

## A BREAST OF VEAL.

### This Article Tells Exactly How It Should Be Prepared and How to Stuff and Roast It.

In the spring, when lamb and veal are in season, they are not only the cheapest but the most wholesome of flesh food. Heavy beef and mutton, which are in prime condition for food in cold weather, when they can be hung until they are tender, begin to pall upon the appetite in spring. A lighter and more easily digested meat is demanded. Veal comes first into season to meet this demand, and young lamb a little later. The acid vegetables, fruits and sauces for meats which are so appetizing at this season are demanded when these easily digested young meats are served. Thus the convention-al diet of the spring months, and the one which is the easiest to procure, may be readily proved to be the most wholesome for the season.

The breast of veal is the cheapest portion of the animal. The large proportion of the bones are in a semihardened state, when they can be softened by cooking. The hard bones of the breast



ROAST BREAST OF VEAL.

should be removed. Flatten out a breast that has been freed from hard bones, leaving those that are soft and flexible. It should weigh about 21/2 pounds when prepared. Dredge about tablespoonful of salt and an even teaspoonful of pepper. Stuff it with a wellseasoned veal stuffing. Roll it up and tie it into shape. Lay it in any flat-bottomed shallow saucepan, with a cover that has no solder about it.

The saucepan must be large enough to hold a gallon, and should be at least nine inches across the top, in order to be broad enough. Rub the roll of veal with butter, dredge it with flour, slice an onion over it and a carrot. Put a pint of rich brown gravy or stock over it, cover it and set it in a hot oven to braise. Baste it every 15 minutes. As the stock boils down add boiling water to thin it, and continue the cooking in this way until the meat has been braised for at least two hours, or until it is a very rich brown in color and perfectly

The stuffing for this breast of yeal is made as follows: Brown over the fire two onions minced fine. Soak a loaf of bread freed from its crust in cold wa-ter for 15 minutes. Press out the wa-ter with the hands from the soaked bread. Add two or three whole eggs.
a tablespoonful of salt, a teaspoonful of pepper, a tablespoonful of sage leaves, three skinned sausages and a teaspoonful of parsley. Add the mince of fried onions, and after thoroughly mixing the forcement rub it through a puree sieve. Spread this stuffing in the center of the breast of veal before it is rolled up. The it closely at the ends, so as to resemble the roll in the illustration.—N. Y. Tribune.

## Hints About Summer Portieres.

The draperies in the summer house have much to do with its effect. Take away from the house the pretty curtains that drape the walls, windows and doors and it will assume a decidedly bare appearance. Among the new materials for draperies that are within the means of women who are planning for the summer home is snow flake cloth. It is a very light tan in color—almost cream—scattered with flaky white dots and showing a striped silk border in china blue, sage green or old rose. The silk border is also in Roman colors. Another new portiere, somewhat more expensive, is of Bombay cloth with a large empire design em-broidered in tinsel. For a library this is very effective in wood brown with the design in cream white outlined with gold threads.

## Pretty Window Hangings

White muslin curtains for windows will be much used this year in summer The frilled border is out of fashion and an embroidered open-work edge is in vogue. That this launders more easily than the frilled edge may be one secret of its popularity. These curtains with the flat open-work border and an embroidered design scattered over the surface may be bought for a very small sum. The new dotted Swiss curtains with a scalloped edge are extremely dainty and pretty for summer draperies. The dot is large enough to be conspicuous.

## Celery Salad.

Two bunches celery, one 'sl-despoonful salad oil, four tablespoonfuls vinegar, one small teaspoonful fine sugar pepper and salt to taste. Wash and scrape celery, lay in ice-cold water un-til dinner time. Then cut into inch lengths, add above seasoning. Stir well together with fork, and serve in salad

## When a Woman Faints.

To care for a person who has fainted, lay the person down, keep the head low, loosen the clothing, give plenty of fresh air and dash cold water in the Smelling-salts and stimulants should only be used when consciousness has returned.—Ladies' Home Journal.

Maitre d'Hotel Butter. Put about six ounces of nice butter on a plate; mix well with a little chopped parsley, pepper and salt and juice of half a lemon

## SECRET OF HAPPINESS.

### Consists in the Acceptance of the Talent and the Tasks God Has Appointed.

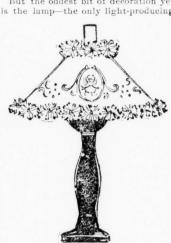
"Happiness comes through quiet aceptance of the talent, temperament and task that God hath appointed. Unable to add one cubit to the stature, or make one hair white or black, man is also impotent to alter his birth-gifts,' writes Rev. Newell Dwight Hillis, pastor of Plymouth church, Brooklyn, on "The Secrets of a Happy Life," in the Ladies' Home Journal. "Through heredity our fathers chose the life work for us, and try as we may we cannot alter their choice, though we can break our hearts. To-day one part of society is making itself miserable through an overestimate of great deeds and an ag-onizing desire to do striking things. Yet struggling and agonizing never did anything worth while. The first sign of a great piece of work is the ease and swiftness with which it was done by him appointed for the task. Another part of society destroys happiness by underestimating small deeds and duties. God's mountains are not made out of huge chunks of granite, but out of minute flakes of mica. Size has nothing to do with the valued work, and man cannot be happy until he surrenders his will and cheerfully accepts the one tal-ent, or two, or ten, counting it honor enough to do his appointed work more perfectly than any other can possibly do it. We do not need great and splendid things, but that common things shall be lifted up and illuminated by a quiet and beautiful spirit. One of the secrets of happiness is found in the habitual emphasis of pleasant things and the persistent casting aside of all malign elements.

## A MOURNING LAMP.

### An Eccentric Bit of Furnishing Designed for a New York Society Woman's Room.

In a search for fashion novelties your shape of a mourning lamp. In the New York home of a well-known society matron whose sister died abroad a few bulb (which apothecaries sell for a

brocade, and all the ornaments are draw the tongue. Seize the lower man



A MINIATURE LAMP.

ornament in the room. It is black enamel and stands 18 inches high. The shade is made of china silk and a miniature of the sister is painted upon it.

Each year at the anniversary of her

relative's death this New York matron has memorial services held in the room, which is the only time that it is ever en-

## Evidence of Indigestion.

Coldness of feet and limbs is almost invariably an evidence of indigestion. tempts are made to "break up" the sit. The coldness is due not to the weakness of the heart or feebleness of circulation, the small arteries, preventing blood from entering the parts. There is generally an irritation of the abdominal sympathetic nerve centers which control the circulation of the lower extremities. This difficulty is not to be removed by exercise or by any special application to the limbs, but by removal of the causes of irritation. This ay be a prolapsed stomach or chronic indigestion. Hot and cold footbaths are valuable. These act not simply on the feet and limbs, but by reflex action affect beneficially the abdominal sympathetic centers, which are in a diseased condition.

## Make Your Gwn Perfume

You can easily make a delicious violet perfume for yourself by putting half au ounce of orris root, broken into small pieces, in a sottle with two ounces of alcohol. Add to this a bunch of newly-picked violets, cork and bottle tightly and shake well. After it has been standing four or five days, a few drops on the handkerchief will leave the scent of fresh violets. Apropos of perfume is the laundering of fine linen and silk handkerchiefs. To obtain the best results wash them in salt and water and iron while damp under a thin cloth wet with perfume.

## The World's 860 Languages.

Statistics gathered by a French geologist show that 800 different lan ages are used in the world now and that these are subdivided into 5,000 dialects. Europe has 89 languages; Africa 114; Asia, 123, and America, 417. The remaining 117 belong to the large and small islands of the world, particularly of the south seas. Many of those islands have their own distinctive language, although they are close to others in many



## MOTHER'S CHICKEN PIE.

Our folks have jest cleaned up a chicken pie, An' nommynated me to tell the tale. Well, first we ketched a hen that hed her

eye On settin'-when her egg desires got

stale; of course, we didn't do a thing to her, But chop her head off—she was butter fat, But sorter aged, if you judge her spur, But chicken pie, sez I, will settle that. They cut her up from wing way down to heart.

heart, The women folks—they soaked her over The women folks—they soaked her over night,

And then they biled her till she fell apart,
An' so'at the flavor would come out jest right,

They blied an onior an' a lemon, too,
Right with that chicken—then the children gnawed
The bones to start our appytite anew.

Ma lined the dish with pie crust, then she drawed

A cup of cream, an' beat an egg up white, With two big spoons of flour—they laid the meat Inside the dish—it made a hungry sight. Then mixed egg, cream and flour and soup

complete
An' poured it in—then put a crust on top
An' baked it till the smell jest seemed

The kitchen—but I guess I'll have to stop; My mouth's a-waterin' so my tongue stands still.
-Rural New Yorker.

## REMEDY FOR GAPES.

### It Is Always Effective and Can Be Applied Without Danger to the Youngest Birds.

There are several remedies for gapes, but the difficulty is that sometimes the chicks must be handled. The difficulty occurs mostly on farms upon which fowls have been kept for years.
It is caused by a collection of small, correspondent has come across a most threadlike worms in the windpipe of unique bit of furniture. It is in the the chicken. To kill these worms and years ago there is a room furnished in "medicine-dropper"), half fill it with remembrance of the deceased relative. Everything in the room is black, save in the windpipe, discharge the oil. A small oil can used for sewing machines and has a violet background with black flowers standing out upon it in somber dropper. Operate as follows: Place the relief. The furniture is of richly carved chicken back down between your knees The curtains of black satin and hold it gently; open the bill and dible and tongue thus drawn out be But the oddest bit of decoration yet tween the forefinger and thumbnail of is the lamp—the only light-producing the left hand. This will bring into view the opening into the windpipe at the base of the tongue, into which gently insert the tube and discharge the oil using about one drop. Close the bill and hold the head still for a few seconds. Then let the chicken go, and it will cough, spattering some of the oil out, but enough remains to destroy the worms, and they will be coughed up and swallowed. The gapes continue for some time after the treatment, but the remedy will be effectual in every case if properly applied, and it may be readily repeated, if considered worth while as often as necessary. After a little practice it is very easily applied and always succeeds. A breadcrumb upon which is one or two drops of a mixture of camphorated oil and oil of turpen tine forced down the throat is sometimes effectual, but it does not always reach the windpipe. Pulling out the worms with the strip of a feather is painful to the chick.—Farm and Fireside.

## SITTING-HEN COOLER.

## A Device That Has Worked Like a Charm Wherever It Has Been Given a Trial.

When the "good will" of a sitting hen is not wanted, she most generally be-comes a nuisance. Hence the reason why sitting hens receive so much abuse at the hands of their owners when atting fever. If rightly handled, the



A SITTING HEN COOLER.

'hottest" hen may be induced in a few lays to go to scratching and give up all idea of sitting, without being cruel to her, either. Get a grocery box, or something similar, and convert it into the affair shown in cut. It has no bottom, out one end has a sloping top to throw off rain and also to protect the hen from the sun. The remainder of the top is covered with slats. The two holes at the side give the hen, or hens, access to dishes of water and food, which, by the way, should be light and small in quantity, to reduce "biddy's" condition. Oats are about the best substitute for "bread" when refractory hens thus have to be placed on "dungeon diet."— Fred O. Sibley, in Ohio Farmer.

Both adults and chicks love warmth The hens will select the sunny spots, especially if protected against the winds on damp or cold days, while even on the warmest days of July the chicks will nestle under the hen. Should a heavy shower suddenly come up, and the chicks appear dead, place them near a stove, or in an oven of moderate heat and notice how quickly the apparently dead chicks will come to life again. Heat is the great life-giving element. Should disease of any kind appear always provide a dry and warm place. There is no remedy for roup that equals warmth, not that warmth will cure it, but warmth invigorates the fowl and enables it to withstand the ordeal.-American Gardening.

## HOW TO FRAME A PICTURE.

Inst be Carefully Studied, and Over-Decoration Avoided — Old Styles
Thought Hideous Now.
Hints as to the framing of pictures

re in place every few years. Taste develops, and the frames that were in general use 25 years ago are now rejected as hideous.

Heavy black walnut moldings were then used for charcoal and crayon drawings at all exhibitions. Nothing else was thought of, and any rebellion against the tradition of the framer was fraught with peril to the artist. Now such frames are only attic lum-

The aim of framing is not to exhibit the frame, but the picture; to make the picture look its best. Hence any-thing that calls off the attention from the picture to the frame should be

avoided.

A good oil painting deserves a rich. A good oil painting deserves a near, elaborate frame. The bright gold of the frame only sets off and becomes the color of the painting. If placed in a shadow or shelter box, the lining of the box should be in harmony with the gold frame of some unobtrusive color like olive or old gold, but never of glaring crimson plush.

Water colors should be framed after water colors should be trained after a more simple fashion, and etchings or engravings more simply yet. Water colors of the simple Dutch school, which have almost as much depth of color as an oil painting, can be treated more like oil paintings, Gold mats and rich frames may only enhance their beauty, but light water colors, especially those where body color is not used, require light mats of rough paper, white or cream; and cream white, white and gold, or very simple gold

A water color, in distinction from an oil painting, requires a mat to bring out its color, and a glass for protection. This glass should be flawless tion. This glass should be naviess, clear (not green), and, with the mat intervening, it cannot touch or injure the face of the picture.

Thick paper should be placed under the back boards of the frame to pre-

vent the wood from staining the pic-ture from behind, and paper should be pasted over the back of the frame to

keep out dust.

In the choice of mats remember that ream fints turn several shades darker in the course of a year or two, but they are more generally becoming than the blue-white. Still, some delicate paintings cannot bear the cream tint, so it is well to test the different shades of white with the picture in hand.

white with the picture in hand,

The complexion of a water color
should be studied in the choice of a mat as truly as that of a bride in the selection of the right shade of white wedding gown. This is also true of etchings and engravings

An etching should be framed as carefully, neatly and becomingly as a water color, for etchings, like women, are kittle cattle and their idiosyncrasies should be humored. Light natural woods—oak, ash, chestnut, cherry or holly—well made in a simple style, are suitable for most etchings. Bronze.

suitable for most etchings. Bronze, gold, white and gold and cream-white frames are also suitable for etchings. Landscapes require simple frames, figure pictures can bear something more dressy and a single head requires the most elaborate frame of the three but in each case the danger is in over decoration.

decoration.

An old engraving or etching may look well in a black frame, but black must be used judiciously.

Woods like oak or chestnut gilded, but showing the natural grain and made up in a flat, plain molding, are admirable for frames and are more suitable than overwrought gilt molding.—Collector and Art Critic. ing .- Collector and Art Critic.

## Diagnosing Her Case.

He-If I were rich, darling, would you love me more than you do?

She-I might not love you any more, Henry, but I know I would look forward to our wedding day with a degree of impatience that never seems to possess me at present.—Chicago Evening News.

Mabel—Wonder what Mrs. Flayabout does to kill time?
Sue—Why, she has a bicycle and a husband, so she divides her time between them—blowing them up.—Cincinnati Enquirer.

Piso's Cure is a wonderful Cough medicine.—Mrs. W. Pickert, Van Sielen and Blake Azes., Brooklyn, N. Y., Oct. 26, '94. "It wom betten to be wight then to b president," but it were still better to be both.—Virginia Etchings.

Patience is power.-Ram's Horn.

Earned His Title.—Mr. C.—"They call him a one-horse lawyer." Mr. Y.—"How did he get that name, do you suppose?" Mr. C.—"Because he's such a fine charger, I imagine."—Yonkers Statesman.

Customer—"How long is this locket fit two pictures guaranteed?" Jeweler—"Fi-years—long enough for three pairs of ph tographs, usually."—Cincinnati Enquirer.

"Don't you think baby is like mamma George?" asked Mrs. Honeyton. "Very. He talks all the time and never says anything." —St. Louis Republic.

You often hear people talking of having a "hot time." It is a bad habit. It is an old axiom that you should keep cool.

Atchison Globe. The difference between that steamer col-lision last week and cleaning the mud off your ulster is—one was crushing a boat, the other brushing a coat.—Ally Sloper.

Though you fill a freight scow with goods, it is still "lighter."—L. A. W. Bulletin.

The man with a reputation for falsehood is far less dangerous than the man who deserves such a reputation but has not yet acquired it.—Ram's Horn.

Mamma—"Johnny, what did you mean by saying 'no' when I asked you if you went bathing, when you knew you were telling a wrong story?" Johnny—"Didn't you tell me he other day to be a man and learn to say no'?"—Boston Transcript.

Emily—"I am so happy. I begin to see hat Arthur married me for my money." der Dearset Friend—"Well, you have the omfort of knowing that he is not so simple as he looks."—Spare Moments.

Last chapter of up-to-date novel—"And so they were married and lived very hap pily together, not being divorced until the middle of the third year."—Phila lelphia North American.

"Big Four Gift!'-Neely's Spanish-American War Panorama.

Contains 160 superb half-tone engravings, made from photographs taken of our Army in camp, on transports and in actual service, Spanish and American Gun-boats, Cuba, Havana, Manilla, Landscapes, Architecture; shows the manners and customs of the people of our new Islands; Pictures of our Heroes—Dewey, General Charles King (known as Capt. Charles King, theauthor), Wheeler, Hobson, Roosevelt, Sampson, Miles, Schley, Shafter, Lee, Brooks, Carroll; Groups of Officers, Cavalry, Artillery, Infantry, Ships, Rifle-practice, Spanish Soldiers, Insurgents, Chickamauga, Jacksonville, Tampa, Last Farewell Letters Home, Hospitals, Clara Barton, Rough Riders, Santiago, San Juan, Manilla, the Beautiful Women of Cuba and Manilla.

The Album is 54x8 inches, weighs 12

Manilla, the Beautiful Women of Cuba and Manilla.

The Album is 5½8 inches, weighs 12 ounces, printed on finest coated paper.

Sent FREE to any address in the United States, Canada or Mexico for 12 cents in stamps or coin, to cover postage and packing.

Copy may be seen at any ticket office of the Big Four Route.

Order at once, as the edition is limited.

Address WARREN J. LYNCH, General Passenger and Ticket Agent, "Big Four Route," Cincinnati, Ohio.

Mark envelope "War Album."

## His Practice.

"Say, you knew Deacon Hardway's boy
Hen, who went up to the city to study medicine, didn't you?"
"Oh, yes: I knowed Hen well. What
about him?"
"He killed himself day before yesterday."
"You don't say! What was the matter?
Couldn't he git no outside practice?"—Chicago Times-Herald.

## Try Grain-O! Try Grain-Or

Try Grain-O! Try Grain-O!
Ask your groers to-day to show you a
package of GRAIN-O, the new food drink
that takes the place of coffee. The children
may drink it without injury as well as the
adult. All who try it like it. GRAIN-O
bas that rich seal brown of Mocha or Java,
but it is made from pure grains, and the
most delicale stomach receives it without
distress. 14 the price of coffee. 15c. and
25 cts. per package. Sold by all grocers.

## What to Say About the Baby.

What to say about an opposite the wise bachelor who is called upon to compliment the new heir of his wedded triend can make himself popular by declaring with emphasis: "Well, that is a baby." There is no gainsaying that. It isn't a bit complimentary, and sounds like strong praise.—Philadelphia Times.

## A Dainty Summer Bath.

For a refreshing summer bath use soft water. Make a dozen or more cheese cloth bags. Fill them with oat meal, and finely-shaved Ivory Soap, add a little powdered orris root, mix well, and tie up securely. One bag in a tub full of warm water will make a delightful, cleansing bath, and render the skin soft and smooth as velvet.

ELIZA R. PARKER.

Puzzled. "Gosh durn those Filipiny fellers, any how," muttered Uncle Josh; "I kain't keer track ov 'em." "Dew tell, Josh!" "Yep, I've got me eye on Aguinaldy an' Agoneilly all right, but who in thunder kin this feller Archie Pelago be?"—Philadelphia Record

You Can Get Alien's Foot-Ease FREE. Write to-day to Allen S. Olmsted, Leroy, N. Y., for a FREE sample of Allen's Foot-Ease, a powder to shake into your shoes. It cures sweating, hot, swollen, callous, aching feet. It makes tight shoes easy. Cures Corns, Bunions and Ingrowing Nails. All druggists and shoe stores sell it. 25 cents.

## An Irritating Phrase.

"Are Unitating Phrase.
"Are you scriously ill?" asked the well meaning friend. "Oh, no," answered the dyspeptic, with a jarring, sarcastic laugh. "I hurt all over and don't care whether the sun rises to-morrow or not. But I'm not seriously ill. I'm joosely, flippantly and farcically ill. I'm going through all the symptoms, but don't mean one of them."—Washington Star.

## Lane's Family Medicine.

Moves the bowels each day. In order to be healthy this is necessary. Acts gently on the liver and kidneys. Cures sick head-ache. Price 25 and 50c.

## Overheard in a Cemetery.

Boyle—I am strongly opposed to crema-on. I think it is carrying things entirely tion. I think it is carrying things entirely too far.

Coyle—How so?

"We would then be compelled not only to earn our living but to urn our dead."

N. Y. World.

## Feminine Impartiality.

When a girl is interested in a man, if he isn't bowlegged and squint-eyed, she says he is as "handsome as a Greek god."—N. Y. Press.

To Cure a Cold in One Day
Take Laxative Bromo Quinine Tablets. All
druggists refund money if it fails to cure. 25c. Mule meat served a la carte, with horse radish and a pony of wine is a stable article in Paris.—L. A. W. Bulletin.

Friendship is worth more than its gifts.-Ram's Horn.

## A Story of Sterility, SUFFERING AND RELIEF.

[LETTER TO MRS. PINKHAM NO. 69,186]

"DEAR MRS. PINKHAM-Two ago I began having such dull, heavy dragging pains in my back, mense were profuse and painful, and was troubled was leucorrhœa. patent medicines and consulted a physician, but received no benefit and could not become pregnant. Seeing one of your books, I wrote to you telling you my troubles and asking for advice. You answered my letter promptly and I followed the directions faithfully, and derived so much benefit that I cannot praise Lydia E. Pinkham's Vegetable Compound enough. I now find myself pregnant and have begun its use again. I cannot praise it enough."—MRS. CORA GILSON, YATES, MANISTEE, MICH.

## "Your Medicine Worked Wonders."

"I had been sick ever since my marriage, seven years ago; have given birth to four children, and had two misearriages. I had falling of womb, leucorrhea, pains in back and legs; dyspepsia and a nervous trembling of the stomach. Now I have none of these troubles and can enjoy my life. Your medicine has worked wonders for me."-MRS. S. BARNHART, NEW CASTLE,

## Does Your Head Ache?

Are your nerves weak? Can't you sleep well? Pain in your back? Lack energy? Appetite poor? Digestion bad? Boils or pimples? These are sure signs of poisoning.

From what poisons?

From poisons that are always found in constipated

bowels.

If the contents of the bowels are not removed from the body each day, as nature intended, these poisonous substances are sure to be absorbed into the blood, always causing suffering and frequently causing severe

disease.
There is a common sense cure.

They daily insure an easy natural movement of e bowels. You will find that the use of

## @ Ayer's **J**arsaparilla

with the pills will hasten recovery. It cleanses the blood from all impurities and is a great tonic to the nerves.

Write the Doctor. DR. J. C. AYER, Lowell, Mass.

## "Arkansas Valley

Is an illustrated journal describing

Varied Resources of the Arkansas Valley in eastern Colorado. Here are successfully raised, by irrigation, great quantities of fruits, grains and alfalfa.

Crops are Sure and profitable, and climate exceptionally healthful.
Write for free copy of "Truth," also for information about homeseekers' excursion tickets.

# \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*



READERS OF THIS PAPER
DESIRING TO BUY ANYTHING
ADVERTISED IN ITS COLUMNS
SHOULD INSIST UPON HAVING
WHAT THEY ASK FOR, REFUSING
ALL SUBSTITUTES OR IMITATIONS.



The Greatest Railway System's of the United States Use CARTER'S INK

They wouldn't use it if it wasn't good. Costs you no more than poor ink. Insist upon having it.

"THE DEWEY" the world's greatest hero, by Murrat Halstead. AGENTS WANTED. Only \$1.50.
OUTFIT FREE. S. C. MILLER, Lakeside Bidg., CHICAGO. A. N. K.-C 1765 FISO'S CURE FOR

URES WHERE ALL ELSE FAILS.

Beet Cough Syrup. Trates Good. Use grant in time. Sold by druggists.

WHEN WRITING TO ADVERTISERS
please state that you saw the Advertisement in this paper.

EDUCATIONAL.

BUCHTEL COLLEGE, AKRON, O. DR. IRA A. PRIEST, President.

# SAPOLIO

LIKE A GOOD TEMPER. "SHEDS A BRICHTNESS EVERYWHERE."