

Japan is just simply loaded for bear.

They may call themselves Panamas, but they'll be commonly known as canals.

No one has dropped President Smith a line commending him as a faithful worker in the anti-race suicide ranks.

With increased knowledge of the Mormon practice of matrimony people may begin to inquire about the Utah idea of divorce.

The American people have at last cured Mme. Patti of the farewell tour habit. The absent treatment is quite effective in some cases.

"Let us merge," exclaimed the trusts. "Thou shalt not merge," remarked the Supreme Court; and a very notable divorce was recorded.

A mob in Maine has been crazed by religion. But, then, a mob can get crazed over anything, or nothing at all. The chief thing is to get crazed.

One of the college professors claims that people who eat apples are virtuous. Has anybody ever noticed what a debasing effect peanuts have upon man?

The people of this country are the innocent bystanders in the war between Japan and Russia, and we are being hit by the higher prices of food-stuffs.

Dr. Parkhurst says Moses was too strenuous and hot-headed. It is unfortunate that the doctor is unable to give Moses his support, but perhaps Moses won't care, seeing that he got there anyhow.

Of the many things which renders of the newspapers have to be thankful for, one is that the chief point of interest in the Russian-Japanese war is Port Arthur, and not Ratzkofftesvitchki.

It seldom makes a woman happy to have a gray-haired man come up to her at a party and greet her warmly as an old acquaintance and then start in on a pleasant reminiscent conversation about how he and she used to play together when they were boy and girl.

"Character has triumphed over caricature," was the compliment which a political opponent paid to Senator Hanna a few months before his death. It was chiefly as the conspicuous figure in the newspaper cartoons during the campaign of 1896 that Mr. Hanna first came prominently before the country. That was caricature. The impression inevitably produced has long since given way to a recognition of the solid qualities of the man. This was character.

It is worth a good deal to humanity in general, as well as to the negro race, that Columbus, Ga., has erected a marble monument to a negro laborer who lost his life last September in an effort to rescue the city engineer from a street excavation. The inscription sets forth the facts and concludes with the couplet: "Honor and shame from no condition rise; act well your part, there all the honor lies." They were never more appropriately used and these acts of heroism in peace ought to be commemorated far more often than they are.

One reason for the interest with which Americans follow the deeds of the Japanese navy may be the number of Japanese commanding officers who received their training at Annapolis. They number seven, the first of whom was appointed in 1869; the last was of the class of 1900. Sotshichi Uriu, who is now an admiral and commander of the fleet which sank the Russian vessels at Port Arthur, ended his course at Annapolis in 1881. His wife is a Japanese woman who was also educated in the United States, and is a graduate of Wellesley College. At Annapolis the Japanese students took the same course of training and the same studies as are prescribed by act of Congress for American midshipmen.

To an Englishman the billion-dollar steel corporation was impossible, for to him a billion meant a million million. That was the original meaning of the word, and it still prevails in England. A billion was a million squared, and in the days when numbers were pointed off in periods of six, was written 1,000,000,000,000. A trillion was a million to the third power—with eighteen ciphers. When it became the fashion to divide numbers into periods of three places, the word billion came to the meaning which it has now in America and on the continent of Europe. Only the Englishman refuses to change. It is necessary to understand this difference which divides the two English-speaking na-

tions, for a man should be sure whether or not he has a right to call himself a billionaire when he visits London.

The apple as an instrument of morality is deserving of serious consideration. But the subject need not be narrowed to the apple. Almost the whole category of more or less acid fruits is to be included with safety to the experiment. Figuratively, the American has been charged with eating too much corn and too little fodder. Steaks, with their proteids, have tempted his palate. The starchy foods, with their carbohydrates, have not seemed worth while. The result has been an unbalanced diet. Ordinarily the term "unbalanced diet" has meant for the laity a mere bit of phraseology adopted by the profession and appertaining to its technicalities. Yet the wrong diet has suffered indefinable pangs. He has been hungry and yet has not known just what to eat. Or he has not been hungry and has craved something which he cannot guess or name. Just here comes the philosophy of the apple. Fruits for the most part are water and carbohydrates. Considered from the point of nutritive worth, the apple is close to nothing. But as apple sauce always has been the foil for the succulent roast pig, so the raw fruit finds its digestive antithesis in lean beef. It becomes a concession to a balanced ration, and, eliminating the social features of drinking, it is conceded that the nearer balanced is man's diet the less desire he has for alcohol. Drink among the working classes of Great Britain is declared to have received unmeasured impulse through the scarcity of fruits and the high prices that rule. Long ago the observation was made that the man overfond of liquor had small taste for fruits, just as the man with much fondness for fruit cared nothing for alcohol.

The Baltimore fire, following closely on the heels of the fire in Chicago, made men think of the peril in which they and their property continually lie. The compensation in these calamities—there is no disaster without some compensating advantage—appears in the fact that public officers throughout the country are enforcing laws for the prevention of loss of life by fire, laws of the existence of which few people are aware. A correspondent has recently called attention to the activity of the inspectors of the district police of Massachusetts in ordering changed made in the exits of halls and churches in the small towns throughout the State, so that they may conform to the law. Other States doubtless have laws similar to those of Massachusetts but the people know little about them, and their halls and churches are frequently built without any official supervision. If the laws are not now enforced, the fact of their existence will become known, and that will be a gain. Even in the country halls with inadequate exits a crowd would suffer less from fire than a similar crowd in a large city. The reason for this lies in the fact that country-bred people do not get panic-stricken. They are trained to take care of themselves from the time the child begins to roam the woods and fields until he begins to till his own farm. The countryman "keeps his head," whereas the city man, accustomed to depend on some one else to do things for him, does not know which way to turn when he has to depend on himself.

Perhaps the secret of the long skirts has been at last revealed. One who ought to know proclaims that most women are pigeon-toed. For years women have persisted in wearing pavement-sweepers, without reason of excuse acceptable to the masculine mind. Not even the pavement is benefited. The trailing skirts stir sleeping microbes into action and to lodgment in ruffles and lingerie. By this means the bugs are carried into the homes, where they get busy in consumption, diphtheria, typhoid or other diseases. The world has wondered how women, so exquisite in taste in other things, could be guilty of this dangerous and nasty practice. But at last the secret is out. It is the pigeon-toes which women seek to hide with long skirts. Pride goeth hand-in-hand with the dirt and disease. Of course, not all women with long skirts have pigeon-toes. But the pigeon-toed set the fashion, and with women fashion is absolute law. We are accustomed to the knowledge that our idols have feet of clay, but the tip that they are not set on straight is new and illuminating. Much is now clear which before was unfathomable mystery.

Easily Distributed.
She—You have become a regular flirt.
He—Think so?
She—Yes; and yet when I refused you last year you said your heart was broken.
He—Exactly. Perhaps that's why I'm able to give some of it to every girl I meet.—Philadelphia Ledger.

His Opportunity.
"He seems to have got rich suddenly."
"Yes. He happened to have a Russian historical romance ready just at the war broke out."



The Way to Cook Steak.

Some people can tell you how to fry steak, but the best cooks are of the opinion that a fried steak is a spoiled steak. A good porterhouse or a tenderloin, cut rather thick and broiled over clear coals, in the gas oven or over the blue flame of a gasoline stove, is much healthier and more appetizing. To accomplish this purchase a wire bread toaster that is not wider than the lid to one of the stove holes. Place the meat between the wire sides; have the obnoxious gases burned out of the fuel so the coals are good and clean; remove the stove lid, and place the wire broiler next to the coals. Turn the broiler over often, and as soon as it is cooked to your taste remove it from broiler to hot frying pan, where you can season it with salt and pepper, and as much granulated sugar as you do salt. Then a piece of good butter the size of an egg should be placed on top of the smoking, savory broil, and the whole placed upon a hot platter with parsley for a garnish, and served at once. Never cook the steak until the last thing, and then make it smell of the fire. Meat cooked rare after this fashion will furnish material for the laboring man or the brain worker to meet his foes and conquer.

English Bread Pudding.

One pint of soft breadcrumbs, one-half cup of dried currants or raisins, two eggs, two tablespoonfuls of sugar, 1 1/2 cups of milk. Grease small custard cups or ordinary baking-pan, and put in the breadcrumbs. The better way to make the crumbs is to take a whole slice and roll it between the hands. The fruit may be mixed with the crumbs, or it may be spread on top or on the bottom of the pan. If it is used over the top, it will form a bottom layer when the pudding is turned out. Beat eggs without separating, add sugar and then milk. When the sugar is dissolved, pour carefully over the breadcrumbs. Let stand ten minutes and place in shallow baking-pan, partly filled with water. Bake in a quick oven fifteen or twenty minutes. The mixture must be "set" in the center. Serve with a liquid pudding sauce.

Frothed Eggs.

Beat five eggs until frothy, seasoning first with salt and pepper. Melt two tablespoonfuls of butter in a bowl set over hot water, pour the butter over the eggs, put them in an enameled pan and set over very moderate heat until they are warmed through. Then pour them rapidly back and forth from the pan into the bowl that had held the butter, until eggs and butter are well blended. Place over the fire once more and stir rapidly until a smooth, creamy mass appears. Pour over slices of hot, buttered toast.—Good Housekeeping.

Canned String Beans.

Remove all the strings from both sides of the beans. Cut the beans into inch lengths and cover with water. Boil until tender, but not soft. Season with salt and pepper. Take the beans out with a perforated spoon drain and put them in jars standing in a pan of boiling water. Boil up the liquor left in the pot, skim and fit the jars to overflowing with it. Seal immediately. Peas should be shelled laid in cold water for an hour, then canned by this recipe.

Tomato Cream Soup.

Stew and strain a cup of tomatoes. Return to the fire and thicken with three teaspoonfuls of cornstarch rubbed to a paste with a teaspoonful of butter. Season with salt, pepper and sugar and pour slowly upon the mixture a quart of milk into which a bit of soda the size of a pea has been stirred. Serve at once.

Walnut Molasses Candy.

Boil together a cup of molasses and one of brown sugar, a tablespoonful of vinegar and two tablespoonfuls of butter. When a little dropped into cold water is brittle add a cupful of shelled and chopped walnuts, take from the fire, add a half teaspoonful of baking soda and turn into a greased pan to harden.

Cream Wintergreen Wafers.

Wet six ounces of granulated sugar with four teaspoonfuls of water and six drops of essence of winter green. Put into a granite saucepan and cook after stirring for a minute. As soon as it begins to boil take from the fire and pour by the spoonful upon buttered paper.

Maple Frosting.

Grate or crush very fine a half pound of maple sugar, add to it 4 gill of boiling water and boil without stirring until it threads, then pour slowly upon the beaten white of an egg, whipping steadily. When thick enough spread upon the cake.

"PE-RU-NA, A VALUABLE PREPARATION," WRITES DR. KEMBALL.



Most of the Ailments Peculiar to the Female Sex are Due to Catarrh of the Pelvic Organs.

Rachael J. Kemball, M. D., 334 Virginia St., Buffalo, N. Y., is a graduate of the University of Buffalo, class 1884, and has been in the practice of medicine in that city since then. She writes as follows:
"My conviction, supported by experience, is that Peruna is a valuable preparation for all catarrhal affections. I have taken one bottle of Peruna myself and just feel fine. I shall continue to take it."—Rachael J. Kemball, M. D.



Peruna has cured thousands of cases of female weakness. As a rule, however, before Peruna is resorted to several other remedies have been tried in vain. A great many of the patients have taken local treatment, submitted themselves to surgical operations, and taken all sorts of doctor's stuff, without any result. The reason of so many failures is the fact that diseases peculiar to the female sex are not commonly recognized as being caused by catarrh. These organs are lined by mucous membranes. Any mucous membrane is subject to catarrh. Catarrh of one organ is exactly the same as catarrh of any other organ. What will cure catarrh of the head will also cure catarrh of the pelvic organs. Peruna cures these cases simply because it cures the catarrh. Most of the women afflicted with pel-

vic diseases have no idea that their trouble is due to catarrh. The majority of the people think that catarrh is a disease confined to the head alone. This is not true. Catarrh is liable to attack any organ of the body; throat, bronchial tubes, lungs, stomach, kidneys and especially the pelvic organs. Many a woman has made this discovery after a long siege of useless treatment. She has made the discovery that her disease is catarrh, and that Peruna can be relied upon to cure catarrh wherever located. If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis. Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

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