

HOW TO BUY CUTS OF MEAT.

In Order To Secure the Best at the Lowest Price.

When buying beef in small quantities it is well to bear in mind that while a cut from the round will not make a satisfactory plain roast it is excellent as a pot roast.

In purchasing lamb or mutton it is possible to achieve good results with small money by the exercise of judgment in buying.

From the forequarter of lamb or young mutton—which means a yearling lamb—weighing from seven to ten pounds you may secure a roast, a dish of chops, a stew and a soup.

You will now have from seven to ten nice chops, according to the size of the forequarter, which you can broil or fry, and for which you would pay from 20 to 28 cents a pound if you bought them by themselves.

If you have a small family you may secure variety in buying a leg of mutton by having it cut in two, boiling the half nearer the shank, serving it with caper sauce and roasting the loin end.

Veal, too, may be bought with judgment. The fillet is the most expensive cut, but it is no better than the loin or the shoulder.

GUIDES TO HEALTH.

A little soda water will relieve sick headache caused by indigestion.

Avoid prolonged use of the eyes for near or fine work; rest the eye by looking at objects at a distance.

If you want your feet to look small, you must buy your shoes very carefully. Shoes ill bought will look big and ugly, no matter how small they may be.

Don't forget to brush the hair for ten minutes every night with a whalebone bristled brush.

The white of an egg when beaten with milk and drunk night and morning is of service in mild cases of jaundice.

Table Service.

In entertaining it is better to serve a simple meal perfectly than to attempt a more elaborate one imperfectly prepared.

In waiting at table, pass dishes on the left side and hold them low enough for the persons to help themselves with ease.

All soiled dishes should be removed from the table.

In passing a plate on which the food has been placed, put it on the table in front of the person for whom it is intended.

Soup is served by the hostess; fish, roasts and entrees by the host.

Be careful that hot dishes are served thoroughly hot, and on hot plates, as few things are so objectionable as food that should be hot being served lukewarm.

Salads are mixed and desserts served by the hostess, while vegetables and side dishes are usually served by the servants from a side table.

Everything needed for the table should be at hand so that there may be no unnecessary delay in serving.

An Aid To Washing.

To save the wear on the foot of wash skirts and dresses, get a soft bristle scrub brush, gather it in your hands in a bunch, and work the soles with plenty of soap, lightly over it.

Coddling the Stomach.

Do not pamper the children with hot-house methods; there is a common-sense method. If the children or the man or woman show a tendency to be "off their feed," if they begin to lose flesh, their stomach should be toned up with a harmless tonic which will increase the secretions of the digestive tract.

AN Imitation of NATURE'S METHOD of restoring waste of tissue and impoverishment of the blood and nervous force is used when you take an alternative extract of native roots, made without the use of alcohol.

Along with its use one should take exercise in the outdoor air, get all one can of God's sunlight and air; practice a deep breathing exercise every day.

Dr. Pierce's Golden Medical Discovery purifies the blood and entirely eradicates the poisons that breed and feed disease.

A consideration of first importance in deciding what medicine to take for the cure of blood or stomach disorders is as to its harmfulness.

Dr. Pierce is frank and open with the public for he tells just what is contained in Dr. Pierce's Golden Medical Discovery—its ingredients are Golden Seal root, Queen's root, Stone root, Black Cherry bark, Bloodroot, Mandrake and pure tri-refined glycerine.

Concerning Bloodroot The American Dispensary says, "Stimulates digestive organs, increases action of heart and arteries—stimulant and tonic. Very valuable as a cough remedy—acts as a sedative—further valuable as an alterative."

A Lincoln Anecdote. On one occasion when he was busy President Lincoln received a delegation of men who were endeavoring to hurry the passing of some petty bill.

Innocent. The Colonel (at young Adie Pate's examination for military service)—Is there any reason why you should not serve three years? Have you any infirmity?

Not the Burglar. She was telling a circle of sympathetic friends about the burglar scare in her home.

Perfectly Safe. "You don't mean to tell me you called Jim Jeffries a liar?" "That's exactly what I did."

Women as Floorwalkers. Women are fast replacing men as shopwalkers in millinery and dress shops.

Women as Floorwalkers. Women are fast replacing men as shopwalkers in millinery and dress shops.

Women as Floorwalkers. Women are fast replacing men as shopwalkers in millinery and dress shops.

Women as Floorwalkers. Women are fast replacing men as shopwalkers in millinery and dress shops.

Women as Floorwalkers. Women are fast replacing men as shopwalkers in millinery and dress shops.

Women as Floorwalkers. Women are fast replacing men as shopwalkers in millinery and dress shops.

PERIL OF RICH MEN'S SONS

Detectives in New York Largely Engaged in Watching Them.

The luring of a young Pittsburg millionaire from New York into the jurisdiction of the Pennsylvania Courts in order to prevent him from dissipating his fortune and drinking himself to death, raised again the terribly trying question as to what the rich man shall do with his sons.

There have been some very fortunate rich men in New York. John D. Rockefeller is a sample. Not for years, if ever, has he passed an hour of anxiety as to the personal career or habits of his only son.

The young men above mentioned are not saints, but none of them have become rakes, rounders or drunkards.

"There is a popular impression abroad," he said, "that our men are mostly employed by wives who wish to keep an eye on their husbands, or by husbands interested in the movements of their wives. This is not so.

There is many a boy in this town who was getting himself snarled up in difficulties, before whom the way was suddenly straightened out by means of which he had no knowledge.

"I have heard surprise expressed in quite a number of cases where the will of a departed father or mother provided for the trustseeing of the portions of this son or that until he should have arrived at years of rather maturemanhood.

There is no country where the matter of landing from American passenger ships is so easy and so expeditiously done as England, says the Travel Magazine.

There are duties levied on tobacco and spirits, but travellers are allowed a half pound of tobacco, in any shape, and a half pint of spirits, which also means the same as perfume.

In all cases, however, these goods must be the actual property of the passenger, and be for his use and control.

The customs officials are life appointees—under the civil service—and will be found most obliging and helpful.

Women as Floorwalkers. Women are fast replacing men as shopwalkers in millinery and dress shops.

Women as Floorwalkers. Women are fast replacing men as shopwalkers in millinery and dress shops.

Women as Floorwalkers. Women are fast replacing men as shopwalkers in millinery and dress shops.

Women as Floorwalkers. Women are fast replacing men as shopwalkers in millinery and dress shops.

Women as Floorwalkers. Women are fast replacing men as shopwalkers in millinery and dress shops.

Women as Floorwalkers. Women are fast replacing men as shopwalkers in millinery and dress shops.

OUTING FOR NEW YORK'S BOYS.

"Cheer Up" Sings the North River to the Tenement Dwellers.

You may know the great river up and down with an intimacy determined by your occupation, your propinquity and your soul, says the New York Herald.

Take a poor, sodden, pulpy disintegrating lump of human flesh, with the soul of it very still and feeble inside, drag it out to a wooden place over the water, away from the dishes and the suds and the stench of gas and metal, blow clean, fresh air upon it, and brush its deadened nerves with a quickening bar of music.

The pavilion is filled. Every seat around the bandstand is taken and benches by the railings. Scores of people are walking arm in arm from end to end of the long, cool tunnel in the thick, hot night.



Such a procession of childhood along the pier

a recreation pier on a sweltering night makes an admirable model for the world. These are working people, into whose every pleasure a certain sadness creeps because there is so little time between a toll and a toll, and so seldom any real rest until the end.

It is a complicated mixture of races on the pier. If there is any perceptible preponderance you would say it is Irish.

A Hebrew family, aloof and happy, has a bench close up to the music. The boy of ten and the girl two years younger detach themselves, with parental permission, and go for a promenade.

"I don't see der Rosenlobens here to-night," says the mother. "I wonder—"

"Vy, don't you know, mamma?" shouts the eldest boy. "Last night, when dey vas here in der preeces, der house vas burgled, an' dey ganot afford no recreations no more."

Lamentations follow till the music renews, and all else is forgotten.

There are children of many races and many degrees of cleanliness.

Such a procession of childhood along the pier! Here is a stanch, small man of nine, limping with a stone bruise, marching past like a veteran in a Grand Army parade.

There are notably few men in the assemblage. You ask one of the uniformed guards where the men are and he jerks his head to one side toward the river front.

Photo Printing Frame. Photography has taken such a hold on the popular fancy in the past few years that nearly every family has some member who is interested in it.

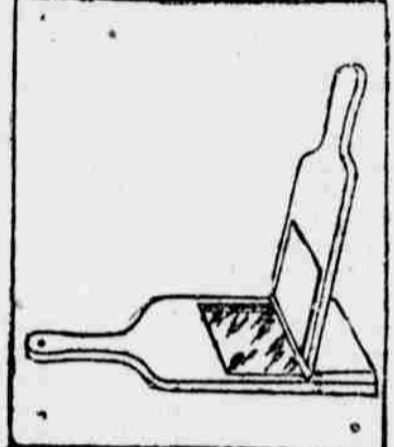
Trucker's Course. In the winter courses in agriculture at Pennsylvania State College horticulture has a prominent place, but the importance of instruction in market gardening and greenhouse management has led the college to make special provisions for it.

State College Will Teach Market Gardening. In the winter courses in agriculture at Pennsylvania State College horticulture has a prominent place, but the importance of instruction in market gardening and greenhouse management has led the college to make special provisions for it.

CASTORIA 9.00 DROPS. Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS & CHILDREN. Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of Dr. J. C. Fitcher. In Use For Over Thirty Years CASTORIA THE CENTAUR COMPANY, NEW YORK CITY.

Photo Printing Frame. Photography has taken such a hold on the popular fancy in the past few years that nearly every family has some member who is interested in it.



What Comprises Argentina. Argentina is the United States of South America. It is made up of fourteen states and nine territories. The population is about 5,000,000.

These states have greater power individually than ours. They may, with the consent of Congress make treaties for the fostering of industry, immigration, colonization, railways and canals.

QUICK CLIMATIC CHANGES try strong constitutions and cause, among other evils, nasal catarrh, a troublesome and offensive disease. Sneezing and snuffling, coughing and difficulty breathing, and the drip, drip of the foul discharge into the throat—all are ended by Ely's Cream Balm.

The cloak of religion is seldom synonymous with the mantle of charity.

A Reliable Remedy FOR CATARRH Ely's Cream Balm. It is quickly absorbed. Gives relief at once. It cleanses, soothes, heals and protects the diseased membrane resulting from Catarrh and drives away a Cold in the Head quickly. Restores the Senses of Taste and Smell. Full size 50 cts. at Druggists or by mail. Liquid Cream Balm for use in atomizers 75 cts. Ely Brothers, 66 Warren Street, New York.

MAGAZINE READERS. SUNSET MAGAZINE beautifully illustrated, good stories and articles about California and all the Far West. \$1.50 a year. CAMERA CRAFT devoted each month to the artistic reproduction of the best work of amateur and professional photographers. \$1.00 a year. ROAD OF A THOUSAND WONDERS a book of 75 pages, containing 120 colored photographs of picturesque spots in California and Oregon. \$0.75. Total . . . \$3.25. All for . . . \$1.50. Address all orders to SUNSET MAGAZINE Flood Building San Francisco