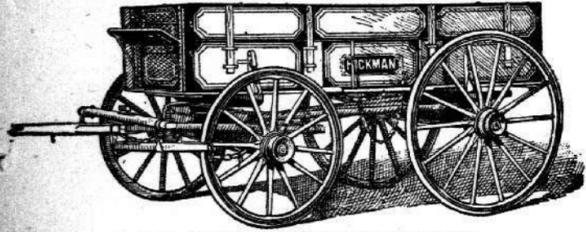


# THE CAUCASIAN.

VOL. XXIII.

SHREVEPORT, LA., SUNDAY, MARCH 31, 1912.

NUMBER 39



THE CELEBRATED LIGHT DRAUGHT

In all respects the HICKMAN WAGONS are best. Ask any one who has one and he will bear out this statement. Below we quote the following prices:

2 1-2 inch T. S. Wagon, 1 1-2 inch tire at	\$55.00
2 3-4 inch T. S. Wagon, 1 1-2 inch tire at	\$57.50
3 1-4 inch T. S. Wagon, 3 inch tire, running gear only, at	\$65.00

Ten Per cent Discount if cash is sent with order.

In addition to our wagons we carry a complete line of FARMING IMPLEMENTS.

**VORDENBAUMEN-EASTHAM CO. LTD.**

Opposite City Hall, Milam Street.

SHREVEPORT, LA.

WE ARE NOW READY TO FILL YOUR ORDERS FOR

## FIELD AND GARDEN SEED

WE HAVE SEVERAL CARS OF HIGH GRADE MINNESOTA GROWN TRIUMPH SEED POTATOES. WRITE FOR PRICES.

GET OUR SPRING CATALOGUE NOW READY FOR MAILING.

## Tusten Seed & Produce Co. Ltd.

### The Simplifying of Funeral Rites

The elimination of semi-barbarous customs and the adoption of more sensible and less costly methods is one of the features of the good service for which we have always stood.

### W. W. WARING

Good Service Reasonable Prices FUNERAL DIRECTORS 519-521 Edwards Street

WACK WELLMAN, Prop. C. M. MESSINGER, Mgr.

## Wellman Undertaking Co.

FUNERAL DIRECTORS and EMBALMERS  
SHREVEPORT, LA.

No Charge for Embalming or Services  
Lady Assistant for Women and Children  
PHONES 187  
Out-of-Town Orders Filled Promptly, and Quick and Safe Delivery  
Guaranteed—Prices Lowest  
Largest and Most Up-to-Date Stock in North Louisiana.

### Our Field and Garden Seeds are all Tested

Appreciating the importance of giving our customers throughout the South the BEST SEED than can be obtained, we have improved our seed testing department by recently installing the latest model STANDARD SEED TESTER. BUY THE BEST BY TEST.

## H. M. WEIL'S SEED STORE

SHREVEPORT, LA.

#### Bids Invited

Bids are hereby invited for building bent bridges in Ward 3 according to parish specifications as follows: A 55 foot bridge on road from Blanchard to Latex across Choctaw bayou, and a 30 foot bridge over Little Fortner Bayou on road from Blanchard to Furrh.

Bids to be opened at next meeting of the Jury, April 11, 1912. Jury reserving rights to reject any and all bids.  
W. T. CRAWFORD,  
A. L. DURINGER, Clerk. Pres.

## A. J. Murff & W. A. Mabry

ATTORNEYS AT LAW  
Office Randall-Filiquier Building  
Long Distance Phone 709  
WILL PRACTICE IN STATE AND FEDERAL COURTS

We Desire to Call Particular Attention to

OUR SAVINGS DEPARTMENT  
In which we allow THREE PER CENT INTEREST on open accounts, or we will issue Certificates of Deposit payable in twelve months bearing FOUR PER CENT INTEREST.

Commercial National Bank  
of  
SHREVEPORT, LA.

#### COTTON MARKET

Office of The Caucasian,  
Shreveport, La., March 30, 1912.

#### Shreveport Market.

The market closed steady.  
Receipts 7 bales.  
Low middling 9 13-16  
Middling 10 11-16  
Good middling 11 3-16

#### Shreveport Receipts

Stock on hand Sept. 1 437  
Rec'd this day 7  
Rec'd previously 137,643 137,650  
Net stock on hand 138,087  
Same day last year 128,893  
Total stock to date 9,763  
Shipments to date 14,182

#### Comparative Statement.

	This yr	Last yr.
Since yesterday	7	300
Same day last year	81	---
Thus far last year	7	---
Thus far this week	83	300
Since Sept. 1	137,650	103,914
Stock on hand	9,763	14,182

#### Local Receipts.

	This week	
Saturday	83	300
Monday	0	0
Tuesday	0	0
Wednesday	0	495
Thursday	64	33
Friday	48	42
	7	242 1172

## HIGH SCHOOL MEET

IS TO BE HELD IN SHREVEPORT—

### GOOD ADVICE TO TRAINERS

Given by Osa Smythe, the Southern Champion—the Contender for North Louisiana and Louisiana Champion and over 100 miles to Secure the Prize.

The North Louisiana High School Meet will be held in Shreveport about the middle of April, and the interest in athletics in the High Schools is growing, which is shown by the number of new towns that will be in the league, among them Ruston, Springhill, Boston, Plain Dealing, Mansfield and Grand Cane. The meet was held in Gibbstad last year and was highly successful. Bienville won first honors that year, and all the teams will do their best to capture the cup from them this year.

Last month the New Orleans Item gave a race and Osa Smythe, the Southern champion at one-half and five miles, and record holder at two, three, four and five miles gave the following advice to the amateur runners. As the High School Meet is soon to be held here, the athletes can get some good pointers from the following article. Training for distance and middle distance running of necessity is greatly different in the South than in the North, and the methods of one whose success has been so pronounced could not but be of great assistance to all who aspire to make a showing in the coming events. Mr. Smythe right off the reel, advises against the use of tobacco or liquor, but read his article which follows:

In beginning, I want to warn everybody who has ambition to be a winner at long distance running, or any running for that matter, to keep good hours and cut out smoking and drinking. No amount of hard training will do you any good if you smoke or drink or keep late hours. Keep this always before you and remember that they are essentials toward making you a good runner.

Personally, I never drink or smoke and all my running makes me tell you how strong I am for lots of good undisturbed sleep. I must have at least ten hours sleep, and get more if possible. Many good runners get along with less sleep, but not for little Osa.

**Begins Slowly.**  
When I begin training I always start slowly, because it staves off sore muscles, which makes your work unpleasant and brings you around much faster. Do not try to get into first-class condition all at once; you'll probably get discouraged and give the game up. About three times a week I go any way from one to three miles on a slow jog, and after about two weeks of this work I begin to get into shape for a little speed work.

I am a great believer in sprints of from 100 to 440 yards, and in my case find they help my speed a great deal. I am now ready for harder work, and begin working every other day or night, as the case may be. Starting with one mile, I again work gradually up to three miles. I find that good fast two-mile work helps me a great deal to maintain a fast pace in the first part of my race.

I only run my five miles once before a race, and then always at least two weeks before, as too much long work kills your speed and you waste a lot of good energy besides. Don't run your race in your training; build yourself up so that you can run on race day. That's what counts.

#### Walking Helps.

On the days that I do not run I always take walks of from five to ten miles, as I find them greatly beneficial and strengthening, and I advise that no one overlook this important feature of their training.

I always eat lots of fruit when training, and I believe it helps me lots. On the day of the race I only eat eggs (soft boiled) and toast and drink only enough water to quench my thirst. Don't think you can eat a big meal and then run a good race because you can't. Also, don't run for two hours after eating; give your food time to digest or you'll get sick and hurt your stomach besides. Don't forget this, either.

In the actual running of a race I believe in always running while fresh; dig right out and keep going. You'll probably find this hard at first, but keep practicing it and it will come to you. It is the only way to make good time, and as soon as everybody gets this through we'll make 30 minutes look like a target does after one of our battleships get

through with it. If you ask any Northern runner why they make such good time, he'll tell you that it is because they run "all the time." They don't loaf; they run every foot of their races, and it does not seem to any more to run like they do than it hurts us to run like we have been doing.

#### Will Beat 26 Minutes

When you feel bad, just remember that the other fellow has traveled just as far and just as fast and that he is feeling bad also, and make up your mind to stick just as he is sticking, and you'll come out all right. I look to see 20 minutes and better run right in this town before 1912 is out, and no one can show why we can't do it, as that climate stuff is fading away every day. Use your head and study yourself out. Watch your form and see that your legs go straight out and that your arms do not swing across your body, but go straight forward and back and work easy, as in that way there is no strain on the heart and lungs. Keep your legs from coming up too high in back, as you waste a great deal of energy and it increases your stride very little.

#### The Item Book.

As the Item race, which will be a handicap affair, I want to give a tip to those who will receive handicaps and that is: To make use of their advantages and run while fresh. If there are any runners in front of you, keep plugging until you get them, and remember that the scratch men are trying to catch you, too. With everybody trying to catch the man in front of him, fast time is always made and the race is closer and more interesting.

As more such races as the Item's will be, our time is bound to get faster, and if all the papers would give similar races as is done in the North, the South would not get so backward as is now the case. Give us races and meet and watch your old records go to the board, not only in the distance running but in every branch of amateur athletics. Let's keep boosting the game and get the people interested.

I believe that the Item's race will be the biggest event ever pulled off in the South, and if you'll watch the people along the route you'll see what a foothold athletics is gaining in New Orleans.

In concluding I want to warn you who have not already done preliminary work to get down to it, and to those that have to start working on shorter distances so they can hold a good fast pace in the first part and throughout the race. Remember that you're not whipped until they beat you to the tape, and fight them every foot. Run your race and you'll at least have the satisfaction of knowing that you did your best and come back the next time better prepared and keep on until you win.

Don't forget the importance of keeping good hours, and remember that every hour before 12 is worth two after. I will be glad to help in any way I can anyone who wants to learn to run, as I believe it a healthy exercise and one which will help to build one up.

Remember, it takes time, and if you take good care of yourself you'll make good. We can't all be champions, but we can try, and you'll be all the better for trying and will help show others the way to good health—good, clean amateur athletics.

If you're a good red-blooded American, you'll at least come out and see this race and enjoy it, for I'll guarantee that it will be the best ever pulled off in the South.

#### State Monuments for Confederate Women

Natchitoches Enterprise: A monument to the South Carolina women of the Confederacy will be unveiled at Columbia, in that state, on Thursday, April 11 next. This is in accordance with an excellent idea which, if carried out in other states, will do away with the unhappy controversy that has sprung up over propositions to erect a monument to the "Southern women of the Sixties." Instead of having a single monument at Richmond to all the Southern women of that period, let there be erected in each state a monument to its Confederate women. That will settle all controversies on the subject and bring forth variety instead of the sameness of design that some ladies objected to.

#### Meridith As a Candidate

Mansfield Enterprise: The report, that Meridith will again be a candidate for railroad commissioner for the 5th district, is altogether a mistake. He may harbor some vague delusions, but when the vote is counted, he will then realize that he "has been weighed and found wanting."

## The Silk Material for that New Easter Frock

SALE EXTRAORDINARY THIS WEEK

It is seldom an opportunity like this one presents itself at this time in the season. A chance to buy New Seasonable Silks at way below the Regular Price. ATTEND THIS GREAT SALE

#### MAIL ORDERS WANTED

If you can not visit our store, write for samples of New Spring Goods. Orders given prompt and careful attention.

## Hearne Dry Goods Co.

#### THE STATE CONVENTION

The Nominations Are Now In Order—Who Would Be a Delegate?

In the State convention called to meet in Baton Rouge on June 10th, Caddo Parish is entitled to twenty-three delegates and to twenty-three alternates.

A primary has been ordered by the Democratic Executive Committee of Caddo Parish through which the voters may determine their choice of delegates to this State convention.

This primary is fixed for April 16, at which time the Democrats of Caddo Parish, voting may express their choice of a candidate for president, National committeeman and a delegate at large to the Baltimore Democratic National convention, at which a candidate for president is to be named.

In order to defray the incidental expenses attending this primary, called for April 16, an assessment of \$2.50 is to be deposited with F. A. Leonard, chairman of the committee by each candidate for delegate and \$5.00 by each candidate for National committeeman.

In the event that there should not be announced a number of candidates sufficient to hold the primary, the amounts deposited with the chairman will be returned to each individual, and on the meeting of the Parish Executive Committee on April 9, the names as submitted will be considered for appointment by the committee with others so as to fill the required quota of twenty-three delegates.

From the inquiries being made it would seem that the interest in the primary is growing and there will be a lively contest for the honor of being a delegate to the State convention.

The first official announcement is by Hon. L. E. Thomas, who has filed his name with Chairman F. A. Leonard.

#### When a Dog Becomes Property

Mansfield Enterprise: Your dog becomes property in a legal sense, when you have him listed on the tax rolls at a certain value. This puts him under the protection of the laws of the State; and you can recover damages to the assessed value in case he is killed, or in case he is stolen, the party can be prosecuted for larceny.

## A Partial List of Our Stock

Pipe	300 tons	Rivets	2 carloads
Bars	400 tons	Waste	1 carload
Sheets and Plates	400 tons	Lath Varn	1 carload
Corrugated Roofing	200 tons	Forges and Blowers	1 carload
Shafting	150 tons	Fire Brick	1 carload
Bolts	200 tons	Fire Clay	1 carload
Fittings and Valves	5 carloads	Wire Rope	1 carload
Boiler Tubes	2 carloads	Wood Split Pulleys	2 carloads
Channels, Angles and Beams	3 carloads	Cast Iron Pulleys	4 carloads
Track Spikes	4 carloads	and machines making more every day. We manufacture them from 4-inch to 10-feet in diameter, both solid and split with interchangeable bushings.	
Track Bolts	2 carloads	Rubber Belting, up to	16-inch
Wire Nails	5 carloads	Leather Belting up to	24-inch
Nuts	2 carloads		
Washers	4 carload		
Babbitt Metal	2 carloads		

Good Stock of Boilers and Engines, Mill Supplies and Logging Tools of Every Description, and Oil Well Supplies

## The W. K. Henderson Iron Works & Supply Co.

Spring Caddo and Commerce Sts. SHREVEPORT, LOUISIANA

Under the Laws of Louisiana This Bank is Empowered To Do a

## TRUST BUSINESS

IT IS A LEGAL DEPOSITORY FOR ALL COURT AND TRUST FUNDS. IT SERVES AS ADMINISTRATOR AND GUARDIAN. IT ALSO ACTS AS ASSIGNEE AND RECEIVER.

## Continental Bank & Trust Company

SHREVEPORT, LOUISIANA.