

son drawn being the drawer's valentine.

The festival was introduced into America at an early date, with much observance for a long time, but has undergone material changes being now limited to an exchange of anonymous communications between friends, though the communications are often made the vehicle of sundry verses and cuts of varying sentiments, not always complimentary to the receiver.

The Ladies' Home Journal has this to say:

Most people who buy the elaborate and artistic valentines that fill the shop windows early in February, although intent on honoring a quaint old custom, probably do not realize that the manufacture of valentines today is the result of a woman's cleverness and ingenuity in the early part of the last century. It may interest them to know, therefore, that the first fancy valentine ever made in America was the work of Miss Esther A. Howland, who, in making it, achieved not only a fortune for herself, but also established an entirely new industry in this country.

The earliest one to appear in America was sent to America, in 1849, by Miss Howland. It was the first of the kind she had ever seen, and her father decided to import a few of them from England to be sold from his store. When they came, Miss Howland decided that she could improve on them, which she did, and they became so popular that the business very soon outgrew her ability to supply the demand, and in a few years Miss How-

THE LUNCH QUESTION

How a Big Chicago Firm Solved It

So many employes "bolt the lunch" and eat what they should not, that they soon show the effect in nervousness and dyspepsia. This has attracted the attention of managers of the big stores and shops. In one Chicago firm an experiment on some of the girls resulted in a complete solution of the question.

The woman that made the experiment tells the tale as follows: "About a year ago I became alarmed at the state of my daughter's health. She was employed by a big firm here and for some reason steadily lost flesh, grew very nervous, had no appetite and could not sleep.

"Questioning her I found she ate but little lunch for at that busy hour she was seldom served promptly and the time being short she just 'bolted' the food and rushed back. She ate very light breakfasts and I could see she suffered from lack of nourishment. I felt responsible for this and finally got her some Grape-Nuts for breakfast.

"I also got a neat leather case holding two pint flasks. One I filled with milk, the other with cold Postum Coffee which had been properly made. She also carried a package of Grape-Nuts. The Postum she drank iced with a dash of lemon. She followed the Grape Nuts with some fruit and this made up her lunch.

"In spite of the warm weather she improved greatly in two weeks' time. She gained in flesh, her nerves were steady and she slept sweetly at night. She never felt the old weakness from hunger.

"In a short time a few other girls in the office tried it and the effect was so marked upon all that still others were persuaded. Finally a room was cleared out and the one hundred and odd girls were served daily with Grape-Nuts and hot Postum. It was a revolution, but the manager saw the good result and adopted the plan, greatly to the benefit of the health of the employes and at a saving in expense." Name given by Postum Co., Battle Creek, Mich.

land was sending out over \$100,000 worth of goods. An accident to herself and the ill-health of her father caused her to sell out the business to employes, one of whom is conducting the business today in Worcester, where it originated.

Query Box.

Young Housekeeper, La Plata, Mo.—Answered you by mail, as you requested.

L. E. S., Port Jervis.—That part of your query relating to "lunch, or warm dinner," was submitted to my own little folks, and they agreed, with me, that a warm dinner was best, if the distance was not too far; cold lunches are not very appetizing. Unless out of health, I should not hesitate to allow the meat diet once a day to growing children. Your last question puzzles me, however; it is a delicate matter for a stranger to attempt to settle differences of opinion between husband and wife. The mother is generally supposed to know enough to take care of the children.

J. L. C.—Graham Wafers.—Beat to a cream half a cupful of butter; add gradually four tablespoonfuls sugar; add one well-beaten egg; dissolve a level teaspoonful of soda in two tablespoonfuls of warm water; add this to half a cupful of sweet milk; add the milk to the butter mixture, and then stir in as much graham flour as the mixture will hold; work and knead until the whole sticks together; roll very thin and cut into wafers with a round cutter; bake in a moderate oven until a golden brown and very crisp.

G. L.—To remove grease from wall paper, mix pipe clay with water to the consistency of cream, spread it on the spot and leave it till next day, when it may be easily brushed or scraped off. If the grease has not disappeared entirely, repeat the process.

J. Lee.—Cold soda, or baking powder biscuit may be dipped quickly into water, put in a hot oven and heated through, or they may be sliced thinly, toasted crisply and served with coffee. Cold muffins are good split and toasted. Cold Johnnycake, sliced thin, makes a sweet, crisp toast for breakfast. Do not throw away any cold scraps of bread; study the cook books, and see how many delightful dishes can be made from them.

Mrs. I. J.—Upholstered furniture that is in daily use should be cleansed at least once a month. The articles, with the exception of the very heavy ones, should be taken into the yard, or between open doors or windows, choosing a somewhat windy day that the dust may be blown away from the house; sofas and chairs should be turned down and whipped with a rattan beater, carefully brushed with a bristle brush, and then rubbed hard with a soft cloth; every button and tuft of the upholstered goods should be thoroughly cleaned, getting as much of the dust and lint out as possible, with thorough brushing; a small pair of bellows can be used to clean out the places difficult to reach otherwise. A painter's dust brush is excellent for the work.

Mrs. A. F. B.—For making ginger beer (or ale) without yeast, take white sugar, five pounds; lemon juice, one gill; honey, one-fourth pound; ginger, bruised, five ounces; water, four and one-half gallons. Boil the ginger in three quarts of the water for half an hour, then add the sugar, lemon juice and honey, with the rest of the water, and strain through a cloth. When cold, add the well-beaten white of an egg, and a small teaspoonful of essence of lemon; let stand four days and then bottle. This quantity will make 100 bottles, and it will keep for many months. The honey gives the beverage a peculiar softness, and it is less violent in its action when opened, but requires to be kept some-

what longer before being used.

Made with yeast.—Put one and one-half pounds of granulated sugar into a stone crock, with two ounces of pure ginger, ground, and one lemon, sliced thin; pour on this eight quarts of boiling water, and when lukewarm, add one-fourth of a yeast cake dissolved; stir thoroughly, and when perfectly cold, strain through a cloth into bottles and cork securely; keep in a moderate temperature for twelve hours, then put in the coolest place you can find. Do not lay bottles on their side.

For Home-made Crackers.—Fresh butter one cupful; salt, one teaspoonful; flour, two quarts. Rub thoroughly together with the hands, and wet up with cold water; beat well, and beat in flour to make it quite brittle and hard; then pinch off pieces and roll out each cracker by itself, if you wish it to resemble baker's crackers.

Home-Made Conveniences.

It is well to encourage the construction of the home-made money-savers, even though we may not have the proverbial garret or the abandoned finery and furniture of dead and gone generations to build them of. If one has the needed taste and a little skill in the use of tools, a room may often be furnished very comfortably with but a small expenditure of money. The possibilities of the ordinary dry-goods packing cases are manifold, while the shoe-box, cracker and soap boxes can be worked up into wonderful things almost with no tools at all.

The ordinary, cheap pine table, sold for kitchen purposes, will help out wonderfully, and with the aid of a few boxes or shelves, a few yards of pretty cretonne or muslin, a little taste in draping and arranging, can be made quite as ornamental as useful, and will serve a good purpose where one does not wish to spend much money on furniture.

Every bedroom will be the better for a few shelves on which to lay a book or two, or place some pretty ornament; a set of small shelves over the washstand will be useful to hold toilet articles, and a few wall hooks may be utilized in many ways.

In the living room of a friend is what she calls her "sample case;" on a small pine table is a set of "pigeon holes," made of small boxes secured at her grocer's, nailed together several deep, and into these she puts the odds and ends of the usual scrap-bags and boxes, and can thus find what she wants without "rummaging." The front is neatly draped, and the table serves no end of uses.

A revolving bookrest is a real comfort to one who has often occasion to use large, heavy books; one can readily be made by taking a box of any size desired, sawing it in two diagonally; next, nail some strips on the long edges for the bottom of the book to rest; a fairly heavy block will be necessary for the base, and into this block bore a hole in which a piece of broom-handle is to be fastened with glue; under the angle of the V-shaped box is to be fastened firmly another block; this block is to have a hole in it just large enough for the upper end of the broom-handle to slip into. Sandpaper it freely to make it smooth, and you may stain it some dull color, if you wish.

Tried Recipes.

Tomato Sauce.—Put one pint of tomatoes into a sauce-pan, with one small onion (if liked) sliced, a sprig of parsley and a blade of mace; simmer slowly ten minutes; melt one tablespoonful of butter over the fire, and add a tablespoonful of flour, mix until smooth; strain the tomatoes through a wire sieve, add the butter and flour, and stir until it boils; sea-

KNOWS NO DISTINCTION

Rich and Poor Alike Suffer From Catarrh in This Climate.

All observant physicians have noticed the enormous increase in catarrhal diseases in recent years, and the most liberal and enlightened have cheerfully given their approval to the new internal remedy, Stuart's Catarrh Tablets, as the most successful and by far the safest remedy for catarrh yet produced.

One well-known catarrh specialist, as soon as he had made a thorough test of this preparation, discarded inhalers, washes and sprays and now depends entirely upon Stuart's Catarrh Tablets in treating catarrh, whether in the head, throat or stomach.

Dr. Risdell says: "In patients who had lost the sense of smell entirely and even where the hearing had begun to be affected from catarrh, I have had fine results after only a few weeks' use of Stuart's Catarrh Tablets. I can only explain their action on the theory that the cleansing and antiseptic properties of the tablets destroy the catarrhal germs wherever found because I have found the tablets equally valuable in catarrh of the throat and stomach as in nasal catarrh."

Dr. Estabrook says: "Stuart's Catarrh Tablets are especially useful in nasal catarrh and catarrh of the throat, clearing the membranes of mucus and speedily overcoming the hawking, coughing and expectorating."

Any sufferer from catarrh will find Stuart's Catarrh Tablets will give immediate relief and being in tablet form and pleasant to the taste, are convenient and always ready for use as they can be carried in the pocket and used at any time as they contain no poisonous drugs, but only the cleansing antiseptic properties of Eucalyptus bark, blood root and Hydrastin.

All druggists sell the tablets at 50 cents for complete treatment.

son with pepper and salt, and serve with steak, chops or fillet.

Rice Croquette.—Wash a cupful of rice and put in a double boiler with a quart of sweet milk; set over the fire and boil until done; add the yolk of two eggs, cook five minutes longer; season with salt, pepper and a teaspoonful of minced parsley; let cool, form into croquettes, dip in beaten egg, then in cracker crumbs and boil in hot fat.

Fried Potatoes.—Pare potatoes and throw into cold water for half an hour; cut them into blocks or quarter lengthwise; have ready a pan of boiling lard; dry the potatoes on a soft towel and drop quickly into the fat. When a nice brown, take them up with a skimmer, put them into a colander and set where they will keep hot until all are fried; dredge with salt and pepper and serve hot.

Calf's Tongue.—Take two calf's tongues, soak them in warm water for an hour; drain and parboil for ten minutes; cool, pare and scrape the white skin off. Into a sauce-pan put one tablespoonful of flour, stir into it gradually one cup of water. When it boils, add one wine-glass of vinegar, one bunch of parsley and an onion with three cloves stuck into it; cover and cook slowly for an hour; drain on a cloth; dish up and serve with tomato sauce poured over it. The tongue can be boiled the day before and reheated for breakfast, and the tomato sauce made and poured over it.

Mock Oysters.—One pint can of corn, a cupful of flour, one egg, two ounces of butter, three tablespoonfuls of milk, salt and pepper to taste. Mix well and drop from a spoon in oblong cakes into hot butter; fry brown on both sides; serve hot.

Washington's New Senator.

They say that Mr. Ankeny will go to Washington in a special train—drawn by "three locomotives"—one from the O. R. & N., one from the N. P. and one from the G. N. The "thirteen" will be at the depot to see him off.—Seattle Times.

Anti-Pain Pills

(Dr. Miles') prevent as well as cure headache, the commonest affliction of mankind. Carry in your pocket. No opiates. Non-laxative. There are no substitutes. Sold and guaranteed by all druggists. 25 doses 25 cents. Never sold in bulk.

DR. MILES MEDICAL CO., Elkhart, Ind.