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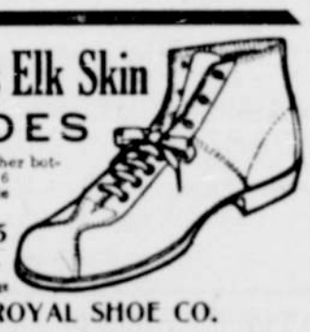
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Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Scandinavian Courtship.

It was considered beneath the dignity of a Scandinavian warrior to court his bride by gallantry and submission; he always waited until she had bestowed her affections on another and was in her way to the marriage ceremony, then collecting his faithful followers they fell upon the wedding party and carried away the bride. It was much in favor of this practice that marriages were always celebrated [illegible]

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Are These Your Selections?

According to a committee chosen by the Providence Evening News, the ten most beautiful words in the English language are melody, hope, love, home, sublime, joy, peace, gentle, life, friendship. The Evening News got up a contest among its readers, and the list given was unanimously approved by the judges. A set of Mark Twain's works was the first prize.

Wanted—A live representative in this town. To handle best selling irrigated lands in California. Liberal commissions. Address Hanscom & Kimball, 302 Monadnock Bldg., San Francisco, Cal.

Prayer of the Exile.

They are so homesick they pray like this: "If I should die before I wake, I pray the Lord my soul to take back to Tennessee." — Memphis Commercial Appeal.

THE TRUTH ABOUT BLUING.

Talk No. 7.

Avoid liquid bluing. As a real Simon Pure farce liquid blue is about the biggest yet. Don't pay good money for water.

Buy RED CROSS BALL BLUE, the blue that's all blue. A large package only 5 cents. Washes more clothes than any blue on earth. Makes laundress happy. ASK YOUR GROCER.

Pleasure in Everything.

If we apply ourselves seriously to wisdom we shall never live without true pleasure, but learn to be pleased with everything. We shall be pleased with wealth as far as it enables us to benefit others; with poverty, in not having much to care for, and with obscurity, for being unenvied.

Dr. Pierce's Pleasant Pellets cure constipation. Constipation is the cause of many diseases. Cure the cause and you cure the disease. Easy to take.

Need for Women Architects.

It is a practically accepted axiom that there are too few women architects, for, if there is one subject more than another in which woman's talent is required, it is domestic architecture.—From the Queen.

Don't cringe—don't flinch,
Should fortune pinch
And all seem lost;
With might and main,
TRY, TRY again
At any cost.

MUNYON.

I AM taking the above text for the reason that I want to instill into the people self-reliance, self-nobility, self-sovereignty. I want every person to feel that they are above deception, hatred, selfishness, jealousy, envy or revenge.

I want the person who is pinched by poverty, who has suffered great reverses, who is weighted down with some great sorrow to become acquainted with the redeeming power of Hope. I want them to take Hope as a companion, as a counsellor, as a light, as a medicine, for Hope is an ambassador from God. It is a teacher that shows us the beautiful. It fills our souls with songs and our tongues with praise.

To be hopeful one must be well, and to be well one must be hopeful.

That the lower bowel is responsible for most bodily ills is now being recognized by the leading physicians throughout the world. There is no further excuse for being bilious, for having headaches, for suffering with dyspepsia or indigestion, for putting up with a sluggish or lazy liver, for poisoning the blood as a result of constipation, for Munyon's Paw Paw Laxative Pills are positively correcting all these ailments. They assist in digesting everything that is put into the stomach. They stimulate the liver into activity. They start the secretions of the stomach, which carry off all the bile and poisonous matters through the bowels. They strengthen the lower bowel, so that it empties itself naturally, without the aid of cathartics or foreign substances.

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FOR THE BREAKFAST TABLE

Almond Bread Will Be Found an Excellent Substitute for Time-Honored Coffee Cake.

Two and a half cups of flour, one and a half cups of sugar, two teaspoonfuls of baking powder, a quarter teaspoonful of salt and six well-beaten eggs should be mixed into a soft dough. Add then a quarter of a pound of sweet almonds, blanched and washed, but not cut. Lastly, work in one and one-quarter glassfuls of the best salad oil. Knead the dough faithfully. Do not have it too stiff. Flour the kneading board well. Cut the dough into pieces about as large as a medium-sized potato, and roll these on the board into lengths. These should extend from one side of the baking pan to the other. Flour—not grease—the pan. Bake in a brisk oven to a light brown. As soon as the pan is removed from the oven, cut the strips into two or into four inch pieces. If this is not done at once while the almonds are soft, you cannot cut the rolls neatly.

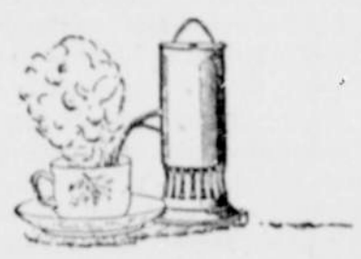
The recipe allows for five dozen pieces of almond bread. You may make half the quantity if you like.

The oil used as shortening is not tasted at all in the bread. You may keep it a long time without finding it soggy or anything but crisp and good.

AN AUTOMATIC COFFEE POT

Housewife Need Only Provide Material, Light the Lamp, and Her Work Is Done.

This coffee pot, the invention of a Parisian, is absolutely automatic. The ground coffee is placed in the pot with the required amount of water and the wick of the alcohol lamp is



lighted. When the coffee is sufficiently boiled it pours itself into the cups. The coffee is placed in a perforated box in the lid of the pot. A tube runs from the coffee box to the bottom of the pot, and the water, on boiling, mounts this tube and circulates through the coffee. The liquid then passes into another tube which carries it to the cups. The alcohol lamp is automatically extinguished the moment the coffee is sufficiently boiled.—Popular Mechanics.

Boiling Time.

Potatoes, 30 minutes, unless small, when rather less; cabbage and cauliflower, 25 minutes; peas and asparagus, 20 to 25 minutes; carrots and turnips, 45 minutes when young, 1 hour in winter; onions, medium size, one hour; beets, 1 hour in summer, 1 hour and 30 minutes or 2 hours (if large) in winter; French beans, if slit or sliced slantwise and thin, 25 minutes, if only snapped across, 40 minutes; broad beans, if very young, 30 minutes, old, 40 to 45 minutes. All vegetables should be put in fast-boiling water and quickly brought to the boiling point again, not left to steep in hot water before boiling, which toughens them and destroys color and flavor. This time-table will be found useful if copied and fastened on the kitchen wall.—New York Press.

Sweet Muffins.

One-half cup of sugar, 1 dessert spoon of butter, 2 eggs. Break eggs, sugar and butter into a dish and beat with sugar and butter 1 cup flour, 1 cup of R. I. white meal, 3 teaspoons of baking powder, good pinch of salt, milk enough to make thick batter. Drop into gem pans and bake in quick oven.

Quick Breakfast Muffins.

One pint sour milk, one-half teaspoon soda, one tablespoon salt, one tablespoon sugar, flour enough to make a medium batter; pour in buttered muffin tins and bake 15 minutes in a hot oven.

New Strawberry Shortcake.

Cut puff pastry in square or round pieces, then bake. When cold spread with sweetened, crushed strawberries, then cover with another round of paste, spread strawberries on top.

French Bean Omelet.

Cut up two tablespoons of boiled French beans and stir them into four well-beaten eggs; add two tablespoons of grated Parmesan cheese, salt and pepper to taste; mix well, put into an omelet pan with two ounces of butter and fry until done; serve very hot.

Coffee Cake.

One cup of brown sugar, two eggs, one-half cup butter, creamed, half cup strong coffee 1½ cups flour with a little salt, half teaspoon soda and half teaspoon ginger. Bake in a loaf.

No Man is Stronger Than His Stomach

A strong man is strong all over. No man can be strong who is suffering from weak stomach with its consequent indigestion, or from some other disease of the stomach and its associated organs, which impairs digestion and nutrition. For when the stomach is weak or diseased there is a loss of the nutrition contained in food, which is the source of all physical strength. When a man "doesn't feel just right," when he doesn't sleep well, has an uncomfortable feeling in the stomach after eating, is languid, nervous, irritable and despondent, he is losing the nutrition needed to make strength.

Such a man should use Dr. Pierce's Golden Medical Discovery. It cures diseases of the stomach and other organs of digestion and nutrition. It enriches the blood, invigorates the liver, strengthens the kidneys, nourishes the nerves, and so GIVES HEALTH AND STRENGTH TO THE WHOLE BODY.

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