Your "Annoved Sign."

"What," asks an exchange, "is your "annoyed sign'?" Most people have, it seems, some characteristic gesture to express that the limit of toleration is approaching. The Prince of Wales hen annoyed winks his left eye rapidly, the Emperor of Austria puffs out his checks, the Czar lays his hand fiat on the top of his head, Mr. Gladstone turns swiftly on his heels, as if executing a volte face, and the Sultan of Turkey grasps his throat tightly with his hand, -- New York Times.

The General Theological Seminary of the Protestant Episcopal Church has come into possession of the largest collection of Latin Bibles in the world, consisting of 543 editions in 1864 volumes.

Dr. Kilmer's Swamr-Root cures all Kidney and Biadder troubles. Pamphlet and Consultation free. Laboratory Binghamton, N. Y.

Tun emerald has long been regarded as a specific for sore eyes.

Indisputable.

Indisourable. Why spend \$1 for a bottle of medicine for a complaint when one box of Beecham's Pills, resting only 25 ets., will cure nearly all knowin diseases? This is because constitution is the cause of nearly all aliments, and Beecham's Pills cure constitation. A valuable book of knowiedge mailed free, on request, by B. F. Alien Co., 365 Canal Street, New York.

To Cleanse the System

Effectually yet gontly, when costive or bilious, or when the blood is impure or sluggish to permanently cure habitual constipation, to awaken the kidneys and liver to a healthy activity pel headaches, colds or fevers, use Syrup of Figs.

IF you want to be cured of a cough use Hale's Honey of Horehound and Tar. Pike's Toothache Drops Cure in one minute

Hall's Catarrh Cure is a liquid and is taken internally, and acts directly on the blood and mucous surfaces of the system. Write for tes-timonials, free. Manufactured by F.J. CHENEY & Co., Toledo, O.

Dr. Hoxsie's Certain Croup Cure Saves the expense of a physician in sever cases of croup, bronchitis and congestive co A. P. Hoxsie, Buffalo, N. Y., MTr.

Shiloh's Cure Is sold on a guarantee. It cures Incipient Con-sumption; it is the Best Cough Cure; 25c., 50c., \$1 If afflicted with sore eyes use Dr. Isaac Thompson's Eye-water. Druggists sell at 25c per bottle



Chronic Indigestion Kept me in very poor health for five years, I began to take Hood's Sarsaparilla and my digestion was helped by the first three doses.

Hood's Sarsaparilla I have now taken over four bottles and I firm-ty believe it has cured ty believe it has cured me, and also saved my life. Mas. R. E. Paince, Bushville, N. Y.



HERBS FOR MEDICAL USE, extracts worth from \$1 to \$3.50 per pound, and scores of essential oils, as

WHO horseradish, of rue, of sage, of cala-mus, of paraley and of pennyroyal. The art of extracting these oils is part OLD-FASHIONED FOLKS TRUST TO SIMPLE REMEDIES.

Plants Which Bring Healing and Res- of the herb doctors' knowledge, and toration to the Sick Without the as well of the manufacturing druggists',-New York Sun. Doctor's Prescription:

Y EVERAL large wholesale drug houses down town find it worth While to keep in stock a large assortment of herbs for medical use, and at least one such house, more than fifty years in existence, doals in such articles alone. These houses supply druggists all over the

of honor.

herbs

serofula.

A coat of arms is a good thing to trade on if you have no other capital. East with the raw materials of which Many people would be more truth-ful but for their uncontrollable desire many standard medicines are made, and with the traditional herbs, roots and barks of our grandmothers. The to talk. trade in these things even in this city Modern civilization has done more is large, and they are sold wherever household remedies still have a place

for machinery than it has done for morals. The more deeply a man thinks the more entertainingly and clearer he One of these wholesale houses issues a catalogue that is in some sort a rough guide to the art and mystery of herb doctoring. It is these remedies that should write.

The man with only one idea is much are compounded by the so-called bo-tanic druggists, or "botanists," as they are sometimes styled. Many of Every woman more daugerous that the man without

of anise, of eatnip, of golden rod, of

WISE WORDS,

It is often a good thing that men do

There are some folks who always

feel like speeding the coming guest.

ot practice what they preach.

Every woman has an idea that it these remedies are well-recognized ought to be a pleasure for a man to medicines, unhesitatingly prescribed by physicians of scientific education, work for money for her to spend. Let your ambition ever be to do all and some such physicians still cling to inherited formulas and traditional the good you can in order to make the world every day wiser and better. Time is infinitely long, and each day

Nearly five hundred herbs, roots, a a vessel in which a great deal may seeds, flowers and barks are kept in be poured if we actually fill it up. stock by the largest botanic druggists, The best flatterer is the man or woand new remedies are still from time to time added to the list. The plants man who conceals defects without re-

thus kept are not only those known to sorting to positive and palpable falsethis kept are not only those anothing the the pharmacopæs as containing the active principles of standard drugs, nearly every familiar flower and plant, wild or cultivated. Not only the dan-

delion, Mayapple, boneset and pepsistreat women. eway of our grandmothers and the Leisure will always be found by

liquorice root, slippery elm and gin-sing of the orthodox materia medica must be kept on hand, but as well hunpersons who know how to employ their time; those who want time are the people who do nothing. dreds of others known to those deeply Look upon the bright side of your

read in the science of simples. condition; then your discontents will Favorite flowers and famous plants take roles strangely unfamiliar to those unlearned in herbs and drugs. disperse. Pore not over your losses, but recount your mercies.

The bark of the tulip tree, according The man whose return from dinner you have to wait for before going to to the catalogue, cures hysterics and dyspepsia. Thistle tea "strengthens your own, never has poor health as the result of eating too rapidly. the system and excites perspiration."

Water lilies of one sort or another are good for pectoral complaints and Mankind would be much happier were less time given to the borrowing Watermelon seed is "ex- of trouble and to the searching for cellent for dropsy," doubtless on the things that one does not want to find. homeopathic principle. The white willow is a substitute for Peruvian

Made Him Raise the Fine,

bark. The wild sunflower is set down A man from Troy told this story the as "invaluable in bilious colic" and other day to a small company of like complaints. Sweet clover is for friends about a police justice in a swellings. The strawberry, no longer little town in Rensselaer County: It a table delicacy, furnishes in its leaves was the law of the village that all a remedy for sore throat, and in its showmen, itinerants and organ grindwandering stem a cure for jaundice ers must get a license before doing and fevers. Seven kinds of snake root business there. One day a fat policefurnish remodies for rheumatism, man, who had been on the force about scrofula, hives, croup, fevers and six months without doing anything, some complaints of the stomach. concluded that it was time he arrested The Irish shamrock, losing its emsomebody. Soon afterward along came blematic significance, is used to

an Italian with a performing bear. make an infusion for scurvy. The "Hev yez got yer license?" asked familiar skunk cabbage, earliest and the policeman. most ill-smelling of blossoms, is good for hemorrhage of the lungs, coughs and asthma. Rosemary and rue figure "No," said the exhibitor of the

bear. "Then yer my priz'ners," said the in this materia medica, the former not policeman, and he triumphantly marched off with them to the village for remembrance as according to Ophelia, but for nervous and hysteristation house, he leading the Italian

cal affections. Ophelia's rue, called "herb of grace o' Sundays," lays the and the Italian leading the bear. Arraigned before the police justice unpoetic part of a cure for epilepsy, the Italian pleaded guilty, and the hysterics, hiccough and disorders of the stomach. Galen, according to judge officiously gave him a most the commentators of Shakespeare, severe and scorching lecture on the ascribed somewhat different curative enormity of his offense, ending by properties to rue. Ophelia's pansies, fining him \$10, the full extent of the law. The culprit had a lot of small under the name of heart's case, are

HOUSEHOLD AFFAIRS.

TO RENOVATE A PRATHER BED.

To renovate old feathers, put the bed out on the grass in the rain and let it get good and wet. Then let it dry in the sun, but keep working it every little while, so that the damp feathers will get the benefit of the heat. Do not leave the bed in the sun a moment after the feathers have dried well, for the heat draws the oil out of the feathers and will make them smell strong.-New York World.

THREENO ONIONS.

When preparing onions for cooking hold them below the surface of the water in a deep pan and your eyes will not be affected, though you should pare and slice a large quantity. This method is used in pickling establish-ments, where bushels of them are put up daily; but, remember, the hands, knife and onions must be kept under the water. It is a good plan to have two pans of water when the onions are to be aliced, so that they may be pared in one pan and then thrown into the other one for slicing. Drain through a colander before cooking.-New York World.

POINTS ABOUT MEAT.

In selecting the meat in respect to cost, the lower round averages from thirteen to fifteen cents a pound, while the upper cost from fifteen to twenty-five cents. If the steak is wished for broiling, purchase the up-per round, but for Hamburg steaks, bouillon, anything in which the meat is to be chopped before using, the lower round will do as well at a much less cost. The aitch-bone costs from eight to ten cents a pound and makes a very good pot roast, when treated properly, as tender and well flavored s the round. The middle cut of the shin is usually more a pound than the rest of the leg, but that at five cents a pound makes as good soup stock as that at seven cents. In buying a roast of beef it is usually economy to

get a good-sized one. The meat is better, and made-over dishes cost far less than a roast each day.-New York World.

BEEF STEWED WITHOUT WATER.

Take three or four pounds of the round of beef. Put three slices of salt pork in a saucepan and as soon as it is erisp take it out and put one onion and half a small carrot cut fine. Stir all the while till brown. Then add one cup of canned tomatoes, two sprigs of paraley, a bay leaf, three or four cloves, a teaspoonful of sweet marjoram, one-half teaspoonful celery salt, salt and pepper. Put in the mest and cover tightly, and cook in a moderate oven five hours. When about half done turn the mest. The cover must be perfectly air tight, and the oven moderate. When done place the meat on a hot platter, strain the gravy; thicken with a litt's cornstarch wet up in cold water, add a tablespoonful of sauce, let it boil up a few minutes and pour around the meat. Any tough piece of beefsteak may be made very palatable, cooked according to the above directions.-Home and Farm.

TO DUST A ROOM.

Soft cloths make the best of dusters. In dusting any piece of furniture begin at the top and dust down, wiping carefully with the cloth, which can be frequently shaken. A good many people seem to have no idea what dusting is intended to accomplish, and instead of wiping off and removing the dust, it is simply flirted off into the air and soon settles down ipon the articles dusted again.

TEMPERANCE.

WHAT BUM WIRL DO. Bum will scoreh and sear the Lrain, Rum will mad the heart with pain ; Bum will bloat the fiesh with fire And eternal thirst inspire.

Rum will clothe with rags your back, Make you walk a crooked track : Change your ment to naked bones And to wrath your gentle tones,

Rum will rob you of all sense, Rum will rob the purse of peace Rum will rob the mouth of food And the soul of heavenly good.

Burn the jails with men will fill, And the dungeon's gloomy cell; It rouses passion's deadly hate And pours its curses os'r the State, Rum the Christian's love will cool,

Make him break the golden rule ; Blind his soul to error's hands And to evil turn his hands. -F. S. Williams, in Home and Country.

A DRUNKARD'S WILL.

A DRUXKARD'S WILL. The following is a will by a drutkard o. Orwego, N. Y. "I leave to society a ruined character and a wretched example. I leave to my parents as much sorrow as they can in their feeble state bear. I leave to my brothers and sisters as much shame and mortification as I could bring on them. I leave to my wife a broken heart -a life of shame. I cave to such of my children pov-erty, ignorance, a low character, and a re-membrance that their father fille! a drunk-ard's grave."--Christian Inquire.

BRANDY DROPS FOR CRILDREN.

M. D. Arnould, a candy manufacturer, was brought before the Board of Headth, of New York City, to make explanation con-cerning brandy drops, which he had manu-factured and sold to school children. Com-plaint was made against him by the Gerry Society. A chemical analysis showed that six of the candles confained as much brandy as an ordinary "cocktail" Mr. Arnould as an ordinary "ceektail," Mr. Arnould stated that he had given up the manufacture of the drops, but that others were manufac-turing them. The Commissioners will do all they can to prevent the manufacture of these intoxicating drops.—New York Wit-ness. noss.

TESTIMONY OF MIL AGES.

Thou shalt not drink wine or anything that may intoxicate.-Budhist Command-

that may intoxicate.—Budhist Command-ment. Temperance is a tree which has content-ment for its root and peace for its fruit.— Arabian Maxim. Boally enjoyment depends on health and health depends on emperance.—Thares, of Greece, 640 B. C. Strength of mind depends upon sobriety, for this keeps reason unclouded by passion. —Pythagorms, of Greece, 580 B. C. Far from me be the gift of Bacchus—per-nicioue, inflaming wine, that weakens both body and mind.—Homer, of Greece, 900 B. C. Look not upon the wine when it is red, for at last it biteth like a scrpent and sting-eth like an adder.—King Solomon, 1055 B. O. It is good neither to est flesh nor to drink wine, nor anything whereby thy brother stumbieth or is made weak.—Paul the Apos-tie, 50 A. D.

stumbleth or is made weak.—Paul the Apos-tie, 50 A. D. While the intemperate man inflicts evil upon his friends, he brings far more evil up-on himself. Not only to ruin his family, but also to bring ruin on his own body suft soul, is the greatest wrong that any man can commit.—Socrates, 469 B. C. The man who drinks intoxicating liquot pulls up his own root, even in this world. Dig up thirst by the roots, that the tempter may not crush you again and again, as the stream crushes the weeds.—Bukha Sakya, Hindoo, born 627 B. C.

THE MODERN JUGGERNAUT.

Commander Ballington Booth, in a recent number of the War Cry, referring to the licensed liquor traffic and the schoon, writes 'it has long been a mystery to me, both in my private and official capacity, how any my private and official capacity, how any municipal or State government can hope to regulate the city or commonwealth with any degree of advantage or prosperity or any an the patient of inculcating morality, chastity, or justice, while the saleon and the open traffic of liquor is allowed full sway and pro-tection. Their work is avowedly bandul and destructive. It has been proved incon-testably that the business of five saleons in any locality will occasion more real perma-nent harm than the fervent efforts of five churches will accomplish good. While the nent harm than the Jervent efforts of five churches will accomplish good, While the sale and use of liquor is encouraged, our homes will continue to be blighted, our youth debased, our civil happiness robbed, and our public prosperity thwarted. Has not th-argument 'Drinking in moderation,' long since proved weak and threadbare in the light of the devastation, misery, and scourge brought through the flery cup to malifudes in our midst?

THE COST OF ONE DRINE.

Some men are so made that the mere taste of liquor will kindle in them a raging thirst

A doctor and his friend were once talking

TEMPERANCE NEWS AND NOTES,

-

COMES.

Do You Wish the Finest Bread and Cake?

It is conceded that the Royal Baking Powder is the purest and strongest of all the baking powders.

The purest baking powder makes the finest, sweetest, most delicious food. The strongest baking powder makes the lightest food.

That baking powder which is both purest and strongest makes the most digestible and wholesome food.

Why should not every housekeeper avail herself of the baking powder which will give her the best food with the least trouble?

Avoid all baking powders sold with a gift or prize, or at a lower price than the Royal, as they invariably contain alum, lime or sulphuric acid, and render the food unwholesome.

Certain protection from alum baking powders can be had by declining to accept any substitute for the Royal, which is absolutely pure.

Flowers Affect the Singer's Throat.

In one of the Parisian journals a long discussion has been going on with regard to the effect, injurious or otherwise, that flowers have upon a singer's throat. The consensus of opinion among the opera singers seems to be that certain flowers, notably tuberoses and mimosa, are particularly dangerous.

Mme. Christine Nilsson, in her let-ter on this subject, mentions the case of a celebrated woman singer with whom she was appearing in concert some years ago. As they stood in the wings waiting for the first number on the programme to be announced, a friend sent a huge wreath to the singer, which was made of tuberoses. The singer buried her nose in the flowers

for a moment, and three minutes later when she went upon the stage to sing she found that she could not raise a note. The vocal chord had been temporarily paralyzed. A doctor was called, the flowers were thrown out of a window and the singer, after her throat had been treated, was able to sing later in the evening. Mile. Em-ma Calve in this article also upholds

Mme. Nilsson's opinion. "The only flowers that I ever admit into my living apartments," writes Calve, "are roses and violets. The tuberose is my particular abhorrence, not alone because it suggests death, but on account of its injurious effect on the voice. Upon entering a room where lilies are I always have an irresistible desire to throw the windows open. They always irritate my throat. In my mind there is no doubt about all flowers being injurious to the throat except roses. Personally I can also exempt the violet, but other singers have told me that it had an injurious effect upon their vocal chords. -New York Sun.

There are said to be large tracts of country in Cuba still unexplored.

Roll Your Umbrella.

"If half the citizens of the world," said a young woman who works on umbrella covers, "only knew such a simple thing as how to roll up an umbrella, most of the umbrellas brought to dealers to be mended would never have needed repairs.

"The right way to roll your um-brella is to take hold of the ends of the ribs and the stick with the same hand and hold them tightly enough to prevent their being twisted while the covering is being twirled around with the other hand. Then your umbrella will be as nicely closed as when you bought it, and the only wear and tear will be on the cloth.

"It is twisting the ribs out of shape around the stick and fastening them there that spoils most of the umbrellas. Never hold the umbrella by the handle alone when you roll it up and you will find it will last longer and cost less for repairs."---Philadelphia Times.



and death. HERNIA (Breach), or matter of how long standing, or of what size, is promptly and permanently cured without the knife and without pain. Another Triumph in Conservative Surgery is the surg of

TUMORS, Ovarian. Fibroid and other

of cutting operations. PILE TUMORS, bowever large, diseases of the lower bowel, promptly cured without pain or resort to the kuife. STONE in the Bladder, no matter how STONE in the Bladder, no matter how and washed out, thus avoiding outling. STRICTURE also removed without cutting. Abundant Beferences, and Famphcutting. Abundant References, and Pamph lets, on above diseases, sent scaled, in plain su velope, 50 cts. (stamps). WonLo's Discrep sawr Manical Association, Buffalo, N.Y.

Direction, complete absorption and healthful larity. For the cure of all disorders of the anch, Liver, Bowels, Eldneys, Bladder, Nervous

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PROPECT DIGESTION with he accomplished by taking Radway's PHIs. By their ANTI-BILIOUS properties they stimulate the Hyer In the secretary ducks. These pHIs is dischard the Uniter in the billier quickly regulate the action of the to be billion patient from these disorders. One so to so the billion patient from these disorders, but you be so to be billion on the patient from these billion of the state of the patient from these disorders. The source of billion patient from these disorders with scape the sys-bam regular and sector healting digestion.

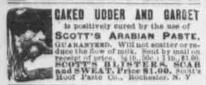
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not "for thoughts," but are "excellent | change in his pocket, but being mostly for asthma, and good in colds and pennies and nickels it only counted fevers.'

up to \$7.60. For a very few moments the judge was in a quandary. He didn't like to send the fellow to jail, Many plants are enumerated as having the properties of quinine in greatnor yet lose the \$10. Presently a er or less degree; there are several substitutes for opium and like doubles bright idea struck him-a happy solufor other familiar drugs. The num-ber of plants that cure rheumatism is "Here, officer 1 Take this fe "Here, officer | Take this fellow out to the market place and let him marvelous, and there are more than perform with his bear until he makes two dozen remedies for incipient consumption of the lungs. Boxwood up the bark is "nearly equal to quinine." drive Cedar apples, which Walt Whitman News. up the balance, and when he gets it drive him out of town."-Buffalo discourses upon as cedar plums, are

Subterranean Heat.

useful in a common complaint of children, and cedar berries, the aromatic and slightly sweet little blue fruit of The following is a record of the temperature of the earth at different the cedar tree, are recommended in tincture or infusion for dropsy. Four at the great Foreman Shaft, Virginia parts of varieties of the dogwood are enumerated as of medicinal value, and as many ferns are named. The male fern is a remedy for tapeworm, and the female fern is good for lumbago the drill-hole and leaving it there for and coughs. not less than twelve hours:

ind coughs.not less than twelve hours:All the old-fashioned flowers and
several table vegetables find place in
the list of remedies. The lady slip-
per is for the nerves, especially in
bysteria, and the larkspur seed is for
torgety. Lettuce is for colies and
coughs, and asparagus root for the
kidneys. The blossom of the ox-eyed
duatsy is recommended for asthma, con-
sumption and dropsical complaints.not less than twelve hours:
Depth. Temperature. Depth. Temperature.
Depth. Tempera several table vegetables find place in the list of remedies. The lady slip-per is for the nerves, especially in hysteria, and the larkspur seed is for dropsy. Lettuce is for colies and coughs, and asparagus root for the kidneys. The blossom of the ox-eyed daisy is recommended for asthma, consumption and dropsical complaints. It will be seen from the above table The peony is for weak nerves and the that, although there is, upon the whole, a steady increase of temperared rose is for "hassik hemorrhages and catarrhs."

Most of the patent medicines are ture as depth is attained, the rate of represented in the stock of the botanic increase is not uniform and regular. ture as depth is attained, the rate of druggist by their original elements. There is no way of telling why this is so, although it has been suggested The makers of such remedies deal that in the case where the temperature largely with the wholesale houses, actually decreases two degrees in the and so do the makers of drugs, tincdescent of a hundred feet (as was the tures, ointments and embrocations. Forty or fifty herbs, plants and flow-ers indigenous to California and Auscase between the 300 and 400 levels), tralia are among the new additions to the stock of botanic druggists.

There is an extensive importing business connected with the trade in medicinal herbs, and the druggists Louis Republic.

Influence of Color on Diseases,

their natural state, a quantity of freshly powdered roots, herbs, barks Experiments have been tried with a and flowers, domestic and foreign. All view to ascertain if color has an effect these articles are sold by the pound or on certain forms of disease. In makounce, and received by the whole- ing this test, a number of small-pox salers in bales, bags and boxes, great patients were placed in a room to and small. There is a small army of which only red light was admitted. men, women and children the world The patients were for the most part over gathering herbs, roots and plants those suffering from nousually severe attacks, and about half of them being much care and expense put upon the unvaccinated childred. In spite of the culture of such things. Prices vary violent form of the malady, they all from season to season, and quotations cannot long be depended upon. Many of these raw materials are expensive. There has been but little enthusiasm Larkspur seed sells at \$2 per ounce, about colored glass since the famous and sassafras pith, quaintly recom- blue-glass excitement of some years mended in an infusion of rosewater for sore eyes, fetches \$1 an onnce. Many of the herbs that go to make familiar aince there have been revivals of inpatent medicines seem very cheap. terest in the subject. - New York The botanic druggists keep also many Ledger.

If carefully taken up by the cloth it can be shaken off out of the window into the open air. ance of his has ever been thought under the shadow of this curse. Oh, as men among men, as stewards of GoJ, and as Soldiers of the Cross, there is but one tiling left for us to do in this matter, and that is to yow present and eternal abaadonment, and war against, this modern Juggernaut."

If the furniture will permit the use of a damp cloth, that will more easily take up the dust, and it can be washed

out in a pail of scapsuds. It is far easier to save work by covering up nice furniture while sweeping than to clear the dust out, besides leaving the furniture looking far better in the long run. The blessing of plainness in decoration is appreciated by the thorough housekeeper who does r own work while dusting-New York Journal.

RECIPES.

Steak Roast-Take a round of steak, pound, pepper and salt it well. Take dry bread crumbs, and make a dressing of them and spread over the top of the steak. Roll it up and tie it with a string, put it in a pan and roast forty minutes.

for more, A doctor and his friend were once talking together in front of a saloon when a master mechanic, a man of amiable and ercellent character, a first-class workman, full of business, with an interesting family, re-spected by verybody and bidding fair to be one of the leading men of the oily came up to them and laughingly said "Well, I have just done what I never did before in my file." "Ab, what was that?" "Why, Mi. -- hus owed me a bill for work for a long time and I dunned i.im for the money fill I was tired, but a minute ago I caught hun out here, and get a drink with me.' 'No,' said I, 'I never drink--never drank in my life.'' Well, he replied, 'Jo as you please, if you won't drink with me, I won't pay your bill-that's all.'' But I told him I could not pay the bill, rather than lose the money. I just went in and go occurrence as he concluded. As soon as he had finished the store, the physician's companion, an old, discreet, shrewd man, turned to him, and in a most immestive too. Apple Tapioca Pudding-Soak cup of pearl tapioca in one pint of water for two hours; stir into it threequarters of a cup of white sugar, a cup of thin sweet cream, and half a teaspoonful of salt. Pare and quarter eight large Greening apples, put them in a pudding dish, turn the tapioca over them, grate a little nutmeg over the top and bake an hour and a quarter in a slow oven. Serve with whipped cream.

Chicken With Mushrooms-Have ready one pound of cold chicken chopped fine and one-half pint of mushrooms out in small pieces. Cover these with water and boil five minutes. Skim out the mushrooms into a hot dish. There should be left a coffee-cupful of liquid. If not enough add milk to the hot liquid. Thicken this with a tablespoonful of flour, same amount of butter and season. Three minutes boiling will thicken it. Add the chicken and mushrooms and cook two minutes, stirring constantly. Serve on hot platter.

Strawberry Cream Cake-Make a light sponge cake and bake in jelly tins. Soak a quarter of a box of gelato intemperance. tine in half a cup of cold water. Whip a pint of cream and put it in a granite pan, standing this inside of another containing cracked ice. Add to the cream half a cup of powdered angar and a teaspoonful of vanilla sugar. Stir the gelatine over boiling water until it is dissolved, add it to the cream, and stir at once until it begins to thicken. When the cakes are cold put a thick layer of this cream over each and stand strawberries thickly on; pile one on top of another and let the top layer be cream and strawberries. This is not so costly a desert as it seems, as, being very rich, only a small quantity is required.

One trained rooster in Belgium has growed 337 times in an hour.

BEECHAM'S PILLS "Am I notused of speaking strongly! I will speak less so if any one reading these lines can tell me that no relative or acquaint-ance of his has ever been brought under the

(Vegetable) What They Are For

Biliousness	indigestion	sallow skin
dyspepsia	bad taste in the mouth	pimples
sick headache	foul breath	torpid liver
bilious headache	loss of appetite	depression of spirits

when these conditions are caused by constipation; and constipation is the most frequent cause of all of them.

One of the most important things for everybody to learn is that constipation causes more than half the sickness in the world; and it can all be prevented. Go by the book.

Write to B. F. Allen Company, 365 Canal street, New York, for the little book on CONSTIPATION (its causes consequences and correction); sent free. If you are not within reach of a druggist, the pills will be sent by mail, 25 cents.



the difference was due to the character of the rock in which the recording instrument was inserted-one level being of limestone formation, the other of cold, black trap rock .- St.