

HOUSEHOLD HINTS.

Some Thoughts About Digestion. Mrs. Root's authority on almost everything pertaining to sanitary cooking...

SELECTED RECIPES.

FRUIT COOKIES. Beat an egg, 3 teaspoonfuls of butter, a little salt and pepper with two cupfuls of cold mashed potato...

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ful of toast and then a swallow of tea, unless you wish to be a still further sufferer from indigestion.

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It has greatly increased the efficiency of the common school system. It has collected the revenues of the State rightfully belonging to it.

It has established a labor bureau and has protected the laborer and secured to him and his family his hire.

It has reduced the rate of things of going into debt under Republican rule at the rate of \$1.25 per day in reducing the debt under fusion rule at the rate of \$1.00 per day.

It has reduced the State debt in eighteen months from \$10,000,000 to \$5,000,000.

It has placed many of the counties in this State, where there was a Republican rule, upon a sound financial basis.

We favor the amendment to the State constitution providing for a general taxation of personal property from taxation.

It is a bill for a pudding that has been tested and found to be all right. Try it.

One egg, one small cupful of sugar, two teaspoonfuls of baking powder, butter size of an egg, one cupful of milk, flour to make as thick as cake.

Steam two hours. Eat with hard sauce made of one tablespoonful of boiling water, butter size of an egg, six tablespoonfuls of pulverized sugar; beat well, flavor with nutmeg.

In order to keep the regular army up to the maximum of 61,000 men the War Department will have recruiting officers at all stations where volunteers are mustered out...

The oldest loaf in existence is in the possession of the British Museum authorities. It was discovered in Assyria by a French explorer...

It is afflicted for four years with local weakness, but would not confess it for a time. Mrs. B. Wood of Bateman, Patrick Co., Va., writes...

The following platform was submitted for ratification to the Democratic State Convention at Ellensburg:

First—The Democrats of the State of Washington in convention assembled, hereby reaffirm our unwavering allegiance to the Chicago platform and our fidelity to the leadership of that platform...

Second—We denounce the Republican party and its leaders for their hypocrisy, insincerity and duplicity in pretending in national and State campaigns to support the Chicago platform...

Third—We demand the immediate construction and control by the United States government of the Nicaragua canal as a measure of the highest importance to the American people...

Fourth—We demand a graduated national income tax to the end that industry may be less burdened, and that the aggregated wealth shall bear its just proportion of taxation...

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