

THE WHITE PLAGUE

SYSTEMATIC WARFARE WAGED TO WIPE OUT CONSUMPTION.

Warning That Intemperance Increases the Liability to Contract Disease—Neglected Colds a Prolific Source.

Organized effort is now being made throughout the United States to fight consumption. A warning is given against intemperate habits, which increase the liability to consumption, while spitting in public places is deprecated, as the disease is frequently contracted from dried sputum.

Colds should not be neglected, as they leave the lungs in a peculiarly receptive condition for the tubercular germ. The following simple formula will break up a cold in twenty-four hours. A leading authority on lung trouble says that when prepared from pure ingredients, it will cure any cough that is curable.

Take half ounce Virgin Oil of Pine (Pure); two ounces glycerine and half pint good whisky. Shake well and use in teaspoonful doses every four hours.

The ingredients can be secured from any good prescription druggist at small cost, and to avoid substitution should be purchased separately and mixed in your own home.

Virgin Oil of Pine (Pure) is put up in half-ounce vials for dispensing. Each vial is securely sealed in a round wooden case, with engraved wrapper, with the name—Virgin Oil of Pine (Pure), prepared only by Leach Chemical Co., Cincinnati, O.—plainly printed thereon. There are many rank imitations of Virgin Oil of Pine (Pure), which are put out under various names, such as Concentrated Oil of Pine, Pine Balsam, etc. Never accept these as a substitute for the Pure Virgin Oil of Pine, as they will invariably produce nausea and never effect the desired result.

PROFESSOR HAD LAST LAUGH.

Final Erasure Neatly Turned Joke on Students.

President Hadley, of Yale, was talking about his student days. "I remember a stately and venerable professor," he said, "upon whom some sophomores once tried to play a trick.

"The professor, one morning, being unable to attend to his class on account of a cold, wrote on the blackboard:

"Dr. Dash, through indisposition, is unable to attend to his classes to-day."

"The students erased one letter in this notice, making it read:

"Dr. Dash, through indisposition, is unable to attend to his classes to-day."

"But it happened a few minutes later that the professor returned for a box he had forgotten. Amid a roar of laughter he detected the change in his notice, and, approaching the blackboard calmly erased one letter in his turn.

"Now the notice read:

"Dr. Dash, through indisposition, is unable to attend to his classes to-day."

FOR IVORY-HANDLED KNIVES.

How They May Be Cleaned Without Being Harmed.

Ivory-handled knives may be cleaned in this way: coat the steel with wax or paraffin, and immerse the handles in a solution of chloride of lime and water, in the proportion of one part of lime to four parts of water.

Leave the knives in this bath for a day, then wash well with warm water and wipe dry. Remove the wax if the bone is perfectly white and free from stains.

Another way is to dip the handles in a saturated solution of alum and water for from one to three hours, then wash and wipe dry. This latter method is far preferable unless the handles are very much darkened and discolored. Polish the blades with putty powder, using a buffer wet with alcohol. This will not stain the ivory.

Grained Wood-Work.

Grained and varnished imitations of hardwood are best cleaned by rubbing well with cloths wrung out in borax soap-suds, never letting the water touch them. Afterwards they should be rubbed with a flannel barely moistened with kerosene. If there is too much kerosene it will dissolve and blur the colors. Clean hardwood with a flannel wet in turpentine, and rub afterward lightly with boiled linseed oil. Take off spots with fine sand mixed in oil. Apply it with a leather and rub with clean leather afterwards to bring back the polish.

Enough to Keep Factories Busy.

About 3,000 pieces of glassware and crockery are broken on each voyage of a first-class ocean steamer.

Observe what direction your thoughts and feelings most readily take when you are alone, and you will then form a tolerably correct opinion of yourself.—Bengel.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only Constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials.

Address: F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, Etc.

Take Hall's Family Pills for constipation.

A cheerful life is often better than the solemn truth.

RICH PALE VEAL GRAVY.

Recipe for Consomme That is Said to Be Delicious.

When the best joints of fowls or partridges have been taken for fricassées or cutlets the remainder may be stewed with a pound or two of veal cut, a consomme which then takes the name chicken or of game gravy.

For a large dinner it is always well to have stock that can easily be converted into white or other sauces. To make this arrange a slice or two of lean ham in a stewpot with three pounds of the neck of veal (or the thick part of a knuckle of veal will answer as well), pour over three pints of strong veal broth, put in salt.

After it has commenced to boil, skim carefully, add one small onion, one soup bunch, a little celery, one carrot, one blade of mace, and a half a saltspoonful of peppercorns, stew gently for four hours, then if the heart is in pieces strain off the gravy.

Set away to become cold, after which remove the fat. A few mushrooms buttons will greatly improve the flavor.

IN TIME OF SICKNESS.

Simple Remedies That Have Been Proved of Value.

To induce perspiration, wring a blanket out in hot water, and wrap it round the patient. Then pack in three or four dry blankets and allow him to repose for 30 minutes. The coverings may then be taken off, and the surface of the body rubbed with warm towels.

It is, as a rule, best to apply compresses at night time, as it is difficult to keep them in position while moving about. After removing them in the morning, sponge the affected parts with cold water, so as to restore the tone of the skin.

Take a jug of hot water containing the drug which has to be inhaled. Hold the face over the jug, and arrange a towel so that it covers the face below the eyes, and surrounds the top of the jug. The medicine is thus breathed through the mouth and nose.

Onions and Pneumonia.

The following remedy is said to be a cure for pneumonia. Take six to ten onions, according to size, and chop fine, put in a large spider over a hot fire, then add the same quantity of rye-meat and vinegar, enough to form a thick paste. In the meanwhile stir it thoroughly, letting it simmer five or ten minutes. Then put in a cotton bag large enough to cover the lungs, and apply to chest as hot as patient can bear. In about ten minutes apply another, and thus continue by re-heating the poultices, and in a few hours the patient will be out of danger. This simple remedy has seldom failed to cure this too-often fatal malady. Usually three or four applications will be sufficient, but continue until the perspiration starts freely from the chest.—London Tit-Bits.

Veal Brawn.

Cut up two pounds of breast of veal into medium size pieces, put them in an enameled saucpan with enough water to cover them, also one small onion and four peppercorns; simmer gently for two hours; remove the meat from the bones, put the bones back into the liquor, and simmer for another hour; cut up the meat into small pieces with one-half pound of cooked ham; strain the liquor into another saucpan, add the meat, a seasoning of salt and pepper, and a sprinkling of nutmeg and mixed spice; set it by the side of the stove to get quite hot; let it stand one-fourth hour, but do not let it boil. Pour into an earthen mould, and set aside to cool.

Convenient Bath Mat.

For the boarder or traveler who cannot always command a bath-tub for the cold plunge every morning, a quick cold sponge is a necessary substitute.

Here is a contrivance for avoiding the wetting of carpets and rugs that is quite as useful as the expensive rubber bath mats.

Secure a yard and a half of wide table cloth and enough large-sized rope to go around the square. Fold the edge of the cloth over the rope and sew it firmly all around to form a waterproof mat, with a raised edge that will catch all drippings, and that may be rolled up when not in use.

Removing Paper from Pans.

To remove the paper which has lined the cake pan after it is baked is a work requiring skill. Turn the cake from the tin on a sieve, and when it has partly cooled turn the cake bottom upward and brush the paper with chilled water, until it is thoroughly damp, when the paper will easily peel off. When paper is not used and you wish to prevent the cake from sticking to the pan, grease it well and dredge it with flour that has been thoroughly dried. Be sure to shake out all extra flour before putting the cake mixture in.

Potato Puffs.

Mash four potatoes, thoroughly beat in one egg yolk, pepper, one teaspoon chopped parsley, few drops onion juice and a grating of nutmeg, then add white beaten stiff and 1½ teaspoons of cream. Drop by spoonful into smoking hot deep fat. They will swell and look like fritters. Drain on paper and serve on a napkin.

To Revive Black Cloth.

Boil two and a half quarts of water with one-quarter of a pound green vitriol, one pound logwood, and one-half pound bruised galls, for two hours; then strain and brush over cloth with it.

PUTNAM FADELESS DYES color Silk, Wool and Cotton at one boiling, fast, beautiful colors. 10c per package.

Don't be too sure of the man who boasts of being sure of himself.

TO CURE A COLD IN ONE DAY Take LAXATIVE BROMO Quinine Tablets. Drug-gists refund money if it fails to cure. E. W. GROVER'S signature is on each box. 25c.

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Things we can do without trying are seldom worth doing.

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Give Defiance Starch a fair trial—try it for both hot and cold starching, and if you don't think you do better work, in less time and at smaller cost, return it and your grocer will give you back your money.

Has Right to Damages.

A Baca county man threatens to sue a hunter for \$500 damages because the hunter killed a laying hen. A hen that will lay at this season is worth money, you know.—Denver Post.

Important to Mothers.

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One of the most annoying results of eye strain is the baggy condition under the eyes, which is very disfiguring. To restore the condition of the skin tannic acid is generally effectual, using 20 grains to an ounce of glycerine. It is applied to the puffiness with a soft camel's hair brush night and morning.

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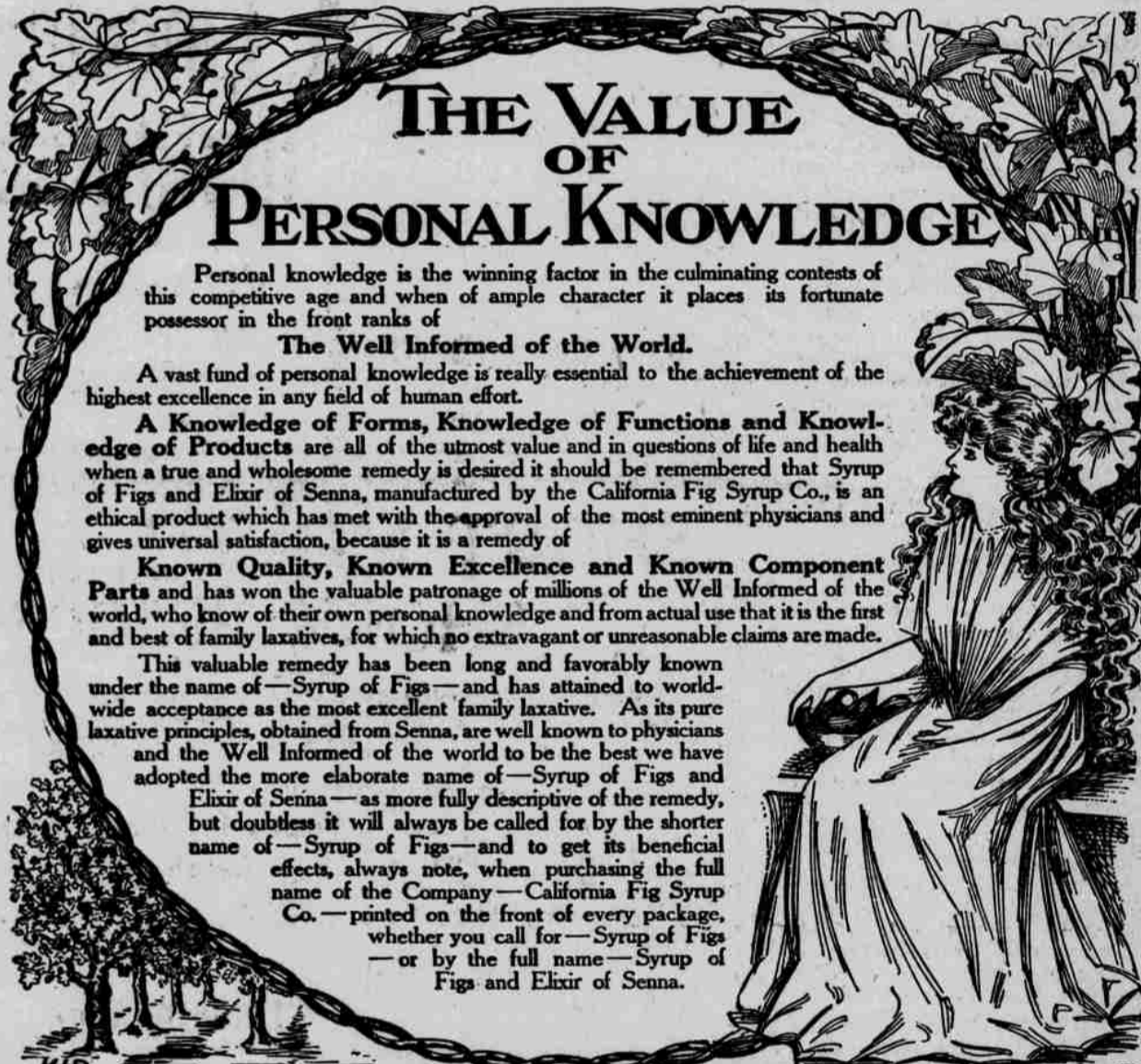
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What is Tragedy.

A murder without a good motive is merely folly; properly actuated, it is tragedy, and therefore of worth. So with a death; one seldom dies well, in the technical sense, without having lived well, in the artistic sense.—Perceval Gibbon in McClure's.

Before having a plaster applied to the back or chest one should take a deep breath and hold it while the plaster is being put on. If this is done the patient will not be annoyed by that drawing of the skin which is so unpleasant a feature when the plaster is ordinarily applied.



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Personal knowledge is the winning factor in the culminating contests of this competitive age and when of ample character it places its fortunate possessor in the front ranks of

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A Knowledge of Forms, Knowledge of Functions and Knowledge of Products are all of the utmost value and in questions of life and health when a true and wholesome remedy is desired it should be remembered that Syrup of Figs and Elixir of Senna, manufactured by the California Fig Syrup Co., is an ethical product which has met with the approval of the most eminent physicians and gives universal satisfaction, because it is a remedy of

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carries with it the possibilities of great happiness, into the heart of a childless home. Women who wish for children, should understand that sterility is not so much of a disease, as a symptom of female weakness, and, that in 90 cases out of 100, when the female weakness has been cured by

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