

domestic and womanly qualities. At the age of about twenty-five years, she began her brilliant and useful career, as an advocate of woman's rights and suffrage. For this cause she fought stoutly despite ridicule, and opprobrium, overcoming all obstacles, and doing a wonderful work in behalf of those who come after her.

Susan B. Anthony, one of her life-long co-workers, says of her:

"She was, to a remarkable degree, a word artist. Her ability to construct beautiful sentences, and frame thoughts in classical language, was unsurpassed. She was always called 'the philosopher and statesman of the woman movement.' She was always an aid and assistant, and whenever my work got too heavy, I went over to see Mrs. Stanton."

Many who knew her only as a writer and a lecturer mourn her loss as that of a personal friend.

Water Hyacinths.

The water hyacinth, an aquatic plant greatly prized by amateur florists because of its ease of cultivation, beautiful leaves and lovely flowers, is considered a dangerous pest in the St. Johns (Fla.) river and its tributaries. The plant spreads by throwing out runners, similar to strawberry plants, and these, in time, become so solidly packed together as to effectually close the streams to navigation—the most powerful steamer not being able to force its way through the matted mass. People, at times, use the solid mass as a foot bridge, in crossing the stream. It is intended to kill them by spraying the young plants with a chemical liquid which has destroyed them when used in other streams.

Hardy Plants.

It is not yet too late to set out hardy herbaceous, or shrubby perennials, and a great many kinds are much better set in the fall than in the springtime. Among the best are Anemone Japonica, which bloom from August until frost; two colors, white and red; Columbine, Bleeding Heart, Coreopsis, Caneolata, Perennial Larkspur, Eulalias, Funkias, Hardy Hibiscus, Hemerocallis, Hypericum Moserianum, Lychnus, Hyacinthus Candicans, Plytycodon Grandiflora, Hardy Phloxes, Giant Daisy, Perennial Poppies, Rudbeckias, and many others—all beautiful, all hardy. Do

**SCHOOL TEACHERS LEARN
Just Like Other People.**

Bad food and overwork wreck many a life, but the right food makes sure and complete happiness, for one must be happy if perfectly well.

"Grape-Nuts saved my life, and changed me from a nervous, sick, dependent woman to a healthy, strong and cheerful one," writes Mrs. Alice Riegel of Pontiac, Ills. "I had not been well for several years and I thought, as did my friends, that 'my days were numbered.' My ill health was caused from drinking coffee, eating improper food and overwork in the school room; I had become very weak, tired and nervous and nothing I ate agreed with me. Medicine made me more nervous and impaired my digestive organs.

It was with difficulty that a neighbor induced me to try Grape-Nuts and I liked it from the first with thick cream and sugar. I lived on it exclusively with Postum Food Coffee until my digestion was so much improved I could eat other foods. My friends soon noticed the improvement in my looks, and I am now healthy, strong and happy. I attribute the change in my health solely to the change of diet.

Husband and I both like Grape-Nuts and Postum. I think they are the most healthful and strengthening of all foods and drinks and suitable for the weak as well as for the strong."

not fail to set a few of these.

Of the shrubby perennials, the list is large, and they are all desirable, and many will do well only if set in the fall months. Give the plants a top dressing of coarse manure, for winter protection.

For The Long Evenings.

What are our young people doing, now that the long evenings are with us? This is the playtime of the year among the farm folks, and there should be weekly gatherings of a social nature, in every neighborhood, where the young people—and the old people, too—may meet and get acquainted with each other. These gatherings may be literary, musical, or simply social. The abandonment of the old-time entertainments, county fairs, barbecues, log-rollings, quiltings, wood-cuttings, public dinners, spelling matches, corn huskings, etc., has well nigh ruined the social life of the rural communities, and there seems no place where village and country folks can meet together.

The farm folks are especially in need of this recreation, as they are cut off from each other by bad roads and lack of suitable meeting places one-half the year, and by hard work, the other half. This lack of social life is largely to blame for the anxiety of the young people to leave the farm. There seems no other place for them to find entertainment near the home, than the cross-roads store or the village saloon.

Would it not be well for the fathers and mothers to look to these things, with a view to make farm life more attractive to the young?

What Next?

An exchange tells us that Humphreys county, Tennessee, has a young woman mail carrier, who carries the mail, daily, between two points, rain or shine. She has proven herself perfectly able to attend to her duties as an employe of Uncle Sam.

In North Missouri, a young woman of twenty summers, bright, sensible and cultured, has applied for the work of mail carrier over one of the new rural routes just recommended by the inspector, with every promise of getting the job.

Another exchange tells us that there are now in the United States forty-five feminine locomotive engineers and firemen and seven feminine conductors. Added to these, there are thirty-one brakemen—or brake-women—and ten baggage women.

Barbara Kalb has served in the employ of one Chicago family for forty years, and in an interview on the servant question, she is credited with this comment: "It is the domestic, quite as much as the mistress who makes or mars the home, and I believe that the servant girls of America have a mission to perform; it is their duty to elevate the standard of the kitchen help. Instead of banding themselves together for the purpose of securing more so-called privileges, they would do better to form a union for the purpose of developing the many privileges now thrown in their way."

In his novel, "Born to Serve," Rev. Mr. Sheldon takes the position that servant girls should be treated as members of the family, having all the social privileges of an equal, irrespective of culture, education or refinement. Many of the girls doing housework in Kansas cities became dissatisfied, upon reading his novel, and quit work. A servant girls' union was formed in Mr. Sheldon's church, but, owing to the lack of harmony between the members, the union was dissolved. Some of the girls have returned to work, while others have gone into

stores where the wages serve barely to pay their board.

Within the last few years bread-making has been largely relegated to machinery and in many bakeries the raw materials are converted into dough by means of a complicated apparatus that does the work without the aid of human hands. Inventors are now at work, with much hope of success, trying to perfect a machine that will knead the dough and transform it into loaves ready for the oven.

Mince Meat.

Ella Morris Kretschmar, in Good Housekeeping, says: "If you make any mince meat, let it be the best, and to that end, try the following:

Ingredients.—Three pounds of lean beef—prime round, steamed until tender, one and one-half pounds suet, six pounds greening apples, two lemons and two oranges (grated peel and juice), one and one-half pounds of brown sugar, two pints New Orleans molasses, two pints hard cider (boiled), two pints good California brandy, three nutmegs (grated), two tablespoonfuls of salt, one teaspoonful of mace, two teaspoonfuls each of ginger, allspice, cloves and cinnamon, one pound of citron, two pounds seedless raisins, two pounds large raisins seeded, two pounds currants, one glass grape jelly.

Chop the meat and suet fine, the meat into pieces the size of french peas, the suet as fine as you can make it; but the apples should be chopped, coarsely—into pieces the size of navy beans. The raisins should be whole, and the citron in thin slices as large as half a silver quarter. Have real New Orleans molasses—not glucose mixture. In making pies, if the mince meat seems too thick, thin it with hard or sweet cider, or any kind of wine."

As a great many people get object to the brandy—and rightly, too; as its slightest use should be discounted in some families. The recipe would not probably be any the worse, if the brandy and wine were omitted, using cider instead.

Another Mince Meat.

Two pounds green apples, 2 pounds lean beef (boiled until tender), two pounds beef suet, two pounds dried currants, two pounds seedless raisins, two pounds brown sugar, and two pounds citron, one ounce each of salt, ginger, allspice, cloves, cinnamon, mace, and nutmeg; six lemons (grated rinds and juice), one quart boiled cider; chop the beef, suet, apples, raisins and citron very fine; use ground spices; mix all thoroughly. If you have any of the syrup from sweet pickles, this may be added. In making the pies, add to each pie one-half glass of nice jelly. If the mixture is too thick, thin with boiled cider.

Mince meats should be made several days or weeks before using, and kept in a cool place.

Pastry.

Use only the best flour, the sweetest lard or butter, and touch with the hands as little as possible. Everything used should be as cold as possible, without actual freezing. Mixing should be done with a knife, using a large wooden bowl, until ready to roll. Do not knead. Roll carefully, spread with butter or lard, fold, or roll up, then roll again, several times.

A metal, or marble kneading board is best for pastry. For shortening, suet may be used alone, taking off all skin and particles of meaty fibre, chopping and pounding until like butter; or, use half lard and half butter; or, use all lard. Wet with ice water.

Potatoes, mashed fine, mixed with flour and wet with water makes a nice pie crust.

Equal parts of corn flour (not cornmeal) and wheat flour, wet up with

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sour cream and a little soda is very wholesome.

A nice puff paste is made in this wise: One quart of sifted flour, one-half teaspoonful of salt, one pint of lard—not melted; sift the flour into the tray; add the salt, mix well. Take all the lard, except three tablespoonfuls. Mix the flour and lard well together before using any water. Have the water ice cold, and the lard as cold as can be handled.

As possible, making the dough quite stiff. Flour your board and rolling pin, and roll out quite thin. Now take one tablespoonful of lard, and spread it over the dough as you would spread butter on bread. Sprinkle lightly with flour, fold over the first half of your dough from the outside of the board; then fold the other half toward you, then fold over the ends, making a square. Flour your board and rolling pin, roll out the dough, spread again with lard and fold as before. Repeat, three times in all. Cut off a square, roll quite thin, and proceed to make your pies. This amount of dough will make four pies, with two crusts.—Journal of Agriculture Cook Book.

—H. W. McV.

New Fuels.

Edward Atkinson remarks that there are plenty of good substitutes for coal as fuel. In his opinion the western farmer who suffers from cold or allows himself to be squeezed by the coal trust has only himself to blame. At the recent banquet of the Illinois Manufacturers' association Mr. Atkinson said the manufacturers could make a cheap and good fuel out of cornstalks and straw.

"The want of coal," remarked the Boston economist, "could be easily alleviated by the pressing of these materials into blocks having the density of hard oak. These pressed blocks could be used for fuel. The material that could be used in the manufacture of this fuel is going to waste in immense quantities all about you."

Continuing Mr. Atkinson declared that the cost would be equivalent to not over 50 cents for the same number of heat units contained in a ton of anthracite. This is a matter that should receive the careful attention of the people, especially those of the wheat and corn lands of the west, where the fuel problem is always a pressing one.