BURIED THOUGHTS.

ne, siling at his task of heave and Shock, Find in the heart-space of a severed

rock impress of some fern that once had grown, of aspiring life and color-tone, of in the forest where the shadows flock, caught within the adamantine block,

ck, r ages hidden and unknown! a beautious thought blooms in mind, xpressed, droops down into the

soul
And lies unuttered in the silence there
Until some openey of the soul shall find
That fern-like, fossiled-dream, complete
and whole,
And marvel at its beauty past compare!
—Alfred S. Donaldson in the Outlook.

LOVER'S QUARREL.

********** Bob Jamieson stamped around his soom, dropped his favorite pipe, said omething untranslatable, and picked

s cap.

paused for want of breath, his
flashing, his nostrils dilating—
calm contempt, it is to be sup-

the river with me, but you'll have to send for me first."

With which noble display of independence Robert Jamieson flung out of his room and down to the river, metaphorically patting himself on the way, and all the time dreading the blank in his life which he would feel as soon as his rage should cool down. Dolly Parsons put on her prettiest white frock and a picturesque sun hat. "If Mr. Jamieson calls, tell him I am out," she said to the maid. "I am going on the river."

She told herself this last piece of information was for the benefit of the servant, in case she required to know. "When he comes and finds me gone, will be furious. I wal take my ca-

"When he comes and finds me gone, he will be furious. I wil take my canoe and stay out till quite late. I'd love to frighten him thoroughly."

Miss Parsens' bright brown eyes flashed a little. A faint flush appeared on her pretty cheeks—It was a flush of anger, but it was eminently becoming. She looked madeningly pretty as she sat in her canoe and paddled away up stream. It was a glorious afternoon, and the river was looking its best; but Dolly Parsons' eyes were not filled with appreciation of the beauty around her. She repeated to herself again and again the horrid things Bob had said.

"No, she would not forgive him for a long time; it would not do; the circumstances were too aggravated. He would be coming back expecting her to forgive everything—some girls might be so silly, but he would find she was made of different stuff."

And all the time she knew that she dared not let her anger cool, for a horrid, absorbing pain would fill her heart at once, and a wretched feeling of loneliness and depression, and she hated to be unhappy.

She paddled on and on, until the other boats were all left behind. She was very tired, but she would not stop. Her mind was made up on one point; she would frighten Bob Jamieson into an appreclation of her worth.

It was almost twilight when she turned to go home; the river seemed to her to have suddenly become lonely and depressing; the sun had gone down and a chill wind had sprung up. Dolly paddled fast and splashed the water over her pretty frock, and grew cross and miserable. She had quite expected Bob would have followed her to 'make it up'; she had decided how almost she was so tired she hardly knew how to go on. She looked anxiously along, when swiftly around the bend she had just cleared shot another boat, close in her wake. It came so swiftly it was almost on her before the sound of the ars made her glance up; it came so close that her cry to "look ahead!" came too late.

She screamed with alarm and missed her stroke. The man in the other boat close in her wake. It came so

"Great Scott! It's Dolly!"

gone under.

"Great Scott! It's Dolly!"

In a second Bob had sprung into the water after her. A stupefied face rose above the surface and two hands struggling wildly to clutch something; then she sank again. In desperation Bob made a wild plunge at the spot where she had gone down, and this time caught a bit of her sleeve. It was barely enough to support her by, but having got a hold he made the most of it, and managed to keep her up until he could grasp her firmly, then by degrees he drew her to the bank, and in time managed to lift her into his boat, which fortunately had drifted to the bank. She was conscious again by that time, and he laid her in the boat and wrapped his coat about her. She was not really hurt, only overcome with the shock and weariness; but she looked a very piteous and forforn little creature as she lay shivering in

the bow while Bob pulled as quickly as he could to the boathouse. In spite, as he could to the boathouse. In spite, though, of her plight, her spoiled clothes and general discomfort, she did not feel as depressed as she had done before the plunge, nor did the world seem so utterly devoid of happiness.

"Bob," she said, after silently watching him for some moments, "Bob—why were you up the river so late?"

late?"
"Why were you?" answered Bob, not without embarrassment.
"Will you tell me if I tell you?"
"Yes," he said, his color heightening.

"Yes," he said, his color house ing. "Well, I was angry with you, and I wanted to—frighten you."
"You carried your scheme to perfec-tion, dear."
"But Bob, I didn't—oh, Bob," in a great state of consternation, "you can't think I fell in on purpose?"
"No, dear; I am quite convinced of that."

a dive."

Dolly had the grace to blush. "My poor dress!" she said dolefully; "and I was looking so nice when I started," she added regretfully. "I must be a fearful fright now, though," with sudden consciousness. "Am I, Bob? Do I look very dreadful?"

"I haye seen you looking better, darling."

so late."

Bob did not answer; he seemed deeply interested in something on the bank.—American Queen.

THE TIME-HONORED BUCKWHEAT.

Passing of the Favorite Cake by Reason of Adulterated Flour.

"The time-honored and historic buckwheat cake is not what it used to be, and each year the demand for the cake of our daddies is growing less," said the manager of one of Washington's busy lunch rooms to a Star reporter.

"Most of the orders we receive for cakes are for wheat cakes. Once upon a time it was the buckwheat cake that had the call ten to one. Now the expressive order of 'one up' means three circular layers of wheat batter on the griddle. If the batter is to come out of the buckwheat pitcher it's 'one buckwheat.'

"And it's going out of family use,

batter on the griddle. If the batter is to come out of the buckwheat pitcher it's 'one buckwheat.'

"And it's going out of family use, too, very extensively. Why? Because of the discovery by unscrupulous millers that bran and the by-products of the mill, which are practically commercially worthless as compared with the genuine flour make a good 'filler' and are rapid money makers to the dealers who practice the deception.

"The result is that there is comparatively little genuine buckwheat flour sold! that is, absolutely pure, because it is so very easy to adulterate without detection. The public, however, after years of submission, found that there was something wrong with its buckwheat cakes as to the taste, and, once the discovery was made, the flour was gradually discarded as a product of regular use. The demand falling off, the farmer lessened his acreage, the miller increased his proportion of bran and the man who used to eat buckwheat cakes every morning for breakfast spread his maple syrup upon the baked surface of some other kind of flour.

"My observations on the adulteration of buckwheat flour are called up by reason of the fight. The Star has made in Washington for pure foods and breadstuffs. The public, in paying full price demanded by producers, is entitled to purchase precisely what it asks for. Of course, all dealers are not dishomest, but in the case in point if one miller in 10 adulterates his flour all of his patrons are the sufferers.

"It is but equitable that stringent laws be passed for the preservation of the purity of what we eat, and these acts should be as strictly enforced and the guilty made to make amends. There was a time when nearly every farmer had his patch of buckwheat, but one rarely sees now fields of the beautiful white blossoms which this wheat produces when in flower. Pure buckwheat flour made into cakes has a peculiar and attractive flavor, which is destroyed by the addition of cheap, non-nutritive, tasteless bran."

The First Chinese Reglment.

The Ist Chinese Reglment.

non-nutritive, tasteless bran."

The First Chinese Regiment.

The Ist Chinese regiment is doing well at Wei-Hai-Wei under Colonel Bower. There are now some 359 recruits with the colors, and their progress in drill and discipline is eminently satisfactory.

They had their first sham fight a week or two ago against marines and bluejackets, and surprised everybody by their steadiness.

The chief difficulties hitherto have been those of desertion and language. The pay is remarkably liberal for China—\$5 a month—and as every cent is paid punctually without abatement (an unheard of thing in the Chinese military service) recruits have been so abundant that the officers were able to exercise rigid selection. The physique of the battalion is consequently every fine.

Chiefy Usefal to Impress the Neighbors.

Chieny Useful to Impress the Neignburs.

She—Have you any strawberries?
Dealer—Yes'm. Here they are, \$1.50
per box.

She—Goodness! They're miserable
looking, and so green.
Dealer—I know, ma'am, but there
alin't enough in a box to do you any
karm.—Philadelphia Press.



Plain Tone Velours.

Plain tone velours lined with silk, rith a small silk ball fringe for an dge finish, are steadily growing in avor for portieres.

favor for portieres.

Care of the Tooth Brush.

One's tooth brush should be sterilized after each of its daily usings. A solution of farmalin is said to be best, one-half of one pecent or even a bit stronger. Listerine and alcohol will answer and a solution of salt and water is better than nothing. The solution should be kept in a small, tightly covered glass, and after the brush has been in some minutes it should be taken out and wiped with a towel and put in a dry, and, if possible, sunny place, to dry.

How to Wash Corsets.

To keep a pair of corsets perfectly fresh and clean they should be washed every two or three weeks. The operation is simple and will not injure the shape or cut. Make warm suds into which a few drops of ammonia have been put. Spread the corset on a flat table, taking out the laces, but not the bones and steels. Scrub it with a clean brush and hot suds, then rinse quickly in clear, warm water. Lay flat on a board in the sun or near the fire so that it may dry quickly. Do not iron.

The Care of the Lan

The Care of the Lamps.

The care and cleaning of lamps is a point that deserves great attention from every housewife. Besides the daily care, all lamps should be thoroughly cleaned at least once in three months; the reservoirs and burners must be bolled in soda and water; dry before the fire, and then carefully brush to free them from all dirt. The cloth used for the daily dusting and trimming of the lamps should be renewed frequently, and to insure a good and steady flame the wicks should never be cut, but rubbed with soft paper until all the charred part is removed.

When the lamps are not in use the wick should be kept turned down, as if this is not done the oil is liable to coze up between the collar and the burner, making the lamps greasy and causing an offensive smell. If lamps are put aside altogether the oil should be empted out and the wicks removed. A pinch of salt or camphor dropped into the body of a lamp will cause it to burn very brightly.

The Way to Soften Hard Water.

"When water is made hard by carbonate of lime it may be softened by the use of quick-lime, sal-soda or ammonia," writes Maria Parloa in the Ladies' Home Journal. "When there is time to allow the water to settle the lime is the best agent. To soften with the lime have the water in a large tank or hogshead. Pour enough water to make a thin cream and then stir into the water in the tank. Use one ounce of lime for every 40 gallons of water. Do not let any undissolved lime go into the water. Allow the water to stand for 12 hours. For softening with soda, dissolve a pound of sal-soda in one quart of boiling water and when cold bottle it. Add a gill of this liquid soda to about 20 gallons of water. Water that is discolored by the soil, as is so often the case after a heavy rain or when the water pipes are being repaired, should be strained through Canton flannel."



Ginger Pudding—Mix together four ounces finely-shred suet, half a pound of sifted flour, four ounces moist sugar, and a good teaspoonful of ground ginger; mix it all dry, then boil for three hours in a well-buttered basin, and serve with white wine sauce.

boil for three hours in a well-buttered basin, and serve with white wine sauce.

Sweet Corn in Baskets—To a pint of corn and pulp add a quarter-cup of water and a half saltspoonful of sait and cook 10 minutes, stirring often; add two shakes of pepper, a table-spoonful of butter and one-half cup of cream. Let boil and fill six shredded wheat biscuits which have been dug out to a basket shape. -Set for one minute in a hot oven and serve.

Apple Pancake—Make a plain, thin batter of eggs, flour and milk, and pour into a big buttered frying pan, hot enough to begin the baking at once. As soon as the batter spreads out, cover with a layer of stewed apples, not too julcy, and dredge with powdered sugar and cinnamon. Put the pan into a hot oven and bake for eight or 10 minutes, or until well done. Cut the cake into triangular pieces and serve hot.

Rich Ice Cream—One quart of cream, four eggs, one cup of sugar, flavor. Heat the cream over hot water, beat the yolks of the eggs well, add the sugar, and beat again. Beat the whites stiff, add to the yolks and sugar, and beat all together. Pour into the hot cream. Turn into the double boiler and cook, stirring constantly. When the mixture is like custard and the foam has disappeared, strain, add the flavoring, and freeze,



Lydia E. Pinkham's Vegetable Co

Lydia E. Pinkham's Vegetable Compound.

If you are troubled with pains, fainting spells, depression of spirits, reluctance to go anywhere, headache, backache, and always tired, please remember that there is an absolute remedy which will relieve you of your remedy which will relieve you of your suffering as it did Mrs. Rice. Proof is monumental that Lydia E. Pinkham's Vegetable Compound is the yreatest medicine for suffering women. Ko other medicine has made the cures that it has, and no other woman has helped so many women by divect advice as has Mrs. Pinkham; her experience is greater than that of any living pea, son. If you are sick, write and get her advice; her address is Lunn. Mass.





AT ONCE With rig to sell our Poultry Mixture; straigh, salary \$15.00 per week and expenses; year' contract; weekly pay. Address with stamp EUREKA MFG. Co., Dept. 9. East St. Louis. III

WHO ARE ALWAYS TIRED.

"I do not feel very well, I am so tired all the time. I do not know what is the matter with me."

You hear these words very day; as often as you meet your friends just so often are these words repeated. More than likely you speak the same significant words yourself, and no doubt you do feel far from well most of the time.

Mrs. Ella Rice, of Chelses, Wis, whose portrait we publish, writes that she suffered for two years with bearing-down pains, headache, beckache, and had all kinds of miserable feelings, all of which was caused by falling and inflammation of the womb, and after doctoring with physicians and numerous medicines she was entirely cured by

There is a Clark.

There is a Clark.

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 compared to the
The most delicate stomach receives it within
distress, and but few can tell it from coffee. It
does not cost over ½ as much. Children may
drink it with great benefit. 15 ets. and 25 ets
per package. Try it. Ask for GRAIN-O.

In consequence of the increasing number of cases of chronic malaria in the neighborhood of Moscow, Professor Zograf made investigations of a most scarching character, and he confirms the opinion of the English scientists that the disease is communicated by a certain kind of mosquito.

Electrocution has been violently attacked by the Electric Review on the ground of cruelty. The Review holds that shooting, garroting, hanging, the guillotine, harikari and beheading by the sword are all humane compared with the mutilations and sickening preparations for an electrical execution.

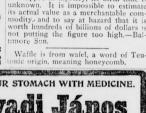
Nature's Medicine.

Nature is the best physician: Take the great, herb cure for headaches and nervousness-Garfield Headache Powders.

A Lake Worth Owning.

A Lake Worth Owning.

The lake of asphalt in Venezuela over which two American syndicates are squabbling is a possession worth fighting for. The supply is inexhaustible, and the lake, as described by one who has seen it, is a huge, black sea of wealth, stretching out as far as the eye can reach. The excavations fill up as tapidly as the workmen leave them, and no amount of reasonable work in taking out asphalt can produce a visible diminution of the supply. It is a well of wealth that never overflows and is always filled to the brim. Its upcoming is wrapped in mystery, its birth time is auknown. It is impossible to estimate its actual value as a merchantable commodity, and to say at hazard that it is worth hundreds of billions of dollars is not putting the figure too high.—Baltimore Sun.



DON'T RUIN YOUR STOMACH WITH MEDICINE. Hunyadi János
15 A NATURAL LAXATIVE MINERAL WATER. Endorsed and used by the most prominent physicians in the world as the best and safest remedy for disordered stomach, biliousness, liver troubles, gout and

It Cures Constipation! Take one-half glassful on arising in the morning and you will feel the remarkable effects in half an hour.

ASK For the full name full name LOOK at the label. Blue with Religion of the local page.

James J. Hill, Railroad King.

The new "Railroad King" in Wall street is Mr. James J. Hill. of St. Paul, and the continent at large, who came over the Canadian frontier a friendless, moneyless boy 40 years ago, and is now one of the unofficial sovereigns of his adopted country. Mr. Hill didn't try his prentice hand on building a pyramid or making a dictionary; he constructed a trans-continental railway system, and he still bristles with hair and energy. The bearded strong men of the earlier generations who pierced forests, tunneled mountains and made flower gardens in deserts have almost disappeared.

The constructive era is over in railroads. But Mr. Hill, almost the last of the great railroad builders, now that Collis P. Huntington Is dead, is just as apt, it seems, at combination, as at construction. A charming talker, this little giant of the Northwest, when he finds the time. The magnificent farms along the Red river valley which contribute a great grain traffic to Mr. Hill's Great Northern road were originally stocked with blooded horses and cattle, which "Jim" Hill, as the people out there call him: imported at his own expense for their benefit. Now he is reaping his teward, and the people there are glad of it.—Harper's Weekly.

ber of cases of chronic malaria in the neighborhood of Moscow, Professor Zograf made investigations of a most scarching character, and he confirms the opinion of the English scientists that he disease is communicated by a certain kind of mosquito.

Try Grain-0: Try Grain-0: Ask your groore to-day to show you a pack he place of Groffoe. The wood drink that take he place of coffoe. The wood drink that take the place of coffoe. The wood drink that take the place of coffoe. The the triple of coffoe without injury as well as theadult, All writh without injury as well as theadult, All writh without injury as well as theadult, All writh the most delicate stomach receives it without distress. X the price of coffoe at a control of the master of the control of the control of the master of the control of the control

Deaths of children under 5 years of age in Boston last year were 32.14 per tent. of the total mortality.

England has captured the major part f the trade of Ecuador.

Lane's Family Medicine
floves the bowels each day. In order te
he healthy this is necessary. Acts gently on
he liver and kidneys. Cures sick headache,
Price 25 and 50 cents.

We have in America two great States, the areas of which have probably never because it are a second which have probably never because the North and Texas in the South, where mmenes treasures in woods, minerals, ame and other articles of substantial game and other articles of substantial profit are worth all the sentiment in-pired by practically valueless expeditions to frigid zones.

(Coughing Leads to Consumption. Kemp's Balsam will stop the cough at once Go to your druggist to-day and get a sample bottle free. Sold in 25 and 50 cent bottles. Go at once, delays are dangerous.

The schools of Vienna are to have medical attention. There the board of education is considering the appointment of a staff of medical school inspectors. It is proposed that the duties of hese officials shall include periodical anspection of the schools, which shall be more frequent during contagious epicemics.

Dyeing is as simple as washing when you se Putnam Fadeless Dyes. Sold by all

druggists.

Tuggists that the state of the s

Drugs have their use, but don't store them in your stomach. Beeman's Pepsin Gum aids nature to perform its functions.

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o't see my head on the package, don't buy it.
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is now the leader of them all, and is used in millions of homes.

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 scaled packages (which is the only form in which this excellent coffee is sold). WOOLSON SPICE CO., TOLEDO, OF