sel ever entered the Arctic seas better arfungements have been made to employ OVER ARCTIC'S FROZEN FIELD x constructed than the America to withstand telephones and electric searchlights in sigthe perils peculiar to seas of ice. The caling operations. famous Norwegian sealer, the Frithjof, will accompany the America, carrying supplies and provisions as far north as Franz Josef Land, where Mr. Baldwin proposes to es-William Ziegler Puts Up a Million for

Land, where Mr. Baldwin proposes to es- as well as investigations along lines not tablish his base of operations. Unidwin's Experience. The personality of the man who is able attention, and Mr. Baldwin anticipates in command of the latest polar invading that his experience of several years in BEST EQUIPPED OF EXPLORING PARTIES

Notable Preparations in the Matter of Conveyance, Food, Shelter and Scientific Apparatus-Thirty Picked Men.

fight to reach the North pole. This must be apparent to every person who has noted

Ealdwin's Dash to the Pole.

20

pioneer wheel trip ever made through Yellowstone park. As noted, he was with the extent to which each successive explor- Peary in the Arctic in 1893, and all aring expedition has surpassed its predeces- rangements had been made for him to join sors in magnitude and equipment. All the the ill-fated Andree in the latter's balpreparations, however, which have been loon expedition, but at the last moment made for any previous dash to the Arctic he was forced to remain hehind, it being appear insignificant in comparison with the found that there was less room in the car

force is such as to inspire confidence, and weather bureau work will chable him to sehis achievements in the past would ap- cure meteorological data of value. A spepear to fit him for this supreme ordeal. cialty will be made of photographic work. Mr. Baldwin was born in a federal camp A photographer is to accompany the party. during the civil war and when a mere boy and it is the intention to have the camera made a trip on foot and by bicycle over record Arctic conditions and phenomena all parts of Europe and the greater part | much more completely than on any previous Sheer persistency will eventually win the of the United States, winding up with the occasion.

Scientific Program Explorer Baldwin has one hobby which he will carry out if possible during the present voyage. This is to erect and live in the northernmost house in the world. With this end in view the equipment of the party includes a portable house somewhat on the

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usually taken up. Magnetic and hydro-graphic work will, of course, have consider-

order of the unique structure which Count von Waldersce carried with him to China. The structure which is to be taken into the Arctic, however, has been elaborately planned with reference to the exclusion of cold. Great quantities of the material which formed the roofs of the buildings at the Omaha exposition are also being put aboard the versel in order to provide sheds and windbreaks for the dogs and to shelter the men when making observations of various kinds 8 The same precautions which distinguish

other phases of the enterprise characterize the preparation of clothing for the men. Furs will be used, Mr. Baldwin believing that nature's bestowal of this covering on animals indicates to mankind the source of the best defense against extreme cold. Furs will, however, be supplemented in all cases by woolen underwear, and all the fur. whether designed for clothing or sleeping bags, has been specially selected and treated with excentional care. 

TABLE AND KITCHEN. Practical Suggestions About Food and the Freparations of It. ...............

Daily Menus. MONDAY. BREAKFAST. BREAKFAST. Fruit Fanned Ham. Cream Sauce. German Fried Potatoes. Rolls. Coffee. LUNCH Clam Chowder. Boiled Rice. Steamed Prines. Cocoa. DINNER. Pepper Pot. Cold Ronst Lamb. Macaroni and Tomatoes. Macaroni and Tomatoes. Macaroni Lettuce. Cup Custard. Coffee. TUESDAY. BREAKFAST. Fruit. Cereal. Coffee. Hashed Liver on Toast. Corn Bread. Cucumbers. Corn Bread. Cucumbers. Coffee. LUNCH. Steamed Live Lobster. Parsley Sauce. Celery Salad. Fruit. Cream. Cereal Coffee. DINNER. Asparagus Soup Asparagus Soup. Asparagus Soup. Beefsteak Ragout. Mashed Potatoes. Creamed Carrots. Chiffonade Salad. Fruit Taploca. Coffee. 8

WEDNESDAY. BREAKFAST. Fruit. Cereal. rolled Chops. Baking Powder Biscuit. Rice and Mushroom Croquettes. Asparagus with Eggs. Cheese. Wafers. Tea. DINNER. Tomato Soup. Cereal. Broiled Chops Chicken Pot Pie. Baked Potatoes.

THE RIGHT WAY TO **PURIFY THE BLOOD** 

Spring remedies that claim to purify the blood are ndent altogether upon the kidneys to carry out the den contract. If the kidneys are ailing no amount of these so-called "blood purifiers" can do the least good because the kidneys perform the most important part in the pro-cess of cleansing the blood. If the blood is impure, look to the kidneys; they need help, and unless it is promptly forthcoming serious illness is sure to result. As a kid-ney remedy Prickly Ash Bitters is a marvel. It has a strengthening influence upon the alling kidneys, removes obstructions and restores functional activity. By which we mean, the kidneys will be more active, hence they will more thoroughly extract the dead particles and im-purities which are always getting into the blood. Sassafras bark and Sarsaparilla root may be good for imaginary aliments, but when the blood is seriously affected you need Prickly Ash Bitters, the "Blood Purifier" that purifies by strengthening the kidneys.

To have health in HOT WEATHER the blood must be pure the digestion good and the vital organs free from bilious impurities. NOW is the time to put yourself in shape for the season's work. YOU NEED! PRICKLY

PURIFY YOUR BL(

# THE BLOOD PURIFIER THAT PURIFIES THE BLOOD AND CLEANSES AND STRENGTHENS THE STOMACH. LIVER AND BOWELS.

BITTERS

Many persons have by neglect acquired a costive habit requiring constant recourse to powerful cathartics which drench the bowels and paralyze the muscular structure, leaving them weak and unfit for effective service and as a result of such condition the system is clogged with impurities which get into the blood. These impurities become poisonous in time and undermine the constitution. The admirable

cleansing and strengthening effect of Prickly Ash Bitters is especially appropriate in such cases. It drives out impurities in the blood, stimulates the torpid liver and restores functional regularity in the bowels, thus permanently removing this disease breeding condition.

Begin the work right-Cleanse the system of impurities and get your blood, liver and bowels in fighting trim. Through the use of Prickly Ash Bitters, the world's greatest System Tonic and Blood Purifier, you can lay in a stock of vim and energy that to the busy worker is more valuable than wealth. Prickly Ash Bitters is a successful remedy for Kidney Disease and disorders due to Bad Digestion. Relieves Bloating after eating. Wind on the Stomach, Indigestion, Heartburn, Headache, Nervous Weakness, Faint Feeling, Dizziness,

## IT PUTS THE SYSTEM IN PERFECT ORDER.

Half a wineglassfull of Prickly Ash Bitters night and morning for a few days, will drive out that drowsy, half sick feeling, sweeten the breath, remove sallowness and restore the clear complexion and ruddy hue of perfect health. Persons who use it during the Spring will enjoy health, vigor and cheerfulness through the hottest weather.

### SOLD EVERYWHERE AT \$1.00 PER BOTTLE.

## 

wips the inside with a damp cloth; dry well, flatten out with cleaver, brush well with butter, place on the broiler and broil over a clear but not too hot a fire until nicely browned; place over the fire with the inside part down at first and broll a little onger than the outside. Serve on a ho platter; melt an ounce of butter, add a little salt and pepper, a tablespoon of lemon juice and teaspoon of minced parsley; pour this over the chickens, garnish with cress and French fried potatoes or potato chips Chicken a la Baltimore-Take two small spring chickens, prepare as for broiling. but cut into joints. Wipe dry, season well with salt and pepper, dip into beaten egg then cover well with bread crumbs. Place in a well-buttered baking pan, pour a little melted butter or oil over them and bake in the oven for twenty or twenty-five minutes

Serve with cream sauce and garnish with



#### EVELYN BRIGGS BALDWIN.

plans made for the expedition which will | than had been anticipated. leave New York City in June of the present Pushing northward after this disappointyear. This enterprise, which is known offi- ment Mr. Baldwin spent the season studycially as the Baldwin-Ziegler expedition, ing Arctic conditions, and in 1898-99 he is under the direction of Evelya B. Bald- went to Franz Josef Land as a member of a man who for more than a decade the Wellman Arctic expedition. He spent has been engaged almost exclusively in Arctic work, and is financed by William making investigations bearing upon his Ziegler, the baking powder magnate, who present project, and probably no other has announced his intention to expend expedition has had plans so carefully \$1,000,000 if necessary in his effort to float mapped out to the minutest detail in ad-

### THE OMAHA DAILY BEE: SUNDAY, MAY 12, 1901.

Mr. Baldwin's chief concern now the stars and stripes first at the North vance. is to beat out Lieutenant Peary and Cap-

The route selected by Mr. Baldwin is one tain Sverdrup, who are in command of two never traversed before. There is a large separate expeditions which are forging to territory in Franz Josef Land, lying between the British channel and the Austrian , land route," a different course from that sound, called by Mr. Baldwin the "interwhich will be followed by the Baldwin party. As indicative of the determination channel route," which has never been of the man, it may be noted that Mr. charted. This includes the regions to the north and northeast of Crown Prince Ru-Baldwin's plans contemplate a voyage to dolph Land. It is the explorer's intention the Antarctic should the northern goal be to cross this territory, making a complete reached by another ere his party has taken our anticipations meet with disappointup the race, and with this possible conreographical chart of it, and then to make tingency in view the equipment of the two stead of a tender, delicate morsel, we have his dash for the pole from the farthermost northern point in this region. ships has, been made ample for a most ex-Although Mr. Baldwin accompanied the tended voyage.

Immense Pack of Dogs.

Peary expedition of 1893 and is thus thoroughly famillar with the theories of his chief rival in the race for the Pole, he is by no means in sympathy with many of Japanese preparation known as "kato," them. For instance, Lieutenant Peary has always contended that a Polar exploring and it has been prepared in the tablet form, party should be made up of the fewest posa tablet no larger than a cough lozenge sible persons in order that the danger of affording a delicious cup of coffee. Practically all the food taken will be of the accident and delay, due to sickness, might be reduced to a minimum. The young concentrated variety, and immense quanti-American who now seeks to fight his way ties of condensed milk will also be stored through the region of perpetual snow and away in the floating larders. Mr. Baldwin ice takes his stand that, within reasonable expects that his men will shoot enough scals, bears and birds to provide a fair probounds, there is strength in union.

#### Extensive Transport Service.

In pursuance of this polity the Baldwin-Ziegler party will have the most extensive transport train ever carried on such voyage. spparatus there will be employed 400 States War department recently made ex-Eskimo dogs and fifteen Siberian ponies, and, just to indicate the manner in which Desiccated potatoes and a great variety the comfort of beasts as well as men is to be looked after, it may be noted that the dread scurvy which often attacks crews of the flesh; consequently the meat was fifty tons of specially prepared dog food forced to subsist on an exclusively meat is included in the list of equipment. In diet. the exploring party proper there will be

some thirty men, although if the sailors and other men aboard the vessels be included in the enumeration the total will stitutes one of its most novel features. probably exceed seventy-five persons. The The 400 animals-a dozen times as many as with an ominous shake of the turbaned explorer, however, will allow to accom-Nansen had-all picked for their qualificapany him only the hardiest men. Each tions as beasts of burden, have already member of the party understands that he will be expected to do rough work from ready to join the expedition when the beginning to end and that the journey is not to be regarded as in any sense a pleasure excursion. It is significant that almost of the men who will accompany Mr. Baldwin are sturdy young Americans of exceptional energy

This coming invasion of the frozen porth will be made with two vessels. The steamer America, which is to carry the exploring party and is now being refitted at Dundee, Scotland, for one of the most arduous tasks ever imposed upon a vessel, is 157 feet in length, 29 feet beam and 19 feet in depth. The America was formerly the crack whaler of the Dundee fleet and has seen exciting service in the Arctic regions. She garding the is a three-masted sailing vessel with aux-Hary steam power, driving a single screw, and is, of course, of wooden construction. since no experienced explorer would think general. of taking a steel craft into the ice pack. This vessel, lately rechristened in houor of Explorer Baldwin's native land, carried the Swedish expedition under Prof. Koltoff to Greenland last year, and it may be asserted with confidence that no ves. | prise may be imagined from the fact that



Peas. Stewed Onions. leed Tomatoes. French Dressing. Strawberry Shortcake. Cream. Coffee. Sliced

#### THE EARLY BIRD. Many Delightful Ways of Preparing

Spring Chicken. Among the many delicacies provided for our tables at this season of the year we find the spring chicken one of the most tempting on the bill of fare, but how often ment when the dish is set before us; ina dried and tasteless bit of bone and shreds. Fried chicken is a dish which may be or-

There will be stored in the holds of the dered at any season of the year, but if one Baldwin vessels more than 72,000 crys- wishes to fully enjoy it they should wait tallized eggs and fully 400,000 rations of until the season will permit the chickens coffee. This coffee is of a new brand, a to be grown by natural methods. Open air and sunshine mean as much to the young chick as to growing plants.

Well might the southern housewife boast of the superiority of this dish over that frequently found above Mason and Dixon's line. The southern cook's method of cooking differed greatly from that of the northern cook. A well-known northern woman who lived south for years had an old-time colored mammy for cook, and she conseportion of fresh meat, but he is not relyquently reveled in "delicious fried chicken ing upon this scurce of supply to any conand beaten biscuit" until she unexpectedly siderable extent. Dried and tinned meat discovered "Mammy Jane" in the act of is to be carried in large quantities and the wringing the chickens' necks, preparatory For moving the supplies and new form of ration with which the United for frying for breakfast. The chicken being killed in this expeditions manner, was periments will be employed to some extent. quickly stripped of feathers, drawn and of canned fruits will serve to ward off hot fat before the animal heat was out quartered and plumped into the pan of

tender, pink and jutey with crisp brown crust and delicious flavor. Madam decidedly objected to this mode of procedure, The immense pack of dogs which will considering it rather barbarous, and comaccompany the Baldwin-Ziegler party con- manded that this plan should not be adopted again. Mammy Jane promised, but head predicted that "Missus would find a and serve. diffunce." And "missus" certainly did, to been purchased in Siberia and will be her regret.

fords.

Chicken a la Marengo-Most railroad America reaches the Norwegian rendezvous. travelers have become so familiar with this title, the too frequent That these canines can be utilized to immense advantage may be inferred from acquaintance has bred weariness if not the fact that a good dog team will travel contempt; but when the dish is properly from fifty to sixty miles a day, a team of prepared, "that is another story." An inave dogs frequently moving from 1,000 to teresting account is given of its origin, 1.500 pounds, the load being strapped to a which was, like many other good things in sled perhaps seven or eight feet in length. the culinary line, distinctly French. This The scientific side of the expedition is is how it came about: On the eve of the likely to prove very important. Although battle of Marengo the first consul was very the projectors have been somewhat reticent hungry after the tumult of the day and a fowl was ordered hastily prepared. The regarding this portion of their plans, it is fowl was procured, but no butter was to be understood that several eminent scientists will accompany the party, and not only is had. There was plenty of oil, however, so the cook, pouring a generous quantity there hope of gaining much information reof this in his saucepan, placed therein unexplored region to be the "fowl," a clove of garlie and other traversed, but there is also reason to exavailable seasonings, salt, cayenne and in pect that much additional data will be all probability truffles and tarragon, added secured bearing upon the Arctic region in a little white wine and served up hot with Thousands upon thousands of a garnish of mushrooms. It is said that this dollars have been expended for an equipdish proved to be the second conquest of ment of instruments of the most modern the day, as the first consul found it most and most expensive character, and how agreeable to his palate, and ever since this complete will be this phase of the enterhas been a favorite dish with all lovers of good cheer. The "improvement" to this method is the addition of half a pint of Spanish sauce. Mushroom liquor or sauce

may be added also, and Madeira wine is generally used. The dish is garnished with croutons of fried bread and fried egg around the edge Sauce-Brown For Spanish to gether an eighth of a pound of butter and four level tablespoons of flour stirring constantly to keep perfectly When a nice brown pour in half smooth. pint of good stock or broth; stir and cook until smooth; then simmer gently until reduced somewhat; season with salt and pepper and little onion juice, unless garlic has been added to the chicken. Broiled Spring Chicken-The chickens must be small, as they are simsplit down the back. Have ply chicken singed carefully over an the

alcohol flame, wash thoroughly outside and

thin, crisped slices of bacon and tiny corn oysters. Fried Chicken and Okras-Singe, draw and cut into suitable joints for frying, a young, tender chicken. Season with salt and pepper and roll in flour; wash two dozen pods of young okra; cut off the stems and slice thin. Cut quarter of a pound o lean ham into dice, slice a small onion and chop, fine a small red or green pepper Put enough oil into a frying pan to hall cover the chicken, and when hot put in the chicken and ham and fry brown; then drain off nearly all the fat, add the onion, okra and pepper, with sufficient broth or water to well cover. Season to taste with sall and pepper and simmer gently until chicken and vegetables are tender. A little ho water or broth can be added if the gravy thickens too much while cooking. Serve with boiled rice and fried oysters if they are in season

Grilled Chickens-Select small spring chickens for this purpose; split them down the back and, if rather large, cut into joints. Make a dressing of oil, salt, pepper minced paraley, onion and lemon juice pour this over the chicken and let stand for an hour, basting frequently. Then dust lightly with bread crumbs and cook on a Warm up some Madeira sauce with grill. a slice of onion, fried brown with a little minced ham; strain this over the chicken

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# Health for Housewives

Akron, Ind., April 15, 1900. I am taking the third bottle of Wine of Cardui and It has done me lots of good. At times I could not stand on my feet, my limbs and feet were so badly swollen and black. I had to sit on a chair and put my feet on another and set the dish pan in my lap to wash dishes. My husband got me a bottle of Wine of Cardui and it did me much good. I do not have to sit down to work now. It helped me in many other ways also. I can

MRS. L. E. PERRY

A housewife needs rugged health and great physical endurance to meet the demands made upon her. But there are women in nearly every home whose monthly periods make them virtual invalids. And we want to tell them to-day they need not be invalids. Mrs. Perry was freed from all this suffering. A healthy wife is a blessing to the home in which she is found. She sings about her house work and can do four times as much as her sick sisters.



gives mothers and daughters robust health. This pure Wine regulates menstruation, allowing that health-preserving natural function to throw the impurities from the system. Falling of the womb is a terrible strain on the nerves. Wine of Cardui eases the tension, by restoring the organ to a strong and healthy condition. Leucorrhoea, an inflammation of the lining of the womb, is a terrible ailment. Every woman knows the shooting pains, the dull aches in the head and back, which mean disorder in the delicate and sensitive female organs. Thousands of women after suffering them have taken Wine of Cardui and secured permanent relief. What valid excuse for putting off this simple treatment another day! Time complicates the trouble-Wine of Cardui will cure it NOW. Ask for Wine of Cardui.

For advice and literature, address, giving symptoms: "The Ladies' Advisory Department," The Chattanooga Medicine Company, Chattanooga, Tenn.

#### TURKISH PILAF.

One cup of rice, one cup of tomatoes, one and one-half cups of butter, one cup of water, one teaspoonful of Cudahy's Res. Brand Extract of Beef, one-half onion, salt and pepper to taste. Take the cup of stewed and strained tomatoes, one cup of water and the Extract of Beef; season highly with salt, pepper and the minced onlon; put on the fire and when boiling add one cup of well-washed rice; stir lightly with a fork until the liquor is absorbed and then add the one-half cup of butter; set on the back of the stove and steam twenty lightly, Cover with a towel and let the

stew is complete unless Cudahy's Rex Brand Extract of Beef is added.

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