# TASTY LIMA BEAN SALAD

Recipe for Making One That Will Be Found Exceptionally Good.

One tinned vegetable that yields a delicious salad for use while the fresh 4 green things are still scarce is lima Degns.

Use for this the contents of a half or a whole can, according to the number to be served. Simmer in boiling water until tender, then drain and chill thoroughly. Serve on lettuce leaves dressed with either mayonnaise or French dressing, according to taste, or French dressing made with thick cream instead of oil would be tasty. A sprinkling of parsley, chives and celery all finely minced and combined. or of any one of the three used singly. is considered an improvement by some salad endeaves.

in the way of a company dessert when the early strawberries first begin to be available, crush slightly enough of the berries to half fill a ring mold. Fill the mold up afterward with lemon jelly. The prepared jelly will serve for this. Just before it is to be eaten turn out upon a platter. and fill the hollow center of the ring with stiffy whipped cream. Pass with it lady fingers or angel food.

# FOR PACKING AWAY CLOTHES

### Physician Says Ounce Bottle of Chloroform is Better Than Camphor.

Better than camphor, according to a physician, in packing away clothes, is an ounce bottle of chloroform, with a split cork, so that the fumes may gradually evaporate Put the bottle in the bottom of the trunk. These fumes will not only kill moths, but many disease germs. Care must be taken not to inhale the fumes when opening the trunk.

All clothing should be put away as clean as possible. If there are pockets, turn inside out and brush thoroughly. Take solled ruching from the necks of dresses and shields from under the arms. A few bits of charcoal wrapped in tissue paper and laid among the clothing will prevent the follow and thus uppleasant odor that is often noticed when the air has been excluded for grounds" become some time.

## TO SERVE WITH MEAT.

With roast yeal, tomato sauce, crap- sociation for berry' sauce, horseradish and lemons grown-ups, organare good.

With roast mutton, currant jelly, ca- such basis as per sauce With brolled mutton, onion sauce

and caper sauce. With brolled fowls, bread stuce,

union sauce, lemon sauce, cranberry for its field of sauce, jellies, also cream sauce. With roast lamb, mint sauce.

With roast turkey, cranberry sauce and currant jelly.

With boiled turkey, oyster sauce. berry sauce, currant felly.

With roast goose, apple sauce, cranberry sauce, grape or corrant jelly.

gooseberries.

With boiled bluefish, cream sauce, PERSON ADDRESS

ness activity requires playgrounds as well workshops. 25 says George Otis Smith, which is but an application to America of the old saw that all work and no play

manes of Jack a dull boy. When Secretary Seward was endeavoring to enlist the support of the people for his project to purchase Alaska one of the somewhat esthetic arguments by which he sought to gain advocates was that this great northwestern territory should be acquired if for nothing else than that it would afford a magnificent summer playground for the American nation. Alaska's purchase is doubtless justified on this score alone, and, while its varied topography affords in truth a wonderful field to the tourist, there are much more readily accessible "playgrounds" within the United States. Indeed, some lie at our very doors, although for lack of good transportation facilities they may be more difficult of

access than far distant points. The nation owes it to itself, to the people of the present day, and even more to those of a future congested population to create into national parks the magnificent regions of the Rocky

HIEF MOUNTA

THE SEA

DOOFT ABOVE

mountains and the High Sierra, which have little. if any, economic importance, and thus preserve always their natuwholesome ral. beauties. Transportation methods will quickly new "play. accessible

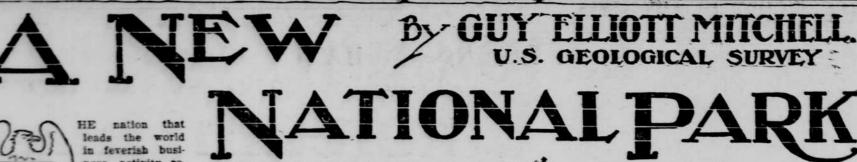
playgrounds asized on some that of the Sierra club of California, but with the United States

A national

activities, would find important work to be done and would enlist many ardent

With venison or wild ducks, cran- supporters. Numerous national parks have already been established by the government, some because of their recognized standing as natural wonderlands, such as Yellowstone, and others With boiled fresh mackerel, stewed through insistent championship of enthusiasts.

The youngest member of the playground family, now knocking at the door for national protec-



goats will soon become practically extinct. There are numerous passes through the higher ranges. Across

lead from valley to valley. Following the game came the Indians; the hunter and the trapper, looking for easy routes of travel, followed the Indians; then came the government engineers exploring and mapping, and finally the hardier of the tourists and lovers of nature. Most of these passes are closed for many months of each year by the snow; some of them are available only after the use of the ax to give footing on the hard ice of glaciers lying close to the Continental divide, but across one or two of them wagon roads may be built by which persons unfitted for the strenuous efforts now required to reach the higher country may have opportunity to view it at close range. None of the passes that are south of the Canadian boundary will ever be used for a railway route.

There is interest in Canada which looks with favor upon the creation of the proposed Glacier park, and at some future day the locomotive may cross from the Dominion to the waters of the Flathead river and wend southward to the towns and farming valleys adjacent to Columbia falls and Kalispell, forming a link between the

# horns and the white

pensive Nor Difficult to these the game trails A novel cream for dessert or for Run through the chopping machine one-half pound of the macaroons. Do

pineapples, and dice the marshmallows. Mix these thoroughly, then whip the cream stiff. Take three parts of the whipped cream and mix the macaroon crumbs, cherries, pineapples and marshmallows into it. Then half fill sherbet glasses with it and then put the rest of the whipped cream on the cherry; place on ice until served. The

iron from sticking.

TO MAKE MACAROON CREAM

A Novel Dessert That Is Neither Ex-

Prepare.

with it. This quantity is sufficient for eight persons. Good to Have. An excellent household standby is

some form of erasive fluid for removing grease spots from furniture coverings, carpets, or stuff curtains. It is quart of soft water in a saucepan and your hair so black?" add to it half an ounce of borax and two ounces of finely shredded white castile soap. Stir till they have been

dissolved, then pour in a quart of cold water, and set to cool. When cold add half an ounce each of glycerin and Bears the add half an ounce each of glycerin and ether, and cork tightly in a large bot Signature of Chart Hitcher. tle. Brush the article to be cleaned. In Use For Over 30 Years.

# HOW TO MAKE STARCH TRAMP KNEW HUMAN NATURE

Simple Stratagem That Secured for Its Successful Preparation Is Simple, "Knight of the Road" a Sub-But Not Always Understantial Meal. stood.

To make starch, allow one-half pint A clever little bit of human nature of cold water and one quart of bolling was used by a "knight of the road" rewater to every two tablespoonfuls of cently on a matron living in a suburb starch. Put the starch in a large of Pittsburg, and as a result he slept saucepan and pour on the cold water, with a full stomach that night.

stirring all the while with a spoon to The suburb is quite small, and when remove all lumps. When the mixture the tramp dropped off a freight and is smooth place the pan on the hot ambled up the main street he was quite stove and pour boiling hot water over hungry. There were about ten houses the starch, continuing the stirring. If which gave fair chance of meals, and made properly, the starch will thicken the tramp lost no time. He was not immediately. 't very often happens surprised when the first housewife that the water is not at boiling point slammed the door in his face, nor the when being poured on the starch, and second, for that was natural and the in this case it will not thicken, and proper thing to do. But when he must, therefore, be emptied into a reached the ninth house, or rather was clean vessel and placed on the fire to helped away, he was thoroughly disboil. When smooth remove from the gusted. The town certainly had him stove and strain. Set aside to cool, hoodooed.

taking care that it is covered so that After a short rest and a deep think a skin will not form over the top. To the hungry one knocked at the door give a shiny and smooth appearance of the tenth house.

to the linen when ironed, stir a piece "Madam, can you let a hungry man of wax candle three or four times in have a bite to eat? I don't think you t..e starch. This will also prevent the can, though," he said. The woman opened her ears.

"Why can't I?" she inquired. "The woman next door said you didn't have enough for yourself." He got his meal.

At the Bovine Faucets.

"I sent my little boy on his first visk to the country last week," said a Washevening refreshments is a macaroon ington Heights milk dealer. "Akhough cream, for which the materials are: my boyhood was passed on the old

One pound of macaroons, one pint of farm, Willie has grown to the age of cream, one-quarter pound of candied eight in the city. He had been watchcherries, one quarter pound of candied ing Uncle Hezekiah milk the cow on pineapple and two cups of marshmal his first evening, and when he returned to the house his aunt asked him:

'Is Uncle Hezzle through milking the same thing with the cherries and yet, Willie?"

"'Not yet,' answered Willie. 'He has finished two faucets and has just begun on the other two.""

FRANK J. CHENNET makes each that he is partner of the firm of F. J. CHENNET & CO., business in the City of Toledia County and alternali, and that sold firm will pay the r ONE HUNDRED DOLLARS for each and ONE HUNDRED DOLLARS for each and top of each and garnish with a candied Eatl's Catager Cure.

Sworn to before me and subsectived in my pre-tion sch day of December. A D. 1886 A W. GLEASON A W. GLEASON rest of the macaroons may be served the NOTART PUBLIC

Hairs Catarth Cure is taken internally and area freety upon the blood and mucross surfaces of the reters. Send for tertimonials, free. F. J. CHENEY & CO. Toints O.

Sold by all Druggists. 750. Take Hall's Family Pills for constitution.

Reasoning of Youthful Mind.

A schoolmistress whose hair was generally half the battle to begin the of the blackest hue, was one day givcleansing operation immediately after ing a lesson on a coal mine to a class the accident, as it is more difficult to in Suffolk, England. To make the lesremove the results later on and, there son interesting as possible she went fore, it is essential to have the means on to say she had herself been in a of doing so always at hand. For this coal mine. A little lad put up his purpose the following will be found hand, and when pointed to said: useful and quite harmless: Place a "Please, teacher, is that what made

Important to Mothers

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

shake the bottle, pour a little of the The Kind You Have Always Bought An Average.

"Doesn't it annoy you to be bald-

PERRY DAVIS' PAINKILLER

Some choirs have the artistic vem-

perament so bady they will sing a

The best way to lead the weak to

wrongdoing is to make a mockery of

Lewis' Single Binder 5c eigar equals

When a man dries up like a mummy

THE KEYSTONE

TO HEALTH

the punishment of the strong.

he usually thinks he is a saint.

headed?

rock wall of great steenness extending northwest by southeast for unbroken miles except where cut by deep U-shaped canvons.

These have been largeis the proposed Glacler National park in

## Raised Buns.

add one cupful of granulated sugar, one-half cupful of soft butter, one beaten egg, one-half cupful of milk and one-half level teaspoonful of soda. When well mixed add enough sifted bread flour to make of the consistency of bread dough and so that it can be kneaded well. Cover and let rise in a warm place until light. Then work in three-quarters of a cupful of currants and a half tenspoonful of lemon flavoring. Make small butts, not larger than an egg, and set closely in a buttered pan. Let rise light and bake. Brush the tops with sugar and water when taken from the oven.

#### Graham Tarts.

ergs separately. To the beaten yolks add one and one-half cupfuls of sugar. The more you beat the yolks the bet-Add to this one cupful of chopped walwhipped cream.

#### Killarney Cakes.

Cream half cupful of butter, one cupiul of fine sugar, one cupiul of milk, two and one-half cupfuls of flour sifted with four level tenspoonfuls of baking powder, one tenspoonful of vanilla, three drops of almond extract. Bent thoroughly whites of three eggs. Frost, and flavor frosting with a little tract.

#### Presidential Salad.

Itip tomatoes in holling water an instant, then into cold water, and take of the skins and cut into cubes. Peel a cocumber and cube it. Remove the seeds from a green pepper and pare a Spanish onion; then shred both. Place in a how! sprinkle over a spoonful of mineed chives; then toss together with French dressing. Serve very cold.

#### Lingerie Waists.

Wash lingerie whists, rubbing carefully with hands, to prevent tearing. with good white soap. Rinse thoroughly, then use blueing sparingly. Starch with one tablespoonful of starch and one-half tablespoonful of borax to about one quart of cold water. Roll in towel, iron when dry enough. The result is most satisfactory.

#### Baking-Powder Biscults.

Mix and sift twice two cupfuls of four, four teaspoonfuls of baking powder and one-half teaspoonful of sait Work in two tablespoonfuls of butter with tips of fingers and add gradually three-fourths of a cupful of milk, mfxing quickly with a caseknife. Cut out and hake in a quick oven .-- Woman's Home Companion.

#### Potato Cakes.

Take two cupfuls of cold mashed po-

northern Montana. There are some people in the east who do not even know that there are gla-To one pint of raised bread dough ciers in the United States today, but think of them as extinct monsters belonging to a past geologic era. To such the very name, Glacier park, is an education. There are no longer, it is true, vast continental glaciers; even the great frozen regions of Alaska are small in extent compared with the ancient glaciers, but the remnants of the one-time universal ice sheets, such as can be seen in Glacier park, are so majestic and numerous as to awaken in the mind of the traveler sentiments of unbounded awe and wonder at Nature's matchless handiwork.

"Give a month at least to this precious reserve," says John Muir, some ten years ago, in speaking of the delights of this region. "The time will not be taken from the sum of your life. Instead of shortening it will indefinitely lengthen it and make you truly immortal."

Nor are the attractions of the Glacier park Beat the whites and yolks of four region confined to the scenic. Here lies, for instance, the majestic Lake McDonald, full of brisk trout, as described by Mr. Muir, in the heart of the splendid Flathead forests of giant pine. ter. To the yolks and sugar add one spruce and cedar, while ten miles above is Avacupful of graham cracker crumbs and lanche lake, shimmering at the foot of a group of one tenspoonful of baking powder. glarier-laden mountains. Far up the white peaks one can hardly fail to meet the white goat or nuts. Put the whites of the eggs in American chamois, while in other retreats dwell last. Bake to a brown and serve with deer, elk and bear, and many smaller, sleek-furred animals enjoying their beautiful lives in company with numerous bird species.

It is hoped that the present session of congress will preserve for the nation this latest playground and constitute it another of our national parks. It will then be our second largest park surpassed only by the Yellowstone.

The Sixtieth congress made a favorable report on a Glacier park bill, which had also the strong support of the secretaries of the interior and agriculture. This report was based largely vanilla and two drops of almond ex- upon a topographic survey made four years ago by a United States geological survey party, and upon a later compilation by Robert H. Chapman, one of the party, embracing a total area of about 1,000,000 acres lying just south of the Canadian line and between Flathead river and the Blackfeet Indian reservation. This area contains 60 or more true glaciers, ranging in size from small glaciers of a few acres each to those covering five square miles. It also contains over 250 glacial lakes from a few hundred feet to ten miles in area.

The Rocky mountain system in the United States abounds in regions of wild and magnificent scenery, but it is doubtful if any of them surpasses in grandeur and interest that of Glacier park. From its area water flows to Hudson bay. the Gulf of Mexico and the Pacific ocean. Mount Cleveland, its highest peak, reaches an elevation of 10,434 feet, and there are many other rugged mountains ranging from 6,000 to 10,000 feet above sea level. This area of the northern Rocky mountains, says Mr. Chapman, which lies to the north of the Great Northern railway and to the south of the Canadian boundary, is one of the most beautiful mountain regions in the world. Approaching the divide from the plains region to the east, the mountains present to the traveler a

ly formed by the great glaciers which once slowly flowed from the mighty snow-covered peaks and ridges forming the divide between the drainage of the Atlantic and the Pacific

oceans-the northern continental divide.

Deep in the canyons are roaring streams, coming from the melting ice and snow and flowing into placid mountain lakes below. Between the canyons the long finger-like ridges rise to considerable heights, the timber-covered slopes ascending steeply until a region of brush-grown broken rock is reached, which in turn leads to the base of precipitous cliffs. The canyons at the head usually terminate in great amphitheaters, rising cliff over cliff in a stairway of tremendous proportions. Many of the steps of these giant's stairways retain ice masses which slowly flow across them, each fed from a large ice mass above until a region of huge snow banks is reached.

The main Rocky mountain mass is actually made up of two principal parallel ridges, the Lewis and the Livingston ranges, which run approximately through the center of the proposed park. These ranges are the remnants of what was once a much wider plateau-like region of rock, which, however, has been mightily carved and shattered by the forces of erosion, principally those of the great ancient glaciers. Resting upon this great mass are the higher peaks, huge pyramids and blocks, with cliffs and precipices of hundreds and sometimes thousands of feet, plunging away down to the roaring streams of the canyons or ending in the great crevasse at the head of some glacier.

To the westward the mountains break precipitously, and from the foot of the steep, long. timber-covered ridges reach out toward the valley of the Flathead river. Between these ridges and extending up the canyons of the higher range are many miles of lakes, joined by rushing streams similar to those on the eastern side.

The whole park is inhabited by wild animals and birds and the streams abound in many kinds of fish. In the higher barren rock areas the white goat is found in great numbers, while on the slightly lower ridges, where some protection is afforded by stunted timber growth and brush and jagged slopes, the Rocky mountain sheep, or "bighorn," has his haunts. In the valleys and on the lower spurs are many white-tail and black-tail deer and moose; in places a few elk are found, and over the whole area, from high glacier and snow-field to huckleberry bush region of valley and flat, roams the giant grizzly bear.

All the game animals use the higher mountain districts for summer range only, as the area is too high and the snowfall too heavy to permit of winter use. As in the case of the other national parks, these game animals, protected by law from interference, will increase to such an extent as to furnish in the overflow from the park a tempting supply to sportsmen for all time; on the other hand, without such protection of a breeding ground, many of the animals, especially the big-

1. 1. 1. HEAVENS FOLD

> Canadian Pacific and the Great Northern railroads. A route on the west side of the Flathead river. says Mr. Chapman, is very available for the location of a railroad track.

> In order to open up this region of superb and unique scenery for the public, a few main roadways will be required along the streams, together with horse trails to points of especial interest. Lake McDonald, it is pointed out in the senate report, lying near the southwestern boundary of the proposed park, is a sheet of water of unmatched beauty, surrounded by scenery of such signal grandeur as to make a roadway along its eastern shore extremely desirable, but this it is stated, is a matter for the future consideration of CONGTESS.

> The region combines all the elements of an ideal "playground" as it stands. It needs only official designation to insure its protection and perpetuity as such to stimulate the establishment of transportation facilities, making it more readily available to visitors. While of interest geologically, it is of little, if any, economic importance. The conditions are particularly adapted to the study of the structure and history of mountain building, as the ancient forces of nature were most active and a tremendous folding and warping of the once horizontally bedded rocks is in many places apparent. At one time prospectors for copper flocked to the region, but no finds were made indicative of any economic deposits, and the same may be said as to oil. From the reconnaissance made by the geological survey it is not believed that Glacier park contains any mineral-bearing formations of commercial importance. However, if such are discovered following the creation of the park there will be nothing to hinder their development.

# KEEP YOUR FEET STRAIGHT.

How many men know how to walk? Most men turn their toes in or out, a writer in the New York Press says. The toes should not be turned either way. They ought to point straight ahead, so that the foot at the end of each step can give the body that upward, forward impetus that results in what is called a springy walk. This does not mean that a man should walk exclusively on his toes. The whole foot must be used in proper walking. The goose step of the German army is as absurd as the boy's prank of walking on his heels.

When a man walks in the right way-speaking literally-the back of the heel strikes the ground first. Then the rest of the heel comes down, after which the outer edge of the foot takes the bulk of the burden until the forward movement shifts the weight to the ball of the foot and finally to the toes. The ideal step is a slightly rocking motion. At no time should the entire foot be pressed against the ground. Heel to toe is the movement. Try it and see how much further and more easily you can walk. It's the Indian's way, and what Poor Lo doesn't know about footwork can go into the discard.

into a saucer, sponge the spots till they disappear, wipe, and put into the air to dry.

Removing Paint Odors. "Not at all," replied the genial citi-The vapor of turpentine being a zen. "When we go out evenings my poison and affecting some persons wife wears more than enough hair for who are sensitive to its effects un two." favorably, it is well to be careful in regard to it. A very sensible precau tion during the painting season for Avoid substitutes. Ele, Be and Ste

those to take who are compelled to endure the nuisance is to leave bowls of water in the freshly painted rooms. Some, at any rate, of the paint emanlullaby just before the sermon ations are thus absorbed, as will be In. Pierce's Piessant Pellets first pat up & rears ago. They regulate and invigorate stomach lives and bowels. Sugar-coated tiny granules. seen by the oily film on the surface of the water so exposed. An even more powerful absorbent is fresh milk which reduces the smell of paint in a room in a remarkable way. The poisonous effect of paint emanations do not appear to be connected in any way with the lead contained in the in quality most loe eigars. paint, the colic of painters being due

to the actual contact of the person with the substance of the paint.-Lancet

Celery Fritters. Take the green stalks and tender

leaves of celery that are not fit for salad; chop fine, and to one cup of this chopped celery add one pint of flour, one beaten egg, one grating of onion, one-half teaspoonful salt, onequarter of a teaspoonful pepper, one teaspoonful baking powder, and sufficient milk to make a thick batter; drop by spoonfuls into hot fat; drain on paper a few minutes, and place around the roast with lemon wedges and parsley sprigs as a garnish.

Savory Puddings. Boil a good sized onion and chop it fine; put into a basin with a breakfast cupful of breadcrumbs, a teaspoonful of minced parsley, one ounce of butter, two well-beaten eggs and a

cups and serve very hot.

little milk; season to taste with pepper and salt, mix thoroughly. Butter some cups, half-fill them with the mixture, and bake from twenty-five minutes to half an hour; turn out of the Arrange the apples in an earthen

dish or granite baking pan. Pour over them a third of their bulk in water. Sprinkle them with sugar, preferably brown sugar. Bake in a moderate oven for two or three hours. Shake the pan and turn it occasionally; also turn the apples so that they will be

Baked Sour Apples.

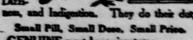
evenly done. Vegetarian Rissoles. Mash one good-size boiled potato, and chop up a cooked onion; put into a basin with a little chopped parsley two tablespoonfuls of preadcrumbs, half ounce of butter, half teaspoonful of mixed herbs, pepper and salt to taste, and one beaten egg, divide into rissoles; roll in egg and breadcrumbs. and fry in boiling fat until brown.

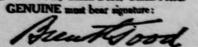
## Sugar Cookies.

Two cups sugar, two-thirds cup butter, beaten to a cream. Two eggs, one-half cup water, four cups sifted flour, two heaping teaspoons baking powder; flavor to taste. Roll out thin and bake quickly. This makes a large batch of cookies. It may require less flour than called for, de-











If afflicted with } Thompson's Eye Water



According to Traveler in Regions of the North.

the songs and their explanation by the interpreter with peals of laughter.

"A song in which a man beats his to us," he says, "familiar music with wife seems especially to amuse them. Eskimo words-'Rock of Ages,' 'Holy A Moravian brother told me that they

tatoes; mix well with the yolk of one Music is one of the chief pleasures Night,' interspersed with what I take had been unable to win the Eskimo err. When well mixed, form into and accomplishments of the Eskimos. to be secular songs. Their voices are from the wife-beating habit. Even small, rather flat, round cakes. Put two tablespoonfuls of drippings in a used by them in the church choir, and superior order. We return the compli-this score.

trying pan, and when hot put in the brass bands are organized. In "Along the Labrador Coast" Dr. Townsend tells of an evening's entertainment come-down to 'The Old Apple Tree' and with the Eskimos at Nain.

Eskimos seem to enjoy it, and greet

In nine cases out of ten, save the Iowa health bulletin, if a physician

stead.

tells a woman that in order to improve her health she must wear her clothes in a certain way she will follow the advice of her dressmaker in-

#### Equally Reprehensible.

Fashion, Not Health.

anding on the flour.