! well done!" exclaimed the sergeant. "But one thing more—bread!" "Bread? If that's all," several answered, "there is more than enough."

And first one, and then another cut a slice from his loaf of black bread. A corporal took a ramrod and stuck on to it all the slices as fast as they were handed to him. The soldiers laughed. - Youths' Companion. Bismarck Turned Brewer. Prince Bismarck, who started a long while ago on his Varzin estate a spirits distillery, has arranged things with a financial society of Hamburg, for the establishment in the same domain of a large brewery capable of producing 50,000 kegs of beer annually. According to the prospectus published by the company, the shareholders could expect to realize a dividend of 11 per cent. every year. The Freisinnige Zeitung ironically recalls, apropos of the undertaking, a paragraph of a speech delivered on March 28, 1881, in the Reichstag by the Iron Chancellor, who said then that "beer, rendering the drinker drowsy, instead of exciting the nervous system, should be considered a bad beverage from an economical and national standpoint."

HOW TO MAKE MONEY.

A Young Mechanic Asks the Important Question.

ET me ask you how to make money, was the important question a young man living in a western city addressed to a number of wealthy men and to which he received several replies.

Hon. Roswell P. Fowler, the millionaire member of Congress from the Twelfth New York District sent the subjoined: "Were I in your position, then I would buy some real estate in your city. You cannot duplicate real estate. You can duplicate any other kind of security, and as the country grows real estate will improve in value. You could doubtless buy a small piece of property that would rent for more than enough to pay the taxes upon it and the interest on the mortgage you would have to give. The surplus you can save, in addition to what you are now saving out of your wages, and you could apply it to paying off the mortgage. My answer, therefore, to the first question contained in your letter, is that real estate is the best investment for small savings to make them the basis of a fortune. I know of no better way for a young man just starting in life to become rich than to be always sober, honest, industrious and economical, to be true to his employers and himself; to save all he can without being parsimonious, and to invest his savings judiciously in the way I have indicated."

Hon. Benjamin F. Butler, the millionaire manufacturer, lawyer, soldier, and statesman, coincides with Mr. Fowler's high estimate of real estate as an investment, as will be seen below: "All the improved real estate in Boston, as a rule, has paid its interest and taxes and quadrupled in value during the past fifty years, while during the same period 90 per cent. of all the merchants and traders in the city have failed, and 90 per cent. of all the business corporations have either done likewise or gone out of business, so that their stock has been wiped out. In view of these facts I think it may be unhesitatingly asserted that nothing else is so safe an investment for small savings as improved real estate. Nothing is likely to grow in value faster. You had therefore better buy a piece of improved real estate, however small, that is paying rent. Pay in cash what little money you have and give your notes, secured by a mortgage on the balance in small sums falling due at short intervals, and then use all your extra income from the rent of your property in paying them off. You never incur any risk in discounting your own notes, and when your friends find that you are placing your money where it is perfectly secure, they will be glad to assist you if those notes should come due a little too rapidly. Thus, in a short time, and almost before you know it, you will have a considerable and safe investment."

"The following day we feasted on chickens, codfish balls, clams, celery, cucumbers (fifty cents each), crabs, cheese, cake, crackers, crullers, carrots, canned currants, canned cherries, citrons, cider, catsup and candy. And so it has gone on. "The fifth day would have been a fast day had it not been for eggs, but we made an Easter of it. Yesterday we dined, breakfasted and supped chiefly on jellies. To-day your kidney suggestion saves us from starvation, while to-morrow we will grow fat on liver, lamb, lobster, lettuce, etc. "A queer thing about our new food departure is the number of things it has led us to put in our mouths which we never thought of before. - Buffalo Express.



HOW TO KEEP IT. "If you had a rich father who would furnish the cash to start you in business, you would probably do better in the long run if you invested it in the way I have pointed out rather than to risk it in trade, meanwhile earning your living by working for a salary. "For a young man just starting out in life, whose ambition it is to become rich, I would say never do a mean thing for money." The great Barman writes: "The safest plan and the one most sure

of success for the young man starting in life is to select the vocation which is most congenial to his tastes. He should then be careful to keep himself in good health, for that is the foundation of success in life—the substratum of fortune. Shun rum and tobacco. You must have a clear brain to make money. You cannot carry on business successfully if your brain is muddled and your judgment warped by intoxicating drink. Keep out of debt. Debt drags a man down more than anything else. It destroys his self-respect and makes him almost despicable in his own eyes. "Put what money you have and all you may save in the future at interest where it will be best secured. Real estate is the most safe of all investments. Money at interest, with good security, will work more faithfully than anything else in the world. It never stops, day or night, no matter if the weather be wet or dry. "Engage in one kind of business only, and stick to it faithfully till you succeed, or until your experience shows you that you should abandon it. Whatever you engage in make it your constant aim to be and to have the very best in your line. When sure you are in the right path persevere. "To make money dishonestly is the hardest thing in life. Therefore preserve your integrity. Remember that the road to wealth lies in expending less than we earn."

Eating by the Alphabet. "Have you got anything here beginning with 'k' that's good to eat?" inquired a new customer in a well known local delicacy market, last Tuesday. "How will pickled kidneys answer?" replied the clerk, after a moment's thought. "First rate. Give me a dozen cans. The kitten's life is saved," exclaimed the strange patron with enthusiasm. "I told my wife," he continued, "that if I failed to send home a kangaroo, dead or alive, before 2 o'clock, I should expect to find the kitchen served up for supper in the latest Chinese style. But your happy thought saved her."

"You see we all got tired eating the same things day after day, so last month we agreed that during December we should begin and eat up (or rather down) the alphabet, taking one letter a day, with bread, potatoes, tea and coffee, thrown in as staples. "So we inaugurated the dietary system with a bill of fare consisting of apples in many forms, apricots pickled, asparagus, almonds and the staples. The next day's menu was beef, beets, beans, biscuits, buttermilk, bacon, and bon bons. "The following day we feasted on chickens, codfish balls, clams, celery, cucumbers (fifty cents each), crabs, cheese, cake, crackers, crullers, carrots, canned currants, canned cherries, citrons, cider, catsup and candy. And so it has gone on. "The fifth day would have been a fast day had it not been for eggs, but we made an Easter of it. Yesterday we dined, breakfasted and supped chiefly on jellies. To-day your kidney suggestion saves us from starvation, while to-morrow we will grow fat on liver, lamb, lobster, lettuce, etc. "A queer thing about our new food departure is the number of things it has led us to put in our mouths which we never thought of before. - Buffalo Express.

Lincoln as a Peacemaker. The Rev. Dr. W. N. Miner, of Trenton, N. J., relates an anecdote of Abraham Lincoln which places him among the peacemakers. Dr. Miner was a resident of Springfield, and gives the narrative in the words of another resident: "I had some trouble with a neighbor, and I determined to go to law with him. When I got to Lincoln's office I found my opponent was already there and had stated his case. I told my side of the story, and Lincoln then said: 'You have a good case to go to court; but if you do you will lose all your money and make yourselves lifelong enemies. Why don't you settle the matter right here?' We argued for some time without coming to an agreement, and finally Lincoln said: 'Well, I'm going to dinner. Try and settle it before I get back; and, in order that you may not be disturbed, I'll lock the door. He locked us in and left us there, but when he returned we had compromised our trouble.' - Philadelphia Ledger.

WOMEN may indeed have a sphere that is boundless, but she has to stop when she comes to a barbed wire fence.