CARE MUST BE EXERCISED

in the selection of BEER—just as much care as you would use in the selection of BREAD or other food. Always get the best BEER—that's

Culmbacher BEER.

It is a pure, delightfully flavored BEER that every one likes—and it "likes every one." Try it. 24 pts. or 12 qts. for $1.25. Delivered in unlettered wagons.

Washington Brewery Co.
4th & E Sts. N. E. 'Phone 2154.
jy23-t.th.s-36

Your Stomach is not your slave. It's your friend. Don't abuse your friend. Help your friend.

Granola

is already partly digested (all the wheat starch having been turned toward sugar). When taken into the stomach it is instantly assimilated. The process is not unlike snowflakes settling on a warm sponge. GRANOLA has the rich nutty flavor of the wheat, and is perfectly delicious. IT BUILDS BRAWN. Every package of genuine Granola bears a picture of the Battle Creek Sanitarium. Ask your grocer for it. Beware of imitations. Drink Caramel Cereal and sleep well—it leaves the nerves strong.

Send 3c. for Granola sample to

Battle Creek Sanitarium Food Co.,
BATTLE CREEK, MICH.

Eat Milk Bread

There is a host of wholesomeness in this Milk Bread, making it the best Bread for young and old to eat. 5c. a loaf. Delivered fresh daily. 'Phone 1564.

Holmes' Bakery, 1st & E Sts.
jy16-3m-20

Women as Well as Men Are Made Miserable by Kidney Trouble.

Kidney trouble preys upon the mind, discourages and lessens ambition; beauty, vigor and cheerfulness soon disappear when the kidneys are out of order or diseased.

Kidney trouble has become so prevalent that it is not uncommon for a child to be born afflicted with weak kidneys. If the child urinates too often, if the urine scalds the flesh or if, when the child reaches an age when it should be able to control the passage, it is yet afflicted with bed-wetting, depend upon it, the cause of the difficulty is kidney trouble, and the first step should be towards the treatment of these important organs. This unpleasant trouble is due to a diseased condition of the kidneys and bladder and not to a habit as most people suppose.

Women as well as men are made miserable with kidney and bladder trouble, and both need the same great remedy. The mild and the immediate effect of **Swamp-Root** is soon realized. It is sold by druggists, in fifty-cent and one dollar sizes. You may have a sample bottle by mail free, also pamphlet telling all about it, including many of the thousands of testimonial letters received from sufferers cured. In writing Dr. Kilmer & Co., Binghamton, N. Y., be sure and mention this paper.

Home of Swamp-Root.

LABOR INJUNCTION SUIT.

English House of Lords Reverses the Court's Action.

The English house of lords has reversed the decision of the appeal court dissolving the injunction rendered August 30, 1900, by Justice Farwell in the high court of justice, which enjoined General Secretary Bell of the Amalgamated Society of Railway Servants and Organizing Secretary Holmes from "watching and besetting" the Great Western railroad stations and approaches with a view of inducing non-unionists to refrain from taking the places of Taff Vale railroad strikers. This action of the house of lords restores Justice Farwell's judgment.

The house held that it was not the intention of the legislature to prevent a trades union from being sued, if, through its officers, it were guilty of illegalities.

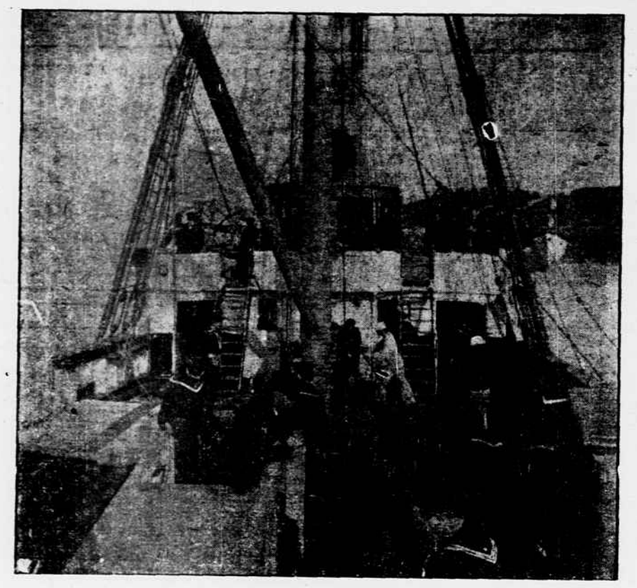
Prominent Men Dead.

Col. Albert Jenks, a well-known artist, dropped yesterday on the street in Los Angeles, Cal., Heart disease was the cause of his death.

John Henderson, the well-known shipbuilder of Glasgow, Scotland, is dead.

Thomas L. Leedom, a pioneer carpet manufacturer, is dead at his country residence at Lansdowne, Pa., aged seventy-three years.

Things look brighter after a headache is cured by Royal Headache Tablets.



UP ANCHOR ON THE FERN.

ON SALT SEA WAVES

Naval Militia on the Fern Afloat in Chesapeake Bay.

SATISFACTORY PROGRESS SO FAR

Officers and Men Are Making Creditable Records.

INCIDENTS OF THE CRUISE

Special Dispatch to The Evening Star.

OFF OLD POINT COMFORT, Va., July 23.—The Naval Militia of the District of Columbia has settled down to life aboard ship and is about to weigh anchor, preparatory to the cruise at sea, and within the next twenty-four hours the "blue jackets" from the national capital will be tossing and rolling on the deep waters of the Atlantic ocean. It will be a trip that many of the new recruits have never taken before, but after it is all over and they become "land lubbers" again they will not regret the trip, but only wish that it was time for another deep-sea cruise. The present cruise has undoubtedly been so far the most successful ever taken by the District organization, and Commander Hains and the officers under him are deserving of praise in making the outing a success. It has been instructive from the very start, and the enlisted men have shown a willingness to learn whenever opportunity presented.

The excellent way in which the Fern was started on her ten days' cruise, when she gracefully slipped from her moorings at the foot of Water street Saturday noon, swung into midstraam and, under four bells, pointed her prow seaward, would have made an officer of the regular service feel proud had he been on the bridge in the place of Commander Hains.

Before casting off the entire ship's company was mustered on the quarter deck and were immediately given stations in "unmooring ship." The men were then assigned to their stations for the different drills on the trip. White House Landing was reached shortly after 3 o'clock, and all hands were called to bring ship to anchor. The manner in which this was accomplished clearly demonstrated the abilities of the entire ship's company. Hammocks, blankets and bedding were then issued by the paymaster and his force of assistants and a number assigned to each man, which he will retain throughout the entire trip. The men were given ample time in which to arrange their bedding, and when "taps" were sounded every man was comfortably quartered for the night.

Amusing Mistake at Sick Call.

Sunday morning proved to be a perfect day, and the larger portion of the crew were around deck taking in the refreshing air and exercising for breakfast, long before "reveille" was sounded. At 5 o'clock the ship's and cabin cooks were called, and an hour later all hands were called preparatory to hoisting anchor and getting under way. Coffee was served at 6:15 o'clock, and when this was over the men turned to and cleared decks. At 6:45 all hands were called "up anchor," and in less than fifteen minutes the anchor was catted, chains secured and the ship under way. Breakfast was piped down at 8 o'clock, and at 8:45 "turned to," decks were cleared and scrubbed down.

At sick call quite an amusing incident occurred, which, though not of a serious nature, has, however, been the all-absorbing topic of conversation at nearly every mess. Lieut. Dempf happened to be officer of the deck at the time, and during the excitement handed the bugler the speaking trumpet by mistake. The error was not discovered until the bugler made several attempts to sound the call.

After breakfast the men enjoyed a day of rest and spent their leisure hours reading the station bills preparatory to the week's work on the cruise. Later in the day the paymaster issued new white working suits, and the entire ship's company appeared on deck in their new outfits, the cleanliness of the ship was complete. New white caps, neckerchiefs, jack knives and lanyards were also issued the men and presented a very neat appearance.

Old Point Reached.

The Fern continued under way the remainder of the day and all of Sunday night. The deck force stood watch all through the night, while the men in the engine and fire rooms, under Chief Engineer Power, looked after the mechanical parts of the ship until midnight, when a new shift took their stations and remained there until Old Point Comfort was reached. The trip down the bay and into Hampton Roads was without incident, and no rough weather was experienced at any time during the night. Commander Hains spent the entire night on the bridge until early Monday morning, when she came to anchor about a half mile off Old Point. The Fern steamed along at a steady gait, without a hitch to her machinery. The ship's lanterns and signals are all supplied with incandescent lights and have proved to be of great advantage over the oil lights while under way at night. The starry sky overhead and the ten-knot wind which blew all through the night, made it pleasant for those on duty, after the extremely hot weather during the day.

The men are comfortably quartered every night, and the subsistence of the officers and men could not be improved upon. No complaints have been received from this source and this alone is very gratifying to every one.

The Day's Routine.

The regular sea routine as adopted by Commander Hains is as follows:

3:00 a.m.—Call ship's cook.
3:50 a.m.—Call the watch, relieve the wheel and lookouts.
4:00 a.m.—Relieve the watch.
4:30 a.m.—Turn to, out smoking lamp, pipe sweepers, clear up the decks, wash clothes.
5:15 a.m.—Trice up clothes lines, execute "morning orders" at sunrise, take in running lights, station masthead lookout.
6:00 a.m.—Call idlers and day men, hoist ashes.
6:50 a.m.—Trice up 6-bell hammock cloths.
7:00 a.m.—Up all hammocks, serve out washing waters.
7:20 a.m.—Mess gear watch below, light smoking lamp.
7:30 a.m.—Breakfast watch below.
7:50 a.m.—Mess gear watch on deck.
8:00 a.m.—Relieve the watch, breakfast.
8:30 a.m.—Turn to, out smoking lamp, gun and deck bright work.
9:00 a.m.—Sick call.
9:15 a.m.—Clear up the decks, down towel lines, stow away ditty boxes and cleaning gear, sweepers.
9:25 a.m.—Officers' call.
9:30 a.m.—Quarters, after which drills and exercises as per routine.
10:00 a.m.—Relieve wheel and lookouts.
10:30 a.m.—Retreat from drill, "extra duty" call.
11:00 a.m.—Hoist ashes.
11:30 a.m.—Sweepers, if dry pipe down, "scrub and wash clothes."
11:50 a.m.—Mess gear watch below, smoking lamp.
12:00 m.—Dinner watch below.
12:20 p.m.—Mess gear watch on deck.
12:30 p.m.—Relieve the watch, dinner.
1:00 p.m.—Turn to, out smoking lamp, sweepers, "extra duty" call, start work about the decks.
1:30 p.m.—Serve out provisions.
2:00 p.m.—Special drills, hoist ashes, relieve the wheel and lookouts.
3:00 p.m.—Retreat from drill.
4:00 p.m.—Relieve the watch, knock off all work.
5:20 p.m.—Mess gear watch below, smoking lamp.
5:30 p.m.—Supper watch below.
5:40 p.m.—Mess gear watch on deck.
6:00 p.m.—Relieve watch, supper, hoist ashes, relieve wheel and lookouts, at sunset get out running lights, down masthead lookout, couple fire hose.
6:30 p.m.—Turn to, hammocks.
8:00 p.m.—Relieve the watch, wheel and lookouts.

Rivalry Between Gun Crews.

Yesterday the regular port routine was adopted while lying at anchor off Old Point. General quarters was sounded at 9:30 and the men were instructed in the manipulation of the ship's battery and showed an active interest. This included the six-pounders, one-pounders and the Colt automatic guns.

There seems to be a rivalry between the gun crews as to which can show the greatest promptness, ability and accuracy in handling the guns, a spirit which the officers encourage. In the afternoon the crew was instructed in subcaliber practice, preparatory to actual target practice, which will follow when the Fern puts to sea today. After an hour of such drill attention was given to small arms and signals. Pistols and rifles will be used with half of the crew, while the other portion of the crew will be instructed in "wig-wag" signaling and the international code. Up to the present time Commander Hains has not allowed any shore liberty, but it is his intention to allow each watch shore liberty going and returning on the cruise. All liberty parties will be allowed on the public reservations at Old Point, which will undoubtedly be pleasing to the "jackies," many of whom have never been ashore at this place. It will also give them a chance to visit the shipbuilding yards at Newport News and Hampton.

Today the men are engaged in boat drills, "naval brigade organization," "arm and away boats" and "abandon ship" tactics. Commander Hains has taken the necessary steps to get permission to land under arms the naval militia, armed and equipped as infantry, for the purpose of making landing parties at Fortress Monroe.

General and Personal.

The weather so far on the trip has been all that could be desired. A good breeze has been stirring at all times, and with the aid of electric fans throughout the ship the ventilation has been perfect.

Lieut. Dempf has proved to be a most efficient deck officer, but a poor judge of canned cream.

The sun's rays are beginning to tell on the "jackies," and already the complexion of the officers and men has commenced to turn, as a result of the extreme heat. Another twenty-four hours and witch hazel will be at a premium in the dispensary.

The food supply on the cruise is ample and of excellent quality, and it may be said that the pay department is certainly deserving of credit for the manner in which the commissary supplies are being handled.

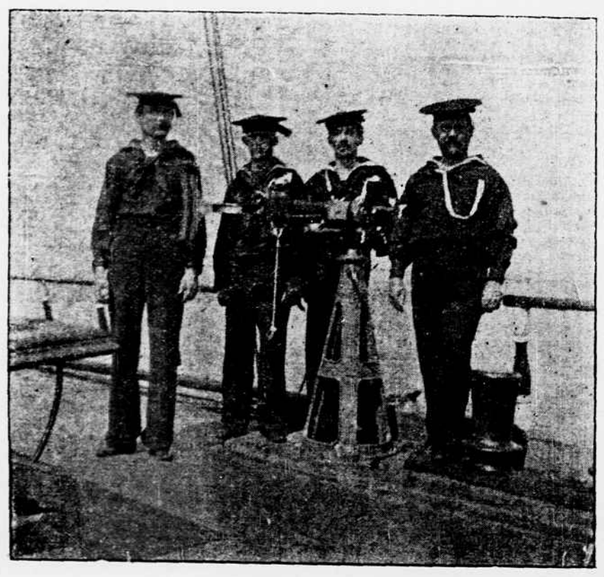
Chief Engineer Power continues to relate his experiences back in the early days. He always concludes his narratives, however, by telling of his last return from the orient, much to the amusement of his listeners.

Lieut. Brummett is a great admirer of cleanliness. To this end he has the guns, bright work and ship's lanterns in a highly polished condition at all times and adds much to the attractiveness of the ship.

Pay Clerk Sigourney has had less sleep than any man on the ship since leaving port. He is constantly attending to the wants and comforts of the men and is performing his duties in a most creditable manner.

The Fern's mascots consist of a young mastiff and a black kitten, who take an active part in the ship's daily routine.

H. F.



A GUN CREW.

AFFAIRS IN ALEXANDRIA

DR. RUST LOSES SUIT FOR SURVEYOR HANEY'S REMOVAL.

Corporations Secure Legal Existence—Council Will Attempt to Break Deadlock.

Evening Star Bureau,
No. 701 King St.
Bell Telephone, No. 106.

ALEXANDRIA, Va., July 23, 1901.

After disposing of several minor cases yesterday afternoon, the Alexandria county court adjourned until next Tuesday. Judge Love rendered a decision in the case of D. N. Rust against L. T. Haney, county surveyor, in which the plaintiff sought to have the surveyor removed from office. The court dismissed the petition and assessed the costs against the complainant. The case was heard at the last term of court and the judge had reserved his opinion. Dr. Rust then asked the court to relieve him from the position as one of the bondsmen of the county surveyor. The judge stated that a notice of ten days was necessary, but Mr. Haney, through counsel, announced that he would waive the right to require such a notice. It was therefore ordered that the petition be granted, and Mr. Haney was directed to secure a new bondsman today.

The court appointed George W. Donaldson an additional justice in Washington magisterial district.

The case of David Randolph, on the charge of unlawfully tearing down notices posted by order of the county board of health, was called on an appeal from a decision of a justice. A motion to quash the indictment was overruled, and the case was set for trial on the first day of the August term of court.

Indefinitely Postponed.

The special term of the circuit court for Alexandria county, which had been set for tomorrow at the county court house on Fort Myer Heights, will not be held. Judge Charles E. Nichol had arranged to hold court for the hearing of the case of commonwealth against the Potomac River Power Company, in which quo warranto proceedings are brought against the defendant for the forfeiture of its charter. It is alleged in the declaration that the provisions of the charter concerning the time the company was to begin operations were not complied with. No date has been set for a hearing of the case.

Companies Incorporated.

Judge Norton of the corporation court has granted a charter to the Cedar Creek Manganese Company, the object of which is to mine manganese, copper and other minerals. The sum of $50,000 is named as the capital stock. The officers are Samuel T. Haffner, president; John Heishberger, vice president; Elmer G. Fahrney, secretary, and Henry P. Fahrney, treasurer, all of Frederick, Md. In addition to the officers the following constitute the board of directors: Maurice W. Michael, Washington, D. C., and Frank E. Anderson, Alexandria. The last named is local attorney.

A charter was also granted to the Reavis Fireproofing and Partition Company, which is organized for the purpose of manufacturing metallic fireproof partitions and ceilings. The capital stock is put at $10,000. The officers are Albert S. Reavis, president; Emory R. Johnson, vice president; Horatio N. Taplin, secretary and treasurer. Orra M. Johnson, Leslie T. Taplin and Annie M. Reavis are the other incorporators. K. Kemper is local representative.

Meeting of Council.

The regular semi-monthly meeting of the city council will be held this evening. In the board of aldermen an attempt will be made to break the deadlock that has existed since the first meeting of the new council and secure the election of a presiding officer. The election of Mr. J. R. N. Curtin at the last meeting served only to permit the council to organize and elect minor city officers. Before his election it was understood that he would serve only long enough for the preliminary business of council to be disposed of. As the matter now stands the regular committees have not been appointed by either board. It is said that in the event of both factions remaining immovable a plan may be adopted whereby some member will be called to the chair and the business for the evening proceeded with. As far as the appointing of the members of the upper board on committees is concerned, it is said that that can be arranged without any regular presiding officer by the proposing of names and the consent of the members.

General and Personal.

While a freight train was moving along the Pennsylvania railroad track on Fayette street this morning one of the empty box cars jumped its trucks and caused a blockade of the track. No one was injured, but traffic was interfered with for some time.

The body of Mrs. Fanny Gordon, aged eighty-five years, who died yesterday at her home, 118 Peyton street, will be taken to Warrenton, Va., tomorrow for interment.

Miss Hallie E. Chichester of Stafford county, who has been visiting Miss Fannie B. Smith on Duke street, has gone to Bethesda, Md.

The condition of Mr. J. H. Bayliss, who suffered a stroke of paralysis last evening at his home at the corner of Princess and Patrick streets, is reported to be critical this morning.

Mr. George Petit had his foot severely mashed yesterday at the machine shops of the Southern railroad by the falling of a heavy piece of brass.

Desertion as Ground for Divorce.

John William Miller today entered suit for divorce from Elmira Jones Miller on the ground of desertion. The parties were married March 1, 1879, by the late Dr. Byron Sunderland, under the names of John Miller and Ella Jones. They lived together from the date of their marriage until February 15, 1897, there having been born to them three children, two of whom are now dead and the other, Ernest Herbert Miller, seventeen years old, now residing with his mother in this city. On the date mentioned, according to Mr. Miller's petition, the defendant abandoned the complainant at their home, 716 11th street northwest, without cause, and has not returned to him since, although, he states, he has repeatedly requested her to so do. About a year ago, the complainant says, he went to his wife and asked her to accompany him to Pittsburg, where he had secured employment, but she declined.

Rural Free Delivery Superintendents.

The division superintendents of the rural free delivery mail service are in the city to discuss the work of the service, consider new methods and map out the work of the coming year. Division superintendents who represent the entire service are E. H. Hathaway, Washington; W. C. R. Hazard, New York; A. S. Eisenhower, Philadelphia; W. B. Gaitree, Marietta, Ohio; Chas. Lynn, Chicago; W. F. Conger, Nashville.

Table and Kitchen.

Some Sensible Advice About One's Diet in Warm Weather.

At no other time in the year does the appetite demand greater variety than during the trying and enervating "hot spell" of our summers.

To give man wide and vigorous life, so that in the great procession he pauses not, or flags for the moment or falls, nature opens her hand and pours forth to him the treasures of every land and every sea.

For him waves the wheat field's golden glory, the rye, oats, maize and rice, each different, but life-sustaining. Fruit of vine and plant and tree spread their harvest in the air, ever ready at his hand, while in the rich soil lies stored the starch-giving potato, the sugary beet and all the long list of health and strength-giving vegetables that dwell under the earth in fragrant gloom.

Nature bids us eat, drink and be merry. But in order to do this we must have a natural inclination toward our food, or it must be of such character and preparation when set before us that appetite comes with eating.

While each organ requires its peculiar nutrient, we are such creatures of habit and impulse we must cultivate much common sense and good judgment in order to correct the too often wayward promptings of an unnatural and artificial craving for such substances as are most questionable if not absolutely harmful for the the season, or individual conditions.

Changing Diet in Hot Weather.

While it is best to avoid as much as possible the heavier diet of fat meat during the hottest weather, one must not forget that it is not the lean meats so much as the sugar and starches that are the heat-producing foods and best to be avoided except in small quantities and accompanied by such other foods as will counter their propensity to give out undue amount of heat in the system. As an example, rice would seem a more acceptable starchy vegetable than the potato for summer diet on account of its delicacy in flavor and appearance, but it should be accompanied by acid fruits, tomatoes or greens to be entirely suitable for hot weather. As potatoes, new or old, have not their full amount of starch they do not rank as high in heat-giving properties, unless we consider the sugar some varieties contain.

But with plenty of fresh fruit acids and green salad vegetables to cool the blood one need not make a too radical change in the nature of the food substances except where it seems expedient to do so, for very often the fruits and green vegetables found in the markets are in such condition as to render them more harmful for hot weather diet than a lean meat diet and the less perishable vegetables. That God-given attribute, common sense, must be our guide in feeding these bodies of ours and guarding us against direct violations of the laws of health in all seasons.

A Cold Fruit Soup.

These are refreshing on a hot summer day, and are greatly relished at the beginning of a meal. They must be carefully made and flavored, however, or they are rather insipid. They should have rather an acid flavor and must be served ice cold. Croutons of bread sprinkled with a little sugar and toasted in the oven are usually served with fruit soups. The juice of raspberries and currants flavored with a little stick of cinnamon, nutmeg and lemon juice, with equal quantity of juice and water, slightly sweetened and thickened with arrowroot, makes a delicate and tasty soup. Do not use more than a teaspoonful of arrowroot to each pint of liquor and cook until the soup is clear.

Green Pea Soup.

Cover two quarts of shelled peas with just enough water to cook without burning, adding a few sprigs of mint and a teaspoonful of sugar, unless the peas are fresh from the vine. Cover the pea pods with cold water and cook one hour. When the peas are done rub them through a coarse sieve, moistening with the water in which the pods have been cooked. Add the pulp to the water drained from the pods with a large slice of onion; salt and pepper to taste. Cook for ten minutes, then remove the onion. Add a tablespoonful of butter or half a cupful of rich cream and a very little thickening if the soup is too thin.

Broiled Spanish Mackerel.

Have the fish drawn from the gills, removing head and fins. Cut the fish down the back and remove the spine. Wash and dry quickly and thoroughly; sprinkle with salt and pepper. Beat the yolks of two eggs slightly; add an equal quantity of oil and dip the fish into this; then cover well with bread crumbs and boil over a clear, moderately hot fire. Serve with lemon sauce.

Lemon Sauce.

Put half a cupful of butter in a lined saucepan; add the juice of a large lemon and a little salt and pepper; stand the saucepan over boiling water and beat until thick and hot; then mix in carefully the beaten yolks of two eggs and add a little minced parsely and serve at once.

Boiled Corn Beef With Spinach Puree.

A piece from the fancy brisket is best for this purpose, as it is fine grained and close in fiber and can be trimmed into better shape. It will also be nicer for slicing cold. A cut from this part of the beef will require longer cooking than the loser-grained piece from the neck or ribs. Cover the meat with cold water and bring slowly to boiling point; then keep the water at a gentle but continuous bubble until the meat is tender. A piece weighing four pounds should have at least five hours. When the meat is done serve it nicely arranged on a bed of spinach puree garnished with carrots, turnips and beets boiled, sliced and cut into fancy shapes.

Spinach Puree.

Cook the spinach plain, in plenty of boiling water, drain and chop very fine; season with salt, pepper, butter and a little lemon juice of hot vinegar; moisten with a little of the liquor the meat was cooked in. Heap this on a hot dish and place the meat on top.

Carrots With Fine Herbs.

Wash and scrape six or eight young, tender carrots; cut them into slices about half an inch thick; cover with plenty of cold water and cook until tender. When half done add salt; melt two level tablespoonfuls of butter in a saucepan; put in a medium-sized onion chopped fine and stir over the fire until well browned; then add two cupfuls of water or clear broth and let boil for five minutes. When the carrots are done drain them and put them into the broth; add a level tablespoonful of minced parsley and boil five minutes longer. Take from the fire; season with pepper and salt and a tablespoonful of lemon juice. Turn into a hot dish and garnish with small, triangular pieces of bread dipped into a mixture of milk and egg and fried.

Tomato Pilau.

Skin enough ripe tomatoes to make a quart when pressed through a fine sieve; add an equal quantity of good broth. Chop fine two onions and fry them a golden brown in a little oil. Drain the onions and add them to the tomatoes and broth; add salt to taste. Place over the fire and when it boils add a pound of well washed rice; cover and allow to simmer gently until rice is tender and the moisture absorbed. Then add two tablespoonfuls of butter; cover again and let stand on side of the range for twenty minutes. Turn out into a hot dish, sprinkle with paprika and serve at once. This makes a good luncheon dish or hot side dish to serve with cold meat or fowl for dinner.

New Potato Salad.

Scrape six or eight new potatoes; cut them into rather thick slices and then into fancy shapes or neat dice. Cook in plenty of boiling salted water until they are tender, but not well enough done to break; drain and moisten them well with French dressing and set aside to get cold. Scald, peel and chill sufficient number of small, firm, ripe tomatoes to make equal quantity of the two vegetables; sprinkle French dressing over the tomatoes and then mix carefully with the potatoes. Line a salad dish with crisp lettuce leaves; fill in with the vegetables and garnish with a little minced ham strewn over the top and minced gherkins.

Red Currant Cream.

Cover an ounce of gelatine with a cup of cold water and let it stand until dissolved; then add another cup of boiling water and stir until the gelatine is dissolved; add to this a cup of red currant juice and juice of a large lemon. Sweeten the mixture to taste and stir over the fire until it reaches boiling point; then strain and stand aside to cool. Then add half a cup of powdered sugar to a pint of sweet, rich cream and whip to a stiff froth; add this to the currant juice and whisk all together until it is quite stiff; turn into a wetted mold and pack in ice until stiff enough to turn out. Turn into a fancy dish and serve with whipped cream or iced fruit heaped around the base.

WEDNESDAY.
BREAKFAST.
Fruit,
Cereal, Cream,
Corn Fritters, Creamed Tomatoes,
Rolls, Coffee.
LUNCH.
Cold Sliced Tongue,
Cottage Cheese,
Fruit Pancakes, Iced Tea.
DINNER.
Clear Soup,
Boiled Corn Beef, Spinach Puree,
Browned Turnips, Beets,
Berry Shortcake, Cream,
Coffee.

THURSDAY.
BREAKFAST.
Fruit,
Cereal, Cream.
Scrambled Eggs, Thin Slices Bacon,
Pop Overs, Coffee.
LUNCH.
Thin Slices Corn Beef,
Macedoine of Vegetables,
Fruit, Iced Tea.
DINNER.
Cream of Tomato Sauce,
Egg Plant Farce, Creamed Corn,
Shrimp Salad,
Fruit, Gingerbread,
Coffee.

FRIDAY.
BREAKFAST.
Fruit,
Plain Omelet, Creamed Potatoes,
Cucumbers,
Rolls, Coffee.
LUNCH.
Breaded Tomatoes, Brown Sauce,
Hashed Brown Potatoes,
Fruit, Cereal Coffee.
DINNER.
Clear Soup,
Baked Fish, Dressed Cucumbers,
New Potatoes, Butter Sauce,
String Bean Salad,
Pineapple Frappe.
SATURDAY.
BREAKFAST.
Fruit,
Cereal, Cream,
Corn Beef Hash, Cold Catsup,
Toast, Coffee.
LUNCH.
Broiled Live Lobster, Melted Butter,
Potato Scallop,
Finger Rolls, Cereal Coffee,
DINNER.
Okra Soup,
Veal Cutlets, Breaded,
Cream Sauce,
Stewed Tomatoes,
Hashed Potatoes, Browned in Oven,
Egg Salad,
Berries, Sponge Cake,
Coffee.

TO CURE CONSUMPTION, Asthma, Catarrh and Bronchitis

IS WHAT IS OCCUPYING THE PUBLIC MIND TODAY.

No disease possesses such sad interest for humanity as Consumption, on account of its wide prevalence and its destructive effect. Consumption is the most aggressive and merciless of all diseases. In every age of medicine Consumption has formed a fertile field of inquiry as to its nature, cause and treatment. The discovery of the nature of the disease is owing a great deal to Laennec, who in the early part of this century discovered the Stethoscope, whereby an accurate investigation could be made. The cause was fully demonstrated by the scientific investigations of Niemeyer some 75 years ago, yet the positive cure of Consumption was never proved, and it was supposed that Consumption was an incurable disease until Dr. Koch of Berlin, through many years of scientific research, perfected his tuberculine medicine.

The Koch Lung Cure is not now an experiment, for the thousands of cases which it has permanently cured makes it an absolute curative power for this terrible affliction. What will interest the people of Washington and vicinity is that Dr. Koch has located the Koch Lung Cure at 627 E st. n.w., Washington, D. C. It is under the supervision of Dr. Koch and his associates. These doctors have in their possession the latest Koch treatment, which includes the Koch inhalation. The vapors are breathed into the air tubes, and reach the deep places in the lungs that are never touched by ordinary drugs, and in this manner heal the diseased spots. It softens the sore membranes, making them throw off their diseased coatings. As the lungs are healed they are strengthened; the pains then disappear in chest, back and side.

The manifest improvement in the patient is so wonderful that he can hardly believe his senses. Dr. Koch's reputation is such that any statement which he makes can be relied upon. The doctors give all sufferers who call at 627 E st. n.w., Washington, D. C., such positive proof of the curative power of the Koch Lung Cure that it dispels doubt from the most skeptical mind. They will give you the names and addresses of hundreds who through this wonderful treatment have been cured of this deadly disease. You can then either write or visit them, and you will find every claim made by these physicians substantiated by the living testimonials of the curative power of the Koch Lung Cure.

This grand treatment is indorsed by the German Government, and the tuberculine medicine, which will positively cure Consumption, is made in the Government Laboratories under the direct supervision of government officials. This tuberculine medicine is sent direct to the Koch Lung Cure, at 627 E st. n.w., Washington, D. C.

The Lung Cure doctors invite all those suffering from Consumption, Catarrh, Asthma or its kindred ailments to call on them at 627 E st. n.w., Washington, D. C., where they will give consultation and examination free. If your case is incurable they will tell you so. If they tell you it is a curable case, you may rest assured that your affliction will be positively and permanently cured. Some of the doctors associated with Dr. Koch have practiced in Washington for many years, but have organized the Koch Lung Cure only a short time ago.

The doctors through this treatment cure Catarrh, Bronchitis and Asthma. The medicine which they administer does not go to the stomach, but directly to the lungs. In this way they remove the cause upon which the disease depends.

Office hours all day; also Sunday. Booklet explaining treatment sent free.

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Nothing could be more indicative of the impressive buying news heralded to you by our GREAT SUMMER CLEANING-UP SALE than the way buyers are bringing their friends to share in the outpouring of bargains made by the immense reductions. The opportunity is here to save from $3.00 to $14.00, and we include every yard of

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AN ALASKAN TRAGEDY.

A Party of Six Victims to the Rigors of Winter.

NOME, July 10, via Seattle, Wash.—A tragic story comes from St. Michael. A party of men en route to Nome recently found the bodies of six men at a point near Cape Romanoff. It is presumed that they all froze to death during some one of the terrible blizzards that prevailed last winter.

The bodies were scattered at intervals—five of them about a quarter of a mile apart. They were outstretched upon the tundra and each was found wrapped in blankets. Each had some camp equipment near him, but no food. One of the dead men had been evidently either injured or sick, as he lay on a litter constructed of a pair of oars and a canvas sheet. It would seem that the storm must have overcome the men carrying him. Evidently becoming exhausted they had abandoned him and wandered off, each for himself, to perish where found.

Gen. Randall was notified and has ordered out a party of soldiers to bring in the bodies, and every effort will be made to identify them. Gen. Randall thinks that they were a party of prospectors, who, in an effort to reach St. Michael, had run out of provisions and perished from exhaustion and exposure.

Advices From Guam.

The Navy Department heard from Commander Seaton Schroeder, the governor of Guam, yesterday. It was a brief request for supplies, and as no reference was made to the disorder among the marines, which caused trouble there not long ago, it is inferred that the difficulty has been overcome.

The Best Prescription for Malaria, Chills and Fever is a bottle of GROVE'S TASTELESS CHILL TONIC. It is simply iron and quinine in a tasteless form. No cure—no pay. Price, 50c.