



The absolutely pure BAKING POWDER

Made from Pure Grape Cream of Tartar.

Royal gives to food that peculiar lightness, sweetness, and delicious flavor noticed in the finest bread, cake, biscuit, rolls, crusts, etc., which expert pastry cooks declare is unobtainable when any other leavening agent is used.

ROYAL BAKING POWDER CO., 100 WILLIAM ST., NEW YORK.

LAKE MINNETONKA

A farewell party was given Monday evening at the Sampson House by Miss Lula Sampson in honor of Charles E. Sampson, who left Tuesday for Anacosta, Mont. Dancing was the pleasure of the evening. The dining-room, used for dancing, was decorated with purple asters. The guests were Mr. and Mrs. S. J. Boardman, Mr. and Mrs. D. L. Case, Misses Marjorie Perkins, Clara Hay, Florence Perkins, Helen Goodnow, Nellie Preston, Evelyn Brackett, Lucy Boardman, Edna Smith, Mabel Weyer, Ruth Weyer, Messrs. Sylvester Moody, Charles Hartz, Otto Mackroth, Claude Brackett, Charles Seigfoos, Frank L. Sampson, George Pendergast, Ralph Boardman, James Goodnow, Roy Brackett and Andrew Melvin.

The Ladies' Home Missionary Society of the Congregational church held their seventeenth annual meeting yesterday afternoon at the home of Rev. and Mrs. G. A. Taut of Excelsior. The following officers were elected for the ensuing year: President, Mrs. R. J. McGrath; vice president, Mrs. P. H. Perry; secretary, Mrs. Reed; treasurer, Mrs. J. I. Weyer. At the conclusion of the business meeting supper was served to which the gentlemen of the church were invited.

The Tonka Bay postoffice has been discontinued for the winter. The patrons of the office now receive their mail at Excelsior.

Mr. and Mrs. C. G. Church have taken the house of Dr. George H. Shrodes until Jan. 1.

NORTHWESTERN WEDDINGS

Northfield, Minn., Oct. 5.—The marriage of Miss Winona Stranahan of Northfield and William M. Daughtry of Jamestown, N. D., will take place Wednesday at 8:30 o'clock.

Sioux Falls, S. D., Oct. 5.—The wedding of Miss Eva Mae Kinkadee and Norton Buchanan of Cedar Rapids, Iowa, took place Wednesday at the home of the bride's parents, Mr. and Mrs. W. S. Kinkadee. Rev. A. F. Morgan read the service. Among the out-of-town guests present were Sinclair Knox of Minneapolis, D. Bradley of Chicago, Mr. and Mrs. Oscar Brown, Miss Lena Buchanan, Lyman Towne and E. A. Sherman, of Cedar Rapids, Iowa; Miss Lou Rudin of Omaha and Miss Grace Turner of Wells, Minn.

Lead, S. D., Oct. 5.—Miss Jennie Parfroy of Richard Center, Wis., and A. J. Clark, head assayer of the Homestake company, were married Wednesday evening. Mr. and Mrs. Clark will reside in Lead.

The wedding of Miss Minnie Boehris of Cedar Rapids, Iowa, and Mr. Peter F. Oster will take place Wednesday evening. Mr. Oster will take his bride to Galena to live.

DAUGHTER OF THE WHITE HOUSE

Unusual Interest Felt in the Advent of Miss Roosevelt.

Washington, Oct. 5.—Miss Alice Roosevelt, the president's eldest daughter, will come to Washington with her father when he returns from the exercises at Yale, Oct. 23, where the degree of LL. D. is to be conferred upon him. Miss Roosevelt is now at Farmington, Conn., with her aunt, Mrs. Cowles, wife of Commander Sowles of the navy. The advent of this daughter of the president, who is widely known as a charming and accomplished young woman, to the White House is being eagerly awaited by Washington society. Miss Roosevelt promises to be an important person in next winter's social gayeties. But apart from the fact that she is the first girl of the White House has known since the days of President Arthur contributes to make her coming an event of unusual interest.

Miss Heiga Olsen has opened her studio at 608 Nicollet avenue in the Medical block.

Fascinating complexion of a healthy face comes using Satin-Skin Cream and Powder. 25c. Weinhold's.

The through tourist car for California will run every Thursday via the Chicago Great Western railway route to Los Angeles. New wide vestibule Pullman tourist cars are furnished and these are personally conducted west of Kansas City. For rates, reservation of berths, etc., apply to A. J. Atcher, City Ticket Agent, corner Nicollet avenue and Fifth street, Minneapolis.

California Tourist Cars. To find out all about them, consult Minneapolis & St. Louis Agents.

In Social Circles

Miss Florence Hale gave a Japanese luncheon this afternoon at her home on Laurel avenue for Miss Catherine Williams, the guest of Miss Alice Gilmore. A huge Japanese umbrella was suspended over the table and gay Japanese lanterns were hung from the ceiling. A great cluster of red geraniums furnished a vivid flame of color in the center of the table. American Beauty roses were used in the parlors. Covers were laid for twelve.

Mrs. George R. Huntington and Mrs. C. A. Sawyer gave a hokey shower this afternoon for Miss Dora Healy. After the shower hours were spent in the parlors. The decorations in pink and a profusion of pink roses were arranged through the rooms. The guests were twelve young women, friends of the bride-elect.

Mrs. George Wheeler and Miss Brundage will give an informal tea Tuesday afternoon for Miss Adeline Brundage, whose marriage to Mr. H. H. Morgan will be quietly solemnized at the Wheeler home this month.

The invitations have been issued for the marriage of Miss Vera Edythe McIntosh to Mr. Perry. The ceremony will take place Tuesday evening, Oct. 15, at 8 o'clock, at the home of the bride's mother, 243 Colfax avenue. The maid of honor will be Miss Laura McIntosh. Clara Evans will serve as matron of honor. Several social affairs will be given for Miss McIntosh, a dinner next Tuesday given by the maid of honor at her home, 279 Fremont avenue. Mr. and Mrs. Perry will go on their bridal trip and will be at home after Nov. 15 at 243 Colfax avenue.

The wedding of Miss Caroline Adelaide Stout and Harry Whitting of Minneapolis will take place next Saturday morning at the home of the bride's parents, Mr. and Mrs. George C. Stout, in Lake City, Minn. Mr. Whitting will bring his bride to Minneapolis to reside.

Miss Ella Maude Besser, daughter of Mr. and Mrs. George Besser, and Claude Radcliffe Hall of St. Paul, will be married at the home of the bride's parents, 631 E. Eighteenth street, Wednesday, Nov. 6.

Among the weddings of next week will be that of Miss Mattie Anderson and J. Adolph Brown, which will take place Saturday evening at 8 o'clock at the home of the bride's father, A. Anderson, 613 Nineteenth avenue S. Yesterday afternoon Mrs. W. Lund and Mrs. J. E. Erickson gave a parcel shower for the bride. The rooms were bright with autumn leaves and ferns and American Beauty roses marked the bride's chair and furnished a centerpiece for the table. Thursday evening Mrs. John Anderson of Clinton avenue entertained the members of the bridal party. Miss Carolyn Anderson gave a program of songs.

Mrs. Carl L. Wallace has issued invitations for a tea to be given Wednesday for Miss Nellie Armstrong, whose wedding to Maurice Melville Crowley was recently announced. The guests will include a group of thirty young women from St. Paul and Minneapolis.

The Aur Wiedersohn Club will give the first of its series of dancing parties Monday evening in Mrs. Nobles' hall, Fourteenth avenue SE. On Friday evening the East High school dancing club will have its first dance of the season.

Last evening, following the Wakeman concert, the artists were given an informal supper at the apartments of Mr. and Mrs. E. Wood in the Colonial. Covers were laid for ten and among the guests were Mrs. Elizabeth Johnson, wife of the Otis Skinner company. The table had much daintily embroidered linen and a centerpiece of American Beauties and carnations.

Mr. Nelson, who the troublemaker in "Francesca," is a pupil of Yanniotti of Florence, who was also the master of Miss Hall, one of the guests, and a comparison of Italian notes was a pleasant surprise to pleasure to both. The wedding was held at the home of the bride's parents, Mr. and Mrs. W. S. Kinkadee. Rev. A. F. Morgan read the service. Among the out-of-town guests present were Sinclair Knox of Minneapolis, D. Bradley of Chicago, Mr. and Mrs. Oscar Brown, Miss Lena Buchanan, Lyman Towne and E. A. Sherman, of Cedar Rapids, Iowa; Miss Lou Rudin of Omaha and Miss Grace Turner of Wells, Minn.

Mr. and Mrs. H. C. Lutzger of 401 Second avenue SE left Thursday for Kibbourn, Minn., to attend the wedding of their daughter, Mrs. Charles Nelson Spratt, who has been in the city the past week to attend the wedding of her sister, returned last evening to attend to the duties of the surgical staff of the Johns Hopkins hospital.

ors and branches of autumn leaves were used with the ribbons. Dancing amusements were the amusement. Prizes were awarded to the one who was able to guess the number of seeds on a great strawberry; to the boy or girl who could carry the largest number of beans on a knife blade from one table to another; and to the one who pinned the missing wing to a butterfly when blindfolded. The prizes were bonuses for the girls and toys for the boys. The children also tried to strike a bag of bonbons hanging from the ceiling while blindfolded. Mrs. Noble was assisted by Mrs. C. L. Elston, Misses Martin, Barrows, Pratt and Blackburn. The young women wore white gowns and Mrs. Noble and Mrs. Easton were in black. This evening Mrs. Noble will give the first informal of the year. Miss Social will play.

Personal and Social.

Mr. and Mrs. James Quirk are home from the east. Mr. and Mrs. John Thomas, Jr., are in San Francisco, Cal.

Miss Ellen K. Merrill is visiting friends in Chicago and South Bend. Mr. and Mrs. H. N. Hill left today to visit friends in Washington, Philadelphia and New York.

Mr. and Mrs. Alton Miller are in Milwaukee, the guests of their son, Walter G. Miller, and family.

Mrs. E. W. Van Meter of Aberdeen, S. D., the guest of Dr. and Mrs. Macdonald of Sunbury.

Mr. and Mrs. H. S. Drake of Spring Valley is the guest of her sister, Mrs. Denton, 2022 Portland avenue.

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Hard on the Back

Minneapolis Public Learning the Cause



Sick kidneys are hard on the back—Nine times out of ten backache simply means sick kidneys—

Kidneys are filters of the blood—if they become clogged or unable to do their work Poisons are forced back into the system—That means backache—lame back—diabetes—Bright's disease—

But there's a cure for Sick Kidneys—

Doan's Kidney Pills

Ask Minneapolis people—they know—They have been cured—Hundreds of them—After years of suffering—Made well and strong—

No more bad backs—No more backaches—No more urinary troubles—Here's one Minneapolis man's experience:

Mr. W. G. Canfield, barber in the Hampshire Arms, corner of Ninth and Fourth Avenue South, says: "Mrs. Canfield had occasion to use Doan's Kidney Pills, sold at the Voegeli Bros. Drug Co. They brought such pleasing and unequivocal results that we have no hesitation in endorsing the claims made for the preparation."

Doan's Kidney Pills are for sale at all drug stores.

50 cents a box—Foster-Milburn Co., Buffalo, N. Y.

OUR DAILY BREAD

Valuable Suggestions for the Kitchen and Dining-Room.

BY KATHERINE KURTZ.

FARINACEOUS DISHES

"The spirit of each dish, and zest of all, is what ingenuously cooks the relish call: For, though the market sends its loads of food, they are all tasteless till that makes them good."

The class of substances that come under this head are very interesting and important. Although they do not constitute an essential part of the dietary they are among the most agreeable of the ordinary foods and their use adds very materially to the cuisine.

The farinaceous foods to which we refer are used principally in soups and puddings, and while they come in the form of meal as well as in coarse granulated form, they are not used for breads.

Sago, tapioca, arrowroot, corn starch and rice flour are the most common of these materials.

This class is particularly suitable for food for children and the sick. The meals contain a slight trace of nitrogen, but of so small a quantity it is hardly to be considered in estimating the food value.

Sago and Arrowroot.

Sago is the product of various palms. It is obtained by washing the pith of the palm with water and drying the sediment, after which the sago appears in round grains that vary somewhat in size, or in small granulated masses. These grains, while very hard when dry, are quite readily dissolved in water and make a mucilaginous food which generally takes the form of a pudding or soup, or gruel for the sick. Although not a disagreeable food, it is somewhat lacking in flavor and requires suitable adjuncts to make it entirely acceptable to the taste. As it consists almost exclusively of starch, its nutritive value is not high, being inferior to rice and ranking decidedly below the farinaceous foods of our northern climate. When well cooked it is digested in about an hour and a half.

Arrowroot is perhaps better known, the Bermuda arrowroot being most esteemed, and when not adulterated, is a very pure form of starch that is not difficult to digest. It is used a great deal in diet for the invalid and sick on account of its delicacy and purity. It is also derived from the palm tree, from the rhizomes or roots, by washing and drying. Like sago, it requires a continuation with other materials to increase its food value and make it more agreeable and pleasing to the palate.

Tapioca.

This is in more general use and better known than the foregoing materials. It is essentially the same in nature and nutritive value as the arrowroot. Tapioca is obtained from the manioc plant, a native of South America. The plant contains prussic acid, but this poison is entirely separated from the root in the preparation, and we have yielded, cassava and tapioca. The cassava is formed into cakes, which are used most by the natives, while the tapioca is used very extensively in this country and Europe in much the same way as rice and arrowroot.

Cornstarch and Rice Flour.

Cornstarch is the farinaceous part of the grain of maize or Indian corn and is used chiefly in puddings or to thicken delicate white sauces.

Rice flour is very delicate and gives white-

Women Should Be Beautiful.

Nothing is so attractive, so suggestive of purity of mind and body as a clear velvety complexion.

Woodbury's Facial Soap

removes the blemishes that disfigure the face, neck and hands leaving the skin smooth, firm and white.

Woodbury's Facial Soap cleans, softens and beautifies the skin.

Sold by dealers everywhere, 25c. each. Free booklet and sample cake of soap and tube of cream mailed for 5c. stamps or coin.

Andrew Jergens & Co., Sole Agts., Dept. 33 Cincinnati, O.

ness as well as a peculiar delicacy to food when mixed with other flour in white cakes or sauces. Rice flour cakes are dainty and easily digested, and, being mixed with sugar and other agreeable adjuncts, makes rather luxurious food.

Farina.

This is made from wheat grain and is used for mush and puddings. It contains more nourishment than the other preparations noted and is used much in invalid cookery. It requires considerable cooking, especially if made from hard wheat.

All rights reserved by Banning & Co.

FROM CHOICEST GRAIN TO BROWN AND BRAIN.

Toasted Wheat Flakes

SEE THAT A PICTURE OF THE BATTLE CREEK SANITARIUM IS ON EACH PACKAGE.

TOASTED WHEAT FLAKES

The Excuse

Made by many a man for taking a drink at the bar is that he needs a bracer. He feels weak, his stomach is "out of sorts" and liquor makes him "feel good." The tired man who sits on a pin leans up with new energy, but no one would say that this energy was evidence of the strength giving power of a pin. So with the energy induced by liquors. They only spur the body on but do not strengthen it.

Strength is made from food properly digested and assimilated.

When the stomach is diseased there is a failure to extract the nutrition from food and the body grows weak. The weak body needs strengthening, not stimulating. Dr. Pierce's Golden Medical Discovery cures diseases of the stomach and other organs of digestion and nutrition, so that the nutrition of food is perfectly extracted and assimilated, and the body nourished into health and strength.

There is no alcohol in "Golden Medical Discovery," and it is entirely free from opium, cocaine and all other narcotics.

Accept no substitute for "Golden Medical Discovery." There is no other medicine "just as good" for diseases of the stomach and allied organs.

Your "Golden Medical Discovery" and Dr. Sage's Catarrh Remedy have been of great benefit to me. Write (Prof. Pleasant A. Oliver, of Viola, Fulton Co., Ark. Before I used the above mentioned remedies my sleep was not sound; digestion bad; a continual feeling of misery. I now feel like a new man."

Dr. Pierce's Pleasant Pellets regulate the bowels and liver.

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CLUBS AND CHARITIES

Club Calendar.

MONDAY—Executive committee of the Woman's Foreign Missionary Society, Westminster church, Monday, 8 p. m.

Proebel Club, Gethsemane guild hall, 4 p. m. Disco Club, Mrs. A. S. Lewis, 1356 Vine place, 2:30 p. m.

Discos Club, Mrs. E. W. Gould, 2644 Humboldt avenue S, 2:30 p. m.

A PRACTICAL ORGANIZATION

Little Machinery and Big Results in Needlework Guild.

No more practical or far-reaching charity could be devised than that established by the Needlework Guild, which is international in its scope, and which has, in Minneapolis, one of the best branches of the order in the world.

In America, it is far reaching in a double sense, in that a large number of people each make a small contribution of new, plain, durable and useful garments, which are given to an equally large number of deserving poor, thus benefiting both donor and recipient.

These garments reach the wearers through the best possible channels, the regularly organized charities of the city, individual agencies, being met through the city poor department.

The works of the guild is absolutely non-partisan, and its organization and aid is never based upon religious or sectarian requirements, but that an application should be made stating the kind of garments needed and they must be called for in the name of the organization.

The Minneapolis Needlework Guild was organized in 1892 with twenty-seven section presidents who collected 3,811 garments, the work of collecting and distributing being accomplished in one day. Last year 8,500 garments were collected by fifty section presidents and the work now requires a full week. The guild, never a feeble child, is now in its tenth year, strong and robust, giving promise of a future which will develop in one of the greatest and best philanthropies of the new century.

An Iowa Budget.

Des Moines has in its Woman's club a department club of which any city might be proud. It has just answered upon its year's report with a membership of 240. The receipts of the last year were \$2,382. The club has the nucleus of an art gallery, and bought a Reaser picture last year at a cost of \$350.

The club was a strong agitation for a club house last year, but this proved too large an undertaking. The club is now housed in the Y. M. C. A. building and expects later to occupy quarters in the new library building, but has not given up the hope of some time having a building of its own.

Mrs. W. H. Bailey, president of the Woman's club and also of the state federation, in her inaugural address to the club, urged each of the committees to make a thorough study class of itself. She regarded the committees as the training school for the individual and the place for planning and carrying out altruistic work; the open club is where the women thus trained can come together to present results of investigation along their lines, whether given by thinkers without or without a club, and to discuss the place where questions affecting the club or community should be taken up. She announced that the art exhibit planned for this year would be of the works of Charles Cummings, director of the school for the blind. The club has recently raised its annual dues from \$3 a year to \$5.

An executive committee meeting of the Federation of Women's Clubs was held this week in Des Moines and the standing committees were called together at the same time and place. The meetings were held Thursday and Friday and were attended by about forty women. The resolutions were given in honor of the visiting club women yesterday morning by the Woman's club. All clubs

HOSTETTERS

This medicine strengthens the stomach and perfecting the digestion, prevents Constipation and Biliousness, Steadies the Nerves, Purifies the Blood and Relieves the Liver and Kidneys. We urge you to try it.

STOMACH HOSTETTERS

STOMACH HOSTETTERS

RIPANS

I sincerely recommend Ripans Tabules for any kind of indigestion. I always carry them with me in case I should feel any of the old trouble which used to tighten my chest in such a way. I thought it a heart affection at the time.

One Gives Relief.

Habitual Constipation

is permanently cured by the use of Carlsbad Sprudel Salt. It is nature's own cure. Its action is mild but certain. It regulates the organs, cleanses the system effectually and purifies the blood.

Carlsbad Sprudel Salt

is obtained by evaporation from the waters at Carlsbad,