

**EXTRAORDINARY MERIT**

**Of a New Catarrh Cure**

Physicians are slow to take up new and untried remedies, until their value has been established by actual experiment, and they are naturally skeptical of the many new preparations constantly appearing and for which extravagant claims are made.

The most liberal and enlightened physicians are always ready, however, to make a fair trial of any new specific and get at its true medical value.



A new preparation for the cure of catarrh has attracted much attention in the past few months and has met with great favor from the medical profession not only because it is remarkably successful in the cure of catarrh, but also because it is not a secret patent medicine; anyone using it knows just what he is taking into his system.

It is composed of blood root which acts on the blood and mucous membrane, hydrastin for same purpose to clear the mucus from head and throat, and red gum of eucalyptus tree to destroy catarrhal germs in the blood.

All of these antiseptic remedies are combined in the form of a pleasant-tasting tablet or lozenge, and are sold by druggists under name of Stuart's Catarrh Tablets, and many recent tests in chronic catarrh cases have established its merit beyond question.

Dr. Sebring states that he has discarded inhalers, sprays and washes and depends entirely upon Stuart's Catarrh Tablets in treating nasal catarrh. He says: "I have had patients who had lost the sense of smell entirely, and whose hearing was also impaired from nasal catarrh, recover completely after a few weeks' use of Stuart's Catarrh Tablets. I have been equally successful with the remedy in catarrh of the throat and catarrh of stomach. I can only explain it on the principle that catarrh is a constitutional disease, and that the antiseptic properties in these tablets drives the catarrhal poison completely out of the system."

Dr. Odell says, I have cured many cases of catarrh of stomach in past four months by the use of Stuart's Catarrh Tablets alone without the use of any other remedy and without dieting. The tablets are especially useful in nasal catarrh and catarrh of the throat, clearing the membranes and overcoming the continual hawking, coughing and expectorating, so disgusting and annoying to catarrh sufferers.

spoonful of allspice. Mix all well together, make into a firmly-pressed loaf, brush over with beaten egg, then sprinkle with bread-crumbs. Bake in a moderate oven about two hours; baste several times while cooking with a cup of boiling water and a spoonful of butter. When cold, slice.

**A Chestnut Salad.**—Take one pint of chestnuts, shell, boil and blanch until tender; drain, dust with salt and stand aside to cool. Boil two eggs hard; when ready to serve, arrange crisp leaves of lettuce in salad bowl, put the chestnuts over the leaves, add a French dressing, using lemon juice

instead of vinegar. Cover the salad lightly with the yolks of the eggs by holding a sieve over the bowl and rubbing the yolk through.

**Old-Fashioned Lye Hominy**

To make old-fashioned lye hominy, using concentrated lye instead of wood ashes, take for each quart of water one tablespoonful of lye; boil the shelled corn in this until the hull, or bran readily slips off, then remove the corn from the lye, wash well in clear water, and put into an old-fashioned dasher churn, with plenty of water to cover the corn, and churn as you would in making butter; change water frequently until all the hulls are off and the slippery feeling about gone, then put to soak in clear water overnight. In the morning, put the corn into a vessel large enough to allow for swelling as it cooks and add plenty of clear water, boiling in this until the corn is done—which will be several hours. The hominy may then be put in jars, covered and set in a cold place, to be used as wanted. When wanted for table, fry in nice meat-drippings or butter, or eat with cream and sugar. It may also be put into a baking dish, covered with bits of butter, flour dredged over it, and baked a nice brown. This hominy is "good diet," and takes the place of vegetables, when they are scarce in the spring.

**Baked Parsnips.**

Parsnips that have been left in the ground outside are much sweeter than when dug and stored in the cellar, and are generally much in demand in late winter and early spring. They should be well washed with a small scrubbing brush kept for such purposes in most kitchens, and then scraped lightly to remove the outside skin and small rootlets that grow out from the sides. Cut from the leaf-end the coarse ring, and slice lengthwise, as you would sweet potatoes. Stew until just tender in slightly salted water, letting them be nearly boiled dry when lifted; lay the slices in a baking pan, drop over them plenty of nice butter or fresh drippings from pork, (some add sugar to the dressing), dredge flour over them and set in the oven and bake until done.

Another way is to boil with the parsnips slices of fresh, or salt pork, and when done, take up the parsnips, lay in the baking pan, and over them lay the slices of pork, and bake as above.

Many prefer them simply stewed with fresh or salt pork, without baking, and if nicely prepared, nearly everybody likes cooked parsnips in the spring.

**Sausage.**

In order to vary the ways of serving this article of food, try the following:

Chop one onion fine and brown it in a tablespoonful of butter, adding, if liked, the juice of half a lemon. Cook the sausages in this for five or ten minutes, remove them to a hot platter and make a brown sauce in the fat that remains in the skillet; pour this over the sausage and serve hot with a sprinkle of minced parsley over it.

Make a nice biscuit dough, roll out and cut as for biscuit; into the middle of each piece of dough put a small roll of sausage meat, and gather the edges of the dough up together, infolding the sausage securely. Put these in a baking pan, and bake as you would biscuit. Serve with a brown gravy.

**Pretty Things.**

Every woman loves pretty dishes, yet, in selecting for her own table, many a woman will pass by the "pretty things" and select homely patterns and heavy wares, giving as a reason that the dainty ware is so much easier broken than the coarse, heavy ware which she carries home with her.

Now, is it really? I have not found it so; and one will be twice as careful in handling a pretty thing which appeals to her love of the beautiful as she will in dealing with a coarse, unsightly piece. Food eaten from dainty dishes is much more appetizing than that from ugly tableware. Besides, the pretty colored dishes make the table look so bright and cheerful.

**Cure For Face Pimples.**

In answer to inquiries, I copy the following, which is highly recommended: To one quart of clear soft water add half an ounce of corrosive sublimate, one ounce of saltpetre, and perfume if wished. Remove jewelry; use with a sponge or soft cloth, as it sometimes checks the hands; put on evenly without rubbing; let dry; a drop like a teardrop allowed to dry in one place will blister. Apply this remedy three or four times daily for a week; you may have to weaken it at first, or it will burn your face, but used persistently, you will soon be relieved of the pimples.

Before using such recipes, however, I should advise you to ask your physician's advice about it.

**Washing Woolens.**

There are many ways given of washing woolens, each one declared to be better than the other. Here is one sent in by a reader, who wishes it published for the benefit of our home folks:

Under no circumstances should a woollen garment be put into water more than ordinarily warm; just warm—not by any means hot, but just so you can well bear the hands in it. If too hot, it will shrink them; and if just hot enough, it will not shrink them. Make a nice clean suds; do not rub soap on the garment, but dissolve the soap in the water. Wash well in two or three waters of the same temperature. Always use a good quality of soap, as poor soap tends to yellow the goods, if white. Use but very little blueing, and let it be of the best. Do not let freeze; if possible, choosing a sunny, warm day for the washing. Rinse always in warm, soft water. Of course, woolens are not "ironed," but should be smoothed out carefully, folded evenly, and, for blankets, subjected to pressure. Garments may be smoothed over with a moderately warm iron, while still slightly damp, but no hot iron, such as one uses on cottons and linens, should ever touch a woollen garment.

**Mutation.**

They talk of short-lived pleasure—be it so—  
Pain dies as quickly: Stern, hard-featured pain  
Expires, and lets her weary prisoner go.  
The fiercest agonies have shortest reign;  
And after dreams of horror comes again  
The welcome morning with its rays of peace.  
Oblivion, softly wiping out the stain,  
Makes the strong secret pangs of shame to cease;  
Remorse is virtue's root; its fair increase  
Are fruits of innocense and blessedness;  
Thus, joy, o'erborne and bound, doth still release  
His young limbs from the chains that round him press.  
Weep not that the world changes—did it keep  
A stable changeless state, 'twere cause to weep.

—Wm. Cullen Bryant.

**Spring Work.**

The winter is already on the wane; our hardest storms and sharpest colds are now past; but we have our home-hearth gatherings, and our long

evenings around the lamp, and these we should improve in all ways possible. It seems but a few days since we were talking of housecleaning and spring sewing, and planning out the gardenings—flower and vegetable; yet the incoming florists' catalogues, as well as the merchants' price-lists of spring sales, warn us that "the hour is at hand."

Now is a good time to send for samples of wall paper, and by getting them now, you will have ample time to study the various designs and select suitable patterns and colors for each room in the house. Although you may not be able, at a later date, to get just the pattern selected from the samples, you will at least know what colors and special designs will most please you. Different rooms should have different paper, chosen with a view to fitness to use and amount of light in each. Rooms not well lighted require bright, cheerful patterns; rich, warm colors may also be chosen; but rooms that are supplied with much sunlight should have cooler hangings. Do not select very gaudy, or striking patterns, as one soon tires of such, and besides, it does not always correspond with the furnishings. Large designs make a room look smaller than it is, and a wide border always diminishes the apparent height of the walls, while stripes make the walls look higher. Get a good quality of paper, as it hangs much better, and should last for several seasons. Teach the family not to handle the wood-work or the walls, and repair at once any little break in plastering or paper. If the broken plaster cannot be "patched," paste a piece of cloth over the hole before putting on the paper. In buying paper, try to have enough so that you may have some left for any needed patching or renewing.

Nothing makes a room look neater and cleaner than fresh paper and paint, and with a little patient practice, one can do both the painting and the papering, and thus save considerable expense. Color cards can also be had of dealers in paints, and you can thus decide on the colors for painting.

**A Great Meeting.**

William Jennings Bryan has been accorded a warm welcome in Nashville. Five thousand people attended his free lecture at the Tabernacle Saturday night. He has lost nothing of his strength and vigor since he last appeared in Nashville and none of his fine command of language and splendid oratory. Every word he spoke could be heard throughout the entire building. Even those who did not agree with his line of argument enjoyed his address, while his partisans were wild with delight.—Nashville Banner.

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