# The Promotion Mutton Is Now More in Favor as of Health

The knowing how to keep strong and healthy is not so much of a secret. You must first see that the digestion is kept normal, the liver active and the bowels regular. To bring about this healthy condition you should try

# HOSTETTER'S STOMACH BITTERS

It is for Indigestion, Poor Appetite, Malaria. Start today.

Short Way. "There's too much in this article on Mrs. De Style about her glorious

# URIC ACID **NEVER CAUSED** RHEUMATISM

I WANT to prove it to your satisfaction. If you have Rheumatism, acute or chronic—no matter what your condition—write today for my FREE BOOK on "RHEUMATISM—its Cause and Cure." Thousands call it "The most wonderful book ever written." Don't send a stamp—it's ABSOLUTE-IV FREE.

JESSE A. CASE, Dept. 668, Breckton, Mass

THICK, GLOSSY HAIR FREE FROM DANDRUFF

Girls! Try it! Hair gets soft, fluffy

and beautiful-Get a 25 cent bottle of Danderine. If you care for heavy hair that glistens with beauty and is radiant with

life; has an incomparable softness and is fluffy and lustrous, try Danderine. Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff. You can not have nice heavy, healthy hair if you have dandruff. This destructive scurf robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverialness and itching of produces a feverishness and itching of the scalp; the hair roots famish, loosen and die; then the hair falls out fast. Surely get a 25-cent bottle of Knowlton's Danderine from any drug store and just try it.

# FREE ADVICE TO SICK WOMEN

Thousands Have Been Helped Common Sense Suggestions.

Women suffering from any form of female ills are invited to communicate

promptly with the woman's private correspondence department of the Ly-dia E. Pinkham Medicine Co., Lynn, Your letter will be opened, read and answered by a woman and held in

A woman can freely talk of her private illness to a woman; thus has been established a confidential correspondence which has extended over correspondence which has extended over many years and which has never been broken. Never have they published a testimonial or used a letter without the written consent of the writer, and never has the Company allowed these confi-dential letters to get out of their pos-session, as the hundreds of thousands of them in their files will attest.

Out of the vast volume of experience which they have to draw from, it is more than possible that they possess the very knowledge needed in your case. Noth-ing is asked in return except your good will, and their advice has helped thousands. Surely any woman, rich or poor, should be glad to take advantage of this generous offer of assistance. Address Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass.

Every woman ought to have Lydia E. Pinkham's 80-page Text Book. It is not a book for general distribution, as it is too expensive. It is free and only obtainable by mail. Write for it today.

Experiments are under way in Germany with a view to utilizing the papyrus and other reeds of the Nilemarshes as fuel by drying them, reducing them to powder and forming briquettes,

# SHEEP ON THE FARM

Food Than Formerly.

Slaughtering of Animal Is Quite Important Factor-Value of Fruit In the Home Is Underestimated-Needed on Farm.

Mutton never has been as highly appreciated in America as it is today. Probably one reason for this has been the supply of cheap beef that this country has enjoyed up to the past few years. Now that the days of cheap beef are over, it is necessary that some substitute for it be found. Mutton is the logical solution of the problem, according to Bulletin 20 of Nausea, Costiveness, Biliousness and the department of agriculture on the management of sheep on the farm.

It is true that the people have to be educated more thoroughly as to its value, but mutton is now more in favor as a food than it used to be. A particular class of American people who have underrated mutton are the farmers, many of whom keep a flock yet seldom, if ever, slaughter one for their own use. A lamb or sheep could "All right. We'll give her a hair frequently be killed for use by the owner and it would prove to be cheaper than buying meat. There would also be the satisfaction of knowing that the meat was fresh and wholesome.

> Probably one reason why mutton has not been more popular on the farm is that not enough care has been exercised in slaughtering the sheep. To get the best mutton a sheep should be slaughtered that is in good health; gaining rather than losing flesh. It should be in fairly high condition also, as this insures more tender and julcy meat. If the animal is too old the mution will be tough and unsavory. No feed should be given for 24 to

36 hours before killing or the carcass

will be reddish looking and unattractive, and there will be more danger of the woolly taste. However, plenty of water should be given. should not be allowed to become excited or overheated, nor should it be driven a long distance immediately before slaughtering. If something of this kind has taken place the sheep should be allowed to recover from it before being killed

Lamb and mutton should never be used for food until it is thoroughly cooled out. Lamb is as good as it ever will be as soon as it is thoroughly cooled, but mutton improves with ripening for a week at 40 to 45 degrees F. Mutton can be corned, but it is not as palatable nor is it as nutritious as the fresh meat. The hams are

Mice and Rabbits Depend for Rations Upon What They Can Gather From One Day to the Next. Temperature Should Be Kept as Near

With a heavy snow fall there comes danger from the rodent enemies. Mice and rabbits depend for rations upon what they can gather from day to day. The snow covers their feed, and they resort to trees, bushes and vines, gnawing the bark for sostenance, and

they sometimes cause serious losses. As the mice work under the snow, tramping it down about the tree is a good measure to adopt. Some feed poisoned grain, but that can be best done before the snow comes. Of the many ways of fighting rabbits one of the best is to make a pile of apple brush, the bigger the better. Gather as many trimmings as possible. The rabbits will come to it for both feed and shelter. Then you may set traps near it, and provide your table with all the rabbit meat your family can consume

Every farm should have a hoth or early vegetables.

ftt:

by many to be a delicacy when pre pared in this way.

After dressing, the carcass should be cooled to 40 degrees, or as near that as possible. In the summer it will be necessary to have ice for this purpose. Where there is a farm refrigerator the carcass can be placed in it, provided there is a circulation of dry air and no objectionable odors are present. Mutton can be kept for a week or ten days under these conditions.

Much of the sheepy flavor of mutton comes from the generation of gases in the stomach after the sheep is killed. For this reason sheep should be dressed as rapidly as possible. A platform six or eight inches high is a convenient thing to work on and alds in keeping the blood away from the body, insuring a cleaner .carcass. Water or blood on the whole makes it very difficult to dress the animal

## The Value of Fruit in the Home.

The common fruits, because of their low nutritive value, are not, as a rule, estimated at their real worth as food, states the department of agriculture. Fruit has great dietetic value and should be used generously and wisely, both fresh and cooked. Fruits supply a variety of flavore, sugar, acids and a necessary waste of bulky material for aiding in intestinal movement. They are generally rich in potash and soda salts and other minerals. Most fresh fruits are cooling and refreshing. The vegetable acids have a solvent power on the nutrients and are an aid to digestion when not taken in excess.

Fruit and fruit juices keep the blood in a healthy condition when the supply of fresh meat, fish and vegetables is limited and salt or smoked meats constitute the chief elements of diet. Fresh fruit is generally more appetizing and refreshing than cooked. For this reason it is often eaten in too large quantities, and frequently when underripe or overripe; but when of good quality and caten in moderate quantities it promotes healthy intestinal action and rarely hurts anyone.

If eaten immoderately, uncooked fruit is apt to induce intestinal disturbances. If eaten unripe, it often causes stomach and intestinal irritation; overripe, it has a tendency to ferment in the alimentary canal. Cooking changes the character and flavor of fruit, and while the product is not so cooling and refreshing as in the raw state, it can, as a rule, be eaten with less danger of causing stomach of intestinal trouble. If sugar be added to the cooked fruit, the nutritive value will be increased. A large quantity of sugar spoils the flavor of the fruit and is likely to make it less easily digested.

Nowhere is there greater need of a generous supply of fruit than on the farm, where the diet is apt to be restricted in variety because of the distance from markets. Every farmer should raise a generous supply of the kinds of fruit that can be grown in his locality. Wives and daughters on the farms should find pleasure in serving these fruits in the most healthful and tempting form. There are a large number of simple, dainty desserts that can be prepared with fruit and with-out much labor. Such desserts should leave the pie as an occasional luxury instead of allowing it to be considered a daily necessity.

In the season when each kind of fruit is plentiful and at its best a generous supply should be canned for the season when both fruit and fresh vegetables are scarce. A great deal of the fruit should be canned with little or no sugar, that it may be as nearly as possible in the condition of fresh fruit. This is the best condition for cooking purposes. A supply of glass jars does cost something, but charged to future years, as with proper care the breaking of a jar need be a rare occurrence. If there be an abundance of grapes and small, julcy fruits, plenty of juice should be canned or bottled for refreshing drinks throughout the year.

## SNOW DANGERS IN ORCHARDS COLD STORAGE OF POTATOES

35 Degrees Fahrenheit as Possible -How to Avoid Moisture.

(By A. R. KOHLER.)

The best temperature for potatoes The best temperature for potatoes is as near 35 degrees Fahrenheit as possible. A good tested thermometer or several in different locations and added before cooking. Cook first, at different heights should be kept in at different heights should be kept in then sweeten to taste. the cellar and watched at frequent intervals

In putting potatoes into a storage cellar they should be run over a screen that will take out the dirt. Large potato cellars should be filled or a slice of lemon; flavor with a very in layers so as to give the potatoes the best possible opportunity to cool off and dry. Dumping a whole day's digging in one place is not the best

The best method for keeping mois ture from collecting on the inside of the roof of potato cellars is to cover them with straw or strawy manure. Giving plenty of ventilation also helps

## sometimes spiced and are considered FIXINGS FOR THE CROQUETTE SOUR, ACID STOMACHS,

gg and Crumb Combination the Bes Method of Making and Applying Mixture.

Break an egg in a plate, beat slighty with a fork and add one tablespoonful of water. Place a fork and table spoon in this mixture.

Fill another plate with crumbs. Roll the croquette in the crumbs, place upon the fork and dip the egg over it with the spoon, covering every part.

Drain and slide from the fork back into the crumbs and give the final shaping, covering with the crumbs pefore handling it.

Be careful not to get the fork and

croquettes. To Prepare Bread Crumbs .- Dry pleces of bread thoroughly in open air

or slow even. Crumble fine—a rolling pin may be used, or run through food grinder. The crumbs may be sifted, the finer kept in one jar and the coarser in another.

Try lemon and salt for ink stains on the fingers.

To give plaster casts an alabaster effect dip them into a strong solution of alum water. Two tablespoonfuls of granulated

sugar to one white of egg will make excellent meringues. When the rug curis up it can be made to lie flat by making it very

damp on the under side. Elasticity is restored to rubber by

soaking it in one part ammonia and two parts clear water until the desired results are obtained. By slipping stiff collars into a glass

or tumbler after they are ironed and allowing them to thoroughly dry they can be made to keep their shape.

To make new potatoes scrape easily and to prevent the fingers becoming solled while preparing, soak the potatoes a little while in water in which a small piece of common soda has beer is still available in Newcastle. dissolved.

Baked Apple Patties.

Take from the bread dough, when ready to mold into leaves, as much as would make one small "brick" loaf. Into it work one egg, beaten with two tablespoonfuls of sugar, using a spoonful or so of flour if too sticky to handle, but only as much as is absolutely necessary. Roll out on the floured board until half an inch thick, then cut in circles with a large cup or cut ter. Have ready some thick apple sauce which has been stewed with raisins-a half cupful to the pintuntil the latter are very tender. Wet the edges of a circle, in the center, put one or more spoonfuls of the sauce, cover with a second circle and pinch the edges firmly together. Place an inch or more apart on greased pans, his right. let stand until the dough begins to rise, then brush the top of each with a little beaten egg yolk and bake in e quick oven.

Worth Knowing.

To remove the fat from broth or soup, says the New York Sun, it is not GIVE "SYRUP OF FIGS" necessary to allow it to become cold as is usually done. Instead place fine wire sieve on ice, until it is thoroughly cooled and pour the liquid through this. If the liquid is partially cooled, the fat will solidify on the cold wire and the broth will be ready for immediate use.

Buttering bread or cracker on which cheese is to be toasted improves the flavor.

By first scalding the milk and setting it aside to cool, a baked or boiled custard will be perfectly smooth.

The yolk of an egg, if placed in a

the inside of bottles, jugs and pitchers, but the ground shell of an egg, salt and lemon or a little white vinegar. A plece of raw potato soaked in a carafe or any of the deeper pieces will help to make brightening a light task and cleaning still easier.

Sugar Economy.

Dried Apple Pie.

Stew dried apples soft, in as little water as possible; sweeten to taste and add a few strips of orange peel little spice. Put all through a coarse sieve, sweeten and season before put-ting in the pies. Stir in a beaten egg. Bake with two crusts, and heat be fore using.

Ducks to be good must be young and fat. The under bill if the duck is young will break easily. The breast should be plump and fat.

GASES OR INDIGESTION

Each "Pape's Diapepsin" Digests 3000 grains food, ending all stomach misery in five minutes.

Time it! In five minutes all stomach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eructations of undigested food, no dizziness. bloating, foul breath or headache.

Pape's Diapepsin is noted for its speed in regulating upset stomachs. It is the surest, quickest stomach remedy in the whole world and besides it is harmless. Put an end to stomach trouble forever by getting a large fifty-cent case of Pape's Diapepsin from any drug store. You realize in five minutes how needless it is to suf-A wire egg-whip used in place of the fork is convenient for large, soft surest and most harmless stomach crownetter. doctor in the world.



Disagreed With Science. Bix-Scientists say that it is much easier to support a weight than it is to lift it. Dix-I haven't found it so. I can

English engineers assert that enough coal to last the world 800 years

lift my wife quite easily.



Green-Eyed Monster. "Do you care for Browning?" asked the poetical man with the long hair of the conspicuously dressed lady at

"Not so loud, please," whispered the woman. "My husband has an awfully jealous disposition."

Radium ore has recently been found in large quantities in the Ferghana district of Russian Central Asia.

TO CONSTIPATED CHILD

Delicious "Fruit Laxative" can't harm tender little Stomach, liver and bowels.

Look at the tongue, mother! If coated, your little one's stomach, liver and bowels need cleansing at once. When peevish, cross, listless, doesn't sleep, eat or act naturally, or is feverish, stomach sour, breath bad; has sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and statement of the statement of th The yolk of an egg, if placed in a cup and covered with a little cold water will keep for a couple of days. The water can easily be poured off when the yolk is used.

To Clean Bottles.

To Clean Bottles. for grown-ups.

Title to Defend.

"What are you going to call the new

"Reginald Claude," replied Mr. Bligging.

"Isn't 'Reginald Claude' a rather affected name?"

Free to Our Readers

Free to Our Readers

Write Murine Eye Remedy Co., Chicago, for Spage illustrated Eye Book Free. Write all about Your Eye Trouble and they will advise as to the Proper Application of the Murine Eye Remedies in Your Special Case. Your Druggist will tell you that Murine Relieves Sore Eyes, Strengthens Weak Ryes. Doesn't Smart, Soothes Eye Pain, and sells for 50c. Try It in Your Eyes and in Baby's Eyes for Sealy Eyelids and Granulation.

Artesian wells are gaining in favor in London because of the expense attached to the municipal water service.

Labrador has an area of 200,000 square miles, but the population is only 4000.