

In Social Circles

Mr. and Mrs. Stephen Loveloy will issue invitations Monday for the marriage of their daughter, Miss Emma Louise Loveloy, and Charles Jewett Chappin, which will take place Wednesday evening, May 8, at their home on Hawthorn avenue.

Mr. and Mrs. George A. Plummer announce the engagement of their daughter, Mrs. Virginia Berkeley Decker, and William A. Badger. The wedding will take place Tuesday evening, May 14, at the home of Mr. and Mrs. Plummer, on Fifth avenue S., and will be very quietly solemnized owing to the recent death of Mr. Badger's father.

Miss Mary Ballard is home from New York. The marriage of Miss Ballard, whose engagement to Miss Robert Bracewell of New York was announced in the east last summer, will occur early next month at her home, 1617 Second avenue S.

The marriage of Miss Jennie Emelia Gagnon, daughter of Mr. and Mrs. Louis M. Gagnon of 812 E. Eighteenth street, and J. Byron A. Liugren will take place in the Lutheran Augustana church Tuesday evening, April 30, at 8 o'clock. The ceremony will be followed by a reception at the home of Mr. and Mrs. Gagnon. Thursday afternoon Mrs. L. H. Caswell will give a parcel shower at her home, 2508 Ninth avenue S., for the bride-elect.

Invitations have been issued to the members of the Woman's League and the university faculty for a reception to be given in the armory next Saturday afternoon. The committee in charge of the affair is arranging an attractive program which will include a farce by the dramatic club and musical numbers by the university band. Over 500 cards were sent out.

The class of '01 will have another class party before commencement and it will probably be held in the armory. The date has not yet been decided upon.

The Ladies' Thursday Musicals will give an informal reception for Miss Maud Powell in the studio Wednesday morning at 11 o'clock. All members of the musicals are cordially invited to meet Miss Powell, who is an honorary member of the society.

Mrs. L. T. Wilmath of Grand Rapids, Mich., is the guest of Mrs. C. S. Ward, of 25 Highland avenue. Mrs. Ward will entertain informally for her on Wednesday afternoon.

Mrs. S. C. Cator and Mrs. H. W. Sperry gave a parcel shower last evening at their home, 812 Eighth street SE, for Miss Emma Dumas. The gifts were presented to Miss Dumas in a basket tied with ribbons by little May Lane. Guessing the answers to a floral love tale furnished amusement and prizes were awarded to the successful contestants. Supper was served in the dining room where congratulations were in the center of the table and at the bride's place. Mrs. C. C. Lane assisted the hostess and the guests were Misses Emma Dumas, Lulu Honik, Misses Frances, Coleman, Temperance Coleman, Alice Cody, Margaret Leich, Nora Murphy, Misses Stone and Dumas.

Mr. and Mrs. A. L. Hazer were the guests of honor at a pleasant dancing party given last evening by the guests of the Holmes Hotel. The hall room was hung with bunting and palms and flowers and the orchestra of Ringwall's orchestra played a program of eighteen numbers which was danced by seventy guests. Supper was served in the ordinary from tables decked in red and white.

Miss Clara Myers and Archie La Grange of Oelwein, Iowa, were quietly married Thursday evening in the Thirteenth Avenue M. E. church. The services were read by Rev. T. P. Allen. Mr. and Mrs. La Grange will reside in Oelwein.

The wedding of Miss Charlotte Rebecca Hanson, daughter of Mr. and Mrs. G. G. Hanson, and Albert G. Erickson, took place in Immanuel Lutheran church Thursday

Dr. Humphreys.

After fifty years Dr. Humphreys' Specifics enjoy the greatest popularity and largest sale in their history, due to intrinsic merit. They cure the sick.

- No. Cures. Prices. 1—Fever, Congestion, Inflammation, .25 2—Worms, Worm Fever, Worm Colic, .25 3—Teething, Colic, Crying, Wakefulness, .25 4—Diarrhea, of Children or Adults, .25 5—Coughs, Colds, Bronchitis, .25 6—Neuralgia, Toothache, Faceache, .25 7—Headache, Sick Headache, Vertigo, .25 10—Dyspepsia, Indigestion, Weak Stomach, .25 11—Suppressed or Painful Periods, .25 12—Whites, Too Profuse Periods, .25 13—Croup, Laryngitis, Hoarseness, .25 14—Salt Rheum, Erysipelas, Eruptions, .25 15—Rheumatism, Rheumatic Pains, .25 16—Falaria, Chills, Fever and Ague, .25 19—Catarrh, Influenza, Cold in the Head, .25 20—Whooping-Cough, .25 22—Kidney Diseases, .25 28—Nervous Debility, .25 30—Urinary Weakness, Wetting Bed, .25 77—Grip, Hay Fever, .25 Sold by druggists or sent on receipt of price. Dr. Humphreys' New Pocket Manual of all diseases mailed free. Humphreys' Medicine Co., Cor. William and John Sts., New York.

REST AS YOU RIDE. The Morrow Coaster Brake. Guarantees you absolute comfort and pleasure in cycling. This is why more than 100,000 riders last year. Sold by all cycle dealers. Booklet free. Ecliptic Mfg. Co., Elmira, N. Y.

Hotel Victoria. 27th Street, Broadway and 5th Ave., New York. European Plan. Absolutely Fireproof.

GEORGE W. SWEENEY, Prop. In the centre of the shopping and theatre district. A Modern First-Class Hotel. Complete in all its appointments. Furnishings and appointments new throughout. Hot and cold water in every room. Elevators.

OWAL POWDER DESTROYS MOths. DRUGGISTS SELL IT. PIMPLES. eruptions, blackheads, enlarged pores, red nose, red, rough hands, and all affections of the skin and scalp are speedily and permanently cured by your home. Full information with book free. DERMATOLOGIST WOODBURY, 143 State St., cor. Toronto, Chicago.

CLUBS AND CHARITIES

Club Calendar.

MONDAY—Tourists, public library building, morning. Columbian Club, Mrs. G. W. Gould, 2944 Humboldt avenue S. Colonial chapter, D. A. R., Mr. and Mrs. J. K. Wetherby, 1519 Spruce place, evening. Visiting Nurses' association, home warming, 1309 Fifth avenue S., afternoon.

Nineteen years ago the first Florence Crittenton home was opened in New York city and yesterday afternoon and evening a reception was given in the local home to celebrate the anniversary. In the afternoon the Ladies' Auxiliary received the guests and in the evening the board of managers, Mendenhall, Swanson and Nagel, sent down a wealth of flowers and clusters of fragrant blossoms were in the dining-room with the table in white and yellow with Easter lilies and broad bands of white and yellow crepon for decorations. Rev. L. H. Hallock opened the afternoon program, and the following were welcome: Rev. Thomas Archer and Rev. Charles E. Davis sang and Misses Bessie McKee, Mildred Pierson and Florence Newton recited. Mr. Archer spoke on "The Women of the Orient as Compared with the Women of America." Mrs. Carrie Moore told of the work of the home, what had been done and what it was hoped would be accomplished. An informal reception followed and the guests were greeted by Misses H. A. Watson, Harry Birch, Carrie Moore, Frank Green, H. A. Wakefield and Chant. Coffee and chocolate were served by Mrs. Harry Birch and Miss A. Mendenhall.

In the evening the receiving group included Rev. Mr. Fielder, Rev. Mr. Hurd, P. V. Collins, Mrs. J. E. Hobart, Mrs. Briggs and Miss Letitia Crawford. The program was led in prayer and musical numbers were given by Miss Pearl Benham, Richard Woodworth and William H. Clark. Miss Letitia Crafts told what the national society was doing and Mrs. J. F. Hobart recited "The Women of the West." Rev. E. W. Shurtleff and Rev. Mr. Fielder also spoke of what was being done at home. There was a large attendance both afternoon and evening.

An audience of over 900 attended the Children's Hour in the North high school yesterday afternoon. The program was given by Miss Stella Louisa Wood and Mrs. M. J. McCollum under the auspices of the Improvement League. The children listened with many evidences of interest to the stories and songs and the close of the program expressed their preferences with rapturous frankness. The affair was given to raise money with which to carry on the playgrounds and flower work of the league. The next program will be given Friday afternoon in the Central high school.

The mothers' meeting at Riverside kindergarten was attended by a large number of women yesterday afternoon. Miss Kenyon spoke on "Home Industries of Women." Mrs. De Koven sang and Mrs. Eklund, one of the mothers, gave a delightful vocal number. At the close of the program Mrs. Susan K. Morse, the kindergarten teacher, presented a purse containing \$40 in gold by the mothers of the kindergarten children.

The Adolphus will meet Tuesday afternoon with Mrs. F. L. McGhee, 665 University avenue, St. Paul. Mrs. W. R. Morris will read a paper on "Flower Culture." Mrs. L. Turner, "Industries of Women," and instrumental numbers will be given by Mrs. G. Manning and Evelyn Hickman. Mrs. C. Alexander will sing and Mrs. Lydia P. Williams, president of the state federation, and other club women, will speak.

The ladies of the Colonial chapter, D. A. R., with their escorts, will be entertained at the home of Mrs. J. K. Wetherby, 1519 Spruce street, Monday evening. Rev. Mr. McDermott of St. Paul will deliver an address on "Socialism's Contribution to American Life and History." Appropriate music will be given.

The Political Equality Club organized a section in the third ward Thursday afternoon under the direction of Mrs. Lora C. Little, the ward president. The meeting was held at Mrs. Little's residence, 1114 Twenty-first street N. Among the new members are Misses Eugenia Ellis, Louise J. Stephens, George H. Leighton, H. M. Leighton, Dr. Adelle H. Haverfield, Messrs. Belle M. Taylor, C. N. Robinson, Nellie M. Taylor, Mrs. Freeman and George R. Geer. There were several other present who promised to join at an early day. Dr. Cora Smith Eaton stated the preparation for progress for the entertainment of the national convention, the week beginning May 20. Several of the ladies agreed to entertain delegates in their homes. Mrs. Little is in charge of the convention rest room at the Central high school. She will provide attendants for the visitors. There will be couches and easy chairs for the weary ladies and stationery for those who wish to write. The Political Equality Club is having a beautiful banner made of yellow velvet, bearing the name of the club, to hang in the rest room during the convention.

The members of the Young Matrons' Club entertained their husbands Tuesday evening in a delightful social manner. Mrs. Hitchcock acted as hostess. A clever hunt, post game guessing contest and a new fashioned tea party were various features of amusement. Refreshments were served. Those present were Messrs. and Mrs. Young, Hercher, McGill, Schoonmaker, Van Order, Dyer, Joe, Jones, Hoopes and Hines. Misses Gooch, Herbert Yoch and Frank Hitchcock.

The Chicago Avenue Literary Society will hold its annual meeting Monday at Hotel Waverly. The program of toasts will be given under the direction of Mrs. J. B. Johnson.

The Ramblers will be entertained at luncheon on Tuesday by Mrs. Benjamin of 1520 Portland avenue. A general review of the year's work will precede the luncheon.

The Minnesota Association of the Deaf will hold its first annual reception and supper this evening in Richmond hall, 778 Nicollet avenue.

The program of the Wesley C. L. S. C., which will meet in the church parlors Tuesday evening, will be as follows: Roll call, answer to search questions of March Chautauquan, refer to April journal for replies; music on the subject of "The Kingdom of Nations," led by Miss James; discussion chapters 9 and 10, "The Human Nature Club," conducted by Miss Waddington; review, "Gleanings history, chapters 11 and 12, Mrs. G. W. Shute; selected reading, G. W. Shute.

Mrs. G. W. Gallagher will speak at the Young Women's Christian association, 621 First avenue S., to-morrow evening at 2:30 o'clock, on "Seek Ye First the Kingdom of Heaven." Professor Stout, the evangelist, will sing.

The Thursday Literary Club met this week with Miss May. John Greenleaf Whittier and Edna Allen Poe were discussed. The next meeting will be May 2 at the home of Mrs. Flynn, 961 E. Seventeenth street.

Miss Guthrie of Bethel settlement gave a talk on settlement work at a meeting of the Y. W. C. A. of the university yesterday.

The Zetetic Literary Club will meet at the home of Mrs. Plozman, 10th street N., on Thursday, instead of with Mrs. Potts, as planned.

The Monday Club will be entertained at the residence of Judge and Mrs. Daniel Fish, 2301 Third avenue S. This will be the last club meeting of the season, except the annual picnic, which will be held in June.

The Authors' club will meet as usual at 917 Fifth avenue S. Tuesday evening. The roll call topic is "Shakespeare." Rev. A. N. Alcott will present a paper, "A Visit to Stratford on Avon."

BOY AND GIRL WED. Special to the Journal. Winona, Minn., April 20.—The wedding of Miss Esther McPeck and John Fuller was celebrated last evening at the home of the bride's mother, Mrs. F. T. Foster officiating. The consent of the parents of each has been secured before a license could be procured.

Lady—Oh, how dirty your face is, little boy. Boy—Yes, we hadn't had no company for more'n a week.

HAILED IN HOTELS

When the best stories of the best boomers are all told the British Columbia crowd this year will be a long way from the feet of the Columbia. The country has seen some choice booming but most of it on the American side of the line. When D. R. McGinnis was booming in British Columbia, the manager of a western promoter, perfecting in the line of townsite booming was considered attained. Senator Paris Gibson did some very good work in the line of the medium of eastern money in the town of Falls. Seattle is doing well at the present time, and the Canadian over the boundary in British Columbia is taking less from his equities of western American Residents of Grand Forks, B. C., who arrive here give many reasons for the statement that their town is to be one of the great mining camps of the country, not barring Butte. Rosland people are equally positive on the future of that town. Oliver Matheson of Kalso is here, and he proves that Kalso is really a corner immigration into British Columbia. This immigration into British Columbia, this spring has been the largest on record.

Oren Scotten, the well known Detroit tobacco manufacturer, is at the Nicollet. Mr. Scotten is one of the few independent tobacco manufacturers still in the business. His property camp in the country is owned by the trust, at Detroit, and sold out. But the fascination of the tobacco business was so strong that he went at it again. He is in the west primarily supporting the work of introducing his tobacco to the jobbers.

John Foley of New Hampton, Iowa, was one of the visiting Hawkeyes here yesterday. Mr. Foley is one of that large element in Iowa who take such a keen interest in the lumber trade. Iowa has been doing a host of building in the last ten years, and the lumber traffic has been good. Mr. Foley is one of the ex-presidents of the Northwestern Lumbermen's association. He is a very successful lumberman and has a large number of sawmills in the west.

Robert Moody, president of the Aberdeen National bank, was a recent visitor here. Mr. Moody has held one of those jobs which are more juicy with honor than thanks—that of mayor of his town. Aberdeen is doing a good business and prospering. A direct line to the Black Hills would be the real delight of South Dakota people and Aberdeen would like to be one of the poles on the highway.

Northern Michigan is traveling close to the prosperity hand. The upper peninsula is doing a good business. Charles W. Taylor of Negaunee says that things do move there. In the days before the financial blight of '93 struck the land, there was no spot in the United States where a man could get a good job as a laboring man was considered more worthy of his hire than in the upper peninsula. In the past few years old conditions have been doing a host of building in the last ten years, and the lumber traffic has been good. Mr. Foley is one of the ex-presidents of the Northwestern Lumbermen's association. He is a very successful lumberman and has a large number of sawmills in the west.

MINNETONKA. The Excelsior village hall was crowded last night at the entertainment given at the ladies of Trinity chapel. The ushers at the hall were Miss Grace Spencer and Miss Fannie Struck. The entertainment opened with an instrumental number by Miss Helen Gooden, followed by a piano solo by Miss Anna Morse. Miss Grace Ulmer sang "The Rosary" and "Sponsoring." Reading by Miss Wiggins, entitled "One, Two and Three."

Simon Cordell, an old resident, died at his home in Excelsior yesterday afternoon, aged about 80 years. He was born in the province of Rhine, Prussia, and came to Lake Minnetonka in 1851, first settling at St. Alban's day, and later removing to section 28, which he since kept his home. He was survived by his wife and four sons and four daughters. The funeral will be held from the Catholic church at Chanhassen, the time of which has not yet been determined.

Residents of Cottagegrove are agitating a private special mail delivery for the summer. The plan as outlined here to co-operate and engage a carrier to make two deliveries each week.

The steamer Acte was out yesterday, making the trip from Excelsior to Willowood. Woodgrove Inn will be under the management of Mrs. A. S. Swain in the coming season. This will be the third season Mrs. Swain has managed this place. Her guests will be largely those who made this their summer headquarters.

Colonel James Allen of St. Paul accompanied by his niece, Miss White, were at the Allen cottage at Linwood Friday.

Mr. and Mrs. M. A. Spooner of Minneapolis left for the Thompson cottage at Fairview. They came out for the season last week.

The booster club will be entertained by Mrs. A. B. Rugg of the upper lake. Mrs. Rugg and Mrs. C. Lawrence of St. Paul were the guests of Mrs. O. C. Meeker.

Mrs. Alice B. Russell of Linwood is ordinarily in Minneapolis. Her recovery is doubtful.

Miss Ellen Helmers will spend Sunday at Linwood, the guest of Miss Olga Johnson.

Mrs. R. James Perkins is at one of the Austin cottages at Summerville for the season.

Harry Johnson will spend Sunday with Mr. and Mrs. H. S. Johnson at Linwood.

Mr. and Mrs. E. D. Ortman came out last Saturday and opened Kottage at Linwood.

Mr. and Mrs. Arthur Stremel came out Thursday and opened their summer home at Linwood.

Mr. and Mrs. H. S. Johnson have opened the Johnson cottage at Linwood for the summer. The place has been greatly improved. The lawn graded and a new bathhouse built. They are also having built a new naphtha tank and a ballroom. The launch will be one of the finest small crafts on the lake.

Rev. Frederick D. Tucker of the natural college, St. Anthony Park, will conduct the services at the Congregational church, Excelsior, Sunday morning and evening.

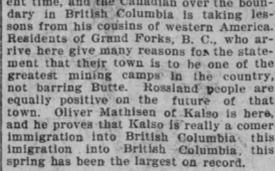
Mr. and Mrs. W. F. Bennhoff of Minneapolis were the guests of J. F. Miller.

Mr. and Mrs. H. S. Johnson were given yesterday to spend several days at Glen Morris.

In cases of cough and croup, give the Little One Minute Cough Cure. Then get to sleep and rest easy. Cures quickly.

REV. FATHER CHAGNON'S PUBLIC LETTER.

"I Can and Do Publicly Recommend Dr. Greene's Nervura. It Has Benefited Me in Nervous Dyspepsia and Insomnia. You Have Permission to Publish This Letter for Others' Good."



Father Chagnon's influence in his parish is second to none. He is a hard worker among his people. They depend on him in every trial, and get his counsel for every perplexity of their lives. The good he is doing is far reaching. It goes way beyond his immediate church. Everybody loves and respects and relies upon Father Chagnon.

What a wonderfully helpful life such men lead, revered and looked up to by all who know them. They carry the individual woes of their people on their own shoulders and their lives are devoted to others' good. Give heed to the Reverend Father's words, if you suffer with nervousness, weakness, debility, sleepless nights or dyspepsia. Follow his advice given here publicly "for others' good." Here is Father Chagnon's letter:

"I have used Dr. Greene's Nervura blood and nerve remedy and can say that it gave me entire satisfaction. I have known others of my acquaintances who have used it, and they were quite satisfied with the results. I am free to say that I think it is a good remedy and I can and do recommend it to others publicly. It has benefited me in nervous dyspepsia and insomnia. You have permission to publish this letter for others' good."

F. X. CHAGNON, Pastor of St. Mary's Church, Champlain, N.Y.

A disturbed nervous system makes constant war on the health of men and women. It keeps us from getting the benefit of our food, which is the source of all strength. It pulls down our energy and impoverishes our blood.

The greatest known help for a lowered tone of health is Dr. Greene's Nervura blood and nerve remedy which builds up body and brain in perfect accord with Nature's plans. All chronic troubles yield to this great medicine, because perfect nerve action and well nourished blood result from its use. It is the true help for you.

Father Chagnon's public commendation is the sincere and earnest expression of his wish to help all who are in poor health. In the midst of perplexity his words remove doubt. Dr. Greene, the discoverer of Nervura, is the most successful physician in curing chronic troubles. He advises free of charge by mail or by personal call at his office, 35 W. 14th St., New York City.

OUR DAILY BREAD

Valuable Suggestions for the Kitchen and Dining Room. By Katherine Kurtz. SPRING SALADS. Here Are Lettuces for Every Man's Lips.

In the springtime the heart of man longs by natural instinct for the pure delights of tender herbs and succulent leaves. Though he who dwells in cities may not obtain green peas in January and strawberries and lettuce in Christmas, they lack that delicious flavor and dainty crispness imparted by the warmer sunshine and pure fresh air. We long for those "herbs that have on them cold dew of the night." And the first crisp bunch of "red garden greens" is hailed with delight, as the harbinger of a long, delightful train of fresh fruits and vegetables.

We Do Not Eat Enough Salads. The name "salad" may be a misnomer, and certainly is when applied to the conglomerations of most indigestible materials frequently served under this delusive title. Many entertain an idea that salads are only appropriate for special occasions. A dish that custom has decreed must not be omitted from a ceremonious dinner or luncheon, and as a natural sequence, a luxury not to be indulged in for every day by people of moderate means. In truth a salad should be served at least once a day, and is appropriate at all times. Better to sacrifice the dessert and frequently to advance meat and other vegetables than those combined in the salad, than to neglect the serving of this dish in some form every day. The simpler salads are of course to be preferred for general serving, and the only true salads are those that consist of fresh green leaves, herbs, and the plain French dressing of oil and lemon juice or vinegar seasoned with salt and cayenne.

The Food Value. Salads are especially useful during the season of transition from the cold, bracing temperature of winter to the more relaxing and enervating heat of the warmer season. The plants and vegetables commonly used for salads contain few properties of food value aside from mineral herbs and water; for this reason they are most valuable for the diet of those who are afflicted with indigestion; they do not add an excess of caloric elements. The potash salts contained in the salad greens render them of great use in keeping the blood in good, healthy condition and cooling the system. Therefore they should be considered from a medical standpoint at least, though it would seem that the combination of beauty and wholesomeness would need no further recommendation to the housewife.

Materials Required. While the supply of materials are most generous, the requirements are small. Never attempt too much at first. While in salad-making much depends on the delicate and artistic blending of materials and the artistic taste in garnishing, a good salad cannot be made out of poor materials. One of the first and most important of the materials is the oil; this must be sweet and fresh. The vegetables or fruits used in the salad must be young and fresh, with a crispness that puts a keen edge to the appetite. It requires but very little skill under proper conditions to produce a delectable salad.

Salad Oil. People do not use enough vegetable oil to keep them in good health. One reason is, perhaps, that Americans have partaken of inferior preparations when first introduced to a salad, and formed a natural though unreasonable prejudice against one of our most valuable foods.

Well-digested fats are the salvation of those who have consumptive tendencies. The fixed oils of animals fats are hard to digest, but vegetable oils are the most digestible of all fatty foods, and introducing it into salads is a pleasant way to take it. It health, soothes and rests the digestive organs, fulfilling a requirement of the complicated piece of human mechanism as a lubricator in a most beneficial manner.

How to Serve a Salad. A salad may be served at a morning meal in spring or summer, and acts as an appetizer. If this is the design, serve it in as simple a form as possible, and use only the crispest, most tender green leaves of salad plants and subacid fruits, with the plain French dressing. This rule applies to a dinner salad as well.

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Wesson Vegetable Odorless Cooking Oil

A Delicate Frying Fat. Wesson Process Company, 120 South Third Street, Philadelphia.

Carries with it no possibility of disease as do animal fats. It is superior to choice (malted) butter and lard, because it is richer, more digestible, goes further and costs less. Sold by all grocers. Send 4 cents for new cook book.

Lettuce Salad. This is the simplest form of salad, and the one particularly dear to the heart of the salad lover. Select your lettuce as fresh, tender and crisp. It may be kept in this condition for days after gathering if sprinkled lightly with cold water and kept in a cool place, from the light and air. Wash it very thoroughly, being careful not to bruise the leaves; shake out all the water and drain in a wire basket or colander. No water must be allowed to remain on the leaves when ready to eat. Sprinkle with a dash of cayenne and a teaspoonful of salad oil; beat rapidly into this a tablespoonful of lemon juice, tarragon or good olive vinegar. Continue beating until the dressing is thick and light colored.

Spinach Salad. Pick over a peck of spinach and wash in several waters until free from grit. Cook tender, drain thoroughly and chop fine; season with salt and pepper and marinate with a little French dressing. Press into little individual molds or cups and set where it will get perfectly cold. Turn out on crisp leaves of lettuce. Press a slice of hard-boiled egg on top of each mold, or a button radish trimmed to resemble a tulip, and heap a little mayonnaise at the base.

Oyster Salad. Scald a pint of large oysters in their own liquor, until they plump. Drain and chill. Make a French dressing with four tablespoonfuls of oil, two tablespoonfuls of vinegar, a teaspoonful of salt and a dash of paprika. Four times over the oysters and let stand ten minutes. Arrange crisp, tender lettuce leaves in individual cup shapes on small servers, fill with oysters, garnish with mayonnaise and pinwells.

Eating What We Like. Young people are loth to give up their sweets and those dishes for which they have a strong predilection, but which are apt to be unseasonable and unwholesome. Many who do not associate temperance in eating with the admonition, "Be ye temperate in all things," continue to indulge in rich heavy desserts and pastries.

Coddish in Coddle. Melt one tablespoonful of butter in a saucepan; stir in one teaspoonful of flour; then add one cupful of milk; stir and cook until it begins to thicken. Season with half a teaspoonful of salt and a little cayenne, one teaspoonful finely minced parsley, one teaspoonful onion juice and a teaspoonful of Worcester sauce. Beat the yolks of two eggs and stir into the same. Then add one and one-half cupfuls of shredded coddish. Cook a few minutes. Butter scallop shells, fill with the mixture, sprinkle the top with buttered crumbs. Place in a hot oven and brown nicely.

Cracked Cod on Toast. Melt two level tablespoonfuls of butter in a saucepan; add two level tablespoonfuls of corn starch; stir in one teaspoonful of flour; add a cupful of good cream and a pinch of nutmeg; let the sauce come to boiling point, add a dash of paprika and a cupful of shredded coddish which has been softened by covering with

cold water for a moment, then squeezed dry. Let it get very hot, add a teaspoonful of lemon juice and serve on nice squares of buttered toast. All rights reserved by Banning & Co.

To Brain and Body. It builds splendid strength for the weak or the well. Its rich nut-flavor tempts the palate, and the life-building qualities in it est-ify the physical demands.

BATTLE CREEK SANITARIUM FOOD CO. BATTLE CREEK, MICH.

WOMAN'S CROWNING GLORY. It is her hair. If Gray or Bleached, it can be restored to its natural color without injury to health or scalp by application of the Imperial Hair Regenerator.

Imperial Hair Regenerator. THE STANDARD HAIR COLORING. It is absolutely harmless. Assurely produced. Color fast, and ONE APPLICATION LASTS MONTHS. Imperial Chem. Mfg. Co., 135 W. 24th St., New York. Sold by Hoffman-Thompson Drug Co., 101 S. Wabash, Applied S. H. Heger, 207 Nicollet.

van Houten's Cocoa. combines Strength, Purity and Solubility. A breakfast-cupful of this delicious Cocoa costs less than one cent. Sold at all grocery stores—order it next time.