

COOKING VEGETABLES.

A Few Rules Whose Observance Will Add Materially to the Pleasures of the Table.

It is a well-known fact that beans, lentils and split peas do not boil soft in The sulphate of gypsum, hard water. the salts of lime, coagulate the casein which these seeds contain. In some cases, however, the solvent power of pure soft water is so great that it destroys the firmness, color and skin of green vegetables and allows their juices to be extracted in the process of boiling. It is especially true of beans and green peas. Therefore, hard water, of soft, should be employed in these cases. A tablespoonful of salt added to gallon of soft water hardens it immediately. Eminent French authorities say use one tablespoon of carbonate of ammonia for producing the same re-

If green vegetables are wilted, soak them for more than an hour in pure

cold water. String beans usually need to boil for 45 minutes. The addition of a small bit of salt pork will generally minimize any rank flavor and will improve them When done, drain thoroughly, season with salt, pepper and butter.

Turnips, carrots, cabbage and onions should be boiled in a great deal of water and taken up immediately and drained when sufficiently done; cooking destroys the taste, and too little water will allow them to turn dark

New potatoes are the best baked. A very little s gar added to tomatoes, squash, peas.)rn, beets and turnips will improvenem.

Turnips will cook more quickly when cut into thin slices — otherwise they will need to cook a long time. Cauliflower should be tied in a net to

prevent boiling to pieces.

Summer squash should be steamed

and not boiled. Put a piece of bread the size of an egg into a cheesecloth bag and drop pot of boiling greens to absorb

A little pinch of cavenne dropped into boiling cabbage, green beans, onions

etc., will lessen the disagreeable odor. All dried leguminous vegetables, such as dried beans, peas, etc., should be put on in cold water, and when they reach the boiling point should be allowed to simmer until done.—Philadelphia Press.

TWO NEW COIFFURES.

English Women Are Simplifying Their Henddress, the French Are Complicating Theirs.

Here are two new styles in evening coiffures as they are worn by French and English women. In the first the hair is brushed back from the face a la



THE ENGLISH COIFFURE

pompadour and finished in a soft, loose knot at the crown of the head. Tortoise and jeweled ornaments are used to make the coiffure effective. The French headdress depends upon



VERY FASHIONABLE IN PARIS.

its complicated arrangement for its

The lower portion resembles in effect the popular figure eight twist, while pper part is a clever combination of the Psyche and puff arrangement.

A Delicious Tomato Sauce.

velve large ripe tomatoes, chopped and strained through a colander; one large sweet pepper, chopped; three onions, chopped; one tablespoonful black pepper, one tablespoonful all-spice, one tablespoonful cinnamon, one tablespoonful cloves, two cups vinegar, salt to taste; stir all together and put in jars. Will keep a year. Do not cork. a leather.

BATHING COSTUME.

The Amateur Mermaid Takes Her Daily Plunge in a Jaunty Suit of English Serge.

The amateur mermaid of midsummer is not a fabled being, but a charming reality. She gowns herself in becom-ing costumes of English serge, silk poplin or brilliantines; in fact any ma terial at all that does not cling to the

No fashionable bathing costume is minus its bloomers. These are of scant proportions and button above the knees in Turkish trouser fashion.

The skirt and bodice are combined in one piece upon a narrow band of corded silk ribbon or bengaline silk. A



THE AMATEUR MERMAID.

very pretty costume, and one that core trasts effectively with the white sand of the seashore, is developed in white English serge trimmed with bands of sea green brilliantine. The skirt drops evenly with the knee line and is faced

with sea green wash silk. The waist is cut on plain lines with a square neck finished with bands of green silk. The sleeves are very short puffs and are unconfined, many being of the opinion that bands around the arms, even though loose, prevent an absolutely free movement.

ODD WEDDING RULES.

Characteristic Customs That Prevail at Marriages in Norway, Sweden and Siberia.

Every country has its own particular regulations and ceremonies regarding matrimony. Wedding presents in Norway are not of the expensive but useless kind that they are with us. They consist of such things as pots and pans, plates and dishes, a feather bed, half a dozen sheep, a sack of potatoes, and so forth. Sir G. W. Dasent says that the Norwegians, in reference to marriage, as to other matters, put their best foot foremost and try to make the most of things generally. A lad went out to woo a wife. Among other places he came to a farmhouse, where the people were very poor, but they wanted to make him think that they were wellto make him think they were were to-do. Now, the father had got a new arm to his coat. "Pray, take a seat," he said to the wooer, "but there's a shocking dust in the house." So he went about wiping all the benches and tables with his new coat sleeve, but he kept the other behind his back. The wife had one shoe much better than the other and she went stamping and sliding with it up against the stools and chairs, saying: "How untidy it is here; everything is out of its place!" Then they called out their daughter to come and put things to rights, but she had got a new cap, so she put her head in at the door and kept nodding and nodding, first to this side and then to that. "Well, for my part," she said, "I can't be everywhere at once." In this way the wooer was led to believe that he had come to a well-to-do household. Many superstitions prevail in Sweden

with regard to marriage. It is said that if a girl be fond of cats she will not e an old maid, as we should say, but have a bright day for her wedding. swedish bride sometimes wears a coronet of myrtle, or, when that is not procurable, of colored paper. Here, as n Norway and other countries of north ern Europe, there is too much eating and far too much drinking at weddings. In Sweden the repasts on these occa-sions continue for hours. When asked to take your place at the table it is to take your place at the table it is considered polite to make as stout a resistance as possible. During the re-past a collection is made for the bride and sometimes also for the poor of the parish. In Siberia there is a good cusom that a bride on coming to her husband's house has to give a dinner pre pared with her own hands as a test of the education she has received. If she succeeds in gratifying her guests it is taken as a proof, not only of the young womans own excellence, but also as a recommendation of her whole family, by whom she was instructed so use

How to Test Wheat Flour.

The genuineness of entire wheat flour may be tested by chewing a small quantity for a few moments. Raw flour made from the entire grain has a sweet taste and a rich, nutty flavor, the same as that experienced in chewing a whole grain of wheat, and produces a goodly quantity of insoluble gluten, while a spurious article tastes flat and insipid, like starch, or has a bitter taste consequent upon the presence of im-

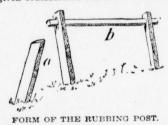
To Clean Jet Ornaments. With a soft brush remove any dust and then apply a little oil on a piece of



COMFORT FOR STOCK.

Rubbing Post Placed Here and There in Shadeless Pastures Will Save the Fences.

In pastures where there are no trees or underbrush, stock will often rub against fences, causing considerable injury, particularly if the fences are made of rails or boards. If rubbing posts are provided this will be obviated to a certain extent, and the stock given considerable comfort. Two con-



venient forms are shown in the illustration. The one at a is simply a post set in the ground at an angle, and the one at b consists of two posts with a top piece. One of these posts must be considerably higher than the other, so that the upper piece will slope. The posts must be set firmly in the ground and the top piece mortised in; otherwise it will be broken off.—S. C. Millie, in Orange Judd Farmer.

THE SPARROW HAWK.

Investigation Proves That the Farmer Has No Better Friend Than This Persecuted Bird.

In many sections the sparrow hawk is recognized as a true friend of the farmer, though in others it is included in the general warfare waged by farmers and sportsmen against hawks of all descriptions. The value of the sparrow hawk lies in his habit of feeding on small rodents. He is a rapacious bird, and destroys great numbers of these farm pests; also grasshoppers. Farmers are slow to appreciate the value of birds of prey. If one young chicken is devoured by a hawk a year, the whole race is condemned and no account taken of the 500 mice and young rats he may eat during that period. Mr. W. B. Hall, of Wakeman, O., was county clerk while the Ohio hawk law was in force, and he issued 46 bounty certificates for sparrow hawks. He examined their stomachs and found them all to contain the remains of grasshoppers, beetles and meadow mice; not one held any signs of chick-The investigations of the department of agriculture clusive yet, showing hundreds of mice against every chicken.

STORY WITH A LESSON.

a Tramp's Politeness Was How Awakened by the Sight of a

I will relate an amusing incident 1 saw happen in a creamery I visited a short time ago, writes G. B. Lawson in Creamery Journal. The creamery was as clean and neat as any could be, There was not a speck of dirt on the floor or about any of the machinery. The door opened and a tramp came in with muddy boots on. It was rainy at the time. He made one step on the inside and stopped, as soon as he saw the condition of the room, looked at his muddy feet, took off his hat and apologized for coming in in such a hurry with so much mud on his feet If that creamery had been dirty and grimy, as some are, that tramp would not have stopped at the door and apologized, but would have gone in gotten the buttermilk he wanted without looking at his feet. Brother Buttermaker, do vou keep vour creamery so clean that a tramp will stop at the door, take off his hat and offer an apology for coming in? If not, try it and see what a difference it will have on the looks of the place, and also on the quality of the product made.

Crescent Curculio Mark. Wherever a fruit is stung by the curculio a crescent-shaped mark is left that gradually deadens the portion of fruit inclosed, so that the sap will not flow so freely. This deadening of the fruit will extend to the stem and loosen its hold. Inside this crescent mark the curculio egg will be found. It used to be supposed that the curculio could not lay its eggs without making this mark, It does not at least, but the two operations are entirely separate. Instinct teaches the "little trick" to deaden the skin in order to stop the flow of juices, which might flood and destroy the egg she is about to lay. This deadening of the skin causes the fruit to ripen prematurely, so that when the egg hatches worm has ripened instead of green fruit to feed upon.

Germs in the Fore-Milk. With regard to the number of germs present in the fore-milk, Prof. Harrison found that in the first few strains of milk removed from the teats they varied from 18,000 to 54,000 per cubic centimeter; while the numbers present in the remainder of the milk amounted to only from 890 to 4,800 per cubic centimeter. These figures demonstrate how important it is that the first few drops of milk from each teat should be milked into a separate receptacle and subsequently thrown and should on no account be mixed with the bulk of the milk.

Any land that will grow a good crop of corn will grow berries.

ROADS NEED REPAIRS

Connecticut Law Wisely Provides That They Should Be Made Whenever Necessary.

As the state is preparing to spend nearly \$200,000 a year for road improvements, including the salary and ex-penses of the commissioner and deputies, it is not only fit but absolutely necessary that provision should be made for keeping the roads so improved in good condition. Experience shows that many towns will not do this. From carelessness or parsimony they allow what has been made a good road to deteriorate from the moment the original work was completed, and nothing deteriorates much more promptly than a neglected highway. If the state has paid half or two-thirds the cost of the improvements it has ample ground for requiring that the tewns it has aided shall use proper diligence to retain and continue the benefits of the state's contribution. In this sense the clause in this year's bill which directs the commissioner to see that proper repairs are made from time to time is the most important feature in it. It is founded in both justice and

conomy.

That the danger of neglect is no idle fancy is known to all who have looked into the results of road-building in Connecticut thus far, but it is opportune to quote a few lines from the Ansonia Sentinel on the subject because that excellent paper illustrates the position from the experience of its own bailiwick. It says: "This will compel the repairing of the roads which, owing to neglect and inefficiency, are fast be coming worthless, such as the road in Ansonia and Derby, laid two or more years ago."

Towns will have to remember that it is one thing to build roads because they can have half or two-thirds or threequarters of the cost paid by the state and quite another thing to undertake the responsibility of creating and maintaining good roads. The former phrase has described the situation thus far. Towns have been urged to vote roads so as to get "their share of the state appropriation." They could buy a road for half price or less, and so were ready to do it. But every road builder knows that money spent is wasted unless a contin-ual annual outlay follows it. You might as well buy a steam en-gine and try to run it without constant care as to build a good road and leave it alone. Under the old system some roads have been built which would not have been touched if the condition for proper maintenance had accompanied the appropriation. appropriation. had accompanied No community which will not keep up its roads after it gets them cares enough about good roads to be helped in obtaining them .- Hartford Times.

RELIABLE BRAKE BLOCK.

Used with Success by the Teamsters of the Northwest.

A three-cornered block (a) of wood is fastened by chains or wired to the brake beam of a wagon so that it will drag on the ground about two inches behind one of the rear wheels of the



EFFECTIVE BRAKE BLOCK.

wagon. The driver stops to rest his team, and instead of applying the brake, the team is allowed to slacken its traces so the weight of the load will rest on the self-acting chock block. When the team starts again the team merely has to start the load instead of having to pull against the brake un-til it can be loosened.—Orange Judd Farmer.

FRESH DAIRY NOTES.

When milk is to be taken to the creamery do not mix the milk of the night and the morning even if it will save the use of one can.

The milk cow must be kept clean; the milkers must be clean at milking time; and the vessels in which the milk is put must be clean at all times.

Do not aerate the milk in the stable or in the lee of the stable. The air in which the milk is aerated must be pure, else the milk in being aerated will suffer more harm than the seration will do good.

Milk for the creamery must be milk in its proper condition. The farmer that has permitted his milk to get into bad shape had better feed it hogs or poultry than attempt to haul it to the creamery where it will be likely to spoil a hundred other batches of milk.-Farmers' Review.

The Boiled Butter Business

One of the worst and most insidious enemies of good cream butter is process or "boiled" butter. When butter becomes so bad and rancid as to be absolutely worthless for any purpose, it is melted to its original oil, treated with alkaloids, freed from volatile oil, re-crystalized, and then churned with milk to freshen it. This produces thoroughly renovated and it is claimed wholesome butter with a good body which will easily show a butter fat content of 80 per cent. From a standpoint too of chemical analysis, it cannot be considered adulterated nor

an imitation. The only protection the producers of good fresh butter have is to insist that this manufactured produet shall be sold as renovated or boiled butter .- Journal of Agriculture.

Modern Fable.

Do Your Feet Ache and Burn? Shake into your shoes Allen's Foot-Ease, a powder for the feet. It makes tight or New Shoes feel Easy. Cures Corns, Bun-ions, Swollen, Smarting, Hot, Callous, Sore, and Sweating Feet. All Druggists and Shoe Stores sell it, 25c. Sample sent FREE. Ad-dress, Allen S. Olmsted, Le Roy, N. Y.

A Matter of Taste.
"I think I shall buy my husband a seat in the United States senate for a birthday present."

"How lovely!"
"How lovely!"
"Yes, it's either that or a diamond, and you know jewelry is not in the best taste for a man."—Detroit Journal.

Lane's Family Medicine.

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

Safe.

She—I think Dewey can be trusted to select a new admiral's uniform that suits him, don't you?

He—Oh, yes! It isn't as if he were a married man.—Puck.

The Nickel Plate Road, with its Peerless Trio of Fast Express Trains Daily and Un-excelled Dining Car Service, offers rates lower than via other lines. The Short Line between Chicago, Buffalo, New York and Boston.

Purse-Proud Father—Can you support my daughter in the style to which she has been accustomed?

Complacent Young Man—I could if I were contented with it, but I hope to give her something better.—Somerville Journal.

To Cure a Cold in One Day Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. 25c. The Druggist's Work.

There is a druggist in one of the suburban districts who advertises:
"The doctor prescribes; we execute."
Such advertising cannot fail to appeal to those who desire to be executed.—Boston Journal.

Hall's Catarrh Cure Is taken Internally. Price 75c.

The Noble Animal.

Trader-Don't you want to sell that

horse?
Farmer—Naw. I keep him extra, to haul broken-down automobiles back to town.—
Indianapolis Journal.

Jennie Peacock—"He made the most horselible them when I had been a looked him?" I had. tible threat when I refused him." Jack Goldbons—"What did he say?" Jennie Peacock (sobbing)—"He said he should never propose to me again."—Judge.

Sea Terms.—Stout Party (to bathing master)—"Got a bathing suit to fit me?" Bath Robe Man (looking him over)—"I guess so. What's your displacement?"—Philadelphia North American.

An Incidental.—Hibbs—"See that strik-ng-looking girl there? She married mil-ions?" Hobbs—"Who's the insignificant-ooking fellow with her?" Hibbs—"Oh, he's he man she married."—Philadelphia North

"Quigbee is a queer sort of a chap. He told me yesterday that when he feels particularly blue and melancholy he always sits down and reads a book of peems." "And when he gets hungry I suppose he sits down and reads a cook book."—Baltimore Jewish Cemment.

They were barnstorming in Arizona. "Alas! we must starve," wailed the penniless heroine. "The wolf is already at the door." Instantly the sympathetic audience drew six-shooters. "Let him in, lady." said the spokesman; "thar's a bounty ov \$12 on wolf sealps in this state an we'll git it fur you."—Philadelphia Record.

Lariat Luke—'Well, how did Pilferin'
Pete swing off?' Mexican Mike—'Say,
there's a cuckoo. He kicked about the
quality of the rope an' about the way the
toose was tied—said he wanted flowers an'
a quartette at the funeral, an' when Cayuse
Charley went near to see ef he wuz dead,
Pete tried to kick him."—Ohio State Journal.

Mrs. Nabor—"Wasn't that your husband I saw running at breakneck speed toward the station awhile ago?" Mrs. Tartar—"It was; I sent him posthaste to the city for something my dressmaker needs to finish my gown to-day." Mrs. Nabor—"Do you think he will catch the train?" Mrs. Tartar—"He'll catch it if he don't."—Richmond Dispatch.

A Letter to Mrs. Pinkham Brought Health to Mrs. Archambo.

[LETTER TO MRS. PINKHAM NO. 42,395]
"DEAR MRS. PINKHAM—For two years I felt tired and so weak and dizzy that some days I could hardly go around the house. Backache and headache all the time and my food would not digest and had such pains in the womb and troubled with leucorrhœa and kidneys were affected.

"After birth of each child I grew weaker, and hearing so much of the good you had done, I wrote to you and have taken six bottles of Lydia E. have taken six bottles of Lydia E. Pinkham's Vegetable Compound, one box of Lozenges, one box of Liver Pills, one package of Sanative Wash, and today I am feeling as well as I ever did. When I get up in the morning I feel as fresh as I did when a girl and eat and sleep well and do all of my work. If ever I feel weak again shall know where to get my strength. I know your medicine cured me."—Mrs. Salina ARCHAMBO, CHARLEMONT, MASS.

The present Mrs. Pinkham's experience in treating female ills is unparalteled; for years she worked side by side with Mrs. Lydia E. Pinkham, and for sometime past has had sole charge of the correspondence department of her great business, treating by letter as many as a hundred thousand ailing women a year. All women who suffer are invited to write to Mrs. Pinkham at Lynn, Mass., for advice, which will be promptly given without charge.

Modern Fable.

A general who was conducting a war in a distant island wrote to the agricultural department of his government to ship him a ton of acorns. When asked what he intended to do with them he replied:

"There is no shade in our trenches, and the troops suffer from heat. A growth of large oaks will add much to the comfort of the men in the firing line."

He would have said more, but his attention was arrested by a burst of song from a neighboring jungle.

"Ah," he signed, "that is a round robin!" And he walked sadly away.—San Francisco Examiner.

Her Suggestion.

A five-year-old girl lost her pet spaniel, but regained it by means of an advertisement. Her Sunday school lesson was about the lost sheep, and she was very attentive. When her teacher finished speaking she said:

"Miss May, why don't the shepherd advertise in the pape for the sheep?"—Philadelphia Times.

Do Your Feet Ache and Burn?
Shake into your shoes Allen's Foot-Ease, To California via the Midland Route

We have not been without Piso's Cure for Consumption for 20 years.—Lizzie Ferrel, Camp St., Harrisburg, Pa., May 4, '94.



An Excellent Combination.

An Excellent Combination.

The pleasant method and beneficial effects of the well known remedy, Syrup of Figs, manufactured by the California Fig Syrup Co., illustrate the value of obtaining the liquid laxative principles of plants known to be medicinally laxative and presenting them in the form most refreshing to the taste and acceptable to the system. It is the one perfect strengthening laxative, cleansing the system effectually, dispelling colds, headaches and fevera gently yet promptly and enabling one to overcome habitual constipation permanently. Its perfect freedom from every objectionable quality and substance, and its acting on the kidneya, liver and bowels, without weakening or irritating them, make it the ideal or irritating them, make it the ideal laxative.

laxative.

In the process of manufacturing figs are used, as they are pleasant to the taste, but the medicinal qualities of the remedy are obtained from senns and other aromatic plants, by a method known to the California Fig Syruz Co. only. In order to get its beneficial effects and to avoid imitations, please remember the full name of the Company printed on the front of every package.

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