

Get My Book, if Sick.

Don't Send a Penny.

Don't send a penny. Just wait till you see what I can do. Let me take the risk. Let me prove up first what Dr. Shoop's Restorative can do. The Restorative will gain your friendship, your endorsement, if you test it. And for a whole month you can use it without the slightest risk. I will tell you of a druggist near you who will furnish six bottles of

**Dr. Shoop's Restorative
A Month on Trial.**

I will absolutely stand all the cost if it fails. If you say, "It did not help me," that ends it as far as cost to you is concerned. Do you understand me? I am telling it as plainly, as clearly as I can. I want you to know absolutely and without doubt that this offer is made on honor. I have the prescription that cures. My only problem is to convince you that Dr. Shoop's Restorative will cure—is an uncommon remedy. A common remedy could not stand a test like this. It would bankrupt the physician making the offer. And I am succeeding everywhere. Thousands are accepting my offer and only one in each forty writes me that my remedy failed. Just think of it. 39 out of 40 get well and these are difficult cases, too. And the fortieth has nothing to pay. That is a record I am proud of. It is wrong to stay sick when a chance like this is open. If well, you should tell others who are sick, of my offer. Don't let a sick friend stay sick because he knows not of my offer. Tell him. Get my book for him. Do your duty. You may be sick yourself, sometime. Sick people need help. They appreciate sympathy and aid. Tell me of some sick friend. Let me cure him. Then he will show to both of us his gratitude. Your reward will be his gratitude. Send for the book now. Do not delay.

Simply state which book you want and address Dr. Shoop, Box 1515, 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. (sealed)
BOOK NO. 6 ON RHEUMATISM

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

of the water in which they were boiled. Mash the potatoes through a sieve or colander, and pour the water over them, setting where it will be kept well warm until time to add the yeast. Into a teacupful of warm water put one and one-half cakes of "Yeast Foam," or other good yeast in like quantity, and let dissolve. When ready to make up the sponge, pour the dissolved yeast into the potato water, seeing that it is quite warm, but not hot, as the flour to be stirred in will cool it somewhat; if you like, add to this, one teaspoonful of salt and one of brown sugar; stir in sifted flour until a thick batter is made, sprinkle dry flour over this, and set to rise over night, being sure that it will keep warm—on the top of the reservoir, with several thicknesses of paper under the jar is a good place. Cover with a plate, and over this, if the room is liable to get cold, throw a cloth covering. In the morning, quite early, it should have risen to the top of the jar, and be light and foamy, when it should be turned into a bread pan having four or five quarts or more of sifted flour, ready warmed, adding a tablespoonful of salt and one of lard to sponge enough to make nine loaves; work until smooth and elastic, and return to the pan and set to rise again, which it will do in a very short time. When twice its size, work down lightly, pushing it in from the sides—not kneading, and before beginning to mould into loaves see that the bread pans (which should be used for no other purpose) are perfectly clean and well greased; mould into loaves to suit the size of your pans (which I hope are the right size), and set to rise again in a tolerably warm place, looking well to the condition of your oven meanwhile, as the oven should be of good temperature to commence baking as soon as the dough is put into it, or it may "run over" if too cold, or burn, if too hot. When the dough is risen nearly to the top of the pans, grease the top of each loaf well with melted butter or clean, sweet lard, which will soak into the crust and make it tender when baked. When risen level with, or slightly rounded above, the top of the pans, put in the oven. It should not begin to brown at once, but the oven should be hot enough to allow of it only rising above, not running

over, the edge of the pan, and it should be allowed to bake carefully until thoroughly done in the middle, and yet be only a light brown on the outside. To enable you to attain to this degree of perfection, experience, as well as knowledge is necessary. A goodly quantity of "good sense" must be always mixed up with your bread-making. You must give it attention, constantly, for without it, you will surely fail to make good bread. When the bread is done, turn out on the table, or bread-board, break the loaves apart, and let lie until cold, then put in a tin bread can, or an earthen jar, and cover. If put in the jar while warm, the bread will "sweat," and become soggy.

Mince Meat.

In measuring, a pint bowl is used. Two bowls full of chopped (cold boiled) meat, three bowls chopped apples, two bowls raisins, four bowls brown sugar, one bowl finely chopped suet, one bowl vinegar, one bowl molasses, one-fourth pound of shredded citron put into a bowl and then filled with English currants, one bowl strong coffee, one bowl of meat liquor (water in which the meat was boiled), one nutmeg, two tablespoonfuls ground cinnamon, one teaspoonful (more, if you like) ground cloves. Cook altogether until the fruit is tender, then put into glass fruit cans and seal. One quart of this makes three pies.

Another: Two pounds of lean meat, cooked until done; three-fourths pound of suet, two pounds of raisins, one pound of currants, five pounds of apples, two pounds of sugar, one lemon, cinnamon, cloves, allspice, nutmeg to suit taste, one and a half pints of syrup, and one pint of vinegar, and the water in which the meat was cooked—about half a pint. Chop the meat, suet, apples, and raisins quite fine; mix, with the hands, meat, suet, apples, raisins, currants and spices all together, add the syrup, vinegar and meat liquor, and cover closely and keep in a cool place. In this recipe, nothing is cooked but the meat.

Cannas From Seeds.

In February prepare the seeds for planting by pouring hot water over them and allowing them to stand for a couple of days in a warm place so that the water may be warm all the time. The water must be boiling when poured on the seeds. A good place to keep the seeds is on the warming closet or hot water reservoir, allowing it to keep only warm. At the end of the two days, examine, and remove all that have bulged out or broken the germ end. Plant these, and with a file or sharp knife, chip through the covering until the white inside is visible; the germ end may be recognized by the dark raised spot. Replace and leave in the warm water for a few days longer, when all may be removed and planted. The seed boxes should be three inches deep, well-drained, with a layer of good soil at the bottom one inch deep, on this place a layer of one inch-and-a-half of sand; plant the seeds one inch deep, and about that distance apart. Keep where the temperature can be maintained at about 80 degrees Fahrenheit. About 70 per cent may be expected to germinate; they will come up very irregularly, but as soon as a plant gets two inches high, remove and plant four inches apart in pots four or five inches deep, filled with good, rich garden soil. Do not fail to keep the soil well moist, and the temperature should be kept at 60 to 70 degrees. On bright days, give all the sunshine possible, ventilating and acustoming them to the air as much as possible, but they must not be put into the ground until all danger of frost is over; then, give them the sunniest situation, the rich-

est soil, and abundance of water—house-slops is fine.

Canna seeds seldom come "true," that is, produce a plant like the parent. The Madame Crozy strain will come true about 75 per cent, but after a few seasons planting the gilt edge of the petal will entirely disappear. If you want any particular color, it is best to buy the roots, which are cheap.

Some Good Hints.

Fresh, brittle asparagus is a delightful addition to our list of spring vegetables, and you know you can scarcely get it, even in the large markets, but you can have it right at your door, if you wish. A bed of asparagus once established will last a lifetime with proper care, and it is in no sense of the word difficult to raise. In fact, once established, it raises itself. Sandy soil, with plenty of manure, is preferred, but it will do fine in any good garden soil, if properly enriched and attended to. Or, it can be made sandy, artificially. An authority on such matters says that as between ground deeply trenched and land merely plowed, the plowed land will last the longest. Setting six to eight inches deep, four feet apart each way, is best. The stools gradually raise in the soil, the cultivation is easier, and the sprouts are less numerous, and therefore larger. A good covering of sand is advisable. Salt is not necessary, but is good to keep down the weeds.

Don't forget to put the sweet peas in the ground early. Plant them in a trench, cover shallow and hill them up as they grow. Frost will not hurt the young plants, and there is little danger of the seeds rotting in the ground. It is well to order them early.

Spirea Van Heutli is one of the most beautiful of the spirea family; it is of handsome form, and blooms profusely when quite small. Another of the same family is Antony Waterer. Styrax Japonica is a handsome shrub, with numerous, pendulous, bell-shaped flowers, followed by large, wax-like berries.

Among the plants that will withstand the drouth fairly well is Tritoma uvaria, scarlet-flowered; Ipomea pandurata, when well established; Ipomea leptophylla; petunias are among the best; zinnias, succulent plants, such as portulacca, calandrinia and sedums. The yucca will do well even in the burning desert, and, once planted, must be let entirely alone. It has a fine, tall flower-stalk, with pendulous white blossoms.

Cooking Beefsteak.

"Reader" sends in the following method of cooking beefsteak, which she asks that the sisters try: Take a round steak—if it is very thick, all the better—cut in small squares several inches in size; have kettle on the stove containing half teacupful of hot lard. Dip the pieces of steak into the hot lard quickly, leaving a few seconds; remove, roll each piece of steak in flour, covering each side well; put back into the kettle and carefully pour into one side of the kettle a large teacupful of boiling water, and cover lightly. Leave kettle on top of the stove where it will simmer slowly two or three hours, adding water, a very little at a time, as it evaporates—just enough to keep the meat from burning. The flour on the meat helps to make a rich gravy, while the meat being seared in the hot lard, beef fat, or butter, as you prefer, keeps the juices inside. Salt and pepper to taste before taking up. If onions are liked, take half a dozen good-sized ones, slice over the meat, adding a little more water than for the meat alone, and they will cook nicely. Potatoes may be treated the same.

For Singers and Speakers.

The New Remedy For Catarrh is Very Valuable.

A Grand Rapids gentleman who represents a prominent manufacturing concern and travels through central and southern Michigan, relates the following regarding the new catarrh cure. He says:

"After suffering from catarrh of the head, throat and stomach for several years, I heard of Stuart's Catarrh Tablets quite accidentally and like everything else I immediately bought a package and was decidedly surprised at the immediate relief it afforded me and still more to find a complete cure after several weeks' use.



"I have a little son who sings in a boys' choir in one of our prominent churches, and he is greatly troubled with hoarseness and throat weakness, and on my return home from a trip I gave him a few of the tablets one Sunday morning when he had complained of hoarseness. He was delighted with their effect, removing all huskiness in a few minutes and making the voice clear and strong.

"As the tablets are very pleasant to the taste, I had no difficulty in persuading him to use them regularly.

"Our family physician told us they were an antiseptic preparation of undoubted merit and that he himself had no hesitation in recommending Stuart's Catarrh Tablets for any form of catarrh.

"I have since met many public speakers and professional singers who used them constantly. A prominent Detroit lawyer told me that Stuart's Catarrh Tablets kept his throat in fine shape during the most trying weather, and that he had long since discarded the use of cheap lozenges and troches on the advice of his physician that they contained so much tolu potash and opium as to render their use a danger to health."

Stuart's Catarrh Tablets are large pleasant tasting lozenges composed of catarrhal antiseptics, like Red Gum, Blood Root, etc., and sold by druggists everywhere at 50 cents for full treatment.

They act upon the blood and mucous membrane and their composition and remarkable success has won the approval of physicians, as well as thousands of sufferers from nasal catarrh, throat troubles and catarrh of stomach.

A little book on treatment of catarrh mailed free by addressing F. A. Stuart Co., Marshall, Mich.

President Roosevelt on January 19 sent to the senate the name of Captain Henry E. Palmer of Omaha to succeed Joseph Crow, the present postmaster at that place.