

REQUESTED RECIPES.

Good Graham Twists, Nice Graham Wafers and Crackers and Some Bran Biscuits.

Graham twists are made of three or four parts of graham flour to one part sweet cream. Whole wheat flour may be substituted. Sift the graham flour, and, if very coarse, add half white flour; have flour cold and in a basin; have cream cold and, dropping into the flour stir briskly with a fork, allowing no wet pools to form. This should make a very stiff dough which should not stick to the board while being kneaded one-half hour, or until a piece will give a snapping sound when pulled off. Roll thin as piecrust and cut into strips one-fourth to three-quarters of an inch wide; twist with hands and lay in baking pan; the oven should not be too hot. When done they are crisp, and the starch is dextrinized (partially digested), as in zwieback.

Graham Crackers—Seven cupfuls of graham flour, one cupful of thick sweet cream (or butter), one pint of sweet milk, two teaspoonfuls of baking powder; sieve and rub the baking powder into the flour; add the cream (or butter, which should be rubbed into the flour well), a little salt, then the milk; mix well, and roll as thin as soda crackers; cut in any shape; bake quickly; then leave about the stove for a few hours to dry thoroughly.

Bran Biscuits—One quart of milk or water; three teaspoonfuls of butter (or lard) three tablespoonfuls sugar; two tablespoonfuls baker's yeast (any live yeast will do); pinch of salt, and flour and graham. Take enough wheat flour to use up the water, making it the consistency of batter cake dough; add the rest of the ingredients and as much graham flour as can be stirred in with a spoon. Set away until morning. In the morning, grease a pan, flour the hands and take a lump of dough the size of a large egg, roll lightly between the palms; put into the pan and let them rise 20 minutes, and bake in a tolerably hot oven.

Graham Wafers—One-third cupful of butter, one-third cupful of sugar; half teaspoonful of salt; one pint of white flour; one pint of graham flour. Mix the butter, sugar and salt; chop this mixture into the white and graham flour mixed; wet it with cold water into a very stiff dough; knead well, and roll out very thin; cut in squares or any shape desired and bake quickly.—The Commoner.

MISCELLANEOUS.

White paint, when dirty, should be washed in milk. Colored paints may also be treated in this way.

Lime sprinkled on the shelves will keep pickles and jams in the store-room from becoming moldy. The lime must be renewed occasionally, as it loses its strength.

When tablecloths are beginning to get shabby in the middle or at the folds a few inches cut at one end and one side will completely alter the place of all folds and will give the cloth a new lease of life.

Boiling-hot liquid may be safely poured into a glass jar or tumbler by first putting a silver spoon in the dish. Be careful, however, that a draught of cold air does not strike the vessel while hot.

Instead of using any sort of veil-case, which requires the folding of an already mussed veil into still more creases, use a toy rolling pin and roll your veils around it, smoothing out the mussed ends as well as you can.

Never expose leather to the extreme heat of a fire or it will become hard and liable to crack. Shoes and boots should be dried at a safe distance from the fire, but to expedite the process they may be filled with oats. The damp of the leather will be absorbed by the oats, which may be dried and put away again for future use.

Whenever an oil painting becomes dusty and discolored, it may be cleaned by the use of white raw potato, for artists frequently make use of this method. Commence at one corner of the picture and rub the surface with a raw potato which has been flattened by removing a slice; as fast as the potato becomes discolored remove a thin slice with a sharp knife and continue to rub the picture until the entire surface has been cleaned. Then wipe the picture off with a soft cloth, and it will be found quite clean, and the picture will not be injured or faded, but simply cleaned.—Good Literature.

Peanut Candy.

Two cups of New Orleans molasses. Two cups of soft A sugar. One cup of butter. One teaspoon of salt. One teaspoon of vanilla. Six quarts of peanuts. Put the butter, sugar and molasses together, adding the salt after it comes to a boil. Boil until it forms a soft ball in cold water, then take from the stove and beat vigorously ten minutes. Return to the stove and boil until a spoon drawn through it makes a slight path. Add the vanilla and heat again. When beginning to grow cold, stir in the peanuts and pour into buttered pans.

Hotch Potch.

Hotch potch is an old-fashioned Scotch dish, made in the spring, when there are plenty of fresh vegetables. It is a thick puree-like soup. It may be made either from fresh or cooked meat. This is one way of making it. Three or four pounds of loin chops are put into a saucepan with about three quarts of boiling water. Peas, haricots, beans, carrots, half a turnip, parsley, a little bit of cabbage and some green onions are added. Boil this very slowly for an hour and a quarter, season with pepper and salt. It should be a thick broth when done.

HOME-MADE BEDSPREADS.

Suggestions for the Treatment of Different Beds and What Materials to Use.

A very pretty one was recently made from a linen sheet. A hem six inches wide was turned up on three sides of it, and hem-stitched. A simple scallop was then worked all around it on the double edge and cut out. A design showing bunches of chrysanthemums and leaves, joined by a running design of ribbon, was made exactly to fit the top of the bed—and a similar design was put across the upper end to go over the bolster roll. The work was done in heavy, white mercerized cotton—the ribbon being darned in, and the flowers and leaves heavily stuffed and worked in satin stitch.

For a yellow and white room the spread was made of six yards of plain yellow wash material, 26 inches wide, costing eight cents a yard. This was cut into six pieces, each one yard square, and joined together, three pieces on each side, with insertion about three inches wide. In the center of each square was worked a conventional figure.

For an old-fashioned four-post mognay bed a handsome India cotton print was used. This came 12 feet long and six wide. The ground was white, with gay red and blue figures of birds and flowers across the two ends. The pattern took the form of a wide border. These two ends were cut off and sewed along the upper part of the two sides, the square openings at the corners being left for the posts. The whole spread was edged with some old lace and insertion ripped from discarded curtains.

Another spread was made from Irish unbleached linen, which comes 50 inches wide. This spread was made three and one-half yards long so as to allow of an extra piece to put over the bolster roll. The whole surface was worked in a Mount Mellish design, using the heavier grades of knitting cotton; the edges of this spread were hemstitched, but could be scalloped.

A FEW HEALTH HINTS.

Green Vegetables Highly Recommended and Hot Water a Great Aid to Digestion.

Green vegetables and salads will counteract a tendency to pimples and other skin eruptions. Sufferers from eczema should eat sparingly of fruit, which, as a rule, contains too much acid to be suitable for them.

The best toilet preparation in the world is plain hot water. Drink a glass of it every night if you want a good digestion, clear complexion and a good sleep.

If the hair is in a very weakened state, as it is after illness or fever, brushing, clipping and vigorous shampoos are too severe treatment for it.

Massage the scalp for five minutes every day, or for half an hour twice a week, rubbing a very little vaseline into the roots of the hair. Let the hair hang loose and free as often as possible and dress it as simply as possible, so that much anndling will not be necessary. Give it a rest. Its weak condition demands that it be left alone instead of being fussed over.

In spite of the danger of the old-fashioned punishment of a box on the ears, it is one which is often inflicted on troublesome children by their parents, without the smallest regard of consequences. The parents are ignorant, not cruel, but they ought to know that such a punishment is likely to cause lifelong injury. Deafness is probably the most frequent ill result of ear-boxing, but it may cause injury to the brain and insanity.—Farmers' Review.

Stewed Veal with Barley.

Put a knuckle of veal in a saucepan with a bit of butter the size of a walnut, and fry the meat a nice brown all over. Just cover the meat with quite boiling water, put in a tea-cupful of barley, two heads of celery, cleaned and cut in inch lengths, two carrots, two turnips, two large onions, a sprig of lemon thyme, marjoram and two sage leaves. Let this simmer for two hours; put the meat on a hot dish, season the vegetables with pepper and salt, pour over the meat, and serve with a table-spoonful of finely chopped parsley sprinkled over.

To Remove a Grease Spot.

Here is a new way to remove a grease spot, which answers excellently: First place a double thickness of blotting paper on an ironing board. Lay the material on this and sponge well with benzine. Now put two more thicknesses of blotting paper on top and iron with a moderately hot iron. Remember that benzine is inflammable, so don't do this near a fire or light, and see that your flatiron isn't at scorching heat.

Present for a Baby's Basket.

You can make a very dainty little present for the baby's basket by taking ribbon an inch wide in pink or blue, and sewing it in four long loops, leaving enough ribbon at one end to form a rosette at the top. On each loop place a crocheted silk ring, about the size of a quarter, and attach to these rings safety pins of various sizes. This is easily made, inexpensive and always a welcome gift.

Little Moire Coats.

Moire is newer than taffeta for the little silk coat that is to be worn this spring. Falle, which always comes in with moire, is used for the same purpose. The coats range all the way from little postage stamp jackets to be worn with corselet skirts through the ordinary e-ton and the little sack coat to all lengths and degrees of coats with skirts.

TO EXTEND YOUR LIFE.

Thinking an Exhaustive Process and the Need the Brain Worker Has of Repair.

According to the theories propounded recently by Dr. Wilhelm Ostwald, of the University of Leipzig, in his lecture before the students of Columbia university, the length of human life depends upon the store of psychic energy which is within the body. The prolongation of life at pleasure, according to his theory, should be merely a question of revitalizing the body occasionally with this mysterious force, which travels through the nervous system, and which experiment has shown to be closely akin to electricity.

Dr. Ostwald said in part: "Thinking is the most exhaustive kind of work, because it consumes more of this force than any physical process. It has often been found, upon stopping the process of thought, that this energy is transformed into heat in the body, and at the same time there is less need of reinforcement of the supply of energy. When I am engaged in severe mental labor, as I have been since coming to America, I eat twice as much as I do when I am not so engaged. This only shows that the brain is constantly using up a supply of the energy, and to keep up brain work we must keep supplying the energy from the outside.

"Most of this energy comes in through the food which we eat, but every sense impression, such as seeing, hearing or feeling, conveys a certain amount of force into the body. When the body once receives the energy, it acts just like any other machine in its transferences. The question of long life then is simply a question of keeping up the supply. As long as the vital organs are able to assimilate properly, thus providing the body with the force that is used up in mental and physical processes, a person should remain young.—Boston Budget and Beacon.

BLANKETS AND WOOLENS.

How to Cleanse Blankets the Right Way and How to Put Away Woolens.

Washing Blankets.—When my little neighbor washes blankets, it is a pleasure just to sit by and watch the pretty, soft, fluffy things blowing on the line. The process is so simple that I have learned to do it myself. Choose a warm, sunny, but windy day. This is important, if the best results are wished. While dry, look over them carefully, and put a safety pin in the center of the spoiled spots. For one pair of blankets, prepare a suds with half a cake of any good white soap, with one table-spoonful each of borax and ammonia. The suds must be as hot as you can bear the hand in. Let the blankets stand in this for an hour, and if the water is too cold, add more hot water. Then look up the places where the pins are, remove these and rub between the hands until the spots disappear. Do not rub on the board, and do not soap on the blanket direct; have ready a second tub of suds, and paddle them around in this, squeezing and pressing between the hands; rinse in not less than three waters of the same temperature, running them through the wringer each time. Fasten with at least a dozen pins to the line, and shake frequently while drying.

Storing Woolens.—This is the season for putting away woolen clothes and furs. No moth balls or other vile-smelling substance will be needed if the garments are hung on the line in the sun, whipped with a light switch, and in the case of clothes all the soil spots carefully cleaned. Then tie up in clean pillow cases or, better still, fold over the hems and run along on the machine. A chain-stitch machine is best for this purpose, as it is easily ripped; but if a lock-stitch is used, have the bottom thread loose.—Country Gentleman.

Whole Wheat Bread.

Scald one cupful of milk, add one cupful of water, one teaspoonful each of salt, sugar and butter. When this is lukewarm, add one-fourth of a yeast cake dissolved in one-half of a cupful of lukewarm water, and enough whole wheat flour to make a thin batter. Have this done by six o'clock and set in a warm place until ten o'clock. Add enough flour to make a soft dough, kneading well. Let it rise until morning. Then stir down and pour into well-greased pans and let it rise half an hour. Bake one hour in a moderate oven.

To Renew a Mirror.

Keep for this purpose a piece of sponge, a cloth, and silk handkerchief, all entirely free from dirt, as the least grit will scratch the fine surface of the glass. First sponge it with a little spirits of wine, or gin and water, to clean off all spots; then dust over it powdered blue tied in muslin, rub it lightly and quickly off with the cloth, and finish by rubbing with the silk handkerchief. Be careful not to rub the edges of the frame.

Moth in Carpets.

If the moths have got into a carpet it must be taken up, thoroughly shaken, and pressed with a flatiron as hot as it will bear without scorching. Then liberally sprinkle the floor where it is to lie with spirits of turpentine, pouring it into any cracks there may be between the boards.

For Washing Brushes.

Dissolve rock ammonia in the proportion of one ounce to two quarts of water. Dip the brushes lightly in this and move backward and forward. Rinse thoroughly in cold water, shake and dry in the sun.

The U. S Reclamation Service.

On the fourth anniversary of the formation of the Reclamation Service from the Hydrographic branch of the Geological Survey, it has definitely broken away from the parent body and moved into new quarters.

During the four years of its existence the organization has increased from less than a dozen men to over four hundred engineers and assistants, carrying on work throughout widely scattered localities in the arid West. Contracts have been let and work is under way involving the expenditure of upwards of \$25,000,000, and other contracts are being prepared which will necessitate the expenditure in all of nearly \$40,000,000. There are now working for the contractors about 10,000 men, and the Reclamation Service has working directly for it over 2,000 men, including day laborers and mechanics. The monthly expenditures aggregate about \$1,000,000, having gradually increased until they are now practically at the maximum. It is not probable that there will be further expansion but, on the contrary, a considerable consolidation and reduction of force as the larger works are completed.

The rapid growth of the Reclamation Service is indicated by the annual expenditures: For the fiscal year ending June 30, 1903, these were a little over one-half a million dollars; for 1904, one and one-half millions; for 1905, three and three-quarters millions, and for the year ending June 30, 1906, very nearly eight millions, the greater part of this amount being expended during the months of May and June, when the expenditures reached over a million dollars each.

Fremont's Unmarked Grave.

The body of John C. Fremont still lies in an unmarked grave in Rockland cemetery, on the heights above Piermont. His wife's ashes—her remains were incinerated in California, where she died a few years ago—are waiting for something to be done before they are interred by the husband's side, says the Boston Transcript. It is understood that the urn with the ashes has been brought on from the West and is somewhere in the neighborhood.

When General Fremont died, at New York, July 13, 1890, the commanding site now occupied by his grave was selected as a most appropriate spot for his interment. It was chosen with deliberation by a committee organized for that purpose and with the further intention of erecting upon the site a monument suitable in style and execution to the exalted position held and the distinguished services rendered to his country by the explorer, general and statesman, once known as "The Pathfinder."

The burial, which was delayed considerably after the death of General Fremont, was the occasion of a gathering of men eminent in the army, navy and in public, and was attended with appropriate ceremonies. At about the same time the John C. Fremont Association was incorporated, with the object of providing a monument and memorial which should be a mark for all passing up and down the Hudson River. An elaborate design for such a monument, to cost a large sum, was prepared and, it believed, adopted by the association, and a base therefore was laid at the foot of the grave. Since then nothing has been done and nothing to mark the grave appears in the cemetery, save a little faded flag, which possibly may be renewed annually, with the addition of a bunch of flowers on Memorial day.

Foley's Kidney Cure.

Will cure Bright's Disease. Will cure Diabetes. Will cure Stone in Bladder. Will cure Kidney and Bladder Diseases. For sale at McBride's Pharmacy.

FARGO.

John Wissman was a business caller here Saturday.

Hon. Cass Jones and son-in-law Bachman were transacting business in Reno Saturday.

Miss Dohds of Falls City has been secured to teach our school the coming year at a salary of \$47.50 per month.

John Payne, Philip Werner, Grant Freck, Herman Seltz and Alois Ketterer were attending to business matters here Friday.

The road overseer spent Friday and Saturday to good advantage fixing bridges, culverts, filling holes and plowing dirt into the ditches.

The business men have hired men to fix the badly washed roads that lead to this city. By Saturday evening they had the roads in better condition than they have been for nearly a year.

The Fort Hazel base ball nine have won three straight games off of the Arkansas travelers at Fortescue; two straight games off of the Preston champions and are now desirous of plucking the laurels from the brow of the Falls City Colts.

The two and one-half inches of rain Thursday and one inch Friday morning fixed the corn and fall plowing in O. K. condition. What a fine country we possess! Better enjoy it while we can as many are expecting to move from old Richardson; then old Richardson will look more beautiful than ever. Distance lends enchantment and you never miss a good thing until all is over.

The post-office department will have the rural letter carriers report the condition of their roads to the department, in with other reports, beginning as soon as the proper blanks get to the carriers. Portions of routes that are not kept in good condition will be discontinued and whole routes if necessary. That the routes are established is no sure sign that they will be continued if patrons are so indifferent as to not keep them in good shape. The department takes it for granted that it does its full share in delivering the mail to the farmer's door and they in return in all reason ought willingly and gladly to provide good roads and respectable looking, as well as substantial mail boxes.

From Baldwin County, Alabama.

Elberta, Ala., Aug. 1, '06. Herman Koehler, Dear Sir:—

You ask me to write and give you facts to convince the knockers that this is a good farming country.

I would not attempt it, as I had them in my own town, you cannot argue "with people without reason."

I call them "human germs," who are continuously trying to kill a good healthy growth anywhere even in their own town.

The same "germ" existed during California's early days, which is not very long ago, and during its growth and even to this day these same "germs" laid desert eggs in human ears and still that so called hot and sandy country sells from \$300 per acre and up today, now leave the knocker or "germ" where it is we don't want them, and to other of your people I can honestly say I am well satisfied with the conditions of this country around Elberta, and as far as I know all my neighbors are satisfied. We can raise any kind of a vegetable successfully, as well as fruits except bananas, pineapples or such fruit as grows in the central or south American country.

Apples and oranges are being grown here but not for commercial purpose as yet.

We have no trouble making "hey" for our stock.

Walnuts, German and English, as well as pecans mean big money and do well here in fact any nut will do well if properly treated.

Tobacco does very fine as you will see in the books of the company which does not overdo the crops grown here.

Hoping to see a good many more of such men as visited Elberta from your part of Nebraska. I remain yours truly,

E. A. VOGELGESANG, President of the Farmers Educational and Co-operative Union of America.

Attend the state fair during the day and home-coming for W. J. Bryant in the evening of September 5th, the special trains from Falls City will be held until 10:15 p. m. on this date.

OHIO

(Crowded out last week.) Rev. Hunt of Verdon spent last week at Frank Houtz's.

Wallace Cully and family moved into their new house last Monday.

The little child of Martin Nolte and wife was quite sick, Tuesday.

Mrs. Ed Kimmel was the guest of Samuel Kimmel in Falls City.

Mrs. Frank Lichty entertained her brother of Auburn part of last week.

P. F. E. Shaffer and O. A. Burk are the proud possessors of new phones.

Chas. Zentner and family were guests of relatives at Verdon last Sunday.

Chas. Peck of Morrill spent the latter part of last week visiting with relatives.

Chas. Stump and wife of Stausville were guests of the latter's parents, Sunday.

Martin Nolte and Wm. Huettnner returned home from Kansas City last Saturday.

Bert Lichty of Ashland, Ohio spent part of last week with relatives in this vicinity.

Geo. Prichard and family spent Sunday with Chas. Whetstone and wife in Falls City.

Grand ma Cully spent the first of the week with her daughter Mrs. O. B. Prichard.

H. M. Shaffer and wife of Falls City visited at the former's brother Perry last Friday.

Della Kniesly returned home Saturday from an extended visit in Pennsylvania.

Chester Stump and family left Sunday to attend a camp meeting at Beatrice this week.

Rev. Brewer left last week for Cameron, Neb. to spend a couple of weeks at a camp meeting.

O. B. Prichard has returned home from the Sycamore Spring feeling much improved in health.

John Nolte and family and Mart Nolte and family spent Sunday with Wm. Huettnner and family.

Noah Peck returned home last Friday from Scott City where he was looking after some land there.

Lester and Hazel Richardson and Myrtle Yocam of Falls City were guests of Harvey and Sadie Peck.

George Johnston and family and Mrs. L. Ellinger and son Wm of Stella were visitors at Noah Peck's Sunday.

The concert given at Maple Grove last Tuesday evening by the Richardsons of Falls City was very much appreciated.

Wm. Hutchison and Myrtle Yocum left Tuesday to attend the Reunion at Craig, and will visit at the Big Lakes before returning.

Joe Cully and wife, Frank Uhlig and wife and Wallace Cully and sister Miss Rebecca attended the Chaataqua at Auburn last Sunday.

Anna Stump of Stausville, Claud Philippi and Wm. Halderman of Morrill, Kansas were the guests of Edna Shaffer Sunday.

Lulu Stump gave a farewell party to a number of the young people Saturday before going away to college. Refreshments were served.

Clarence Peck celebrated his 9th birthday last Saturday afternoon in the way of a little party given to his little friends. All report a good time.

Special Trains via Burlington to State Fair, Lincoln.

On Tuesday Sept. 4th and Wednesday Sept. 5th special trains will leave Falls City 6:00 a. m. via Nebraska City and on Wednesday Sept. 5th and Thursday Sept. 6th special trains will leave Falls City at 5:30 a. m. going via Table Rock. Returning leaves Lincoln 7 p. m. daily. One fare for round trip.

New Milliner

Mrs. H. C. Raker, the new milliner, will open with an entirely new stock of up-to-date Millinery Goods after Sept. 1.

Watch for date of opening. Call and see us, one door of C. M. Wilson's.

MRS. H. C. RAKER