

Japan and Russia Compared.
Although the population of Russia is nearly three and a half times as great as the population of Japan, says the World's Work, and its area nearly six times as great, the Japanese have a million more pupils in their schools than the Russians. They publish more periodicals and books. Although Russia has nearly nine times as many miles of railroad, the Japanese roads carry more passengers, though less freight.

They send half as many again letters by post as the Russians send. With only about one-fourth as many miles of telegraph wires, they send nearly as many messages. Their trade per capita is greater than the Russians both in imports and in exports, although the total trade of the Russians, of course, is very much greater.

The apparent financial and military strength of the Russians is incomparably the greater. Yet so cheaply does the Japanese soldier live that Japan may do more with little money than Russia with more.

Trials of the Rich.

Fuzzy Fred—Say, Lew, don't you wish you had all de silver dollars wot youse could carry?

Lazy Lew—Now; not ef I had ter carry 'em very far.

Dusty—Willie, if some one left you a lot of money would yer take it?

Willie—Yes, if it was counted.

The box or cabinet in which a telephone is placed is called in England a "telephonium" or "phonium."

Admiral Dewey has been in the United States navy fifty years.

Dr. C. Gee Wo

Wonderful Home Treatment

This wonderful Chinese doctor is called great because he cures people without operation that are given up to die. He cures with those wonderful Chinese herbs, roots, buds, barks and vegetable juices that are entirely unknown to medical science in this country. Through the use of those harmless remedies this famous doctor knows the action of over 500 different remedies which he successfully uses in different diseases. He guarantees to cure catarrh, asthma, lung, throat, rheumatism, nervousness, stomach, liver, kidneys, etc.; has hundreds of testimonials. Charges moderate. Call and see him. Patients out of the city write for blanks and circulars. Send stamp. CONSULTATION FREE. ADDRESS:

The C. Gee Wo Chinese Medicine Co.
251 1/2-253 ALDER ST., PORTLAND, OREGON
Mention paper



Beef Soup with Barley.

Take two pounds of beef from the round. Remove the fat, cut the meat into small pieces and then chop it very fine. Put it into a soup pot and pour over it two quarts of cold water. Slowly heat the liquid to the boiling point, skim carefully, and then cover it closely and set it back where it will simply bubble for three hours. At the end of that time add an onion, a small slice of carrot, a stalk of celery, two cloves and a bay leaf. Then simmer for another hour. When the meat is first put over take one-third of a cupful of well-washed barley, put it into another saucepan with a pint of cold water and let it cook until the soup is done, then strain the soup and add the cooked barley. Let the whole boil up once after this and thicken with a tablespoonful of flour and one of butter stirred together over the fire. Season highly with salt and pepper. Serve very hot.

Baked Mushrooms.

An English recipe for baked mushrooms is offered: A half pound of large mushrooms will be needed, with a half teaspoonful of minced parsley, an ounce of breadcrumbs, three tablespoonfuls of salad oil, salt, pepper and a little lemon juice. Put half the oil in the baking dish, and sprinkle with half the breadcrumbs, half the parsley, and a squeeze of lemon. Lay half the mushrooms on this and put on the rest of the oil, breadcrumbs, seasoning and parsley. Bake half an hour and just before serving dust with cayenne pepper.

Sour Milk Muffins.

In making a dozen muffins you will require half a pint of sour milk, three gills of flour, one egg, half a teaspoonful of soda dissolved in one tablespoonful of cold water, half a teaspoonful of salt, two level tablespoonfuls of butter, and one teaspoonful of sugar. Melt the butter in a hot cup. Put the dry ingredients in a mixing bowl. Beat the eggs till they are light. Add the dissolved soda to the milk, stir well and add to the dry mixture; then add the egg, and finally the melted butter. Beat well and pour into hot, buttered gem-pans. Bake for twenty minutes.

Maple Rock Candy.

Into a large-mouthed and heavy jar put pure maple syrup. Insert a cork to which is fastened a bit of white twine that hangs down into the syrup, taking care that it does not touch the bottom of the jar. The candy will form on the twine. Set the jar in an outer vessel of water that simmers steadily. Cook for many hours. When the candy has formed to a half-inch thickness all around the string, take this out and hang in a cold place to harden.

Escalloped Potatoes.

Pare and slice four or five raw potatoes. Let them lie an hour in cold water. Arrange them in layers in a buttered baking dish, seasoning each layer with salt, pepper and bits of butter. When the dish is nearly filled, pour in one cupful of milk, sprinkle a thin layer of buttered crumbs and grated cheese over the top and bake one hour.

Lady Fingers.

Cream together one cupful of sugar and one-half cupful of butter, add one well-beaten egg, one-quarter of a cupful of sweet milk, one pint of flour, one teaspoonful of cream of tartar, one-half teaspoonful of baking soda and one teaspoonful of vanilla. Cut in finger strips, roll in sugar and bake in a quick oven.

Peanut Sticks.

Roll to a paste a sufficient quantity of peanuts to make a cupful; add the grated rind of a lemon, the yolks of four eggs, six tablespoonfuls of sugar and a good half cup of sifted flour. When smooth add the beaten whites of the four eggs. Roll out on the board, cut into strips, twist and fry in hot lard.

French Dressing.

Rub the inside of a salad bowl with a clove of garlic, or put into it a heaping teaspoonful of minced chives. Add saltspoonful of salt, one saltspoonful of pepper, a tablespoonful of vinegar and three tablespoonfuls of salad oil. Beat until well blended.

Corn Cake.

One cupful of Indian meal, one-half cupful of flour, one teaspoonful of cream tartar, one-third teaspoonful of soda, one egg, two tablespoonfuls of sugar. Mix with milk, thin. Tablespoonful of melted lard last. Bake in sheet.

Mock Oysters.

To the contents of a can of corn add a half cupful of milk, two eggs, a half teaspoonful of salt and flour enough to make stiff batter. Drop by spoonfuls into hot lard, and fry a nice brown.

HOW TWO BEAUTIFUL WOMEN ESCAPED PELVIC CATARRH BY AID OF PE-RU-NA

Female Weakness Is Usually Pelvic Catarrh. Pe-ru-na Cures Catarrh Wherever Located.



MRS. MABLE BRADFORD

Mrs. Mable Bradford, 13 Church street, Burlington, Vt., Secretary Whittier Oratorio Society, writes:

"Peruna is certainly a wonderful medicine for the ills of women. I have heard it spoken of in the highest praise by many, and certainly my experience is well worthy of a good word."

"I began to have severe pains across my back about a year ago, brought on by a cold, and each subsequent month brought me pain and distress."

"Your remedy was prescribed, and the way it acted upon my system was almost too good to be true. I certainly have regained my health and strength, and I no longer suffer periodical pains and extreme lassitude."—Mable Bradford.

Mrs. Lizzie Redding 3134 B Clifton Place, St. Louis, Mo., writes:

"I found after trying many different medicines to restore me to health, that Peruna was the only thing which could be depended upon. I began taking it when I was in a decline, induced by female weakness and overwrought nerves."

"I began to feel stronger during the first week I took Peruna and my health improved daily until now I am in perfect health and enjoy life as I never did before."—Lizzie Redding.



MRS. LIZZIE REDDING

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Dr. Hartman deserves the credit of having determined its real character. He has made catarrh and catarrhal diseases, including pelvic catarrh, a life-long study.

Peruna cures catarrh, whether of the

pelvic organs or any other organ of the human body.

Pe-ru-na, a Natural Beautifier.

Peruna produces clean, mucous membranes, the basis of facial symmetry and a perfect complexion.

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Thousands of testimonials to this effect are received by Dr. Hartman every year. The good that Peruna has accomplished in this class of cases can scarcely be over estimated.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis. Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio. All correspondence held strictly confidential.

Force of Habit.

"Give me a two-cent stamp, please," said the young lady to the drug clerk. "We are just out," replied the d. c., absently, "but here is something just as good." And he handed her a couple of ones.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

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Druggist—You didn't take a vacation this year, did you?

Doctor—No; I couldn't afford to take any chances.

"Why, how's that?"

Doctor—Well, you see, I have a number of wealthy patients on the string, and I was afraid if I went away for a few weeks they might get well.

STATE OF OHIO, CITY OF TOLEDO, ss. LEON COUNTY.

FRANK J. CHENEY makes oath that he is senior partner of the firm of F. J. CHENEY & Co., doing business in the City of Toledo, County and State also said, 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, A. D., 1896. A. W. GLEASON, Notary Public.

Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials, free. F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Hall's Family Pills are the best.

The Horse Dealer.

"What's the secret of your success?" asked the young man.

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