

### Muscle Making As a Business

Today the Trained Athlete Makes His Living Out of His Muscle and His Skill.

"Time was when the trained athlete was not highly regarded as an associate," says one writer. "But nowadays," he continues, "we find the athlete to be a creature creeping into our homes, and even our wives and daughters have caught the fever. College men often work their way through by their own strength—by their brawn." True it is and today America stands at the head of a race, swift, energetic, wholesome. The American citizen makes the best soldier—the staunchest, sturdiest soldier. He can stand more trouble and fatigue than the professional soldiers of other countries and it is because he is a "Wheat-eater."

Wheat has in it all of the elements of the human body. Wheat makes meat. Hutchinson, the great British food expert, says that proteins, water and a little mineral salt will build tissue and nothing else will. Wheat is rich in proteins, almost 11 per cent, and Malta-Vita is the whole of the wheat. That's why Malta-Vita makes muscle. Malta-Vita also makes blood, bone and nerve force because it is all of the wheat and prepared in such a way that it is quickly absorbed by the blood.

In training quarters for college athletes whole wheat is recognized as of great value. Mr. Robert Uiterbach, manager of the DePaul University Athletic Association, in speaking of this, said: "I take pleasure in endorsing Malta-Vita, which we used with first-class results at our football training table. In nutrition and consistency we found Malta-Vita to be the best food for our use."

That is because Malta-Vita is the whole of the wheat and rich in proteins, which Hutchinson says can alone build up and repair tissue. The manufacture of Malta-Vita is an extended and elaborated process. The whole wheat grain is cleaned of its husk, then boiled in water, cooked in steam to gelatinize the starch, then allowed to stand in coolers (where it is carefully watched by an expert) long enough to allow the gelatinized starch cells to break down, then it is treated with barley malt instead of sugar, as the barley malt and the gelatinized starch make "maltose" or "sugar"—highly nutritious and most easily digested. Thus Malta-Vita is scientifically prepared to meet the requirements of the trained athlete and the convalescent. To each is given strength, blood, bone and muscle and in either's stomach it is ready to be taken up by the blood without taxing the digestive ferments. Malta-Vita is now 10 cents per tin, the same big package you used to buy for 15 cents.

### CITY NEWS BETTER SPIRIT IS FOUND IN WEST

#### WOMEN GET GRUDGING TREATMENT IN EASTERN SCHOOLS.

Henry B. Blackwell of Boston, a Veteran Champion of Woman's Suffrage, Commends Tone of Western Colleges—Struggle His Sister Endured to Become a Physician.

Among the returning travelers from the National American Woman Suffrage association convention in Portland were Henry B. Blackwell and Miss Alice Stone Blackwell of Boston, who have been the guests of Dr. Martha G. Ripley for a few days and who go on to Chicago tonight. Mr. Blackwell, with his snowy hair and ruddy, gentle face, is as distinct a figure in all great suffrage gatherings as Mrs. Anthony. Mr. Blackwell was the husband of the late Lucy Stone, who was one of the first women in the United States to secure a college education. In order to do this she was obliged to leave her New England home and go into the then western wilds at Oberlin, the only college in the west willing to admit women. Mr. Blackwell's sister, Elizabeth, who is still living, was the first woman admitted to an American college of medicine and the first woman to secure a medical diploma.

To a Journal representative Mr. Blackwell yesterday told the story of his sister's struggles to become a physician. This though being suggested by the wonderful difference he had observed between the treatment of young women students in western colleges and their reception at co-educational schools even in the east. This is where they are grudgingly admitted and socially ostracized to discourage their attendance.

"In the west," said Mr. Blackwell, "you have the real co-educational spirit of working together, not merely sharing the same classroom advantages, but the spirit of the east, is still represented by the separate colleges." Miss Blackwell's application for admission to a medical college had been denied by a number of schools when she applied to Geneva Medical school, whose reputation was that of a very disorderly school. The faculty, wishing to shift the responsibility, agreed to leave her application to a vote of the student body. If they would unanimously agree to her entrance she might be admitted. When the proposition was submitted to them the wholly unexpected happened and all save one voted for admission. The rest in a spirit of mischief set upon him and pummeled him till he changed his vote. By this unexpected happening, Miss Blackwell entered the school and her influence wrought a complete transformation in its discipline, and she was always accorded the most complete respect and courtesy. This innovation, however, set the medical profession by the ears and the protests were so strenuous that a promise was exacted from the faculty that no more women should be admitted, and there never have been.

Miss Blackwell's ostracism socially was so complete that no one would rent her a house for a residence and office in New York and she was obliged to buy one. Both she and her sister had to go to Europe to get any opportunity for hospital experience. Mr. Blackwell has served for many years as chairman of the committee on resolutions of the suffrage association, and he is a master of strong statements. This year his committee had representatives from twenty-eight states. One of the features of the resolutions was the indorsement of the initiative and referendum as a valuable political expedient for securing the submission of the question of suffrage to the decision of the people. When submission can be secured in several states it is fully believed the popular vote will establish full suffrage; the stumbling block is the legislatures. This is the situation in Iowa.

### FAITHFUL WIFE'S PLEA

#### LONG SUFFERING MOTHER OF LITTLE ONES BEGS FOR HUSBAND'S RELEASE FROM PRISON.

While her two little children loudly prattled and played with the golden tassels of the rich plush curtains in the governor's office at the capitol yesterday afternoon, their mother, Mrs. Gustavus Larson of Minneapolis, weeping implored pardon for her convict husband, now serving a two and a half-year sentence at Stillwater. It was drunk that interrupted the joy of the Larson home. The family lived at Crookston. Mrs. Larson says her husband was a steady workman, always provided well for his wife and two children, and was an affectionate husband and father. But he would drink.

One evening, two years ago, with two other men, Larson started on one of his periodical sprees. While drunk, with one companion he went thru the pockets of the third comrade. When Larson became sober he found himself under arrest charged with robbing a man of \$5. He was sent to Stillwater to serve two and a half years for the unconscious act of his liquor-crazed brother. His wife took the children and moved to Minneapolis, where she could more easily find employment. She has worked hard, at heavy labor and for long hours, to support her family. Her health has broken down, but worse than that to her, for several months past her little 5-year-old girl has been rapidly failing. She also has a babe of 10 months to care for. She has reached the limit of endurance and mental strain. Judge Watts of the Crookston district court has investigated her case, and has written a letter to the board of pardons asking for the release of the man he committed. It is believed this letter, with the great need of the Larson family for its bread earner, will secure clemency for Gustavus Larson at the next meeting of the state pardon board.

Your Bird's Eye Match card will save 5c, and possible accident. Bird's Eye Matches are safe.

**Magnetic Cranes.** A magnetic crane has been invented and put to use by the Ohio company. My magnetic force it is capable of lifting large or unwieldy masses of iron without encountering the difficulty of obtaining an adequate hold upon the material to be lifted. Tons of pig iron, steel, iron scraps, baled or loose tin scraps, bolts, nuts, rivets, and similar material will adhere to the crane without a loss of time in adjusting ropes or chains. It is not policy to waste any time in ordering that case of golden grain belt beer. It will preserve your health and promote your happiness if used regularly.

Definite Information About Summer Resorts Along the Minnesota and International Railway is contained in the new booklet, E, just published. Get one. Go be happy. Address M. W. Downie, Auditor, Brainerd, Minn.

# THE PLYMOUTH Basement Salesroom



## Men's Coats \$1.00

### A Grand Clean-up of Odd Coats

Frock coats in plain black worsteds, small sizes; outing coats, in light colored flannels and homespuns; silk coats in plain black pongee and gray stripe; flannel coats in gray stripes; sack coats in all wool chevots; skeleton coats in blue serge, alpaca and mohair. Coats that are worth \$2, \$3, \$4, \$5, \$6, \$8 and \$10, all go at \$1.00.

**\$12 and \$15 Men's Suits, \$3.50.** Neat patterns in all wool worsteds and chevots. Black clays in single or double-breasted.  
**\$10.00 Men's Suits, \$5.00.** Fancy mixtures in all wool chevots, plain blue chevots and double-breasted worsteds.

**Men's \$2.00 Pants, \$1.00.** Chevots and worsteds in neat patterns, stripes and dark mixtures.

**Men's Wash Vests, 10c.** Small sizes only, in crash and corded chambray.

**Men's Neckwear, 19c.** Men's Tecks, Windsor, Midget and tub ties; good assortment of colors; values up to 50c; 19c.

**Boys' Shirts, 39c.** Boys' shirts, dark and light colored percales, with two detachable collars to match; 50c values, 39c.

**Men's Negligee Shirts, 48c.** Men's plain white and fancy fronts negligee shirts; 75c value, 48c.

**Men's Hose, 5c.** Heavy black and tan cotton hose; 10c values, 5c.

**Men's Hose, 9c.** Men's plain black drop-stitch, fancy grays and blacks; 15c values, 9c, three for 25c.

**Sateen Shirts, 45c.** Sateen and heavy blue drill work shirts, double stitched and double yoke, 45c.

**Boys' Underwear, 23c.** Boys' balbriggan underwear; drawers double seated, excellent quality, 23c.

**Men's Underwear, 33c.** Odds and ends of men's underwear; plain and fancy balbriggans, basket weaves and mercerized cottons; worth up to 75c; 33c.

**Boys' Suspenders, 7c.** Regular 15c values; good elastic web, metal buckles; 7c.

**Men's Night Shirts, 39c.** Men's fine quality cambric and muslin night shirts, made to sell at 75c; special, 39c.

**Men's Handkerchiefs, 5c.** Men's plain white, fancy bordered handkerchiefs; also blue bandanas; 10c values, 5c, six for 25c.

**Children's Hose, 9c.** Children's ribbed cotton hose, double knee, heel and toe; 15c values, three pairs for 25c, pair, 9c.

## \$1.50 Boys' Washable Suits 39c

To close out our line of Wash Suits, Russian Blouses, Buster Brown and Eton Sailor Suits, sailor collar, military collar and white linen collar, with black leather belt, plain or bloomer pants, moth tan linens, chambrays, striped galateas, pleated front and back. Choice of our \$2.00, \$1.50, \$1.00 and 75c suits at 39c.

**\$4.00 Boys' Suits, \$1.50.** Norfolk suits, Eton sailor suits, double-breasted two-piece suits, all wool chevots, Scotch tweeds and cassimeres, all odds and ends from our \$4.00, \$3.50, \$3.00, \$2.50 and \$2.00 lines; ages 3 to 15; choice, \$1.50.

**\$5.00 Norfolk Suits, \$2.69.** Odds and ends from main floor in bloomer, Norfolk, Russian blouse, Eton sailor, Eton Norfolk, Buster Brown and two-piece suits; these suits are cut in the very latest spring styles, made and trimmed equal to our finest and highest-priced children's clothing; every garment is sewed with silk and linen thread. Ages 3 to 15.

**\$2.50 Boys' Two-piece Suits, 98c.** Ages 7 to 15. Double-breasted two-piece suits in cassimeres, chevots and tweeds, in plain and mixed colors, all odds and ends from our \$2.50, \$2.00 and \$1.50 suits; choice, 98c.

**50c Washable Bloomer Pants, 19c.** Tan linen galateas, chambrays and white duck, made in plain or bloomer styles; ages 3 to 8; 19c.

**75c Wool Knee Pants, 29c.** Odds and ends from main floor in all wool cassimeres, tweeds and chevots, in plain and mixed colors; broken sizes, 3 to 14; 75c and 50c values, choice, 29c.

## Men's and Boys' Caps, 21c

150 dozen in this lot—regular 50c, 75c and \$1.00 values. Men's Pike Caps, fancy mixtures, all wool serges, fancy linen crashes, boys' yacht, golf and pike caps. Crashes, worsteds and serges made from all wool suitings; do not miss this opportunity while the lot is fresh and complete. Sale begins Friday.

**Soft Hats, \$1.19.** \$2.00 and \$2.50 quality, all fur soft hats, negligee and Alpine shapes, black, brown and gray. Every hat this season's style. Greatest values ever offered.

**The Great Plymouth Clothing House, Nicollet Av. and Sixth St.**  
Enlarged Second Floor for Women—Three Elevators. Main Floor for Men and Boys—Basement Salesroom for Everybody.

## Women's "Tub Frocks" \$2

Special for Friday—200 handsome wash suits of cotton voile, fancy chambray, cotton poplins, figured lawns and linens and other reasonable fabrics—suits that have sold up to \$4.00.—Special, \$2.00.

**Muslin Petticoats, 95c.** Ladies' pure white linen suits, petticoats with plain hemstitch tucked, lace insertion and tucked lawn and embroidery ruffles, values up to \$1.50, special, 95c.

**White Linen Suits, \$2.98.** Ladies' pure white linen suits, very neatly made with tucks and points, worth \$4.50; special this week, \$2.98.

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**Wash Suits of Chambray, \$1.39.** Ladies' wash suits of chambray, percale and other pretty wash materials, all neatly made, worth \$2; special this week, \$1.39.

**Lawn Waists, \$1.45.** Ladies' fine lawn waists with embroidery insertion and Mexican drawn work fronts, full sleeves and deep tucked cuffs, values \$2—\$1.45.

**Wash Skirts, \$1.45.** Ladies' wash skirts of shrunken muslin, pique and imitation linen, plain gored and pleated effects, all neatly made and well worth up to \$4; our special price, \$2.50 to \$1.45.

**Polka Dot Duck Skirts, 69c.** Ladies' black and white and blue and white polka dot duck skirts, neatly trimmed with straps and stitching; regular \$1.25 values; special for this week, 69c.

**Percale Dressing Saques, 39c.** Ladies' percale dressing saques, in dark colors, neatly finished with ruffles around bottoms and collars, belts attached, regular 50c value, 39c.

**Fancy Kimonos, 69c.** Ladies' fancy crepe lawn kimonos, in colors and black, all faced with colors to match; 98c values, 69c.

**Women's Wrappers, 89c.** Ladies' percale and lawn wrappers, made with full skirts and deep flounces; regular value, \$1.25; special, 89c.

**Ribbed Vests, 15c.** Ladies' fine Swiss ribbed vests, good values at 35c; some slightly soiled; special, 15c each.

**Women's Gowns, 95c.** Ladies' fine Nainsook and Cambric gowns with lace, embroidery and tucked yokes, finished with ribbons, some low necks and short sleeves in the lot; all very neat, pretty styles, worth up to \$1.50; special, 95c.

**White Drawers, 25c.** Ladies' fine cambric drawers with hemstitched ruffles; 35c quality, 25c.

**Swiss Ribbed Union Suits, 35c.** Ladies' fine Swiss ribbed union suits, umbrellas, neatly finished around necks, arms and bottoms with lace and silk tape; regular 75c value; all sizes; special 35c, three for \$1.

**Dotted Swiss Waists, 89c.** Ladies' dotted Swiss and fine lawn waists with embroidery insertion and tucked fronts, all neatly made, worth \$1.50; special, 89c.

**Golf Shirts, 59c.** Ladies' golf and outing shirts of fancy mercerized and plain materials; also mohair, nuns' veillings and flannels; shirts that have sold as high as \$2.50 and \$3; slightly soiled and some slight imperfections; to close out the entire lot we offer them at the low price of 59c.

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**Swiss Ribbed Union Suits, 35c.** Ladies' fine Swiss ribbed union suits, umbrellas, neatly finished around necks, arms and bottoms with lace and silk tape; regular 75c value; all sizes; special 35c, three for \$1.

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**Golf Shirts, 59c.** Ladies' golf and outing shirts of fancy mercerized and plain materials; also mohair, nuns' veillings and flannels; shirts that have sold as high as \$2.50 and \$3; slightly soiled and some slight imperfections; to close out the entire lot we offer them at the low price of 59c.

## Shoe Bargains

### Friday Specials in Basement Shoe Salesroom

This week we offer some **Timely Bargains in Summer Shoes** for every member of the family. Read the following items carefully:

**\$1.25 Children's Slippers, 85c.** 108 pairs of misses' and children's three-strap patent leather slippers, sizes 3 1/2 to 12 and 12 to 2.

**\$1.25 Child's Shoes, 98c.** A new lot just purchased at a special price; sizes 6 to 11 and 12 to 2; extension soles, good kid uppers, laced.

**\$1.50 Boys' Canvas Shoes, 98c.** Any size from 2 1/2 to 8 1/2; gray canvas with leather tips.

**Boys' Black Tennis Oxfords, 50c.**

**Boys' Good Strong Play Shoes, \$1.25.**

**Little "Gents" Shoes, 98c.**

**Boys' Rex Calf and Climax Shoes, \$1.48.**

**Women's Oxfords, \$1.48.**

**\$2.50 Women's Oxfords, \$1.69.** This is a lot of patent leather Gibson ties in any size, with thin soles and Cuban heels.

**\$2.50 Women's Oxfords, \$1.95.** Blucher kid with plump, heavy extension soles and in new stylish shapes.

**Women's Blucher Shoes, \$2.40.**

**Women's \$2 Shoes, \$1.60.**

**Women's Shoes, \$1.95.**

**Men's Canvas Oxfords, 98c.** About 100 pairs of men's blucher, high and low cut linen colored canvas shoes, marked down from \$1.50.

**Men's Good Serviceable Shoes, \$1.95.**

## NEW PIANOS Just Received

A splendid assortment of the fall styles of **IVEES & POND** and **DYER BROS.** pianos, in a variety of finishes, have just arrived at our warerooms. Both these makes of pianos are very popular and have been sold by us for many years.

We invite you to call and look over these new instruments and if you consider purchasing we can offer you unequalled prices and terms, with our own guarantee to back that of the manufacturers.

Also northwestern representatives for Steinway and Knabe Pianos and the Pianola.



## DIAMONDS ON CREDIT

**WE WILL MAKE TERMS TO SUIT**

14-Karat white diamond \$9.00  
14-Karat white diamond \$20.00  
14-Karat white diamond \$30.00  
14-Karat white slightly imperfect diamond \$42.00

We guarantee the refund of your money (without deduction) upon return of any diamond bought of us within 3 days after date of sale.

**WILK & CO.**  
316 Nicollet Avenue.

## STORAGE

Household goods a specialty. Unusually low rates. Picking by experienced men. Boyd Transfer & Storage Co., 46 So. 3rd St. Telephone Main 656—both exchanges.

## Underwriters Recommend Bird's Eye Matches

The following is a letter from Mr. Brant, Manager of the Underwriters' Inspection Office of Minneapolis:

Minneapolis, Minn., June 27, 1905

The Diamond Match Company,  
111 Broadway, New York.

Gentlemen:—

Referring to the sample of the "Bird's Eye" match manufactured by the Diamond Match Company, beg to say that we regard it a great improvement over the match known as the "Parlor Match."

It appears, as is claimed, that the "Bird's Eye" is safe guarded against the head exploding and flying, which is a serious objection to the "Parlor Match."

Underwriters have for years dreaded the "Parlor Match," and they will receive with much satisfaction a match which will not explode and fly when lighted.

Yours very truly,  
*J. A. Brant*

**THE DIAMOND MATCH CO.**  
Manufacturers of the Best Matches.

## Low Priced Eyeglasses

Are as good as high-priced eyeglasses if the optician's work is RIGHT. Our study has been to make better glasses than others can, at lowest prices.

**E. B. Meyrowitz** Optician  
604 NICOLLET AVE., (Near Sixth St. S.) MINNEAPOLIS.  
BRANCHES: NEW YORK, ST. PAUL, PARIS.

## HOW TO JUDGE A LIFE INSURANCE COMPANY.

(This is one of a series of explanatory statements by the Minneapolis representatives of the STATE MUTUAL LIFE ASSURANCE COMPANY OF WORCESTER, MASS. For full explanation send for pamphlet mentioned below.)

The first feature which should characterize a properly organized life insurance company is the full legal reserve basis. The reason why this is essential to the permanence of a life insurance company and why no form of assessmentism can give permanent insurance is the fact that the average age of the membership and the death rate in any insurance organization—old line or assessment—must increase with the age of the organization. Therefore an insurance company must either increase the premium each year as the death rate increases, or it must charge an average premium from the first and set aside each year in a reserve fund an amount sufficient to equalize the increase in the death rate. This necessity is a condition—not a theory. It is due to natural law—not to the requirements of insurance managers. Permanent insurance is impossible except in accordance with this law.

The STATE MUTUAL LIFE ASSURANCE COMPANY OF WORCESTER, MASS., is 61 years old and has always adhered to the principles advocated in this series of publications. Full information will be given by any of the Company's agents, and a pamphlet explaining the principles of insurance management and organization will be mailed upon receipt of a stamped addressed envelope. Intelligence is a duty.

**C. W. VAN TUYL, General Agent.**  
15-21-Loan & Trust Bldg.

"The lives of all your loving dependents rest upon your health"—and health does not last. If you need insurance, take it now.

In advertising in The Journal for help of any kind state the attractions of the position you offer, as this will call forth answers from the most desirable and most capable persons available.

## At the "Head of the Lakes" The Spalding Hotel Superior

DULUTH, MINN.  
SUPERIOR, WIS.  
Superb Summer Climate.  
Pictureque Scenery—Golf—Tennis—Sailing—Fishing—no Malaria or Mosquitoes.  
Rates—\$2.50 up, American; \$1 up European.  
Special Weekly Rates. Send for Booklet.

## CHAPMAN'S Specials for Friday

**Sour Cherries** Extra last of season, case \$1.95  
**Apples** Fancy Duchess, 50c  
**Blueberries** Fancy, dry, case, \$1.75  
**Pineapples** Per dozen, \$1.40  
**Green Corn** Home grown, 15c  
**Valencia Almonds** Shelled, special, pound, 30c  
**Sardines** Norwegian smoked, special, 9c  
**Kipperd Herring** Regular, special, can, 18c  
**Salmon** Half-pound flat cans, special, 10c  
**Lobster** Victor Lunch, very fancy, can, 25c  
**Olives** California, ripe, special, bottle, 25c  
Cooked Meats, Salads, Croquettes, Baked Beans, etc.

Our Ices and Ice Cream are the best. Promptly delivered.

Express paid on all shipments to Minneapolis points.

**CHAPMAN'S**  
8th and Nicollet.  
Grocer, Baker, Confectioner.