## SENORA SARA.

To make fine cup cakes, cream one-half pound of fresh, sweet butter with the same quantity of powdered sugar. Add the beaten yolks of six eggs and three-fourths of a pound of sifted flour. Flavor with one teaspoonful each of rose and orange-flower water. Roll out between the hands, cut into long strips about half an inch wide, then cut again into inch lengths. Bake in a quick oven, taking care that the cakes do not touch each other in the pan.

* * *

If, when boiling milk, sauces, custards, stews, porridges or liquids, you place a large, clean marble in the kettle, it will automatically do the stirring during the cooking process, and will save standing and wasting precious time doing it with a spoon. It prevents any burning, and you can attend to the rest of your work while the marble is busily helping you.

* * *

If pancakes stick while baking, grease the griddle well, put salt on it and rub it hard with a heavy cloth, then grease again.

* * *

If the upper edge of the saucepan is well buttered, you will find that chocolate, milk, cocoa or anything of the kind will not boil over.

* * *

If you never tried nut bread you have lost much. Two cups graham, two cups bread flour, half cup sugar, one teaspoonful salt; sift together; add two cups sour milk, half cup molasses, one cup boiling water, one teaspoonful soda, one cup walnut meats chopped fine; stir well; pour into two bread-pans; let rise 20 minutes; bake in medium oven three-quarters of an hour.

* * *

It is no longer necessary to go to some famous restaurant or popular grillroom to enjoy that almost mysterious yet artistic dish that is the delight of every professional chef, a planked steak. With the purchase of a plank sold for the purpose and the services of a good all-around cook, plank steak can be served at home.

The steak ought to be a sirloin—a porterhouse is not fat enough—and cut about two inches thick. Rub it over with lemon juice and butter, tack it to the heated board and place in a very hot oven.

After leaving 10 or 12 minutes draw the tacks, turn and tack it again in place, returning it to the oven for another 10 minutes' cooking. This can be garnished with rice or potato cakes, latticed potatoes, little string beans or peas. Lamb or mutton chops can be cooked in the same way as the steak, an added savoriness being given by basting them quite often while cooking with a well-seasoned tomato sauce.

Tacking meat to the board is not really necessary when the cooking takes place in an oven, but it is pleasantly reminiscent of the days when the board was propped before the open fire and the food had to be tacked to keep it from slipping off.

* * *

One of the old-fashioned remedies for stings is to apply immediately to the part stung the juice of a raw onion. The rationale of this remedy is not clear, the sulphur oil in the onion possibly serving as a palliative. The sting, at any rate, if it remains in the wound, should be extracted and the puncture dressed with a little weak ammonia, and afterward a little bromide of ammonia may be added, which frequently serves as a sedative. The intense irritation that is caused in some persons by musketo "bites" may be promptly relieved by the application of ipecacuanaha, either the "vinum" or the powdered root, made into a paste with water or vinegar, being used.

* * *

For chicken pie have a chicken seasoned with salt, pepper and onion, stewed till tender, but not quite done. Lay it in a deep pie dish which is lined with a good paste. Add half a pound of salt pork cut in small squares, and some of the paste also cut in squares. Add part of the chicken gravy thickened a little with flour. Cover the dish with a paste cover. Cut a small hole in the cover, and then cover the hole with a piece of dough. As the pie bakes remove the dough once in awhile and make sure that the interior is not getting dry. If it does look dry, pour in more of the chicken gravy. Bake in a quick oven.

* * *

Dried lima beans with tomatoes are good. Wash, soak over night, boil in fresh water to cover until tender; drain, heat a cupful of well-seasoned, strained tomatoes, thicken slightly with butter and flour rubbed together. To this add one pint of cooked beans, seasoned with salt and pepper. When steaming hot serve.

* * *

To cream cauliflower, let the cauliflower cook in boiling salted water until tender, then separate into flowerets and dispose in individual dishes; over the cauliflower in each dish turn one or two tablespoonfuls of cream sauce, sprinkle with buttered cracker crumbs and set into the oven to brown the crumbs.

* * *

The following is a good recipe for rice pudding: Take half a cupful of rice, one quart of milk, half cupful of sugar, one cupful of stoned and washed raisins, cut into very small pieces, and one tablespoonful of butter. Bake in a dish in the oven for one and three-quarters hours; avoid shaking the dish or slamming the oven door. Sprinkle grated nutmeg over the top of the pudding as soon as possible after removing from oven. Garnish top with split soaked raisins and blanched almonds alternately.

### Department President of Florida.

Mrs. Susan H. James, Department President of the Florida Ladies of the G. A. R., who lives at Jacksonville, Fla., sends greetings thru The National Tribune to her friends in the "cold Northland." Mrs. James says: "Our Department of Florida is prosperous and growing. We now have six Circles, with 107 members in all. We think this is a very good membership for Florida, way down here in the Southland. We are adding to our Circles all the time. The Circles are in Jacksonville, Gainesville, Daytona, St. Augustine, St. Petersburg and Kissimmee. We intend to carry on our Circle work until we have one in every town in Florida. The comrades are organizing new Posts, getting their material for these from the comrades who are moving into Florida during the Northern Winters and who much prefer the green trees and the singing of mocking-birds to the snow-bound forests of the North and the howling of winds."

Florida is coming along all right after all that has been said about the people of the South being so slow, Mrs. James declares. Mrs. James was formerly President of the Relief Corps in Jacksonville, Fla., which finally gave up its charter, and she then joined the Ladies of the G. A. R. While Comrade James, who is Junior Vice Commander of the G. A. R., and Mrs. James were sojourning in Washington on their way to Florida, by special request, Mrs. James joined George H. Thomas Relief Corps, of the Department of the Potomac, this being the Corps of the then Department President, Mrs. Nora B. Atkinson, and the Corps is very proud of the fact that it has for one of its members the wife of the Junior Vice Commander-in-Chief. Mrs. James is a very active and energetic little woman, who always does her duty wherever she may find work to do. She has made a good Department President for Florida, and they will hunt a long time before they find a better.

## RHODE ISLAND.

### Annual Meeting of the Department Encampment.

The Department of Rhode Island, G. A. R., held its Annual Encampment at Providence, April 4, and elected Ezra Dixon Commander. Comrade Dixon is a member of the Rhode Island Senate, and belongs to Babbitt Post, of Bristol. Comrade Patrick Egan, Superintendent of Police of Providence, was elected Junior Vice Commander. Thomas M. Holden, of McGregor Post, Phoenix, was elected Senior Vice Commander, and Dr. Charles H. Leonard Medical Director. The officers were installed by Commander-in-Chief Gilman.

In his address Commander C. H. Ewer reported 80 deaths in the Department during the year, including five Past Department Commanders. He protested against the statue of Gen. Lee in Confederate uniform in Statuary Hall, and spoke of the Grand Army bill as being the expression of the National Encampment on the matter of pension legislation. He believed that no other bill would pass Congress.

A fine campfire and banquet were given in the evening in honor of Past Department Commander Ewer, at which a gold watch and chain were presented to Comrade Ewer by Gen. Elisha H. Rhodes. Lieut.-Gov. Bliss, Mayor Fletcher, Commander-in-Chief Gilman, Adj't-Gen. Stillings and Col. Daniel R. Ballou were present and made addresses.

G. W. Nash, Battery F, 1st Mich L. A., Soldiers' Home, Minneapolis, Minn., favors the reunion of the veterans April 19, at Boston, and suggests that they have that friend of the old soldiers, Senator Lodge, pronounce a eulogy on the veterans.

## A MEMORIAL HALL.

### L. L. Mitchell Post, St. Cloud, Fla., Solicits Contributions to Build One.

L. L. Mitchell Post, 34, G. A. R., Department of Florida.

Post Commanders and Comrades:

L. L. Mitchell Post, 34, G. A. R., Department of Florida, located at St. Cloud, is now raising money with which to erect a Memorial G. A. R. Hall on the Grand Army property in the center block of the city of St. Cloud, Fla. The proposed hall is to be built of concrete, marble and stone, with a marble monument erected in front thereof, suitably engraved in remembrance and honor of the gallant heroes of the Grand Army of the United States of America.

The proposed hall will contain a G. A. R. Post room, a W. R. C. room, a war relic room, a library room, bath-room, kitchen and dining hall, all on the ground floor. The second story is to be rented for benefit of the Post. The hall and monument are intended to remain for all future time as a landmark in the South to the memory of the G. A. R. Owing to the increasing number of comrades arriving here from every State to spend the Winter our present hall accommodations are entirely inadequate.

The indications now are that this Post will be the last one in existence, as the comrades will naturally continue to drift from the cold and disagreeable North to the balmy, congenial climate of St. Cloud, Fla., the most healthy spot, perhaps, in all the world; where destructive storms never occur; where your days will be lengthened and you will enjoy June weather every month of the year; where the orange, the pineapple and the banana grows; where the lemon, the fig, the lime, the sugar apple and the guava thrives; where strawberries and vegetables are produced each month of the year.

We know some of the comrades of your Post will come to enjoy these benefits sooner or later, and we wish to prepare this G. A. R. Hall, with all its enjoyable conveniences, where they may enjoy the best during their declining days. Many comrades meet here now and clasp hands for the first time since the close of the war.

We solicit war and battlefield relics, to be deposited in the war relic room, with the donor's name attached. The name of any Post or person contributing any sum of money toward the building of this hall shall be placed on a chart, the same to be kept hanging in the hall; also the numbers of Sons of Veterans' Camps and Woman's Relief Corps contributing are to be recorded.

Please read this to your Post, and we will thank you for any amount you may send to help to erect this hall and monument in the Southland. This will have a lasting influence in the South as to who are the preservers of this great Government. If each comrade gives, no matter how little, it will enable us to erect this needed hall to their memory, and it will add joy and honor and give comfort to many comrades rallying here to lengthen and enjoy the last days of their lives.

We hope to have the name of every Post in the United States on this chart, that future generations may see and learn its great lessons. Address all contributions and communications to G. W. Penn, Quartermaster, St. Cloud, Fla. Yours in F., C. and L.—J. F. Farris, Commander; E. G. Pierce, Adjutant; G. W. Penn, Quartermaster.

## SOLDIERS' CIVIC LEAGUE.

### An Association Which Promises to Be of the Greatest Benefit.

An association has been formed in Pittsburg, Pa., under this designation which will include with the veterans of the civil war those of the Spanish war, of the Phillippine service and sons of veterans. The Colonel is Hon. Charles F. McKenna, a civil war veteran of good record in the 155th Pa.; the Lieutenant-Colonel, J. B. Hirshey, a son of a veteran of McKeesport, Pa.; the Major, J. W. Nesbit, a civil war veteran of Oakdale, Pa.; the Adjutant, Oscar T. Taylor, a Philippine veteran, and the Treasurer, F. L. Blair, a civil war veteran.

The object of the association is stated: "It shall be the object of this association to secure reform, honesty and purity in all State, County and municipal affairs by casting our ballots as a unit, and by all honorable and just means to secure proper recognition and preferment for public offices and employment, and in every honorable manner to advance the interests of all honorably discharged soldiers, sailors and marines who served in the Army and Navy of the United States, and the sons of all such soldiers, sailors and marines."

It has now an enrolled membership in Allegheny County of over 7,000 members, being strong enough in members and influence to command the greatest respect from all political parties. It is expected to have a great influence in bringing about honesty in the municipal government of the great city of Pittsburg. The league has sub-leagues where 10 or more members residing in any ward, borough or township join in a petition therefor. The officers of the sub-leagues are Captain, Lieutenant, Adjutant and Quartermaster. Candidates for nomination or election by a party may be indorsed at any regular meeting or special meeting, by a three-fourths vote of the members present and voting.

## DEPARTMENT OF MASSACHUSETTS, G. A. R.

### It Has Now a Membership of Nearly 13,000.

According to the report of Department Commander Granville C. Fiske, the Department of Massachusetts had in good standing, Dec. 31, 1910, 12,770 members, with a net loss during the year of 724. The Department has $7,587.52 cash on hand, an increase of $606.63. The Woman's Relief Corps made a present of $300, which was placed to the credit of the Department's funds. The Sons of Veterans have grown in membership thru the activity of Commander-in-Chief Bolton and Department Commander Tucker. The Daughters of Veterans has now grown to 2,800 loyal daughters, and the Order has taken up the work of building a monument to the army nurses. The Soldiers' Home on Powder Horn Hill is at present sheltering 500 disabled comrades. It is well managed by Comrade Richard R. Foster, with substantial comforts and good and wholesome food. The experiment of County associations has proved a great success, and the veterans in each of the Counties are now organizing. The Commander feels this the remedy for the decrease in the smaller Posts.

## GEORGIA AND SOUTH CAROLINA.

### The Annual Encampment Held at Fitzgerald.

The Annual Encampment of the Department of Georgia and South Carolina, G. A. R., met in the Woman's Relief Corps Hall at Fitzgerald, Ga., on Friday, April 7. There were 40 members, representing seven G. A. R. Posts.

F. A. Jones, of Tallapoosa, was elected Commander for the ensuing year; J. M. Mosher, of Fitzgerald, Senior Vice Commander, and I. C. Way, Junior Vice Commander. P. R. Booker, of Fitzgerald, was chosen Department Chaplain, and A. H. McConahie, of St. George, Medical Director. W. H. Kimball, of Tallapoosa, was installed as Assistant Adjutant-General and Quartermaster-General, and L. P. Hills, of Atlanta, as Patriotic Instructor. The Convention passed off pleasantly and a general good feeling prevailed. The visiting comrades were entertained by the ladies at the W. R. C. Hall with a fine program in the evening.

## THE SULLOWAY BILL.

### The Department of Massachusetts Stands Firmly For It.

In his address to the Annual Encampment of the Department of Massachusetts, G. A. R., Commander Granville C. Fiske said:

"Knowing that the comrades of Massachusetts were unanimously in favor of the Sulloway bill, and that our two Massachusetts Senators were doing all they could to block its passage in the Senate—after it had been passed overwhelmingly by the House and had come from the Senate Committee by a vote of 8 to 3, and been taken up by that body by a vote of 49 to 35—I consulted with my associate officers at headquarters and with numerous comrades, and wired Senators Lodge and Crane as follows:

"'The Department of Massachusetts, G. A. R., unanimously indorses the Sulloway pension bill, and respectfully requests and urges you to use your personal and official influence to the fullest extent to secure its passage in the Senate.'

"I received a letter from our junior Senator a few days later, stating that he would give the Sulloway bill very careful consideration, keeping in mind in connection therewith the wishes of the Massachusetts Department of the G. A. R. concerning it. Some days later I received a letter from our senior Senator, stating that he regretted to say that, while he had always gladly done everything in behalf of the veterans that he could, he could not support this bill, claiming that the Government is now spending $150,000,000 for pensions; that the bill would add $45,000,000 more to the pension roll; that in 10 years it would cost the Government $440,000,000; that this Government is paying out more to its soldiers than any other country in the world, etc.

"This letter was answered at some length, as follows: That we appreciate what he has done in the past for the veterans, and express a hope that he would still maintain that honorable record; that, as shown by the pension records, the veterans are dying at the rate of 35,000 a year, and at that rate 350,000 of the 500,000 now living would be dead in 10 years; that the death rate will increase rapidly in the next 10 years, so that at the end of that time most of the veterans will be beyond the reach of pensions, and that by increasing the pensions it would be taking the expense largely off the cities and towns and putting it on the Government, where it rightly belongs.

"Comrades of the Department of Massachusetts, you all know the fate of the Sulloway bill, and it is my firm belief that we can lay the blame of its failure to pass the Senate to the two honorable gentlemen in the United States Senate from the most loyal and patriotic State in the Union."

### Department of Connecticut.

Eli G. Main, 12 Cossett street, Waterbury, Conn., says he has noticed a marked absence of G. A. R. news from his State, and sends a few words concerning the local work. He writes that Wadhams Post, 49, is one of those solid set of men who do much for the advancement and success of kindred societies, and often contribute to any organization that has for its purpose public benefaction, and this is equally true of the Sons of Veterans, Spanish War Veterans and their Auxiliaries. Wadhams Relief Corps, 1, celebrated Washington's Birthday by a supper and entertainment, and one of the members gave a whist party at her home for the benefit of Cromwell Home, which is maintained by the W. R. C. of Connecticut for old and feeble members of any Post or Corps in the State. Lincoln's Birthday was also celebrated.

### Department of Oregon.

Alice Mallory, Department Press Correspondent, Grant's Pass, Ore., sends a few words of greeting from Gen. Logan Post and Gen. Logan Relief Corps, of Grant's Pass. She writes that patriotic exercises were held Feb. 25 to commemorate the birthdays of Washington, Lincoln and McKinley. A large number were present and a fine program was given. The Department Encampment and the Department Convention will be held at Ashland, Ore., June 27, 1911, and the 19th Encampment of the Southern Oregon Soldiers and Sailors will be held in September at Woodville, on the banks of the Rogue River. An invitation is extended to all members of the Grand Army and Relief Corps who may happen to be in that section to visit these Reunions.

## POST INSTALLATIONS.

### Many Posts Report the Annual Induction of Their Officers.

#### John Megarrah Post, 132,

Portland, Mich., has installed the following officers for 1911: Commander, W. G. Miner; S. V. C., E. C. Fox; J. V. C., John W. Klotz; Chaplain, Horace Glines; Q. M., Jason D. Woodbury; Adjutant, H. W. Holcombe; Assistant Adjutant, A. L. Ackley; Assistant Q. M., Vincent Taylor; O. D., John W. Van Horn; O. G., Wallace Spencer.

The W. R. C. installed as follows: President, Edith Kennedy; S. V. P., Mary McVeigh; J. V. P., Jennie Saxton; Secretary, Alice Chapel; Treasurer, Sarah Towner; Chaplain, Virginia Crittenden; Conductor, Laura Lindley; Guard, Amay Patrick; P. C., Mary Hyde; P. I., Mrs. L. Lathrop; Color Bearers, Mesdames Smith, Fogelsong, Marshall, Whitney.

#### Alexander-Mitchel Post, 158,

Piqua, O., has installed the following officers for 1911: Commander, J. W. Orr; S. V. C., A. C. Fink; J. V. C., Frank Small; Surgeon, Martin McNealy; Chaplain, J. H. Bowman; Q. M., John N. Bartel; O. D., W. D. Snyder; O. G., Andrew Dill; Adjutant, W. M. Williamson; S. M., Geo. Lee; Q. M. S., G. W. Cruse.

#### Wallace Post, 95,

Flat Rock, Mich., has installed the following officers for 1911: Commander, S. F. Smith; S. V. C., F. M. Reid; J. V. C., Ed. Beseh; Q. M., A. W. Wagar; Adjutant, J. M. Van Riper; Surgeon, W. J. Vreeland; Chaplain, W. R. Littlefield; O. D., J. R. Brown; O. G., John Washer; S. M., F. X. Ferstle; Q. M. S., H. W. Moses; Trustees, A. W. Wagar, H. W. Moses and W. B. Littlefield.

#### John F. Reynolds Post, 5,

Fargo, N. D., has installed the following officers for 1911: Commander, E. Folsom; S. V. C., J. M. Johnson; J. V. C., Elijah Wood; Adjutant, S. J. Hill; Chaplain, H. M. Talbot; Q. M., Aad Peterson; O. D., W. C. Laizure; O. G., Wm. Wansbrough.

The officers installed by John F. Reynolds Corps, 1, were as follows: President, Mrs. Mary V. Laizure; S. V. P., Mrs. Ella Carlyle; J. V. P., Mrs. Clara Lofthouse; Chaplain, Mrs. Lizzie Young; Secretary, Mrs. Ellen M. Johnston; Treasurer, Mrs. Nellie Schooley; Conductor, Mrs. Hattie Durfey; Assistant Conductor, Mrs. Emma Boughton; I. G., Mrs. Lizzie Hoag; O. G., Mrs. Mary Rusk; P. I., Mrs. Margaret Sheridan; Musician, Mrs. Eliza Putnam; Color Bearers, Mrs. Lenora Sykes, Mrs. Emma McGuire, Mrs. Minnie Still, Mrs. Edra Patterson; Press Correspondent, Mrs. Jennie B. Hill.

#### Morton Post,

Snohomish, Wash., has installed the following officers for 1911: Commander, D. E. Ritchey; S. V. C., L. Ruble; J. V. C., Wm. Summons; Q. M., Jos. Nokes; Surgeon, J. H. Russell; O. D., J. Curtis; Adjutant, H. B. Fay; Chaplain, Benj. Baker; P. I., George Smith; Guard, E. Dean; S. M., D. Sexton; Q. M. S., George Smith.

#### Van Meter Post,

Alma, Neb., installed the following officers Jan. 14, 1911: Commander, J. D. Cameron; S. V. C., Theo. Schrack; J. V. C., W. O. Shipman; Adjutant, J. F. Morgan; Q. M., P. P. Bentley; Chaplain, J. A. Gibson; O. D., J. H. Gipe; O. G., Frank Shaffer; Surgeon, J. O. Vallette; S. M., S. L. Roberts.

Mrs. Ressel installed the officers for the W. R. C.: President, Alice Moore; S. V. P., Anna Joyce; J. V. P., Sadie Ressel; Secretary, Mary R. Morgan; Treasurer, Rebecca Schrack; Conductor, Lizzie Shipman; Guard, Angeline Zerbe; P. C., Nan Shaffer; Musician, May Woodruff; Assistant Conductor, Tina Mitchell; Assistant Guard, Harriet L. Carr; Color Bearers, Lizzie Meyers, Amanda Lafferty, Dora Shaffer and Helen Astin.

#### Farragut Post, 25,

Lincoln, Neb., has installed the following officers for 1911: Commander, A. B. Chamberlain; S. V. C., D. W. Smith; J. V. C., C. E. Ferris; Adjutant, F. A. Truell; Q. M., O. C. Bell; Surgeon, J. R. Haggard; Chaplain, Rev. J. Mickel; O. D., Samuel Eastman; O. G., C. C. Gingery; Guard, Ed. Church; Sentinel, J. W. Leckliter; S. M., J. A. Cauger; Q. M. S., W. M. Gifford; P. I., J. B. Ferguson.

#### Fred C. Jones Post, 407.

Cincinnati, O., has installed the following officers for 1911: Commander, Geo. C. Dunham; S. V. C., Wm. Owen; J. V. C., E. W. Moore; Chaplain, C. W. Blodgett; Adjutant, Geo. C. James; Surgeon, A. B. Isham; Q. M., Geo. L. Utter; O. D., F. C. Asbury; O. G., G. H. Coons.

#### Gen. Wm. S. Truex Post, 118.

South Amboy, N. J., has installed the following officers for 1911: Commander, Aaron Stilwell; S. V. C., Israel Ward; J. V. C., Jacob Buckalew; Adjutant, S. H. Chatten; Q. M., Joseph Fenton; Surgeon, George Henry; Chaplain, R. P. Mason; O. D., Wm. Ingraham; O. G., Tunis Yettman; P. I., R. P. Mason; S. M., G. H. Hutchinson; Q. M. S., Moses Emmons.

#### John Wheeler Post, 161,

Crown Point, Ind., has installed the following officers for 1911: Commander, Wm. Krimbill; S. V. C., H. H. Meeker; J. V. C., Thomas Erb; Q. M., Homer W. Wells; Chaplain, John Brown; Surgeon, Ed. F. Caswell; O. D., Jos. T. Atkins; O. G., David Ross; Adjutant, John E. Luther; P. I., John J. Wheeler; S. M., Luman A. Fowler; Q. M. S., Henry Bremer.

#### Sheridan-Dix Post.

San Jose, Cal., has installed the following officers for 1911: Commander, Jas. D. Haile; S. V. C., Henry Lundy; J. V. C., H. M. Billings; O. D., Simeon Baker; Surgeon, John S. Barnum; O. G., E. H. Williams; Chaplain, R. M. Smith; Adjutant, C. W. Cutler; Q. M., M. H. Osgood; S. M., J. E. Moore; Q. M. S., R. S. Miner; P. I., R. Bruce Magee; I. C., Chas. Hellen.

The following officers were installed by Sheridan-Dix Corps: President, Gertrude Jones; S. V. P., Gullinear Johnson; J. V. P., Grace Coleman; Chaplain, Mary Robinson; Treasurer, Bessie Samson; Secretary, Rose Fitch; P. C., Elizabeth McElroy; Musician, Alice Winans; P. I., Sara Haile; Guard, Jennie Griffle; Assistant Guard, Jemima Bonham; Conductor, Mary Trembly; Assistant Conductor, Elmira Hanson; Color Bearers, Kitty Leffler, Mary Fisher, Hetty Gilson, Ella Moore; Installing Officer, Lou Tripp; Installing Conductor, Bessie Tripp Stahmer.

#### Porter Fiesher Post, 30,

Pennsboro, W. Va., has installed the following officers for 1911: Commander, C. N. Stone; S. V. C., James Ruley; J. V. C., J. N. Toothman; Chaplain, Rev. G. W. Weekley; Q. M., P. J. Cunningham; Adjutant, W. B. Miracle.

#### Herford Post, 87,

Watonga, Okla., has installed the following officers for 1911: Commander, J. E. Gifford; S. V. C., J. R. Thornton; J. V. C., Seth Darrow; Adjutant, L. D. Graham; Q. M., C. L. Stewart; Chaplain, J. B. Willison; O. D., M. D. Harrington; O. G. G. Simrall; S. M., J. L. Trout; Q. M. S., G. Bond; P. I., J. B. Willison.

#### Steele Bros. Post, 441,

Mason, Mich., has installed the following officers for 1911: Commander, L. H. Ives, 26th Mich.; S. V. C., H. O. Cail, 20th Mich.; J. V. C., N. L. Huxley, 17th N. Y. Battery; Adjutant, J. A. Sherwood, 8th N. Y. H. A.; Q. M., Frank Lester, 9th Mich.; Surgeon, W. W. Root, 75th N. Y.; Chaplain, O. B. Blakeslee, 24th Mich.; O. D., Nick Tenaplar, 20th Mich.; P. I., L. H. Ives; O. G., S. D. Neeley, 20th Mich.; S. M., M. A. Randall, 11th Mich.; Q. M. S., F. M. Bond, 18th Mich.; Delegate, A. Farren, 55th Pa.; Alternate, H. F. Northrup, 26th Mich.

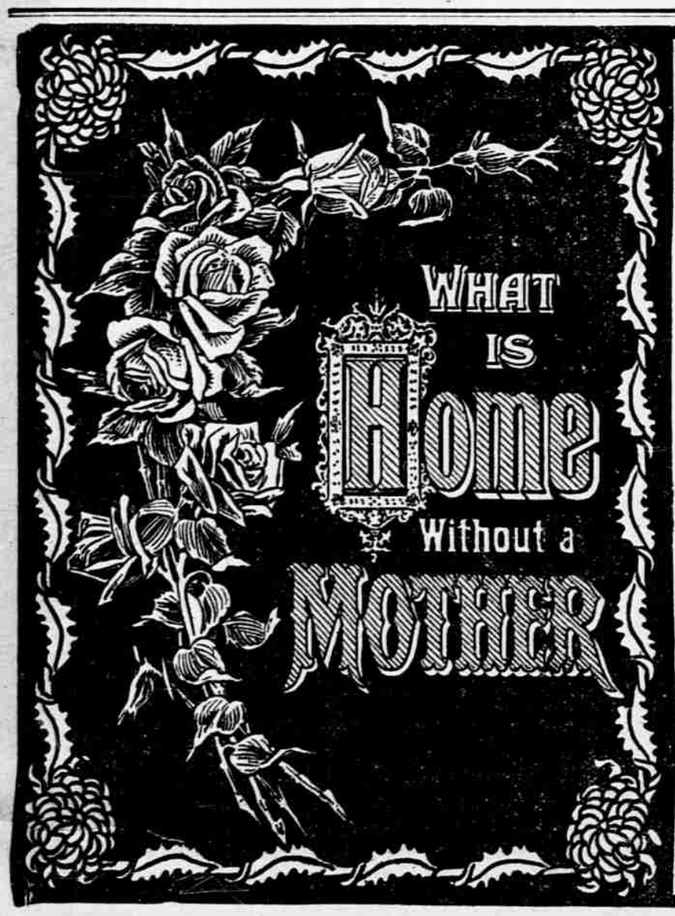
#### Altoona Post,

Department of Kansas, has installed the following officers for 1911: Commander, Joshua Canady; S. V. C., R. S. Damewood; J. V. C., James Whitacer; Q. M., G. D. Smith; Chaplain, H. A. Brundage; Adjutant, G. O. Smith; O. D., M. Carver; O. G., S. Chamberlain; S. M., D. S. Fisk; Q. M. S., R. N. Ricardson.

#### Winfield Scott Post, 129,

Department of New York, has installed the following officers for 1911: Commander, C. B. Parker; S. V. C., John Gentry; J. V. C., Fred Lauth; Chaplain, Jay Collins; Surgeon, M. Casey; Adjutant, R. B. Wait; Q. M., J. H. Mayott; O. D., Geo. Bruner; O. G., J. Wagenhouer; S. M., L. G. Stanley; Q. M. S., Martin Ott; P. I., J. M. Paten; I. O., G. G. Schwinger, all elected to fourth term.

W. R. Scott Corps, 201, has installed the following officers: President, Jessie Sayles; S. V. P., Elizabeth Parker; J. V. P., Jenette Jones; Treasurer, Martha Mayott; Secretary, M. E. Lacy; Conductor, Louisa Mayer; Assistant Conductor, Leona Peares; Guard, Emilie Lauth; Assistant Guard, Elizabeth Casey; Chaplain, Emily Chase; P. I., Lucy Kapf; Press Correspondent, Ella Pryer; Color Guard, Mary Ridell, Caroline Shwinger, Emma Neal, Anna Linton; Installing Officer, Martha Mayott.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**LOST SIXTY-NINE POUNDS IN FOUR WEEKS—THE GREAT KIDNEY REMEDY SAVED HER.**

In sending you this unsolicited testimonial to the merits of your great remedy Swamp-Root, I am only returning, in a very small degree, the benefit I received from it. After suffering for 14 years with pains in my hips and being told by reputable physicians that they were caused by "Change of Life," in January, 1908, I was taken with a severe case of uremic poisoning. After consulting five different physicians and still getting worse, I began the use of your remedy. The uric gases went into the muscles of my back and hips, causing me exeruciating agony, so that I lost sixty-nine and one-half pounds in four weeks. My only relief was morphine, which caused after effects almost as hard to bear as the pain. I could eat no solid food and indeed had no appetite for it. For nine weeks I subsisted on a milk diet. My husband and friends had given me up to die, when I commenced taking Dr. Kilmer's Swamp-Root. My improvement was immediate and marked. Now after taking it for one year I feel like a new woman.

I do all my own work and sewing included. Have an eight-room house and three in the family. I can take long walks and feel fresh and vigorous after them. In fact, I am better than I have been in fifteen years. You can use this testimonial in any way, as I feel it is due you for my wonderful recovery. I feel that to-day I would not be living had I not taken Swamp-Root. Again thanking you for your wonderful remedy, I am,

Yours most gratefully,
MRS. KATE BOWERS.
1332 Ridge Ave., Steubenville, Ohio.

Personally appeared before me this 22d day of July, 1909, Mrs. Kate Bowers, who subscribed the above statement, and made oath that the same is true in substance and in fact.

BENJAMIN F. PRENTISS,
Justice of the Peace.

Letter to Dr. Kilmer & Co. Binghamton, N. Y.

**Prove What Swamp-Root Will Do For You**

Send to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. It will convince anyone. You will also receive a booklet of valuable information, telling all about the kidneys and bladder. When writing, be sure and mention the Washington Weekly National Tribune. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.

**NERVOUS WRECKS AND WORN OUT WOMEN**

**Find Healthful Peace In Stuart's Calcium Wafers Because They Enrich the Blood.**

**Trial Package Free.**

For tired, unstrung, nervous and worn-out womanhood Stuart's Calcium Wafers act speedily, pleasantly and unlike medicine or cures.

They go into the stomach like food; are taken up by the blood and so enrich it that it stops decay, adds tone and vigor to the flesh and nerves and stimulates all human machinery to a fuller and better efficiency.

Men know little of the agonies women suffer from nerves and blood. The blood is life, and when it is impoverished it needs to be enriched or woman, who is so intensely sympathetic, suffers nervous breakdown and decline.

Stuart's Calcium Wafers contain Calcium Sulphide in great strength with other blood purifiers. They also contain alteratives and laxatives which relieve women of bowel and intestinal suffering so widely prevalent.

Stuart's Calcium Wafers are indorsed by thousands of women, who feel the need of a common-sense, harmless, powerful vigor and blood builder. All these things Stuart's Calcium Wafers will do, and do so speedily as in many cases to be almost unbelievable.

Do not suffer in silence, but after reading this make up your mind to try just one box of these little invigorators so powerful yet so pleasingly presented to the system in the form of wafers. Go to your druggist and buy a box. Price 50c., or send us your name and address and we will send you a trial package by mail free. Address F. A. Stuart Co., 364 Stuart Bldg., Marshall, Mich.

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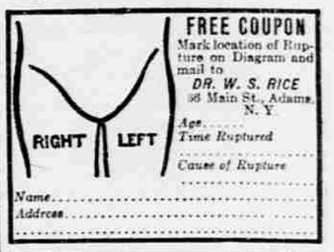
I have a new Method that cures rupture and I want you to use it at my expense. I am not trying to sell you a Truss, but offer you a cure that stays cured and ends all truss-wearing and danger of strangulation forever.

No matter whether you have a single, double or navel rupture or one following an operation, my Method is an absolute cure. No matter what your age nor how hard your work, my Method will certainly cure you. I especially want to send it free to those apparently hopeless cases where all forms of trusses, treatments and operations have failed. I want to show everyone at my own expense, that my Method will end all rupture suffering and truss-wearing for all time.

This means better health, increased physical ability and longer life. My free offer is too important to neglect a single day. Write now and begin your cure at once. Send no money. Simply mail coupon below. Do it to-day.

**FREE COUPON**
Mark location of Rupture on Diagram and mail to
DR. W. S. RICE
36 Main St., Adams, N. Y.




Age.....
Time Ruptured.....
Cause of Rupture.....
Name.....
Address.....

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