

Dr. Shoop's Rheumatic Cure

Costs Nothing if it Fails

Any honest person who suffers from Rheumatism is welcome to this offer. For years I searched everywhere to find a specific for Rheumatism. For nearly 20 years I worked to this end. At last, in Germany, my search was rewarded. I found a costly chemical that did not disappoint me as other rheumatic prescriptions had disappointed physicians everywhere. I do not mean that Dr. Shoop's rheumatic cure can turn bony joints into flesh again. That is impossible. But it will drive from the blood the poison that causes pain and swelling, and then that is the end of Rheumatism. I know this so well that I will furnish for a full month my Rheumatic Cure on trial. I cannot cure all cases within a month. It would be unreasonable to expect that. But most cases will yield within 30 days. This trial treatment will convince you that Dr. Shoop's rheumatic cure is a power against rheumatism—a potent force against disease that is irresistible. My offer is made to convince you of my faith. My faith is but the outcome of experience—of actual knowledge. I know what it can do. And I know this so well that I will furnish my remedy on trial. Simply write me a postal for my book on Rheumatism. I will then arrange with a druggist in your vicinity so that you can secure six bottles of Dr. Shoop's Rheumatic Cure to make the test. You may take it a full month on trial. If it succeeds the cost to you is \$5.50. If it fails the loss is mine and mine alone. It will be left entirely to you. I mean that exactly. I don't expect a penny from you.

Write me and I will send you the book. Try my remedy for a month. If it fails the loss is mine. Address Dr. Shoop, Box 9515 Racine, Wis.

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

tistes, etc., of usually bright colors, will be used.

One-Crust Apple Pie.

Take good cooking apples, slice in large, very thin slices, enough to fill a pan two or three inches deep; the amount of sugar must be governed by the acidity of the apples and the size of the "sweet tooth" of the consumer, but put in enough to make it sweet; add bits of nice, fresh butter, a little of any spice liked, pour in water just to barely reach the top of the apples, and cover with a nice puff paste. Brown sugar is preferable to white for sweetening, owing to the flavor it imparts. A nice batter covering may be used instead of the paste crust. Bake slowly until the apples are well done. This is very nice indeed if well made of good apples.

Superfluous Hair.

So many inquiries are received asking for safe means by which to remove superfluous hair, that I copy the following from The American Queen: There are four ways of getting rid of superfluous hair: by electrolysis, by shaving, by the use of depilatories, which destroy the hair, or by plucking out with the tweezers. Electrolysis means the destruction of the hair follicles by means of the galvanic current, to be performed only by a skilled operator, as otherwise, scars are left on the skin which are as unsightly as the hair. This process consists in plunging the needle carrying the electric fluid into the bottom of each separate hair follicle, and is painful, tedious and expensive, as every hair must be operated upon separately, and requires from quarter to half a minute for its destruction; from thirty to fifty per cent of the operations prove failures, and have to be repeated in a week or two; not more than twenty-five to fifty follicles can be destroyed in from half to three-quarters of an hour; this usually constitutes one sitting, for which one guinea is generally charged. This process is the only sure method of destroying the hair.

Shaving removes hair perfectly, and, while women think that hair grows thicker after being shaved, specialists say it is not so, and that no amount of shaving will cause hair to grow really longer or thicker afterwards. Others claim that shaving renders the

hair coarse; of course, this removal is but temporary.

Sulph-hydrate of calcium, which is of a dark blue-green color, and has an unpleasant smell, is recommended. For use, spread it on a paper, which lay on the skin, or spread it fairly thickly over the skin with a paper-knife or finger-tip, leave it on for three minutes, wash off with water; any hairs not washed off can be scraped off with a blunt knife.

Another recommended depilatory is made as follows: Sulphide of barium in fine powder, 90 grains; oxide of zinc, 360 grains; carmine (for coloring), one grain. Mix thoroughly. When required to use, sufficient must be mixed with water into a thin paste and used as directed above. Glycozone may be applied to the skin if it smarts after application.

A Chapter on Beans.

One signing herself "A Ranch Wife" asks for ways of cooking dried beans, other than by boiling and baking, as, during the winter months, this is their main vegetable dependence. There are "beans and beans," the little navy being the most used, with the kidney and lima as close seconds. All the legumes are very nutritious, and furnish much muscle-making material, and are most digestible when fresh and young; when dried, and especially when old, they do not agree with all stomachs, producing more or less flatulence, and sometimes colic, and occasionally, souring on the stomach and purging. Not a little of this trouble is caused by bad cooking and greasy seasoning.

Beans are made tough and indigestible by being boiled in salt water, as the salt hardens the substance; salt should be added only as they are eaten. Very hard water has the same effect on them, and, if possible, they should be cooked in soft water. Then, too, the beans must not be simmered, the water should be kept at a brisk boil from start to finish, and replenishing as the water boils away should be done only with boiling water. They may be seasoned with either cream, butter, or meat-stocks. A few slices of fresh pork, not very salty, is nice; but pickled pork, or meat that has thoroughly "taken salt" should be boiled in a separate pot, and the stock added to the beans when done; otherwise, it will harden them.

Many cook-books recommend adding to the water in which the beans are boiled a pinch of saleratus, with the supposition that there is a poisonous acid to be overcome, and to soften the beans; but a soaking of several hours in clear water before parboiling, unless the beans are too old, will do all that is necessary, if soft water is used. Boiling them for a few minutes, then draining, before adding the water in which they are to be cooked, takes away the strong taste so objectionable to many. A good way to cook beans is to pick over carefully, wash, and to one pound of beans add two quarts of cold water; set on the stove where they will keep hot (not quite boiling) for two hours, pour off the water, add clear water, or stock from fresh meat, to well cover, and boil briskly for one hour.

For Serving "Left-Over" Dried Beans

Bean Tarts.—Make shells of nice biscuit dough, and fill with cold boiled beans, adding a small amount of their liquor; cook in a brisk oven until the shells are well done, by which time the beans should be well browned on top. Serve while hot.

Bean Cakes.—For breakfast, take a cupful of cold boiled beans, drained of all liquor and rubbed through a sieve; strain and add to the pulpy mass three tablespoonfuls of buttermilk, half teaspoonful of cream, and same amount of salt, stirring well together,

with two heaping teaspoonfuls of whole-wheat or graham flour, and beat up well. Drop in spoonfuls on a hot griddle, well greased, and fry a nice brown on both sides. Serve hot, as griddle cakes.

For frying, to one pint of beans rubbed fine through a sieve, allow one large tablespoonful of flour and enough sweet milk (or soup off of the beans) to make a stiff batter; put two tablespoonfuls of lard or butter in a frying pan and set on the stove; if needed, season the batter with salt and pepper, and when the fat in the skillet is hot, fry the batter the same as fritters, only a little browner.

For a Bean Pie.—Put on a cupful of dried beans in a kettle with a piece of fresh meat—beef is best, but lean pork will do; cook in enough water until done; remove from fire, chop one cupful of the meat and add to the beans, seasoning to suit. Make a crust in this wise: One cupful of sour milk, one half teaspoonful of soda, a pinch of salt, one egg, and meal enough to make a batter. Next, add flour until thick enough to knead; knead well; roll about half an inch thick, line a well greased pan, large and shallow; fill with the bean mixture to the depth of an inch and a half; cut a few strips of the dough and lay over the top; bake as any other pie until well done, and the beans should be a nice brown. Serve hot. Cream may be used as a sauce.—Journal of Agriculture Cook Book.

For Our Girls.

The Ladies' Home Journal has this to say to its girl readers:

"A girl should study what style of dress and what colors are most becoming to her. Daintiness of taste in dress is one of the most charming of feminine qualities. Even if you are poor, or the conditions of your life are harsh, or, indeed, rather because of these things, cultivate as much charm as you can. The girl who dresses tastefully, even in the poorest cloth, who puts, perhaps a flower at her belt, who arranges her hair softly and becomingly, is expressing outwardly some inner sense of beauty. The pity is that many so-called honest and practical-natured people discourage this kind of thing in girls. There are some mothers and older sisters that I know who are so dyed in their own drab colored opinions that they are ready to criticize the youngest daughter when she comes down to tea with a creamy lace at her wrist, a pretty ribbon at her throat, a rose in her belt or pinned in her hair. . . . I know of nothing which enriches the days so much as beauty and the love of it; perhaps those of you who love it as I do will try this coming month, or for a week, even, to put down a little record each day of the beautiful things you come in touch with; the things you most love."

Taste and a love of the beautiful may be expressed in so many, and such inexpensive ways that it is really hardly a matter for money consideration. The poorest home, the poorest gown, the homeliest face may be made lovely with very little effort. It is not so much a question of perfection, as of direction. Only by looking for beauty can we discover it, and only by determining that our lives shall be beautiful, no matter how hedged about by difficulties, can we overcome the hindrances that beset us. The beauty that shines from the inner temple of our being may cost us many a hard-fought battle with our inclinations and habits, but if we persistently seek to bring this inner beauty to the surface, it will shine for us. A cheerful temper a cordial desire to please, an obliging disposition, coupled with neatness of person and orderly surroundings, will add beauty to the homeliest.

For Washing Black Dress Goods.

In answer to "Querist," we give the following directions for freshening up dress-goods to be made over:

Dissolve one ounce of the extract of logwood in ten or twelve quarts of boiling-hot soft water; add to it one tablespoonful of sal-soda and one tablespoonful of soft soap. If the cloth is much soiled, add more soft soap. Stir the mixture well and skim it. Put in the goods while the mixture is hot, and leave it in about half an hour, stirring and lifting it up and down until cool enough to bear the hands in; then wash and hang out to dry. Do not wring the cloth, or you will never be able to get the wrinkles out. As soon as it is dry, press on the wrong side with a moderately hot iron, and your material will "look like new."

O O

In preparing goods for dyeing, be careful always to have them free from all grease or dirt. In using the "package" dyes, which are usually found very satisfactory, be sure to follow implicitly the directions given on the packages. These dyes are so generally satisfactory that very few people now use the old-fashioned coloring material, such as our mothers and grandmothers were forced to use. Old material, faded in streaks, can be made to look very well indeed with the "package dyes," and woollens or silks may be dyed perfectly fast colors, if directions are carefully observed. I would not advise coloring cottons that must be often laundered. In putting goods or garments that have been dyed to dry, do not fold over the line, but hang up, if possible, by the edges, that they may dry evenly. Do not wring silk or woollen goods, as it breaks the threads or ruinously wrinkles them.

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