

APPENDICITIS AND GOUT IN VOGUE 6000 YEARS AGO.

If the world was created 6,000 years ago and the story of the expulsion from Eden is not a myth, confirmatory evidence of that fact will be found by old-line Bible people in some of the things recently unearthed in Nubia. From very recent research it has been established that disease entered the world in the form of gout and tuberculosis not less than 6,000 years ago—either entered it at that time or had been there for an indeterminate time previously.

Nearly sixty centuries have rolled away since the Nubians lived in the Valley of the Nile and were victims of the intestinal concretions which seem to be the cause of appendicitis. Fortunately for archaeological science, the diggers took with them an anatomist or two, who knew a thing or so about their business, and turned over to their inspection the bodies that were unearthed from this ancient civilization which has been lying buried under the wash and sands of the Nile from a time which merges into the vanishing point of history. In these excavations were found evidences of a civilization from a date preceding the earliest known dynasties of Egyptian kings down to the Byzantine age. These people seem to have lived undisturbed in the possession of their fertile fields and their well-built towns, probably under the protection of the kings of Egypt. In fact, a careful examination of their heads and faces showed that they were, in reality Egyptians themselves. They did not belong to the aristocracy, but were rather the humble tillers of the soil—the farmers of that prehistoric time. They had a knowledge of copper, but they had not yet progressed sufficiently far in the metallic arts—in the period previous to say 1800 B. C.—to use that metal for instruments. The only utility they could find for copper was its use as ornaments for the person. For this purpose it was manufactured and sold

extensively. For tools the Nubians of that date used stone, and very good and sharp-cutting tools they made of it, too. Flint lance-heads and flint knives were found in abundance, but no trace of a copper tool was in evidence for some centuries.

The next period ranges from 2800 B. C. to 1800 B. C., during which copper was discovered to be highly useful as a cutting metal and was manufactured accordingly. This was also the period of greatest change in the bodily characters of these people. The anatomists who made the examinations declared that a new type of man had been imported among the people of the lower Nile and had mixed his blood with that of the people he found there before him. The secret of the perfect preservation of bodies for sixty centuries lies in the fact that the people, probably not able to afford the methods of embalming that were practiced by the "swell" Egyptians, just took their dead and thoroughly salted the bodies.

One disease which seemed to have been prevalent to an extraordinary degree was rheumatic gout. Thousands of these people had suffered from gout and from rheumatism. Graves were found containing fifteen or twenty bodies, all members of the same family, and several generations of the same family. The anatomists were thereby enabled to trace peculiar anatomical resemblances from father to son, as well as evidences of transmitted disease.

That this marvelous method of preserving the dead is not practicable generally to day is due to the fact that one of the essentials of the success of the method is the peculiarly dry atmosphere of Egypt and the unlimited quantities of perfectly dry sand in which to bury the bodies after they have been treated with the salt or the solution of salt which the ancient Nubians used.

FASHION HINTS



Russian influence is strongly felt in some of the newest fashions, both for street and evening wear. The accompanying sketch shows a walking costume of cream serge, with trimmings of lavender and cream braid. It is very dainty and attractive, and is one of the many pretty things now made for southern wear.

TELLS OF HIS FAMOUS HYMN.

Faces of Street Audience Gave Minister Inspiration for "Life Line." Surrounded by a model of a Life Line, a piece of cable, life buoys, megaphone, wig-wag flags, tailboards containing instructions to sailors and two life ropes, the Rev. E. S. Ufford, of Rockland, Me., evangelist and author of the famous revival hymn, "Throw Out the Life Line," sat placidly among these mementos of fearful storms which have raged along the New England coast, in the Union station waiting for his train to Minneapolis, the *Vee Moines Register* and *Leader* says.

The Rev. Mr. Ufford is an evangelist and this paraphernalia, which has been actually used in the rescue of sailors from wrecked vessels and was presented to him by captains of life saving stations at Cape Cod and Nantucket, is used by him in his evangelistic services to illustrate his sermons.

"I was aiding a pastor in East Boston one Sunday night in 1884, and when we were returning home after the service the subject of conversation turned on evangelists and hymns. I began thinking about a hymn that would reach the people. My father and grandfather had been choir leaders before me and I had been praying that I should write a song that would live long after I had passed away. On the afternoon of that Sunday I went to the village square and spoke to non-church goers. As I looked upon the faces of those about me—faces upon which were written the story of sin—they seemed to be like perishing men in the billows of death. This must have suggested to me the inspiration for my version of the hymn. I returned to the parsonage, sat down and wrote the hymn at once.

"It has been often thought that I at one time must have been associated with seafaring men to give so vivid a picture as the lyric depicts, or that I had dashed off the stanzas after witnessing a wreck of some vessel. Neither surmise is correct. It is simply a mental picture which came to me a quarter of a century ago, vivid to be sure, but to which I added the color."

The Rev. Mr. Ufford is building a unique church by popular subscription and from the royalties received from his hymn. A large anchor is supported over the tower. The building is divided into two parts, an auditorium and a parlor. Over the rostrum is a painting by the noted artist, Charles C. Murdock, and represents Christ in the act of saving Peter from the waves. The frieze around the auditorium represents Columbus' caravels coming to America. The church is appropriately located at the corner of Water and Ocean streets in Rockland. His study is in the church tower overlooking the bay.

"My church will be known as the Temple of Galilee, or the People's church, and will always be open to people of all creeds."

In Extenuation.

A little girl between 4 and 5 years of age came running in from sliding one day and exclaimed to her mother: "Oh, mamma, did you see me go down? I went like thunder!"

To her mother's astonished question as to whom she had heard say that the little one replied, "Well, mamma, you know you said one day 'as quick as lightning,' and it always thunders after it lightens, doesn't it?"

A widow's plea of popularity is to have the men call her "irresistible."



Buttermilk Cottage Cheese.

I doubt if any housewife knows that the delicious schmier kase, or cottage cheese, can be made from buttermilk as well as plain sour milk. Many farm households have been denied the cheese because they use cream separators and accumulate no sour milk. Put the buttermilk in a jar on the back part of the stove where it will heat slowly; it requires a little more heating to curd than does other milk. When it has entirely separated, pour off the whey, and turn the curd into a cheese-cloth sack to drip, letting it stand from eight to ten hours. When it is dry, stir a small amount of salt into the curd, and mix with sweet cream or rich milk.—*Woman's Home Companion.*

Gluten Bread.

One quart of milk, or milk and water, two teaspoonfuls of salt, one small cupful of sugar, one cake compound yeast; dissolve in warm water. Scald the milk and dissolve the sugar in it, then add yeast and salt; stir in gluten flour to make a thick batter. Beat thoroughly and let it rise until it seems as much again. Then beat again thoroughly and put in pans to rise again. When light bake in an oven not quite hot enough for white bread.

Cranberry Cake.

Cream one-half cup of butter and one and one-half cups of sugar together; add four tablespoonfuls of sour milk, one teaspoonful of soda and a little baking powder. Take of flour two cups, one and one-half cups of cranberry jelly or jam, one teaspoonful of cinnamon, cloves, allspice and a whole nutmeg. Bake in two layers with white icing between. Put cranberries in last.

Southern Sugar Bread.

Roll out a thin sheet of risen bread dough to fit a shallow tin or a deep pie plate. Let rise light and press a finger into the dough nearly through to the plate. Put a little melted butter, mixed with brown sugar, into the depression and make others over the entire surface. Dredge the top with cinnamon and brown sugar and bake. Serve warm.

Frankfort Sausage.

For this use any part of the pig, but equal quantities of lean and fat. Mince fine, season with ground coriander seed, salt, pepper and a small quantity of nutmeg. Have ready skins well cleaned and soaked in cold water for several hours, fill with the seasoned meat, secure the ends and hang in a cool, dry place until needed.

Hominy Muffins.

One cup of cold boiled hominy, beat smooth, stir in one and one-half cups of sour milk and one-fourth cupful of melted butter, half teaspoonful of salt, one tablespoonful of sugar, add one egg well beaten, one-half teaspoonful of soda dissolved in a little lukewarm water, one cup of flour; bake quickly.

A Sure Test.

An infallible test of tinned fruit or vegetables of any kind is to open the tin and plunge into the contents a very bright steel knife. Keep it there for a few minutes, and if copper is present, even in the very minutest proportions, it will be visibly deposited on the blade.

Pickled Tripe.

Boil the tripe till very tender, then lay in vinegar, either plain or spiced, as preferred. Will keep a long time. Pickled tripe is very nice rolled in corn meal or flour and fried. Serve with crispy fried slices of breakfast bacon.

Breaded Tripe.

Dip slices of boiled tripe in beaten egg, then in sifted bread or cracker crumbs, and fry a delicate brown. Equal to fried oysters.

Hints About the House.

If a warm iron is passed over stamps that stick together, they will come apart.

When frying mush dip the slices first in the white of an egg. This makes it crisp.

Never forget to put a pinch of salt into every bottle of food baby takes; it is most necessary for its health.

The prevent milk from curdling add a good pinch of carbonate of soda to each quart before putting it on to boil.

Hang woollens out on the line dripping wet, without wringing them at all. If dried in this way they will not shrink.

Lace collarettes and muslins can be stiffened without starch; instead, put a lump or two of sugar in the rinse water.

Celery roots, boiled in plain water, chilled and dressed with French dressing, make excellent and cheap winter salads.

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Suppressions of History.

Amphion had just built the city of Thebes by the magical twanging of his harp.

"How do you expect to make posterity believe it?" asked the spectators. "I leave all that," he said, "to the city architect."

When it was too late he realized that he had made a fatal mistake by not having a phonograph and a motion picture machine on the ground.

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REVIVAL OF CHINA PAINTING.



A FASCINATING OCCUPATION FOR GIRLS.

There is a distinct revival in china painting among young girls in the east, and in addition to becoming expert in the art it is considered quite an essential part of the training to make a study of the best examples of old china to be found in museums and elsewhere, and from them gather inspiration for the decoration of modern pieces.

In every department of art or industrial training nowadays the "home" idea is made prominent. Girls are learning domestic economy and domestic science, and everywhere the predominant thought is the fitting of girls for the domestic side of life, and it may be because of this wave of life-size sentiment that the decoration of table ware is so deservedly popular.

To quote one of the leading instructors, "There is, to my mind," said she, "nothing more closely allied to domestic life than the hand decorating of china. It gives a girl a love for beautiful things for the home table and opens her eyes to the nicety of table appointments, and we all know that a well appointed table is usually the index to a successfully managed household.

"To make collections of any sort is an admirable thing, but the collecting of rare china for girls is particularly so, for it not only gives the collector a special interest in life, but she can never afterward pass by a bit of fine china, porcelain or pottery but she will glean enjoyment from it.

"The entire outfit, colors, brushes, oils and palette knives can be purchased for between \$3.00 and \$4.00, perhaps more, perhaps less. A course of ten lessons should make the average girl quite independent of a teacher, except, of course, when it came to some new and vexing problem; then she would doubtless require the advice of an instructor. In this art, as others, there is a great difference in girls, for some are quick with their hands while others are clumsy."

Title of "Esquire."

Esquire dated back to the days when the Greeks and Romans were in the heyday of their existence. The armor bearers who served as attendants of the knights by way of bodyguard were called esquires. Later, in England the king created esquires by placing collars about their necks and bestowing upon them pairs of silver spurs. The title has never lapsed in that country. There are now legally esquires by heritage, by creation, or by virtue of the holding of some office

In this country the title has come into general use simply by courtesy, but it must be admitted that it is a very flimsy excuse for its adoption. In England there is a disposition to use it as applying to men not engaged in trade.

A Preliminary Step.

"Why in emigrating to America have you planned to leave your youngest son behind?"

"Oh, I guess he'll follow later. He has just been appointed cashier in a Berlin bank."—Meggendorfer Blaetter.