

Wonderful

TOURIST who sat behind a bridal couple on the Pike's Peak railway last summer says that he overheard the bridegroom giving his bride information regarding the difficulties that had been overcome in constructing some of the Rocky mountain railroads.

"Do you know, dear," he said, "that the grade of this road we are riding over is more than thirteen thousand feet to the mile?"

"How wonderful!" she said languidly. "Yes, and there is a line of road in this state where there is what they call the 'loop,' and they say that when a long train of cars is going over it they have to run very slow to keep the cowcatcher from shoving the last car of the train off the track, for it is right in front of the engine."

"How wonderful!" "Isn't it, tho? And there is one place here where if you drop a stone from the car window it will fall in a straight line nineteen thousand feet before it strikes anything."

"How wonderful!" "Yes, and they say that the velocity of the wind on Pike's Peak sometimes reaches forty-six thousand miles an hour."

"Just think! Isn't it wonderful?" "And the ties and rails for some of these Rocky mountain railroads had to be brought away up here on the tops of the mountains on the backs of some of those little burros we saw down below."

"How remarkable! And how sweet of you, dear, to bring me out here where such wonderful things have happened. It's ever so educational and awfully interesting. You are sure we will get down all right, dear?"

"Oh, yes, there's no danger. They say they never had but one accident on this road, and that was a mighty curious one. They had a big mountain landslide once, and a section of track a quarter of a mile long with a passenger train on it slid half a mile right down the side of the mountain, and the train never left the track, and not a person was hurt."

"How wonderful! And how jolly to have been in an accident of that kind. It would be something to remember all one's life. What a lot one can learn by traveling!"—July Lippincott's.



FRANK WING "HOW WONDERFUL!"



AN ENDOWMENT FOR THE NORTHWEST. The Farmer—There's no tainted money about this, for he's not only a big crop, but high-grade in every particular.

What Women Want to Know

SUMMER RASH.—Will you please tell me what will cure heat pimples, as my face is covered with them?—A Journal Reader.

A proper diet will do more than any lotion to cure the summer rash. Eat plenty of fruit, but avoid rich, greasy foods for awhile. Drink a generous amount of cool water, not iced. Use this lotion when the rash is irritating: Elderflower, seven ounces; glycerine, one ounce; borax, one-half drachm.

TO CLEAN CANVAS SHOES.—What is the best way to clean white canvas oxfords? I have tried magnesia and French chalk and altho I rub it thoroughly into the canvas, it falls off easily, leaving the shoes as before. They are good oxfords and ought to clean well.—A Reader.

There is a preparation that can be obtained, I think, at any shoe store to clean white canvas shoes, but if you cannot get it buy five cents' worth of pipeclay from the druggist. Moisten the pipeclay with water to make a thick paste and rub the paste well into the canvas.

QUESTIONS FOR TOMORROW. INCREASE IN HEIGHT.—Will you please tell me if there is any way a man or woman can increase his height without injuring his physical condition?—A Reader.

FIG CAKE.—Please give me a good recipe for fig filling for layer cake and a good recipe for chowchow.—S. T. B.

What the Market Affords

GREEN grapes have arrived and are excellent, selling at 65 cents the basket; yellow and prune plums at 35 cents a basket are on the market; crab apples are good at 50 cents a peck; yellow tomatoes at 30 cents a peck tempt to preserving and home-grown red tomatoes are fine, selling at the same price. Red and green peppers at 10 cents a dozen are ready for those who like them stuffed or in chilis.

Cantaloupes are numerous at from 5 to 10 cents; blackberries are still in market, two boxes for 25 cents; blueberries are good at three boxes for 25 cents. Apples are plentiful at 30 cents a peck. Corn remains at 10 cents a dozen, eggplants from 5 to 8 cents. Hubbard squashes are beginning to be good at 10 cents; celery, young onions and cucumbers are still plentiful. Early pumpkins are arriving and hint of autumn plenty.

The popular fad in cookery and a very sensible one is casserole cooking. Casseroles are highly glazed fireproof earthenware dishes, with a single long handle like a frying-pan.

Apple Casserole.—Select large, smooth, tart apples of good flavor and of uniform size. Remove core with corer. Mince cold chicken fine, season with salt, a dash of cayenne, pinch of powdered thyme, one-half cupful of breadcrumbs, moistened with three or four teaspoonfuls of sweet cream. Fill each apple and bake in oven.

Casserole of Lamb's Liver and Rice.—Boil a cupful of rice in a quart of water until soft. Dip into this rice two tablespoonfuls of butter and salt and pepper to taste. Line a well-greased casserole with the mixture, pressing firmly against bottom and sides, and leaving a hollow in the center. Set in a cold place until stiff and firm. Meanwhile, boil a pound of lamb's liver, drain and chop fine. Heat in a saucepan two cupfuls of soup stock, season with a teaspoonful of kitchen bouquet, thickened with browned flour and stir into this sauce the minced liver. Fill the hollow in the center of the rice with the liver mixture, sprinkle with breadcrumbs and set in the oven to brown.

Chicken En Casserole.—Select a plump spring chicken, clean it and truss it as for roasting. Place in a casserole two tablespoonfuls of butter, a carrot and an onion (both cut into slices), two bay leaves and a sprig of thyme. Set the casserole on the top of the stove for about ten minutes, or until the vegetables are lightly browned in the butter. Pour in then a pint of well-seasoned consommé, cover the casserole closely, put it into the oven, and braise the chicken for three-quarters of an hour. If it is not young and tender it will require longer. Ten minutes before the time is up add two tablespoonfuls of sherry or madeira, and cover again. At the end of the three-quarters of an hour drop into the gravy a dozen or more small potato balls, which have been cut from the raw potato with a Parisian cutter and then browned, or saute in butter. At the same time add an equal number of French champignons. Season the gravy with pepper and salt, and leave the cover off the casserole, that the chicken may brown. This should take ten or fifteen minutes. After removing it from the oven, sprinkle finely minced parsley over the chicken and serve.

NOT A QUICK HORSE. KANUCK was offering a horse for sale. "One hundred and fifty dollars for that horse, Francos; why, he can't go a mile an hour."

"Vell, py gar, eff hee not mack von mile een haf pas two, i zif you to heem."

A String of Good Stories

"I cannot tell how the truth may be, I say the tale as 'twas said to me."

SAUCE FOR GOOSE AND GANDER. CHAIRMAN SHONTS, of the Isthmian Canal commission, was praising a foreign system of requisitions.

"The advantage of this system," he said, smiling, "is that it works both ways. It is like the marriage of the spendthrift poet.

"This poet made a good deal of money, but, being extravagant, he was always in debt. One August, at the seashore, he wooed, won, and wedded a young woman of great wealth. Thereafter times were better with him.

"At breakfast, during his honeymoon, the bride said to the poet tenderly: "Does the fact that I have money, dearest, make any difference to you?"

"To be sure it does, my love," the poet answered. "She drooped a little, perplexed, alarmed.

"What difference?" she asked. "Why," said he, "it is such a comfort to know that, if I should die, you'd be provided for."

"And if I should die?" said the bride. "Then," he returned, "I'd be provided for."

THE ADS THE BEST READING. COMMODORE EDWARD DUNHAM ROBIE, who sailed on Perry's flagship in the historic American expedition to Japan fifty-two years ago, talked in New York the other day about the Japanese.

"What impressed me most at that time," he said, "was their incredible bravery. There we were, a strong fleet, with modern equipment, and when we approached their port they sent their greatest battleship—a junk—to turn us back. They defied us, and pointed to the line we must not cross.

"As remarkable as their bravery was the brilliance of their minds—minds at once powerful and naive. A great samurai got hold of an American newspaper, and had it all translated to him, every word, from cover to cover. At the end he said to Perry:

"I have read this newspaper with delight, especially the advertising section. Within that singularly narrow space the author has contrived to collect the most valuable information—the bargains offered by the various merchants, the humble marriages which have taken place, the houses for sale or to let, many excellent investments and business opportunities, and, above all, the most valuable and precious medicines."

A SMOKING-ROOM STORY. JAY PHIPPS was entertaining at Beaufort castle, Lord Lovat's Scottish estate, a party of Pittsburghers.

In the smoking-room, one evening, the talk turned to the humor of the Scotch, and Mr. Phipps suddenly laughed. "The Scotch," he said, "have a conscious and an unconscious humor. Both are good, but I prefer the latter. I heard a good example of it the other night.

"In a hall near here I attended a meeting. The orator of the occasion was an eloquent and distinguished man—a member, in fact, of the house of lords—and below him, as he spouted forth his eloquence, sat a baldheaded reporter, taking down eagerly every word.

"The hall was an ancient stone one, and, as the evening passed, it grew hot and damp. Moisture, gathering on the gray stones and pillars, fell in big, cool drops on the assemblage.

"Well, as the orator spouted a fiery stream of rhetoric, the bald reporter, writing away furiously, received on his bare and glistening skull a huge drop of moisture.

He interrupted the speaker at once. He leaped to his feet. "Wha's that spitting?" he cried sternly."

PAST REDEMPTION. EZRA PURRINGTON, democrat in politics and prohibitionist in belief and conduct, was also one of those rarely gifted persons who could see something serious in the most frivolous remark.

One day Ezra was firing away with his ponderous argumentative battery when this hot shot put his guns out of action:

"Ain't it true, Ezra, that there are more rum-sellers and rum-drinkers among the democrats than there are in the republican party?"

"Wal," said Ezra, rallying his shaken forces; "that may be so, but now we have these here cures we can purify the democratic party, but there ain't no hope for the republicans."

JOHN HAY KNEW THE LANGUAGE. WALTER HOFF SEELY, the insurance man, told this to a San Francisco Chronicle man: "I was taking lunch about a year ago in the Pennsylvania station at Jersey City, and was seated on a stool at the lunch counter, when the Congressional limited came in, and among other passengers was Secretary Hay. Rushing in to the lunch counter he seated himself next to me and ordered a sandwich and a cup of coffee. On the other side of the secretary was a typical American, who had not the slightest idea that his neighbor on the left was the American premier. Mr. Hay's face was a study of amusement when he was suddenly jabbed in the ribs by the elbow of this man, who at the same time addressed the secretary after this fashion: 'Say, Sport, ferry over the confectionery, will ye?' The interesting part of it was that John Hay passed the sugar."

The Journal's Daily Fashions

No. 2778—A Girlish Suit for General Wear.



AS THE season advances the problem of procuring a smart, serviceable suit for the school-girl occupies the minds of most mothers. Since the wear given a suit of this description is sure to be hard and constant, a simple style will be found to give more satisfactory results than one of more elaborate design. The pattern shown was designed for general utility wear, and combines simplicity with style. Any light-weight chevrot, cloth or flannel would make up well after this model. The writer suggests one of the popular small plaids or tiny pin checks as being new and exceedingly girlish. The skirt is in three pieces, and can be shirred or finished with an inverted box plait at the back. The Eton jacket closes with a button or frog. The material required for the medium size is 2 3/4 yards 44 inches wide. Misses' Suit 2778 is in 4 sizes, from 8 to 14 years. This pattern may be obtained, postpaid, in any of the above sizes, by sending 10 cents and the size, name and address to the Fashion Department of The Minneapolis Journal.

INTERNATIONAL SUNSHINE SOCIETY



INTERNATIONAL HEADQUARTERS. 96 Fifth Avenue, New York, Cynthia West over Alden, founder and president general. MINNESOTA HEADQUARTERS. Room 64, Loan and Trust building, 313 Nicollet Avenue, Minneapolis. Telephone, N. W. Main 1225. All Sunshine news for publication in the Sun-All department of The Minneapolis Journal should be addressed to Miss Eva Blanchard, 139 East Fifteenth Street.

Progressive Sunshine. In this twentieth century of the world every hour brings some important change in the life of each individual who possesses that degree of ambition which would be in keeping with the progressive spirit of our day and generation. The International Sunshine Society is nothing if not progressive. Every day shows rapid advancement not only in the increase of membership but in the character and quality of sunshine scattered abroad.

The True Faith. I deem his faith the best. Who daily puts it into loving deeds. Done for the poor, the sorrowing, the oppressed. Of goodness doing good. For there are more than creeds: And, tho' our blinded reason oft may err. The heart that loves is faith's interpreter.

One hand outstretched to man. In helplessness, the other clings to God; And thus upheld he walks thru time's brief span. In ways that Jesus trod; Taught by His spirit, and sustained and led. That life, like His, by love is perfected. Such faith, such love are thine! Creeds may be false—at best, misunderstanding; But who reads the autograph divine Of goodness doing good, Need never err therein; come life, come death, It copies His, the Christ of Nazareth.

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Acceptance. Receive every inward and outward trouble, every disappointment and pain, unbusiness, temptation, darkness, and desolation, with both thy hands, as a true opportunity and blessed occasion of dying to self, and entering into a fuller fellowship with thy Saviour.

Helpful Service. One member of a family, by giving up resentment and personal resistance, can do very much even single handed toward bringing a peaceful atmosphere into the home. It requires care and thought, and a constant giving up of one's way; but the perception of what to do grows wonderfully with the clearing out of selfish willfulness and the reward is being great in increased power for helpful service.

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Curios and Oddities

FISH FARMS—A FUTURE INDUSTRY. "ITS meat, fresh, dried, or salted," said the professor "forms one of the staple foods of the world. Its tongue, among the French and other more epicurean nations, is held to be as great a delicacy as the truffle. Its bladder gives us a pure quality of isinglass. Its oil makes one of the most valued medicines in the pharmacopeia. The Norwegians feed its head, chopped with fodder, to their cattle, thus increasing the yield of milk, and its bones make a good dog and stock food, and are even, in cold climates, used for fuel.

"This remarkable creature," he continued, "is capable of producing annually 9,000,000 young, and, since it feeds itself and houses itself, its maintenance costs nothing.

"Suppose a chicken was like that, giving 9,000,000 little ones a year, costing nothing to keep, yielding a half-dozen important valuable products—and no one was a chicken farmer. Then, of course, the first man to take up the business would soon become a millionaire.

"Well, the creature I've been talking about is not farmed. Why, then, doesn't some one become a plutocrat by farming it?"

"Answer: Because it is a fish. It is the cod. But mark my words, fish farms—above all, codfish farms—will be an important industry of the future. Man, as the earth becomes over-cultivated, will begin to cultivate the sea. Then the cod, the sardine, the sturgeon, the cuttlefish, the sole, will be raised on enormous water reservations just as sheep and cattle are now raised on our prairie reservations in the west."

THE SALOON DOCTOR. "A SALOON doctor?" said the brewer. "Don't you know what a saloon doctor is?"

He thought a moment. Then he went on: "A saloon doctor is like a consulting engineer. He has no business of his own; he makes his living by giving expert advice in difficult cases.

"You, for instance, run a saloon—run it into the ground, so that it doesn't pay. You call in the doctor. He looks the ground over, and for a certain sum he agrees to put your business on a prosperous basis again.

"Everything is then left in his hands. "He puts out a big sign, 'Under New Management.' He repaints the front. He gets in a new bartender. He changes the beer. And for a week or two he sells certain liquors and cigars below cost.

"Incognito he circulates among the patrons of the place, and he finds out just what displeases them, and just what their beau ideal of a saloon is.

"He changes your saloon into one precisely suitable to the neighborhood, and in a short time its earnings go up a good many per cent. Then he hands the saloon back to you again, pockets his fee, and goes off to doctor some other establishment that is doing poorly."

IN THE OLDEN DAYS. THE nonagenarian shook his hoary head. "It is all very well," he quavered, "to condemn the railroads for their rebates and the telegraph companies for their high rates, but I remember the time—"

He paused to light his pipe. "I remember the time when you rode on cars that had no roofs, cars built like stage wagons, and you paid a fare that would be about—well, about at the rate of \$10 from Philadelphia to York.

"And telegrams!" he went on. "Well, gentlemen, the first telegram I sent cost me half a dollar a word, and the man that received it was so surprised he thought it was a hoax."

COLORING BIRDS BY HAND. THE bird dealer was mixing red pepper with the feed. "For goodness sake," said his friend. "Not red pepper for canary birds!"

"Yes, sir; sure," the dealer answered. "I always feed my canaries at moulting time with red pepper if I want to get orange-colored birds. Every breeder does the same.

"Here's another thing: "If you own bullfinches and want to keep up the bright, rich coloring of their breasts, feed them pepper-paste now and then. Otherwise their breasts will become faded and dull."

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Helpful Service. One member of a family, by giving up resentment and personal resistance, can do very much even single handed toward bringing a peaceful atmosphere into the home. It requires care and thought, and a constant giving up of one's way; but the perception of what to do grows wonderfully with the clearing out of selfish willfulness and the reward is being great in increased power for helpful service.

Gratitude. Grave on thy heart each past "red-letter day!" Forget not