Prain all the oil from a can of salmon nish, with results that are said to be a listing from low, marshy land, or from decayand fill the can with boiling water, add- superior to the old methods. ing a little salt. Set the can in a saucepan with boiling water until the and keep it hot. To each pound of fish allow for the sauce. Mix two ounces of butter and one tablespoonful of flour smoothly. When the milk reaches the boiling point add the butter and flour and boil until thick, seasoning with salt and pepper. If onion is liked, one may be boiled in the milk. The milk in this case must be strained fish is quite hot, then turn the fish out The milk in this case must be strained before the flour and butter are added. Butter a baking dish and put in it a layer of fish, then some of the sauce, 000,000. sprinkling fine bread crumbs over it. Repeat until the fish and sauce are used, having the top layer of bread crumbs. Bake in a brisk oven until the top is a nice brown.

JAM ROLL PUDDING .- Roll and rub very fine three ounces of fresh beef suet. Mix it with half a pound of flour and two ounces of breadcrumbs, add a pinch of salt, and work it into a smooth paste with cold water. Roll it out to a quarter of an inch thick, and spread raspberry jam equally over the crust, leaving only a narrow margin uncovered. Wet the edges, and roll up lightly, lifting the roll as you proceed, that the jam may not be all forced forward. Tie the pudding up securely in a floured cloth, and plunge into fast boiling water. Keep it boiling for two hours, Turn out, and sift sugar over before serving. Any jam may be used, and marmalade, mincement or thinly sliced on the system. Testimonials sent free. Price 75c, per bottle. Sold by all druggists. marmalade, mincemeat or thinly sliced apples make a variety.

CRUMPETS. -- Beat two eggs very well, put to them a quart of warm milk and water, and a large spoonful of yeast; beat in as much fine flour as will make them rather thicker than a common batter pudding; then make the stove hot, or the iron cover of a bainmarie very hot, and rub it with a little butter wrapped in a clean linen cloth: pour a large spoonful of the batter on the iron, and let it run within a ring to Court. the size of a tea-saucer; turn them with the elastic blade of an old table-knife; and when you want to use them, toast them very quickly, but not too crispy, and butter them.

MUFFINS. - Take two eggs, two teaspoonfuls of new yeast, and a little salt. Mix a little warm new milk and water into a quart of flour. Beat all well together, and let it stand to rise. Bake them for about twenty minutes, until of a light brown, either on a hot iron, or in shallow tin pans in a Dutch oven. When to be brought to table, toast them slightly on both sides, but not in the middle; then notch them round the center, and pull them open with your ralway in London. fingers, without using a knife, and but-

ONE pint of flour, two teaspoonfuls of baking powder, one-half teaspoonful of salt. Rub in a generous tablespoonful of butter. Beat one egg light and add to it three-fourths of a cup of milk. Mix with the flour and other bined wealth foots up about \$140,000, ingredients into dough. Pour the mix- 000. ture into shallow pans and spread half an inch thick. Stick into the dough three rows of one-eight sections of Sarsaparilla what they think of it, and the apples and bake half an hour. Serve replies will be positive in its favor. Truly, with sugar or cream or sauce or it can the best advertising which Hood's Sarsaparilla with sugar or cream or sauce, or it can receives is the hearty endorsement of its army be eaten as a tea cake. It is recom- of friends. mended as excellent.

important element of summer diet is signed a paper condemning tight checkmilk, but it must be taken in modera- reins, tion and carefully. Drink it slowly in small mouthfuls, and if there be any tendency to dyspepsia beat the milk a few moments to break the butter globules and render it easier of digestion. Skimmed milk and fresh buttermilk are infinitely preferable to ice water as cooling and refreshing summer drinks. Icewater dyspepsia is a complaint which is very general, though its cause is but little understood.

SALSIFY IN SALADS .-- Cold salsify makes a pleasant salad when mixed with a French dressing, or any other simple dressing. It is also nice when combined in a salad with other cooked vegetables, like potatoes, carrots, beans and cauliflower. Sometimes it is used in croquettes, though it has too delicate a flavor for such a dish.

LIMA BEANS .- These beans should stand in cold water for at least an hour before they are cooked, and at the time of cooking two quarts of boiling water should be allowed for each quart of beans. An hour's cooking will probably be sufficient. The beans should be seasoned with salt, pepper and butter, or the white or poulette sauce, given in one of the foregoing recipes, should be served with them.

ONE cup of graham and one cup of white flour, one tablespoonful of sugar, one-half teaspoonful of salt, one tablespoonful of melted butter, two eggs, two cups of milk, baked in hot iron gem-pans. Use a Dover egg-beater to stir the whole mass to a creamy lightness at the last moment.

RANCID butter boiled in water with a portion of charcoal, say a tenth part, will be entirely divested of its rancidity and may be used for cooking pur- strengthen me at all and my appeposes, although its fine flavor will not tite was very variable. My face Visitor-Mrs. A., what do you suppose be restored for the table.

AMHERST PUDDING .- One cup suet, one cup raisins, both chopped fine; one cup molasses, two cups sweet milk, one teaspoonful cream of tartar, half teaspoonful soda, four and a half cups

VINEGAR CANDY .- Take four cups of granulated sugar, one-half cup of vinegar, one-half cup water, a tablespoonful of butter and a few drops of autmonia, the latter added the last thing. The above mixture should boil slowly into a syrup, and the flavoring be added during the pulling.

BISCUIT FOR DYSPEPTICS. -Graham flour, one pint; corn-meal, sifted, onehai? pint, three tablespoonfuls baking powder and a little salt; thoroughly mix together while dry; add one-quarter of a cup molasses, then mix with sweet or water, or milk and water, sufficoat to make a glack dough; bake at

Celluloid in solution is now being e: t usively used as a lacquer for all kinds PREPARING CANNED SALMON .- of tine metal work and as a wood var-

Nature Needs a Little Help.

The present wealth of the religious orders of France is computed at \$200,-

Guaranteed five year eight per cent. First Mortgages on Kansas City property, interest payable every six months; principal and interest collected when due and remitted without expense to lender. For sale by J. H. Bauerlein & Co., Kansas City, Mo. Write for particulars.

The National debt was smallest during Andrew Jackson's Administration.

How's This?

We offer One Hundred Dollars reward for any case of catarrh that cannot be cured by taking Hall's Catarrh Cure.

J. CHENEY & CO., Props., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions, and financially able to carry out any obligations made by their firm.

WEST & TRUAX, Wholesale Druggists, Toledo, Ohio.

A rare \$3000 painting has been discovered in the corridor of a Philadel-

Dobbins' Electric Soap is cheaper for you to use, if you follow directions, than any other soaps would be it given to you, for by its use clothes are saved. Clothes cost more than soap. Ask your grocer for Dobbins.' Take no other

The two cent railroad fare law of Michigan was sustained by the Supreme

Rupture cure guaranteed by Dr. J. B. Mayer, 831 Arch St., Phil'a, Pa. Ease at once, no operation or delay from business, attested by thousands of cures after others fail, advice free, send for circular.

The Grass Valley, Cal., Telegraph says the output of gold from that section since 1841 has been \$100,000,000.

FITS: All Fits stopped free by Dr. Kline's Great Nerve Restorer. No Fits after first day's use. Mar-velous cures. Treatise and \$2.00 trial bottle free to Fit cases. Send to Dr. Kline, 301 Arch St. Phila., Pa.

There are some 1300 miles of street

Do You Ever Speculate? Any person sending as their name and ad-lress will receive information that will lead to a fortune. Benj. Lewis & Co., Security Building, Kansas City, Mo.

There are nineteen millionaires in the United States Senate whose com-

Some 500 veterinary surgeons, or MILK AS A SUMMER DIET .- A very horse doctors, in Great Britlan, have

> Frazer Axie Grease. One greasing with Frazer Axle Grease will last two weeks, all others two to three days. Try it. It received first premium at the Centennial and Paris Exposition.

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Coughs and Hoarseness .- The irritation which induces coughing immediately relieved by use of "Brown's Bronchial Troches." Sold only in boxes.

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It is computed that a napkin will last three months in a hotel.

Oklahoma Guide Boo kind Map sent anywhere n receipt of Sects. Tyler . To., Kansas City, Mo.

There are nine kilted battalions altogether in the British Army.

Mrs. Sarah M. Black of Seneca, You-Mo., during the past two years has been affected with Neuralgia of the Head, Stomach and Womb, and George. writes: "My food did not seem to was yellow, my head dull, and I had makes you suffer so? such pains in my left side. In the have a flow of mucus in the mouth, and a bad, bitter taste. Sometimes my breath became short, and I had that. flour; boil three hours. Serve with hot such queer, tumbling, palpitating sensations around the heart. I ached all day under the shoulder blades, in the left side, and down the back of my limbs. It seemed to be worse in the wet, cold weather of Winter liked the canary best, but (blushing) and Spring; and whenever the spells since I grew up I-I rather prefer the came on, my feet and hands would poppin-jay. turn cold, and I could get no sleep at all. I tried everywhere, and got no relief before using August Flower Then the change came. It has done me a wonderful deal of good during the time I have taken it and is working a complete cure."

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ing vegetable matter, and which, breathed into the lungs, enter and poison the blood. If a healthy condition of the blood is maintained by taking Hood's Sarsaparilla, one is much less liable to malaria, and Hood's Sarsaparilla has cured many severe cases of this distressing affection even in the advanced stages when the terrible chills and fever prevailed Try it, and be sure to get

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ABOUT THE SAME THING .- He-Now, my darling, you know how strong is my love for you. Do not say you will be a sister to me. She-No, George, I will not say so.

He-Then you will-She-You may be a brother to me,

HEROIC TREATMENT .- Sympathetic

Mrs. A -I don't know, I'm sure, and morning when I got up I would I believe nothing but a post mortem will ever show. S. Visitor-You poor thing! You

are so weak you could never stand

HER TASTE HAD CHANGED .- Jake Jimpson-What species of bird do you like best? Cora Bellows-When I was a child I

much are you going to charge me for ine. The mass thus obtained continthis apple? Dealer-I won't charge you anything

so reasonable I'll take two more at the

# HUMOROUS.

NOTHING AGAINST HIM.—"Lend you a dollar? Why, sir I never saw you before in my life. I don't know you."
"It's that fact which is my only hope you'll lend me the dollar."

THAT WAS THE ESSENTIAL POINT. "I can't find where that plumber did anything to this heater."

"Neither could I, I told the man, but he said we'd certainly fina It in the bill." WILLING TO TRY, - "Emmeline, can you keep a secret?" he whispered

"I don't know. I never tried to. What is it?"

IT LOOKS THAT WAY .- Aunt Edith

Peggy-I guess ho's gone in the par-

lor to see sis and her beau. "Why do you think so?" "He took a lamp with him."

Where is your father, Peggy?

AN INSULT,-Fred-I didn't mind Taylor's discharging meso much as I did the insult he subsequently offered

Frank-What was that? Fred-He advertised for a boy to fill my place.

SLANGY CAPTAIN KING .- Kitty Nostrand - Won't you show me Mr. Van Nobs; he's in the race, isn't he? Captain King-I think not,

Kitty Nostrand-But his name is on the programme. Captain King-Well there he is; that last man. You don't call him "in it," do you?

"Yes' frequently."

"Their home must have a delightful literary air about it." 'It certainly does. Do you know it constantly reminds me of Shakespeare's

forks," "In what, pray?" "There is always a 'Tempest', in it,"

JUST LIK : HIM. - He certainly wasn't andsome, but he had a loving heart. He brought his adored one a present of a pug that broke down all the usual standards of ugliness and set up one of its own.

The gift went right to the affections of the gushing malden. "Oh, thank you, James, thank you," she warbled. "It's just like you, so it

GETTING EVEN .. - One of the Senators from Montana is proud of his State, and resents any imputation upon its fame or greatness. The other evening a lady meeting him for the first time, asked him where he was from. "Helena," responded the Senator

"Helena? Helena?" queried the la-The Senator, bolling over with righteous indignation, answered the question, and with a gallant smile, said:

"And may I inquire where you are

"Certainly," she said pompously, "I am from Brooklyn." ',Oh, yes, Brooklyn," echoed the Sen-ator, beautifully. "Brooklyn is a fine town. Quite near Hoboken in New

THOSE WOULD-BE MILLIONS.

I tell May that the freckles, Which she thinks such disgrace, Are only where the sun and wind Have stopped to kiss her face.

Jersey isn't it?"

But, oh, how very lucky I'm not like sun and wind! For how she'd look, if I had left Each time a mark behind. -[Boston Courier.

AVERTING A PUBLIC DISASTER.—
"My good girl," said an experienced amusement purveyor, "take my advice and don't go on the stage."
"I suppose," she said, sharply, "you

are going to undertake to save me from a terrible fate, or something of that sort, "No," he replied, solemnly, "I was

thinking of the public. thore by the control of the control Tourists, Whether on pleasure bent or business, 

should take on every trip a bottle of Syrup of Figs, asit acts most pleasantly and effectually on the kidneys, liver and bowels, preventing fevers, headaches and other forms of sickness. For sale in 50c and \$1.00 bottles by all leading druggists.

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The experiment of chloroforming a Mi Zer—Thanks! And since you are person during sleep has been made suc-o reasonable I'll take two more at the cessfully. It cannot by any means be said to be uniformly successful.



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bottle-wrapper. A Book of 160 pages, on "Wo-man: Her Diseases, and How to Cure them," sent sealed, in plain AFERDINAND AND MIRANDA QUAR-BEL—"Ha ve you seen our friend Book-worm since his marriage to Miss Strong word Spiff 21 asked Troffle Main Street, Buffalo, N. Y.

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I take My Meals.

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ME UP, AND IS NOW PUTTING FLESH ON MY BONES

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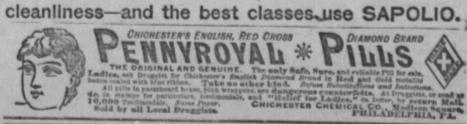


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