



### ART OF HAWAIIAN COOKS

#### ROAST THEIR FOWL TWO DAYS IN THE EARTH.

How the Kanaka Methods of Automatic Cooking May be Adapted for the Preparation of All Sorts of Food in Camps—The Norwegian Feather Box.

In the "Cruise of the Cachalot" a story is told of an interesting method of cooking among the Hawaiian Islanders. A hole was dug in the ground, this was filled with fuel, and when it burned down to live coals earth was thrown over the coal and tramped down. Meanwhile a fowl or animal, having been dressed, was wrapped in a large palm leaf and laid on the earth over the coals. The hole was then filled up and banked over. Meanwhile Mrs. Hawaii went about her business, invited her guests, and after two days opened the hole and brought out the food, clean and, the writer says, of the finest flavor they had ever known. This is not strange. The simple islander's was really the most scientific method of preparing food. The heat was stored in the walls of the hole and in the coals. With this source of stored heat the food was slowly, automatically and perfectly cooked. The Indian, who leaves the feathers on his fowl, smears it with clay and buries it in the coals several hours, secures the same result, food automatically cooked preserving all the juices and flavors. Any gray-beard who hasn't forgotten that he was once a boy and used to hook corn and roast it in husks will swear that there never was such corn. He is right.

It is very easy to adapt the Hawaiian method of automatic cooking for the preparation of all sorts of foods in camp. Procure a large vessel with a close fitting lid. In the lid fit a tube about a quarter to a half an inch in diameter to permit the escape of the steam and prevent the lifting of the lid. Dig a hole in the ground two feet deep and large enough to leave between the vessel and the walls a space of eight inches. Fill the hole of fuel and let it burn down to bright coal. Cover it lightly with earth and set your can in the center of the live coals. Sprinkle about an inch of earth or sand in the bottom of the can. Place the different articles to be cooked in vessels, preferably with loose fitting lids, and set them in the can. You can cook, if you choose, in glass fruit jars; food looks so clean and appetizing cooked in glass. Fit your lid, with its tube, on the large can. Fill up the hole and cover up the can with at least eight inches of earth. Let it alone four or five hours, or all day, or all night. When you are ready remove the dirt, lift out your can, brush off the lid, look within and lo! a dinner in a Hawaii perfectly prepared.

Another simple form of automatic camp cooking is an adaptation of the Norwegian feather box, which is made with two boxes of such sizes that when the smaller is placed inside the larger it will leave a six-inch space on bottom, top and sides. The space between the boxes is filled with feathers. A stone jar is placed in the inside box. Two gallons of boiling water is poured into that jar. A nicely dressed goose is put into the water, and the box covered with a feather-capped lid. This is left alone for a night, and the morning finds the goose thoroughly and deliciously cooked, with two gallons of gray or soup stock. To adapt the Norwegian method to practical camp cooking take a box two feet and a half long, 18 to 24 inches wide and about 18 inches high; or take the lower half of a barrel. Cover the box with 15 or 20 thicknesses of newspaper. Set within a vessel holding three or four gallons of water. Fill this vessel with boiling water. Boil the food to be cooked for two or three minutes in salted water, then put it into small vessels and set the vessels in the larger vessel in the box. Cover the box with a paper covered lid and throw over the lid a piece of carpet to prevent the escape of heat where the lid fits onto the box. In this way all the green vegetables, fowls, meats and eggs can be cooked. If you want to be forehanded you might do this: Before you start out on your trip make a trunk box and line it with the newspapers, asbestos paper, or with about two inches of mineral wool, which is the best known nonconductor of heat. Pack this with cooking utensils and food. When you reach the camp unpack, boil the water, and in an hour's time you can be cooking in your trunk and at the same time fishing, stargazing or visiting with your best girl.

The automatic principle of the Hawaiian and Norwegian cooking can be combined with the general idea of the barbeque methods as follows: Dig a trench three feet long, 18 inches deep and 18 inches wide. Fill it with wood and let it burn to live coals. Here is your chance for toasting or broiling. Get a yard square or less of one-fourth to one-half inch furnace screen wire netting. Place two pieces of strap iron or gas pipe or poles across the trench. Lay wire netting over it and lay on fish, fowl, bread or steak or potatoes. Broiling, toasting, roasting over, now is your chance for some automatic cooking. Smooth the coals so low till level over the bottom of the trench. Cover these live coals with ashes or sand. Put in your bread, meats, fish, cereals, unground coffee or what you will. Cover the trench tightly with two layers of boards, or one layer and a heavy coat or blanket. The heat stored in the coals and in the walls will cook for you while you sleep. The ripened product will be waiting for you in the morning.

The ideal method of automatic camp

cooking is within a trenchoven. If there is a hillside with clay, cut a trench two and one-half feet long, two feet wide and walls 20 inches deep. Across this trench lay three pieces of old iron rods or gas pipes. Lay over these a piece of heavy sheet iron, 28 inches wide and three feet four inches long, with eight inches turned up at the front. Cover this top with a foot of earth or sand. Fill the trench with fuel. The door will be your flue. When the fire has burned down to bright coals you have a rare opportunity to learn what fish tastes like prepared just right.

The rarest, most delicate way to broil fish is to toast or plank it before the live coals. Epieures will journey a hundred miles for a planked salmon dinner. Get a board, hickory if possible, two feet long, 15 inches wide and two inches thick. Oak will do, but is not so good as hickory. Split your fish, nail with bright nails back against the board, then lean the board before the open front. Have the coals drawn forward. The fish oils will run out, and you will have a crisp, clean piece of toasted fish, lucious, digestible. In the same way, with a board or a wire toaster hung against the board, you can have broiled steaks, chops, etc. A pan at the bottom will catch the juices of the meats.

Now draw the coals out or cover them with earth, sand or ashes. You have your stored heat now ready to produce those chemical reactions that we call cooking. What is more and to the point is the fact that stored heat will bring about those necessary chemical changes in a more perfect manner than is possible with an uncontrollable direct heat, no matter how expensive a range you might have. You can bake pies, cookies and puddings to perfection. Beans, roasts, oatmeal, light bread loaves, corn ponies, etc., are stored away, preferably in stone vessels with covers. Take two boards and put one against the front of the stove, the other six inches from the front; fill in between with earth, go to bed and dream of "heaven and home-made bread." In the morning the rich, nutty bread is there, and heaven, too if you will, is not far away. Or if it is evening and you are back, tired from hunting or casting, what more heavenly than to find your oven full of foods, soups and drinks, hot and wholesome, waiting for you, automatically cooked. —Chicago Times-Herald.

### THE WATCHMAN AND HIS CAT.

Finest Attachment of Unusual Character in a New York Building.

Sitting on the steps of a house under construction on the upper westside was a watchman on duty. Almost at his feet, lying on the stone base of the iron fence that started at the steps, was a cat stretched out there comfortably but with head erect, and scanning whatever came within view—the watchman's cat.

It is not very remarkable to see cats around buildings that are going up. Tramp cats find a sheltering place in such structures if they are permitted to remain, as not infrequently they are, and they feed on the crumbs that fall from the workman's table; and it may easily be that the men employed on the building give the cat something more substantial than that, in the form of fragments of food. Sometimes a cat that thus takes quarters in a building under way is enabled to stay there after the building is finished and occupied. Perhaps, for example, it may catch the fancy of, or make friends with the engineer, and so find in the engine room of the building a comfortable, pleasant and fixed home; taking upon itself as its share of the duties of the situation the keeping of the place clear of rats, and staying there, it may be, until it dies, or until the tramp fever once more starts it out into the world.

But this cat that was sitting there so comfortably and serenely, and yet so alertly, on the stone base of the fence at the watchman's feet was not a stray cat that happened along there and stopped. It was the watchman's own cat, which he had brought from home, to keep him company; and it did that very decidedly. Wherever the watchman went, day or night, there the cat followed like a dog. If the watchman went around the corner, for instance from the front to the side of the building, in the street, the cat went along behind him there; and inside the building, wherever he went upstairs or down, the cat followed him just the same; everywhere from top to bottom. There were no rats in the building and so the cat's attention was not diverted in that manner. When he moved it followed him about; and when he settled down it settled near by.

It was night when the watchman and his cat were seen on this occasion, in the light shed by the street lamp on the corner; the watchman sitting on the steps of the building watching, and the cat, to all appearances watching, too. —New York Sun.

### A Gentleman's Distress.

At one time the English public heard a great deal about the hidden poverty of men and women in rich places. It is likely to again become a topic of public discussion? For instance, the following advertisement appeared in the London Standard: "WILL any Lady or Gentleman who has a house in London and have more rooms than they require kindly LET a Gentleman (by birth) have a BED-ROOM? Advertiser is 27 years old, good family, and would willingly take entire charge of a house (experienced in this capacity); highest references.—Cadogan."

### Romance of Tall Buildings.

Of course all these men in the tall buildings, whether possessed of creative genius or of intelligence enough only to run one of the elevators, are creative philistines to those persons who find nothing romantic or interesting in our modern, much maligned skyscrapers, which have also been called "monuments of modern materialism," and even worse names, no doubt, because they are unprejudiced and unacademic, probably, as much as was anciently and un-restrained, says a writer in Scribner's.

To many of us, however, shameless as it may be to confess it, these downtown streets are fascinating enough for what they are to-day, even if they had no past to make them all the more charming; and these erect, jubilant young buildings, whether beautiful or not, seem quite interesting—from their bright tops, where, far above the turmoil and confusion, Mrs. Janitor sits sewing in the sun while the children play hide-and-seek behind water-butts and air-shafts (there is no danger of falling off, it is a relief to know, because the roof is walled in like a garden) down to the dark bottom where are the safe deposit vaults, and the trusty old electricians do interesting tricks with switchboards, somewhat as in the hold of a modern battleship. In the many tiers of floors overhead are the met with the minds that make these high buildings necessary and make downtown what it is, with their dreams and schemes, their courage and imagination, their trust and distrust in the knowledge and ignorance of other human beings, which are means by which they bring about great successes and great failures, and have all the fun of playing a game, with the peace of conscience and self-satisfaction which come from hard work and manly sweat.

Deep down, 30 or 40 feet under the crowded sidewalk, the stokers shovel coal under the big boilers all day, and electricians do interesting tricks with switchboards, somewhat as in the hold of a modern battleship. In the many tiers of floors overhead are the met with the minds that make these high buildings necessary and make downtown what it is, with their dreams and schemes, their courage and imagination, their trust and distrust in the knowledge and ignorance of other human beings, which are means by which they bring about great successes and great failures, and have all the fun of playing a game, with the peace of conscience and self-satisfaction which come from hard work and manly sweat.

PURNAM FADELESS DYES are fast to sunlight, washing and rubbing. Sold by all druggists.

Alabama has a fine old capitol, set on a hill and rich in historical associations, but it has no governor's mansion and is beginning to think it needs one.

"100 per cent. yearly dividends from a gold mine is not uncommon." —New York Herald. Fifty gold mines that have paid \$20,000,000 in dividends followed the same plan as we work upon. Send for our prospectus. Golden Tree Mining and Milling Co., 32 Broadway, New York.

Some 2,000,000 pounds of camphor are consumed in the United States yearly.

### STATE OF OHIO, CITY OF TOLEDO, Lucas County.

FRANK J. CHERNEY makes oath that he is the partner of the firm of F. J. CHERNEY & Co., doing business in the City of Toledo, Ohio, and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of HALL'S CATARRH CURE.

Sworn to before me and subscribed in my presence, this 6th day of December, 1900. A. D. 1888. A. W. GILSON, Notary Public.

Hall's Catarrh Cure is taken internally, and acts directly on the mucous surfaces of the system. Send for testimonials, free. F. J. CHERNEY & Co., Toledo, O. Sold by Druggists, etc. Hall's Family Pills are the best.

A burglar stole \$500 from a resident of St. Paul, Minn. The next day he returned that sum and \$250 to boot.

I am sure Puro's Cure for Consumption saved my life three years ago.—Mrs. Thos. Ross, Maple St., Norwich, N. Y., Feb. 17, 1900.

Taxon: "Do you have an alarm clock at your house?" Paxon: "We don't have to have; we've got twins."

To Cure a Cold in One Day. Take LAXATIVE BROMO QUININE TABLETS. All druggists refund the money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

The present season is reported to have been the finest for rose-growing in England for many years.

### Novel London Restaurant.

There is a famous site in London where once stood the palace of Cromwell, Earl of Essex, and afterward the hall of the Drapers' Company. Here will be opened in a few days one of the most remarkable and magnificent restaurants in London, the Throgmorton. It is the nineteenth century development of the old eatinghouses of the city, in which you dined down a few steps, into a musty apartment, where very plain food, but good wine, was procurable. At the Throgmorton the proprietors have dived to some purpose. They have dived and tunneled, and have constructed a restaurant of three floors underground which, apparently, consists chiefly of long galleries all luxuriously fitted and furnished. The kitchens are a dream of culinary resourcefulness. The cellars are such that the wines can be kept at the exact temperature good for their health, and the grill-room is something to make one look back with disdain to the old days when the hungry city man used to personally select his chop or steak at Bamister's, the butcher, and hurry off with it in paper to one of the places where he might have it grilled for a penny, with bread and condiments extra.—Cardiff Western Mail.

In the last presidential election McKinley received 142,500 more votes than all his competitors collectively.

McKinley's plurality in 1896 295,072; McKinley's apparent plurality in 1900, 293,583.

Just one populist vote was cast in Savannah, Ga., at the recent State election.

# ST. VITUS' DANCE

### Three great and complete cures effected by Dr. Greene's Nervura Blood and Nerve Remedy.



Mrs. J. A. Ferre, who resides near 905 Main Street, Hartford, Conn., says: "My daughter Lulu became very ill with St. Vitus' dance over a year ago. She became so bad that she lost the use of her right arm and side, and we thought at one time she would lose her speech. Her tongue was almost paralyzed. She was so bad she could not feed herself, and at night she would get so nervous I had to sit and hold her. I tried several doctors, but they did not do her any good. I did not find anything that would help her until I tried Dr. Greene's Nervura Blood and Nerve Remedy. She is now, by the use of this medicine, entirely cured."

C. H. Bailey, Esq., of Waterbury, Vt., writes: "I am more than glad to write about my little daughter. Until a short time ago she had always been a very delicate child and subject to sick spells lasting weeks at a time. She was very nervous, and our family doctor said we would never raise her, she was so delicate and feeble. We tried many remedies without the least good. We felt much anxiety about her, especially as she was so young. Learning of the wonders being done by Dr. Greene's Nervura Blood and Nerve Remedy, I determined to give it to her. She soon commenced to improve under its use, and rapidly gained in every respect. She eats and sleeps well, and her nerves are strong. The medicine has done wonders for her and it is the best we ever knew. I recommend Dr. Greene's Nervura, blood and nerve remedy, to everybody."

Mrs. J. Learmonth, of 776 Broadway, South Boston, Mass., says: "At ten years of age my daughter became affected with a nervous condition which soon developed into St. Vitus' dance. It was pronounced by the attending physician to be a very severe attack. The mouth would be drawn spasmodically far to one side, the hands and arms were restless and constantly twitching. Her limbs also were weak; her ankles bent under her so that it was almost impossible to walk. She was so nervous that she would scream almost like a maniac and then have fits of crying. After two months' treatment without a cure, I concluded to try Dr. Greene's Nervura blood and nerve remedy. Three bottles entirely cured her. She is now thirteen years old, and has been well ever since, and today is a picture of health."

### Remains of an Ancient Galley.

The remains of an ancient galley have been found six feet below the surface at Tottenham Marshes, during the excavations for the new reservoirs of the East London Water Company. The vessel is 50 feet long, and has a beam of 26 feet. Its timbers are of oak and elm, and, from the form of the rivets used, it is supposed to have belonged to the Danes who were defeated in Lea Valley by King Alfred in 804 A. D. An antique sword and some bones of animals now extinct in England were also dug up, and have been sent to the British Museum.

There are 120 firms in Germany engaged in the acetylene industry. Most of the burners are made at Nuremberg. There are no fewer than twenty-six small towns in Germany lighted by acetylene gas. The first plant of this kind for lighting small towns in Germany was erected at Hassfurt, a town of 2,500 inhabitants.

There is only one sudden death among women to eight among men.

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### Beware of Them

There are two afflictions which perhaps give the most pain and trouble, viz:

Sciatica and Lumbago

Both disable and cripple, but

### St. Jacobs Oil

is their best cure.

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Indian widows in Sitka go into mourning by painting the upper part of their faces black down to their mouths.

A dyspeptic is never on good terms with himself. Something is always wrong. Get it right by chewing Beeman's Peppin Gum.

To prevent obstruction to traffic in the main streets of Boston in the daytime, all the repairs are made at night.

There is no other ink "just as good" as Carter's Ink. There is only one ink that is best of all and that is Carter's Ink. Use it.

Including Formosa, the mikado rules over 40,000,000 subjects.

The Best Prescription for Chills and Fever is a bottle of Dr. Williams' Pink Pills for Pale People. It is simply iron and quinine in a palatable form. No cure—no pay. Price 50c.

One hundred thousand tons of apples are raised on British soil yearly.

Fits permanently cured. No fits or nervousness after first dose. Dr. H. H. Kline's Great Nerve Restorer. \$5 trial bottle and treatise free. Dr. H. H. Kline, Ltd., 301 Arch St., Philadelphia.

The number of persons cremated in Germany from 1870 to 1899 was 3,110.

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

About 7,000 of the inhabitants of Norway die every year of consumption.

### \$3.00 W. L. DOUGLAS SHOES \$3.50

UNION MADE

The real worth of W. L. Douglas shoes is shown by the fact that \$3.50 shoes compare with other makes at \$4.00 to \$5.00.

Our \$4 Gilt Edge Line cannot be equaled at any price over \$4.00. 1,000 satisfied wearers.

WE USE FAST COLOR EYELETS

One pair of W. L. Douglas \$3 or \$3.50 shoes will positively outwear two pairs of ordinary \$3 or \$3.50 shoes.

Factory, Brockton, Mass.

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Best \$3.50 shoe. THE BEST OF ALL SHOES. W. L. DOUGLAS SHOES. \$3.50. THE BEST OF ALL SHOES. W. L. DOUGLAS SHOES. \$3.50. THE BEST OF ALL SHOES. W. L. DOUGLAS SHOES. \$3.50.

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"If you send me anything just as good as Ayer's, I shall send it right back."

"I might afford to experiment with shoe polish, but I can't and won't experiment with the medicine which means sickness or health to me."

J. C. AYER COMPANY, Practical Chemists, Lowell, Mass.

Ayer's Sarsaparilla, Ayer's Pills, Ayer's Hair Vigor, Ayer's Cherry Pectoral, Ayer's Ointment.



The Chicago school board has used the five elevated railroad companies for

### Best For the Bowels.

No matter what ails you, headache to a cancer, you will never get well until your bowels are put right. CASCARETS help nature, cure you without a gripe or pain, produce easy natural movements, cost you just 10 cents to start getting your health back. CASCARETS Candy Cathartic, the genuine, put up in metal boxes, every tablet has U.C.C. stamped on it. Beware of imitations.

Out of 40,000 vessels entering Chinese ports every year 20,000 are British.

### Frey's Vermifuge

Saves the lives of children. See Druggists and country stores, or by mail. E. & S. S. Frey, BALTIMORE, MD.

### Russia's Advance on China.

For nearly 30 years the boundary between China and Russia remained as agreed upon in the treaties of 1858 and 1860. But already the commercial and political activity of the Russians was overstepping it. They had established themselves in large numbers in the cities of Chinese Manchuria—in Kiakhta, Mukden, Kirin and Tsitsihar, the residence of the Mandarin Governor. The navigation of the Ossuri and the Sungari rivers fell wholly into their hands. The steamships of the Amur Company put Russia in rapid communication with Japan and San Francisco. "Scientific Missions" traversed China in all directions. At Peking the Russian colony acquired a continually greater importance and the ambassador of the czar wielded more influence at court than the representatives of any other nations.—International Monthly.

Liverpool has the largest dockage in Britain.

### WOMEN MUST SLEEP.

Avoid Nervous Prostration.

If you are dangerously sick what is the first duty of your physician? He quiets the nervous system, he deadens the pain, and you sleep well. Friends ask, "what is the cause?" and the answer comes in pitying tones, nervous prostration. It came upon you so quietly in the beginning, that you were not alarmed, and when sleep deserted you night after night until your eyes fairly burned in the darkness, then you tossed in nervous agony praying for sleep.



Mrs. A. Hartley.

You ought to have known that when you ceased to be regular in your courses, and you grew irritable without cause, that there was serious trouble somewhere.

You ought to know that indigestion, exhaustion, womb displacements, fainting, dizziness, headache, and backache send the nerves wild with affliction, and you cannot sleep.

Mrs. Hartley, of 221 W. Congress St., Chicago, Ill., whose portrait we publish, suffered all these agonies, and was entirely cured by Lydia E. Pinkham's Vegetable Compound; her case should be a warning to others, and her cure carry conviction to the minds of every suffering woman of the un-failing efficiency of Lydia E. Pinkham's Vegetable Compound.

### Dr. Bull's Cough Syrup

Cures a cough or cold at once. Coughs, croup, bronchitis, grippe and consumption, 25c.

Secured without fee unless successful. Consultation free.

MILLO R. STEVENS & CO., Estab. 1864, 115 1/2 - 14th Street, WASHINGTON, D. C. Branch offices: Chicago, Cleveland and Detroit.

Advertisement for Hunyadi János, a natural laxative mineral water. It cures constipation and is endorsed by prominent physicians. The ad includes an illustration of a man and text describing the product's benefits for various ailments like indigestion and rheumatism.

Advertisement for DROPSY NEW DISCOVERY, a quick relief and cure for dropsy. The ad includes text describing the product's effectiveness and contact information for the manufacturer.