

LET YOUR STOMACH HAVE ITS OWN WAY.

Do Not Try to Drive and Force It to Work
When it is Not Able or You Will Suffer
All the More

You cannot treat your stomach as some men treat a balky horse; force, drive or even starve it into doing work at which it rebels. The stomach is a patient and faithful servant and will stand much abuse and ill treatment before it "balks," but when it does you had better go slow with it and not attempt to make it work. Some people have the mistaken idea that they can make their stomachs work by starving themselves. They might cure the stomach that way, but it would take so long that they would have no use for a stomach when they got through. The sensible way out of the difficulty is to let the stomach rest if it wants to and employ a substitute to do its work.

Stuart's Dyspepsia Tablets will do the work of your stomach for you and digest your food just as your stomach used to when it was well. You can prove this by putting your food in a glass jar with one of the tablets and sufficient water and you will see the food digested in just the same time as the digestive fluids of the stomach would do it. That will satisfy your mind. Now, to satisfy both your mind and body take one of Stuart's Dyspepsia Tablets after eating—eat all and what you want—and you will feel in your mind that your food is being digested because you will feel no disturbance or weight in your stomach, in fact, you will forget all about having a stomach just as you did when you were a healthy boy or girl.

Stuart's Dyspepsia Tablets act in a natural way because they contain only the natural elements of the gastric juices and other digestive fluids of the stomach. It makes no difference what condition the stomach is in, they go right ahead of their own accord and do their work. They know their business and surrounding conditions do not influence them in the least. They thus relieve the weak stomach of all its burdens and give it its much needed rest and permit it to become strong and healthy.

Stuart's Dyspepsia Tablets are for sale by all druggists at 50 cents a box. They are so well known and their popularity is so great that a druggist would as soon think of being out of alcohol or quinine. In fact, physicians are prescribing them all over the land and if your own doctor is real honest with you, he will tell you frankly that there is nothing on earth so good for dyspepsia as Stuart's Dyspepsia Tablets.

one, "there is divorce." Is divorce a remedy? Is a girl's life as sweet and unspotted after living a miserable life with a miserable man as when she was a happy, care-free girl in her father's home? Are her name and reputation unsullied after having dragged them through a divorce court?

No, divorce is not a remedy. If a woman marries unhappily she has much more to lose than the man, and divorce is but the lesser of two evils. Even divorce is often not to be thought of for the woman who has children; these commonly make her dependent on the husband for support, and there is nothing to do but bear the burden the best she can. There is but one thing more terrible to a sensitive, pure-minded woman than the continued living with a man for whom she has neither love nor respect; that one alternative is the horrors of a divorce court, and a modest, pure-minded woman shrinks from this as from nothing else.

It is well for the girl who wishes

to marry to ponder well what she is about to do, and not marry the first man who asks her, whether good, bad, or indifferent, merely for the sake of getting married. If she has been blest with the proper training, and has a wise father and mother, she will look deeper than the mere surface matter, and will learn to regard marriage as the most grave and important step she will ever be called upon to take. Its influence for weal or for woe is far-reaching as life, itself.—Selected.

Query Box.

Alice M.—Recipes for Thanksgiving dinner will be found in another column.

Sister.—An entree is a dish introduced between courses in a formal dinner. Under this head may be considered all sorts of fritters, croquettes, souffles, timbales, devilled dishes, cheese preparations, scalloped foods, etc.

Young Mother.—The use of the side-board is to hold extra plates, tumblers, napkins, glass-ware, silverware, fine sugar, lump sugar, pitcher of water, and, in short, whatever may be needed in serving the courses of the dinner.

Young Cook.—To truss a fowl means to draw the thighs close to the body, cross the legs at the tail and tie firmly to the body with twine, which must be removed before serving the fowl; or, pass the legs through a slit in the skin near the tail and skewer the wings close to the body.

N. M.—To glaze the top of biscuits, buns, rusks, or other breads or cakes, brush over the tops with a mixture of sugar (brown) and milk—just enough milk to make a thick, sugary syrup—applied as soon as hot breads or cake is taken from the oven.

G. M.—I suppose this is what you want: Take a stick of phosphorus and put it into a large dry vial; do not cork; it will afford light sufficient to discern any object in a room when held near it. The vial should be kept in a cool place where there is no current of air, and it will continue its luminous appearance for a twelve-month.

Marion.—A "well" dish for gravy is shaped either oval or square, with rounded corners; one end has a sunken well for the gravy, which is drained into it through grooves leading to it. The gravy is easily served from this well, and does away with the necessity of tipping the platter to secure the gravy.

Mrs. H. J.—A reliable batter for fritters is made in this wise: Mix and sift one and one-third cups of flour, two teaspoonfuls of baking powder, quarter teaspoonful of salt; wet gradually with two-thirds cup of sweet milk, adding a well-beaten egg. Dip any fresh fruit in this, fry in smoking hot fat and lay on crumpled brown paper to drain. Arrange on a folded napkin and serve hot. Vegetable fritters are made in the same way.

L. N. M.—Window glass, which is constantly exposed to the action of the sun and rain, is apt to deteriorate, as the potash or soda it contains combines with the carbonic acid of the air; a whitish opaqueness is the result of this action, and the glass does not wash clear. In order to restore the pane to its original clearness, try rubbing it with diluted muriatic acid, and then clean with moistened whitening. It is claimed that this will restore the clearness without fail.

Pcstess.—For goose stuffed with sauerkraut, Mrs. Rorer gives this recipe: Draw and singe your goose; wipe inside and out with a damp cloth, and fill with sauerkraut; sew it up, tie into shape and place in a large kettle, cover it with about two quarts of sauerkraut, cover the whole with boiling water and simmer gently for three hours. At the end of this

time take out the goose, place it in a baking pan, baste it with melted butter, dredge the breast thickly with flour, put in a quick oven until a nice brown, which will take about an hour; then serve on a bed of the boiled sauerkraut.

J. E. M.—The morbid perspiration of which you complain is probably due to some diseased condition of the system, or it may be an evidence of debility requiring tonic baths and regimen. Your physician would be the proper person to consult, as constitutional, rather than local, treatment may be necessary. For a local application, this one is recommended: Carbolic acid, one part; burnt alum, four parts; starch, two hundred parts; French chalk, fifty parts; oil of lemon, two parts. Make a fine powder, thoroughly mix, and apply to the feet, or sprinkle inside the stocking. A simple remedy is the hot and cold foot bath. Wash the feet in very hot water every night just before retiring, and, on taking them out of the hot bath, plunge them into cold water for a few seconds, rubbing them dry with a soft towel.

Thanksgiving Dishes.

For stuffing for roast turkey, either mushrooms, chestnuts, or oysters may be used. If mushrooms or chestnuts are used, boil them until tender, mince them with their liquor, mix with bread crumbs, butter, pepper, salt and cream. If oysters are used, parboil them slightly, mince them and use their liquor. After seeing that the fowl is perfectly clean, stuff with the mixture, skewer legs of the turkey close to the body, tuck the neck into the breast opening, spread the body with a paste made of butter and flour, add salt and pepper and cover with stalks of celery, using both the white and the greenish-white parts. Add a little hot water to the pan in which the fowl is baked, and baste freely. Lay tiny sausages around the turkey the last hour, removing celery to allow the bird to brown. Bake the bird two hours, then serve on a platter, garnished with the sausage, watercress and lady-apples, putting one cored apple on the end of each drumstick. For gravy, cook one tablespoonful of butter with a teaspoonful each of minced onion, carrot, parsley and celery, with a bit of thyme, a tiny leaf of bay, a few pepper-corns and three tablespoonfuls of flour; when boiling add the strained liquor from the pan and boiled and minced giblets. When done, strain and serve in a boat. Star-shaped moulds of cranberry jelly are served with this course.—Good Housekeeping.

Steamed Turkey (like mother used to cook).—All poultry should remain in cold water from twenty minutes to half an hour, to extract the blood, then hang in a cool place for twenty-four hours, or longer. Hen turkeys are much nicer flavored and more tender than the gobbler. See that every pin-feather is taken out, rinse, wipe dry inside and out, rub the inside with pepper and salt, and fill with oysters carefully washed in their own liquor and all bits of shell or sand removed; sew up the turkey, skewer the wings and legs close to the body, set in a large dish or pan and set in a steamer over boiling water. Lay a thick cloth over the steamer and shut the cover tight, steaming until tender—two and a half to three hours, according to size and age. To test, run a fork into the breast, and if it seems tender, and no reddish juice flows out, it is ready to take up; strain the gravy (the drippings in the pan in which the turkey lay) and put into the oyster sauce, which should be made ready while the turkey is cooking, like stewed oysters, and thickened with butter and flour; let this boil up and add, if you like, a little boiled cream; pour this over the steamed turkey and

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serve hot. Or, if preferred, the turkey may be stuffed as for a baked turkey, and steamed; or it may be stuffed with pounded, parboiled chestnuts, and the gravy made with the giblets chopped fine, adding a little flour as you chop, stirring the drippings from the pan into it, set over the fire and allowed to boil up. While the gravy is being made, rub butter and flour over the turkey and set in a hot oven to brown slightly. A turkey can be steamed to perfection in a steam cooker.

Canned Salmon.

Place the contents of a pound can of salmon (after removing the bones) in a stew-pan with one pint of milk, and bring to a boil. Add butter size of a walnut, and salt to taste. Roll two or three soda crackers to a powder and add just before sending to the table.

Lexington (N. C.) Dispatch: Very little is now being said about Grover Cleveland and a third term. Mr. Cleveland stands just as good a show today for third term as he ever had. But the fact is he never had any chance for a third term. There has been a lot of talk about it and that is all.

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