CONSTIP/

-PAW

S

corrects constipation. Munyon's Paw-Paw

Pills are a tonic to the stomach, liver and

nerves. They invigorate instead of weaken;

they enrich the blood instead of impover-

ishing it; they enable the stomash to get all

the nourishment from food that is put into

it. Price as cents. All Druggists.

PI

Munyon's Paw-Pay

Pills are unlike all oth

er laxatives or cathar-

tics. They coax the

liver into activity by

gentle methods, they

do not scour; they do

not gripe; they do not

weaken; but they do

start all the secretions

of the liver and stom-

ach in a way that soon puts these organs in a

healthy condition and



Biscuits

are so wonderfully good t

you try them at our expense. Let us send you a Free "Surprise Box" of assorted varieties. Mail the coupon.

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Loose-Wiles Biscuit Company Omaha, Neb.
Please send me FREE "Surprise Box" of Assorted Sunshine Biscuits.
Name





no such thing in the world, On earth no ord is more sublime

FOR THE LENTEN TABLE.

If the Lenten season were observed by all creeds it would be better for the general health. A few weeks of fasting, or going without heavy meats, is a wholesome and advantageous thing. We are all too much inclined to self-indulgence, and cutting out food is a wise arrangement.

Spanish Hash .--- Chop three or four cold potatoes, a slice of onion and a highly with salt and cayenne, onion green pepper. Season with salt, pep- juice. Worcestershire sauce and per and a dash of mace; bind together minced parsley. Form in a roll, lay on a with a beaten egg and bake in a but- paper doily on a pretty plate with a tered pan until brown. Serve with macaroni.

Tomatoes and Eggs .-- Put two table- sires. This cheese may be sliced for spoonfuls of butter in a saucepan, and sandwich filling. when melted add a cupful of the thicker part of a can of tomatoes; the juice may be used in a sauce for meat served on lettuce as a salad, with any or for soup. Season with salt, red salad dressing preferred. pepper, a teaspoon of sugar and a little grated onion. Stir until hot, then the whites and yolks. When the eggs are cooked serve on buttered toast.

Cheese Pie .- To a cup of cream cheese pressed through a sieve, add a walnut meats and steamed and tablespoonful of sugar, the juice of a lemon, also the rind, a tablespoonful of butter, melted, the yolks of two eggs well beaten and the beaten whites folded in at the last. Salt to taste, and bake in one crust.

Fish Salads .- Cook together over hot water a tablespoonful of flour, a teaspoonful each of salt, mustard, sugar and melted butter, a dust of cay enne, a third of a cup of mild vinegar and the beaten yolks of two eggs. Stir until smooth and thick, and beat while cooling. Separate into small flakes any cold fish, add a little lemon juice and let stand an hour. Stir with a fork, add the salad dressing and a half cup of whipped cream. Place in small molds, if desired, and chill. Garnish with a sprig of parsley.



EOPLE who have warm friends are healthier and happier than who have none. All the wealth of the world could not buy you a friend or pay you for the loss of one.

The manner of preparation and serving of food is as important as the food itself



beatludes after its own self working. A child's kiss set upon sighing lips shall make thee glad, a poor man served by thee shall make thee rich, a sick man helped by thee shall make thee strong. Thou shall be served thyself by every sense of service which thou ren-derest. -E. B. Browning. derest.

DAINTY DISHES.

When one likes a change in serving cheese the following may be one which will be pleasing. Mix cream cheese with a little cream, enough to make of the right consistency; season

small cheese knife, and pass, allowing each person to slice off as he de-

It may be spread on wafers and

served with lettuce salad, or may be

Frozen Custard -A delleious frozen dish may be prepared as follows: To add four eggs beaten enough to mix a quart of milk add three well beaten eggs and a cup of sugar; cook until smooth, and freeze until like mush. then add a fourth of a pound each of

chopped figs. Finish freezing, and serve Apple and Maple Sirup .-- Cut eight apples in quarters, after peeling them;

put into a saucepan with a cup of maple sirup, two tablespoonfuls of butter and one and a half cups of water.

Bake until the sirup is thick. Serve cold, with whipped cream.



or lips. We never heard of any mental trouble arising from this quarter. Though they do not cost much, yet they accom-plish much. They make other people good natured, they produce their own image on men's souls and a beautiful im-age it is. —Pascal,

TESTED RECIPES.

Add a little lemon juice to the butter with which lettuce sandwiches are spread

Gelatine Ambrosia .-- Soak half a box of gelatine in a cup of cold water; when well softened add two cupfuls of boiling water and three-fourths of a cup of sugar. Let this thoroughly dissolve before adding the juice of one and a

Alfonso Enjoys Reminders of Danger. King Alfonso of Spain is said to be fatalist, and being of this temper he is able to derive enjoyment from occurrences that would affright most people. A knife that he knocked out of the hands of an assassin is hung up in his den. The hides of two horses killed in bomb explosions have been made into rugs for his cozy corner. On his wedding day an attempt was made on his life, and the next day he visited the spot and pointed out to his young wife the spot where the assassin stood.

A FREE SURPRISE BOX.

In another part of this paper you will find a large ad of the Loose-Wiles Biscuit Co., Omaha, Neb. They offer to send to any reader a box of assorted biscults absolutely free. Don't miss this opportunity. Cut out the coupon from their ad and mall it today.

One Difference.

One difference between a good bank teller and a spendthrift is that the teller may earn an honest living by letting money slip through his fingers.

WHEN RUBBERS BECOME NECESSART And your shoes pinch, Allen's Foot-Ease, the Antiseptic powder to be shaken into the shoes, is just the thing to use. Try it for Breaking in New Shoes. Sold Everywhers, See Sample FREE Address, A. S. Oimsted, LeRoy, N.Y. Don't accept any substitute. Adv.

Usual Accompaniment. "This fresh air movement is merely tentative." Well, of course, tents will have to go with it."

Truth may be stranger than ficion, but the latter commands a higher price in the magazine field.

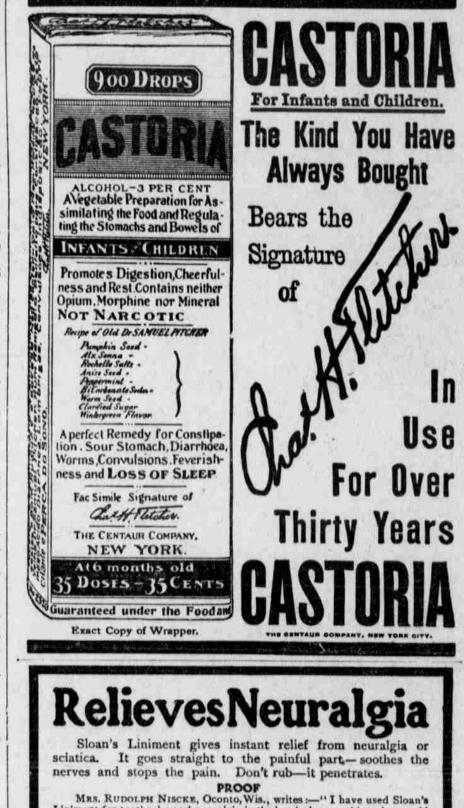
Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflamma-tion, allays pain, cures wind colle, 25c a bottle. An

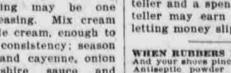
The man who pleases only himself must furnish all the applause,

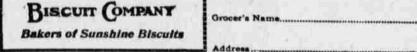
There are imitations, don't be fooled. Ask for LEWIS' Single Binder cigar, 5c. Adv.

Trading compliments is a good deal like swapping green goods.











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Stamping & Tool Co. You take no risk of getting poor Cooking Utensils when you buy Volcanic Enamel Ware.

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Water Pails, Dairy Pails, Strainer Pails, Galvanized Stock Pails, Wash Boilers, Galvanized Wash tubs-All extra heavy Quality metal ware. Double reinforced where needed. Absolutely sanitary-None but gloved hands touch water pails in construction. Wash tubs concaved bot-toms, pyramid seamed-Latest improved on Wash boilers galvanized or copper. handle.

There is no better metalware than IRON HORSE-Ask your dealer. Made by



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PACKING THE LUNCH BOX.

If anybody thinks the packing of a just let him try it for a few months on a stretch, and see how easy it is.

The individual to be fed will modify the packing. A child going to school will need different food from a man. A man working in the open will need different and heartier food than the man working in an office.

For a week or two one may enjoy packing a dinner box, getting a variety and making the food look attractive, but as time goes on, one runs out of ideas and the task becomes most monotonous.

of pie in the dinner pail, and do not refuse it, if it is enjoyed. In the putting up of dinners more wound from lack of thought than from want of feeling.

Sandwiches, of course, on account of their value as food and ease in which they may be packed, with their variety, will always be a popular basis to the lunch basket. The making of a sandwich is an art. Bread of various kinds may be used, white, whole wheat, graham, rye, brown ,and biscuits of different kinds are all used with satisfaction.

The sandwich filling is as important as the bread. The bread should be cut rather thin, spread with softened butter, and then whatever filling is desired.

Cheese makes a good sandwich filling, jams of various kinds are liked by the children and will take the place of cake most acceptably.

Greasy and fried foods should be avoided, as they are hard to digest at best, and unless the luncher is working out of doors, when they will be able to digest almost any kind of food, should not be used.

a few figs or a dish of prunes are a They found that Frau Henkel was the good addition to any lunch, as they real and effective manager, and that are both nutritious and attractive. Fresh fruit, when it is obtainable.

as it is both food and drink.

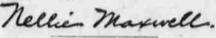
Abdul Hamid's New Prison.

The Beylerbey palace at Constantinople, to which the ex-Sultan Abdul Hamid has been removed from Salonika, is generally regarded as the most successful architectural achievement of modern times in Turkey, the West. apart for her use were furnished to exminster Gazette states. It was built actly resemble her suite of apartby Abdul Aziz in 1866, and is of white ments in the Tulleries, marble throughout and essentially oriental in every respect. During his reign Abdul Hamid never resided at always speaking for itself. the Beylerbey palace, perhaps because of its association with the tragic death given any man all he wanted.

half lemons with the grated rind. Strain, and when the mixture begins to thicken, put in two oranges cut in dinner pail or lunch box an easy task, thin slices and add a half cup of shredded cocoanut. Serve cold.

Spanish Chicken With Rice .-- Cut up a chicken for frying. In the frying pan put half a cup of olive oil and heat gradually, adding two bruised cloves of garlic. When the garlic is yellow, lay in the chicken and cook until well browned; add two sweet red peppers cut in strips, two white onions sliced, and continue cooking. When the onions are brown, add four tomatoes sliced and a quarter of a pound of rice, cover with water or stock and simmer until the rice is There are yet men who enjoy a piece tender, adding more stock and salt if necessary.

Indian Dressing .- Rub the yolks of two hard cooked eggs through a strainer, and add a fourth of a teaspoon of paprika, one teaspoonful of salt, half a teaspoonful of powdered sugar, a few grains each of cayenne and white pepper, a tablespoonful of lemon juice, two tablespoonfuls of vinegar, and one-half cup of olive oil. When well blended add a tablespoonful each of red and green pepper cut in fine pieces and one teaspoonful of



Woman Contractor.

parsley chopped fine.

Scharmegendorf, a growing and fashionable suburb of Berlin, prides it. self on possessing the only woman builder and contractor in Germany This is Frau Henkel, who has now car ried on her business successfully for four years. The fact that she was the proprietor and manager of the firm of Henkel became public only the other day, however. The public authorities were asked to inquire into the business, as there was an allegation that A piece of cake, a handful of dates, it was not an independent concern. she employed her husband as master of the works. The suggestion that she should be always added to the lunch. was acting for some one else was unfounded .- Dundee Advertiser,

of his uncle Aziz, but foreign sovereigns visiting Constatinople were always entertained there. The artistic loveliness of the palace delighted the Empress Eugenie on the occasion of her visit in 1869, though the rooms set

The peace that is unspeakable is A barrel of money has never yet Liniment for toothache and neuralgia in the head where nothing else would help me and I would not be without the Liniment in the house."



good for rheumatism, sore throat, chest pains and sprains.

Pains All Gone

MRS. C. M. DOWKER, of Johannesburg, Mich., writes :- " I wish to say your Liniment is the best medicine in the world. It has cured me of neuralgia; those pains have all gone and I can truly say your Liniment did cure me."

Pain All Gone

MR. J. R. SWINGER, of 547 So. 12th St., Louisville, Ky., writes :- "I suffered with quite a severe neuralgic headache for four months without any relief. I used your Liniment for two or three nights and I haven't suffered with my head since. I have found many quick reliefs from pain by the use of Sloan's Liniment and believe it to be the best Liniment on the market to-day. I can recommend it for what it did for me."

Price 25c., 50c., and \$1.00 at All Dealers. Send for Sloan's Free Book on Horses. Address DR. EARL S. SLOAN. Boston, Mass.