

TABLE AND KITCHEN.

Practical Suggestions About Food and the Preparation of It.

Daily Menus. MONDAY. BREAKFAST. Cereal, Stewed Dates, Cream, Bread Omelet, Bacon, Stewed Potatoes, Steamed Rolls, Coffee, Pudding. LUNCH. Golden Buck, Honey, Toasted Muffins. DINNER. Cream of Tomato Soup, Pressed Beef, Brown Sauce, Escalloped Potatoes, Winter Squash, Cabbage and Celery Salad, Rice Pudding, Coffee. TUESDAY. BREAKFAST. Toast, Apple Sauce, Cream, Broiled Ham, Potato Cakes, Hammocks, Coffee. LUNCH. Stewed Tripe, Tomato Sauce, Brown Bread, Cheese, Fruit, Water, Cocoa. DINNER. Pot Roast, Brown Sauce, Mashed Turnips, Broiled Under Meat, Pumpkin Pudding, Lettuce Salad, Coffee. WEDNESDAY. BREAKFAST. Cereal, Sliced Bananas, Cream, Liver Roll, Baked Sweet Potatoes, Griddle Cakes, Coffee. LUNCH. Cold Roast Beef, Macaroni and Tomatoes, Fruit Roll. DINNER. Celery and Oyster Soup, Stewed Potatoes, Cream Sauce, Baked Sweet Potatoes, Stewed Onions, String Bean Salad, Cakes, Orange Jelly, Coffee. ARE HOT BREADS WHOLESOME? Two Sides to a Question that perplexes Housekeepers. That hot breads should be more indigestible than other hot foods does not seem reasonable to many, even though the statement be made on good authority. These statements are deduced from actual results in a knowledge of the common things of life is imperative for our comfort and well-being. Call it household chemistry, and let many a housewife shake her head in a doubting way and thinks it sounds all very fine, but her mother never studied chemistry.

most instances, but there are always two sides to a question, and it is only fair to give both, that the intelligent housekeeper may form her own conclusions. Sweeping assertions, with citing possible exceptions, frequently have the opposite result from effect aimed at to remedy an evil, especially when they run counter to some favorite habit or indulgence on the part of another. When one considers the fact that other cooked foods are considered more beneficial when eaten warm than cold, the theory that hot breads are unwholesome makes someone seek an explanation. The reason that hot breads contain a certain amount of moisture should not interfere with their healthy digestion, all other conditions being favorable. Employing good materials, especially flour, yeast and baking powder, and subject them to the proper process of mixing and baking, and why should the bread not be as wholesome fresh from the oven as other starchy foods that are cooked with the intelligent knowledge of how to convert raw material into proper food substances? Sticky bread and rolls, la' done by putting such a mass of dough together that the length of time given for baking is not sufficient to complete the work in a thorough manner. If the heat is intense enough to reach the center of the dough, and there generate sufficient volume of steam from the moisture incorporated in the mass, the result is the bread is burned on the outside before the starch granules in the middle are disintegrated. If the ferment used is yeast the plant is not killed, and when this is swallowed with the moist, warm, sticky mass of half converted starch the ferment is in its element and continues its work without any inconvenience to itself, but very considerable inconvenience and discomfort to the unfortunate consumer. Unless the nature of yeast ferment is understood we do not see any remedy for the existing evil except the use of other leavening principles, which furnish the carbon dioxide gas without fermentation.

Knowing Things. A knowledge of the common things of life is imperative for our comfort and well-being. Call it household chemistry, and let many a housewife shake her head in a doubting way and thinks it sounds all very fine, but her mother never studied chemistry.

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istry in order to be able to cook and she was famous in her day not only for her good dishes, but for having brought up a strong and vigorous family. And why? Not only were conditions then very different and the food materials in use of the simplest and most wholesome kind, as it was probably before the age of food adulterations, but that mother realized that she was building up a part of a nation's brain and brawn and directed her work accordingly. Unfortunately the many examples we have to show us the result of mother's system of feeding do not lead us to conclude that they all worked with the same intelligence. That our grandmothers did have some considerable knowledge of chemistry in many of their old family recipe books. Before the use of baking powder was known they knew that in order to obtain the desired lightness in their cakes they must depend upon the amount of air beaten into the batter and also incorporated in the whites of eggs. The heat expanded this air and the albumen of the eggs, being set or hardened by the heat, formed the little cells that condensed it and gave them a light cake or bread. Specially being the mother of invention and the housekeeper considering the amount of time and labor spent in this one direction, put on her thinking cap and the result was a homemade baking powder from wood ashes and sour milk, these two giving her the combination of acid and alkali needed. This, probably, was not only an improvement on the eggs and heating, but economy of time and labor and, perhaps, money, too, if eggs were scarce and dear.

The instructive knowledge. Then, as now, cooks were born, not made. And this, now, some failed in spite of good intentions, where others triumphed; doubtless for the same reason as at the present time. Some used their brains and that God-given attribute, common sense, while some believed that cooking went by luck. Thus history repeats itself and some housewives can feed their families on hot bread al libitum, and they rise up to call her blessed for their strong and vigorous bodies and minds, while other mothers wonder why their children have such miserable digestions. Undoubtedly the cause in the latter case may be the indulgence in hot breads badly made. These are certainly very dangerous ammunition of war, disaster and ruin in the human body if manufactured into unwholesome, half-baked dough. Lead bullets are not made to be avoided. There may be some recompense in falling a heroic victim to one of these missiles, but what dyspeptic victim of unwholesome bread ever won the badge of courage for his heroic struggle in the unequal battle with this dread foe? Let the lovers of hot breads learn how to make them properly and use only good, pure materials, and if indulgence follows a meal look to it that the same intelligence is used in the preparation of all the other foods. Outside or mental influences play no small part in the digestion of our foods. The wisest plan is to feel sure you are right and then go ahead and eat what seemeth best.

QUINT FEATURES OF LIFE! Cheerful announcement and invitation printed by a paper in Holton, Kan.: "Albert Beier has just completed a course in the embalming school of Kansas City and returned with his diploma. He will have a full stock of coffins and funeral supplies ready by the first of the week and invites all needing his services or goods of this character to give him a call."

A photographer at Seneca, Kan., recently took one of the most unique groups that ever stood before a camera. In Centralia there is a woman who is living with her second husband, having been divorced

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Another piece of pie. It is perfectly digestible, which is not. It is clean and free from disease-taint to which swine, from which lard is made, are liable. Dyspeptics can with impunity enjoy food made with it. It goes twice as far as lard or butter and is therefore cheaper. Weson's Salad Oil is far greater value than the finest olive oil and has the same flavor. Ask your friendly grocer to supply you with Weson's Oil.

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For the stomach's sake. BATTLE CREEK SANITARIUM! FOODS. These foods are subject to a daily test at the world-famed BATTLE CREEK SANITARIUM where lives would pay the forfeit were ordinary prepared foods used. They have been pronounced by the Sanitarium physicians as indispensable in the successful treatment of common gastric dyspepsia. They strengthen the muscles and enrich the blood of weak people and enrich the blood of well people. Ask for Battle Creek Sanitarium Foods at all grocery stores or by the many food stores on our reputation. Made by Battle Creek Sanitarium, Food Co., Battle Creek, Mich.

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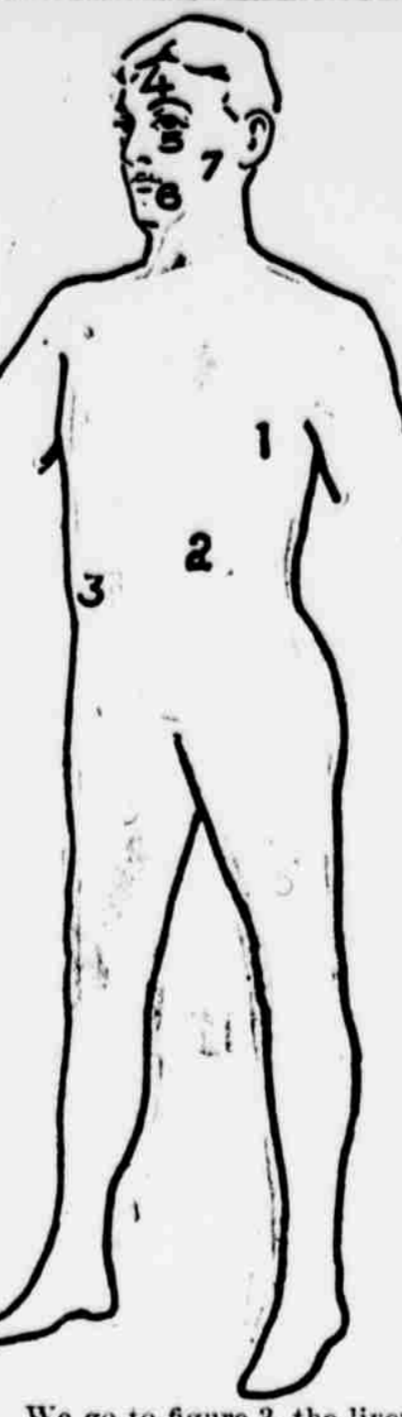
from her first. The other day the divorced husband visited the town and called on his former wife and her new partner. Seized by an impulse, the woman proposed that all three should have their pictures taken together. The husbands had no objections and the group proceeded to the photographer, where a likeness was taken with the woman standing between the two men. The authorities whose duty it is to enforce the game laws of Kansas recently had reason to suspect that some market hunters were illegally shipping quail from Wellington, but the gathering of evidence was found to be an almost impossible task. Finally the officers borrowed a pointer dog and took it to the freight depot, and the animal promptly centered its attention upon a large egg case. The case was opened and under its two top layers of eggs were found several dozen quail. The lawbreakers were located without difficulty upon reference to the railroad company's books, and arrests promptly followed.

In a cemetery in southeastern Nebraska is a tombstone bearing this inscription: "A scottish, faithless husband has caused my early death. Rest for the weary pilgrim; There is a heavenly rest; Farewell, my aged parents; Farewell, my brother dear; To you, my two sweet darlings, God be your guardian care." It was erected by an old German for his daughter. The "scottish husband" never reformed nor destroyed the stone, but he gave the rebuke no concern and continued his evil ways until a year ago, when he took up his grave near by, and, from all appearances, sleeps well.

A Blarney Castle story involving a pretty little Irish girl is being told in Dublin. Several visitors were exploring the famous castle, and on reaching the top became somewhat nervous owing to the great height. Presently a young man appeared and, being a stranger, asked to have the real Blarney stone pointed out to him that he might follow the ancient custom and kiss the ancient relic. This process of kissing the stone is a rather dangerous one, and the young woman, in her nervous state, not caring to have the feat attempted in her presence, exclaimed, "Oh, please don't kiss the stone while I am here!" The stranger, it is hinted, politely acceded to her request, but not exactly in the way she meant.

Equals Three Pounds of Beef. Those who desire a tempting and nutritious meal that can be served in a second at a cost of 1 cent per person should buy Granola. It has a rich, nutty flavor. One pound packages contain as much nutrition as three pounds of beef. It is thoroughly cooked and ready for immediate use, with the addition of fruit juice or milk. Readers of this paper who will send the name of a grocer who does not sell Granola to the Sanitarium Food Co., Battle Creek, Mich., will receive a free sample. In ordering of your grocer be sure that a picture of the Battle Creek Sanitarium is on each package. The genuine Granola bears this picture.

LABOR AND INDUSTRY. Chicago woman bookkeepers will demand the eight-hour day. Fish scales, if they are small and bright, are made into jewelry for the Indies and China. A secured a nine-hour day for San Francisco hours after giving notice that they wanted a shorter day. Of the 1,000,000,000 tons of freight handled by the American railroads last year more than one billion tons were Bituminous and 50,000,000 tons anthracite. A contract has been closed by a Milwaukee firm for furnishing the first complete set of brewing machinery ever sent from this country to Japan. Two natives of that country, after personally examining such machinery in various European countries, decided that the American article was what they wanted. The plant will be located at Kioto and will cost about \$100,000. A firm in Lyons, France, takes advantage of the shortening of cotton fibers under non-moisturized treatment by caustic potash to produce in silk, webs certain peculiar and very rich embossed effects. The silken webs have cotton threads at fixed distances, which, when the chemical solution is applied, shrink, while the silk, keeping its original length, is gathered in the folds. In this way the most diversified patterns are produced. Natural gas has been in use in Pittsburgh since 1850. Today the combined capital of the company has been operating in a district aggregates \$4,000,000, operating 2,600 miles of lines and 1,350 wells, employing nearly 3,000 men, and holding under lease over 40,000 acres of land, for which they pay \$500,000 annually in royalty and rent. The daily consumption of gas is now nearly 120,000,000 cubic feet, equal to 6,000 tons of coal. Over 500 new wells are drilled each year to maintain the supply. The supply is used by 500 mills and over 40,000 families.



stop, think, know why your loss of appetite, your loss of strength, your paleness, your emaciation, your nervousness, study the numbers, then cure yourself

The figures describe a weakness common to many men and women, young and old. Observe figure 1. It locates the heart—THE MOST IMPORTANT ORGAN OF THE BODY. The heart is the engine that propels the machinery of the system. All the blood in one's body must pass through the heart hundreds of times each day. The heart is a delicate structure, easily subject to deleterious influences. When the heart flutters (palpitates), when there is pain in left side, it denotes weakness of the heart. For such weakness, one should take Hudyen. Hudyen builds up the delicate heart structures; also strengthens the many nerves that control the action of the heart.

Look at figure 2, which points out the stomach. The duty of the stomach is to prepare the food so that it may be taken up and converted into flesh. In order to do this the little glands in the stomach that provide the digestive juices must be active. But oftentimes they are in a passive state, when indigestion and blotting of stomach result. Hudyen relieves such conditions at once, for Hudyen strengthens these glands.

We go to figure 3, the liver—torpor or inactivity of the liver is common, and produces costiveness, sallow complexions, coated tongues, loss of appetite. Hudyen stimulates the liver to perfect activity, and diverts the bile from the blood into its proper channels. Hudyen creates bright, rosy complexions.

Figure 4, locates the brain, the great nerve center, which all impressions are received. When the heart is weak or beats irregularly, then too much or too little blood is sent to the brain, and headaches result. Congestion or anaemia of the brain are at once relieved by Hudyen. Hudyen brings prompt relief to persons who suffer with dull or throbbing headaches.

The eyes are indicated by figure 5. When they are sunken, when they have dark rings under them that give one a haggard look, it denotes an impoverished circulation due to the functional derangement above mentioned. Hudyen quickly takes away the haggard expression and gives one a bright look.

We come to figure 6, a coated tongue. Hudyen relieves this condition because it corrects all digestive disturbances.

Lastly, we have figure 7, the face. Paleness, emaciation, a sallow complexion, a wan, haggard look, is promptly replaced by a bright, rosy complexion by Hudyen. Hudyen gives a general glow of health. Hudyen gives one strength, energy, health, for Hudyen tones those important organs whose perfect activity is essential to health. Get Hudyen from your druggist—50c a package, six packages for \$2.50. If your druggist does not keep it send direct to the Hudyen Remedy Co., 40 Ellis, San Francisco, Cal.

Druggists—Kuhn & Co., Sherman & McConnell Drug Co., Myers-Dillon Drug Co., J. A. Fuller & Co., Chas. H. Schaefer, J. H. Schmidt, Omaha, Camp Bros., Council Bluffs, Dillon Drug Co., South Omaha—all sell and recommend HUDYAN.

Large advertisement for Hudyen Cures. Features a circular graphic with the text 'pale, sickly women' and 'Hudyen Cures 50c'. The text describes various ailments like irregular menstruation, nervousness, and weakness, and lists numerous druggists and distributors across the country.