A land where music ever girds
The air with bells of singing birds,
And sows all sounds with such sweet
That even in the lowing hords

That even in the lowing herds
A meaning lives so seek to me;
Lost laughter ripples limpidly
From lips brimmed o'er with all the glee
O land of love and dreamy thoughts,
And shining fields and shady spots,
Of coolest greenest, grassy plots,
Embossed with wild forget-me-nots,
And all the blooms that cumningly
Lift their faces up to me
Out of the past; I kiss to me
The lips of Used-to-Be.
I low ye z il, and with wet eyes

The Lys of User-to-be.

I over ye = II, and with wet eyes
Turned glimmeringly on the skies rise,
My blessings like your perfumes rise,
Till o'er my soul a stience lies.
Sweeter than any song to me,
Sweeter than any melody
Or its aweet echo, yea, all three,
My dreams of Used-to-be.

Indianapolis I.

-Indianapolis Journal

These saudest words. At might have a Ah, met how soon he finds a way. Till in the grave to by us stay! He leaves them not the ones he's met, This ghastiy thing we usime Regret.

SOMETHING OF A WOMAN.

BY JAMES CLEMENT AMBROSE.

may not have chance for excellence

and the foreign memory of it sees no

beauty of nobility.
Senator "Thad" Stevens once con-

ducted to the White House an old

muttered to herself, and he asked:

tender words, little pats of kindness,

nightly vigils round our measled couch,

great reprieves from punishment de-

served; and we think not on her trem-

bling hand in age, her feeble footstep

and wrinkled brow at her last visit

rabbi was right, that "God could not

be everywhere, and so made mothers.

motion weareth an ugly look.

At any rate, not one that secondeth his

tion is to be faultlessly "groomed" will

whether it is out of the nickel library

gloomy; never distant, never familiar,

yet always approachable; never loud

face of glad tidings and the adoration

Form, the soft outline in flesh, is not

ome-only remember the handsomest

'What's the matter, madam?"

Foster-Mother to a Woodchuck. It was the smallest woodchuck I and ever seen, not much larger than a large rat. Its head and shoulders were so large in proportion to the body as to give it a comical look. It could not walk about yet, and had never before been above ground.

**Levery moment or two it would whistie n woman can do, the good man can try.

**The control of the control cheerily, as the old one does when safe in its den and the farm dog is looking? The cosmetics dashed upon flercely baying outside. We took the the surface by a soul too large for youngster home, and my little boy self-too large to be caged. The hand was delighted over the prospect of a of a kind not is an artists in fresh tints;

tame woodchuck. We captured them all, and the young family was again united. How these poor half-famished creatures did lay hold of the spoon when they got a taste of the milk! One could not help laughing. Their little shining black paws were so handy and so German woman seeking a reprieve for sarsaparilla will bear the closest investigation. No matter where it may be from, it is as relikid gloves. They throve well upon | shot. Mr. Lincoln said: "Army offimilk, and then upon milk and clover. | cers complain that I am interfering | rom your most respected neighbor. But after the novelty of the thing with discipline." The senator said had worn off, the boy found he had nothing, and Mr. Lincoln sat a moencumbered himself with serious duties in assuming the position of foster-mother to this large family; so he gave them all away but one, the first one captured, which had outstripped all the others in growth. This soon became a very amusing pet, but it always protested when handled, and always objected to confinement.

I should mention that the cat had kitten about the age of the chuck, and as she had more milk than the kitten could dispose of, the chuck, when we first got him, was often placed in the nest with the kitten, and was regarded by the cat as tenderly as her own, and allowed to nurse freely. Thus a friendship sprang up between the kitten and the woodchuck which lasted as long as the latter lived. They would play together precisely like two kittens; clinch and tumble about and roll upon the grass in a very amusing way. Finally the woodchuck took eyes. Indeed, there is no finer physiup his abode under the floor of the cal moulding than the fatted calf, the ree, send for circular. kitchen and gradually relapsed into a well ewed lamb in green pastures, the naif-wild state. He would permit blooded colt whose dam gives all sum-no familiarities from any one save mer to his toilet, we call them "beauthe kitten, but each day they would ties," but we mean they are fine anhave a turn or two at their old games | imals. And the girl whose only ambiof rough-and-tumble. The chuck was now over half-grown, and pro-cured his own living. One day the dog why had all along looked upon dog, who had all along looked upon written there; and you can soon tell him with a lealous eve, encountered him too far from cover, and his or the hand-book of the best home and bath house. tareer ended then and there.-Cen the only heaven. Babes are "pretty"

Learn to think. The way you get knowledge is more important than the knowledge you get. The mental activity is the important thin. The teacher of all the records in the green stage, thinks—if he thinks at all—that Clara Bell is almost divine; but commonly it is "divine foolishteacher, of all the people in the ress" which only the sun of experience world, should be a good thinker. By will tan to common sense. Girls are this is not meant a logician, nor a morelly nice, fair, attractive—many of metaphysician, but a genuine thinker, them- especially if studying to culticlear, discriminating, keen, vigorous, vate all their gifts; their mother, else is the best training for beautiful purpose attached. The fad teaching. The principles are of greatest importance. Select a few, called funny about "maidens of many nan and Stock Raiser. My life is or have them selected for you, and study them until they are to you that the maidens are eliminating from veathers in the Colorado mountains. what the a, b, c's are, i.e., the per-fectly familiar material for the buildfeetly familiar material for the build-ing up of all wisdom and wit needed for teaching, as the latters form all for teaching, as the letters form all Why, I know lots of "old maids" histhe hundreds of thousands of words in the language. Establish a method creasing by choice, affectionately 4 hours. It is infallible. James for the doing of everything that is to wedded to a good purpose, the honey- 1. Lee, Jefferson, Col. be, or that is liable to be, repeatedly moon never setting, and their brates done. Your methods should only adding mental base and hope to the change with the necessities of occa- world, even coaching posterity better ations Invent devices continually, than some mothers. A symptom of Train vourself to be a genius in the higher social life it is, that some woart of Hustrating what you wish to

Let your aim be to teach every child to know, to think, to do and be all that is possible for him under existing conditions. Train yourself in the art of self-control under varying conditions and in emergencies. Cuitivate national and in emergencies. Cuitivate patience perpetually, es-pecially with children. Train your-womanly soul whether she had a husself to bear and forbear with children band, though he may admit some beof all ages in their relation to you cause they had, reciting that "these and to each other. Acquire a habit are they which have come out of great of prompt, cheerful obedience in tribulation." No man, and fewer yourself, since whoever best obeys women, will be saved by the grace of a best secures obedience. Make the wedding day. best of everything, since many of the failures in teaching come from inability to adapt one's self to the varying conditions of school administration or social peculiarities.—Journal of the section of section or social peculiarities. - Journal of in memory. She is neither gay nor

Women with Whiskers. Rearded women have existed at all periods of the world's history. Even Herodotus, the "Father of History," gives us an account of one Pedasnes, "who lived above Halicarnassus," a priestess of Minerya, whise chin priestess of Minerva, whose chin not young, not old, yet the morning regularly builded with a large beard light in her home, the evening star in whenever any public calamity im- her community; the prond are humble pended. See Herodotus, book L, before her, and the humble proudly page 75. Bartel Garctji, a woman of look up to her; she reigns by the divine Copenhagen, had a beard reaching to right of helping others to reign, and her waist. Charles XIL of Sweden her subjects nover ask why they had a female grenadler in his army obey.

who possessed the heard as well as the Now, here is a beauty the brush canwho possessed the heard as well as the courage of a man. Margaret, Duchess of Austria and Governess of the Netherlands, had a large, wiry, stiff back the wandering, kindling the cold back the wandering, kindling the cold beard, of which she was very proud. hearth, feeding the hungry, visiting Of late years, Albert, Duke of Bathesick never visited well, containing the sick never visited well, containing one varia, report; having had a young careless to do likewise, breathing lady governess in his house old who was the "proud possessor of a very large black heard." careless to do likewise, breathing gospel into government—in a word, following Christ. This is why the soul within halos the outer woman with the

Apples Are Good. Apples are a splendid nerve tenic. German analysts say that the apple but the fever bows; pass the cup of contains a larger percentage of phosphorous than any other fruit or vege- paward every home comfort, weed out table. The phosphorous is admirably the corrupting book with the Book of adapted for renewing the essential nervous matter, lecithin, of the brain and spinal cord. Also the acids of the apple are of signal use for men of sedentary habits whose livers are sluggish in action, those acids serving aluggish in action, those acids serving tion to all there, and the light of a to eliminate from the body noxious. Christianity, payable on demand, shinmatter, which, if retained, would ing through the mist of tears for your make the brain heavy and dull or fellows, will arch over you, too, this bring about jaundles or skin srup ratabow of rishest sincorest affection. Mons and other allied troubles. -Union Signas,

There is a spirit weird and beld
Who shadows oft the sunshine's gold.
Who walks peside us, ever here.
With backward glance and sighings dreat.
Within the day he stands alone.
And meets our smites with but a moan,
and shakes his head when garlands bright
in Hope's warm grasp pleam gay with light.
Unsatisfied and if the day.
He grieves for what has passed away;
He fills our night with hours of pam,
For things that cannot come again.
In yearnings for son broken dream,
He crosses o'er the I ast's deep stream,
and never looks with courage brave.
To where the light shines on the grave.
A phantom grim beside my chair,
He dreops his wings in dark despair,
With long fingers points the way
Where hes the ghost of some glad day.
I love him not, this spirit grim,
Whose weary eyes with toars o'erbrim,
Though when he acted is within my room,
I yet do greet him 'mid the gloom.
For oft he bends to whisper near,
Like rayen's cronkings strangely drear,
When in the past some loy is seen,
These saddest words, "It might have been."
Ah, me I how soen he finds a way.
It like the crayer to by us stay! REGRET. Mrs. John Mackay possesses the biggest sapphire in the world. She pur-chased it from a Russian impoverished prince for \$150,000.

They refoot stockings in England at small expense.

The Forty-fifth Annual Statement of the Penn Mutual Life Insurance Co , of Philadelphia, appears in this issue of our paper. The exhibit shows that the busiof 1892 was the best in the history of this old, enterprising and solid company. In these days of speculative insurance it is a real pleasure to see this great Insurance Company increasing its assets and business year by year, while stendily adhering to the true principles of mutual insurance.

Improved roads furnish one of the most d rect aids to agricultural development.

Many of the suggestions to women, STATE OF ONIO. CITY OF TOLEDO, Ss. if taken, should be added to, then

if taken, should be added to, then passed on to men. And with a "wo-man" in the caption, of course the brotherhood will not miss this.

What should a woman be? The best she knows how, and a student of the how. Opportunities are not accidents;

What should a woman be? The best she knows how, and a student of the how. Opportunities are not accidents;

"What should be added to, then passed to the senior partner of the firm of F. J. Cheney & country and State aforesaid, and that said firm of catarrh that cannot be cured by the use of the country of catarrh Cure.

FRANK J. CHENEY.

"Worn to before me and subscribed in my 3worn to before me and substitled in my presence, this 6th day of December, A. D., 1886. but, like the fruit of the vine, hang be-neath foliage—need looking for, feel-ing after. None so frail or poor she

A. W GLEASON, SEAL ! Notary Public.

Hall's Catarrh Cure is taken internally and acts directly on the blood and mucous surfaces of the system. Send for testimonials, free.

F. J. CHENEY & Co., Toledo, O.

SP-Sold by Druggists, 75c. unto others made to order—made to fit her hand; however small. And what And what makes a woman good-

wrinkles. Recognized sympathy with uman sorrow took off the mask of New York City has not furnished a ainness from the roughest features of United States Senator in more than the century, disclosing there the afty years. Nathan Sanford, elected in 1831, was the last.

EVERY TESTIMONIAL in behalf of Hood's

able and worthy your confidence as if it came

Wood's Pills cure Sick Headache

ment looking at the old mother, then A London woman has tried the exturned and wrote the reprieve. Passeriment of a boy of sixteen to do her teneral housework, and has found it, ing out behind the senator, the woman riefly at least, becoming, "Oh, sor, folks did a big lie so bout

For Throat Diseases and Coughs u-e BROWN'S BRONGHAL TACCHES, Like all really road things, they are imitated. The genuine are sold only in bozes. Lr. Linakum; they tolo me he were

homely like old hedge fence, when he are the most handsomest man I ever Nature never puts the wrong colors Yes, kindness is the most flattering in juxtaposition, and a good plan when artist we can sit for a picture to. Our choosing an evening gown is to select memory of mother's face is fall of the colors of a flower and leaf.

Disease is unnatural and is but the proof but we are abuseng Navare. It is elumed that sarfield Tea, a simple has beenedy, helps. Na-ture to overcome this abuse.

Collecting old china is Miss Braddon's o'by, and in her house at Richmond, woman we ever saw. Perhaps the old near London, the novel st has a series of well stocked china cabinets.

Rupture cure guaranteed by Or. J. B. Mayer, 881 Arch St., Phil'a, Pa. Ease at once, no operation or dethe measure of beauty to thinking lay from business, attested by thou sands of cures after others fail, advice

Ocean cables stretch 120 250 miles.

Cann's Kidney Cure for Dropsy, Gravel, Diabetes, Bright's, Heart, Urinary or Liver Diseases, Nervousness, &c. Cure guaranteed. 831 Arch Street, Philad's, \$1 a bottle, 6 for \$5, or druggist. 1000 certificates of sures. Try it.

Every town in Mexico has a public

-when their babitat borders on the washbowl, with pink and pinafore German

ough. We all suffer that way some-How to get rid of them is imes. sometimes take colds. Often they loses will cure them at any stage.

The Marked Success

of Scott's Emulsion in consumption, scrofula and other forms of hereditary disease is due to its powerful food properties.

Scott's Emulsion

rapidly creates healthy fleshproper weight. Hereditary aints develop only when the system becomes weakened:

> Nothing in the world of medicine has been so successful in diseases that are most menacing to life. Physicians everywhere prescribe it.

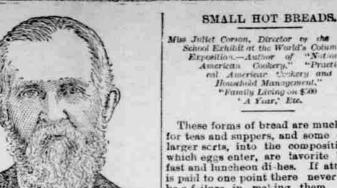


FOR FIFTY YEARS! MRS. WINSLOW'S SOOTHING SYRUP has been used by Millions of Mothers Twenty-five Cents a Bottle.

Garfield Tea of good men.
My friend, go bow where none other **Cures Constipation** cold water where the evil cup hath

CATARRH Sold by druggists or sent by mail.

Headache in the book At at Beadache From only thirty five when she died, she had been a grandmother for two JAS. Q. BLAINE Authorized Life. Boundard F. V. Joaness & Oc. No. 14s. 11th St. Michigard, Va.



Mr. Harvey Heed Laceyville, O. Catarrh, Heart Fai ure, Paralysis,

of the Throat "I Thank God and Rood's Sarsaparit's fo Perfect Health." "For the berefit of suffering humanity I wish to state a few facts: "For several years I have suffered from estarch and heart failure, getting so bad I could not work and

Could Scar ely Walk I had a very bad spell of paralysis of the throat some time ag. My throat seemed closed and I could not swallow. The decloss said it was caused by heart failure, and give medicine, which I took according to dire thous, but it did not seem to come any good. My wife arreed me to try itend's Sarsapardia tellang me of Mr. Joseph C. Smith, who had been

At Death's Door but was entirely cured by Ha d's Sarsoparilla.
After talking with Mr. Smit., I concluded to
try road's Sarsaparilla. When I had taken
two bottles I telt vory much better. I have

Hood's Cures co strated taking it, and are now feeling excel-lent. I thank Go i, and * ood's Sursaparrila and my wife for my resto about to perfect health." Hord's Pills o not purze, pain or gripe, at act promotiv, easily and efficiently. Sc.

Dr. Kilmer's

SWAMP-ROOT



Acted like Magic!

Suffered Years with Kidneys and Liver. LIFE WAS A BURDEN! Mr. McCoy is a wealthy and influential citi-

sen of Van Wert, and a man known for miles "For years I was a terrible sufferer with Kidrey years I was a terrible surface with Kin-ney and Liver trouble, also nervous pros-tration and poor health in general. I was all run down and life a burden. I tried physicians and every available remedy, but found no relief. Was induced to give swamp-Root a trial, which acted like magic, and to-day I am entirely cured and as good a man as ever. It is given by a man as ever. It is without question the greatest remedy in the world. Any one in loubt of this statement can address me below. M. H. McCOY, Van Wert, Ohio.

M. H. McCOY, Van Wert, Ohio.

Guarantee - Cae contents of One

positive if you are not benefited, Firing
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"Invalide" Guide to Health" Free

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Dr. Rimer & Oo., Binghamten, S. Y.

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MERCURIAL "About ten years ago I con-tracted a severe case of blood poi-son. Leading physicians prescribed medicine after neckeine, which I took without any relief. I also tried mercurial and potash remedies, with unsuccessful results, but which brought on an attack of mercurial rheumatism that made my life.

four years I gave up all remedies and began using S.S.S. After taking several bottles I was entirely cured and able to resume work. Is the greatest medicine for blood

Treatise on Blood and Skin Diseases mailed ree. Swift Specific Co., Atlanta, Ga.

DIFFICULT TO DEFINE, BY AMY D'ANY WETMORE,

One would suppose that a liar was very easy to define. The dictionary says that it is "a person who know-ingly utters a fulsehood with intention to dec ive." Yet it is a well known fact, that the untruthful person does not necessarily deceive, where as the uncompromising honest character often unmeaningly does so. Sometimes one who is most decidedly unreliable, and one who can hardly speak without fai-sifying the subject, yet scarcely succeeds in fooling even the most obtuse. Give "a dog a bad name" is a very old proverb, and works in another way, for vice-versa a "dog with a good name" carries conviction to all. Hence if information is required as to how to attain this very doubtful accomplishment of lying, we

would say: First of all cultivate a good memory-for otherwise your nar-rative will be full of contradictions, and wos to the person who thus conducts himself. His fate is sealed, and no after explanations can join the two ends of the story.

The truth, the absolute truth at times, is the only way to bear off a bare faced lie when the occasion de-

mands. One unnecessary fabrication, and you are storing up witnesses against yourself and when at last discovered the work of years will be de-stroyed. He who is deficient in the want of sense, as well as morals, fools no one, for he often forgets what he has said from day to day, and his talk is a mass of absurd inconsistencies.

Now the morbidly truthful person deceives sometimes, not only others but himself as well, and in his intense desire to give every fact, he unwittingly passes over the principal points, and enlarges on others, thus putting too much emphasis on unimportant things, and leaving momentous matter in the background, and he afterwards to his horror finds that he has conveyed wrong impression. Therfore the moral we would more is to let "deeds and not words," by our guide in forming judgment of otal

CHARITY does not alone const tin noney-giving-every good a lise ar-

VINTUR is not left to stand a He who practises it will have new pors and imitators. AUDOBON estimates that two blue jays

and their five young require for food in one hundred days, twenty thousand insects that are harmful to fruit and food plants. The strest of a Chicago millionsire for docking his horses' tails will, it is hoped, put a stop to that barbarous

practice, in the vicinity of the Lake popular remedy known. City at least. It is both foolish and Syrup of Figs is for cruci and has no justification except the and \$1 bottles by all least. demand of cross-eyed fashion. - Prov. Mrs. William Wood, the wife of a prominent farmer, died at Mart'ns-ville, Ind , recently. She was married

Miss Juliet Corson, Director by the Cool School Exhibit at the World's Columbian Exposition -Author of "National American Cookery," "Practi-cal American Cookery and al American Cooker Household Manageme

tartar and sed ; baking-powder is a dressed yeast in milk, or add to it a dough must be baked before the gas about twenty minutes, and then bake escapes from it; the baking of the dough so far hardens its texture or coconner siscuir. substance that the holes or air cells are reason the cream of tartar may be dis- | become lukewarm; add also a teaspoon-

The lightness produced in bread and cakes by the use of eggs is based chiefly upon the quantity of air which is incorporated with the substance of the eggs, or with the dough or batter, by with them two heaping tablespoonfuls long-continued beating. The same of brown sugar, and one of butter result of lightness would follow if a slightly warmed; prepare the waffle iron dough or batter made simply of flour, by heating and buttering it, then quicksait and water were beaten until foaming, and then baked at once; this is the principle upon which Graham Gems are made without using either eggs or baking powder. It is the air mixed with snow that makes batters bight when newly fallen snow is added to them; two tablespooniuls will take the place of an eng if the batter is baked as soon as the snow is added to it.

Sift together a quart of flour, two the yelks into the batter, and last stir they are practically untit for service der, and one of salt; rub a baking-pau in the whites, quickly but gently, so in the field when flies are troublesome. with lard or butter, and see that oven is hot enough to bake quickly. Chop two tablespoonfuls of lard or butter into the sifted flour, quickly mix in enough water to form a dough which can be rolled out an inch thick; work rapidly; cut out the biscuit, lay them in the pan, brush them with melted butter, or a little sugar and milk, and put them at once into the oven to bake; as soon as they begin to brown, break one open to see if they are done; do not let them burn; and when they are done serve them hot with plenty of butter,

MARYLAND BISCUIT. Rub two tablespoonfuls of lard into one quart of sifted flour with a level tenspoonful of salt: add sufficient milk to make a rather stiff dough, working the milk into the flour with the hand put the dough upon a floured pastryboard, and beat it with the rolling-pin folding it as it is flattened, until it blisters and cracks: then tear off piece the size of an egg, roll them round with the hands, prick them with a fork on the top, and bake them in a moderate oven. The beating will usually occupy half an hour. In the South a machine is used, consisting of a corru-gated wooden roller, set half an inch from the bottom of an open wooden box, and turned with a crank placed outside the box; the dough is repeatedly passed under this roller until it is

ready to bake. GRAHAM GEMS. Real Graham Gems are made by mixing Graham flour and water to a thick batter, with a little salt, and then beating the batter until it is full of little bubles of air; it is then put into hot buttered gem-pans, and baked in a hot oven. Graham biscuit may be made with baking-powder if

desired, using Graham flour instead of POTATO ROLLS. Peel and slice some white potatoes, boil them in salted boiling water, and then drain and mash them; to each pint of potatoes allow four heaping tablespoonfuls of butter, a teaspoonful of salt, and half a cupful each of milk and liquid yeast, or a small cake of compressed yeast dissolved in half a cupful of warm water; add a pint of flour, and set the dough so made to rise, in a moderately warm place, covered with a towel, for three hours; then knead the dough for five minutes, make it into little rolls, put them in a buttered baking pan, cover them to keep them warm, and let them rise to twice their original size; when their volume is doubled bake them for about

TURKISH ROLLS. As a pleasant variation from plain flour bread we suggest Turkish

twenty minutes, in a hot oven; serve



ONE ENJOYS

Both the method and results when Syrup of Figs is taken; it is pleasant and refreshing to the taste, and acts gently yet promptly on the Kidneys, Liver and Bowels, cleanses the system effectually, dispels colds, headaches and fevers and cures habitual constipation. Syrup of Figs is the only remedy of its kind ever produced, pleasing to the taste and acceptable to the stomach, prompt in its action and truly beneficial in its effects, prepared only from the most healthy and agreeable substances, its many excellent qualities commend it to all and have made it the most

Syrup of Figs is for sale in 50c and \$1 bottles by all leading druggists. Any reliable druggist who may not have it on hand will procure it promptly for any one who wishes to try it. Do not accept any when fourteen years old and though substitute.

CALIFORNIA FIG SYRUP CO. LOUISVILLE, EY. NEW YORK N.Y.

pour boiling water on them and let it at once into the cups, half filling them; them stand for about five minutes, until the skins can be early rubbed off with a dry towel; this process is called "blanching." After the almonds are closed for half an hour; when the pop blanched chop them very fine, or pre-ferably, pound them in a mortar to a the cups, and show on the sides a light These forms of bread are much liked for teas and suppers, and some of the larger scrts, into the composition of which eggs enter, are favorite breakfast and luncheon di-hes. If attention is paid to one point there never need be a failure in making them, either with baking-powder of with cream of tartar and scd; baking-powder is a judicious mixture of cream of tartar and soda, or their chemical equivalents, with some farinaceous vehicle. When these two ingredients are moistened with water, milk, eggs, or any liquid, carbonic gas is liberated, which force carbonic gas is liberated, which, forc- times, and let it rise until it is light ing its way up through the dough, and foaming; then knead it for twenty makes it full of little holes; in other minutes, make it out in little rolls, put words, makes it light, therefore the them in the baking-pan to rise for

Remove the shell and dark skin from fixed in it, and in this way it is made a fresh cocount, and grate it; simmer light; this fact regulates the lightness it slowly for half an hour in a quart of of any dough made with either of these milk, and then squeeze all the milk chemical agents, and shows the neces- from the nut in a strong towel, as disity for getting the dough into the rected in the recipe for "Turkish oven as soon as possible after it is Kolls," or use the grated cocoanut in mixed. The gas is produced by the the hot milk. Add to the milk one illg reaction of the acid of the cream of tar- of liquid yeast, or half an onnce of tar upon the alkali of the soda; for this compressed yeast after the milk has pensed with when sour milk is used to ful of salt, and flour enough to make a moisten the dough, the natural acid of soft dough; let it rise until light, keepthe milk replacing it; the addition of ing it covered with a folded towel; and soda as a corrective of the acidity of then knead it, let it rise again, and griddle-cakes or soured bread-dough is bake it as above directed, in the form based upon the same condition; so, also, of biscuit or in small loaves. The gratis the use of soda with some forms of ed fresh nut may be used without molasses where there is present enough scalding it in the milk; it should be natural seid to cause a foaming condi- well mixed with about three pounds of tion when soda is mixed with it; if flour before the yeast and milk are adddough moistened with it while it is still ed. This form of the bread is less difoaming is baked at once, it will be gestible than that made by first simmering the grated nut in the milk. GOLDEN WAFFLES.

> Sift together one pint of flour, one level teaspoonful of salt, and two heaping teaspoonfuls of baking-powder; mix ly mix a quart of milk and the beaten yelks of four eggs to the above ingredients, and bake the waffles at once. POP OVERS.

> Butter twenty-four small earthen cups thickly; separate the whites and yelks of four eggs; teat the yelks to a cream, and the whites to a stiff froth; sift one pound of flour, with one tea-spoonful of sait, and stir in smoothly

ounces of the nut hernels are obtained; that the batter may be very light; put

Heat a tablespoonful of butter in a quart of milk until it is quite melted; let the milk cool until it is just lukewarm, then stir in two tablespoo of yeast, two wellbesten eggs, and suffi cient flour to form a batter thick enough to hold the drops from the mixing-spoon; cover the bowl with a folded towel, and let the batter rise for five hours. These cakes are used in the South for tea or supper; they are baked on a hot griddle, each cake being made about the size of a teaplate. Fry the cakes on a smooth hot griddle with just enough fat to keep them from burning and serve them as soon as they are

BUCKWHEAT CAKES. Mix the following ingredients to a smooth batter: One quart of buckwheat flour, one pint of new beer, one gill of liquid yeast, three tablespoonfuls of molasses, and a teaspoonful of salt; put the batter into an earthen jug or pitcher, cover it with a folded towel, and let it rise overnight. In the morning bake the buckwheat cakes on a hot griddle as directed in the recipe for "Fread Cakes," and serve them hot with butter or molasses.

STORY TOLD IN THE Seattle Journal, MARCH, 1892: "A ship was lying at the warf at Astoria waiting for the ice to break. The sailors from lack of anything to do idly watched the crows that surrounded the ship looking for bits of food. They could not get the scraps out of the water but stood on the blocks of ice hoping that they might drift near enough for them to catch them. A flock of sea gulls flew about screaming flapping their wings, snatching the food from the water and soon we noticed a sort of understanding between the crows and the guils, the latter would put the food they took from the water on the floating ice near the starving crows and the men looked and wondered to see dumb creatures helping each other in their sore distress and pondered on the language of those creatures that we arrogantly call dumb.

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Royal Baking Powder is superior in purity, strength, and wholesomeness to any other powder which I have examined .- New York State Analyst.

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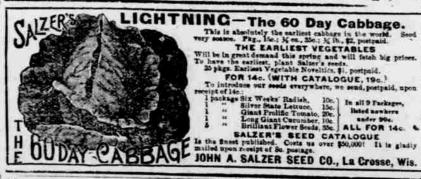
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FORTY-FIFTH ANNUAL STATEMENT

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S17,646,971 E RECEIPTS DURING THE YEAR

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† Promium ments Total Paid Policy Walders \$2,117,787.92

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