## WOMAN AND HOME.

WHAT TO PUT UP FOR SCHOOL CHILDREN'S LUNCHEONS.

Cosmetics-To Make Pumpkin Pies-Company at the Eleventh Hour-Summer Boarders - Clothes That Kill - Stoop Shoulders-Household Hints and Helps.

Now that schools are about opening it is timely to call attention to that most important meal which, in the majority of households, receives but slight consideration—the school children's luncheons. The old adage reads that "school is a hungry place." At noon time healthy children are always famished, and the midday meal with them should invariably be a hearty one.

The households where the luncheons to be put up for scholars are considered the day before, and nice preparations are made that these shall be tempting and delicious, are in

It is the custom of some parents to give of taking the pains to plan and prepare it. The money is generally expended for what the school child calls goodies-cream cakes, pickled limes or caramels,

The noon meal carried to school should be one of personal supervision by the housewife. In the first place, a tin lunch box that can be daily scalded and aired should be provided, and not a basket that soon becomes impregnated with food odors. A luncheon cannot be put in a pocket or suchel without being spoiled, or frequently broken into a conglomeration anything but appetizing. When the good things the fact of its having been remembered and catered to adds a relish.

Sandwiches made of ham, tongue, sait and they occasion thirst, which is inconvenient during the school session. Chicken, turkey, hard boiled eggs or any fresh tender meat make toothsome sandwiches. English bread and butter sandwiches spread with cream cheese are well liked. Boston or other brown bread spread with jelly is a dessert more

wholesome than pastry.

The layer in the sandwich center is more easily eaten and can be more neatly introduced if chopped.

A delicious brown bread for sandwiches or to serve with oysters is made as follows: In a large yellow bowl scald one quart of yellow Indian meal. This is done by covering the meal with boiling water sufficient to moisten it thoroughly and then allowing it to cool until tepid. Mix with it one cup of rye meal, one teacupful of yeast, three-quarters of a cup of molasses, a little salt and enough tepid water to make a thin paste. Stir all together and turn into a buttered baking pan. Cover with a cloth and let rise in a warm place. When the top begins to crack open place in a | from air and dust as closely as pos..... moderate oven and bake four hours. This should be twelve hours old when cut for sand-

One of the best luncheon relishes is celery. It should be dusted with salt and rolled in wax paper, after sprinkling with water. It is very wholesome, refreshing and a nervine. Waxed paper is indispensable for putting up the luncheon. Sandwiches, pickles, radishes, cake, are perfectly protected when covered with it. Japanese paper napkins are serviceable and agreeable for the school luncheon for they take up but little room and may be thrown away after using. These and the wax flour .- Clarissa Potter in Good Housekeening. paper cost but a trifling sum if purchased in

The luncheon should be varied daily. Meat bread is a good substitute for sandwiches, Make a ferment of yeast and water and proceed as for ordinary bread. Incorporate thoroughly two pounds of flour and one of clear beef, chopped very fine and sprinkled with salt. During the making and baking process the meat disappears entirely, but the Lutritive principles remain in the loaf.

A luncheon cake, not too rich for health. but sufficiently so to be tempting, may be made with half pound of butter, half pound of sugar, three-quarters pound of flour, five eggs and one gill of wine, and cinnamon, nutmeg and extract of rose. Bake in papered shallow pans. This cake is much improved by feing. A luncheon ginger bread, liked by young folks, is made by using one and a balf pounds of flour, quarter pound butter, one pound of molasses, quarter pound of brown sugar, three eggs, quarter of a pint of warm milk, one ounce of ginger, half ounce of allspice and one teaspoonful of soda. Just before this is done, brush the top of the cake with the yolk of an egg beaten into a half cup of milk, return to the oven and finish

pound sugar, half pound butter, six eggs, three-fourths of a pint of water, one pound of seeded raisins, the juice and grated rind one lemon, one gill of yeast. Set a sponge with a portion of the flour, the yeast and the water, letting it stand three hours. Add the beating separately the yolks and whites of the eggs. Before making into a dough with | Harper's Bazar. the flour, let it rise again one hour. Then mold into pans and bake slowly. When done and cool, sift heavily over the loaf powdered sugar.-New York Evening Sun.

Cosmetics and Complexion.

If it were only a question of money wasted and folly enlightened, it would not be worth while to preach upon this text, perhaps. But probably nine out of every ten of the cosmetics in market are positively harmful. White lead, bismuth, arsenic and other powerful poisons are the usual base. They impart for a time an artificial bloom, always followed by a darkening and coarsening of the grain of the skin. The habitual use of arsenic in pills, w afers or solution results in a disturbance o. the circulation, a weakened action of the heart, and not seldom in paralysis.

The Egyptian and Roman ladies, who were so famous for the 'r beauty of complexion, are said, indeed, to have used pastes and unquents and medicated baths. But it is probable that their cosmetics were of t be simplest, the equivalent of our harmless rose water and glycerine for the soothing of an irrita ted surface or the whitening of the hands. It is certain that the efficacy of the baths lay in their frequency and thoroughness. To an Egyptian princess or Roman noble's wife we moder, w, with our morning's hasty dip into a tub of te, bid water, would rank with the great unwashed. From the scalding and rinsing and scrapin, and rubbing and kneeding and oiling that , heir bathing involved, they came forth with sk ins of velvet, because every atom of waste was removed and every organ in the body was maintained at its full eliminative power. They changed their body linen every day as well, and by this scrupulous cleanliness offset

in some degree their sins against the stomach. Among moderns, English women, as a rule, possess in youth and keep till age the finest complexions. Their climate is kind to them. Its perpetual moisture seems to keep them in perpetual bloom, as it does their wonderful roses. But besides their climate, their customs favor them. English girls are kept in the nursery or the school room, free from the excitement of late bours, rich food, adult society, fashionable dress or habits till their constitutions are established and their physique developed. The simple food, daily bath, hours spent out of doors, on foot or on borseback, and uneventful life, give them sound stomachs, hearty livers and tranquil nerves, and the beautiful coloring is a matter of course,-Harper's Bazar.

To Make Pumpkin Ples. I was reading not long ago a "recipe for making a very rich pumpkin pie," It called

for a pound of butter, a quart of rich, sweet milk, ten or twelve eggs, to a quart of sifted pumpkin. Rather expensive inxuries for moderate livers. Now, within the memory of the "oldest inhabitant," that venerable individual of which every neighborhood has its one or two. the mother of whom, perhaps, made her pumpkin pies after this method: Sift Indian meal on a ple dish to the depth of a third of an inch or so, the measure not always accurate. Stew the pumpkin, spread on the mealed dish and bake an hour in a brick oven or one before the fire. Fire places were much in vogue in those days. That inuntil Christmas, was hearty, healthy and well. He feasted, fairly fatted, on the round, yellow pumpkin and home grown corn meal. Methinks the newspapers of 1776 and 1800 contained few patent medicine cures for their children money to buy luncheon instead | the liver. The children of those far gone lay much, and all the butter was in the "old cow's horn."

The wife of this "old inhabitant" concocted her pumpkin pie after this method; "Pare and stew the pumpkin; strain through a colander, thinning with milk until the consistency of thick cream, add salt, molasses enough to sweeten to taste, a tablespoon of ginger, a few pulverized cloves and an egg to each ple; or a tablespoonful of flour rubbed to a smooth paste and stirred through. For child opens its luncheon, if it is a surprise of | Thanksgiving or extra occasions a few raisins, previously stewed, were dropped around in each pie. Bake on a paste in a cool oven an hour and a half. Pie paste was made by rubhighly seasoned meats are not desirable, for | bing one teacupful of shortening through a quart of flour, wet with a cup of milk or water. This quantity will make four pumpkin pies and two of apple or any kind of pie that has an upper and under crust."-Cor. Detroit

Company at the Eleventh Hour.

We think it a great help to keep stored in our pantry a quantity of prepared flour, ready for the quick making of cake, doughnuts, fritters or biscuit, should company unexpectedly arrive near the meal hour, or, we, at the last moment, be requested to furnish a tempting loaf of cake or plate of crullers for some entertainment.

Against such emergencies we weigh into an empty, clean barrel, twenty-five pounds of the best flour we can obtain, and sift into the one package of Horsford's bread preparat

Next, we take a long handled spoon and stir the flour till the preparation is thoroughly T' we twi sift way

When cake is wanted, or we are in imme diate need of "company" biscuit, white and feathery, we have only to measure cream and sugar, which up our eggs, and pop in spices and fruit; or, to simply measure sweet milk, if biscuit, only, are wanted, and add flour till the dough is of the right texture. Since the introduction of this prepared flour in our pantry, we have our cakes stirred and beautifully baking in the same time that would require us, in the old way, to measure and free of lumps, cream of tartar, or acid and sed and measure and sift every individual cup of

Summer Boarders as Missionaries. The accident that sent out the first summer boarder was a seed falling on quick soil. There was a struggle in the beginning to meet the wants of the urbans; there was a decided hostility toward the fussy beings who would not drink from wells near which backdoor slops and sink spouts dribbled, who objected to flies, who did not like meat fried, who wanted air, who could find pleasure in trapsing through woods and meadows and bringing home green truck. But hostility or not, the thing meant new gowns, a term at the academy, another cow, an improved team, a mortgage lifted, attainment of the impossible. And year by year the summer boarder came, and with the money to spare from one the house was painted for another; and with resulting funds the fences were reorganized and the porches came. It was she who, having suggested the piazza, suggested the vines for it; and so much done, the girls of the house kept pace with a flower garden of

their own. And with the summer boarder came books and magazines, and pleasant habits of talk, sometimes music, usually gentle manners. Occasionally one of the girls was invited for A raised raisin cake is one of the best for the luncheon. Two pounds of flour, half for marvel; and the end of it all was corrected habits, corrected grammar, widened views, homes transformed from ignorant dreariness to neat attractiveness, libraries, pianos, grace of furnishing, and country folk on a level with city folk. Of course there were always country folk who dwelt on the highest level other ingredients, melting the butter and | that there is; but to those who did not the summer boarder has been a city missionary,-

> To Straighten Stoop Shoulders. Some time ago I noticed that some one wanted to know what would tend to straighten a stoop shouldered girl.

The following movements, performed with one pound wooden dumb belis, or as free hand movements, will be found very beneficial if persevered in. The best time is upon rising and retiring, as the body should not be bound in any way by the clothing:

I. Arms extended horizontally in front, with palms facing, hands elenched. Hold the head erect and the chest out. Then draw the hands in strongly, the elbows passing close to the body and as far back as possible. 2. Same position except that the hands are

open. Swing the hands back to the side horizontal position—as far back as possible. 3. Hands hanging in their natural position at the sides. Raise the arms slowly, side wise, until the backs of the hands touch above the head, keeping them as far back as possible Of course as erect a position as possible must be maintained at all times, or the speial training will do no good. Do not be discouraged, for you have been getting that stooped back for years, and you mustn't ex-

pect to straighten all of a sudden. Above all things don't wear shoulder braces. They strengthen the muscles of the chest by the continual resistance, while the back muscles are not called into action .-Mrs. A. R. C. in Detroit Free Press.

Clothes That Kill.

The advice to women to promote their health by out door exercise is never wanting. But no amount of fresh air exercise can save women from the evil effects of their present style of dress. It is their clothes that kill

Every step a woman takes her foot contends with her skirt. She lifts it on the instep, and she lifts it on the heel. The weight may be ounces or pounds, but it is taken up at every step. The heavy skirts, with flounces, overskirt, and other trimmings, bang their many pounds, flapping around the feet and legs of the wearer. The corset does not allow space to take a full breath, and the tight sleeves cause the muscles to cry for room. Dressed in this fashion, the wearer comes back from

through and through, and is the worse for it, because she has lifted and carried hundreds of

Stand at any city street corner and watch the women as they pass. How tired they look! How their dresses flap around them. Contrast theor with men. Men's feet lift no weight of clothes. Men's steps contend with nothing. Every muscle has its natural exercise. Outdoor air and exercise are good for them.-Herald of Health.

Where to Look for Fashions.

If it were necessary for American women to look to foreigners for their fashions they might much better go a little farther south, across the Pyrenees. The women of Spain have a world wide reputation for the grace and loveliness of their dress. Why is it we have never attempted to copy them? Artists love to paint their graceful mantillas and flowing veils of lace-they make such beautihabitant ate of pumpkin pies from September | ful pictures, and yet we ignore them, and cling to gaudy Paris. We see this same flowing drapery which the Spanish women make a study of artistic effects, and we go wild with admiration over the results. Why should we consider such dresses, made more take off the veil for a minute, and calmly compare the stiff, contorted, immodest figures of the fashion plate with the graceful. flowing drapery that could so easily be substituted.-Dress.

Wasting Scap. There is great waste in soap through leavshe would be an example to others. If there be such an one I have never seen her. And a cake of soap softened by being soaked is good for little afterward. It wastes away as a dol-

lar does when changed into pennies. Soap is also wasted on paint. A little ammonia in the cleaning water, or whiting on a think I am a rebel spy." damp cloth will clean wool much easier, and leave no yellow stain to tell of its abuse. - plainly astonished. Hester M. Poole in Good Housekeeping.

Infant Diarrhoa Contagious

Infants have green diarrhoa, so called from the color of the intestinal discharges. There my life." is some reason for the belief that the affecinfluence. M. Hayem and M. Lesage, his in- asked of Swift; terne, have succeeded in proving that the color of the stools was due to a special pany?" bacillus, the penetration of which into the om and the intestine may be recognized cruit from Pekin," phenomena of green diarrhosa.-Herald of Health.

Tomatoes in Tarkey. Turks much them through colanders and longh," then throw sait in, which causes the pulp to settle, and they are put in bags and the water is left to drain away. The pulp is then draed | in the slade spread on flat surfaces, and when dry it is cut in small cakes and laid carefully | Pridgeon," in jurs, which are covered. This pulp retains the taste and qualities of the tomato turned to Capt. Morton,

Howells on Girlhood.

Mr. Howells has summed up one sort of girlhood neatly and severely. "Girlhood," he mays, "is often a turmoil of wild impulses, ignorant exaltations, mistaken ideals, which really represent no intelligent purpose, and come from disordered nerves, ill advised him. He repronched the exptain for perreading and the erroneous perspective of in- mitting this indignity, but slowly disrobed.

To prevent a felon, take a cup of cold as follows: water, put into it a teaspoonful of saleratus, set it on the stove, put the finger threatened with the felon into the cold water and keep it there until it is so hot you cannot bear it and

glycerine is said to be an excellent remedy | had been working out with the boys. In a bottle and keep tightly corked. It will keep | read: "Artillery in first division, twenty-seven some time if put in a cool place. Shake each pieces." The "I" stood for infantry, and the time before applying.

air of the room having become close and vitinted. If you cannot sleep and your windows are closed, trying opening a window. In many cases sleep will immediately follow.

are scarce or dear. Boil, peel, chop fine, let stand half an hour covered with sharp vin- Had we discovered the paper in the man's egar and then use like apples. Strong coffee | pocket instead of his boots he would have been is also a nice addition.

with high heels; it is better for them to wear | hours later he was confronted with the orderly none at all, or only such an increase of thick- | sergeant. ness as is seen at the heels of commonsense

At Newport they serve baked stuffed tomatoes for breakfast and eat current jelly on dry toast, possibly for the same reason that a cheap Englishman calls a cab a "keb.

"Salad eggs" are hard boiled, then cut in two, and the yellow mixed with mustard, Sergt. White, your given name is Thomas. pepper, herbs, vinegar and salt, and then You came from Chicago. You have been

Always have three or four bricks about the house, neatly covered with carpet, for placing against the doors to keep them open.

To scour knives easily, mix a small quantity of baking soda with your brickdust, and see if your knives do not polish better. Disease often lurks in a dirty dishcloth, a

greasy sink, an unclean tea kettle and a poorly ventilated oven. Dusting cloths must be washed often or

A severe but sure cure for corns is said to

Between the hotel squash and pumpkin pie there is rarely any difference and no distinc-

For coffee stains put thick glycerine on the wrong side and wash out in lukewarm water.

Flannels should be dried in the shade, and, if possible, ironed while damp, Wash out oil stains on clothes in cold

water; ink stains dip in milk. Hams can be kept wrapped in paper and packed in a barrel of ashes.

To cure seed warts rub with baking soda. It is a sure cure.

Alum or vinegar will set the colors of red, reen or yellow.

Strong vinegar will cure the blecough; give start on such a journey as mine!"—New York

a teaspoonful.

ber walk for "fresh air and exercise" tired A MAN WITH A MEMORY.

CAPTURE OF A SUPPOSED SPY IN-SIDE THE FEDERAL LINES.

The Suspect Answers Every Question "as Straight as a String"-Algebra in a Boot-Repeating the Roll-Entrapped

Just before Sherman advanced on his Georgia campaign a man supposed to be a Confederate spy was one day arrested in a Union camp. He was in Federal uniform, but his look and language were unmistakably southern. He claimed to belong to a regiment in another camp about two miles away, and he was sent to the guard house until his assertion could be verified or disproved. It was in the camp of a Wisconsin regiment that the spy, who gave his name as George Swift, was arrested. He had come there ostensibly to visit friends, but some of the boys love, in the costumes of our actresses. They had seen him slyly taking notes, and he had asked such questions as no private Federal soldier would have any use for. The boys had no sooner got the idea that the stranger days lived on "kettle loaf" and "bean por- plainly, of course, and of sober colors, out of was a spy than they gave information to me, ridge." Hens were of the breed that did not | place in the house or the street? Only be- and I put him under arrest. I saw at a cause custom has blinded our eyes. Let us glance that he was of southern birth. This was not so much against him, for at that time we had plenty of Tennessee and Kentucky men with us.

"What command do you belong to?" I asked.

"The -th Illinois," he replied, I asked what brigade and division, who was his captain and various other things, and he ing the cake in the tub or pail, instead of lay- returned what seemed to be straight answers ing it aside after making a strong lather. I to every question. When I asked who be ould like to see a statue raised to honor a had come to visit in the Wisconsin regiment domestic wise or thoughtful enough to lay he was lame. He mentioned the name of a soap back in its place, instead of leaving it man no one bad ever heard of. It was on to soften in the water. Besides deserving it, this point alone that I held him. A messenger was at once sent after the Illinois captain named, and in about an hour he appeared. The supposed spy was taken to the tent of the brigade general, and as soon as brought face to face with the captain he saluted and said: "Capt. Morton, the people here seem to

"And who are you?" queried the captain,

"Do you ask that?" reproachfully inquired the man, "Who should I be but George Swift of your own company?"

"Why, Capt. Morton!" tion is contagious and is transmissible from a diseased to a healthy child brought within its doubting their own senses, and the general "How long have you been with his com-

"Four months, sir. I came down as a re-

"Who is your orderly sergeant?" "Sergt. White, sir,"

"Fifty-eight, sir,"

"Who are your commissioned officers?" "Capt. Morton, First Licut, Green, and To preserve tomatoes for winter use the Lieux, Davis. The latter is home on fur-"How many men in the company?"

> "Who are your tent mates?" "Oscar Jackson, Thomas Parker, and John "Well, captain?" queried the general, as he

better than canning does.-Olive Harper in | The captain was clean beat. He was dead sure that no such man b pany, and yet the suspect had answered every

question as straight as a string. "I'll stake my life that I never saw this man before," the captain finally answered, "and I know every man in my company by name." The spy was ordered to strip to his shirt, and for the first time his coolness seemed to desert In one of his boot legs was a pocket, and in this pocket we found a paper bearing figures

I....."....9,000 C.....1,500

There were four or five sets of these memoranda, running from "Id." to "Id." When asked to explain the meaning of them, he said The mixture of the yolk of an egg and they were some old examples in algebra he for burns. Put equal parts of each into a few minutes we were satisfied that the paper "C" for cavalry. We were satisfied, and yet Sleeplessness at night is often caused by the the way I have given it to you, Swift said: "General, Capt. Morton does not seem to be a good hand to remember faces. Will you please send for the orderly sergeant and my tent mates? If I can't show by them that I have been with Company G four months you

Beets are nice in mince pies when apples | can order me hung as a spy." The cool proposition staggered the general. allowed to walk off. That discovery looked suspicious, and he was ordered back to the Do not let growing children wear shoes guard house and the persons sent for. Two

> "Sergeant, do you know this man?" asked the general. "No, sir." "Isn't he a member of your company?"

"No. sir."

Swift actually grinned as if it were a good joke, and said:

"Perhaps I have changed skins with some body since I came out of camp this morning. twice wounded. Your father was down to see you last week. You get love letters from your girl in Galesburg. You are 32 years old. You have a brother Ben in Company E. Hear me call the roll of our company: Allbright, Allison, Andrews, Arkwright, Bement, Beamer, Bostwick, Carter, Corliss, Collins,

Costigan, Cummerford"-And the man rattled off forty or fifty names as fast as he could speak, and he got them all correct, too. The sergeant looked from his captain to the prisoner, and then pinched himself to see if he was awake or

"I-I never saw him before," he finally they will carry more dirt into the rooms than stammered, "but he must belong to the com-"Well, take him back to camp with you,

be creesete. Wet the corns several nights in sergeant," observed the general. "Hold on, succession. "They are here, sir."

"Well, we'll see if they recognize him." The three men were brought in, and inside of five minutes Swift was a doomed man. He had come into camp four or five days previous, claiming to be looking for a friend, and had bribed the boys to let him into the tent. He made his excursions through the division from this point. He must have been a man with a wonderful memory, and he had gained oceans of information, without seeming to pump anybody. He tried to brave it out against the three men, but other members of the company were sent for, and his nerve at last gave way. A court martial was convened, and four days after his capture Swift was hung. While he died game and would admit nothing, it was satisfactorily settled that he came from Johnson's army, and that he was old in the business. I was at the foot of the gallows as he mounted it, and when the noose was put over his head I heard him say:

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