

NEWS OF HORSES AND HORSEMEN

Summer Meeting of the Norfolk Horse Show and Fair Association.

THE CHARLOTTESVILLE SHOW

Poorlands Wins—Other Winners. Pinky Pepper—Mr. Collins Buys Red Court.

The summer meeting of the Norfolk Horse Show and Fair Association, which is the first of the Maryland and Virginia circuit of fairs and races, begins at Norfolk on August 1st and closes on the 4th, after which that at Tazley takes place during the following week, and then the scene shifts to the Maryland tracks at Rockville and seven other tracks in regular order.

First day—Tuesday, August 1st—No. 1, 2:24 class, trot, purse, \$400. No. 2, 2:11 class, pace, purse, \$300. No. 3, steeplechase (open to all), two miles, purse, \$200.

Quite the handsomest and most striking affair of the sort that has reached me this season is the prize list rules and regulations of the Albemarle Horse Show Association, whose annual exhibition will take place at Charlottesville on August 1st and 2d.

On the 4th instant at Latonia, Poorlands, the bay gelding, nine years old, by Flatlands, dam Lizzie M., by Bolus, won at a mile over four hurdles.

Recent winners at Indianapolis include the bay filly Hattie Welch, 3, who did six furlongs in 1:13. This filly was bred by A. D. Payne, of the Annlita Stud, Charlottesville, Va.

The bay filly Pinky Pepper, 3, thoroughbred, daughter of Aloha and Pink H., by Prosper, is now owned by L. H. Kemp, Jr., son of Commissioner of Revenue L. H. Kemp, of Henrico county.

J. H. Wingate, Roanoke, Va., has sold to R. S. Ogleby, Lynchburg, Va., a handsome young trotting gelding by Planeteer, dam by Red Lee, and the horse will be driven on the road by his new owner.

Susie Proctor, bay filly, 2, by Whalebone, 7572, dam Whitey Maid, by Norfolk, sold some months since by James A. Drayin, Dorset, Va., to R. B. Mosley, Mosley's plantation, Va., is doing nicely, and her new owner is well pleased with the daughter of Whalebone.

DUNLOP PATENT FLOUR. Purity is paramount in the manufacture of "Dunlop Patent" Flour. All of the dust-laden air is drawn from the machinery by powerful fans, and blown into cloth dust-catchers, where the air is forced through the meshes of a cloth, leaving the dust to cling to the inside until at intervals of ten seconds an automatic cleaner removes it.

The Great July Clearing Sale!

THALHIMER'S, Fifth and Broad. Prices that rule this trade event are absolutely the lowest of the season, although it occurs in time to give you not days, nor weeks, but months of service from your purchase.

A Remarkable Wash Goods Clearing

All small lots of Wash Goods selling at various higher prices will be displayed for quick selling to-morrow. The best bargains of the season are included in this lot—altogether there are several thousand yards used so much this season for cool summer dresses and children's apparel.

2,000 yards of new 10c Lawns and Dimities reduced to, yard, 6 1-4c. This is positively the most beautiful lot of wash fabrics ever offered for nearly half their former price.

White Goods Sale. THE GREATEST VALUE GIVING SALE OF THE SEASON. 25c value Organdies, 64 inches wide, a bargain, per yard, 16 2-3c.

Muslin Underwear Reduced. Ladies' Muslin Gowns, V neck, high neck and square neck, that were \$2.25; reduced to \$1.50.

Extra Apron Bargain. One lot of Trimmed Muslin Aprons, regular and extra sizes, that sold 50c and 75c; reduced to, each, 35c.

Women's Knit Underwear

Reduced prices to reduce stock. The time is short and the selling must be quick. The lots are small, but there are several of them, and something for the hundreds who will appreciate these great bargains.

Women's 35c Umbrella Pants, trimmed with torchon lace, pair, 25c. Women's 35c Extra Size Umbrella Pants, lace trimmed, and sleeveless Vests, each, 25c.

The Fancy Parasol and Fancy Umbrella Finish

To-morrow we inaugurate the final clearance of our Fancy Parasols previous to stock taking. A great sale—one to be appreciated by lovers of dainty wearing apparel.

Ladies' White Taffeta, with Persian ribbon insertion, embroidery, trimmed linen, fancy coaching, colored taffeta and grenadine Parasols.

The Household Linen Department

ANNOUNCES TO-DAY FOR THIS WEEK OR UNTIL SOLD. Three Embroidered Bleached Linen Shirt Waist patterns (three yards), former price \$3.00, now \$2.50.

Women's Lawn Waists

News of a Very Special Sale for Monday. FEATURING FOUR LOTS AT HIGHLY POPULAR PRICES.

Women's Lingerie Waists of fine white lawn, artistically designed, with round yoke front and back and attached collar of fine lace; lace insertion and French tucks; newest sleeves; long sleeves are finished with deep cuffs and lace insertion; made to sell for \$1.98, to-morrow \$1.49.

Women's Silk Suits Sacrificed

Clearing Monday at \$7.50. One of the most important clearing events of the season. The assortment comprises some of the very best of the season's styles.

White Wash Skirts

Good quality White Cannon Skirts at \$1.00. White Linen Finish Skirts, box plaited and tucked styles, for \$1.48.

White Linen Suits and Skirts

This is particularly a White Season, and this offering for Monday is seasonable and economical. Women's Linen Suits; the new medium semi-fitted models, loose and tight-fitting coats and full skirts; season's price \$14.00; special at \$10.00.

PHYSICAL CULTURE AND HYGIENIC BODY BUILDING. By ANTON SCHATZL. FOURTH WEEKLY LESSON.

Rules of Health. To Relieve Constipation. Drink freely of good pure water. Take a glass upon rising in the morning and retiring at night. Do not drink ice water.



FIG. 19. EXERCISE 19.

From Fig. 1, of the first week's course, swing arms sideways and upwards and assume the position shown in Fig. 19. This movement is entirely in the elbows and shoulders; keep chest projected and chin drawn back.



FIG. 20. EXERCISE 20.

From Fig. 1, of first week's course, rise on toes, lower the body, and come to a knee bending position as shown in Fig. 21. This movement is entirely in the knees. Keep chest projected and chin drawn back.



FIG. 22. EXERCISE 22.

From Fig. 10 of second week's course, bend body sideways to the left and then to the right alternately, as shown in Fig. 22. Bend body sideways until one hand touches the floor. This movement is entirely in the waist and the one knee towards which you bend.

is furthermore complicated by insufficient exercise foul air in the sleeping or living room, drowsy, worry, or other unhygienic conditions. Overeating is all but universal. The sedentary worker suffers more from that than the laboring man.



FIG. 21. EXERCISE 21.

From Fig. 1, of first week's course, rise on toes, lower the body, and come to a knee bending position as shown in Fig. 21. This movement is entirely in the knees. Keep chest projected and chin drawn back.

The sedentary worker often takes four or five times more food than he really needs, the digestive fluids are unable to convert so large a quantity. The food, therefore, in its passage onward through the digestive system instead of being digested, decomposes and forms a putrefying noxious mass. This mass of fermenting food unspeakably foul and



FIG. 23. EXERCISE 23.

From Fig. 1, of first week's course, take a breathing exercise by raising the arms slowly sideways and through your nose, filling your lungs to their fullest capacity, and until hands are in position as shown in Fig. 23. Lower arms sideways and downwards while exhaling through the mouth, until the arms are again in position as shown in Fig. 1.

noxious very often contains poisons which if absorbed into the system cause symptoms varying all the way from

simple headache or dizziness to sudden death from apoplexy or heart failure. Eyesight. Preserve your eyesight by using them moderately and reasonably. Read only by a good light and avoid the dazzling and glare. Let the light strike your reading matter from over the shoulders.

CHICKERING PIANOS

DAVENPORT & TREACY PIANOS. Fine values this week in slightly used Upright Pianos.

Full size guaranteed \$135 to \$185.

Fergusson Bros.

More Than Your Money's Worth. If you have electric fans in your places of business you can keep your employes awake during the hot and sluggish hours of the day.

The Famous Dixie Beer

Old Dominion Brewing Co. FINE AS SILK. EVERYBODY TRY A GLASS. HENRY A. KRAMER, Manager.

The Virginia State Insurance Company

Have removed their offices to their NEW BUILDING, Main and Fifth Streets. Telephone 289.

Bosher Carriages

Our BOULEVARD TRAPS and BUCKBOARDS. LARGEST STOCK OF NOVELTIES IN THE CITY. REPAIRING and REPAINTING.

FREE

We are placing at your 'phone a unique 'phone and fire alarm card upon which you can write the numbers of those 'phones you most frequently use. If you have not received same we will be pleased to send it to you.

The Broad Street Bank

Invites the patronage of all who desire the services of a thoroughly equipped, conservatively managed, banking institution. Interviews and Correspondence Invited.

The Virginia State Insurance Company

Have removed their offices to their NEW BUILDING, Main and Fifth Streets. Telephone 289.