

With the Long Bow.

"Eye nature's walks, shoot folly as it flies."

THE ice barons are not guilty, but they claim that the teamsters have "a gentleman's agreement."

It is declared that neither the chauffeur, nor any of the party in the automobile that ran pellmell into the Chicago river thru an open bridge, were under the influence of liquor.

The Lake Mills, Iowa, Graphic makes the following announcement:

Miss Susie Todd will accept eggs in trade for millinery from her country customers.

There was once great consternation in the office of Zion's Herald when the writer of an obituary article upon a mother in Israel, having said in pious phrase that she died and "claimed the promises," was made to aver that she had died "and cleared the premises." Zion's proofreader, like the rest of us, is mortal.

In July of 1904 there was a train wreck on the Erie railroad in New York state. The cars leaped frantically from the track and crumpled up. Miss Annie Healy was on one of them. Jerome Langer, a brother of Editor Langer of the West Point Republican, rescued Miss Healy from the wreck and bandaged her scalp wounds, which were severe, by tearing off his own shirt sleeves for that purpose.

Miss Myra Kelly, the writer, has recently told of an experience of man's politeness that shows that our hearts are in the right place, no matter what we do.

"The car was entirely empty, with the exception of one man, and his condition was exactly the reverse. As I entered he arose, made me an unsteady but magnificent bow, and said: 'Madam, please be kind 'nough to assepect this plashe.' There was nothing else for me to do, so I thanked him and sat down.

Of course, the elevator that fell twelve stories in the Citizens' Central National Bank building in New York the other day "had been inspected last Monday." At the building all other information was refused, and the papers had to worm their stories out of employees and others who were near by.

Notwithstanding the fact that "the elevator had been inspected last Monday," the car struck with a terrific crash and was totally wrecked, but the elevator man, John Carson, did not receive even a scratch.

His companion, John L. Lynch, sustained no more serious injury than a fractured ankle.

According to Carson, his experience was a remarkable one. He said his escape was little short of miraculous, and was due to his own presence of mind.

Carson said that as soon as he realized that he was falling he sprang up to the roof of the car and grabbed hold of the framework. He said he hung on while the car was making its swift descent and, tho his hands and arms were badly wrenched by the fall, he was not injured.

Never take an elevator that is going to fall. Take the one in the next building. It is safer.

What the Market Affords.

- RASPBERRIES, per box, 15 cents. Strawberries, per box, 10 to 15 cents. Cabbage, good heads, each, 5 cents. Green beans, per pound, 8 cents. Plums and apricots, per basket, 25 to 30 cents. Late Valencia oranges, per dozen, 25 to 50 cents. Fancy broilers, each, 40 and 50 cents.

Variety in made-over dishes, in order to overcome standing prejudices, is absolutely indispensable; its attainment, however, presents a difficult problem. Small amounts must not be credited with more flavoring qualities than they possess. Condiments supply flavor and character where such may be lacking, but unfortunately they, too, require study or a ready wit to avoid repetition of combinations.

Necessity must teach economical and attractive serving. Fritters, toast, hot rolls, timbales, patties and ramekins, baked and steamed forms of varied make-ups, besides sauces, gelatine, salad dressing and green garnishes, lend attractiveness. The addition of starchy foods, as rice, macaroni, spaghetti, noodles and potatoes in baked or steamed forms, pastry, batters and breadstuffs, of various kinds of spices and pickles, of cheese and eggs, are familiar, if not appreciated at their true value.

THE MARINER'S YARN.

DOWN in the docks the other day they were talking about a schooner which had been struck by lightning, when the reporter singled out an old mariner, and said:

"Captain H—, it seems to me I've read or heard of your brig being struck."

"Yes, she was," answered the old yarn-spinner.

"Where was it?"

"Off Point aux Barques, about fifteen years ago. Very strange case, that. Probably the only one of the kind ever heard of."

"Give us the particulars."

"Well, we were jogging along down when a thunderstorm overtook us, and the very first flash of lightning struck the deck amidship, and bored a hole as big as my leg right down thru the bottom of the vessel."

"And she foundered, of course?"

"No, sir. The water began rushing in, and she would have foundered, but there came a second flash, and a bolt struck my fore-to-gallant-mast. It was cut off near the top, turned bottom end up, and as it came down it entered the hole and plugged it up as tight as a drum.

"Say, Sam, mah wife is in de congregation somewhere."

"Why, how kin yo' tell?"

"Cause I jist seen mah suspendah-button on de plate."



OH, YES, WE HAVE A CAZAR.

Cash Customers "Kick" in Vain.

SHOULD think they'd show more consideration to a good cash customer," exclaimed the shopper, who had just had a wordy encounter over an exchange slip with the floor-walker.

"That's just the trouble—it's only on the delivery books and not among their charge customers."

"But I should think the firm would want a big cash trade?"

"It does, but firm and employees look at it differently. When a woman says, 'Charge, please,' the clerk sits up and takes notice.

"The woman who has an account is the woman who can most easily complain of discourtesy and inattention on the part of a clerk.

"The value of her trade is known to the firm. She prefaces her complaint with the words: 'As you know, I've had an account here ever since the store was opened.'

"The cash customer represents a single sale. She cannot prove how valuable her trade is to the house, and the clerk knows it. I've watched the rule work again and again. It almost discourages one in the self-imposed task of paying cash."

"But, on the other hand," objected the tired shopper, "if a woman pays cash, she buys more carefully, more providently."

"That is just the point," smiled her wise companion. "It is the woman who buys impromptly, sometimes foolishly, who commands the respect and, incidentally, the attention of clerks."

—New York Press.

A WORDY ENCOUNTER WITH THE FLOOR-WALKER.

When a woman says, 'Charge, please,' the clerk sits up and takes notice.

The woman who has an account is the woman who can most easily complain of discourtesy and inattention on the part of a clerk.

The value of her trade is known to the firm. She prefaces her complaint with the words: 'As you know, I've had an account here ever since the store was opened.'

The cash customer represents a single sale. She cannot prove how valuable her trade is to the house, and the clerk knows it. I've watched the rule work again and again. It almost discourages one in the self-imposed task of paying cash."

"But, on the other hand," objected the tired shopper, "if a woman pays cash, she buys more carefully, more providently."

"That is just the point," smiled her wise companion. "It is the woman who buys impromptly, sometimes foolishly, who commands the respect and, incidentally, the attention of clerks."

—New York Press.

What Women Want to Know.

GRASS STAINS.—Is there anything that will remove grass stains from a pair of light gray wool trousers?

Try washing the spots in alcohol. Should there be any ugly trace of green left, let the stain soak in alcohol for a few hours and then rub it again.

QUESTION FOR TOMORROW.

PLASTER CASTS.—In your column "What Women Want to Know," will you please tell me what to do to plaster of paris casts which I have made myself to give them the finish like boughten ones?

ALL THIS AND SOME MORE.

AT A CLUB banquet in Kansas City some time ago, Congressman Tarsney responded to the toast: "The Ladies of Missouri."

He was eloquent. He told how the rose had been robbed of its color to form the Missouri woman's lips. He put the damask of the cherry upon her cheeks. He tore the stars from the skies to make the light of her eye. He reached the topmost pinnacle of praise and adulation. Then the Kansas lady who was to respond to the toast, "The Ladies of Kansas," rose and said, with a slight drawl: "The women of Kansas are all that and then some."

HE KNEW FROM EXPERIENCE.

"Say, Sam, mah wife is in de congregation somewhere."

"Why, how kin yo' tell?"

"Cause I jist seen mah suspendah-button on de plate."

—Judge, 1905.

HE KNEW FROM EXPERIENCE.

"Say, Sam, mah wife is in de congregation somewhere."

"Why, how kin yo' tell?"

"Cause I jist seen mah suspendah-button on de plate."

—Judge, 1905.

HE KNEW FROM EXPERIENCE.

"Say, Sam, mah wife is in de congregation somewhere."

"Why, how kin yo' tell?"

"Cause I jist seen mah suspendah-button on de plate."

—Judge, 1905.

HE KNEW FROM EXPERIENCE.

"Say, Sam, mah wife is in de congregation somewhere."

"Why, how kin yo' tell?"

"Cause I jist seen mah suspendah-button on de plate."

—Judge, 1905.

Curios and Oddities.

"'Tis passing strange!"

A WATCH-DOG TRAINER.

THE kennels were on Staten Island. The sign over the gate read:

TRAINED WATCH-DOGS FOR SALE CHEAP.

Within, in a clean run, there were twenty cross-bred dogs, as big as calves, that had been as carefully trained to watch property as plumbers are trained to wipe a joint.

"I charge for a good watch-dog," the proprietor said, "from \$25 to \$100. My dogs watch and guard; they don't merely bark; they protect. They work as intelligently as men, and they are braver than men; for a number of them have died in defending their trust, but not one has ever been known to run away.

"All these dogs have a little bull blood in them. Without that they wouldn't be bold enough.

"To train a watch-dog is a simple matter, but requires patience. I put the dog in charge of something—first a box, then a horse, then a stable, then a house—and my two hired men, disguised like tramps, try to steal the box or the horse, and try to enter the stable or the house. The dog must frustrate them. If they succeed, he is whipped. If they fail, he is rewarded with meat. This sounds easy, doesn't it? Yet it is tedious work.

"I train my dogs never to harm children. They are savage brutes, and one of them could kill a child as you kill a chicken. Children, tho, are safe with them.

"I train them never to eat liver. I give them now and then liver, steeped in alum water, that is so bitter it would drive you crazy to taste it. Thus they bear in mind that liver is a tabooed food. Why is that necessary? It is because burglars, before attempting to rob a house that a watch-dog guards, always try to kill the animal with poisoned liver.

"All the rich people are out at their big country houses now, and consequently business is good with me. I sold thirteen 125-pound watch-dogs last week. They averaged \$35 apiece. They cost me, untrained, less than \$5 apiece.

"To make a watch-dog savage, you should feed him on raw meat and blood. But few dogs need that kind of food."

LIME AND ETERNAL YOUTH.

"LIME," said the lecturer, "lime alone is the cause of old age and death. Eat after 20 nothing containing lime, and you may be young always.

"In our childhood and youth lime is very necessary. Lime is a hardener. A baby's bones are so soft that you may bend them without breaking them. As the baby grows, millions of particles of lime, drawn from the food, are deposited in its bones, which grow harder and harder in consequence. Not till 30, tho, is the human skeleton full enough of lime to be altogether strong and solid and complete.

"Thus, up to 30, lime is needed. Without it we would not develop. We would all have the rickets. But after 30, lime, with its manifold hardening processes, only ages us, only, finally, kills us.

"After 30, since we still eat lime-loaded food, and since our quite hard bones can then take in no more lime, the substance is deposited by our blood in the muscles, the heart, the lungs, the liver, and particularly in the arteries.

"The lime stiffens and clogs the heart. It stiffens and enfeebles the muscles. It weakens the liver, causing dyspepsia. And the hair whitens, the skin becomes dry and wrinkled, we grow old. All thru this excess of lime.

"Lime causes age and death. Then quit it. But how? By avoiding, after 30, all lime-laden food and drink.

"The one food above all others that is free from lime is fruit. There is less lime in fruit than in any other edible. Furthermore, fruit acids help to eradicate the lime that is taken in thru other foods.

"Thus, the more fruit we eat, the longer we will keep young.

"Onions also contain very little lime, and therefore we should eat them daily. Lentils, too, have little lime in them. Eggs and rice have very little lime.

"Fish is the most lime-free of all flesh foods. Next comes veal, then chicken, then beef.

"All grains are full of lime, wheat especially. Bread is a food to be avoided.

"The best water to drink is rainwater or the distilled sort. Spring water, being nearly always saturated with lime, is bad for us.

"I believe that lime causes age, and I believe that we would remain youthful at 60, with bright hair, clear eyes, and a fresh color, if we subsisted chiefly upon fruit and distilled water, with a little onions, lentils, veal, eggs and rice for a change."

TIPS TO STEAMSHIP STEWARDS.

"THIS is the season of foreign travel, and many will now be going abroad for the first time," said an old hand. "The novices will worry about their steamer tips, and they will give too much."

The speaker then made the following list of tips that the average experienced tourist pays at the end of the voyage:

- Stateroom steward\$2.50 Dining room steward..... 2.50 Deck steward (if he has been of service).. 1.00 Library steward (if he has been used).... 1.00 Smoking room steward, (if the smoking room has been used)..... 1.00 Total.....\$8.00

"It is possible to get thru on \$5 in tips, and still be regarded as liberal," said the traveler. "If you don't rent a deck chair, and many don't, and if you don't come otherwise into contact with the deck steward, there will be no need to tip him. And the same thing may be said of the smoking room and of the library steward.

"The \$5—half to the bedroom and half to the dining room steward is obligatory. Everybody pays it. The other tips are not obligatory.

"American tourists in the novice class make the mistake of tipping too much. The average tourist, the one who travels at the minimum first cabin rate, is considered by all to have done his full duty if he gives the tips that I have named."

FREAKISH PRODUCTS.

BIRMINGHAM, to the casual visitor, is the ugliest and most commonplace of English towns. But to the initiate Birmingham is a mine of interest; nowhere in the world are such curious things manufactured.

A curio dealer cited the other day a few of Birmingham's odd products. Among them were:

Crowns for African kings—real crowns, made of real gold, and set with huge, if not quite flawless, gems.

Idols of metal, of wood and of clay, that traders barter for ivory on the Congo.

Opium smoking sets, made by machinery, for sale among the lower classes of the Chinese.

Elephant howdahs, very sumptuous and splendid, for state use in the courts of India.

Imitation blackthorns and shillelchs, for the Irish peasants to palm off on tourists.

Antique green bronzes from Pompeii, to be sold to visitors to Naples.

INTERNATIONAL SUNSHINE SOCIETY



MINNESOTA DIVISION

INTERNATIONAL HEADQUARTERS. 99 Fifth Avenue, New York. Cynthia West ever Alden, founder and president general.

MINNESOTA HEADQUARTERS. Room 64, Loan and Trust Building, 313 Nicollet Avenue, Minneapolis. Telephone, N. W. Mals 1232.

All Sunshine news for publication in the Sunshine department of The Minneapolis Journal should be addressed to Mrs. Theodore Hayes.

Jewett Sunshine Lodge. The principal work of the society this summer will be sending tired women and children to a needed rest in the country.

Jewett Sunshine lodge, at Lindstrom, is now in readiness and this week has among its guests women who are weary of the struggle of everyday life.

The cottages are simply furnished, but are very comfortable and pleasant. The main cottage has, besides the living-room, dining-room and kitchen, three sleeping-rooms; the smaller cottage adjoining has four sleeping-rooms, so that ten guests can be easily accommodated.

The cottages are only a few feet from the lake and great oak trees furnish ample shade. A competent matron will have charge of the cottages. The guests of the society are given the week's outing free of all expense, and it is only asked of them that each will do her share towards assisting the matron.

One of the pleasant features of the outing is the delightful railroad journey for which the Northern Pacific railroad generously furnishes the transportation.

The people at Lindstrom are all interested in the work and are exceedingly kind to all the guests at the lodge, while the conductor on the railroad gives them all his personal care.

The week a party of six is being entertained, but hereafter the society hopes to send ten guests a week.

The society will be pleased to receive the names of worthy women and children who would enjoy a week's outing.

Corcoran's Thimble Bee. The Corcoran's branch met today at the Jean Martin Brown home, where the day was spent in sewing for the home.

A basket lunch was served and a number of garments completed for the inmates.

Fergus Falls Election. The Fergus Falls branch has elected the following officers for the next six months: Frances Collier, president; Margaret Crockett, vice president; Janet

Why? have trouble Eye Glasses falling off in hot weather when I can put on one of my new GOSSETT'S M-CROCHET Guards. Must be seen to appreciate. No charge made for trying. Item you will find every nose. Kindly call and try them on your glasses.

Recipe for a Happy Day. A heart full of thankfulness. A thimbleful of care. A soul of simple hopefulness. An early morning prayer. A smile to greet the morning with. A kind word as a key. To open the door and greet the day. What'er it bring to thee. A patient trust in Providence. To sweeten all the way. All these, combined with thoughtfulness, Will make a happy day.

Headed for the Gamossi Umbrella Hospital. THE owner won't recognize this disabled umbrella after Doctor Gamossi is through with it. A new rib, a new shank and a new body and it's in condition for years of service. The very small and the workmanship will fit Gamossi.

GAMOSSIS GLOVE CO. NO. 20. 610 NICOLLET.

ONLY ZION CITY AND ARCTIC WITHOUT GRAFT

New York Sun Special Service. Chicago, June 20.—Apostle John Alexander Dowie assured a large audience at Zion City yesterday that the ten square miles in Zion and in a few patches of desert and Arctia regions were the only places on the face of the earth where graft did not flourish.

"And what a hard time we have had in keeping this ten miles pure," he commented.

In the list of grafters mentioned by the first apostle were the grad dukes of Russia, Banker Bigelow of Milwaukee, the Equitable Assurance Company, and Shea and Driscoll of Chicago.

Referring to the Equitable scandal the first apostle said: "I am surprised that men such as Grover Cleveland will have anything to do with it."

AN OLD-TIME DISH

Our Grandmothers Used the Whole of the Wheat and Hardly Knew What Indigestion Was.

In these days of education to the use of the whole of the wheat it is interesting to turn back the pages of time and see what our ancestors did. One of the most nourishing dishes and one of the most common, perhaps a century or so ago was known as "Fruimenty."

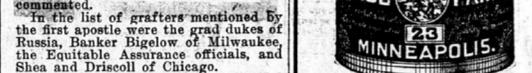
It is seldom, if ever, seen now, but Hutchison, the great English food authority, states that it was very nourishing and wholesome. It was prepared by soaking the kernel of wheat in water until it swelled up and burst and then boiled in milk with the addition of sugar and salt.

That the whole of the wheat is of high value in producing bone, blood, muscle and nerve force is proven both by chemical analysis and actual physiological experiment. Only a few years ago, fortified by exhaustive research and experiment by learned men of science, a progressive Chicago man published and circulated among the farmers of the country a book calling attention of the great strength-producing qualities of wheat when fed to horses and its economy as "feed," a mere handful being sufficient to sustain a horse at hard work half a day.

In training quarters for college athletes whole wheat is recognized as of great value. Mr. Robert Uterbach, manager of the Drury University Athletic Association, in speaking of this said: "I take pleasure in endorsing Malta-Vita, which we used with first-class results as one of our training tables. In nutrition and consistency we found Malta-Vita to be the best food for our use."

That is because Malta-Vita is the whole of the wheat and rich in protein which Hutchison says can alone build up and repair tissue. Malta-Vita is an extended and elaborated process of the old way of making "Fruimenty." The whole wheat grain is cleaned of its husk, then boiled in water, cooked in steam to gelatinize the starch, then allowed to stand in coolers (where it is carefully watched by an expert) just long enough to allow the gelatinized starch cells to break down, then it is treated with barley malt instead of sugar, as the barley malt and the gelatinized starch make "maltose" or malt sugar—highly nutritious and most easily digested. Thus Malta-Vita is scientifically prepared to meet the requirements of the trained athlete and the convalescent. To each it gives strength, blood, bone and muscle and in either's stomach it is ready to be taken up by the blood without taxing the digestive ferment. Malta-Vita is now 10 cents per package, the same big package you used to buy for 15 cents.

Send for color card and let us refer you to our nearest agent. 1101-1111 So. 3rd St., Corner 11th Av. S.



MINNEAPOLIS HOUSE PAINTS

Send for color card and let us refer you to our nearest agent. 1101-1111 So. 3rd St., Corner 11th Av. S.

Tickets will be good via New York City with stopover arrangements.

Make early inquiry at Burlington City Ticket Office, corner Third and Nicollet ave., or telephone N.W. Main 860, T.C. 311.

J. F. McELROY, City Passenger Agent, Corner 3d and Nicollet, Minneapolis. N. W. 860. PHONES T. C. 311.

Burlington Route