

OVER ARCTIC'S FROZEN FIELD

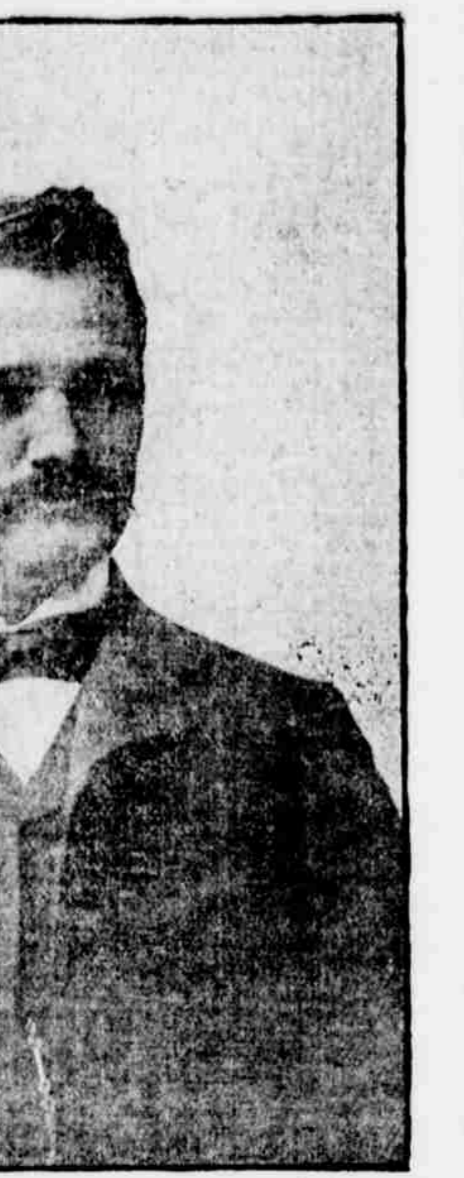
William Ziegler Futs Up a Million for Baldwin's Dash to the Pole.

BEST EQUIPPED OF EXPLORING PARTIES

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

Sheer persistency will eventually win the fight to reach the North pole. This must be apparent to every person who has noted the extent to which each successive exploring expedition has surpassed its predecessor in magnitude and equipment.

set ever entered the Arctic seas better constructed than the America to withstand the perils peculiar to seas of ice. The famous Norwegian sealer, the Fridtjof, will accompany the America, carrying supplies and provisions as far north as Franz Josef Land, where Mr. Baldwin proposes to establish his base of operations.



EVELYN BRIGGS BALDWIN.

plans made for the expedition which will leave New York City in June of the present year. This enterprise, which is known officially as the Baldwin-Ziegler expedition, is under the direction of Evelyn B. Baldwin, a man who for more than a decade has been engaged almost exclusively in Arctic work, and is financed by William Ziegler, the baking powder magnate, who has announced his intention to expend \$1,000,000 if necessary in his effort to float the stars and stripes first at the North Pole.

The route selected by Mr. Baldwin is one never traversed before. There is a large territory in Franz Josef Land, lying between the British channel and the Austrian sound, called by Mr. Baldwin the "inter-channel route," which has never been charted. This includes the regions to the north and northeast of Crown Prince Rudolph Land. It is the explorer's intention to cross this territory, making a complete geographical chart of it, and then to make his dash for the pole from the farthermost northern point in this territory.

Although Mr. Baldwin accompanied the Peary expedition of 1897 and is thus thoroughly familiar with the theories of his chief rival in the race for the pole, he is by no means in sympathy with many of them. For instance, Lieutenant Peary has always contended that a Polar exploring party should be made up of the fewest possible persons in order that the danger of accident and delay, due to sickness, might be reduced to a minimum. The young American who now seeks to fight his way through the region of perpetual snow and ice takes his stand that, within reasonable bounds, there is strength in union.

Extensive Transport Service. In pursuance of this policy the Baldwin-Ziegler party will have the most extensive transport train ever carried on such a voyage. For moving the supplies and apparatus there will be employed 400 Eskimo dogs and fifteen Siberian ponies, and, just to indicate the manner in which the comfort of beasts as well as men is to be looked after, it may be noted that fifty tons of specially prepared dog food is included in the list of equipment. In 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 probably exceed seventy-five persons. The explorer, however, will allow to accompany him only the hardiest men. Each member of the party understands that he will be expected to do rough work from beginning to end and that the journey is not to be regarded as in any sense a pleasure excursion. It is significant that almost all of the men who will accompany Mr. Baldwin are sturdy young Americans of exceptional energy.

This coming invasion of the frozen north 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 is a three-masted sailing vessel with auxiliary steam power, driving a single screw, and is, of course, of wooden construction, since no experienced explorer would think of taking a steel craft into the ice pack. This vessel, lately rechristened in honor of Explorer Baldwin's native land, carried the Swedish expedition under Prof. Kotof to Greenland last year, and it may be asserted with confidence that no ves-

arrangements have been made to employ telephones and electric searchlights in signaling operations. The astronomical program which has been mapped out includes the determination of latitude and longitude by numerous methods, as well as investigations along lines not usually taken up. Magnetic and hydrographic work will, of course, have considerable attention, and Mr. Baldwin anticipates that his experience of several years in weather bureau work will enable him to secure meteorological data of value. A specialty will be made of photographic work. A photographer is to accompany the party, and it is the intention to have the camera record Arctic conditions and phenomena much more completely than on any previous 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 order of the unique structure which Count von Waldersee 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 vessel in order to provide for sheds and windbreaks for the dogs and to shelter the men when making observations of various kinds.

The same precautions which distinguish other phases of the enterprise characterize the preparation of clothing for the men. Pure 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 exceptional care.

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

- Daily Menu. MONDAY. BREAKFAST. Creamed Ham, Cream Sauce, German Fried Potatoes, Rolls, Coffee. LUNCH. Cream Chowder, Boiled Rice, Steamed Potatoes. DINNER. Cold Roast Lamb, Rhubarb Sauce, Macaroni and Tomatoes, Mashed Potatoes, Chicken Lettuce, Coffee. TUESDAY. BREAKFAST. Cereal, Coffee, Hashed Liver on Toast, Corn Bread, Cucumbers, Coffee. LUNCH. Steamed Live Lobster, Parsley Sauce, Celery Salad, Fruit, Cream. DINNER. Asparagus Soup, Beefsteak Ragout, Mashed Potatoes, Creamed Carrots, Chiffonade Salad, Fruit Tapioca, Coffee. WEDNESDAY. BREAKFAST. Cereal, Coffee, Broiled Chop, Lyonnais Potatoes, Baking Powder Biscuit, Coffee. LUNCH. Rice and Mushroom Croquettes, Asparagus with Eggs, Cheese, Walnuts, Tea. DINNER. Chicken Pot Pie, Baked Potatoes, Stewed Peas, French Dressing, Strawberry Shortcake, Cream, Coffee.

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 our anticipations meet with disappointment when the dish is set before us; instead of a tender, delicate morsel, we have a dried and tasteless bit of bone and shreds. Fried chicken is a dish which may be ordered at any season of the year, but if one wishes to fully enjoy it they should wait until the season will permit the chickens 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 lines. 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 consequently revealed in "delicious fried chicken and beaten biscuit" until she unexpectedly discovered "Mammy Jane" in the act of wringing the necks preparatory to frying for breakfast. The chicken being killed in this expeditionary manner, was quickly stripped of feathers, drawn and quartered and plumped into the pan of hot fat before the animal heat was out of the flesh; consequently the meat was tender, pink and juicy with crisp brown crust and delicious flavor. Madam decidedly objected to this mode of procedure, considering it rather barbarous, and commanded that this plan should not be adopted again. Mammy, however, familiar with this little, the too frequent acquaintance has bred weariness if not contempt; but when the dish is properly prepared, "that is another story." An Irish, of the account is given of his origin, which was, like many other good things in the culinary line, distinctly French. This is how it came about: On the eve of the battle of Marengo the first consul was very hungry after the tumult of the day and a fowl was ordered hastily prepared. The fowl was procured, but no butter was to be had. There was plenty of oil, however, so the cook, pouring a generous quantity of this in his saucepan, placed therein the "fowl" a love of garlic and other available seasonings, salt and pepper, but all probability truffles and tarragon, added a little white wine and served up hot with a garnish of mushrooms. It is said that this dish proved to be the second conquest of the day, as the first conquest was instantly agreeable to his palate, and ever since this has 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—Brown together an eighth of a pound of butter and four level tablespoons of flour, stirring constantly to keep perfectly smooth. When a nice brown pour in half 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 simply split down the back. Have the chicken stung carefully over with alcohol flame, wash thoroughly outside and

wipe 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 fire until nicely browned; place over the fire with the inside part down at first and broil a little longer than the outside. Serve on a hot 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 cream 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 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 of 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 half 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 salt and pepper and simmer gently until chicken and vegetables are tender. A little hot 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 parsley, 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 grill. Warm up some Madeira sauce with a slice of onion, fried brown with a little minced ham; strain this over the chicken and serve.



THE RIGHT WAY TO PURIFY THE BLOOD

Spring remedies that claim to purify the blood are dependent altogether upon the kidneys to carry out the contract. If the kidneys are ailing no amount of those so-called "blood purifiers" can do the least good because the kidneys perform the most important part in the process 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 kidney remedy Prickly Ash Bitters is a marvel. It has a strengthening influence upon the ailing 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 impurities which are always getting into the blood. Sassafras bark and Sarsaparilla root may be good for imaginary ailments, but when the blood is seriously affected you need Prickly Ash Bitters, the "Blood Purifier" that purifies by strengthening the kidneys.

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 wineglassful of Prickly Ash Bitters night and morning for a few days, will drive out that drowsy, half sick feeling, sweeten the breath, remove sallowiness 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.

PURIFY YOUR BLOOD

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 ASH BITTERS

THE BLOOD PURIFIER THAT PURIFIES THE BLOOD AND CLEANSSES AND STRENGTHENS THE STOMACH, LIVER AND BOWELS.

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.

Health for Housewives. 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 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 truthfully recommend it. MRS. L. E. PERRY. Akron, Ind., April 15, 1900.

WINE OF CARDUI

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 Rex Brand Extract of Beef, one-half an onion, salt and pepper to taste. Make the cup of stewed and strained tomatoes, one cup of water and the Extract of Beef; season highly with salt, pepper and the minced onion; 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 minutes. Remove the cover and stir lightly. Cover with a towel and let the steam escape. No stew is complete unless Cudahy's Rex Brand Extract of Beef is added.

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of the Boston Fish Market you will then be sure to have the best the market affords. BOSTON FISH MARKET. C. G. FISHER, Prop. FISH AND SALT MEATS—OYSTERS and GAME in season. 113 No. 10th St. Telephone 1089.

Advertisement for Granola. Your Stomach is not your slave. It's your friend. Don't abuse your friend. Help your friend. Granola is already partly digested (all the wheat starch having been turned towards sugar). Spanish sauce, Mushroom liquor or sauce may be added also, and Madeira wine, if generally used. The dish is garnished with croutons of fried bread and fried egg around the edge. For Spanish Sauce—Brown together an eighth of a pound of butter and four level tablespoons of flour, stirring constantly to keep perfectly smooth. When a nice brown pour in half 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 simply split down the back. Have the chicken stung carefully over with alcohol flame, wash thoroughly outside and

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WESSON VEGETABLE-ODORLESS COOKING OIL. because Wesson Cooking Oil is Richer, has better cooking qualities, is more conveniently handled and costs much less. READ A PHYSICIAN'S OPINION. WESSON PROCESS CO., PHILADELPHIA, PA. Gentlemen—I heartily congratulate you upon the introduction in this community of Wesson Cooking Oil as a substitute for lard. It is a purely vegetable product and absolutely healthful. Lard may carry with it into the human system germs from the diseases with which the hogs may be afflicted, and I consider that a satisfactory substitute such as Wesson Cooking Oil to be a great step toward the protection of health. Yours truly, DR. H. JOHNSTON.

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