

## REMARKABLE CASE of Mrs. HAM

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Shamrock, Mo.—"I feel it my duty to tell the public the condition of my health before using your medicine. I had falling, inflammation and congestion, female weakness, pains in both sides, backaches and bearing down pains, was short of memory, nervous, impatient, passed sleepless nights, and had neither strength nor energy. There was always a fear and dread in my mind, I had cold, nervous, weak spells, hot flashes over my body. I had a place in my right side that was so sore that I could hardly bear the weight of my clothes. I tried medicines and doctors, but they did me little good, and I never expected to get out again. I got Lydia E. Pinkham's Vegetable Compound and Blood Purifier, and I certainly would have been in grave or in an asylum if your medicines had not saved me. But now I can work all day, sleep well at night, eat anything I want, have no hot flashes or weak, nervous spells. All pains, aches, fears and dreads are gone, my house, children and husband are no longer neglected, as I am almost entirely free of the bad symptoms I had before taking your remedies, and all its pleasure and happiness in my home."—Mrs. JOSIE HAM, R. F. D. 1, Box 22, Shamrock, Missouri.

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# The KITCHEN CABINET

Music when soft voices die  
Vibrates in the memory;  
Colors, when sweet visions slicken,  
Live within the sense they quicken.

MORE MUFFINS.  
Sally Lunn is such a popular bread in the South, and it should be better known in the North. Here are some recipes:

**Sally Lunn.**—Take four cups of flour, three eggs, one teaspoonful of butter, one cake of yeast and two cups of milk. Beat the yolks of the eggs very light. Stir in the butter, flour and milk in which the yeast is dissolved. Mix well and add the beaten whites, set to rise and when light bake in well-buttered muffin pans.

Another recipe is like the above with the addition of half a cupful of sugar and a half cupful of melted butter. These are really most dainty muffins. Mix and let rise as usual, and bake in the buttered muffin pans when risen full.

**English Bath Buns.**—Dissolve one-half a yeast cake in a cupful of lukewarm milk, add two cups of flour or enough to make a sponge. Let rise until light, then add two-thirds of a cupful of melted butter and four well-beaten eggs. Knead and let rise for an hour. Make into balls the size of an apple and press currants and candied peel into each. Let rise in a warm place, brush with melted butter, sprinkle with sugar and bake in a hot oven.

**Perfection Muffins.**—Mix together three cups of flour, one cupful of corn meal, two teaspoonfuls of baking powder, one tablespoonful of sugar and one teaspoonful of salt. Add a quarter of a cupful of softened lard or butter, three well-beaten eggs and two cups of milk. Beat into a firm batter and when risen bake in well-buttered muffin rings.

**Rice Muffins.**—Take a cupful of boiled rice, two cups of flour, two eggs, beaten well, three tablespoonfuls of lard or butter, a teaspoonful of salt and milk enough to make a thin batter. Beat hard for three minutes, and bake in hot muffin pans in a quick oven. Served with maple syrup, these are hard to equal.

## CARROTS AS A VEGETABLE.

Carrots are not half appreciated, for they are an excellent vegetable, and one which may be kept for winter use and afford variety when there are few fresh vegetables to be had at reasonable prices. The little new carrots are delicious cooked until tender in just enough water to cook them without burning. Using a large amount of water takes out the flavor of the vegetable, and it is wasted. Carrots cooked with new potatoes, new peas and onions and when tender, add some chopped cooked bacon and milk enough for a sauce, is a most appetizing dish.

**Austrian Carrots.**—Scrape 12 carrots and cut in quarter-inch strips, cook until tender, and add a tablespoonful of butter, three-fourths of a cupful of sugar, a teaspoonful of salt and a half cupful of vinegar, cook until the carrots are clear and translucent.

**Carrot Pie.**—Gather the following ingredients: One cupful of cooked sifted carrots, one and a half pints of milk, two eggs, a cupful of sugar, two tablespoonfuls of flour, a half teaspoonful of salt, a teaspoonful of cinnamon, a teaspoonful of ginger, a dash of nutmeg, add cloves and a half teaspoonful of vanilla extract. Beat the eggs, to which add the salt, then add the sugar mixed with the flour and other dry ingredients, thoroughly mix, and add the milk and vanilla. Pour into a well made crust and bake.

**Carrot Pudding.**—This is a famous old pudding which will keep indefinitely and is very good with a rich sauce. Scald a cupful of milk, and pour it over three cupfuls of bread-crumbs. Mix a half cupful of light brown sugar, a teaspoonful of salt, ginger, cinnamon, and a fourth of a teaspoonful of nutmeg together and cream with half a cupful of butter. Add a cupful of cooked sifted carrots, three well-beaten eggs, beat well, then add a cupful each of figs or dates, chopped, and a cupful of raisins, dredged with a half cupful of flour. Mix all together and steam three hours. Serve with a hard sauce or with an egg sauce.

## RAISED BREAKFAST BREADS.

The rich French rolls are very popular for salad rolls. Take eight cupfuls of flour, four eggs, four tablespoonfuls of sugar, two tablespoonfuls of butter, one cake of yeast and two cupfuls of milk. Dissolve the yeast cake in a quarter of a cupful of lukewarm water, mix and give a hard beating, let rise until light, cut down three times with a sharp knife, make into rolls, let rise until light and bake in a moderate oven.

**Kentucky Rolls.**—Take four cupfuls of flour, one tablespoonful of sugar, one teaspoonful of salt, two eggs, half a cupful of lard, a half cake of compressed yeast. Mix the lard, sugar and flour, dissolve the yeast in a little lukewarm water, add enough warm milk to make a batter, beat well, thoroughly mix the yeast and set in a warm place to rise. When light, add more flour to make a stiff dough and let rise again. When light make into rolls and when risen the third time bake in a hot oven.

A cupful of freshly mashed potato added to any roll mixture will make a most delicious roll mixture, and one that will keep moist for some time. A bowl of the dough may be set away in the ice chest and baked a day or two later, and they will be even better than the first baking.

**Mush Muffins.**—Take a cupful of cornmeal mush, oatmeal, farina or any other leftover cooked cereal, add a tablespoonful of melted butter, one of sugar, a teaspoonful of salt or less, one-fourth of a yeast cake dissolved in a cupful of lukewarm milk, and two cupfuls of sifted flour. Mix well and put to rise over night. In the morning beat well and fill the muffin pans half full. Let rise and when light bake a half hour in a moderate oven.

## Remarkable Double Tree.

There is said to be in Kentucky a tree bearing each year a crop of walnuts and a crop of mulberries; and the curious phenomenon is accounted for by the supposition that a mulberry seed fell where a walnut lay in the ground, and the young shoots came up side by side and united their forces into one solid trunk. This supposition seems feasible from the fact that the bark of the tree is on one side that of walnut and on the other that of the mulberry.

## Detachable Window Bars.

Steel window guards, designed to furnish adequate protection against robbers, have recently been invented which may be attached to or detached from a casing at will. They may be fitted to a window almost in a moment's time without difficulty, or danger of marring the woodwork. The bars are so arranged that they fit into grooves along the sash. The grating cannot be removed when the window is open.—Popular Mechanics Magazine.

## The Vision of Christ

By REV. GEORGE E. GUILLE  
Bible Teacher, Extension Department  
Moody Bible Institute of Chicago

TEXT—And it came to pass, when he had made an end of speaking unto Saul, that the soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul.—1 Samuel 18:1.

For forty days the armies of the Philistines were arrayed on one side, and the armies of Israel on the other side of the valley of Elah. For forty days the champion of the Philistines advanced and challenged the hosts of Israel, and, though there was the promise of freedom for his father's house, and great riches and the daughter of the king for a wife for the man who would kill the giant, not one in all Israel was found intrepid enough to attempt it.

Until up from Bethlehem came David. To the camp of his brethren he came, bearing his father's message of love; and his brethren despised him. But from their camp he heard the proud challenge of Goliath as he came forth from the Philistine army, and he saw the fear depicted on every face as that challenge was echoed among the soldiers of Saul. He was not afraid!

The story of the encounter is so familiar that there is no need of repeating it. Having no weapon in his hand, he drew the giant's sword from his sheath and cut off his head with his own sword! And when, at the other side of the valley, Israel saw their triumphant savior with the giant's head in his hand, they shouted and ran to the spoils. Alone in the conflict, but not alone in the fruits; the people share these with him.

For forty centuries, mankind was confronted with the awful problem of sin and death. For forty centuries the challenge of the great enemy, Satan, in whose hands was the power of death, remained unaccepted. Until, from this same Bethlehem, God brought forth David's son. To his own brethren, Israel, he came, "and his own people received him not." And thus rejected by his brethren he went to the cross; down into the valley of death, single-handed, alone, needing no help from man, and man having none to give. "Whither I go," he said to the disciples, as he went to the cross, "ye cannot follow me now." Like David with the giant's sword, it was "through death" that "he made powerless him that had the power of death." But though alone in death, and in the awful conflict, not alone at the other side of it. We now behold him a triumphant savior, "crowned with glory and honor," but we share with him all he has earned by his death.

Now Jonathan, in common with the hosts of Israel, had watched the scene enacted in the valley, had seen the deliverer triumphant at the other side. And, his soul knit to the soul of David in love, "he stripped himself of the robe that was upon him, and gave it to David, and his garments, even to his sword, and to his bow, and to his girdle." No small thing was that: the son of the king, a prince of the blood, giving up all his robes of honor and the insignia of his royalty, in order to place them upon the one he loved! And the spirit of God has written it down that it may preach to us of another and of our devotion to him. That which answers to it in the life of the Christian is recorded in the third chapter of Philippians. The apostle, in the opening verses of that chapter, describes his robes of honor,—tells us what he had to boast about as a man in the flesh, before his conversion, saying, "If any other man thinketh that he hath whereof he might trust in the flesh, I more." And that was no vain boast: Paul was writing, as always, by the inspiration of God. And more than any man of his day could be proud of what he was. But one day he had a vision of the triumphant Savior at the other side of death, a vision that blinded him and made it necessary for him to be led by the hand. Hear him, on the temple stairs, recounting it, and saying, "When I could not see for the glory of that light!" This is the effect of that blessed vision ever! The man who has seen the face of the exalted Christ has been blinded forever to all other objects and to all the glory of the world, and has found that the only safe way for him is to be led by the hand.

Now, can we not understand that reiterated "consider him" of the epistle that tells us of his triumph and exaltation? Like Jonathan in his self-abasing love for David, the soul that has seen the blessed face of the one "made sin" for us and now in heaven without our sins, will love him supremely and count it his highest joy to have him magnified in his life. "We see Jesus, crowned with glory and honor," and because we do we can say, "that Christ may be magnified in my body whether it be by life or by death."

## COUNTY ATTORNEY'S WIFE MADE HAPPY

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Satan and the Cerulean Deep.  
"I'm in a quandary."  
"What about?"  
"I have two invitations to dinner, and I can't decide—"  
"Which one to accept?"  
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