# Forest Republican. 

VOL. XX. NO. 16
TIONESTA, PA., WEDNESDAY, AUG. 17, 1887.
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HINTS FOR HOT WEATHER

| HINTS FOR HOT WEATHER. <br> TIMELY SUGGESTIONS FOR OLD <br> AND YOUNG <br> The Change from the Heat-Produc- <br> ing Solids-How to Care for the Children. <br> Oh, that we could take off our flesh and sit in our bones, "is the constant refrain of perspiring humanity, now that the mercury is visiting among the nine- tien. Still by a carefn diet and the proper kind of food, we can ameliorate our per kind of conod, we can machorate our condition considerably. Plenty of vegtables and fruits, and grood strong bouillon should take the place of meats on our table. Nourishment, of course, is nec. exsary, but it should not be of the nind for any exertion whatsoever. Homing and cold rice should take the place of oatmeal, and the matutiml beefsteak give way to berries or fruit of some deture pities the housekecper at this | Preserving Frait without Cans. A simple process of preserving fruit without the uso of cans H now discossed by the farmers at the agricultural fairn nid quietly considered by the cunners in the intervals between the receipt of successive ordent for thipmeent in bowle and process of teoping fruit other open-top veesels is comprised in the simple covering of the vesel with unglizeed cotton, such as is purchased in the stores rollod in blue paper. The tok- lowing are the directions: Use crocke, stone butter jans, or any other conveniest diehes. Prepare and cook tho fruil prou cisely as for canning io glass jars, fll your dishes with the fruit while it is yet hot, and immediately cover with cotion bat: and immedataly cover winh conthon tare ting securely tied on. Remenber that all putrefuction is caused by the invisi- ble creaturs in the air. Cooking the ble creatures in the air fruit expels all these, natid as they cannot pass through cotton batting the fruit thus protected will keep for an indeffinite period. It is sid that leeries, cherries, plams, and many other kinds of fruit |
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