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One of the most helpful books on nerve weakness ever issued is that entitled "Nerve Waste," by Dr. Sawyer of San Francisco, now in its fifth thousand. This work of an experienced and reputable physician is in agreeable contrast to the vast sum of false teaching which prevails on this important subject. It abounds in carefully considered and practical advice, and has the two great merits of wisdom and sincerity.

It is indorsed by both the religious and secular press. The Chicago Advance says: "A perusal of the book and the application of its principles will put health, hope and heart into thousands of lives that are now suffering through nervous impairment."

The book is $1.00, by mail, postpaid.

One of the most interesting chapters—chapter xx, on Nervines and Nerve Tonics—has been printed separately as a sample chapter, and will be sent to any address for stamp by the publishers, The Pacific Press Co., Boston, Cal. 20

Coast Mail.

MARSHFIELD, OREGON

IN CASE OF FIRE.

How to Act When Menaced by This Dangerous Element.

In case of fire if the burning articles are at once splashed with a solution of salt and nitrate of ammonia an incombustible coating is formed. This is a preparation which can be made at home at a trifling cost and should be kept on hand. Dissolve 20 pounds of common salt and 10 pounds of nitrate of ammonia in seven gallons of water. Pour this into quart bottles of thin glass, and fire grenades are at hand ready for use. These bottles must be tightly corked and sealed to prevent evaporation, and in case of fire they must be thrown near the flames, so as to break and liberate the gas contained. At least two dozen of these bottles should be ready for an emergency.

In this connection it is well to remember that water on burning oil scatters the flame, but that flour will extinguish it. Salt thrown upon a fire if the chimney is burning will help to deaden the blaze.

If a fire once gets under headway, a covering becomes a necessity. A silk handkerchief moistened and wrapped about the mouth and nostrils prevents suffocation from smoke. Failing this, a piece of wet flannel will answer.

Should smoke fill the room, remember that it goes first to the top of the room and then to the floor. Wrap a blanket or woolen garment about you, with the wet cloth over your face, drop on your hands and knees and crawl to the window.

Bear in mind that there is no more danger in getting down from a three story window than from the first floor if you keep a firm hold of the rope or ladder. Do not slide, but go hand over hand.

How to Make Strawberry Shortcake.

One pint of flour, one ounce of butter, one-half teaspoonful of salt, one pint of cream, one quart box of strawberries, one teaspoonful of baking powder, sugar and milk. Stem the berries, sweeten to taste and slightly mash them with a wooden spoon. Rub the butter into the flour, then add the salt, baking powder and sufficient milk to make a soft dough; mix quickly, roll out about 1½ inches in thickness, put into a greased, large, square baking pan and bake in a very quick oven for 20 minutes. When done, take from the oven, split in halves and spread each half lightly with butter. Place the lower half in a large meat plate; put half the berries on this, then cover with the other half of the shortcake; cover this with the remaining half of the berries, pour the cream around and serve immediately.—Mrs. Rorer.

How to Cream Clams.

Scald the clams in their own liquor. If opened by steaming, they are sufficiently cooked. Chop them into fine dice and measure. To each cupful of chopped clams add one cupful of thick cream sauce. For one cupful of sauce put into a saucepan one tablespoonful of butter. When melted, stir in one tablespoonful of flour. Cook but do not brown it. Then add slowly one-half cupful of clam liquor and one-half cupful of milk or cream; season with pepper and salt. Let it cook until a smooth, thick cream, stirring all the time; add the clams only just before serving. Pour the mixture over small pieces of toast.

How to Wash Cut Glass.

The sudden expansion caused by the heat is almost sure to crack the glass, whereas if it is laid in the water edgewise or sidewise the danger is overcome. Glass washed in cold water will have a much clearer look than that washed in hot water, but it does not respond so quickly to the drying towel. Whether it is washed in hot or in cold water glass should be dried as soon as it is lifted from the water. If allowed to drain, it will be dingy.

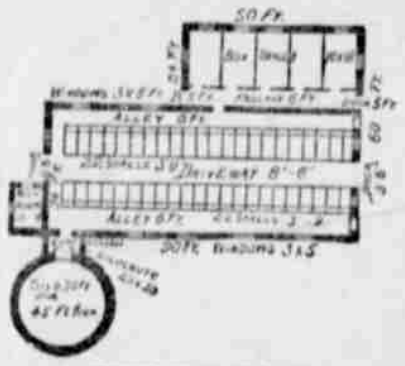
This is a Christian government, though not legally recognized as such in the constitution.—Rev. Frank S. Rowland, Methodist, Buffalo.

WISCONSIN DAIRY BARN.

Fine Modern Building Well Suited For Its Purpose.

The time has gone by when a profit could be made from cows either without shelter or partially sheltered in a poorly built barn or shed, says Hoard's Dairyman, but in the effort to provide a proper shelter many dairymen have gone to the opposite extreme and stable their cows in an unventilated stable, made as tight as wood and paper will permit.

Neither of these conditions is proper for maintaining the health of the herd. Nothing but a well lighted and ventilated stable will keep things as they should be, and, although the first cost is large, it is cheaper in the long run than heating a cold barn with $18 bran or running the chances of an infected herd that will result from a dark, ill ventilated stable. The ground plan here shown is of a thoroughly modern building, well lighted and ventilated, yet warm and comfortable, even in a cold and windy day, such as may be found in this latitude in February. This barn has been rebuilt from an old fashioned structure and consequently is not the owner's ideal in all respects, but this has not prevented him from making out of it a very satisfactory building, at least from the standpoint of the cow.



GROUND PLAN OF BARN.

The barn is supplied with running water at all necessary points, is lighted by electricity and well supplied with ample storage for feed and hay.

The silo which shows up so prominently in the front view is 30 feet in diameter by 45 feet high and at the time of our visit contained enough silage to carry the herd through the summer.

Consequently a season of drought will have but little effect on the milk flow. The building is an excellent example of what can be done in the way of remodeling an old fashioned barn and making it into a modern building fit for a modern dairy herd.

How to Make Puree of Spinach.

Press half a cupful of boiled spinach through a colander. Add a teaspoonful of onion juice, beat the yolk of an egg light and stir into three glasses of milk. Add the spinach and let it come to the boiling point. This soup is not only food but tonic, both spinach and yolk of egg containing iron in its most available form. For this reason spinach is one of the most valuable of vegetables.

How to Darn Stockings.

Silk floss is one of the best things to use in darning stockings, although a strong and smooth darn for merino stockings may be made by using both stout cotton and woolen yarn. When going over the break for the first time, have the threads of cotton. Then put in the cross layer of woolen yarn. In drawing the threads in linen first rub the surface to be drawn with white soap.

How to Clean Picture Frames.

The best preparation for cleaning picture frames or restoring furniture is a mixture of three parts of linseed oil and one part of spirits of turpentine. It not only removes scratches, but restores wood to its original color, leaving a luster upon the surface. It should be applied with a woolen cloth and then rubbed when dry with a silk cloth.

Life Is a Struggle.

Life is a struggle, and the Christian life is no exception, although it may differ in its nature. Satan has erected in this world great walls to hinder us in our progress. These must be battered down before we can reach the citadel of our holy ambition.—Rev. Dr. George S. M. Doremus, Presbyterian, Philadelphia.

H. Sengstacken.

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