



HOW TO GAIN FLESH.

Mrs. S. T. Rorer Prescribes the Proper Diet and Treatment for Women Inclined to Thinness.

"First of all, the person inclined to thinness must learn to be quiet, even in active exercises," writes Mrs. S. T. Rorer on "The Best Foods for Stout and Thin Women," in the Ladies' Home Journal.

"For the night meal have a clear soup, a red meat, either beef or mutton, with a baked potato, or mashed potato browned in the oven, or a potato croquette, or rice in any form, stewed macaroni, a green vegetable, and a salad composed of a green vegetable with French dressing.

DRESS FOR INVALID.

Description of a Cream Challie Gown Recently Made for Mrs. Cornelius Vanderbilt, Jr.

Nothing is quite so comfortable as a challie after all, when you want something for a room dress. A very interesting invalid of New York, no other in fact than Mrs. Cornelius Vanderbilt, Jr., had sent home to her the other day a room dress of cream challie.

"You see, they're furnishing their flat with prizes won at cinch and euchre parties. They are fine players, and it is a rare thing, indeed, when they do not come home with either the first or second prize.

"Of course there are several duplicates among all these things, but a clumsy young housekeeper will soon reduce that surplus. Beth says that her only fear is that with next winter's earnings added to the wedding presents which will come some day the flat will have to be enlarged into a storage warehouse.

Cottage Cheese Sandwiches. Cut slices of brown bread about half an inch thick; do not remove the crusts; rub half a pint of cottage cheese to a smooth paste, then press it through a fine sieve; add slowly, beating all the while, two tablespoonfuls of melted butter, half a teaspoonful of salt, and two tablespoonfuls of thick cream.

Fig Sandwiches in Rolls. Split a dozen figs, scrape out the soft portion, rejecting the skins; rub this to a paste. Butter either white or brown bread, then cut the slices from the loaf as thin as possible; remove the crusts; spread over the paste; roll the bread carefully, press for a moment until there is no danger of the roll opening then roll it in a piece of tissue paper, twisting the ends as you would an old-fashioned motto, or it may be tied with narrow baby ribbon of any color.

How to Cloud a Glass. To cloud a glass for the sake of protection purposes, as in a bathroom, and yet to preserve the light, a man who works in glass says that it is done with a solution of Epsom salts and vinegar applied with a brush.



ROAD IMPROVEMENT.

It is Possible Even Where Elaborate Operations are Entirely Out of the Question.

Road improvement is always possible at small expense, even though elaborate road building is out of the question. There are three essentials of good highways, all of which may be secured easily and at little outlay, and which will insure vast improvement in the roads of country districts where the people are unwilling or feel unable to undertake extensive improvements.

First, the road must be graded and drained so that water can neither stand upon the surface nor soak in under the foundation. Water is ruin;



ROAD NEAR ELMIRA, N. Y.

ons to a road in either of these locations, and if allowed to remain in them, will speedily work complete destruction. An expensive stone road that is inadequately drained will suffer just as surely and fatally from water on or in it as the most ordinary country road. Disintegration and complete breaking up are only a matter of time, and a short time at that.

The second essential is found in the establishment of a workable, methodical system of care and repair, by districts, whose responsible heads will utilize time and labor to advantage and get the best possible results that can be obtained from the local conditions and facilities. This, of course, means the abolishment of working taxes, the substitution of money taxes, and the employment of a competent, intelligent corps of workers.

Finally, the roads can be compacted, smoothed and hardened by the use of vehicles of wide tires and axles of unequal length. Repeated experiments and tests of the actual saving in power by these means have proved it to be very great; experience in localities where they have been tried have given most satisfactory results, and many foreign countries enforce their use. It is in effect the use of a constant stream of steam rollers passing along the highway, instead of a series of weights being rolled along on knife-like edges which cut apart and tear up as they go.

WHERE ROAD TAXES GO.

A Condition of Affairs Which Exists in Other States as Well as in Old Kentucky.

"It is a disgrace to the principle of self-government," says the Louisville Courier-Journal, "that the law-abiding people of Kentucky do not rise in their majesty and might and put an end to the present system of licensed robbery. What is really wanted is not toll-gate raids, but the hanging of a few overseers and contractors, and the impeachment of a few county judges and local magistrates.

"The farmers complain of hard times and high taxes. Yet they stand like logs of wood and see themselves pilaged right out of hand, saying never a word. In Jefferson county alone \$30,000 annually are wrung from the people upon the pretext of road making. It is safe to say that not one-third of this vast sum is ever devoted to the purpose intended, whilst two-thirds of it goes into the pockets of the heartless bloodsuckers masquerading as road overseers, and rascally contractors, with whom these are in partnership.

Give the Calf Enough. I know by actual experience, says a writer in Hoard's Dairyman, that a calf can be raised on skim milk, if he has enough. We have one now, on this place, that, at four weeks, gets 25 pounds of skim milk a day, and, besides, all the bright hay it wants, which is a good deal. And with this liberal feeding it is a beauty, and as for growth, as the hired man expresses it, "beats any calf I ever did see." The trouble with not only calves, but most young stock is that they do not get enough. A growing boy will eat more than a grown man, and the growing calf wants enough, or it will not be a growing calf.

Beyond His Reach. The count became passionate in his pleading. "Be mine!" he cried. I have titles and landed estates! I will give you a position in the society in which royalty moves! Say that I may hope for you!" She sighed, blushed and shook her head. "You got into the market too late, count," she said in a business-like way. "It has already been cornered."

The Biggest Bicycle in the World. A German has just completed a bicycle that has one wheel nine feet in diameter. Two people ride it—one on each side of the monster wheel and run as easily as a smaller bicycle because of its scientific construction. The scientific formula of Hostetter's Stomach Bitters is the reason of its great virtues in making the weak strong, and in curing most of the every-day ailments of men and women. If your health is poor, try a bottle.

Lacked Originality. He—And am I really and truly the first man you ever kissed? She—Why, of course, you are stupid. "Stupid! Why do you call me that?" "Because you are not original. At least a dozen men have asked me the very same question."—Chicago Evening News.

Shake Out Your Shoes Allen's Foot-Ease, a powder for the feet. It cures painful, swollen, nervous, smarting feet and instantly takes the sting out of corns and bunions. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes tight or new shoes feel easy. It is a certain cure for sweating, callous and hot, tired, aching feet. Try it to-day. Sold by all druggists and shoe stores, 25c. Trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y.

People who don't know what they want, are harder to please than those who do know and can't have it.—Rams Horn.

Wheat 40 Cents a Bushel. How to grow wheat with big profit at 40 cents and samples of Salzer's Red Cross (80 Bushels per acre) Winter Wheat, Rye, Oats, Clovers, etc., with Farm Seed Catalogue for 4 cents postage. JOHN A. SALZER SEED CO., La Crosse, Wis.

The Maidservant — "Professor, madam has just returned from her journey." Professor—"Remind me by and by to give her a kiss."—Tit-Bits.

G. A. R. Encampment Sept. 5-10. \$5.00 Queen & Crescent Route, Cincinnati, Chattanooga and return. W. C. Rinearson, Gen'l Pass'r Agt., Cin'ti, O.

A rich man's will is something like the shower. It settles the "dust."—L. A. W. Bulletin.

We think Piso's Cure for Consumption is the only medicine for Coughs.—Jennie Pinckard, Springfield, Ill., Oct. 1, 1894.

A shower is distressing to wheelmen, but the man with a horse ought to welcome a driving rain.—L. A. W. Bulletin.

Daglow—"What do you think of the weather?" Snubbler—"Excuse me; I don't swear."—Roanoke Gazette.

"I suppose your wife misses you a great deal?" inquired a lady of a commercial traveler. "Well, no. For a woman, she has a remarkably straight aim," was the reply.—Answers.

"My friend," said Keedick to a tramp who had asked him for a dime, "why don't you go and wash yourself?" "I'm too patriotic for that, boss," replied Soiled Spooner. "Dirt is not patriotism." "No, but I'm afraid I'd get hold of a piece of Castle soap by mistake."—Town Topics.

A would-be playwright brought to a well-known actor manager a play for him to read. The actor found it execrable, and when the author demanded a verdict felt it a kindness to point out the mistakes he had made. But the tyro waxed wrath. "Do you know that play cost me a year's hard labor?" he exclaimed. "My dear man, you are fortunate," returned the imperturbable actor; "a more just judge would have made it ten years."—Tit-Bits.

"You shall be rich and famous," said the fortune teller. "Alas!" cried the sinner. "Then I am undone. For my dream was to devote my life to art."—Philadelphia North American.

Cruel Woman.—Greymais—"My wife didn't say a word when I got home so late the other morning." Betterhaws—"That was kind." "As I was saying, she didn't say a word when I got home. She waited until I got sleepy."—Cincinnati Enquirer.

She—"I don't believe there was a hat in church to-day that I didn't see." He—"Except the one that was passed for the collection."—Indianapolis Journal.

Examiner—"What part of speech is the word 'am'?" Smart Youth—"What, the 'am' what you eat, sir, or the 'am' what you is?"—Fun.

Counsel—"You're a nice fellow, ain't you?" Witness—"Yes, sir, and if I were not on my oath I would say the same about you."—Boston Herald.

SYRUP OF FIGS. NEVER IMITATED IN QUALITY. THE EXCELLENCE OF SYRUP OF FIGS is due not only to the originality and simplicity of the combination, but also to the care and skill with which it is manufactured by scientific processes known to the CALIFORNIA FIG SYRUP CO. only, and we wish to impress upon all the importance of purchasing the true and original remedy. As the genuine Syrup of Figs is manufactured by the CALIFORNIA FIG SYRUP CO. only, a knowledge of that fact will assist one in avoiding the worthless imitations manufactured by other parties.

SWEET REVENGE.

A Turkish Bath Assistant Gets Even with the Judge Who Sent Him Up.

The judge had never taken a Turkish bath, but he was not feeling his best that morning, and it suddenly occurred to him to test its vivifying effects, so enthusiastically despatched upon by his young friends. It seemed to the judge that the rubber was terribly rough, but fearing to expose his inexperience and subject himself to ridicule by objecting to the regular treatment, he patiently endured being punched, pummeled, slapped, spanked, whacked and poked, until he could not stand the terrible torture a moment longer.

"Never you mind; I'm fixin' you," responded the rubber, redoubling his assaults, and grinning diabolically—at least so it seemed to the judge. "Who (slap, groan) are (thud, groan) you?" gasped the judge, a horrible suspicion dawning in his mind. "Your (whack, groan) face (thump, groan) does (whack, groan) look (slap, groan) fa—(thud, groan)—million (swish, groan)." "Oh! you remember me, do you?" growled the rubber, sarcastically. "Well, dash yer old hide, mebbe you'd like to send me up for six months again for prize fightin'!"—Harper's Magazine.

A Musical Critic. "That's a mighty good band," said Tommy Tucker, who was up in a tree listening to the afternoon concert at the park.

"How many musicians is they?" asked Benny, who was lying down in the grass. "They's 20," answered Tommy. "an' they's a feller that stands up in front of 'em, beatin' a stick up an' down an' tryin' to bother 'em, but they don't pay no attention to him."—Chicago Tribune.

Poor Girl. She—Oh, please don't tease me to sing. I'm so hoarse to-night that I can hardly make a sound. He—Yes, I know. That's why I think this would be a good time to have it over with.—Chicago Evening News.

BATTLE AX PLUG advertisement featuring an illustration of a man in a military uniform sitting in a chair and smoking a pipe. A box of Battle Ax Plug tobacco is visible next to him. Text includes: "Columbus discovered America—but I have discovered BATTLE AX!" and "Remember the name when you buy again."

HOMESEEKERS' EXCURSIONS advertisement for the Burlington Route. It lists dates: SEPT. 6, SEPT. 20, OCT. 4, OCT. 18. Text includes: "These are the days on which you can buy very low-rate round-trip Excursion Tickets to NEBRASKA and other points in the West, Northwest and Southwest, good for 21 days. Stop on your way and see the GREAT TRANSMISSISSIPPI EXPOSITION AT OMAHA." It also mentions a "New Home in Nebraska, a prosperous country, where a farm can be bought for one year's rent of an eastern farm."

SAPOLIO advertisement. Text includes: "'WELL BRED, SOON WED.' GIRLS WHO USE SAPOLIO ARE QUICKLY MARRIED." It also features a small advertisement for "The Best Book on War" and "GO SOUTH" for information on Nebraska farms.