

can be given, and in this, the cook must exercise judgment.

**Buttermilk Biscuit.**—One quart of flour, unsifted, one teaspoonful of soda, teaspoonful of salt, heaping tablespoonful of lard, two cupfuls of nice buttermilk, or other sour milk; sift the flour, soda and salt together; mix, make out into biscuits with the hands and bake in a moderate oven.

**Another.**—Three teacupfuls of flour, unsifted, heaping tablespoonful of lard or butter, half-teaspoonful of soda, teaspoonful of salt, one cup sour milk; sift flour, salt and soda together; rub shortening lightly in the flour; add milk, and stir with a spoon until stiff enough to handle; knead as little as possible; roll out three-fourths inch thick, cut into biscuits and bake in moderate oven.

**Cream Biscuit.**—One quart of flour, pint of clabbered cream, teaspoonful of soda, teaspoonful of salt. Sift flour, salt and soda together, mix with the cream, work into smooth dough, roll out to half-inch thick, cut with biscuit cutter, and bake quickly. No shortening is required.

**Breakfast Biscuit.**—Two quarts of flour, one cup home-made yeast (or half cake compressed yeast, in which case it must be set very early in the morning), one large tablespoonful of butter, one egg, half-teaspoonful of salt, and enough milk to make a soft dough; mix over night; early in the morning roll into thin cakes and when light, bake in quick oven and send to table hot.

**Bread, Unleavened.**—Mix equal quantities of coarse unbolted wheat flour and coarse oatmeal with enough water to make it of necessary consistency; let it stand about two hours, (pour it into tins when mixed), then bake it well, but not too fast; no yeast is

#### ABOUT COMPLEXIONS

##### Food Makes Them Good or Bad

Saturate the human body with strong coffee and it will in time show in the complexion of the coffee drinker.

This is caused by the action of coffee on the liver, thus throwing part of the bile into the blood. Coffee complexions are sallow and muddy and will stay that way until coffee is given up entirely.

The sure way to recover rosy cheeks and red lips is to quit coffee and drink Postum Food Coffee which makes red blood. "I had been for more than 20 years an inveterate coffee drinker and it is absolutely true that I had so completely saturated myself with this drug that my complexion toward the last became perfectly yellow and every nerve and fibre in me was affected by the drugs in coffee.

"For days at a time I had been compelled to keep to my bed on account of nervous headache and stomach trouble and medicines did not give me any relief. I had never consulted a physician in regard to my headaches and terrible complexion and I only found out the cause of them after I commenced the use of Postum which became known to me through Grape-Nuts. We all liked the food Grape-Nuts and it helped us so we thought Postum must certainly have merit and we concluded to try it. We found it so delicious that we continued the use altogether although I never expected it to help my health.

"After a few months my headaches were all gone and my complexion had cleared wonderfully, then I knew that my troubles had been caused by coffee and had been cured when I left off coffee and drank Postum in its place." Name given by Postum Co., Battle Creek, Mich.

Postum will change the blood of any coffee drinker and rosy cheeks and health take the place of a yellow skin and disease.

used. It is said to be the most wholesome food that can be eaten, and very palatable.

**Indian Bannock.**—Into one pint of Indian meal stir a pint of sour milk, half teaspoonful of salt, tablespoonful each of melted butter and molasses, add two well-beaten eggs, and then stir in a pint of wheat flour; thin to the consistency of drop-cakes, add two teaspoonfuls of soda dissolved in a little water, pour into buttered tins and bake. The mixture should be an inch deep in the pans.

**Whole Wheat Bread.**—Half a cake of compressed yeast dissolved in a cupful of lukewarm water; add to this one tablespoonful of butter and two of sugar, and teaspoonful of salt. Then one cupful of milk and the same of water just scalded and cooled, and enough first-class entire wheat flour to make a fairly stiff batter. This should be started in the morning early, and after a thorough beating should be put in a warm place to rise to double its bulk, then poured into pans, let rise to double its bulk again, brushed with melted butter and baked forty-five minutes, or until done. In case the compressed yeast cannot be had, I give another for home-made yeast:

Two quarts of whole wheat flour, one and one-half pints warm water, one tablespoonful of sugar, tablespoonful of butter, half tablespoonful of salt, half cup of home-made yeast, or one cake dried. Measure flour before sifting; sift into a large bowl, setting aside a teacupful to be used in kneading; mix all together, beating with a spoon until smooth; sprinkle the board with flour, turn out the dough and knead twenty minutes adding more flour as needed; return to bowl and set to rise over night. In morning, divide into loaves, mould them smooth, place in buttered tins; let rise until twice its bulk, then bake in moderate oven for one hour, or until done.

**Training-Day Cake.**—Cream one-half cup of butter, adding the other ingredients in their order, beating thoroughly between; one cup granulated sugar, one egg, one cup New Orleans molasses; dissolve a teaspoonful of saleratus in one cup of sour milk, a tablespoonful of ginger and three cups of flour. Beat all well. Pour in buttered tins, bake in a moderate oven, and when well done, give it a coating of raw molasses and return to oven for a short time to set the glaze.—Good Housekeeping.

#### Simple Home Remedies.

Many of the old-fashioned, home remedies, made use of in our mother's days, are very effective, and well worth remembering. The ingredients have at least the virtue of being nearly always at hand, and are harmless, if not curative.

For inflamed eyes, nothing is better, in ordinary cases, than bathing them frequently in a solution of one teaspoonful of table salt in a pint of lukewarm water. This is cleansing, disinfecting, and healing, as well as strengthening.

Another old-time remedy which was very effective, is to take a lump of alum and with it stir the white of a fresh egg until of a creamy consistency, then spread it between two very thin folds of old linen and lay over the inflamed eye, binding it on to keep it in place. Best applied at night.

Cold tea, made quite strong, is another remedy, bathing the eyes often with the liquid, and binding the steeped leaves in form of a poultice, over the eyes at night. One should not wear bandages, or anything heating over the eyes during the day. The light is, in itself, very strengthening, and unless painful to the eye, should not be shaded.

An old physician advises using saliva for weak and inflamed eye-lids, as the saliva is antiseptic, but should

be used only when fasting, or some hours after meals. A dumb brute cleanses and heals its wounds by licking them. He also recommends "fasting spittle" as being of great benefit if used in the early stages of cancer. It will cost nothing to try it.

Another treatment is boracic acid, a teaspoonful of the powder to a teacupful of water, used as a bath. Citrine ointment, which comes in small round wooden boxes, and can be had of any druggist, is very healing when applied along the edges of the lids. When the eyes are tired from long use, bathing in hot water, followed by cold, is quite relieving.

#### Roosevelt and Burton.

A dispatch to the Chicago Tribune, under date of Emporia, Kas., July 11, says: William Allen White, in his newspaper here, says that Senator Burton has aroused the anger of President Roosevelt by using a personal letter to advertise a private exhibition scheme at St. Louis.

"A few weeks ago," he says, "D. W. Mulvane went to Washington to press the claims of Charles Blood Smith as a candidate to succeed Judge Hook. He told the president that as Senator Long and Mr. Leland and Governor Bailey had been recognized in the appointment of Judge Hook to the circuit judgeship, it was only fair that Senator Burton and Mulvane and that wing of the party should be recognized in the appointment of Hook's successor. Otherwise, Mulvane represented, it would be apparent to the people of Kansas that the president favored the Leland faction as against the Burton faction. Mulvane did not get on well in his interview with the president. He got little encouragement and wired Burton, who sent him back.

"This spring Burton called at the White house and told the president that he (Burton) was interested in the high class Christian exhibit at St. Louis to be an exact reproduction of the city of Jerusalem. He represented to the president that the scheme would enable many religious people to see Jerusalem who could not afford the trip, and that it would give thousands a stimulation to Bible study who might otherwise not have it.

"The president was enthusiastic about the matter and gave Burton a letter to some friends speaking highly of the idea as a moral agent. Thereon Burton takes the letter, which was a personal and private one, puts it in the center of a big advertisement of the stock of the Jerusalem scheme, and sends it to a magazine, making the president, by the wording of the advertisement, advise people to buy stock in Burton's scheme.

"The magazine to which it was sent is a thoroughly reputable one, and seeing an alleged letter from the president booming a stock scheme, before printing the advertisement wrote to the president to learn if it was genuine. He got that letter the day Mulvane was to call the second time to urge the Smith appointment as the Burton candidate.

"Roosevelt was in a full-blooded rage. His language was cracking the paint on the White house and the cool young Mulvane ran into something that seemed like a cross between a cyclone and a volcano. He was told that for the last time the president was done with Burton, that Burton had betrayed his confidence, and had attempted to make the president boom stock which he knew nothing about. More than that, he demanded the letter which Burton obtained and Mulvane did not get to the Smith matter at all. Mulvane wired the facts to Burton, got the letter back, and the president summoned Senator Long to a conference."

#### Much Work for Five Cents.

Five cents paid the other day to a city official would, were the sum not

accounted for, cost him his position. If, as will be the case, it is passed through the proper channels to the city treasury, formalities and red tape, legally set forth in the charter, will take up the time and attention of as many officials as would be involved in a municipal transaction of magnitude.

The nickel was paid to the secretary of the department of taxes and assessments under the provisions of section 1,545 of the charter. A certified transcript of the records of the department in regard to the last assessed valuation of a city block was needed. The section of the charter was invoked after one of the commissioners had insisted that the board had never authorized the issue of such certification, preferring to have the assessment books produced through a subpoena duces tecum.

The section was found to be mandatory in regard to the question at issue, and to provide that the fee be five cents for every one hundred words contained in the transcript. So, with the co-operation of the commissioner, the head of a bureau and a stenographer, a typewritten certification of the record of less than one hundred words was prepared. This had to be submitted to the secretary. He signed it and made a wry face when he received the fee, remarking that he had to receive the money under the law, and that the transaction would put him to no end of trouble.

Now, under section 1,550 of the charter this fee of 5 cents must, under penalty of criminal prosecution and forfeiture of office, be paid to the city chamberlain with a full explanation of the transcript and certification, and the chamberlain must issue a receipt for it.

Before the secretary can be entitled to draw his next salary he will be compelled to make under oath, a full return to the controller, detailing and explaining the transaction and producing the chamberlain's receipt for the nickel. These formalities complied with, the record of the certification and the fee passes to the labyrinthian system of accounting in the tax, chamberlain, and controller's departments. —New York Times.

#### Uncle Sam's Vacant Farms.

The rush of Texan home-seekers to secure choice portions of 300,000 acres of state land recently opened for settlement recalls similar scenes at the opening of Oklahoma and of the "Cherokee Strip" and serves to remind us how vast are the areas in the United States still untenanted and untitled.

The Texas land would not make many ranches of the wasteful dimensions common in the southwest, but it would divide into 3,000 good farms. The largest ranch in the state, the famous Farwell tract, consists of former public lands which the state bartered for a new capitol building. And there is still more Texas land available, all of which belongs to the state, not to the nation.

Excluding Alaska, much of whose soil is available for agriculture, the country has more than a billion acres of public lands, besides those belonging to the states, enough to make 7,500,000 quarter-section farms if all were available for use, which may be doubted. Last year over fourteen million acres, nearly 90,000 quarter sections, were taken up. This was an amount almost 50 per cent greater than in 1901, three times as great as in 1897, and greater than in any previous year of our history except 1886.

Not only has Uncle Sam plenty of farms left, but some of them are good farms in active and increasing demand.—New York World.

AN OLD AND WELL TRIED REMEDY.  
Mrs. WINSLOW'S SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle. It is the best.