THE BOOK CORNER

A PINCHBECK GODDESS. By Mrs. J. M. Fleming (Alice M. Kipling). New York: D. Appleton & Co.

One takes up this book written by a sister of Rudyard Kipling, and dedicated to him, with the idea of comparing it with the work of the more famous brother. But a few pages serve to convince us that the author has a charm of style and a captivating manner all her own. And although her clever novel deals with the same Anglo-Indian hill station life with which we have become so familiar from "Under the Deodars" in "Plain Tales From the Hills" and "The Phantom Rickshaw," her characters are distinctly new creations, and so, while the environment is the same, it is as if we had returned to Simla after an absence, to find an entire new set of people possessing the old familiar places. Yet it is the same unconventional Anglo-Indian society that Kipling has so often been accused of exaggerating. Still, even in treating scenes practically the same, there are essential and interesting differences. We recognize the woman's point of view in the lighter and more sympathetic touches and in her keen insight into and feeling with humanity and nature.

Mrs. Fleming does not put things quite as bluntly as her brother, but she gives us, none the less, racy and unique personalities, none of whom can be said to be prototypes of Mrs. Hauksbee, and her famous coterie of hill station life; but they are every bit as well drawn, and equally interesting. The plot is very slight, but at the same time, an original one, which the author's skillful treatment rescues from absurdity or exaggeration. Nothing short of genius could win so completely the affection and interest of the reader for "The Pinchbeck Goddess," who masquerades for one whole season as a sportive and flirtatious widow, with complexion and hair of a brilliancy that nature never knew. Notwithstanding her only too apparent artificiality and occasional risque manners, no dissimulation nor theatrical make-up can disguise her charming womanly qualities and one loves her in spite of herself, and feels immensely relieved when the denouement reveals that the affection has not been misplaced.

Fiction has seldom given us a purer, sweeter girl than dainty Nancy Ivey, with her "sweet flower face," whose girlish ingenuousness seems like the breath of dewy violets, fragrant and fresh, contrasted with the worldly pleasure-loving company by which she is surrounded. Mrs. Bertie Vernon, dubbed the "Unnecessary evil," with a fondness for practical jokes and baby games that had outlived her youth, we have all met before under many names and in many environments. But a character who has an individuality all his own is Col. Strath-Ingram (pronounced Struthgrum), and while the colonel is far from being a hero, he will be the best remembered man of the book. But it is impossible to individualize among the many interesting characters of the "Pinchbeck Goddess" and to fully appreciate them, one must know them through the inimitable conception and witty characterization of the writer herself.

Mrs. Fleming's style is polished, her dialogue is piquant and sparkling, while a vein of humorous, epigrammatic speech runs throughout the book. She is happy in conveying a sense of the wondrous color and ceaseless movement of the crowds and sights at a native fair; also in giving us something of the humor of the rehearsals of an amateur operetta, as well as the brilliancy and by-play of a fancy dress ball.

Neither is the story lacking in that "touch of nature that makes the whole world kin," for it is interspersed with charming descriptions and lovely pictures of woodland and dale; nor is the purely romantic wanting, and the love episodes of the two heroines are told most charmingly. The word delightful can be most fittingly applied to this fascinating latest contribution to Appleton's "Town and Country Library."

+ + +

TATTERLEY, THE STORY OF A DEAD MAN. By T. Gallon. New York: D. Appleton & Co.

"Tatterley" is by a new writer, who has evidently modeled his work after the great master, Charles Dickens. Even the names of the characters have a Dickensonian twist. Tatterly, who is not unlike our old friend, Newman Noggs, wears a green patch over one eye and is the patient drudge of Caleb Fry, a sour and crusty old curmudgeon who lives in a shabby house in a dull street in Bloomsbury. The striking personal resemblance of master and man is so great that when Tatterley dies suddenly, Caleb Fry conceives the idea of assuming his clothes, patch and all, and passing himself off as the dead servant. In this way he goes to his own funeral, listens to the reading of his own will, mingles with the relatives and hears himself commented on with brutal frankness. Caleb had made a new will in a fit of anger the night before Tatterley died, and the cousin whom he made his heir turns out to be a selfish, unprincipled scoundrel, while Donald Brett, the nephew whom he disinherited—the son of his dead sister, the only person that Caleb Fry ever loved—proves to be an honorable and worthy young man, who wins the old man's heart. But as the penniless Tatterley he is powerless to help Donald Brett, who is an artist and in love with a sweet young girl as poor as himself. In the kindly impulses which the affection of the young lovers inspires and the interest he takes in their fortunes, it is difficult to recognize the hard-hearted and unscrupulous old man with whom the story opened, and it is still harder to believe that old Caleb Fry could experience such a change of heart and manner simply by assuming the clothes and condition of a dead servant, and become so angelic and self-sacrificing. But Mr. Gallon's ingenuity makes us accept the situation and carries us on to the end in a most interesting way, and the book, while it may not attain the genius of the master, has more than average talent and is well worth reading.

+ + +

FELLOW TRAVELERS. By Graham Travers. New York: D. Appleton & Co.

Five clever character sketches make up this volume, issued in the "Town and Country Library" series.

While the stories are all devoid of anything like a regular plot, they are none the less enjoyable. The characters are very near to nature and are drawn in a strong, incisive way which appeals at once to the sensibility of the reader, and furnishes food for profitable reflection, and this, too, without having a moral unpleasantly prominent.

"The Examiner's Conscience" is a most pathetic little story full of human interest. "The Knight and the Lady" is a pretty romance of two children. "A Great Gulf" is a strongly written tale, but having the somewhat threadbare motive wherein the admired and beautiful but somewhat vain and frivolous young person is contrasted with the plain-featured and scarcely noticed but sensible and virtuous young woman, to the immensely final advantage of the plain-featured one. All the stories are uniformly interesting, and the book is certain to prove an agreeable companion on a journey, or to pass pleasantly an hour or two at home.

+ + +

THE MADEIRA ISLANDS. By Anthony J. Drexel Biddle. Philadelphia: Drexel Biddle & Bradley.

It is seldom one finds so much information so gracefully and interestingly told as we have in this entertaining little volume on the Madeira islands. While to the world in general these islands have not been unknown, still it has been left to Mr. Biddle to be the historian of what under the magic of his pen seem veritable "summer isles of Eden." And the spell of romance that the ill-fated history of Robert a Machin and his luckless love Anna d'Arfut casts over the beautiful "Ilha da Madeira" seems to linger to this day. Mr. Biddle gives vivid and picturesque descriptions of the natural beauties of the island, of its delightful climate and of its principal city, the quaint town of Funchal, with its parks and buildings, its society and institutions. The industries of the island, its fetes and customs, are all written of in an attractive manner.

The book also contains twenty-seven full-page illustrations, reproductions from photographs, that add much to its value and beauty. There are in addition two maps—one of the island of Madeira and one of the city of Funchal, and a chapter of useful information for the traveler and visitor.

+ + +

BRITISH INDIA. By R. W. Frazer, L.L. B., I. C. S. (Retired). New York: G. P. Putnam's Sons.

This volume of British India is a new issue in the justly popular "Story of the Nations" series. It begins with the early history of Indian commerce, which it traces from about 1500 years before Christ down to the time of the rise of the Honorable East India Company, of London, in 1600. As the author says in his preface: "Throughout the story, attention has been centered more on the main facts which led to the foundation and expansion of British empire in India than to mere details of military operations or of administration."

The early history of commerce between the East and the West, the gradual passing of the course of that commerce from the Mediterranean to the route around the Cape of Good Hope, the long struggle between the Dutch, French and English for predominance, which ultimately left England, at the close of the seventeenth century in complete possession of the seas and absolute command over the Eastern trade, are traced for the purpose of enabling the reader to gain a clear insight into the primary factors underlying British dominion in India.

The East Indian services of Robert Clive and Warren Hastings are treated of most fully, as is also the mutiny. The progress of the empire under British rule, its civil service, its educational facilities, its imports and exports, its revenues and its intellectual and moral development are all most interestingly told.

The book is fully illustrated, and has several maps; it is well printed and bound and is uniform with the preceding numbers of the "Story of the Nations" series.

+ + +

THE MAJESTIC FAMILY COOK BOOK. By Adolphe Gallier. New York: G. P. Putnam's Sons. $2.50.

Mr. Gallier, after serving as chef to several of the nobility in Europe, was engaged by the Hoffman house, New York. He was afterwards chef of the Hotel Brunswick, and at present holds that position at the Hotel Majestic, hence the name this volume bears. In this book Mr. Gallier has given recipes of soups, sauces, fish, meats, vegetables, salads, desserts, etc., for a family of eight persons. As may be surmised, they are all of a high degree of excellence, and should be warmly welcomed by housekeepers, who for the first time have an opportunity to study the cookery of a noted chef through methods adapted to family living.

MAGAZINES.

Scribner's Magazine for April has an appreciative article by Cosmo Monkhouse on Orchardson, the British painter, famous for his "Napoleon on the Bellerophon," "Her First Dance," and other popular pictures. Orchardson is a Scotchman, who went to London when he was but 27 years of age, and won almost immediate success.

+ + +

C. D. Gibson writes in this month's Scribner's of "London Parks," and capital as the illustrations are, the text accompanying them is quite as enjoyable. "Odysseus and Trelawny," a sequel to "Byron's Grecian Career," by F. B. Sanborn, is a timely reminiscence of the Greek revolution in 1821. Odysseus was one of the most picturesque heroes of that romantic time, and during part of the revolution he lived with Trelawny in a cave on Mount Parnassus. To this number Lewis M. Iddings contributes his second paper on "The Art of Travel," from which even veteran travelers can obtain valuable hints. Richard Harding Davis introduces a new character this month into his entertaining serial, "Soldiers of Fortune." The frontispiece is the transformation scene from "Dr. Jekyll and Mr. Hyde," drawn by William Hole, the well-known Scotch artist. In connection with this picture a bit of history is divulged—it seems that when Stevenson wrote "The Master of Ballantrae" for Scribner's, he requested that his friend, William Hole, be allowed to illustrate it. It therefore seems very appropriate that this artist should have furnished this scene.

+ + +

McClure's Magazine for April will contain a series of life portraits of Alexander Hamilton and his wife, and a study of Hamilton's life and public services, by his chief biographer, the Hon. Henry Cabot Lodge.

Hamlin Garland continues his life of Grant this month. His chapters deal with Grant's life as a farmer and business man in Missouri, after he had resigned from the army.

+ + +

The Strand Magazine for April, in its series of "Illustrated Interviews," gives a delightful account of a visit to the home of Mr. and Mrs. Beerbohm Tree. Mr. and Mrs. Tree, the children, their home, the characters they have assumed, their impressions of America and its people, and the new theater that is being built for Mr. Tree are all discoursed upon piquantly and most entertainingly, while numerous illustrations of the people and things talked about add greatly to the interest and value of the paper. Another paper of note in the April issue is "Antarctic Exploration," written and illustrated by C. E. Borchgrevink.

+ + +

The New Illustrated Magazine for April contains a portrait of Mr. William Archel, dramatic critic of the London World and the man who has practically made Ibsen known to English-speaking people. There is also in this number a portrait of Mr. Edward Rose, who is called the most successful adapter of novels for the stage now working. In proof of this may be mentioned the success of "The Prisoner of Zenda" and "Under the Red Robe."

Violet Hunt contributes a paper of interest on "The Popularity of 'Jane Eyre.'" "The Mikado's Silver Wedding" and "Mr. Chamberlain's Garden." The latter is a finely illustrated article on "Highbury," the Hon. Joseph Chamberlain's residence near Birmingham.

+ + +

Mr. Will H. Low contributes a most interesting article to the April McClure's on the three greatest decorative painters of the present time. The paper is richly illustrated with reproductions of celebrated paintings by Paul Baudry, Puvis de Chavannes and others. Mr. A. F. Jaccaci, who has been for several years art manager of Scribner's Magazine, has become the art editor of McClure's, and it is the purpose of the management to henceforth make the magazine notable for its artistic excellence.

+ + +

This is the third year of Elbert Hubbard's delightful "Little Journeys," issued by G. P. Putnam's Sons, New York. The series for 1897 is to be "Little Journeys to the Homes of Famous Women." Harriet Martineau is the subject of the little booklet for March. It is the third in the series, Elizabeth Barrett Browning and Mme. Guyon having preceded it. Too much cannot be said in praise of these charming sketches, giving us, as they do, glimpses into the life and associations of the subjects treated that we do not always find in more pretentious biographies. The frontispiece of the March number is a fine portrait, with autograph, of the famous writer, and the clever sketch that follows increases our appreciation of this wonderfully bright woman.

+ + +

In the Ladies' Home Journal for April ex-President Harrison will tell about "The Social Life of the President." In addition to giving in detail the dinners, receptions and great social demands made upon him, it is said that he also pays heed to the oft repeated question, how much of his salary can a president lay aside?

Jerome K. Jerome has a new short story in the April issue of this journal, which is said to be one of the brightest and best that has ever come from his pen. It is called "A Portrait of a Lady," and is illustrated by W. T. Smedley.

+ + +

Frank Leslie's Popular Magazine for April has a notable contribution on "The Life-Saving Service" by Joanna R. Nichols. From this article we learn that the United States has 251 stations on the Atlantic, the Pacific, the Gulf coasts and Great Lakes, with constant employment for over 1,700 men. The article is very fully illustrated with pictures of various wrecks, life-saving apparatus, groups of surfmen, portraits, etc., and the text gives a graphic description of the gallant work of our surfmen. "Rutger's College," by George Howard Cowie, is an interesting, well illustrated paper given this month in the series on "American Universities and Colleges."

+ + +

It will be welcome news to the admirers of "The Studio" founded in London in 1893, that its success has been so great that the time has arrived for issuing an American edition. For this the title will be "The International Studio," and it will be issued monthly in New York, simultaneously with the London edition, from the office of Mr. John Lane, 140 Fifth avenue. The International Studio will be identical with the London edition and will also contain a supplement dealing exclusively with American Art. The March number has already appeared and gives abundant proof that The International Studio is fully abreast of the British issue.

Literary Notes.

Herr Frederick von Schurz's "Russia of Today" has been forbidden in Russia.

As in the case of Charles Reade, there has lately been a revival of popular interest in the novels of Wilkie Collins.

In England, Miss Marie Corelli, having her grievance with reviewers, does not permit her publishers to send round her books, and so they do not reach editorial tables. Fancy what must be the depression of reviewers at the slight.

After Conan Doyle's first story had been refused by eleven publishers he managed to sell it for £25.

Ian Maclaren says that Harold Frederic is the American writer who is most widely read in England today.

"Pioneers of Evolution, From Thales to Huxley," by Edward Clodd, is the title of a remarkable work which will be published shortly by D. Appleton & Co.

Mr. Paul Leicester Ford's "The Story of an Untold Love" is now in its fourteenth chapter in the March Atlantic, and a striking piece of literary work it is.

Mr. Lawrence Hutton is writing his autobiography for St. Nicholas, under the title of "A Boy I Knew," which is somewhat suggestive of Mrs. Burnett's story of her girlhood, "The One I Knew Best of All."

Teachers of the comparatively new science of "sociology" will welcome the announcement by the Macmillan company that Prof. Franklin H. Giddings, of Columbia university, has in press a pamphlet syllabus of sociological principles, entitled "The Theory of Sociolization."

T. Y. Crowell & Co. have in press a revised edition of Cary's version of Dante's "Divine Commedia," together with Rossetti's translation of the "Vita Nuova," edited by Prof. L. Oscar Kuhns, of Wesleyan University, with explanatory notes and introduction. The work will be illustrated.

Says Mr. Zangwill: "Review for art's sake and the book's sake, not for your own sake nor your author's sake, neither have regard to your friend nor your enemy, nor your friend's friend, nor your enemy's friend, nor your friend's enemy, nor your paper, nor its publisher, nor its ass, nor anything that is your paper's." And don't think of $10, more or less, per column.

Mr. Robert Barrett Browning is establishing a school at Asolo, Italy, for the benefit of girls employed in the silk mills there. To all who remember "Pippa Passes" this will link still closer to that spot the memory of the poet.

Mr. Israel Zangwill is to follow up his "Ghetto" vein, for he is now writing "Dreams of the Ghetto," and it will be published in the coming autumn. His "Children of the Ghetto," translated into Russian and Hebrew, has been admitted into Russia and the book has a wide circulation there.

Mr. Nathan Haskell Dole writes to the Boston Transcript: "Many people have tried to explain the meaning and origin of the title of Mr. Kipling's last volume of poems, some even reckoning on their fingers the various seas that the author might be supposed to have crossed in the course of his wanderings. I think it is more likely that the title is derived from the last line of the forty-seventh quatrain in the 1872 edition of FitzGerald's 'Rubaiyat of Omar Khayyam':

'When you and I behind the veil are past,
Oh, but the long, long while the world shall last;
Which of our coming and departure heeds
As the seven seas should heed a pebble cast.'

"The term 'seven seas' (in Persian 'heft kulzum') is used as the title of the great dictionary and grammar of the Persian language, containing many Persian poems, published in 1822 at Lucknow."

The Care of Infants' Heads.

New York Tribune.

In caring for an infant from its earliest moments until grown large enough to care for its own needs, the hair should receive the most careful attention.

Many mothers think that the heads of infants, whether covered early by a thick growth of hair or a fine, almost invisible down, need little washing, consequently a thick coating forms, as white as the scalp at first, but gradually darkening with age, until of an ugly brown color.

Through this growth the hair must force itself if it grows at all, and often the weak little hirsute arrangement becomes discouraged and sends out only a few straggling hairs, where a thick, short down should appear.

To encourage a healthy growth, the infant's head should be washed daily, just as the body is, by lathering gently with castile soap, and rinsing in warm water.

This keeps the head clean and free from the peculiar growth. If, however, it has made its appearance, very gentle but decided means should be employed to eradicate it.

Mix together a teaspoonful of borax, powdered, and a tablespoonful of white vaseline, and with the mixture and the finger ends rub gently but thoroughly the head. Let it stand half an hour or less, and then wash with plenty of castile soap and warm water.

If all the scurf is not removed by the first application, renew it next morning until the head is perfectly clean.

When children's hair is "trashy" or unruly, lacking life and gloss, this treatment will be beneficial also.

Rub the mixture in thoroughly, and then wash out, brushing the hair thoroughly when dry. Never use a wet brush on the children's heads to keep them in order; rather brush them and wash them until they become silken and pliable, remaining as arranged by the natural life and oil of the hair itself.

Never use oils or dressing on a child's hair. Perfect cleanliness is more to be desired than the sickness oils impart; then a head well greased will catch and hold dust that settles upon the scalp, injuring the growth and vigor of the hair materially.

Clipping the ends of the hair when they have become frayed and split stimulates new life and causes the hair to thicken, which, with perfect cleanliness and persistent brushing, will soon repay in silken luxuriance the care bestowed upon them.

And what is prettier than a baby with a fine head of curly locks?

CARRIE SHAW-RICE.

The First Lady Appointed on the State Board of Education.

Mrs. Carrie Shaw-Rice, whose charming poems have given her a fame far beyond the boundaries of her home state, has been appointed by the governor one of the members of the state board of education. She is one of the best known educators in the state, having always been prominently identified with development of the school system. She has taught in Tacoma since the time when there was but one school there, and has also been a member of the state educational council and secretary of the state association. Last year when the Tacoma normal and training school was established she was elected one of the training teachers at an advanced salary.

Her literary work has also attracted much attention. The Hesperian, a quarterly magazine, published in St. Louis, devotes over two pages of its Literary Wayside to her and her work in the February number. The Liverpool Echo last winter alluded to her as the worthy successor of the late Eugene Field. She is known to parents and children everywhere by her poems in the school readers. These considerations rendered it an easy matter for her to secure the appointment on the state board of education, and with apparently no effort took the prize from some who had labored hard to secure the honor.

The fact that Mrs. Shaw-Rice is the first lady ever appointed to such a position in the state has attracted attention all over the country and in a congratulatory letter, Hon. Alexander B. Coffey, educational editor of the Overland Monthly, says: "It means much for the refinement and culture of the rising generation when ladies are being called to the front in educational matters as they are today. I do not think it is the 'new woman' who is pushing herself to the front. Rather it is that those who have been with us all the time and whose advice and colabor we need at the 'front,' who are being recognized."

VALUABLE RECIPES.

Post-Intelligencer Menu.

BREAKFAST.
Wheatena and Cream.
Fruit.
Rice Omelette.
Milk Toast.
Coffee. Cocoa.

LUNCHEON.
Braised Tongue, Lyonnaise Potatoes.
Shredded Cabbage.
Griddle Cakes. Maple Syrup.
Apple Cake.
Tea.

DINNER.
Clear Soup.
Loin of Beef, Stuffed.
Fried Parsnip Cakes.
Scalloped Tomatoes.
Macaroni au Gratin.
Oyster Salad.
Cheese. Wafers.
Corn Starch Pudding.
Drop Sponge Cake.
Salted Peanuts.
Coffee.

Savory Baked Potatoes.

Peel as many medium-sized potatoes as will cover the bottom of a large baking dish. Sprinkle over them a half teaspoonful of dried sage, half a teaspoonful of pepper. Cut an onion in thin slices and spread them over this. Add a large tablespoonful of butter in small lumps, and pour over all a half cupful of milk or meat broth. Bake in a moderate oven about three-quarters of an hour.

+ + +

Rice Omelette.

One cupful of boiled rice, five eggs well beaten, one pint of milk, one teaspoonful of butter, one of flour, one-half spoon of salt, some finely minced parsley. Heat the milk and rice together. Melt the butter and stir the flour into the same. Add eggs and parsley. Mix all well together and bake in a quick, hot oven.

+ + +

Boiled Beef Tongue.

Wash a fresh beef tongue well, put it in a kettle filled with water, stand over a slow fire. Add a spoonful of salt, half dozen pepper corns and four whole cloves to the water; skim, and simmer until the tongue is perfectly tender. Place on a heated dish. Garnish with parsley and currant jelly. Serve with egg sauce.

+ + +

Fried Parsnips.

Scrape and stew them until soft and tender; drain well, and mash and season with butter, cream and salt and a little pepper. Beat until very light, let cool, then make into cakes. Dip in yolk of eggs and bread crumbs and fry a nice brown color in very hot fat. They are perfectly delicious.

+ + +

Apple Cake.

Make an under crust of rich puff paste; place a layer of apples (or canned peaches) on the crust, add three tablespoons of sugar, one teaspoon of cinnamon and a piece of butter the size of an egg, and three tablespoons of cold water, and bake it in a quick oven. Eat with or without cream.

+ + +

Soft Ginger Drop Cakes.

One cup of molasses, half cup brown sugar, half cup of lard, half cup of boiling water, one teaspoon of salt, two teaspoons of soda, two teaspoonfuls of ginger and one egg; add flour until it drops from the spoon, and bake in buttered tins in a quick oven.

+ + +

Scalloped Salsify.

Boil the salsify until tender, peel and cut crosswise in slices half an inch in thickness. Grease the bottom of a baking dish and cover with the salsify. Sprinkle over this a little salt, pepper and bits of butter; add a layer of cracker crumbs, then a layer of salsify seasoned as before. Let the thin top layer be of cracker crumbs. Pour over milk enough to soak it and bake.

+ + +

Oyster Salad.

Parboil the oysters, drain them, and if large cut them in pieces. When cold marinate them in French dressing. When ready to serve, drain them again and mix them with one-quarter as much finely cut celery (or cabbage) and cover with either a mayonnaise or a cooked dressing. Serve on lettuce leaves.

+ + +

Salted Peanuts.

Remove the shells and the thin inner husks from the peanuts, pour over them a little olive oil, sprinkle with salt and roast them in the oven until they are a light brown color.

+ + +

Snow Pudding.

Put a pint of milk in the double boiler on the stove. Mix three tablespoonfuls of corn starch with a gill of milk and one-third of a teaspoonful of salt; stir this into the milk when it boils, beat the whites of four eggs to a stiff froth, and gradually beat into them half a cupful of powdered sugar and one teaspoonful of vanilla, add this to the cooking mixture and beat hard for one minute. Rinse a mould in cold water and pour the pudding into it; set away to cool. At serving time turn it out of the mould into a flat dish and serve with chocolate sauce.

+ + +

Beef cakes are made from finely chopped raw beef. They may be seasoned with onions, salt and pepper, and broiled. They should be carefully chopped to remove all fibre.

+ + +

Any pieces of cold chicken, either roasted or boiled, can be used for chaudfroid. Dip them into a thick cream sauce, and heat in the oven, and serve on a platter with a little chopped parsley or celery.

+ + +

Rice spaghetti is an Italian paste made as the ordinary spaghetti, moulded and dried in the form of rice. It may be made Italian fashion in stock, and served with tomatoes and parmesan cheese.

+ + +

Cream of barley soup is made as follows: Put two tablespoonfuls of barley into one quart of stock; simmer gently for two hours; add a tablespoonful of onion juice, a bay leaf, quarter teaspoonful of celery seed, and simmer for half an hour longer; have a pint of milk hot; rub into it two tablespoonfuls of flour, one of butter, add to the milk and cook for five minutes; add this to the barley, strain and it is ready to serve, or the barley may be left in the soup, if desired.

+ + +

Celery fritters—Wash and scrape some celery stalks, and cut them two inches in length; dip in batter and fry in smoking hot fat, drain on brown paper.

The Many Fail, One Succeeds:

Liebig, the great chemist, succeeded in making that scientific marvel, Extract of Beef, —the essence of all that is best in beef. The makers of

Liebig COMPANY'S Extract of Beef

succeeded, over thirty years ago under his direction, in making this product so perfect as to secure his endorsement and the right to use his signature on every jar.

There have been many imitations, mostly failures, but none approaching the Liebig COMPANY'S for purity, strength and fine flavor.

HIS HELPING HAND.

MORE ABOUT DR. COPELAND'S PLAN OF ASSISTING INVALIDS

Wealthy and Cultivated People Taking Advantage of the System to Secure the Splendid Treatment Provided at the Copeland Medical Institute—The Trifling Expense, Etc.

Dr. Copeland helps invalids by offering them the services of the best specialists in the country, under a plan of light, easy and uniform assessment, amounting to but $5 per month's continuous and watchful treatment, all the medicines being provided without charge.

For Dr. Copeland to lend a helping hand to his fellow-men is not in itself, however, anything at all extraordinary. To lend a helping hand is common and natural to mankind. It is one of the pretty instincts that distinguish a man from a wildcat. Either in a small or in a large way; either by petty and insignificant assistance, or by heroic and sublime assistance, all men lend the helping hand to others, and all men receive help from others. The man or king who thinks that help is charity, and that charity is poison, and who desires, accordingly, to escape any assistance from other mortals, should get himself out of the human family. He should get himself ousted from this planet and eliminated from this universe, because this is a universe in which neither man nor king nor heavenly angel can practice that kind of isolation and of independence.

The only question is as to the kind of help we bestow and the quality and quantity of assistance we render. To boost a bad boy to climb a tree and reach forbidden fruit is to lend a helping hand in an ignoble way. To give a lame boy a pair of crutches and an education, is to lend a helping hand the noble way. To escort a rich young lady across the street, to keep her silk skirt from dragging in the mud, is to lend a helping hand in a chivalrous way. To take a poor girl out of a sweat-shop and give her decent work and a clean home is to lend a helping hand in the Christian way. When Edison took electricity from its useless and fugitive conditions—from its dead slumber in the elements—and turned it into great sun-bright candles to light our dark cities, he lent the world a helping hand in a brilliantly utilitarian way, just as Lincoln, by his patriotism, lent a helping hand to his staggering country in the sublimely heroic way!

Dr. Copeland lends a helping hand by assisting the sick. Is there any better cause? Invalids among the wealthy and educated classes—people who have plenty of money and are not stingy with it—are as fervid in their praise of the treatment given them by the Copeland specialists on the light assessment plan as are those who could afford no higher fee. Could there be any better evidence of the great and genuine public usefulness of Dr. Copeland's helping hand?

HIS HELPING HAND.

Dr. Copeland's conception of fairness is that afflicted people, seeking a cure for their infirmities, should fully understand the treatment offered them before disbursing money fo its benefit, and those applying in person at the Copeland Medical Institute, Collins Building, corner Second and James streets, are quite welcome to a trial treatment without charge. For those taking full treatment there is no expense beyond the assessment of $5, monthly, including medicines.

BRONCHIAL ASTHMA AND CATARRH.

A Striking Instance of the Quick Mastery of These Troubles by the Copeland Specialists After Other Physicians Had Failed to Give Relief.

Mr. West Boles, for 21 years a resident of Juneau, and the discoverer of gold in Southeast Alaska, now foreman for the Knowles Gold Mining Co., in speaking of his cure of severe bronchial trouble and asthma, says:

"I took treatment with the Copeland physicians for Bronchial Asthma growing out of catarrh of the nose and throat, from which I had suffered for some time. The symptoms of catarrh of the nose and throat have been given so often by the cured patients of the Copeland physicians that it is almost useless for me to state that my trouble began with a discharge from the nose, a dropping of matter into the throat, followed by hawking and spitting to get rid of the accumulation of mucus, and that first one nostril and then the other was constantly stopped up. I had a number of physicians prescribe for me, but continued to grow worse, and finally the disease affected the bronchial tubes. I had a severe cough, with terrible attacks of asthma. There was a feeling of weight and filling up of my chest, and my breathing was accompanied by wheezing sounds like escaping steam. These attacks of asthma were more severe at night, and the only way I could get any rest was to lie with my head well propped up. The least exertion worn me out completely, and I could only walk a very short distance when I would have to stop to get my breath. I suffered both day and night and was in constant misery. As I couldn't get any relief from the doctors I had tried, I decided to go to San Francisco in search for relief, and was on my way to that place when I was recommended by a friend to consult the Copeland Physicians. They promised me relief and I began treatment. In a few days after

MR. WEST BOLES, JUNEAU, ALASKA.

commencing treatment I noticed that the discharge and dropping in my throat had greatly lessened and that the nasal passages were much more open and free. At the present time, after a short and inexpensive course of treatment, all my troublesome symptoms have disappeared. I now sleep lying down and wake up after a ten or twelve hours' sleep thoroughly refreshed. I can take any amount of exercise and walk up-stairs without the slightest inconvenience. I feel that I am entirely cured of my trouble and am returning to Alaska in much better health than I have enjoyed in a long time."

CURED OF DEAFNESS CAUSED BY CATARRH.

Mr. J. B. Patty, a well-known farmer of Kirkland, Wash., tells of the splendid treatment given his little daughter Gracie by the Copeland physicians for Deafness and Catarrh in these words:

"After a siege of typhoid fever, five years ago, Gracie lost her hearing. She became almost totally deaf, which interfered greatly with her studies, and it was almost useless for her to go to school. To add to her affliction she suffered severely from catarrh. Her nose discharged profusely, she had a bad cough and her voice became weak and husky. Her general health became affected; she was irritable and fretful and her memory failed. When we took Gracie to the Copeland Institute we were very much discouraged with her condition. She had been under the care of a number of able physicians and we had tried in every possible way to check the progress of the disease, but nothing seemed to do any good, and she continued to grow worse. A lady, a former patient of the Copeland physicians, told us of the cures these specialists were effecting in cases similar to hers, and we concluded to take Gracie to see them. The

GRACIE PATTY, KIRKLAND, WASH.

result of her treatment has been surprising and gratifying to us. She began to improve from the first treatment she received, and is now perfectly restored to health. She has entirely recovered her hearing, her voice is clear and the cough and discharge from the nose have disappeared."

If you live away from the city, write for Home Treatment Symptom Blank and Book and be cured at home.

E. L. TOLLNER.

Tells of His Absolute Cure of Sciatic Neuralgia and Rheumatism—Gradual Recovery From the Beginning of His Cure.

Mr. E. L. Tollner, of 405 James street, Seattle, Wash., who became crippled from sciatic neuralgia and rheumatism, tells of his restoration to health through the Copeland treatment in these brief words:

"The way the treatment took effect after I had once got started at the Copeland Institute was wonderful. I never saw anything like it—that is, I never saw such

MR. E. L. TOLLNER, 405 JAMES STREET, SEATTLE, WASH.

a change commence in a sick person's condition. In fact, I consider my cure little short of a miracle, for the doctors had told me there was no cure, and that I would be a cripple for life. About a year ago, while at work in the woods, I was attacked by a severe pain in my back, running down the hip joint. This pain continued to grow worse, and to extend further down my leg, until finally it developed into sciatic neuralgia and rheumatism. My suffering was so intense that I had to stop work, and soon became perfectly helpless. In this condition I was taken to the hospital at Aberdeen, where, in spite of all treatment, I continued to grow worse instead of better. After having been confined to bed for two and a half months, and upon the assurance of the doctors that I could never get well, I decided to return to my home in Seattle. Although I felt I was to be crippled for life, I was not entirely without hope, and continued to try different physicians; always to be told that there was no help for me. The outlook for a cure was certainly very dark, for at this time I had to be carried every place I wished to go. I was a cripple in every sense of the word. I could not put my right foot to the ground, and my right leg seemed to be several inches longer than the other, and seemed to be dislocated at the hip joint. The terrible pain I suffered made it impossible for me to sleep. The need of proper rest and the agony I endured greatly affected my strength, and I wasted away until I was a mere skeleton. When I had about given up all hope of ever being cured, I saw the 'ad.' of the Copeland physicians, and was taken to see them. I couldn't go alone, for I could scarcely drag myself to their office on crutches. They made a careful examination, and after being assured that they could relieve my terrible suffering I began treatment. Almost impossible as it may seem, I began to improve at once, and at the end of four weeks I threw away my crutches and walked easily with the aid of a cane. At the end of six weeks I decided I was well enough to go back to my work in the woods. The doctors advised me strongly not to do so, but I went against their will. This lack of judgment on my part resulted in a relapse, and I had to come back for further treatment. Although I have now been working for many months, at all hours of the night and day, as a coal-trimmer, there has been no return of my trouble. I walk as freely as I ever did, sleep well, and have regained what flesh I had lost."

DR. COPELAND'S BOOK FREE TO ALL

If you live out of the city write for Doctor Copeland's book containing a description by Doctor Copeland of The Treatment That Cures, Doctor Copeland's Monograph on Deafness, Doctor Copeland's Monograph on Catarrh, and Doctor Copeland's famous symptom questions, describing disease in its different forms. The book will be mailed to you FREE.

The Copeland Medical Institute,

COLLINS BUILDING,

Cor. Second and James Sts., Rooms 1, 2 and 3, Third Floor.

W. H. COPELAND, M. D.
A. L. PREVOST, M. D.

OFFICE HOURS:
From 9 A. M. to 12 M.
From 2 P. M. to 5 P. M.
From 7 P. M. to 8 P. M.
SUNDAYS—From 10 to 12 A. M.