THE OMAHA DAILY BEE: WEDNESDAY, MARCH 6, 1901.



future depends upon the care you give them, The system is weakened by the chauges that are taking place, and it is often at this stage that the deadly consumption fastens upon its victims. The cause of the majority of weaknesses of women can be traced to this critical period of the girl's life.

this critical period of the girl's life. "About two years ago my daughter, who was then in her sisteenth year, for the condition was that which is generally called all run down. We were, focurse, worried about her, and employed the best physicians to attend her. They studied her case and allhough they did everything possible, gave her no relief which was permanent. The late Dr. Angel had first called my they were a fine tonic, so we decled to try them for my daughter. We did sord they were a fine tonic, so we decled to try them for my daughter. We did sord the showed a decled gain in health, attength and fleet. "A great many people will buy a medicine and fleet at tespasmodically. We believed in a fair trial in attel accordance with directions and our faith-uiness was rewarded, for she was greatly benefited by them. Her color came by whether do not dive believe in Dr. Williams Pink Fills for Pale People to relieve the faith may be believe in the weaks the primary cause of her trouble was removed and they are not cured they throw it aside as no good, or take it spasmodically. We believed in a fair trial in attel accordance with directions and our faith-uiness was rewarded, for she was greatly benefited by them. Her color came both myself and my wite believe in Dr. Williams Pink Fills for Pale People people about them and have been glad to do so." (Signed) GEORGE LOUCERS, 91 Lincoln Ave., Cortland, N. Y. Butscribed and sworn to before me this 2th day of June 1900

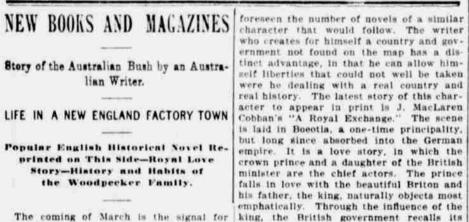
Dr. Williams' Pink Pills for Pale People

are sold by all dealers, or will be sent postpaid on receipt of price. Mo cents a box, or six boxes for \$2.50 (they are never sold in bulk or by the 100), by addressing Dr. Williams Medicine Company, Schenectady, N. Y.

One of Cupid's

strongest allies is stationery (i. e., good stationery, and that which comes from our counters is particularly fetching, artistic and dainty. You'll find the prices just rightjust what they should be for good stationery.

FINE CARD ENGRAVING-WEDDING INVITATIONS WE DO ARTISTIC WORK. Megeath Stationery Co.



Popular English Historical Novel Reprinted on This Side-Royal Love
Story-History and Habits of
the Woodpecker Family.out long since absorbed into the German
a daughter of the British
minister are the chief actors. The prince
falls in love with the beautiful Briton and
the king, naturally objects most
emphatically. Through the influence of the
spring is certain to be accompanied with a
food of fresh literature. The last week
also go to Scotland, with his family for the spring is certain to be accompanied with ainduction and published
the the state of the signal for the spring is certain to be accompanied with ainduction and the step-
son and his character as a foster-father. The r rrest Interature The last week also go to Scotland, with his family, for has witnessed the arrival of a number of a little recreation. The lovers again met Megeath Stationery Co., 1308 Farnam St. new books, some of which are of more than and the story ends with their marriage and The books reviewed on this page can be the renunciation on the part of the prince ordinary interest. E. W. Hornung, the Australian novelist, had of Barkalow Bros.' "Bookshop." 1612 of all right to his titles and princely in-Farnam street and Union station. has done some very clever writing and, as heritance. The book has been brought out the scenes of his stories are mostly laid as a part of the Town and Country library in his home country and are surrounded by D. Appleton & Co., New York, Price, \$1. a certain air of freshness and novelty, they Many people in Omaha have been surhave found their way most readily into popprised and not a few with weak nerves, perular esteem. The most recent addition to his list of romances is "The Shadow of a haps, slightly stratled at hearing a loud pounding on the roof of their homes, and Man." the scene of which is laid in the Australian bush country, a wild, lonely have been amused on learning that the region, akin to the so-called cattle country Loise was made by a bird, the red-headed woodpecker. The redhead is one of the of the western United States. it tells the most showy and attractive appearing of the story of a young woman of wealth and position who became infatuated with a larger birds common to Nebraska. The whole family, in fact, possess many intersheep rancher, concerning whose identity esting characteristics. Their habit of drilland character little was known. The ing holes in the bark of trees and storing friends of the young woman objected to an alliance between the two and, with the nuts for winter food, and many other habits expectation that she would not be pleased render thef of interest even to the unscientific observer. The woodpecker has, at the outlook, accompanied her on a visit however, been badly treated, his size and to the home of her lover among the wilds of the Australian bush. The adventures somewhat showy plumage making him a experienced during this visit are the chief splendid target for the hunter's gun, and features of the story. To say that it is a in order to justify their slaughter he has been represented as a destructive bird. A well told tale is entirely superfluous, as government bulletin issued not long ago Hornung is an exceptionally good entirely disproved this charge. Fannle story teller. A good plot well told makes Hardy Eckstorm has now published a most a good novel, to which description "The attractive volume of 130 pages regarding Shadow of a Man" answers well. Charles Scribner's Sons, New York. Price, \$1.25. this family of birds. It is accurate in Its desriptions and yet so written as to stim-

ulate original observation and intelligent

study among young people. The author

has made an exhaustive study of the struc-

ture and habits of the woodpecker and of

his toola-till, foot, tongue and tail-con-

cluding that he is a miner instead of a

carpenter as generally supposed. The book

is informing in contents and animated in

girls in the study of bird life on their own

account. The volume is beautifully illus-

trated, many of the plates being in colors.

Houghton, Mifflin & Co., Boston. Price, \$1.

'King John."

York. Paper, 10 cents.

man.

Price, 20 cents.

The most recent addition to Cassell's

man conversation. The heedful sugges-

tions and helps will be found in the foot-

notes and vocabulary. Few stories can or-

Recent Magazines

tion a vast amount of information in re-

gard to the literary gossip of the day is to the consistent motive which inspired contained under the general heading these carnest seckers for the higher "Chronicle and Comment." Published by spiritual life. hodd, Mead & Co., New York,

The March number of the Cosmopolitan ous features might be mentioned "A King's in America." "Secretaries to the Presidents," "A Society Girl of the Eighteenth Century." "The Boxer Movement," "Child Photography." and a choice selection of fic-

A year ago the first issue of the Pebble made its appearance unannounced and recelved mention as a new enterprise deserving the encouragement of the people of Omaha. On the anniversary of its birth it s again found among the exchanges, but onsiderably enlarged and greatly improved in many respects, and if it was to be com-mended to the goodwill of the people of Omaha a year ago it is certainly even more deserving at the present time.

Outing for March is a winter number and draws upon three continents for its seasonable sports-"Winter in His City Home, by Leon Vandervort, is Quebec in high revelry sleighing, snow shoeing and tobogganing and is fully illustrated: "Norway's National Sport," by Tan W. Shreiner, a citlzen of Christiana, shows a remarkable series of th togra hi of this great sport; "Carrying the Mail Over the Andes on Skis," "Europeon Figure Skating." "Birds at Short Range " "Louisiana Bayou and Marsh Shooting." "Gcose Shooting on the Guif Coast." "Diving for Turtles Off the Florida "The Need of Trained Observation. Keys. "The Hunting Leopard of India," "The Caribou and Its Home," "Where Pine Trees

Grow. "The Making of the Artificial Fly." "The Beginning of Card Games." "The Old and the New in Pugilism," "Three Dynas-ties on Tiger Tail," "Indian Dances of the Southwest."

Literary Notes. The third volume of Mr. Gardiner's "His-tory of the Commonwealth and Protect-orate" will be shortly issued by Longmans,

ircon & Co. Green & Co. A novel of love and adventure will shortly come from the press of Dodd, Mead & Co. under the tille of "Every Inch a King," by Josephine Caroline Sawyer. The hero of the tale is Henry of Monmouth.

The two concluding volumes of Justin McCarthy's "History of the Four Georges" which Harper & Bros, are to publish this month, will bring the narrative down to the beginning of the Victorian era. Frederick Palmer's collection of stories of American social and military life in the Philippines will be called "The Ways of the Service." It will be published by Charles Scribner's Sons some time in May.

The Connecticut hills is the scene of a collection of stories by Arthur Collou called "The Delectable Mountains," which Charles Scribner's Sons will publish be-fore long. They concern an imaginative beyhood in the hill towns. Paul Laurence Dunbar's new novel, "The

Paul Laurence Dunbar's new novel. The Fanatics," will be published in the spring by Dodd, Mead & Co. Last year this au-thor, who some time ago had made his lit-erary debut by a volume of verse, pub-lished two novels, "The Strength of Gid-con" and "The Love of Landry," both of which met with considerable success, "The Lite and Literature of the Ancient which met with considerable success. "The Life and Literature of the Ancient Hebrews," by Lyman Abbett, D. D., will be published by Messrs. Houghton, Mif-film & Co. late in February. His book is a study of the Old Testament from the stand-point of the reverend modern critic, in which he lays aside questions of inspira-tion and, in an analysis of ancient Hebrew life and literature, shows the message of Israel to the world, as well as demon-strates the richer spiritual results aris-ing from a true higher criticism. The third volume of "Letters to Wash

books

That portion of the world that does not

consider it necessary, for reasons of plety, to appoint any particular season for deny magazine is one of the most profusely il- ing the flesh, may question the motives that lustrated of all the current publications govern the Lenten observances of the modthat have come to hand. Among the vari- ern churchman. The worldling cannot by any stretch of the imagination regard these Gallery of Beauty," "Cross Country Riding forms in the light of austere and rigid selfdenial, when the abandonment of those things which the inner man delights in is simply a pleasant change from those heavier viands of which we already have a surfeit to the fresher, lighter and more dainty foods that our city markets supply at this

> Beason "When the runner loses breath he must stop; when the thrower's arm grows weary he must rest.

The great majority, who are not prompted by religious principles to fast at this sea son, would do well to heed the signals by which nature gives fair warning of the necessity of obeying her laws. The laws of nature are the laws of God, and we cannot ruthlessly disregard them without suffering the inevitable consequences.

During the cold winter season we per suade ourselves that it is necessary to indulge more freely and liberally in the heavy foods-meats, game, heavy soups wines, and rich desserts. The mode of life, the modern household arrangements for supplying a summer temperature in our dwellings, even in the coldest weather, are not taken into consideration; we have become so imbued with the idea that we must eat foods that will supply sufficient bodily heat and force to resist the cold that, being one-sided in our logic, we alhere to our roast pork, sausage, goose buckwheat cakes, plum puddings and mineples with a devotion worthy of a better cause, and indulge in them ad libitum and with little variation.

What wonder, then, that the first warm days that heraid the coming of the heated term find us with sluggish blood, inactive

brain, lack of ambition and a proneness to propound the question, "is life worth fixing?" Certainly not under such conditions as we are not in a state to promote out highest ideals or pose as an example to others

Self-Appointed Lent.

Let our reasons be purely on the basis o common sense and without regard to the spiritual life, it is just as imperative that we have a change in our mode of living and dieting, unless we have been very abstemious throughout the winter season and observed temperance in all things. Radical changes are not to be recommended in the matter of feeding the average individual in health, but a gradual moderation in the indulgence of so-called winter foods, the heavier, less digestible viands, should begin with the forty days' observances, and, if but for selfish desire for bodily comfort, the compliance to this custom will repay one a hundredfold.

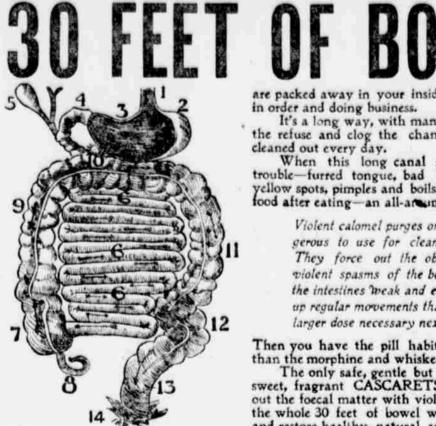
The tempting array of dainty foods that make up the gastronomic list provided for our selection at this time of year might tempt an anchorite to feast. We have sea foods in great variety and abundance, both fresh and preserved, eggs, cereals, cheese, fruits, nuts and many fresh vegetables.

In fact, the heavier meats and rich combination dishes are as unnecessary as they are objectionable to the palate grown callous and hard to please.

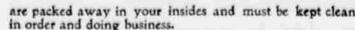
We will find that the change from the heavy animal foods we have so long in-dulged in will greatly influence our spirits as well as our bodily health and we will be able to rejoice with every other living thing when nature bestows her sweetest smiles and charms us anew with her freshness and newness.

New Potatoes from Old-Fish is, of course, the chief substitute for meat during Lent, and potatoes seem to be the

natural and most acceptable vegetable ac-"Grip robbed me of my steep and I was companiment. At this sesson our homenearly crazy with neuralgin and headache. rown notatoes



THE ALIMENTARY CANAL. 1 Lower and of . Duodanus 0.000



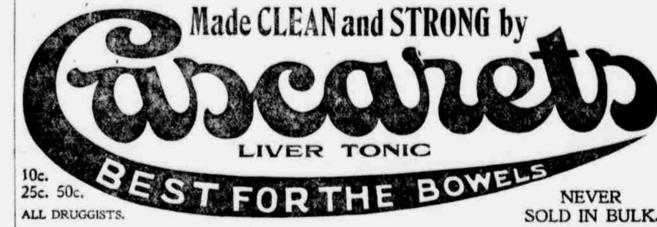
It's a long way, with many turns and pitfalls to catch the refuse and clog the channel if not most carefully cleaned out every day.

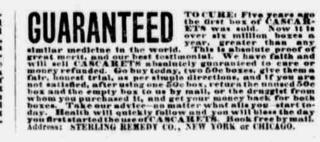
When this long canal is blockaded, look out for trouble-furred tongue, bad breath, belching of gases, yellow spots, pimples and boils, headaches, spitting up of food after eating-an all-around disgusting nuisance.

> Violent calomel purges or griping salts are dangerous to use for cleaning out the bowels. They force out the obstruction by causing violent spasms of the bowels, but they leave the intestines weak and even less able to keep up regular movements than before, and make a larger dose necessary next time.

Then you have the pill habit, which kills more people than the morphine and whiskey habits combined.

The only safe, gentle but certain bowel cleansers are sweet, fragrant CASCARETS, because they don't force out the foecal matter with violence, but act as a tonic on the whole 30 feet of bowel wall, strengthen the muscles and restore healthy, natural action. Buy and try them! (Look out for imitations and substitutes or you can't get results. Cascarets are never sold in bulk. Look for the trade-mark, the long-tailed "C" on the box.) You will find that in an entirely natural way your bowels will be promptly and permanently







"A Pillar of Salt," by Jennette Lee, is a story of life in a New England factory town and of the devotion of an inventor to his idea for a machine, of his struggle against his wife's practical-minded protest, of the complications caused by a conflicting claim and the machinations of an employer. The combination of circumstances brings out the strong features of style and is certain to interest boys and the inventor's character and the pettiness of the life and ideals about him. The village and its life have been closely studied and faithfully portrayed. Houghton, Miffin & Co., Boston. Price, \$1.25.

A new historical novel has just been brought out in this country entitled "A Lady of the Regency," which has already John, but also all that is known regarding gone through several editions in England. its history. Following Shakespeare's work where it was first published. The author, is the earlier play, known as "The Trouble-Mrs. Stepney Rawson, is well known on some Reign of King John," supposed the other side as a writer of short stories and was before the public several years before she attempted the serious work of historical fiction. She has contributed largely to the leading journals in England and has published numerous short stories in the magazines, but "A Lady of the Regency." on which she has worked for two years, is her first book. It is a court. novel of the time of George IV and Queen Carolina, full of intrigue and incident and with a love story interwoven. Altogether it presents a most interesting picture of English life of 100 years ago. No ad-mirer of the historical novel can help being entertained by it. Harper & Bros., New York. Price, \$1.50.

When Robert Louis Stevenson wrote "Prince Otto," locating the scene in an imaginary principality, he could scarcely have

What Shall We Have for Dessert? This question arises in the family

every day. Let us answer it to-day. Try

a delicious and healthful dessert. Prepared in two minutes. No boiling ! no baking ! add boiling water and set to cool. Flavors -- Leinon Orange, Raspberry and Strawberry. Get a package Myour grocers to-day. to cts.

TABLE AND KITCHEN, Practical Suggestions About Foodand the Preparations of It.

> Daily Menus. THURSDAY. BREAKFAST

Fruit. Cream. Creamed Potatoes. Cereal. Kidney Toast. Hot Rolls. Coffee Hot Kolls. Coffee, LUNCH. Hashed Salt Beef with Eggs. Cottage Cheese. Pop Overs. Cereal Coffee, DINNER.

Cream of Corn Soup. Ragout of Beef. Baked Potatoes. Creanied Turnips. Spinneh Apple Cream. Coffee.

FRIDAY. BREAKFAST. Fruit. Cream. Cereal, Brotled Mackerel. led Mackerel. Potatoes Hashed in Cream. Rolls. Coffee. LUNCH. Toasted English Muffins. Orange Marmalade. Cocoa. DINNER. Potato Soup.

Potato Soup. Boiled Haddock, Egg Sauce. d Tomatees. Cabbage Saind. Custard Southe Stewed Tomatoes. Coffee SATURDAY BREAKFAST. AKFAD, Fruit Cream. Bacon Coffee Cereal. Cereal, Cream, Calf's Liver, Bacon, Rice Griddle Cakes, Coffee, LUNCH, Mushrooms Curried, Bolled Rice, Sally Lunns, Cocoa, DINNER, Okra Soup with Rice, Lamb Chops, Mashed Potatoes, Peas,

Okra Bong Manbed Form Lamb Chops. Peas. Peas. Tomato Jelly with Celery Mayonnaise. Brown Betty. Sugar and Cream. Coffee. National library is Shakespeare's play of The introduction contains not only a review of the story of King SUNDAY. BREAKFAST.

Akraan Fruit Haddie, Potato Balis, Haddie, Maple Syrup, Cereal reamed Finnan Haddle. Fried Cornmeal Mush. have been written about 1587. Like all the volumes in Cassell's National library, the print is clear and good. Cassell & Co., New

DISNER Clear Soup. Roasted Capon Brown Sauce. Boiled Rice Candied Sweet Potatoes. Cold Slaw. Cold Slaw. Orange Cream. Seldom has a more charming little story been published for use in school than "Anfangund Eude," by Paul Heyse. Like Coffee SUPPER Creamed Sbrings Olive Santwiches, Chocolaie, his "L'Arrabbiata," published by the same house a short time ago, it is unsurpassed.

both in its poetical idea and in its form of expression. The present story has been SUGGESTIONS FOR LEVT. selected not only on account of its ex-

ceptionaliv large vocabulary and the great Tempting Array of Dainty Dishes for number of idioms presented in the text, the Penitential. While the Lenten season was instituted Elgin, Iil. but especially because it offers a characterstic specimen of refined and animated Ger-

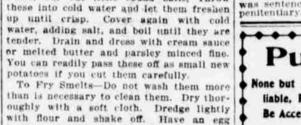
as a pious obligation and set ppart as a period of self-denial, especially in the in

dulgence of corporeal things, the modern observances conferm more to custom than house of representatives to concur in

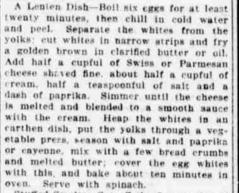
van Houtens Nutritive, Refreshing, Economical in use. A breakfast-

Bold at all grocery stores-order it next time.

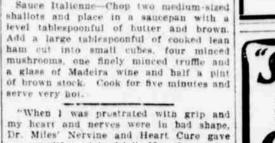
tion, and need special care in preparing for the table. One of the nicest ways of preparing them is to pare and with a vegetable scoop, which can be obtained for a few cents, cut out little round balls, Throw



beaten sufficiently to thoroughly mix, and dip each fish into this, then into fine bread crumbs. Cook in deep, hot vegetable oil or fat for a few minutes, until a bright yellow brown. Be careful not to shake off the light roughness of the crumbs, or their heauty is lost.



Stuffed Smelts-Cut off the fins, wash and dry well on a towel, eighteen fine, goodsized Long Island smelts; remove the eggs without splitting the fish open. Fill them with a forcemeat made with the flesh of some firm fish like bass, with skin and bones removed and meat pounded in a mortar or chopped very fine; the whites of three eggs, added a little at a time, half a pint of cream, salt, white pepper and nutmeg to taste. Mix well. Use a paper cornet (funnel) for filling the fish. Lay the smelts on a well buttered baking dish and cover with a pint of sauce Italienne. Put in a hot oven and bake for eight minutes; remove and squeeze the juice of a lemon over them.





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100 ILLUSTRATIONS 50 STORIES, FEATURES AND DEPARTMENTS REPRODUCTIONS OF Magnificent Paintings AMERICA'S Most Luxurious Home.... A Mining Story, by Bret Harte The Van Brock Millions, by Francis Lynde The Theater Season in New York Spring Millinery & Spring Fashions AT ALL NEWSDEALERS Advice to Office Seekers. April and May are the months when most people do their moving. The prospects are that the demand for of-lices in Omaha was never so great as it will be this spring. There are not a great many rooms vacant in The Bee Building but there are among them several which are particularly choice; one di-rectly in front of the elevator on the 5th floor; one on the 1st floor next to the entrance to The Bee business of flee, a suite of three rooms on the 5rd floor, and a very large office and vault on the ground floor facing 17th street. Besides these, there are four or five smaller rooms in various parts of the building. The rents are reasonable and the service perfect. R. C. PETERS & CO., RENTAL AGENTS. Ground Floor, Bee Building, Omaha.

