

# Say—"I'm Sick"

## And I Will Supply You With a Cure.

I ask for no money—just a postal; just say that you need help. I will mail you an order—good at any drug store—for six bottles Dr. Shoop's Restorative. You may take it a month on trial. If it succeeds, the cost is \$5.50. If it fails, I will pay the druggist, myself—and your mere word shall decide it. Over half a million sick ones have done what I ask of you; and 39 in each 40 have paid for the treatment gladly, because they were cured.

I don't know your condition, nor how difficult your case. That doesn't matter. If you will make the best, and be fair with yourself and me, I am willing to take the risk.

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My book will tell you why.

Simply state which book you want, and address Dr. Shoop, Box 515 Racine, Wis.

BOOK NO. 1 ON DYSPEPSIA  
BOOK NO. 2 ON THE HEART  
BOOK NO. 3 ON THE KIDNEYS  
BOOK NO. 4 FOR WOMEN  
BOOK NO. 5 FOR MEN (read)  
BOOK NO. 6 ON RHEUMATISM

Mild cases, not chronic, are often cured by one or two bottles. druggists.

or small camel's-hair brush, dip it in whisky or alcohol somewhat diluted, and touch the insect with it; then take a sponge and soap suds and wash the leaves, rinsing well in clear water. If you have a hydrant, shower the plant after the scrubbing, to carry away the loosened insects. After it is clean, kill every insect as it appears; spray often with clear water. Hot, dry air is favorable to insect-breeding. Thanks for kind words.

Gertrude.—Here is a good candy recipe: Three and one-half pounds of granulated sugar; one and one-half pints of water, one teaspoonful cream tartar; mix in a vessel large enough to hold the candy when expanded by the heat; boil over a brisk fire, taking care that it does not burn. The heat should be applied at bottom, and not at sides. After boiling fifteen minutes, remove a small portion of the melted sugar with a spoon, and cool by placing in a saucer set in cold water. When cool enough, take a portion between thumb and finger, and if it forms a "string" or "thread" as they separate, the process is nearly done, and great care must be used to control the heat so that the boiling may be kept up without burning. Test frequently by dropping a little into cold water placed near; if it becomes hard and brittle, snapping apart when bent, it is done, and must be removed at once, and the flavoring poured in. Pour into shallow dishes, thoroughly but lightly greased, cool until it can be handled; pull, roll into sticks, or make into any desired shape.

Will give other recipes next week.

### Worth Knowing.

Peas or beans, cooked in hard water which contains lime or gypsum, will not boil tender, because these substances harden vegetable caseine; many vegetables, as onions, boil nearly tasteless in soft water, because all the flavor is boiled out; the addition of salt often checks this, as in the case of onions, causing the vegetables

to retain their peculiar flavoring principles, besides such nutritious matter as might be lost in soft water. For extracting the juices of meat to make broth or soup, soft water, unsalted and cold at first, is best, for it much more readily penetrates the tissue; but for boiling where the juices should be retained, hard water, or soft water salted, is preferable, and the meat should be put in while the water is boiling, so as to seal up the pores at once.

Rest is all right in its place, but in overdoses it is enervating and weakening, and work of any sort is usually at a discount when a hammock or lounge and an interesting book is always available; and our girls should remember that these resting places would be very comforting to their tired mothers, if they would but shut them out of the kitchen several hours every day while they put their young strength to the test in doing the housework. The good, hard-working girl may not be able to make as fine music, know as much about games, or have as many accomplishments as the idle girl, but she knows how to work, how to care for her home, how to honor her parents and to comfort her mother, and if she marries, she will be far less liable to make a failure of her life and the life of the man who is so fortunate as to win her.

One great reason for the popularity of the pansy is the ease with which it may be grown, and the plentiful returns it gives for the care spent upon it. In the house, seeds may be started in February; the soil need not be very rich—good garden loam will answer; fill the box with fine prepared dirt, nearly level with the top; make the top of the soil level and smooth and scattered the seeds as evenly as possible. Over them sift some soil until they are covered about a quarter of an inch deep; next give a light sprinkle of water, then wet a piece of spongy paper, or brown wrapping paper, and put over the top of the box, set in a sunny window free from drafts and in about eight days expect to see the first tiny shoots appear. Do not pour water over the soil, but let all moisture be given through the paper, which should be frequently sprinkled.

Plants nipped? They may be, unless you intercept Jack Frost's possible advances. March is often a treacherous month; some days will be perfectly delightful, but the nights will be "stingers." A newspaper securely tucked in around the windows will be a great help, and a pail of water set in the room will lessen the danger.

The pretty custom of throwing the slipper originated in France. An old lady, seeing the carriage of her young king, Louis XIII., passing on its way from the church where he had just been married, took of her shoe and, flinging it after the coach, cried, "It is all I have, your majesty, but may the blessings of God go with it."

Women who are fond of gardening can earn a supply of money by raising herbs for druggists and market men, if they live close to a market. Lavender, sage, thyme, mint and hoarhound are perennials, and will not have to be replaced for several years. Sage and parsley are the most commonly planted, but the others are as easily raised and pay very well. Much of the green growth can be sold during the summer to market men, and the balance not used in this way can be carefully dried and sold to the druggist. Most of these common herbs are hardy, lavender being the least so; it can be protected in the fall,

however, so that many plants will live over winter. It is a good plan to sow a few seeds of these perennials in the home garden each spring, for use in the home kitchen. They transplant easily, and may be cut several times during the season, and one can thus have the dried article much better than it can be bought.

One beautiful custom is that the bride, immediately after the ceremony, flings her bouquet among her maiden friends; the one who catches it will be the next bride.

### Olden-Time Simplicity.

In these days of over-worked wives, burdened housekeepers and almost impossibility of securing house-help, it is refreshing to take a look into the kitchens of our great-grandmothers, and realize with how few things house-keeping was conducted in the days "when grandmamma was young."

The furniture was strictly home-made and warranted to wear. The table was made of a split slab, supported by four round legs, set in augur-holes, bored in the ends of the slab; some three-legged stools, made in the same manner, served as chairs; pins of wood were stuck in augur-holes bored in the logs of which the cabin was builded and served to support some clap-boards on which the table furnishings were kept. A forked stick, placed with its lower end in a hole in the floor, and the upper end fastened to a joist, served for a bedstead, by placing a pole in the fork, with one end through a crack between the logs of the wall; this front pole was crossed by a shorter one within the fork, with its outer end through another crack; from the front pole, through a crack between the logs at the end of the house, the boards were put on which formed the bottom of the bed; some other poles were pinned to the fork, a little distance above these, for the purpose of supporting the front and foot of the bed, while the walls were the support of the back and head.

The furnishings for the table consisted of a few pewter dishes, plates, and pewter and horn spoons; of wooden bowls, trenchers and noggins; if these latter were scarce, gourds and hard-shelled squashes made up the deficiency. For knives, the hunting and scalping knives were used. Iron pots and—if there were any—knives and forks were brought from the older country, across the mountains, along with salt and iron, on pack-horses. These articles of furniture corresponded very well with the articles of diet on which they were employed; "hog and hominy" were proverbial for the dishes of which they were the component parts. Johnny-cake and pone were the only forms of bread known to many families; milk and mush was a standard dish; when milk was not plenty—which was often the case, owing to the scarcity of cattle or want of proper pasture for them—the substantial dish of hominy had to suffice. Mush was frequently eaten with sweetened water, molasses, bear's oil, or the gravy of fried meat.

The men wore hunting shirts made of linsey, sometimes of coarse linen, and a few were made of deer skins; a pair of drawers or breeches and leggins were the dress for the thighs and legs, and a pair of leather moccasins, or coarse pack-shoes answered for the feet much better than shoes. The linsey bedgown and petticoat were the universal dress of the women, and the children were all clad in home-made cloths made of linen, cotton or wool; they all went bare-footed in warm weather, and in cold, wore moccasins, cobble-shoes or pack-shoes. The coats and bed-gowns of the women and the hunting shirts of the men hung around the room on pegs fitted into the log walls, and the

wealth or poverty of the family was thus announced by the quantity of clothing displayed.

Every family was under the necessity of doing everything for themselves that they could. Almost every family owned a loom, home-made, and almost every woman was a weaver. Linsey, made of flax and wool, was the warmest and most lasting cloth made; but the crops of flax often failed and the sheep were eaten by wolves. Almost every family contained its own tailor and shoemaker; the women did the tailor work. Many of the puncheon floors were very neat, with tops even and smooth; many of them wove excellent as well as sightly cloths.

### The Lee Statue.

Hon. A. K. McClure of Philadelphia recently made a speech before the Pennsylvania legislature urging the appropriation of \$20,000 for the erection of a statue of General Lee on Seminary Hill, at Gettysburg, a commission to be appointed by the Pennsylvania legislature to act in conjunction with a commission appointed by the Virginia legislature. The idea is a splendid one.

Gettysburg was one of the great battlefields of the war and the valor displayed there by the soldiers of both sides is the nation's heritage.

It is certainly appropriate that the confederate side should be represented there by the statue to General Lee. A speech was made in opposition to the McClure bill, but it is to be hoped that the legislature of Pennsylvania will rise above partisan considerations and devote money for the statue.

The legislature of Missouri has appropriated \$10,000 for a state exhibit at the Lewis and Clark exposition in Portland, Ore., in 1905.



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