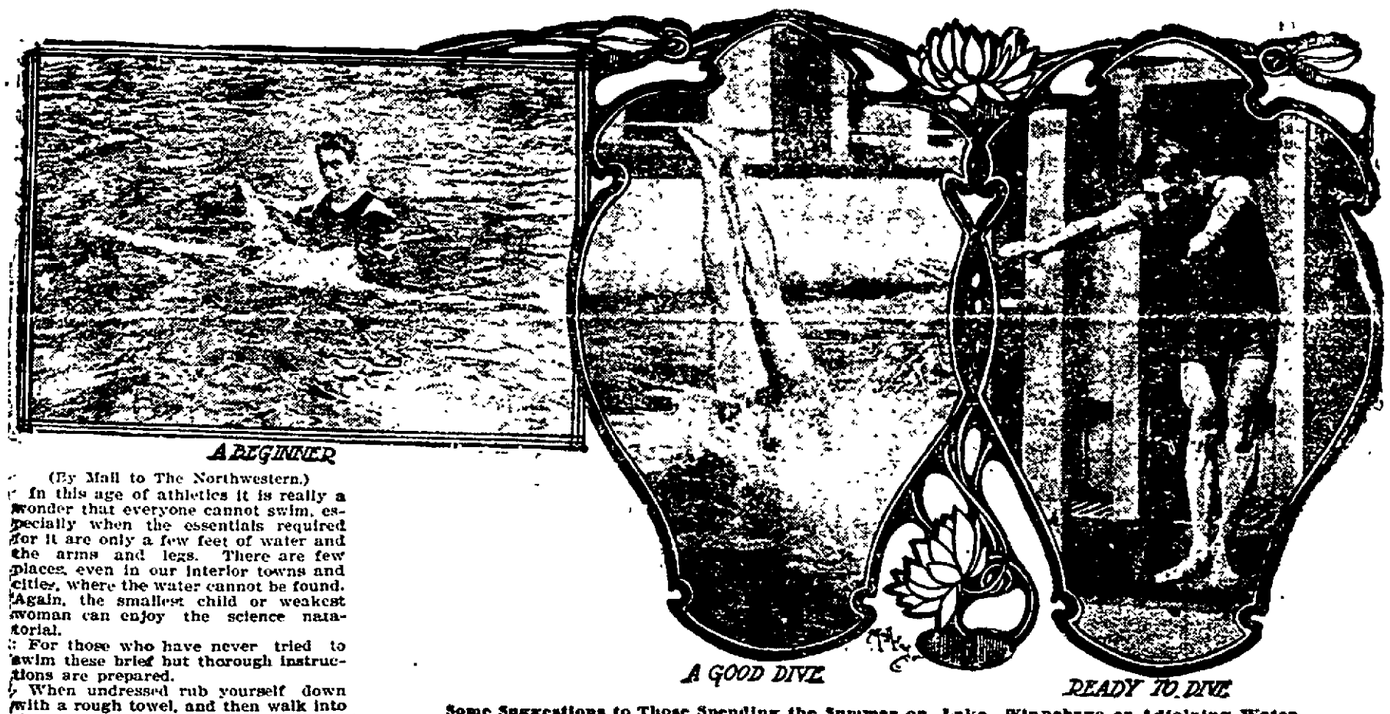
Hints on Swimming—Good Advice to Beginners



Some Suggestions to Those Spending the Summer on Lake Winnebago or Adjoining Water.

(By Mail to The Northwestern.)

In this age of athletics it is really a wonder that everyone cannot swim, especially when the essentials required for it are only a few feet of water and the arms and legs. There are few places, even in our interior towns and cities, where the water cannot be found. Again, the smallest child or weakest woman can enjoy the science natatorial.

For those who have never tried to swim these brief but thorough instructions are prepared.

When undressed rub yourself down with a rough towel, and then walk into the water.

The first thing to be done on entering is to put your head under water, open your eyes and accustom yourself to the look of things under water, which will overcome any fear that you may possess. After this has been done two or three times place any object that is hard and white at the bottom of the water, then try to pick it up, which will necessitate opening the eyes.

When thoroughly accustomed to the water, get an air bladder.

Personally, I think an air bladder is of more assistance in holding a person in the water than a friend, as the bladder keeps one up to a uniform height, whereas when held up by a friend one is apt to either slip, tire or lose patience, and the result is the pupil is unexpectedly forced under the water and is apt to lose confidence in his solely occasioned by so many learning to swim often wonder at the slow progress through the water, which is solely occasioned by so many learnig the strokes incorrectly; therefore particular attention should be given to the elementary or initial stages.

In my varied experience I have found that most nervous people gain confidence quicker on the back, as it is not only a more natural position but it is much easier for a beginner to breathe, as so many have the tendency to tightly close the mouth when swimming on the breast.

Start then by lying on the back, either held up by a person or by the aid of an air bladder, straighten yourself out, hold the head way back, the ears being under water. Some persons do not like the water penetrating the ears; to overcome this place a little cotton wool in each ear, then inflate the abdomen, draw your arms up alongside the body and straighten them out in a straight line with the shoulders; then push the arms and hands through the water until the latter touch the legs. After some little practice these movements will come easy.

One great point beginners should always remember—keep the hands and legs under the water. Many beginners get frightened by having so much of the water wash over their faces. This can always be overcome by keeping the hands under the water. When you have mastered these arm movements fairly well commence on the leg strokes. Start with the legs straightened out, the heels together, draw the feet up toward the body, keep the knees well turned out as far as possible. Shoot the legs out wide, then finish the kick by bringing the legs straight together with a snap. This stroke and way of swimming on the back will be found to be not only the easiest but the best, for one can lie on his back and rest by simply stretching out the arms back over the head in a straight line with the body.

For the breast stroke commence by practicing the arm and leg movements on shore. The hands should be brought together to the chest and shot out straight in front then turn the hands flat, palms downward, and bring them straight round in a line with the shoulders; from there bend the elbows back and bring the hands together at the chest. For the leg action lie face downward on a stool, draw the legs up, then kick them out as wide as possible, then bring the legs straight together.

The leg movement is the same as on the back.

Practice the arm strokes first as they are easiest to manage. When you have had a few days' practice, try and swim; commence by bending forward with the hands straight in front of you and give yourself a slight push with your legs, then try and do the movements slowly and do not shorten them.

In diving always be collected and cool when you dive. Have the lungs normal, or rather don't dive with all the air out of them; it is dangerous. Neved dive in strange or muddy water. —F. E. Dalton.

The Markets

FINANCIAL.

NEW YORK—WALL STREET.

New York, July 12.—(Wall Street)—A number of railroad stocks showed small opening gains, but these were yielded in the cases of St. Paul and Missouri Pacific. The most important industrial stocks declined. Rock Island rose 1½ points. Otherwise the changes were very small and the trading dull. Slight changes were made either way in the general list, but the wide fluctuations in specialties confused the sentiment somewhat. Rock Island advanced 4 points to 192 and reacted 2¾. Amalgamated fell a fraction when Anaconda broke 3 points, but Atchison was taken in large blocks at an advance of over a point. Fuller Construction gained 1¼ points and Union Bag lost a point. The market became practically idle before the appearance of the bank statement, but prices hardened on the unexpected increase in surplus reserves. The grangers were principally affected, Missouri Pacific and St. Paul rising about a point over last night and Atchison extending its gain to 1½ points. The closing was quite active and firm.

NEW YORK BANKS.

New York, July 12—The weekly statement of averages of the associated banks shows: Loans, $996,776,200; decrease, $24,107,000; deposits, $942,198,300; decrease, $16,449,500; circulation, $31,777,200; increase, $83,400; legal tenders, $77,269,200; increase, $639,400; specie, $170,570,100; decrease, $7,609,600; reserve, $247,776,400; decrease, $7,970,200; reserve required, $235,549,500; decrease, $4,112,375; surplus, $12,226,900; increase, $2,182,175.

NEW YORK—MONEY (NOON.)

New York, July 12—Money on call, steady, 3 per cent; closed, offered at 3 per cent; prime mercantile paper, 4½@5 per cent; sterling exchange, steady, at $4.87⅝@$4.87⅞ for demand and at $4.85¼@$4.85½ for sixty days; posted rates, $4.86@$4.86½ and $4.88½@$4.89; commercial bills, $4.84⅝@$4.85⅞; bar silver, 52⅞c; Mexican dollars, 41⅞c; government bonds, steady; state bonds, inactive; railroad bonds, irregular.

STOCK MARKET.

The following is the range of prices today as furnished by F. C. Horn, 112 Main street:

	Opg.	High.	Low.	Closing. July. 12	Closing. July. 11
Erie	36½	36½	36½	36½	36⅞
U. S. S. Pfd	90⅝	90⅝	90¼	90¼	90⅝
U. S. S. Com	39¼	39⅞	39⅛	39⅝	39½
Chicago Gas	101⅝	101⅝	101⅝	101⅝	101½
Leather	12½	12½	12⅛	12⅛	12
Am. Sugar	128	128½	127½	128½	128¼
Atchison	83⅞	85	83⅝	84⅞	83⅝
C. R. I. & P.	189¼	192	189¼	190½	188
C. M. & St. P.	179¾	179¾	178	179¾	178¼
Manhattan	131⅝	131⅝	131⅝	131⅝	131⅝
Mo. Pacific	112⅞	113⅞	112½	112⅞	112⅞
Pacific Mail	.....	.....	.....	.....	.....
U. Pacific	105⅞	105⅞	105⅞	105⅞	105⅞
Wabash	45	45	45	45	45
W. U. Tel	85⅝	85⅝	85½	85½	86
N. Y. Cent	158½	159⅝	158½	159	158⅝
L. & N.	141	141¼	141	141¼	140⅞
R. R. T	.....	.....	.....	.....	67⅝
Amal. Copper	63	63¼	62½	63¼	63¼

COMMERCIAL.

CHICAGO—GRAIN GOSSIP.

Chicago, Ill., July 12.—Rains predicted yesterday did not materialize today and as a consequence of the continued fair weather, wheat opened easier with light trade. Cables were somewhat higher, but the foreign markets failed to respond to any appreciable extent to the advance here yesterday. There was considerable changing going on in the pit, traders letting go the nearby deliveries and taking on the deferred futures. September opened ½@⅝c lower at 73⅝@73¾c, but there was a good demand at the top figures and prices advanced to 73⅞@74c. Local receipts were 99 cars, with 7 of contract grade. Minneapolis and Duluth reported 242 cars, making a total for the three points of 341 cars, against 343 cars a year ago. Trading continued light throughout the session within a narrow range and the close was ⅝@¾c lower at 73½@73¾c.

Corn opened somewhat easier on improved weather and trading was light. There was almost nothing doing in the July option, which opened ¼c lower at 85c. Later sales were made at 85c, but shorts appeared not over-anxious to cover. September opened ¼@⅜c lower at 61⅝@61¾c. The parties who are on the long side in the July deal are reported again buying September and prices advanced slightly, selling at 61⅞. Local receipts are becoming smaller on more favorable weather with 498 cars today. Local inspection today recorded 317 cars with 69 of contract grade. July closed ¾c higher at 86c, while September, after selling up to 62⅝@62¾c closed ⅛@¼c lower at 61⅝@61⅞c.

There was little doing in oats and prices were easier on better weather and in sympathy with other grains. September opened ⅛@¼c lower at 33⅝@33¾c and with little support the market weakened to 33½c. Local receipts were 115 cars.

CHICAGO—CASH WHEAT.

Chicago, Ill., July 12.—WHEAT—No. 2 red, 76⅝@77c; No. 3 red, 73@76c; No. 2 hard winter, 75½c; No. 3 hard winter, 75c; No. 1 northern spring, 77¾c; No. 2 northern spring, 76¾c; No. 3 spring, 73@75c.

CORN—No. 2, 85@85⅝c; No. 3, 69@77c.

OATS—No. 2, 50@51c; No. 3, 48c.

GRAIN MARKET.

The following is the range of prices today as furnished by F. C. Horn, 112 Main street:

	Opg.	High.	Low.	Closing. July. 12	Closing. July. 11
Wheat—					
July	76	76	75¾	75¾	76½
July	75⅝	75⅝	73½	73½	74¼
Corn—					
July	85	86	85	86	85¼
Sept	61¾	62¾	61⅝	61¾	62
Oats—					
July	44	44	43½	43½	44½
Sept	30½	30½	30½	30½	30⅞
Pork—					
July	18 60	18 62	18.60	18 60	18 57
Sept	18.70	18.80	18.70	18.72	18.70
Lard—					
July	11.17	11.40	11.17	11 35	11.15
Sept	11.25	11.45	11.25	11.35	11.15
Short Rib Sides—					
July	10.75	10.75	10.75	10.75	10.75
Sept	10.85	10.87	10.82	10.85	10.80

Receipts.	Cars. Wheat.	Cars. Corn.	Cars. Oats.	Head. Hogs.
Today	99	313	115	12,000
Tomorrow	96	450	95	32,000

LIVERPOOL—WHEAT (CLOSE.)

Liverpool, July 12. — WHEAT—Spot, firm; No. 1 northern spring, 6s 4d; futures, steady; July, 6s ⅞d; Sept., 6s 3½d; Dec., 6s 3⅝d.

CORN—Spot, firm; American mixed, 6s; futures, nominal; Sept., 5s 3¼d; Oct., 5s 3d.

CHICAGO—BUTTER.

Chicago, Ill., July 12.—BUTTER—Firm; creamery, 18@21¼c; dairy, 17@19½c.

EGGS—Firm; loss off, 17½c.

CHEESE—Steady; twins, 10c; daisies, 10½@10¾c; young Americas, 10¾c.

ICED POULTRY—Firm; chickens, 11@11½c; springs, 14@16c; turkeys, 12@13c.

CHICAGO—CATTLE.

Chicago, Ill., July 12—CATTLE—Receipts, 200; market, steady. Good to prime steers, $7.30@$8.60; poor to medium, $4.50@$7.00; stockers and feeders, $2.50@$5.00; cows, $1.40@$5.75; heifers, $2.50@$6.50; canners, $1.40@$2.40; bulls, $2.50@$5.75; calves, $2.50@$6.65; Texas fed steers, $4.00@$6.65.

HOGS—Receipts today, 11,000; tomorrow, 24,000; left over, 8,127; market, weak and lower. Mixed and butchers, $7.30@$8.05; good to choice heavy, $7.55@$8.20; rough heavy, $7.30@$7.70; light, $7.00@$7.50; bulk of sales, $7.60@$8.00.

SHEEP—Receipts, 1,000; sheep, stronger; lambs, steady. Good to choice wethers, $3.25@$4.00; fair to choice mixed, $2.50@$3.25; western sheep, $2.50@$3.75; native lambs, $2.50@$6 50.

IN NEKIMI.

What the People of That Town are Doing.

(Special to The Northwestern.)

Nekimi, Wis., July 12.—Mrs. J. W. Jones returned this week from Chicago, where she has been visiting her sister for the past six or seven weeks. Her nephew, Guy Tatch, accompanied her. T. A. Griffiths, who has been at St. Mary's hospital for several weeks with typhoid fever, is recovering. Mrs. T. C. Lloyd spent this week in Algoma with her daughter, Mrs. C. A. Jones. Christmas Davis is laid up with a broken leg from being kicked by a horse.

Miss Hannah E. Morgan has been engaged by Prof. William ApMadoc as accompanist. She will officiate in the several towns in this section, where he will give concerts. W. G. Griffiths, of Ring, was in Oshkosh on business Friday. Miss Beulah Murray of Oshkosh is spending a few weeks of her vacation visiting Miss Winnie Davies. Mrs. David Jenkins, who has been visiting relatives and friends here, has returned to her home in Iowa. W. J. Foulkes, of Madison, is spending a part of his vacation visiting his mother, Mrs. M. A. Foulkes.

The Handiest Thing in a kitchen is a Universal Food Chopper this very thing for cooking. $1.25.
R. E. LUHRS CO., 177 Main St.

THE COUNTIES COME.

LA FOLLETTE MAJORITY IS PILING UP.

Waukesha, Winnebago, Portage and Oneida in Line For Governor—The Showing to Date.

County.	La Follette.	Anti-La Follette.
Adams	6	..
Barron	12	..
Bayfield	5	5
Brown	19	..
Buffalo	8	..
Burnett	4	..
Calumet	7	..
Chippewa	12	..
Clark	15	..
Columbia	19	..
Crawford	9	..
Dane	37	..
Dodge	..	19
Door	9	..
Dunn	12	..
Douglas	18	..
Eau Claire	9	9
Fond du Lac	15	10
Forest	..	2
Gates	4	..
Grant	23	..
Green	12	..
Green Lake	..	8
Iowa	13	..
Iron	..	5
Jackson	11	..
Jefferson	..	15
Kenosha	..	12
Kewaunee	7	..
Langlade	6	..
La Crosse	21	..
Lincoln	9	..
Manitowoc	17	..
Marathon	..	19
Marinette	17	..
Marquette	6	..
Milwaukee	53½	92½
Monroe	15	..
Oconto	11	..
Oneida	7	..
Outagamie	21	..
Ozaukee	..	5
Pepin	4	..
Portage	13	..
Polk	11	..
Price	7	..
Richland	10	..
Racine	24	..
Rock	11	21
Sawyer	3	..
Sauk	18	..
Shawano	13	..
Sheboygan	24	..
St. Croix	13	..
Taylor	6	..
Trempealeau	13	..
Vernon	18	..
Vilas	..	5
Walworth	..	20
Washburn	3	..
Washington	..	10
Waukesha	20	..
Waupaca	21	..
Waushara	12	..
Winnebago	30	..
Wood	13	..
Totals	756½	257½

Total number of delegates.....1,065
Necessary to choice.....533

(Special to The Northwestern.)

Milwaukee, Wis., July 12.—The Free Press publishes the above table this morning and says:

Today will see the end of the contest at the primaries for the Republican nomination for governor, but the vote for Governor La Follette's renomination is so overwhelming that after all it was rather a last desperate effort of a few old-time machine leaders, backed up by a few large corporations to recover control of the party, lost two years ago, than a contest in the rank and file of the party.

The result of the caucuses yesterday carried the vote for the governor above 750, and the caucuses still to be held in the five remaining counties today will increase it to about 800 out of a total of 1,065, which comprises the full membership of the state convention.

The caucuses yesterday furnished no comfort for the bolters. Waukesha, with twenty delegates, both districts, was carried for the governor. The only comfort "Long" Jones could find in the returns was that he got the best of it in Waukesha city, where La Follette got only five votes, but there was not much comfort in this when it was known in advance that he must have the city solid to carry the Waukesha city district. And Assemblyman Johnson, "Long" Jones' associate in the bolters' league, was snowed under at Mukwonago, his home.

Then all three districts in Winnebago, the old and once considered impregnable stronghold of the old Republican machine, went solidly for Governor La Follette, an indication of a new order of things there promising an opportunity for the young and virile Republicanism, which has long chafed at the methods of the old-time leaders and its disregard of everybody who would not do their bidding.

Portage and Oneida, both always counted in the sure Stalwart column, repudiated the Milwaukee league as so many other so-called Stalwart counties have done, and their delegates will vote at Madison next week for the governor's renomination.

A dispatch from a trustworthy correspondent at Merrill brings the news that Lincoln county, where the result was in some doubt, was also carried by La Follette.

In more than fifty counties in the state the bolters will not have a vote in next week's convention.

Caucuses will be held today in Juneau, Pierce, Ashland, Florence and Lafayette—which will complete the list.

MONEY FOR IMPROVEMENTS.

It Will Be Afforded By Weyauwega's Last Assessment.

(Special to The Northwestern.)

Weyauwega, Wis., July 12.—The list of assessable property in this village is increased by the last assessment over $140,000, of which $30,000 is for additional real estate values and $110,000 for personal property heretofore unassessed. Upon the same rate of taxation as last year, this increased assessment will pay a tax of $2,100, or sufficient to meet the annual payment of $1,000 for the new school house, $800 interest on the entire school house bond issue and a surplus of $300, so that those parties who so strenuously opposed the building of a new school house for fear of heavy taxes will have less taxes to pay in the future than in the past. All of which shows the prosperity of the village, and indicates the possibility of waterworks, sewerage and a village hall in the not far distant future.

Another matter of interest to the welfare of this village which will be brought to the attention of the next congressman for this district, whoever he may be, is a government appropriation for cleaning out the Waupaca river from its mouth to this village so that small launches may navigate the stream. The Waupaca river is a meandered stream to this point and a few thousand dollars invested in its improvement would be of untold benefit to this village, since there is no prettier place in the state for boating than up and down the Waupaca and Wolf rivers.

Frank Larrabee, a prominent attorney of Minneapolis, has been in town on business. Mr. Larrabee was principal of the local school a number of years ago. Miss F. E. Edwards and neice leave today for an extended visit to Nebraska, South Dakota and Colorado. Mrs. Preston Hayward and Mrs. C. Leonard of Royalton visited friends here Thursday. The Misses Hulda and Emma Bauer leave in a few days to visit in Stanley, Wis., and Minneapolis, Minn. Mrs. J. F. Corbett has returned from Phillips, Wis., where she has visited several weeks. Mr. Alonzo Jones has gone to Poynette on a business trip.

The Money-Back Cough Syrup.
Means a lot to people who are tired of experimenting with the "ordinary" cough preparations—you are not out a cent if Dr. Geo. Leininger's For-mul-do-hyde Cough Cure does not please you. It will cure consumption and all serious and stubborn lung and throat diseases. Sold at 25c on a guarantee by Hill & Weeden, C. A. Wakeman, E. A. Horn, Oshkosh; Kimberly & Elwers, Neenah, Wis.

The meek will of necessity have to inherit the earth if they ever get it.

Before some preachers condemn a sin they investigate its financial standing.

"I owe my whole life to Burdock Blood Bitters. Scrofulous sores covered my body. I seemed beyond cure. B. B. B. has made me a perfectly well woman." Mrs. Charles Hutton, Berville, Mich.

How Are Your Kidneys?
Dr. Hobbs' Sparagus Pills cure all kidney ills. Sample free. Add. Sterling Remedy Co., Chicago or N. Y.

When a woman has money, she shows it, but a man doesn't.

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X-RAY EXAMINATION.
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Cancers cured by the X-Rays
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A soft and pure water recommended by leading physicians. Delivered daily everywhere. Tel. 764. Office 436 Washington Street.

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That smashes prices, but does not injure quality, is now in progress here.

We are overstocked and are determined to turn it into cash.

Come in and see what little prices we have now tacked on great big suits.

THE STEIN, BLOCH SUITS, that were $22 and $20, now to.....$16.50

MEN'S FINE HAND TAILORED Summer Suits that were $17½, $18 and $20, now to.....$15.00

MEN'S SPLENDID WORSTED and Cheviot Suits, taken from our $16½ and $14 line, now tagged.....$12.50
(They are equal or even better than what others offer at big reduction and charge you $15.)

MEN'S SUITS—Including Serges, Middlesex and Slater Flannels and fancy Cheviots, our $10 and $12 Summer Suits, now to.....$7.50

ODDS AND ENDS in Men's Suits, sizes 35 to 44 now reduced 33 to 50 per cent, former prices $7½ to $8½, marked now at.....$5.50

We Have Turned Prices Upside down.
No less than 1500 Boys' Knee Pants Suits have been reduced no less than 50 per cent. The most radical cut ever made at this store.

Vestee Norfolk Suits
$2.00 and $2.50 Suits now.....$1.50
$2.75 and $3.50 Suits now.....$2.00
$3.75 and $4.00 Suits now.....$2.50
Norfolk and Vestee Russian Blouse Suits, were $5 and 5½, now.....$3.50
All Boys' 3 pieced and 2 pieced styles in summer weights, also the medium weight, sold at a
Reduction of 20 to 50 per cent

Men's Fine Trousers
A 20 PER CENT DISCOUNT on the entire line, and the best that Oshkosh ever saw.

Boys' Brownie Over Alls In black and blue, ages 4 to 14, for 2 days at.....18c

Boys' Long Pants Suits
Ages 14 to 19, prices clipped everywhere, on light and dark patterns, some light enough for the hottest weather—others just right for fall wear. Special offering at—
$4.75, 5.50, 7.50, 10.00
(that formerly sold at $6.00 to $13.50)

Boys' Two-Piece Suits
A great selection that were sold at $2.00 to $5.00.
$1.25, 2.50 and 3.50

Mothers' Friend Waist for Boys
Special for Friday and Saturday. 45c Waist at 32c and the 50c grade at.....39c

New Neckwear & Negligee Shirts
That appeal to tasty dressers are now shown here.

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You can be cured of any form of tobacco using easily, be made well, strong, magnetic, full of new life and vigor by taking **NO-TO-BAC**, that makes weak men strong. Many gain ten pounds in ten days. Over **500,000** cured. All druggists. Cure guaranteed. Booklet and advice FREE. Address STERLING REMEDY CO., Chicago or New York. 437

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Underwear Netted, Lace and Filet, fancy and plain colors, at 50c, 75c, 90c, up to.....$2.00
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$2.00 grade for.....$1.63
$1.50 and $1.75 grade..$1.13
$1.00 and $1.25 grade...98c
Shirts of all sorts—odds and ends, worth up to $2.00 at 50 cents.

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Neckwear at 35c, 3 for $1.00
Including long narrow four-in-hands, tecks, Windsors, Ascots and bow ties
(Plain white and black not included.)

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If he isn't blind. You can also see a king or anything you please if, when you find your eyesight failing, you will go to Weisbrod's and have your eyes tested with skillful care, and fitted with glasses. There is nothing more precious than good eyesight, and it is criminal to neglect it when Weisbrod can preserve it for you at small expense.
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