



Apple Pudding.
An easily made pudding that has served an old housekeeper on many emergency occasions is prepared by making a mixture of one cupful of flour, one cupful of sugar, one cupful of milk, a half cupful of butter and three eggs, and adding to it three chopped apples and three-quarters of a cupful of chopped raisins. This should be baked in a moderate oven about half an hour. Serve with hard sauce.

Asparagus Soup.
Boil the stalks of two bunches of asparagus until they are tender, saving the tips for a salad. Drain and rub them through a sieve. To the water in which the asparagus was boiled add one quart of milk and the asparagus. Cook two tablespoonfuls of butter and one tablespoonful of flour for three minutes, without browning. Add the soup slowly and rub until smooth. Have ready in the soup twelve one-half cupful of cream and the beaten yolk of one egg, and pour the boiling soup over them, stirring until thoroughly mixed.

A Dessert for Children.
Stewed dates, served with or without cream, make a delicious dessert and are always hailed with delight by the children. Wash a pound of new dates thoroughly and remove the stones. Put them into a stewpan, cover them with two cupfuls of cold water and let them boil 10 minutes. Add to them the juice of one lemon and half a cupful of sugar and boil five minutes longer. Strain the fruit from the syrup and boil the latter alone for 10 minutes. Put the dates into a pudding dish and turn the syrup over them. One-half cupful of finely chopped almonds, English walnuts or pecan nuts may be added to the syrup.

Cuban Coffee.
No hard and fast rules can be given for preparing the delightful drink known as Cuban coffee, but the following proportions will probably prove satisfactory for a teaspoonful of pulverized coffee in a flannel bag, suspend over a porcelain dish and pour a little cold water over at intervals until the mass is saturated. The first drippings are poured again over the bag and more water added until the dripped liquid is thick and black. Use in all about two cupfuls of water, allowing the process of pouring the drippings over the bag to be repeated at intervals all day. To serve, fill a cup nearly full with scalded milk and add a teaspoonful of the black coffee extract.

How to Cook Vegetables.
Vegetables such as onions, cabbage, cauliflower and turnips may be made more delicate and wholesome by allowing their odors to escape with the steam while they are boiling. There will also be less odor observable about the house if this is done than if the flavors are allowed to concentrate in tightly closed vessels. While doubtless a certain amount of nutrients are lost by this means, the vegetables by being rendered more palatable become more digestible.
The same is true of boiled meats, and the lid of the kettle should be left partly off while they are cooking; otherwise there will be a strong, unpalatable flavor. All green vegetables should be boiled in an uncovered vessel. Some housekeepers claim that a dish of steaming vinegar on the range will prevent cooking odors from permeating the house.

Household Hints.
Mirrors, if at all well framed and well placed, are usually a good addition.
Pots and pans that have been burned should be set to boil with cold water and a lump of soda.
Flannels and other all-wool textures should be both washed and rinsed in waters of even temperature.
After washing fine lace pull it into shape and dry it on a sheet of glass; it will be ready for use without ironing.
When the smoke bells are suspended over the gas burners to shield the ceiling, it is better to have them come as low as possible, but not closer than 12 or 15 inches to the flame.
Do not put pans and kettles partly filled with water on the stove to soak, as it only makes them more difficult to clean. Fill them with cold water and soak away from the heat.
Moulds in which blanc-manges are to be put should be wet to insure their easy turning out; on the other hand, in those to be used for jelly no water should go, as it will crack the jelly.
Parsley can be kept for winter use in soups and sauces by plunging fresh bunches of it into slightly salted boiling water and boiling for three minutes. At the end of that time it should be removed and dried quickly near the fire.
A room is dusted only when the dust is taken out of the room, and that is done only when it has been carried out of the room. This is done by using a soft cloth to dust with and by wiping the surface of each article slowly and with care not to throw the particles of dust up in the air, whence they will settle again instantly somewhere else.

THE MARKETS.
PITTSBURGH.
Grain, Flour and Feed.

WHEAT—No. 2 red.....	72 1/2	71
WHEAT—No. 2.....	59	60
CORN—No. 2 yellow, ear.....	47	47 1/2
NO. 2 yellow, shelled.....	45	45 1/2
Mixed ear.....	43 1/2	44 1/2
OATS—No. 2 white.....	31 1/2	31 1/2
NO. 3 white.....	30 1/2	31 1/2
Flour—Winter patent.....	3 85	3 80
Fancy Straight Winter.....	3 70	3 80
HAY—No. 1 timothy.....	15 75	16 00
Clover No. 1.....	13 25	13 75
FEED—No. 1 white milk, ton.....	19 75	20 00
Brown middlings.....	16 50	17 50
Brain, bulk.....	18 25	18 50
STRAW—Wheat.....	9 25	9 50
Oat.....	9 25	9 50

Dairy Products.

BUTTER—Elgin creamery.....	25 00	25 1/2
Ohio creamery.....	21 1/2	22
Fancy country roll.....	13	14
CHEESE—Ohio, now.....	11 1/2	11 1/2
New York, new.....	12 1/2	12 1/2
Poultry, etc.		
HENS—per lb.....	10	11
CHICKENS—dressed.....	13	14
EGGS—Pa. and Ohio, fresh.....	13	13 1/2

Fruits and Vegetables.

BEANS—Navy, per bushel.....	2 50	3 25
PEAS—Fancy white, 3 bu.....	45	50
CABBAGE—per barrel.....	1 25	1 33
ONIONS—per bushel.....	1 25	1 35

BALTIMORE.

Flour—Winter Patent.....	3 85	4 05
WHEAT—No. 2 red.....	77	77 1/2
CORN—mixed.....	45 1/2	
OATS.....	32	32 1/2
EGGS.....	12	
BUTTER—Ohio creamery.....	20	

PHILADELPHIA.

Flour—Winter patent.....	3 25	3 40
WHEAT—No. 2 red.....	79	79 1/2
CORN—No. 2 mixed.....	42 1/2	42 1/2
OATS—No. 2 white.....	33	
BUTTER—Creamery, extra.....	16	16 1/2
EGGS—Pennsylvania firsts.....	12 1/2	13

NEW YORK.

Flour—Patent.....	3 65	4 03
WHEAT—No. 2.....	80 1/2	
CORN—No. 2.....	49	
OATS—White Western.....	32 1/2	33
BUTTER—Creamery.....	16	16 1/2
EGGS—State and Foreign.....	12 1/2	13

LIVE STOCK.
Central Stock Yards, East Liberty, Pa.

CATTLE.		
Prime heavy, 1500 to 1600 lbs.....	5 50	5 65
Prime, 1300 to 1400 lbs.....	5 25	5 50
Medium, 1000 to 1200 lbs.....	4 40	4 55
Fat heifers, 800 to 1000 lbs.....	3 75	4 25
Butcher, 800 to 1000 lbs.....	4 00	4 40
Common to fair.....	3 75	4 10
Oxen, common to fat.....	3 00	4 00
Common to good fat bulls & cows.....	2 50	4 00
Milk cows, fresh.....	3 00	3 50
Extra milk cows, fresh.....	3 75	5 00
HOGS.		
Prime medium weights.....	5 85	6 03
Best heavy Yorkers and medium.....	5 95	6 00
Good to choice packers.....	5 35	6 00
Good pigs and light Yorkers.....	5 90	6 00
Ship pigs.....	5 50	6 00
Fresh home hogs.....	5 00	6 00
Common to fair.....	5 50	5 80
Roughs.....	4 00	5 50
Stags.....	3 00	4 20
SHEEP.		
Extra, medium weight wethers.....	4 75	4 90
Good to choice.....	4 60	4 75
Medium.....	4 25	4 40
Common to fair.....	1 60	3 40
LAMBS.		
Lambs, extra spring.....	5 65	5 75
Lambs, good to choice, spring.....	5 50	5 65
Lambs, common to fair, spring.....	4 00	5 00
CALVES.		
Veal, extra.....	6 00	6 50
Veal, good to choice.....	5 50	6 00
Veal, common to fair.....	4 00	5 00
Veal, common heavy.....	2 75	3 75

IN GOOD SHAPE.
Indications Point to a Lively Spring Trade.
The Wheat and Corn Movement Very Encouraging.

R. G. Dun & Co.'s "Weekly Review of Trade" says: The position of general business is satisfactory, being marked this week by increased activity of retail operations throughout the West and in some Atlantic seaboard cities, which is considered the forerunner of a generally good spring trade. New enterprise is reflected in the largest demand for many months for builders' hardware and general materials, and contracts for prompt delivery of all structural goods are very difficult to place. Collections are prompt, and railroad tonnage is well maintained. Earnings of all railroads for March to date show a gain of 10.8 per cent. over last year and 36 per cent. over 1899. The gains extend to practically the whole country. The textile industry alone does not improve. Quotations of pig iron and finished steel tend toward a higher level. There is still the wholesome element of conservatism, which prevents violent fluctuations and keeps the advance at a moderate rate, but the tendency of the market is undeniably toward better things. The most conspicuous strength is apparent in Bessemer pig, which now commands \$17 at Pittsburgh, while steel billets have sold at \$24, and high carbon billets reached \$30. Steel bars are \$1 per ton higher, and structural shapes are firmly maintained with every expectation of an advance. While these quotations show moderate gains, much higher rates are paid for immediate delivery and in small amounts. A short time ago it was expected that new ore prices would be much lower, but the remarkable strength of products will tend to sustain values of the raw material. New high records are constantly established for coke output in the Connellsville region and prices are firm. Failures for the week numbered 224 in the United States, against 183 last year, and 33 in Canada, against 27 last year.

Bradstreet's says of grain: Wheat, including flour, shipments for the week aggregate 3,256,644 bushels, against 4,693,939 bushels last week, 2,993,495 bushels in the corresponding week of 1900, 3,746,761 bushels in 1899 and 3,896,318 bushels in 1898. From July 1 to date wheat exports are 146,628,100 bushels, against 144,220,301 bushels last season and 180,975,502 bushels in 1898-99. Corn exports for the week aggregate 2,605,084 bushels, against 3,246,570 last week, 3,123,818 bushels in this week a year ago, 3,690,629 bushels in 1899 and 4,406,257 bushels in 1898. From July 1 to date corn exports are 141,065,219 bushels, against 152,657,977 bushels last season and 125,153,576 bushels in 1898-99.

Governor Voorhees has signed a bill dividing New Jersey into ten congressional districts.

TO BE HEADED NOW.
In the Spring You Are Always Run Down.
This Will Tell You Just What To Do For Yourself.
And Just Why You Should Follow Exactly This Plan.

In the spring everybody needs to think about taking a spring medicine. Not only is this a common practice, but a very necessary and healthful one. It is a fact which physicians generally, and the people recognize generally, that a spring tonic taken during the months of March, April and May is more conducive to the restoration of health, in cases of those who are sick, than any other course of treatment that could possibly be adopted.

In the spring there are a great many and important changes going on in the body. Perfect health cannot be maintained while the system is clogged and the organs sluggish, and the person has a languid and weakened feeling, with more or less nervousness and debility. Therefore everybody should take a good spring remedy.

The best spring medicine, indorsed and recommended by physicians, druggists and the people, is Dr. Greene's Nervura blood and nerve remedy. In proof of this, thousands



Mrs. Etta Sumner, of testimonials are being constantly published in the papers. The following is from Mrs. Etta Sumner of Goodells, Mich.

"I have been afflicted," she says, "with nervous debility for a year. My nerves were completely prostrated, and I suffered at the slightest excitement, with great headache. At times I was entirely overcome by this disease. I would stay in the house alone, and dread the sight of my own people. My entire nervous system was shattered, and my life was a torment and burden to me. I was advised to try Dr. Greene's Nervura blood and nerve remedy, and while on the first bottle began to recover. My friends were very much surprised.
"Before I had finished the second bottle, I could sleep with a quiet mind, and eat with ready and refreshing appetite. I have taken three bottles and am entirely cured of all my sufferings. I cannot speak half highly enough of it. I cheerfully and earnestly recommend it to every one afflicted with disease. What gives people absolute confidence in it, is its being the discovery of one of our best known and most successful physicians.
Dr. Greene's Nervura blood and nerve remedy is, indeed, the greatest of all spring medicines, for it makes the sick well and strong.
Dr. Greene, of 35 W. 14th St., New York City, has the largest practice in the world, and this grand medical discovery is the result of his vast experience. The great reputation of Dr. Greene is a guarantee that his medicine will cure, and the fact that he can be consulted by anyone, at any time free of charge, personally or by letter, gives absolute assurance of cure to all.

P. N. U. 13, 1901.

H. H. GREEN'S BROS., of Atlanta, Ga., are the only successful Dropsy Specialists in the world. See their liberal offer in advertisement in another column of this paper.

People with hot tempers may sometimes give rather cool treatment.

Army Surgeon Was a Woman.
"Murray Hall's" case has brought to mind the case of "Dr. James Barry," once inspector general of hospitals in the British army and a "C. B." This individual presented the appearance of a slightly built, dark-complexioned man, beardless and with abrupt manners. The doctor had a marked impatience with anything like contradiction, and his temper led to several duels, in which he came off best. The courage of the person was beyond question, but the voice was thin and feminine in tone. When "James Barry" died "he" left explicit directions that he should be buried "all standing" as he was when death came. These directions were disregarded, and it was learned that the medical schools had duly qualified and the British government had decorated and pensioned a distinguished medical officer who was a woman.—New York Press.

A horse may be driven, but pencils are usually lead.

The stomach has to work hard, grinding the food we crowd into it. Make its work easy by chewing Bosman's Peppin Gum.

There are nearly 1500 negro college students in the United States.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

Glasgow has five public baths, the cost of which varied from \$32,000 to \$165,000.

I do not believe Piso's Cure for Consumption has an equal for coughs and colds.—J. W. F. BORN, Trinity Springs, Ind., Feb. 13, 1900.

Congressman Bingham, of Pennsylvania, is a devotee of the white waistcoat.

While finding that the sea trade of England, generally speaking, is well conducted the Departmental Committee appointed by the Board of Agriculture recommends the establishment of a central station for the purpose of testing seeds sent to it for official examination.

Try Grain-O! Try Grain-O!
Ask your grocer to-day to show you a package of GRAIN-O, the new food drink that takes the place of coffee. The children may drink it without injury as well as the adult. All who try it, like it. GRAIN-O has that rich seal brown of Mocha or Java, but it is made from pure grains, and the most delicate stomach receives it without distress. It is the price of coffee, 15 and 25c. per package. Sold by all grocers.

Experiments are being made to discover if aluminum may not be used in the manufacture of high class wind instruments. If this could be done, it is thought it would be very desirable, on account of verdigris deposits, and as it is not easily affected by changes of temperature the instruments would be less likely to get out of tune.

There is a Class of People
Who are injured by the use of coffee. Recently there has been placed in all the grocery stores a new preparation called GRAIN-O, made of pure grains, that takes the place of coffee. The most delicate stomach receives it without distress, and but few can tell it from coffee. It does not cost over 1/3 as much. Children may drink it with great benefit, 15 cts. and 25 cts. per package. Try it. Ask for GRAIN-O.

Japanese business methods are in the least important places of a very good description. At Nagasaki the other day a foreigner, calling at the branch of one of the chief shipping companies, found the whole place deserted. It appeared that the day being fine, the manager and staff had gone out on a mushroom hunting expedition. Mushroom hunting is a pursuit that appeals to every true Japanese.

A trial will convince anyone that he should not be without Garfield Headache Powders; take one when suffering with headache, nervousness or fatigue. Send to Garfield Tea Co., Brooklyn, N. Y., for free samples.

The export of fresh flowers from France to Berlin has doubled within a year.

Two Big Pains
seem to be the heritage of the human family everywhere, viz:
Rheumatism
and
Neuralgia
but there is one sure and prompt cure for both, viz:
St. Jacobs Oil

DROPSY NEW DISCOVERY!
Send 4 cents for mailing case and bottle for urine. Book free. Consultation free. Fee reasonable. Medicine furnished. Address: J. F. SHAFER, M. D., 42 Penn Ave., Pittsburg, Pa.

URINOPATHY
Is the new science of detecting and curing diseases from a CHEMICAL and MICROSCOPICAL analysis of the urine. Send 4 cents for mailing case and bottle for urine. Book free. Consultation free. Fee reasonable. Medicine furnished. Address: J. F. SHAFER, M. D., 42 Penn Ave., Pittsburg, Pa.

LION COFFEE
A LUXURY WITHIN THE REACH OF ALL!

We are keeping up the grade of **LION COFFEE** to a high point!

It is known all over the country as the best package coffee, and its quality will be strictly maintained.

HAVE YOU TRIED IT YET?

LION COFFEE is not a glazed coffee. We do not need to resort to egg mixtures or chemicals which are used to hide imperfections and to make the coffee look shiny.

LION COFFEE is absolutely pure, and that is the reason why it is now used in millions of homes.

Watch our next advertisement.

In every package of **LION COFFEE** you will find a fully illustrated and descriptive list. No housekeeper, in fact, no woman, man, boy or girl will fail to find in the list some article which will contribute to their happiness, comfort and convenience, and which they may have by simply cutting out a certain number of Lion Heads from the wrappers of our one pound sealed packages (which is the only form in which this excellent coffee is sold).
WOOLSON SPICE CO., TOLEDO, OHIO.

Best for the Bowels

Bowel Troubles: Caused by over-work! Over-eating! Over-drinking! No part of the human body receives more ill treatment than the bowels. Load after load is imposed until the intestines become clogged, refuse to act, worn out. Then you must assist nature. Do it, and see how easily you will be cured by **CASCARETS Candy Cathartic**. Not a mass of mercurial and mineral poison, but a pure vegetable compound that acts directly upon the diseased and worn out intestinal canal, making it strong, and gently stimulating the liver and kidneys; a candy tablet, pleasant to take, easy and delightful in action. Don't accept a substitute for **CASCARETS**.

Cascarets
BEST FOR BOWELS AND LIVER.

THIS IS **THEY WORK WHILE YOU SLEEP** THE TABLET

GUARANTEED TO CURE: First-class...
GUARANTEED TO CURE: First-class...
GUARANTEED TO CURE: First-class...

10c.
25c, 50c.
NEVER SOLD IN BULK.
DRUGGISTS