

SERIOUS FACTS ABOUT BREAD

Which Housekeepers Should Earnestly Consider.

A serious danger menaces the health of the people of this country in the numerous alum baking powders that are now being urged upon the public...

Even small doses of alum, given to children, have produced fatal results, while cases of heartburn, indigestion, griping, constipation, dyspepsia, and various kindred gastric troubles from irritation of the mucous membrane...

It is not possible that any prudent housewife, any loving mother, will knowingly use an article of food that will injure the health of her household...

How shall the dangerous alum powders be distinguished? And how shall the danger to health from their use be avoided?

Generally, alum powders may be known from the price at which they are sold, or from the fact that they are accompanied by a gift, are disposed of under some scheme...

But the easy, safe, and certain protection of our bread, biscuit and cake from all danger of unwholesomeness is in the use of the Royal Baking Powder only.

This powder is mentioned because of the innumerable reports in its favor by high medical authorities, by the U. S. Government, and by the official chemists and boards of health...

These facts should incline consumers to turn a deaf ear to all importunities to buy the inferior powder. If a grocer urges the sale of the cheap, impure, alum brands, it should be borne in mind that it is because he can make more profit on them...

Take no chances through using a doubtful article where so important a matter as the health or life of dear ones is at stake.

There's Money in Shoe Polishing

"Do they make money out of small things in a hotel?" exclaimed the New York drummer with a flourish of his cane...

\$3 Worth of Hood's

Cured When Others Failed Salt Rheum or Psoriasis-Severe Case.



Mr. N. J. McCoun, Kingsley, Iowa. "In 1879 I had an eruption appear on my left leg and arm. Sometimes it would ulcerate and on account of it I was unable to work a great deal of the time..."

HOOD'S Sarsaparilla CURES benefit from three dollars' worth of Hood's Sarsaparilla than from the hundreds of dollars paid for advice and other medicines...

ACCELESTIAL RESTAURANT.

A REPORTER'S MEAL IN NEW YORK'S CHINA-TOWN.

A Number of Queer Dishes Were Served—Eating With Chopsticks—Tea Free as Water.

ONE of the New York Sun reporters visited Chinatown with a party of friends and tried a Chinese dinner. One of the party, who used to frequent the famous Chinese restaurant in San Francisco and was familiar with the dishes and the routine of a Chinese dinner, summoned a waiter, a small individual, whose American clothes sat upon him very badly...

"Give us some chow chop suey, John," said the guide. "Forty cents, see?" The Chinaman grunted and disappeared in the kitchen.

"You must always indicate the amount you want of each dish by stating the price," said the guide. "I ordered forty cents' worth of chow chop suey, as that will be enough for us both. While they are preparing it, for it takes a little time, we will eat some rice with chopsticks."

Eating with chopsticks is not so difficult a matter as most people suppose. There is a popular idea that a Chinaman takes a stick in each hand and propels the food into his mouth in some mysterious process peculiar to himself. When the knack is once acquired, however, chopsticks prove an efficient table utensil.

The chop chop suey was brought steaming hot in a large bowl. It appeared to be a stew without gravy. The principal ingredients were chicken livers, American mushrooms, dried Chinese mushrooms, celery, gizzards, and sprouted rice. The whole was flavored with spices and had evidently been treated with oil.

No plates were served, and the stew was eaten Chinese fashion, from the bowl. "A very excellent dish," said the guide, "but don't eat too heartily, for we have several other courses coming. This sprouted rice that you can see in the bowl is deemed very fine by Chinese epicures. They sprinkle rice on a piece of wet cloth until, in the course of a few days, the grains swell and sprout. Then they cook it. Our next dish will be performed pork, a great dainty. Meantime, here comes our 'chick' with the same sauce."

Sam shu proved to be a very good specimen of a milky appearance. The waiter brought it in a ware pot like a small, slender tea pot. Cups holding little more than a thimbleful were provided. The approved method of taking the brandy is to mix it with the tea, a cup of the liquor in each tiny bowl of tea. It doesn't do to drink too heartily of the mixture. Indeed, the temptation to do so is small. Sam shu is a crude and raw distillation.

Perfumed pork was the nearest approach to civilized diet which was served. It was sliced into thin pieces and brought in a bowl. The flesh was lean and tender and had an exceedingly delicate flavor produced by unfamiliar spices.

Meantime the crowd in the restaurant was continually changing. As fast as the diners finished they arose, wiped their faces on their hands (there were no napkins), shuffled to the counter, paid their bills, and left the room. They seldom spoke, and most of the time the room was as silent as a Quaker meeting. The places of those who left were filled by newcomers. The restaurant does a big business.

"Waiter," said the guide, "chow gai men, seventy cents, see?" The little waiter uttered his customary grunt and vanished. "Chow gai men," continued the guide, "is one of the dainties. They make it here to perfection. It consists of a mass of spiced macaroni fried crisp in melted fat, like doughnuts, and covered with a dressing of chicken livers, mushrooms and stewed celery. I am sure you will like it. The amount I ordered is enough for half a dozen, but they will not make less, for it is a troublesome dish to handle. This will complete our dinner, for there is no dessert or coffee. Our dinner has been an exceptional one for this restaurant, notwithstanding that it is the swiftest in the city. There are comparatively few rich Chinamen in New York, and they all have their own kitchens, presided over by high-priced cooks. The diners are many of them well off, but Chinamen are always thrifty, and it is possible to live very nicely here at a very small outlay. Our dinner will cost us \$1.30 apiece. Few Chinamen will spend more than fifty or sixty cents for a meal. For that amount of money a very excellent dinner can be had, for rice is only five cents a bowl and tea is nothing. One or two nice dishes can be bought for half a dollar. So there you are."

"But many of these Chinamen," said the reporter, "have eaten nothing but rice."

"Yes, hundreds of Chinamen in this city eat nothing else than rice the year round. You see how cheap John can live if he wants to. He comes here and orders a five-cent bowl of rice. He gets all the tea he wants for nothing. It costs him fifteen cents a day to live. Hundreds more eat rice for all their meals but dinner. Then they buy an extra dish of some sort for twenty-five cents more. It expenses forty cents a day. Tea is not included at all. It is as free as water in a Chinese shop, wholesale or retail. The teapot stands on the counter, kept warm by a silk tea-cosy, and in every home tea is somewhere on tap. It is not even the custom to offer tea to visitors. If the visitors want it, they ask for it as unconcernedly as though asking for a glass of water. So it is in

HOUSEHOLD AFFAIRS.

FOR BREAD CRUMBS.

A stone jar for bread crumbs is indispensable to a well-appointed pantry. Many housekeepers buy cracker dust for cooking purposes, but bits of grated bread will be found daintier and more appetizing, and in no way is bread kept better than in a deep stone jar.

HOW TO MAKE BEEF JELLY.

Beef jelly is an excellent food for invalids and convalescents. Put a pound of lean beef, cut fine, into a porcelain-lined stew pan with a pint of cold water. Let it stand half an hour and then put it on the stove, where it will heat gradually. When boiling hot skim carefully and put it where it will simmer gently for half an hour. While this is cooking put a third of a box of gelatine in two tablespoonsful of cold water. Set the broth to simmer and strain, boiling hot, over the gelatine. Stir till dissolved. Strain into cups or moulds. Set away to cool.—New York World.

HANDY SHOE CUPBOARD.

A handy boot and shoe cupboard can be improvised out of any old packing case of suitable size. This can be fitted with light matchboard pigeon holes, each holding a pair of shoes. If the lid is available (the case being stood upon its side) it can be fixed to a pair of hinges and form a neat miniature cupboard, which, being stained and Aspic-lined, will also serve as a seat or small table. Without necessarily troubling to make a door the case could be covered with cretonne or chintz, padded on the top, and a piece of material which should fall to cover the pigeon holes is generally tacked on to a sheet of circular or oval heavy lead buttons slipped in the holes, so that it may fall firmly and keep the dust away.

HOW TO COOK A HAM.

Run a knife or skewer into the thickest part of the ham near the bone. If the knife comes out clean the ham is good; if it smokes and smears the knife it is not so good. Select your ham then, according to this rule, and lay it in cold water. Scrape and wash it carefully and let it remain in the water all night. In the morning, when the water is enough to cover the ham—is nearly boiling, lay the ham in and keep the water in a simmer. When it has boiled about an hour throw in two carrots, four onions, two heads of celery, a sprig of parsley, two or three blades of maco and four cloves. If the ham is very salt it is well to change the water before putting in the seasoning, but if you do be sure to change the boiling water. To obtain tenderness, mellowness the ham must not be allowed to boil hard, only simmer. To heat hardens all meat, especially meat. When the ham is done set it in its own water and let it cool in it. By this means it will retain its moisture. When cool take it out, skin it and dredge bread crumbs and pepper over it and set it in the oven until it browns.—St. Louis Republic.

Power in Spider's Web.

"Science can do some wonderful things," said Samuel Watson, a practical engineer, who has been devoting some time to studying the various methods of transporting power from the motor to the machine. "It would strike you as rather funny to see the slender line of a spider's web conveying the power from a 250 horse-power engine, wouldn't it? But it has been demonstrated that such a thing can be done. Now let us start with the most common and general method of transporting power, the ordinary leather belt. Sir Robert Ball, an eminent scientific engineer, has found that the heavy, slow-running belt can, when the conditions are favorable for a change from weight to speed, be made away with, and a light, fast-running cotton rope may take its place with a greater amount of satisfaction than you would expect. It has been demonstrated that a rope as light as sewing-cotton going at the same rate of speed as a rifle ball would satisfactorily carry a single horse-power. Now take the extreme lightest line known to the world, that of the spider's web, and the extreme highest known velocity of travel, which is that of light, and we find, astonishing as it may seem, that if a line of spider's web could be driven at the speed of light, it would satisfactorily carry something over 250 horse-power. Singular, isn't it? But Sir Robert Ball's discovery in this respect is going to be of inestimable value in electricity in a very short while."—Globe-Democrat.

If You Were on the Moon.

If lunar conditions are favorable to human existence, and it is not certain that they are not, you could be transported to the top of Pico or some other tall peak or rock on the surface of our "silvery sister world," how do you suppose things would look from such vantage ground? You would probably first turn your eyes in the direction of our earth, the world you had just quitted, but to you it would be a stranger. In place of the somber globe you would naturally expect to behold your eyes would be greeted with a most wonderful sight. The earth would appear to you to be sixty-four times larger than the moon that it does from our earth. The moon that the earth must appear as a blue ball to all outside onlookers. What a glorious sight it must be to our lunarian neighbors to look upon a bright blue, swift revolving ball sixty-four times larger than the soul.—St. Louis Republic.

The Desert Burro Superseded.

A prospector now in Yuma, and who made the trip here from Durango, Col., with two horses, says that the time has come, whose ancestry is inseparably mixed up with Mexican history, is not so good as an animal for desert travel as the ordinary mustang horse. It has always been considered that the burro had the advantage of the horse in his capacity for endurance on a slim diet. This, the gentleman states, is not so good as a burro who ate a pair of gum boots and a Navajo blanket one afternoon. This was done merely to show off and was not considered to be a nutritious meal even by the jackass himself, who was of French descent, and merely wished to put on style to humiliate a band of scrub muleteers with whom he was forced to associate. The gentleman who has had experience with both classes of animals prefers horses to the slow burro and says that although the latter will live a day longer without food or water, yet the distance covered by the horse in a given time is so much in his favor as to render him the superior of the immobile burro.—Yuma (Arizona) Times.

CHILDREN'S COLUMN.

THE CRUISE OF THE ELVER.

Three elves sailed forth on a flake of snow, and great wind soon began to blow. "We must take in sail at once," said they. "With a yoo, heave ho!—heave ho, belay!" Then they looked about them, fore and aft. But they found no sail on their snowflake craft. "We must port our helm instead," said they. "With a yoo, heave ho!—heave ho, belay!" But, alas, there wasn't a helm to shift. So they ran aground on a big snowdrift. "This isn't bad seamanship," said they. "With a yoo, heave ho!—heave ho, belay!" "You can't reef sail that you haven't got, or port your helm where a helm is not; but we know what should be done; they. "With a yoo, heave ho!—heave ho, belay!" To Elftown straight from that spot they sped, and they paced the streets with a naval tread. "Twas a most successful cruise," said they. "With our yoo, heave ho!—heave ho, belay!"—[Felix Leigh, in St. Nicholas.

HOLLAND'S LITTLE QUEEN.

If any little American maid who is a queen by right divine and has had her will and way ever since she could hold a rattle box, even if she doesn't know it, thinks it would be a fine thing to be a real queen with a crown of gold and jewels and to wear her Sunday things every day, it will be well for her to read something of what is expected of Queen Wilhelmina of Holland. In the first place she has as many corner stones to lay, ships to christen and great bazaars to open as does that overworked man, the Prince of Wales. Then there are lessons to learn from masters and mistresses galore. Indeed, at a great court festivity the child Queen was heard consoling one of her cousins who was complaining of lessons, saying: "I, too, must learn such a stupidly stupid lot." Already she speaks equally well Dutch, French, English and German, and masters come every day to teach her other branches. She is fond of music, and shows considerable promise of talent, inheriting this taste from her father, who once composed an opera. There is but an half-hour's respite from the lessons in the morning, and in the afternoon there is always the cooking and sewing, for every Dutch maiden must be a good housewife. A retinue of 80 dolls the little girl has of all sorts and conditions, but an addition to her numerous family gives her greater pleasure than anything else. The German Emperor sent her at Christmas a whole regiment of lead soldiers in most resplendent uniform. Some day the baby Louise will teach her father what a waste of money it is to send soldiers to a girl. When these dolls are very, very bad, after the manner of dolls the world over, their royal mother punishes them by making them bow, and bow, and bow to an imaginary public, which the Queen thinks is the most disagreeable thing one can have to do. This doll family lives in a chalet in the garden, and here the Queen brings all the friends who come to visit her. They play at housekeeping, just as all little girls do, and the Queen always insists on being the servant. It was the Princess Victoria, who, when a child, went to visit a dear old lady that allowed her to do just as she pleased, and she always pleased to have a pair of silks and wash the windows. Wilhelmina of Holland doesn't begin to have the pretty things to wear that the little girls here enjoy, even those whose fathers are not wealthy and whose mothers make the frocks themselves, for the Dutch idea of dress is deplorably inartistic. She often wears the peasant dress of the different provinces when she travels through them, and when her old nurse comes to visit her she finds not a Queen child, but a little peasant maid dressed just like herself. Sometimes the quaint caps are very heavy and hot, but the little girl wears them until her head aches, learning the lessons early that all queens must learn.—[N. Y. Sun.

Unexpected Wealth.

I have heard it said by a friend of the late Albert Way, the well-known archaeologist, that he came by a fortune in this wise. Crossing Palm Mall he chanced against an old gentleman, and dismounted him. After mutual apologies and the interchange of civilities, cards were exchanged, and on each card was imprinted "Mr Albert Way." The older gentleman dying had no natural heir, and left his fortune to the other Albert Way.—[The Spectator.

A Gigantic Gorilla.

At a meeting of the Anthropological Society in Berlin, Lieutenant Morgan has reported that his assistants, at a place twenty-five days' march from the coast of Kameroun, Africa, shot a gorilla of such a size that the measure across its chest was seventy inches, and its shoulders were as wide as those of three men united. The creature had to be dragged to the station by the united strength of sixteen men, so heavy was it. Hitherto no gorilla has been seen by Europeans beyond the first degree north latitude.—St. James's Gazette.

STATE COURTS TO BE TRIED BY JURY.

MAINTAINING—Columbus, S. C., Feb. 11.—A surprising political rumor came out...

We offer One Hundred Dollars reward for any case of cholera that cannot be cured by any medicine. J. J. CHERRY & CO., Proprietors, Toledo, O. We, the undersigned, have known J. J. Cherry for over 15 years, and believe him perfectly honorable in all business transactions, and financially able to carry out any obligations made by their firm. W. H. TRAVIS, Wholesale Druggist, Toledo, O. WALKER, KIRK & MARVIN, Wholesale Druggists, Toledo, O. Health is the chief aim internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 50c. per bottle. Sold by all druggists.

The last probability is that money should produce happiness; what it does is to make happiness possible—sometimes.

Look on the bright side of life. Think of its pleasant things. Bear its unpleasant things patiently. Remember that the mercies of life greatly exceed its ills, and that often these ills are mercies in disguise.

Malaria cured and eradicated from the system by Brown's Iron Bitters, which enriches the blood, tones the nerves, aids digestion, acts like a charm on persons in general ill health, giving new energy and strength.

The first offense may be an impulse; the second, never.

No SUFFER REMEDY can be found in any form. Brown's Bronchial Treatment. Sold only in boxes.

Life is an agony.

Spring is the "jummy" that opens the buds.

Brown's Iron Bitters cures Dyspepsia, Malaria, Biliousness and General Debility. Gives strength, aids Digestion, tones the nerves, creates appetite. The best tonic for Nursing Mothers, weak women and children.

A man can afford to be critical, not having been born with the incubation of plossion.

If afflicted with sore eyes use Dr. Isaac Thompson's Eye-water. Druggists sell at 50c. per bottle.

BY THE AMATEUR ARCHITECT.

If I had a thousand acres, And a mint or two of pelf, I might, perhaps, construct the house That I designed myself.

A FATAL FIGHT AT LAST.

"There was a terrible duel in France yesterday."

"Really?"

"Yes. One of the participants got rattled and hit the champagne basket. Broke every bottle."—[Puck.

New Orleans, La., believes she has shipped the largest cargo on record, 20,000 bales of cotton on board the British ship Samos.

Syrup advertisement with text: Justice of the Peace, George Wilkinson, of Lowell, Murray Co., Minn., makes a deposition concerning a severe cold. Listen to it. In the Spring of 1888, through exposure I contracted a very severe cold that settled on my lungs. This was accompanied by excessive night sweats. One bottle of Bosche's German Syrup broke up the cold, night sweats, and all left me in a good, healthy condition. I can give German Syrup my most earnest commendation.

SHILON'S CURE advertisement with text: Malaria cured and eradicated from the system by Brown's Iron Bitters, which enriches the blood, tones the nerves, aids digestion, acts like a charm on persons in general ill health, giving new energy and strength.

A BENT TACK IS USELESS advertisement with text: HOME TACKS ARE STRAIGHT TACKS. THE RIGHT SIZED TACKS FOR ALL HOME USES.

THOMSON'S SLOTTED CLINCH RIVETS advertisement with text: No tools required. Only a hammer needed to drive them. They are absolutely smooth. Requiring no hole to be made in the leather or rubber. They are strong, tough and durable. Millions now in use. All kinds, uniform or special sizes, and all sizes in stock. Ask your dealer for a sample. Made by JUDSON L. THOMSON MFG. CO., WALTHAM, MASS.

SYRUP OF FIGS advertisement with text: ONE ENJOYS Both the method and results when Syrup of Figs is taken; it is pleasant and refreshing to the taste, and acts gently yet promptly on the Kidneys, Liver and Bowels, cleanses the system effectually, dispels colds, headaches and fevers and cures habitual constipation. Syrup of Figs is the only remedy of its kind ever produced, pleasing to the taste and acceptable to the stomach, prompt in its action and truly beneficial in its effects, prepared only from the most healthy and agreeable substances, its many excellent qualities commend it to all and have made it the most popular remedy known.

IF YOU OWN CHICKENS advertisement with text: YOU WANT PAY THEIR WAY. Even if you merely keep them as a diversion, to get to hand for the market, you must know something about them. To meet this want we are selling a book giving the experience (Only 25c.) twenty-five years. It was written by a man who has all his mind and time and energy to making good ones of Chickens raising—not as a pastime, but as a business—and if you will profit by his twenty-five years' work, you can save many Chickens annually.

How is Your Blood? advertisement with text: I had a malignant breaking out on my leg below the knee, and was cured sound and well with two and a half bottles of OTHER BLOOD MEDICINE had failed to do me any good.

A Powerful Flesh Maker advertisement with text: A process that kills the taste of cod-liver oil has done good service—but the process that both kills the taste and effects partial digestion has done much more.

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