

APPLE SLUMP AN OLD RECIPE.

Dish That Figured Often on the Tables of Our Ancestors.

Apple slump is an old-fashioned dish, but none the less acceptable on account of its antiquity. Pare, core and quarter a dozen tart, juicy apples, turn over them a cupful of boiling water and set where they will begin to cook. Five minutes later add to the apples two cups of molasses and cook five or more minutes, while you prepare a very soft biscuit dough, using for a pint of flour a teaspoonful of sugar, two teaspoonfuls of baking powder, a half tablespoonful of shortening and milk to stir to a dough that is too soft to roll. Put this over the apples, which should be tender, but not broken, cover the kettle closely and cook 25 minutes without lifting the cover. Serve with a hot sauce, made by heating to a cream a half cupful of butter and one cupful of sugar, stirring in just before using a scant cupful of boiling milk or water and seasoning to taste.

BANANA PUDDING WITH SAUCE.

Dessert Delicacy Both Appetizing and Healthful.

Soak one cup stale cake crumbs in two cups hot milk one-half hour, and rub through a sieve; then add one-half cup banana pulp, one-fourth cup sugar, one-fourth teaspoon salt, one tablespoon brandy, one teaspoon vanilla and the yolks of three eggs slightly beaten. Turn into buttered molds, set molds in pan of hot water and bake until firm. Remove from oven, let stand five minutes, turn out and serve with this sauce.

Bring to the boiling point one-half cup each of milk and cream. Pour slowly on to the beaten yolks of two eggs and two tablespoons sugar. Cook over hot water five minutes, add one-half teaspoon vanilla, two tablespoons sherry, and pour over the stiffly beaten whites of two eggs.

China in the Dining Room.

In a tall dining room, if the plate rack is filled with bits of china, make a picturesque effect with fancy shaped jugs or any quaint-shaped pieces of pottery, placed above the doorway and stain the wood to match other woodwork of the room. This relieves the barren aspect of a room which is very high. A low room will appear neatest if these decorations follow certain lines around the wall and are not placed haphazard at any convenient place. It is feared that the dining room will soon have the aspect of the old-fashioned kitchen, where it used to be the pride of most women to have one article of every kind of tinware hung around the wall. If the china is to be hung round the wall, it is going to detract a great deal from the cozy apartment. The plate rack is pretty and the bits of china for the shelves above the door are not amiss, but use some judgment in arranging an artistic effect and not a china-shop display.

Rice Border with Creamed Fish.

Put one cupful of rice on to boil in four cupfuls of boiling water, when it has been boiling half an hour add two tablespoonfuls of butter and a teaspoonful of salt. Let it simmer an hour. Wash it fine with a spoon and add two well-beaten eggs and stir for five minutes. Butter a border mold and fill with rice. Put in the oven for a few moments. Turn out on a hot dish and fill the center with creamed fish.

Breakfast Cakes.

Take one cup of butter, one cup of sugar, beat in two eggs, one at a time, then add one-half cup molasses, two teaspoons cinnamon, one teaspoon cloves, one cup strong, cold coffee, one teaspoon soda mixed in one-half of the coffee and added after part of the flour is stirred in, one cup raisins rolled in flour, one cup hickory nuts flour 3/4 cups.

Pickled Lambs' Tongues.

Wash well and trim neatly 12 lamb's tongues. Boil in salted water until tender, skin and pack in glass jars while tongues are hot. Put in a very few whole allspice and cloves. Cover with hot white wine vinegar. Seal at once.

Breakfast Popcorn.

Pop several poppers full of corn. Then grind the popped corn through the coffee mill, quite fine; serve with powdered sugar and cream.

A Simple Disinfectant.

A cheap, simple and most effective disinfectant for a sick room can be prepared at home. Put some ground coffee in a saucer and in the center of it place a small piece of camphor gum, which light with a match. As the gum burns allow sufficient coffee to consume with it. The perfume is very pleasant and healthful.

A persistent bachelor informs us that women would stubbornly refuse to vote if the men wanted to establish woman suffrage.

FROM SUNNY ORANGE GROVES.

The Twice-Told Experience of a San Bernardino, Calif., Man.



From Sunny San Bernardino, in the midst of orange groves, writes Lionel M. Heath, of 158 Eighth Street: "For fifteen years I suffered with pains in my back, frequent calls to pass the secretions, dropsy, rheumatic aches and other symptoms of kidney trouble. I could get no relief until I used Doan's Kidney Pills. They cured me five years ago, and this is twice I have publicly said so. The cure was thorough." Sold by all dealers, 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

PERHAPS A NATURAL MISTAKE.

Physician Had Reason to Think He Had Lost His Patient.

Henry Grimm, who was formerly one of the prominent members of the German-American society, tells a story about a German friend of his who was taken ill.

For many days the German was close to death, but after a time he showed improvement in condition. The doctor told the German's wife that her husband might have anything to eat that he liked.

The German expressed a desire for Limburger cheese, and the wife, being a generous woman and pleased at the improvement, and in order that her husband might have a nibble at any time he had a taste for it, put some cheese in every room in the house. It is easy to imagine the aroma.

The next morning the doctor called at the house, and as soon as he opened the door he asked:

"When did he die?"—Hartford Post.

Losing a Tenant.

A landlord in the Highlands of Scotland had a "crofter" tenant, who paid him ten shillings a year as rent for the little farm. At the end of the second year the tenant came to the landlord and said that he was not able to pay more than five shillings a year, as crops had been poor. The landlord agreed to this.

At the end of the third year the tenant appeared before the landlord again and complained that things were going so poorly with him that he was not able to pay any rent. The landlord agreed to let him remain rent free. At the end of the fourth year the tenant once more appeared before the landlord, and said:

"Colonel, if you don't build me a barn I'll have to move."

Out of the Mouths of Babies.

Little Arthur stood peering down into the countenance of his baby sister, whom the nurse was singing to sleep.

"Say, nurse," he finally whispered, "it's nearly unconscious, isn't it?"

The nurse nodded in the affirmative, and sang on.

"Then don't sing any more, or you'll kill it."

COFFEE EYES.

It Acts Slowly But Frequently Produces Blindness.

The curious effect of slow daily poisoning and the gradual building in of disease as a result, is shown in numbers of cases where the eyes are affected by coffee.

A case in point will illustrate:

A lady in Oswego, Mont., experienced a slow but sure disease settling upon her eyes in the form of increasing weakness and shooting pains with wavy, dancing lines of light, so vivid that nothing else could be seen for minutes at a time.

She says:

"This gradual failure of sight alarmed me and I naturally began a very earnest quest for the cause. About this time I was told that coffee poisoning sometimes took that form, and while I didn't believe that coffee was the cause of my trouble, I concluded to quit it and see.

"I took up Postum Food Coffee in spite of the jokes of Husband whose experience with one cup at a neighbor's was unsatisfactory. Well, I made Postum strictly according to directions, boiling it a little longer, because of our high altitude. The result was charming. I have now used Postum in place of coffee for about 3 months and my eyes are well, never paining me or showing any weakness. I know to a certainty that the cause of the trouble was coffee and the cure was in quitting it and building up the nervous system on Postum, for that was absolutely the only change I made in diet and I took no medicine.

"My nursing baby has been kept in a perfectly healthy state since I have used Postum.

"Mr. —, a friend, discarded coffee and took on Postum to see if he could be rid of his dyspepsia and frequent headaches. The change produced a most remarkable improvement quickly."

"There's a Reason." Name given by Postum Co., Battle Creek, Mich.

THE CALL OF THE SOIL.

DAYS OF FINANCIAL STRESS MAKE FARM LANDS LOOK RICH.

A staff contributor of a southern newspaper has taken up the question of the return to the farm of many who had forsaken it for the glitter of the city. He says: "It is a well known fact that the history of this Government shows that those men who have been most successful in life and who have left their impress upon its people and its institutions as statesmen, soldiers, financiers—have as a rule been those whose youth was spent on the farm, and it is to such as these that there comes with overmastering power THE CALL OF THE SOIL. More especially does it come with redoubled persuasiveness, greater power and sweeter pleading to the man of affairs when the clouds of financial unrest begin to darken the sky; when the cry of panic causes people to lose their wits and act like stampeded cattle; when with reason or without reason there arises before him the specter of ruin, grinning in his face and waving its gaunt arms in threatening gesticulation.

The pitiable state into which some men were brought by the recent financial flurry, which happily is now passed, suggests these reflections. Some were ruined and a very few became insane because of their losses. Two or three took their own lives.

It is when such times come that the statesman, the great financier, and the man of affairs becomes tired of the struggle. He lays down his pen, turns from his desk and listens to the CALL OF THE SOIL.

There are hundreds of cases throughout the United States of those who have money in the banks and are looking for investment in lands. No investment is better or safer. Take, for instance, the lands in Western Canada that can be bought at from \$10 to \$15 per acre which yield a revenue equal to and often greater than their original cost. Those lands make a certain investment. During the past two months large investments in these lands have been made, some intending to use the lands for farming purposes of their own. Others to resell to farmer friends. The agents of the Government of Canada located at different points throughout the United States have in their possession particulars of districts in which there are free homestead grants of 160 acres each accessible to railways, markets, schools, churches, &c. These are valuable lands. These agents will be pleased to give information to any desirous of securing, and will tell all about the railway rates, &c.

A FORGOTTEN ROMANCE.



"Do you remember, Jane, 20 years ago, a moonlight night, when I whispered, tenderly: 'Jennie, I love you,' and you answered, passionately: 'John, you nose looks so funny and swollen. Do you suppose something's biten it?'"

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

WALDRON, KINMAN & MARVIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

No Trouble to Show Goods.

Old Gentleman (to beggar)—What do you do for a living?

Beggar—I make post holes, sir.

Old Gentleman (absent-mindedly)—Yes? Well, I never give charity; bring me along any you have on hand and I'll buy them from you.

Important to Mothers.

Examine carefully every bottle of CASTORIA a safe and sure remedy for infants and children, and see that it

Bears the Signature of *W. H. Stearns*

In Use For Over 30 Years.

The Kind You Have Always Bought.

Each one does best who does his best for one day at a time, and then refreshes himself with the knowledge that he can do it better on the next.—Sempron.

Garfield Tea, the herb medicine, insures a healthy action of liver, kidneys, stomach and bowels. Take it for constipation and sick-headache. Write Garfield Tea Co., Brookline, N. Y., for free samples.

Let him who would move the world first move himself.—Socrates.

THE PAINTING SEASON.

Good results in painting at the least cost depend largely upon the material chosen. Paint is a simple compound and the ingredients can be easily tested. The solid part or pigment should be White Lead. The liquid part should be Linseed Oil. Those best informed on painting always buy these ingredients separately and have their painter mix them fresh for each job. Before the mixing the test is made.

Place a pea-sized bit of White Lead on a piece of charcoal or piece of wood. Blow the flame against it and see what it will do. If it is pure White Lead, little drops of bright, pure metallic lead will appear, and with patience the White Lead can be completely reduced to one globule of metallic lead. This is because pure White Lead is made from metallic lead.

You may test dozens of other so-called White Leads and not be able to reduce one of them to lead. If they will not change wholly to lead but leave a residue, it is clear that some adulterant is present.

If you should have your painting done with such materials, no matter how cheap they might seem, it would be costly in the end.

National Lead Company, Woodbridge Building, New York City, are sending on request a blowpipe free to any one about to have painting done, so that the White Lead may be tested. With it will be sent a handsomely printed booklet having as its frontispiece the "Dutch Boy Painter," reproduced from the original painting. This little painter has become noted as the guaranty of pure White Lead.

A Gardening Nation.

In Sweden a gift is made once a year to each school pupil of trees or shrubs to be planted about the home. By law each parish must grant a certain amount of land to be devoted to the purpose of school gardens. There are scores of horticultural societies which employ gardeners to give the public free instruction and advice on fruit and vegetable culture. The natural resources of the country are being increased in this way to a wonderful extent.

Lewis' Single Binder straight 5c. You pay 10c for cigars not so good. Your dealer or Lewis' Factory, Peoria, Ill.

We prepare ourselves for sudden deeds by the reiterated choice of good or evil.—George Eliot.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind-colic. 25c a bottle.

Not vainly does he strive who can endure.—Procter.

THE COME AND SEE SIGN



This sign is permanently attached to the front of the main building of the Lydia E. Pinkham Medicine Company, Lynn, Mass.

What Does This Sign Mean? It means that public inspection of the Laboratory and methods of doing business is honestly desired. It means that there is nothing about the business which is not "open and above-board."

It means that a permanent invitation is extended to anyone to come and verify any and all statements made in the advertisements of Lydia E. Pinkham's Vegetable Compound.

Is it a purely vegetable compound made from roots and herbs—without drugs?

Come and See. Do the women of America continually use as much of it as we are told? Come and See.

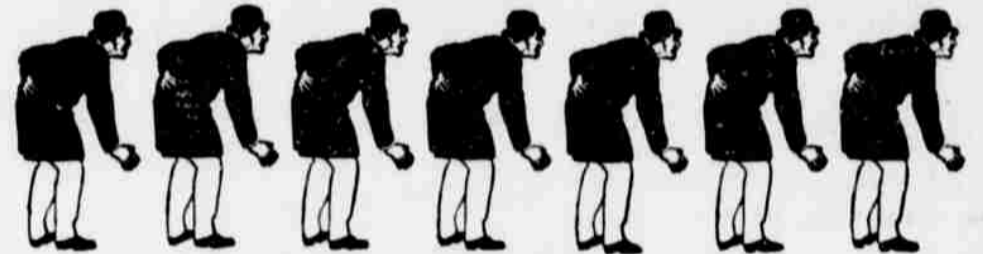
Was there ever such a person as Lydia E. Pinkham, and is there any Mrs. Pinkham now to whom sick women are asked to write? Come and See.

Is the vast private correspondence with sick women conducted by women only, and are the letters kept strictly confidential? Come and See.

Have they really got letters from over one million, one hundred thousand women correspondents? Come and See.

Have they proof that Lydia E. Pinkham's Vegetable Compound has cured thousands of these women? Come and See.

This advertisement is only for doubters. The great army of women who know from their own personal experience that no medicine in the world equals Lydia E. Pinkham's Vegetable Compound for female ills will still go on using and being benefited by it; but the poor doubting, suffering woman must, for her own sake, be taught confidence, for she also might just as well regain her health.



"OUCH, OH MY BACK"

NEURALGIA, STITCHES, LAMENESS, CRAMP TWINGES, TWITCHES FROM WET OR DAMP ALL BRUISES, SPRAINS, A WRENCH OR TWIST THIS SOVEREIGN REMEDY THEY CAN'T RESIST

ST. JACOBS OIL

PRICE 25c AND 50c

IRRIGATED LANDS

Altitude only 3700 feet above the sea level. Inexhaustible water supply, taken from the great Snake River, the seventh largest river in America. No alkali, no cyclones. 420,000 acres of the finest fruit and agricultural land in the West.

The man who wants a home where everything grows that makes farming profitable—on easy terms—or the man who wants land for investment should write us, as we quote nothing but absolutely reliable information. Address

H. A. STROUD & COMPANY, Twin Falls, Idaho

WEAR SHIELD BRAND SHOES. Never Rip 'Em seamless shoe for men, boys and youths. Wears like iron—brass quilled bottoms. Price, \$1.75 to \$2.50. If not at dealer ask us. ELLET-KENDALL SHOE CO. MFGS. Kansas City, Mo.

W. L. DOUGLAS SHOES. \$3.00 to \$3.50. SHOES AT ALL PRICES FOR EVERY MEMBER OF THE FAMILY. MEN, BOYS, WOMEN, MISTERS AND CHILDREN. W. L. Douglas makes and sells more men's \$2.50, \$3.00 and \$3.50 shoes than any other manufacturer in the world, because they hold their shape, wear longer, and are of greater value than any other shoes in the world to-day. W. L. Douglas \$4 and \$5 Gilt Edge Shoes Cannot Be Equalled At Any Price. CAUTION: W. L. Douglas name and price is stamped on bottom. Take No Substitutes. Buy from the best shoe dealers everywhere. Shoes mailed from factory to any part of the world. Illustrated Catalog free to any address. W. L. DOUGLAS, Brockton, Mass.

SPORN'S DISTEMPER CURE. For DISTEMPER Pink Eye, Epizootic Shipping Fever & Catarrhal Fever. Sure cure and positive preventive, no matter how horses at any age are infected or "expended." Liquid given on the tongue, acts on the blood and fluids; expels the poisonous germs from the body. Cures Distemper in dogs and sheep and cholera in poultry. Largest selling livestock remedy. Cures La Grippe among human beings on easy terms. See and Buy a bottle, \$2 and \$10 a dozen. Cut this out. Keep it. Show to your druggist, who will get it for you. Free Booklet, "Distemper, Cause and Cure." Special agents wanted. Chemists and Bacteriologists GOSHEN, IND., U. S. A.