

QUAINT BIT OF FURNITURE.

ABOUT YOUR CALLS.

—Kennet Wood, in Chicago Record.

Dainty Table Appointments.
However simple the bill of fare, the table appointment should always be clean and inviting. With a little care directed toward removing a spot when it appears, a tablecloth may be used to serve for several occasions, and remain spotlessly clean; while a rumpled napkin or a coffee stain upon the tablecloth is accountable for many an uneaten breakfast and many a sick headache. The center of the table should always be occupied with some refreshing plant or flower. It may be fern or a slender rose in its swaying vase, but whatever it is it will act as an appetizer and tonic. A crisp bowl of lettuce or a dish of fresh radishes helps out the effect of the floral decoration.

Salad Dressing Without Oil.

Who say so, know not: friendship m rows. Love giveth all, and yet is ever new.

Rivers and the Ocean Bed. Supposing the ocean bed was emptied would take forty-four thousand ars for all the tidal rivers of the orld to fill it again.

SUMMER'S STARTLING FADS.



A novelty in fancy work, which is quickly done and is not expensive, and produces a very good effect with very little labor.

This work can be used for pincushions, mats, handleerchief sachets, and even slippers, a little taste only being required in the blending of colors, and care being taken to choose a suitable material as a foundation for the ribbon. After cutting a lining of silk, or



Republic.

ABOUT YOUR CALLS.

Visiting Card Etiquette as Explained by Ruth Ashmore.

I know it to be true that when you came to town you had for a visiting card a faintly-tinted stiff one on which was written your name, "Elinor Smith," in a fine Italian hand heavily shaded, writes Ruth Ashmore in Ladies Home Journal. Fortunately for you, your hostess saw this and kept you from making a faux pas. In the place of these rose-tinted ones, happily consigned to their proper resting place, the wastebasket, you now have rather thin white cards, almost square, with, as you the oldest daughter, and as your middle name is your mother's maiden one. "Miss Cholmondeley Smith," engraved upon them. Your visiting card represents you, and consequently it must be in good taste. This form is desirable because, seeing it, old friends who knew your mother as "pretty Elinor Cholmondeley" will recognize you as her daughter and make an effort to show you some special courtesies.

When you make your visits you leave your card with the lady of the hons and for each daughter who is in society. When you do go you leave your card either with a servant who holds out a silver salver for it or you' put it on the table prepared for cards. This is done because, seeing many people, your friend may not remember all who were there, and the little bits of thin paster board tell of her visitors and warn her of those to whom she owes either a personal visit or a return card. You called one day on a frlend who lives very quietly, and who opened the door for you. For her a card must be left also, and as you are a bright girly you can either do it before her, reminding her that you do not intend to let her forget you came to see her, or you can leave it in the hall when you are alone, for your hostess does not accompany you further than the drawing room door.

Sweet Potato Biscutts.

Boil six sweet potatoes very soft, peel and mash through colander, add





JAPS LIKE OUR FLAG.

Why He is Beloved.
"All the world loves a lover;" and deves considerable appropriate

STARVING ON BEEF TEA.

Likely to Disturb Many Old-Time Chershed Delusious.

It is generally believed that beef tea and animal broths of all kinds are nourishing. The most recent medical authorities assure us that this is a mistake. In order to combat what it calls "The Beef-Tea Delusion," Modern Medicine publishes an article consisting largely of quotations from a high modern authority. We reproduce several paragraphs below:

"The late Dr. Austin Flint remarked on one occasion that thousands of patients have been starved to death while being fed on animal broths, beef tea. etc. No error could be greater than the notion very commonly held by the laity, and still quite too largely entertained by the members of the medical profession, that beef extracts, beef tea, bouilion, animal broths, etc., are peculiarly nourishing in character. We can adduce no better evidence to the contrary than is afforded by the following paragraphs from 'Bunge's Physiological and Pathological Chemistry,' one of the latest and most reliable authorities:

"'We must guard against supposing that meat bouillon possesses a strengthening and nourishing influence. In regard to this, the most delusive notions are entertained not only by the general public, but also by medical men.

"Until quite recently the opinion was held that bouillon contained the most nutritive part of meat. There was a confused idea that a minute quantity of meterial—a plateful of bouillon can be made from a teaspoonful of meat extract—could yield an effectual source of nourishment, that the extractives of meat were synonymous with concentrated food.

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"'Let us inquire what substances could render bouillon nutritious. The only article of food which meat yields to boiling water is gelatine. It is well known that albumen is coagulated in boiling, the glycogen of meat is rapidly converted into sugar, and this again into lactic acid. The quantity of gelatine is, moreover, very small; for a watery solution which contains only one per cent. of gelatine coagulates on cooling. Such coagulation may occur in very strong soups and gravies, but never in bouillon. Bouillon, therefore, contains much less than one per cent. of gelatine. In preparing extract of meat, the quantity of gelatine is reduced as much as possible, because it is in a high degree liable to putrefactive changes, and therefore likely to interfere with the preservation of the preparation. The other constituents of bouillon are decomposition products of foodstuffs-products of other constituents of bouillon are decompositions which take place in the animal organism. They cannot be regarded as nutritious, because they are no longer capable of yielding any kinetic energy, or at most such small amount that it is of no importance whatever.

"Nevertheless, until the most recent times, creatin and creatinin, which are among the chief constituents of meat extract, were regarded as the source of mergy in muscle. This assertion was shown to be untrue by the researches of Meissner and of Noit, who proved conclusively that creatin and creatinin are excreted in the urine twenty-four hours after their absorption, without loss. A material which is neither oxidized nor decomposed cannot form a source of energy; apart from the fact that the quantity of creatin and creatinin is so small that it could not possibly be seriously regarded as the source of muscular energy."

Carrying Motten Metal Five Miles. Great pots of molten metal go daily skinning and and a

but there is economy in the operation.

A Queer Savings Bank.

Five million franes in a warming-pan was the lucky find of the prefect of the Seine the other day. An old lady of eighty-three named Tanies had died in her country house, leaving the city of Paris heir to all her property, which she said amounted to five million franes. After her death the country house and her flat in the Rue de la Boetie were searched without anything being found; she was not known to have any banker, and the authorities were coming to the conclusion that they were the victims of a mystification, when some one opened an old warming-pan without a handle, stowed away under a sink, and found the sum there in gold, bank notes and bonds.

Given Pecuniary Satisfaction.

for Infants and Children.

MOTHERS, Do You Know that Pr

Do You Know that in most countries druggists are not permitted to sell thout labeling them poisons?

Do You Know that Castoria is a purely vegetable proingredients is published with every bottle?

all other remedies for children combined?

Do You Know that the Patent Office Department of the Unite her countries, have issued exclusive right to Dr. Pitcher and his assigns are countries, have issued exclusive right to be presented in the countries. The second of the countries of the countri

Do You Know that one of the reasons for granting this gov cause Castoria had been proven to be **absolutely harmless?**

Do You Know that when possessed of this perfect preparation, your child kept well, and that you may have unbroken rest?

The fac-simile hat H. Flitcher is on every signature of hat H. Flitcher. wrapper.

Children Cry for Pitcher's Castoria.

Printing and Paper!

The Tribune's job printing department now contains the best facilities in the region for turning out first-class work. The office has been entirely refurnished with the newest and neatest type faces for all classes of printing. We have also added recently an improved fast running press, which enables us to turn out the best ables us to turn out the best work in the shortest time. Our prices are consistent with good

We carry at all times a large stock of flat papers of various weights and sizes, as well as colored, news and cover papers of good quality, cardboard, cut cards, etc., which we will sell blank at low rates. Our envelopes, noteheads, letterheads, billheads and statements are made from the highest grade stock used in commercial printstock used in commercial print-ing, whilst our prices on this kind of work are as low as any. Having a large and powerful cutter, we are in a position to do paper cutting of any kind at a low figure.





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