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Bottling the Food

Copperas for Fertilizer. Experiments made in Belgium indi-cate that copperas benefits crops like oats and other grains, while weeds are destroyed. This shows remark-able discrimination by the sulphuric acid and the iron if it is true.

FITS permanently cured. No fits or nervous-ness after first day's use of Dr. Kline's Great NerveRestore, \$trial botheand treatise free Dr. R. H. KLINE, Ltd., \$1 Arch St., Phila., Pa.

Itching, Blind, Bleeding or Protruding Piles. Druggists will relund money if Pazo Ointment fails to cure in 6 to 14 days. 50c. There are 298 miles of railway in the Congo Free State. H, H. GREEN'S SONS of Atlanta, Ga., are the only successful Dropsy Specialists in the world. See their liberal offer in advertise-ment in another column of this paper.

Fifty-two billion dollars passed through the London Clearing House last year.

Mrs. Winslow's Soothing Symp for children teching, soften the gums, reduces inflamma-tion, allays pain, eures wind colic, 25c.a bottle

respectively

The early people had an abundance of one kind of food of which we can certainly deprive ourselves-air-and this lack is the cause of much, if not of most, of our ill health. The early people had to work-and often work

There are sixty-four shops in Berlin in which horseflesh is sold which horseflesh is sold Many School Children Are Sickly. Mother Gray's Sweet Fowders for Children's used by Mother Gray, a nurse in Children's Home, New York, break up co'ds in 24 hours, cure Feverishn'ss, Constitution, Stomach Troubles, Teething Disorders and Destroy Worms. At call druggists, 25c, Samp'e mailed FREE, Address Allen S, Olmsted, Lo Roy, N.Y. Barrie has received more than \$250,000 from his plays. A Guaranteed Cure For Plies.

or most, or our ill neath. The early people had to work—and often work hard—for their food, and hence did not often get too much of it. We have food set before us in such abundance and variety that we overeat without knowing it. This causes so many of the illnesses from which modern man suffers that, barring accidents, it may be said that is we are ill or ill temper-ed it is likely to be our food which is at fault in some of the many ways we have hadicated. Every day of our short life should count for something, and to lose it because one ate the wrong food is foolish waste. The chief object of the thorough mastica-tion of the food and its treatment with saliva in the mouth is to protect the stomach from overwork. The thoro-ughness with which the stomach pre-pares the food for the final act of digestion, intestinal absorption, de-pends upon the amount given it to do. It would seem as if man might learn this lesson rapidly, but the fact is that the average human being bolts his food and washes it. down regard-less of all physiological law.

### A Second Wesley.

A Second Wesley. Cardiff, South Wales, has published abroad the tales of a new evangelist. Evans Roberts by name, who, from a common collier, has suddenly leaped into fame as almost a second Wesley. He draws vast throngs to hear him. Single eyeglasses are prohibited in the German Army.

German Arwr. Home-Made Boxes. Covering boxes with chintz and French cottons is the fancy work of the day. These are used for gifts and much ingenuity is shown in them. The smooth surfaced box is bought from the factory and covered with stitches and glue. Some people pre-fer starch paste to any other method. The dainty woman has anywhere from two of twelve of these in her living room. They hold everything yells, gloves, ribbons, visiting cards, invitations, amature photographs and manicure implements. German Arwr. Covering to the over discussion of the state over the cover and the state over the s

## Ancestral Breakfasts.

The exports of palm seeds from the Netherlands amounted to 50,452, 600 pounds, 52,495,600 pounds and 57,-043,800 pounds in 1901, 1902 and 1903, Former President Steyn, who is now in Paris, is still paralyzed in the hands and cannot keep his eyes open long without pain. WOMEN'S NEGLECT



Sauce for Croquettes.

Put one cup of sugar with one cup of water and cook five minutes, add vanilla flavoring to the taste and it is ready to use hot.

### Whole Wheat Muffins.

Whole Wheat Muffins. Sift one cup of whole wheat flour, one cup of white flour, one-quarter cup of sugar, one-half level teaspoons of salt and four level teaspoons of bak-ing powder together twice. Mix one cup of milk, one beaten egg and one tablespoon of melted butter. Beat for three minutes, then fill muffin pans two-thirds full after heating and but-tering them. Bake about twenty-five minutes. minutes.

### Pearl Cake.

Pearl Cake. Tream one cup of butter and beat two cups of fine granulated sugar into the butter; add one cup of milk; one cup of corn-starch and two cups of flour sifted with three level teaspoons of baking powder. Add last the whites of six eggs beaten stiff and a little rose flavoring. Bake in small cakes, cover with a white icing and orna-ment with small candles; or bake in a large sheet and ice, then mark off into squares and cover each alternately, like a checker-board, with little pink and white candies.

# Rice Croquettes.

Rice Croquettes. Cook one cup of rice in plenty of salted water for half an hour, or less time if the rice becomes tender. Drain in a colander cool and shape in comes or cylinders, after adding the beaten yolk of one egg. Roll each croquette in an egg beaten with a tablespoon of water, and then in sifted cracker crumbs. Put two or three croquettes in a frying basket and fry quickly in deen hot fat which should be smokdeep hot fat, which should be smok-ing hot, as the mixture has been pre-viously cooked and only needs heating through and browning. Drain and

### Plain Frozen Pudding.

serve with a sweet sauce.

Put three sticks of cinnamon, two blades of mace and one and one-quar-ter pounds of the choicest raisins, seeded, into six cups of milk and sim-

# FINANCE AND TRADE REVIEW BLIZZARD HITS TRADE.

So Does the Russian Ruction, but Confidence Remains Unabated. R. G. Dun & Co.'s Weekly Review of Trade says: Storms at home and complications abroad tended to check activity in commercial and financial markets, but most industrial lines continue busy, testifying to confi

continue busy, testifying to continue that rade interruption will be brief. Prior to the bad weather there was a liberal distribution of merchandise at steady prices, but subsequently a sharp advance occurred in retail prices of food products, owing to restricted receipts at points of heavy consumption. Country merchants at the South have large stocks that move slowly because of the decline in cotton, and collections are slow. New Eagland manufacturing plants are well engaged, especially in machinery, jewelry and textiles; but buyers have left the Boston footwear market without placing contracts, owing to disagreement as to prices. Foreign commerce at this port for the last weelt shows a gain of \$772, 924 in imports and a loss of \$1,000, 177 in exports, as compared with the same time in 1904. Railway earnings in January were only four-tenths of 1 per cent larger than last year. Production of pig iron continues at the maximum rate, yet there is no evidence of a reaction. Connellsville production of coke remains at the large percentage, but traffie is now defined and may cause a decrease. The plate mills are fully engaged. Even steel rails are beginning to feel the effect of expanding confidence, several large contracts increasing the amount of business on the books to about 1,000,000 tons. Railway bridges will take a large tonnage of structural steel, and extensive building operations are about to begin, so that this division of the industry is in a fairly encouraging position. Pipe mills are sauto for a very large trade in agricultural implements. Machinery, houses also are in better condition. Much of, the best news comes from woolen mills, which have large of tex tile manufacturing conditions to immediate needs, and in many cases have deferred business entirely in expectation of much business of the terms later in the season. Uudoubtedly future conditions in both brancehes of tex tile manufacture must depend largely upon the raw material. Moderate supplies maintain packer hides. There is no pressure to purcha

MARKETS.

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BALTIMORE.





COL. PAUL E. BECKWITH.

Colonel Paul E. Beckwith, Lt. Col., retired, 1st Reg. Minute Men, in a letter from 1503 Vermont avenue, N. W., Washington, D. C., writes: "From the unqualified endorsement of many of my friends, I take pleasure in commending your remedies for coughs and colds."--Paul E. Beckwith.

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