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Tired, nauseated and low spirited, the machinery of the body is clogged up somewhere. You should take a few doses of

PRICKLY ASH BITTERS

It is a thorough system cleanser and will make you feel bright, vigorous and cheerful.

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Price, \$1.00.

NERVO-VITAL AILMENTS

These Radical Cures Warranted by the Dr. Bennett Method of Applying Electricity—Read and Investigate.

Do not linger along in your misery until your ailments have reached an incurable stage. If you are suffering from any form of Weakness, Loss of Vision or Vitality, or if you are simply unable to get on your feet, or if you are suffering from any of the ailments mentioned above, you should at once get a remedy in Bennett's Electric Belt, which will cure every phase and grade of human ailments.

It is a sure, speedy and safe cure in every case where the proper current is applied right. If you are suffering from any form of Nervous, Nerve and Bladder Ailments, I will warrant to cure you, and the expense is small.

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My success has called forth many worthless imitations. Imitations are bare-metal electrodes covered with a piece of absorbent skin. They will not give a current. Never purchase an imitation of a standard appliance. The genuine is not as expensive as the counterfeit.

My New Electric Belt is guaranteed to cure: Varicose, Nervous Disorders and all Weakness in either sex; restores Lost Vigor and Vitality; cures Rheumatism in any grade; Kidney, Liver and Bladder Troubles; Constipation; Stomach Disorders; all Female Complaints, etc.

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WHERE MYTHOLOGY WAS BORN

Excavations in Crete Bring to Light Wonders of the Most Ancient Art.

CAVERN FULL OF VOTIVE OFFERINGS

Birth Cave of Zeus and the Palace of Minos—High Plane of Greek Civilization Forty-Nine Hundred Years Ago.

On the wild and little visited island of Crete two of the most valuable and interesting archaeological discoveries of modern times have recently been made. These are the finding of the birth cave of Zeus, a spot described in both Greek and Roman classics, and the discovery of the famous palace of King Minos, with its mysterious labyrinth and chambers, on the ancient site of Cnossus. These two discoveries are the outcome of the work of the British



VOTIVE AXES AND VARIOUS KNIVES.

archaeologists, D. G. Hogarth, who found and explored the ancient cave, and Arthur J. Evans, director of the British school at Athens, to whose researches the world is indebted for the excavations that have brought to light the palace of Minos. Both discoveries were made in the interior of Crete, and from them it would appear that this island was the birthplace and cradle of Greek civilization and culture.

In the ancient Greek mythology the god Zeus was the son of Kronos, king of heaven, and was born in a cave on a high hill of the island of Crete. Because of a prophecy that the child should cast him from his throne, Kronos sought to kill his son, and it was because of this that the mother, Rhea, fled to Crete, and there reared the child, before whom Kronos was forced to bow. The cave came to be regarded as a holy place by the Greeks. Minos, the lawgiver of Greece, was the son of Zeus, and every nine years he repaired to the cave, there to receive the inspired laws for the guidance of the land. The recent discoveries would seem to prove that the legendary Zeus and Minos of the ancients rested on a basis of reality and that there was a historic side to them.

Rich in Antiques.

For many years Greek officials and wild hordes intolerant of strangers have prevented any explorations of the inner part of Crete and it is only recently, therefore, that there has been any archaeological research there. Reports reached the British Museum, London, that the British school in the vicinity of the rocky hills known as Dicta, had found strange objects of bronze and other metals near the mouth of a cavern. Some of these objects found their way in time to the hands of archaeologists, and so manifestly were they votive offerings of very ancient date that they indicated plainly a locality rich in interest. When Crete was liberated the interior of the island was open to visitors and the

abyss. Gradually, however, they descended lower and lower into darkness until they reached the margin of the underground pool and began to grope in the mud for the objects. Here was found the first perfect battle ax, in almost pure copper, the traditional weapon with which Zeus went out to war. Rings, pins, blades, needles, signet gems, engraved with animal figures, were found by the score. Here chance gave a startling and most singular discovery. A zealous greaser, sitting on both hands to his work, stuck his candle into a sill of stalaclite column and therein espied the edge of a bronze blade. This proved a perfect Mycenaean knife. But except by human agency it could hardly have come into that crevice. Clearly after crevice was discovered to be stocked with blades, pins, tweezers and here and there a votive ax. Often it was necessary to smash the stalaclite tips that in long ages had almost completely covered the objects. Here then, after all, was the real holy of holies. In this most awful part of the sacred grove it was held most profitable to dedicate in niches made by Nature herself objects fashioned expressly for the god's service. In



VOTIVE AXES AND VARIOUS KNIVES.

these pillared halls of unknown extent and abysmal gloom undoubtedly was laid the scene of Minos' legendary converse with Zeus. That here is the original birth cave of Zeus there can remain no shadow of doubt. Among the holy caverns of the world this on Mount Dicta, in virtue of its lower halls, must stand alone, unrivaled. One seemed in this dismal chamber to have come almost to sight and speech of the men before history. As we saw those pillared aisles so the last worshiper who offered a token to Zeus saw them 3999 years before.

Discovery of Minos' Palace.

In another part of the island Mr. Evans has been digging out the buried glories of Minos, the son of Zeus. By purchase from the Greek government he obtained the hill known as Kephal, overlooking the ancient site of Cnossus. Excavations began at once and the result has been the uncovering of a large part of a vast prehistoric building, Minos' palace, with its numerous dependencies. About four acres of this has been unearthed and by an extraordinary piece of good fortune the remains of walls began to appear only a foot or so below the surface. This dwelling of ancient kings had been overwhelmed by a great catastrophe. Everywhere there were traces of a mighty conflagration. Burnt beams and charred wooden columns lay within the rooms and corridors. There was here no gradual decay. The civilization represented on this spot had been cut short in the fullness of its bloom. The palace showed frequent stages of remodeling and its early elements may go back a thousand years or more before its final overthrow, some 3,000 B. C. On the walls of the corridors were still preserved the lower part of a procession of painted life-size figures, in the center of which was a female personage, probably a queen, in magnificent apparel. Along nearly the

QUAINT PHASES OF LIFE.

The paragraphs are diverting themselves with the case of a Canadian who traded his wife for a dog, traded the dog for a shotgun, traded the shotgun for a keg of apple brandy, drank the apple brandy and died of delirium tremens. It is called a curious case of suicide.

A lawyer of Atchison, Kan., charged a woman client \$50 for securing a divorce. The woman pronounced the amount exorbitant for a common divorce. Whereupon Solomon said that if all she wanted was a common divorce the fee would be \$25. And the judge adds that the woman not only paid over \$50, but also seemed a little sorry that there was no \$75 class.

Wheeling, W. Va., has had a case to which the term "dead drunk" is peculiarly applicable. John Davis was picked up in the street, pronounced dead by two doctors and sat upon by a coroner's jury, which found that death was due to heart failure. The body had not been in an undertaker's rooms ten minutes before the corpse sat up and sang the Doxology, whereupon the late defunct was taken to court and fined \$5 for intoxication.

A strange case of premonition of death occurred in Bridgeport, Pa. Thomas Dillon, an aged resident, on arising in the morning, announced to his children that while he was not feeling ill, he believed that he would not be with them long; in fact, he did not think he would see the light of another day. He went to walk in the morning, returning for dinner, after which he took a bath and put on clean underwear, saying that he was not feeling ill. He then went to bed, and though medical aid was summoned, all efforts to prevent the aged man's prediction coming true were unavailing. He peacefully passed away in a few hours.

A man servant in a family in England some time ago took a kitten to a pond with the intention of drowning it. His master's dog went with him and when the kitten was thrown into the water the dog sprang in and brought it back to land. A second time it landed, but the dog kept it in a constant watch over the third time the servant tried to throw it the dog, as resolute to save the little helpless life as the man was to destroy it, swam with it to the other side of the pond, ran all the way home with it and deposited it before the kitchen.

Here lies the clay of Mitchell Coats. Whose feet yet occupy his boots? His soul has gone—we know not where. It landed, however, in the dog's snout. He slipped the joker up his sleeve and when he intended to desert, which he did, he was detected by the dog. Explains the presence here of Mitchell. At Gabriel's trumpet, if he should wake, He'll land on the dog's snout. The trump with that same jester, Had advanced upon the dog's snout. And which was placed upon his snout. When we concealed the body here.

There have been many remarkable escapes from death, but Oliver Ladouceur, a St. Paul fireman, had an experience lately that is hard to beat. He was testing a wire that extends from the store of Hurley Bros. in Robert street, directly across the street. Ladouceur was hanging on to the wire with both hands and was slowly crawling out, hand over hand, toward the middle of the street. He had got but a few lengths when he felt the wire giving tance of thirty feet. In falling he made a grasp for the electric feed wire of the street car line. It held him without his feet touching the ground and this saved his life. Had his feet touched anything he would have been instantly killed.

Didn't Marry for Money.

The Boston man, who lately married a sickly rich young woman, is happy now, for he got Dr. King's New Life Pills, which restored her to perfect health. Infallible for jaundice, biliousness, malaria, fever and ague and all liver and stomach troubles. Gentle but effective. Only 25c at Kuhn & Co's drug store.

Table and Kitchen

Practical Suggestions About Food and the Preparations of It.

Daily Menu.

MONDAY BREAKFAST.
Cereal. Cream. Codfish Croquettes. Broiled Tomatoes. Creamed Potatoes. Toast.

LUNCH.
Ham Omelette. Prune Toast. Banana and Orange Salad.

DINNER.
Mutton Broth with Rice. Roasted Beef with Potatoes. Mashed Potatoes. Asparagus. Fruit. Gingerbread. Coffee.

TUESDAY BREAKFAST.
Cereal. Potatoes. Fruit. Coffee.

LUNCH.
Cold Tongue. Chili Sauce. Canned Fish. Rice. Raisin Bread. Tea.

DINNER.
Clear Soup with Vegetables. Roast Lamb. Mint Sauce. Baked Hubbard. Peas. Stuffed Potatoes. Lettuce Salad. Coffee.

WEDNESDAY BREAKFAST.
Cereal. Cream. Broiled Shad Roe. Cream. Bacon. Creamed Cucumbers. Corn Muffins. Coffee.

LUNCH.
Bean Croquettes. Cream Sauce. Stewed Fruit. Cake.

DINNER.
Rice Casserole. Okra Soup. Tomato Sauce. Broiled Mushrooms on Toast. Sardine Salad. Coffee.

ROBUST AND HELPFUL.

"The Onion is the Sheet Anchor of the Kitchen." The French tell us that the American prejudice against onions is purely an affectation. And this must be granted them from the fact that when the onion is carefully and judiciously introduced into dishes by a skillful cook, the very people

who hold it in such disdain and regard it as a very vulgar vegetable are loud in their praise of the preparation that owes much of its deliciousness to the presence, in cunning disguise, of this despised bulb.

After salt, the onion is the most valuable and indispensable flavoring substance in the hands of an experienced cook, who would consider himself handicapped indeed without the powerful little ally.

The onion, as we know it, embraces several varieties, those which are grown in the warmer climates being much milder and sweeter, but all possessing a pungent oil of an irritating nature which renders them decidedly indigestible when eaten raw; but as a flavoring agent, a condiment or a vegetable, they are valuable as food.

The pungent volatile oil which gives the onion its strong flavor and smell is rich in sulphur, but the quantity of this oil is minute and when properly cooked is soon dissipated and the irritating properties so far removed as to render the vegetable only slightly laxative. The food value of the onion is considerably above that of the turnip.

Medicinal Value of the Onion.

It may not be generally understood that onions are disinfectants as well as preventives against contagious diseases. They readily absorb impurities as well as defend against disease. They are invigorating and in many instances change the water demand for this class of food through the craving of the individual for this taboed little vegetable.

An old-time remedy for colds and one that was very effective in producing good results was a baked or roasted onion. Stewed onions, the medium-sized silver onions; peel off the outer skin; let them lie in cold water half an hour and drain; cover with boiling water; add a teaspoonful of salt and boil, uncovered, for ten minutes; drain off this water, covered with fresh boiling water, add salt and boil ten minutes longer; change the water again and boil until the onions are tender. They should be white as snow; do not boil too hard or cover the sauceron; the onions will be strong and dark colored. Make a cream sauce and pour over the onions after carefully draining them.

Onion French—Wash the Spanish onions; wash them, trim off the bottoms, but do not peel them; put them in slightly salted boiling water and boil them for an hour. Drain and remove the centers. If you have remnants of cold chicken mince fine with the livers; add a third as much fine bread crumbs, pepper, salt, beaten egg and cream or gravy enough to moisten. Chop the onion taken from the centers and mix with the force-meat; then fill the onion shells; cover with bread crumbs, dot with bits of butter, place in the oven and brown. Make a white sauce, add a beaten egg, a little lemon juice and minced parsley and serve with the onions.

Onions a la Poitevine—Select button onions and cook them same as for stewed onions; when done drain and serve with yellow sauce made as follows: Melt two level tablespoons of butter in a sauceron and mix level tablespoons of flour and stir until smooth; then add a cup of milk or half a cup of cream and half a cup of chicken broth; cook and stir until it boils, then season with pepper and salt. Add the onions and heat thoroughly before serving.

Pickled Onions—Choose small button onions of uniform size. Make a brine strong enough to float an egg, when boiling hot pour it over the onions and let them stand for twenty-four hours; drain and wipe them dry and pack in large-woulded pint bottles, adding a small red pepper, a blade of mace and a few slices of horseradish. Fill the bottles up with white wine or cider vinegar and seal closely.

Ormaloo—Peel a dozen white onions, cover with cold water and steep for an hour. Then boil until soft; mash them and add to an equal quantity of mashed white potatoes, add two or three well-beaten eggs, about a cup of milk; do not have the mixture too soft, and salt, pepper and nutmeg to taste. Whip the mixture until quite light; turn into a baking dish and bake in a quick oven half an hour. When half done pour a little melted butter or gravy over the top.

Onion Ragout—Peel a pint of small button onions; take four large ones, peel them and chop fine; put half a cup of butter into a sauceron; when melted and hot put in the onions and stir them about until a nice brown; add two tablespoons of flour and shake them about until thick; then add a cup of gravy or stock, salt and cayenne to taste and a level teaspoonful of mustard. Cook gently, stirring so as not to break up the small onions, until the sauce thickens them, turn into a heated dish and garnish with fried bread crumbs. These are made by pulling the bread from the loaf with a fork in pieces about an inch in size and frying them a delicate brown in deep fat. The bread must be dry. Arrange these pieces around the dish of onions and dust lightly with finely-minced parsley.

PRATTLE OF THE YOUNGSTERS.

"Oh, mamma," exclaimed 4-year-old Bessie, looking up at the starchy skies one evening, "what a pretty place heaven must be when it is so beautiful wrong side out!"

"Did they make you feel at home over at Mrs. Smith's, Johnny?"

"Yes ma, Mrs. Smith told me 't' widge 'n' feet 'n' not muss the tiles, 'n' didn' give me but one piece o' pie."

"I wonder," queried small Edith, "why a sponge, 'n' 'n' holes, 'n' 'n' holes?"

"Be as," replied her 5-year-old brother, with an air of superior knowledge, "if it wasn't for the holes people wouldn't know it was a sponge."

"Mamma," queried 3-year-old Ethel, "what is the difference between little boys and little girls?"

"Little boys wear trousers and little girls wear dresses," answered her mother.

"And was I born with a dress on?" asked the little miss.

"No, dear, of course not," was the reply.

"Then," continued the small inquirer, "how did you know I was a little girl?"

When Willie came home last night, he related the Buffalo Express, he was more convinced of the uselessness of schools than he ever was before. Asked the nature of his latest trouble, he explained that "postpone" had been one of the words in the spelling lesson of the day. The teacher had directed the pupils to write a sentence in which the special word should appear.

Along with others, Willie announced that he didn't know the meaning of the word, and so could not use it in a sentence. The teacher explained that it meant "delay" or "put off," and encouraged the youngsters to try. Willie's thoughts were on pleasant things than school, and his made-to-order sentence was: "Boys postpone their clothes when they go to swimming."

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