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MINNEAPOLIS, MINN.

References: Security Bank of Minneapolis, Liberal Advances on Bills of Lading. Prompt Returns and Commercial Agencies.

**Mason & Downs' Orpheus Jubilee Singers.**

The Bureau takes great delight in presenting this splendid Company for their second season. Each and every member of the Company is an old-time Jubilee Singer, and for the most part they have been selected from successful companies now on the road. This season we present a soprano of extreme merit and have otherwise strengthened the Company, retaining as many as possible of the old members on account of their excellent ensemble work. To those pleased with their work last season we promise a greater treat the coming season. To those who have never heard them we assert that they are the superior of any Jubilee company now on the road. The great variety of their work commends them to all; the solo work of Miss Palliam, Mr. Charles H. Downs and Mr. Arthur H. Payne; the male quartette; the choruses, plantation songs, and double quartette work; the Jubilee songs themselves, all make up a high class, popular, enjoyable entertainment which is wholly unnecessary to reinforce with "coon songs," "cake walks" or minstrel effects. It is suitable for any audience in hall, church or opera house. We ask your careful consideration, and if you want a Jubilee company please see to it that you get the best—that you get the Orpheus Jubilee Singers. Opera House, Tuesday Dec. 9th.

**DOES THIS INTEREST YOU?**

**"Accuse Not Nature, She Hath Done Her Part, Do Thou But Thine."**

A celebrated German specialist in the west once said: "What America needs today is gymnastic teachers for the masses."

Hardly one person in one hundred knows how to breath correctly, and yet breath is necessary for life.

The number of persons who can stand, walk or sit correctly is comparatively small, the number with contracted chests, swayed backs, stooped shoulders, halting gait, stiffness and awkwardness in every movement is as comparatively great. These

limitations, as a rule, are accepted as matter of course. Few indeed are those who even aspire to overcome them or realize that in the overcoming, physicians bills will be saved, better health gained and a sense of ease and freedom secured that makes life joyous and well worth living.

The idea is extant among the masses, that physical education, physical training; physical culture or by whatsoever name it may be called is a superficiality, a mere training for prettiness, something to satisfy vanity. What a mistake! Physical education tends to grace and beauty; it is only the natural result of following out nature's laws—God's laws—but it has to do with health and vitality as well.

Newspapers and magazines are full of different systems of physical training which can be taught by mail, but no system is as good as the training given under a competent teacher, because it is just as easy to train incorrectly as it is to train correctly, and the faithful teacher is quick to call attention to a fault, whereas the student without a teacher is liable to take exercise incorrectly and thereby increase the evil he is trying to remedy. The masses, men, women and children, need physical education. Too much attention has been given to the cultivation of the mind to the neglect of the body. Stronger minds with more vigorous thinking, will come with stronger bodies.

A teacher along these lines is now available for this community. This teacher is Miss Anne Rothwell Stewart, of Chestertown, Ind., a student of the Boston School of Expression (Carry) who uses the system of that school. It is a combination of the Swedish and Delsarte movements with deep breathing.

The above is part of a letter of information sent out by the lady mentioned above. She is filling an engagement in North Dakota with the Womens' Christian Temperance Union, and will instruct classes of children and adults in this important branch of education. She is an able instructor and is an enthusiastic exponent of the system she teaches. Miss Stewart will lecture in Cooperstown during December when the subject may be more fully presented.

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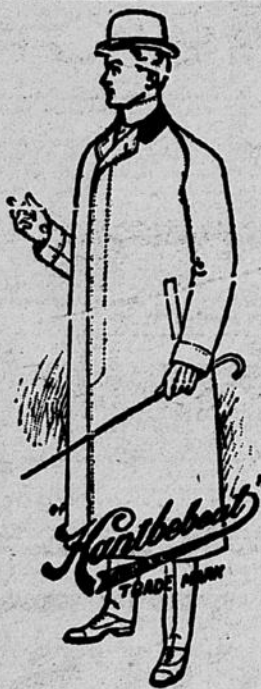
**Blew Out The Gas.**

Martin Edland, of Hannaford, N. D., went down to the twin cities some time ago to get medical treatment and we understood that he was getting along nicely. Last Friday night he went to bed at the Northern Hotel, Minneapolis and blew out the gas—and lost his life. He was 16 years old. His remains were brought home for interment.

The ladies of the Congregational church will hold their annual fair at the church on Friday afternoon and evening Dec. 12. There will be an oyster supper served at 7 p. m. This supper will be strictly an oyster supper.

**THE COURIES  
\$1.50 PER YR.**

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