A Delicious Morsel

Can be had at any time from our line of fruit and vegetables. Read below.

VEGETABLES.

Wax Beans, Cucumbers, Tomatoes, Beets. SweetPotatoes, Carross. Sweet Potatoes, Carrots, Celery, Owster plant, Wavermelons, Musk Meions, Green Corn. Caulifower, Spinach, Squash Musk Meions, Green Corn. Spinach,

PRUITS.

Oranges. Crab Apples.
Peaches. a pples.
California PiumsSugar Pears,
Bunanas. Concord.
Malaga and Toka Grapes. Crab Apples, Plumbs, by the peck.

POULTRY.

Spring Chickens Dressed to Order, Dressed Chickens, Dressed Turkeys, Ducks.

1690 Second Ave.

Good, Sweet and Wholesome Bread

Is the staff of life. Our delicious bread is made from the very best products, and BRAIN BREAD, made by us exclusively, has the health giving qualities of the whole wheat, and very nourishing; you will like it.

For Your Picnic and Party

There is nothing so tempting as our ice cream, Oh! So good.

Math & Brautigam Co.

Successors to KRELL & MATH.

Phone 1156. 1716-1718 Second Ave.

Oriental Punishments. The heathen Chinee deems the desecration of graves one of the most unpardonable of crimes, and, according to law, any man finding another in the act of robbing a graveyard may legally kill the villain on the spot without fear of consequences.

If a Turkish baker palms off a loaf of brend on you that is proved to be the defaulter by one of his ears to the Cure. Send for circulars, free. door of his shop so as to be in full view of the passersby. The poor wretch will then be provided with a sharp dagger or knife, with which he can cut himself fee so soon as he can summon up the necessary courage required for the operation of self maiming.

In many of the oriental countries. where precious stones are looked upon as well nigh sacred objects, it is no uncommon thing for a jewel robber to be punished with death. In Tibet the penalty for falling from your horse when taking part in any military op-

erations or public athletics is death. One writer recalls how he saw a man shot in Montenegro for appearing at a review wearing a stained uniform.

A Heroine.

In a cemetery on the banks of the St. Lawrence river, near Prescott, is an epitaph saying that the stone was "erected to the memory of Elizabeth Richardson, who heroically defended the life of her lover by sticking a pitchfork in a mad cow's nose." The heroic Miss Richardson was 38 years old when she died.

Costly Violins.

The current value of Stradivarius violins in London is said to range from £80 to £800. In Stradivarius' own time one Cervetto of London received a consignment of the master's instruments which he was commissioned to sell for £4 aplece. But he was obliged to send them back, as no Englishman at that time would buy them at any such figure. Stradivarius himself is said to have asked a price of 4 louis d'or for each of his violing.

03555555555555555555555555555 PULPIT AND PEW.

Commencement There will be services in the various churches tomorrow as follows: Trinity Episcopal, corner of Sixth avenue and Nineteenth street. Rev. R. F. Sweet. S. T. D. rector. Celebration at 7 a. m ; matins and

St. Joseph's Roman Catholic, corner of Second avenue and Fourteenth street, Rev. Thomas Mackin, dean and pastor. Mass at 8 a. m. and 10:30 a.m. Vespers at 3 p. m. Sunday

m. and 10:30 a. m. Vespers at 3 p. m. Sunday school at 2 p. m.
Sacred Heart Roman Catholic, Twenty-eighth street and Fifth avenue, Rev. J. F. Lockney, pastor. Mass at 8 and 10:30 a. m. Sunday school at 2 p. m. Vespers at 7:30 p. m.
St. Mary's German Catholic, corner of Fourth avenue and Twenty-second street, Rev. F. J. Poettkin, pastor. Mass at 8 and 10:30 a. m. Vespers at 3 p. m. Sunday school at 2:30 p. m. German Lutheran, corner of Twentieth street and Fifth avenue, Rev. C. A. Mennicke pastor. Services at 10 a. m. and 7:30 p. m. Grace English Lutheran, corner of Forty-feurth street and 7:30 p. m.
Swedish Lutheran, corner of Fourteenth Swedish Lutheran corner of Fourteenth street and Fourth avenue, Rev. Carl E. Slatt, pastor. Services at 10 a. m. and 7:30 p.m. Zion Swedish Lutheran, 4525 Seventh ave-

nue, Hev. J. G. Dahlberg, pastor. Services at 10:45 a. m. and 7:30 p. m. Sunday school at 9:30 German Evangelical, Ninth street between Fifth and Sixth avenues, Rev. F. Trefzer patter. Services at 10:30 a. m. Sunday school birst Baptist, corner of Third avenue and

First Baptist. corner of Third avenue and Fi tennth street, Rev. George B. Simous, pas-tor. Services at 10:45 a.m. and 7:30. Morning subject. "Law of Forgiveness." evening That Whi m Man Most Needs." Sunday school at 9:30 a.m., S. J. Woodie, superintendent. B. Y. P. U. at 6:30 p. m. Junior Union at

ent. H. Y. P. U. at 6:30 p. m. Junior Union at 2:30 p.m.

Free Swedish mission, corner of Eleventh street and Fifth avenue. Sunday school at 2 p. m. Prayer meeting Wednesday at 8 p. m. Emanuel Baptist Mission, 447 Forty-fourth street. Sunday school at 2:30 p. m., B. H. Wilson, superintendent.

Second Baptist, Tenth street and Sixth avenue. Services at 11 a. m. and 8 p. m.

Swedish Baptist, corner of Twenty-first street and Fifth avenue. Preaching at 10:45 a. m. and 7:30 p. m. by Rev. K. Rosmark.

First Methodist, corner of Fifth avenue and Nineteenth street. Rev. C. O. McCuiloun, pastor. Services at 10:45 a. m. and 7:30 p. m. Bishop John F. Hurst. of Washington, will speak in the morning and Rishop J. C. Hartz-1. Africa, in the evening. Sunday school at 9:30 a. m. Junior League at 2:30 p. m. Epworth League at 6:30 p. m.

German Methodist, corner of Sixth avenue and Fourteenth street. Rev. F. L. Litzrodt pastor. Services at 10:45 a. m. and 7:30 p. m. Sunday school at 9:15 a. m., J. J. Heig, superintendent. Epworth League at 7. Junior League at 2 p. m.

African Methodist, Fourteenth street and

intendent. Epworth League at 7. Junior League at 2 p. m.

African Methodist, Fourteenth street and Fourth avenue, Rev. C. H. Thomas pastor. Services at 11 a. m. and 7:30 p. m. Sunday school at 12:30 p. m.

Broadway Presbyterian, corner of Twenty-third street and Seventh avenue, Rev. W. S. Marquis, pastor. Church services moraing and evenue as usual. Sunday school at 2:15 a. m. Young people's meeting at 6:15 p. m. Central Presbyterian, Second avenue, b-tween Fourteenth and Fifteenth streets. Services at 10:45 a. m. and 7:30 p. m. Sunday school at 2:15 a. m. Young people's meeting at 6:30 p. m.

vices at 10.45 a. m., a'd 7:30 p. m. Sunday school at 8:15 a. m. Young people's meeting at 6:30 p. m.

United Presbyterian, Third avenue and Fouteenth street, Rev. D. L. McNary, pastor. No preaching services. Sunday school at 9:20 a. m. Y. P. S. C. E. at 7 p. m.

Aiken Street Chapet, Presbyterian, South Rock Island. Sunday school at 3 p. m.

Christian Endeavor meeting at 4 p. m. Services every Tuesday at 7:30 p. m.

Memorial Christian, corner of Third avenue and Fourteenth street. W. H. Johnson, pastor. Services at 10:45 a. m. and 7:30 p. m.

Morning suoject, "The Divine G. ace." evening, "tod's Power," Sunday school at 9:15 a. m.

Y. P. S. C. E. at 6:30 p. m.

South Park Chapet, Presbyterian, Elm street and Fifteenth avenue, Rev. W. S. Marquis, pastor; Sunday school at 2:30 p. m.

Twenty-ninth Street Sunday School, Christian, Seventh avenue and Twenty-ninth street. Sunday School, Christian, Seventh avenue and Twenty-ninth street. Sunday school at 9:15 a. m.

Twenty-ninth Street Sunday School, Christian, Seventh avenue and Twenty-ninth street. Sunday School at 9:15 a. m.

Twenty-ninth Street Sunday School, Christian, Seventh avenue and Twenty-ninth street. Sunday School at 9:15 a. m.

Twenty-ninth Street Sunday School, Christian, Seventh avenue and Twenty-ninth street.

meeting at 3 p. m., salvation meeting at 7:30

First Church of Christ, Scientist, Twentythird street between Seventh and Nintb avenues. Services at 10:45 a.m. and 7:30 p.m. subject for both morning and evening. "Matter." Sunday school follows the morning service. Wednesday evening meeting at 7:30. Heading rooms open every afternoon except Sunday from 2 to 4. Y. M. C. A. building, corner of Third avenue and Nineteenth street. Services at 230 p. m. Heorganized Church of Jesus Christ of Latter Day Saints Services at 102 Third avenue at 3 o'clock p. m., conducted by Elder F. M. Copper. Sunday school at 2 p. m.

Deafness Cannot Be Cured

By local applications, as they cannot reach the diseased portions of the paid for his services. ear. There is only one way to cure deafness and that is by constitutional tion can be taken out and this tube fiercer dogs are. - Philadelphia Times. restored to its normal condition hearing will be destroyed forever; nine cases out of 10 are caused by catarrh, which is nothing but an inflamed con-

dition of the mucous surfaces. We will give \$100 for any case of of less weight than it is represented, deafness (caused by catarrh) that you can instruct a policeman to nail cannot be cured by Hall's Catarrh

> F. J. CHENEY & Co., Toledo, O. nen. Sold by druggists, 75 cents. Hall's Family Fills are the best.

Does it Pay to Buy Cheap? A cheap remedy for coughs and ters. colds is all right, but you want somemore severe and dangerous results of regular climate? Yes, if possible; if case take the only remedy that has he said: been introduced in all civilized countries with success in severe throat and lung troubles, "Boschee's German Syrup." It not only heals and stimulates the tissues to destroy the germ disease, but allays inflammation, causes easy expectoration, gives a good night's rest, and cures the pa-

Thomas', druggist. How Bright's Disease Starts.

oned with ures and uric acid (which once in every 11 or 12 years and a should have been excreted by the kid- great famine about twice in a century. neys), rheumatic pairs in nerves and joints, causing irritation of the kidneys, then pains over the small of the back, mark sure approach of Bright's disease. Do not delay taking Foley's Kidney Cure, for it makes the kidneys

right. For sale by all druggists. big colds; the big colds that end in hol as the great causes of color blindconsumption and death. Watch the ness, and this, accounts for the fact little colds. Dr. Woods' Norway Pine that it is much more common in men Syrup. For sale by Marshall & Fisher, than in women.-Health Culture.

THE CRIMINAL CUCKOO.

He Is the One Exception to the Kind-

ly Nature of Birds. Bad temper and cruelty are perhaps the most obvious signs of mental degeneration in the beasts. The larger monkeys, for instance, become as bad criebration at 10:46 a m.: Sunday school at tempered as a violent man when they 9:15; even song at 7:30.

Trinity Episcopai, corner of Fourth avenue and Seventh street. Rev. R. F. Sweet. S. T. D., rector. Even song and Sunday school at 2:30.

the world in record to man when they grow old, and many in their treatment of other animals are cruel as we use the word in regard to man. Among the carnivorous beasts the cat amuses itself by torturing a mouse, and the weasel tribe kill for sheer love of killing. No such cruelty is seen among eagles or falcons. Fierce as their tempers are, they do not torment other birds which they catch or kill for killing's sake. Good temper is general among birds.

Except the cuckoo, such a thing as an ill tempered wild bird is unknown. Nowhere in the race can a temper like that of the Tasmanian devil or the wild hunting dog or the Cape buffalo or the baboon be found. Even those which in spring are thieves and egg robbers are not mauvais coucheurs at other times. Good temper and good fellowship in society, a personal affection to each other to which the beasts offer no parallel, industry and independence, intense devotion and foresight in tending their young, with other very human and engaging traits of character, must all be credited to the

race of birds. Among these kindly and simple natures the cuckoo is a monster. Let there be no mistake on this subject. He unites in his life and character, from the egg to the adult bird, practices and principles to which the whole race of warm blooded animals offers no parallel. He is an outrage on the moral law of bird life, something so flagrant and so utterly foreign to the way of thought of these kindly beings that if he did not exist he would be inconcelvable. It is not merely that he is a supplanter and a changeling. His whole nature is so evil that in the world of birds he is an incarnation of the principle of ill, an embodiment of vices which would if understood or adopted by other birds put an end to the existence of the race. - London Spectator.

TRAINING WATCHDOGS.

The Method That Is Used by a Ger-

man Instructor. Although it is generally believed that watchdogs are "to the manner born," It seems that a certain amount of training helps very much to turn out a really good one. This system of training has developed into a regular business in Berlin, where one Herr Straus has an academy from which watchdogs are turned out by the hundred every

His system is educational and is applied to almost every kind of dog. He first teaches the animal obedience by training it to perform certain "tricks" at command and then trains it to dis-Salvation Army Barracks, 1509 Second ave-tinguish between a visitor and a burglar and what part of a man's body should be attacked to render the man

helpless. Outside of the gate the trainer places a dummy representing the burglar, and to the latch is attached a string. By means of the string the gate is opened slowly, until the head of the dummy becomes visible, when the dog is taught to fly at its throat. Herr Straus is very particular about this. He makes his dogs attack the throat or the upper part of the body always. Sometimes a real man well padded takes the place of the dummy, and of course he is well

All dogs, it seems, may be made good watchdogs, but the St. Bernards and the remedies. Deatness is caused by an Russian wolfhounds are the best where inflamed condition of the mucous lin- property of great value is to be guarding of the eustachian tube. When ed. For dogs not so fierce as they are this tube gets inflamed you have a a different system of training is used. rumbling sound or imperfect hearing, They soon learn to guard anything and when it is entirely closed deafness | committed to their care, but are not so is the result, and unless the inflamma- quick to attack an intruder as the

> Indian Compositions. New "composition" stories are furnished by two young Indians whose ef-

by The Southern Workman. The subject assigned to the first boy was the life of General Armstrong. Referring to the general's boyhood among the idolatrous, ancestor worshiping natives of the Hawaiian Islands, he wrote as follows:

forts in this difficult line are reported

"The people of the Sandwich Islands worshiped the idols of their aunts' sis-

The second boy, a member of the thing that will relieve and cure the same class, writing upon a different phase of the same subject, got the city throat and lung troubles. What shall of Washington confused with the man you do? Go to a warmer and more for whom the city was named. Referring to the retirement of General Armnot possible for you, then in either strong from the service after the war,

"When General Armstrong finished the war, he wrote to Washington and asked him If there was anything more he could do for him.

Periodical Famines Expected. Since the first great famine of which there are records devastated the land tient. Try one bottle. Recommend- in 1770, when 10,000,000 perished in ed many years by all druggists in the Bengal alone, India has scarcely passworld. Sample bottles at T. H. ed a decade free from scarcity of grain in one district or another. The British government expects a drought about Indigestion, biliousness, blood pois- twice in every nine years, a famine

-Review of Reviews.

Numerous observations prove that the use of tobacco is a potent cause of disease of the eye. Total blindness from degeneration of the optic nerve has been traced to this cause. Recent It's the little colds that grow it on observations point to tobacco and alco-

Table and Kitchen.

Practical Suggestions About What to Eat and How to Prepare Food. This matter will be found to be entirely different from and superior to the usual run of food articles, in that every item is a nugget of culinary wisdom and eminently practical.

TUESI

BREAR
Farina, Stewed Potato Omelet, One Egg Muffins,

FIRST VOLUME.

Conducted by Lida Ames Willis, 719 Chamber of Commerce Building, Chicago, to whom all inquiries should be addressed. All Rights Reserved by Banning Co., Chi-

BREAD AND BREAD MAKING. The Best Apology for a Humble Meal

Is Good Home-Made Bread.

No subject in the history of foods has been of such vital importance, or aroused such diversity of opinion as bread making. Considering the antiquity of its use and the fact that it is consumed daily in more or less quantity in every household, it seems almost incredible that there should be a modicum of truth in the boidly made assertion that the modern method of making bread is harmful. That, in a great measure, it is responsible for many cases of dyspepsia and indigestion. Bread making in this country is sadly neglected among the housekeepers. Every woman who can turn out with unfalling success bread that is in reality the "staff of life" should receive a medal of honor. Is Good Home-Made Bread.

The Flours. Granted that much of the success in bread-making depends on the grade of flour used, failure is not always due to inferior flour. There is a too-ready inclination, when anything goes wrong with the bread, to blame the flour, when in a majority of cases the fault may be traced to the bread maker. The best flours are the cheapest, especially for the poor, who must of necessity consume more bread than the wealthler class, who can indulge frequently in meats and a great variety of frequently in meats and a great variety of loods. The better the quality of flour the greater the amount of nutriment obtained. Wheat gives us all the life-sustaining principles found in meat. It is, however, some what deficient in fat, but we replace this loss by using good, sweet butter on our bread, which adds to its palatableness and digestibility as well as nutritive value.

Different Kinds of Flours. Much discussion and difference of opin-Much discussion and difference of opinon as to the relative merits of fine white
flour, graham or entire wheat may tend
to confuse rather than enlighten the average housekeeper. What is of the greatest
interest to her is how to get the best return
for money and labor expended. The great
demand for a fine white flour has revolutionized the miling process, and the miliers have gone to enormous expense to meet
this demand. Some have done so, perhaps,
to the detriment of the quality of the goods,
but there are others who have succeeded
in producing an article that meets the
modern idea of what a white flour should
be, and at the same time have not material-, and at the same time have not material-sacrificed a large per centage of the val-ble constituents of the grain.

How to Choose a White Flour.

As a rule, there are two kinds of flour required for household use, bread and pastry. This is necessary when one is not able to obtain a flour that is well adapted for both. A good flour has a rich, creamy, yellow tinge, is sort to the touch and yet when a portion is taken up in the hand and pressed firmly, the hand then opened, the flour will fall apart and will not pack easily. When rubbed between the fingers it is rather granulated. When kneaded into a dough it should become smooth and elastic and retain its round, puffy form.

Good flours take up considerable amount of moisture. The very white flours or those of a blue white tinge are poor, and will not make good bread. A flour may be rich in gluten, but if not made from the best quality of grain, it will not give satisfaction.

A strong flour is one that contains an excess of gluten to the amount of starch. This will absorb more liquid and will make more bread to a given quantity, and is therefore better for the purpose of bread making only than a flour in which the amount of gluten and starch are more evenly proportioned. The common, straight brand of flour used by many housekeepers is not suitable for pastry.

Two Kinds of Bread Flour. How to Choose a White Flour.

Two Kinds of Bread Flour.

In a family where tastes, occupations and physical conditions differ, it is advisable to provide two kinds of bread, the white and entire wheat, as in this manner you can best meet all demands and natural requirebest meet all demands and natural require-ments. It is a homely saying, based on common sense, that, what is one man's meat is another man's poison. As a rule, the hearty meat eater prefers the white-bread, while the person with a preference for vegetable diet will choose the entire

The First Process Is to mix the flour with water or milk to soften the gluten and cement the particles of flour. The liquid used must be warm, as cold water will not dissolve gluten or starch. The next step is to introduce the leavening principle, to expand the dough, making it light, porous and digestible. This is usually accomplished by yeast fermentation. The yeast attacks the starch in the flour, changes it to sugar, and in turn changes the sugar into alcohol and carbon dioxide gas. This gas, in its effort to escape will expand the strong election. changes the sugar into alconol and carbon dioxide gas. This gas, in its effort to escape, will expand the strong, elastic walls of the gluten cells that confine it and change the solid mass of dough into the light, spongy loaf. Sugar is added to the "sponge" to hasten the process of fermentation, but a very small quantity is allowable, or the flavor of the bread will be spoiled. Salt is added, not so much to add to the palatableness of the bread, as to control formentation and prevent its souring. For this reason too much salt will retard the levening process, and make the bread slow in rising.

Shortening is used to make a more tender crumb and crust, and in the smallest possible quantity to accomplish this. When water alone is the liquid used, a larger proportion of shortening is added. In flours rich in starch as well as gluten the action of the ferment is much quicker than when there is a small percentage of starch. For this reason bread made from entire wheat flour requires a longer time for the levening process to be perfectly carried out.

The Kneading Process.

The Kneading Process.

Baking.

If the yeast plant is not killed in the baking of the bread it will, when introduced in the stomach with other starchy foods, continue the process of fermentation, with harmful results. Thus we see why white flours are frequently and unjustly condemned through ignorance on the part of the baker. The heat of the oven must break up the starch cells, render the gluten tender, convert the water into steam, the alcohol into vapor and destroy the yeast germs. In order to do this the temperature at which yeast plant is destroyed (212 degrees Fahrenheit) must reach the center of the load. This is not possible when the loaves are too large or more than one baked in a pan and in too hot are oven. From 230 degrees Fahrenheit is required for different breads.

MENUS FOR EVERY DAY IN THE WEEK. SUNDAY.

BREAKFAST. Toasted Wheat Biscuit,
Stewed Fruit,
Broiled Sweetbreads,
Bacon Chips, Waffles, DINNER. Cauliflower Soup, Chicken, Chestnut Sauce,

Caulinower School Chestnut Sauce Mashed Potatoes, Sweet Potatoes a la Caramel, Panned Tomatoes, Lettuce and Celery Salad. Indian Sandwiches, Nut and Orange Salad, Chaese, Wafers,

Cheese, Tea. MONDAY. BREAKFAST. Fruit, Sugar and Cream,

Cereal,
Brolled Smoked Salmon,
Fricassee of Tomato,
Corn Gems,
LUNCH.
Sliced Tomatoes, Egg Plant Pilan. Sliced Tomatoes, Brown Bread and Butter, DINNER.

Egg Cutlets, Cheese Sauce,
Stuffed Peppers, Baked Sweet Potatoes,
Tomato Mayonnaise,
Old-Fashioned Rice Pudding,
Coffee.

TUESDAY. Stewed Figs, Bacon, Coffee. BREAKFAST.

LUNCH. Slices of Cold Boned Chicken, Cottage Cheese, Stewed Fige, Thin Bread and Butter, Tea. DINNER.

Carrot Soup.
Baked Potatoes, Braised Beef, Brown Turnips, Spinach, Lettuce Salad, Pineapple Pudding, Vanilla Sauce Coffee. Vanilla Sauce,

WEDNESDAY.

Fruit, Sugar and Cream,
Cereal, Sugar and Cream,
Frizzled Beef. Scrambled Eggs,
Stewed Potatoes,
Coffee. LUNCH,

Broiled Meat Cakes, Scalloped Tomatoes, Tea. DINNER.

Vegetable Soup,
Braised Ducklings, Mashed Potatoes,
Baked Sweet Potatoes, Creamed Turnips,
Apple Sauce,
Lettuce Salad, Apricot Pudding,
Coffee.

THURSDAY. BREAKFAST.

Fruit,
Cereal, Sugar and Cream,
Tomato Omelet,
Hashed Brown Potatoes,
Coffee. LUNCH.

Tripe a la Creole, Stuffed Potatoes, Gingerbread, Tea. DINNER.

Clear Soup,
Roasted Lein of Veal. Browned Potatoes,
Stuffed Tomatoes, Lima Beans,
Vegetable Salad, Chocolate Souffle, Coffee. 1

FRIDAY. BREAKFAST. Fruit,
Sugar and Cream.
Creamed Tomatoes,
Coffee. Codfish Balls, White Muffins,

LUNCH. Creamed Eggs, Cheese Toast, Pop Overs, Lemon Sauce, Tea, DINNER.

Onion Soup,
Broiled Halibut, Maitre d'Hotel Sauce,
Buttered Beets, Scalloped Potatoes,
Egg Plant Fritters, Pepper Salad,
Tapioca Pudding,
Coffee. SATURDAY.

BREAKFAST. Sliced Bananas, Liver Hashed on Toast, Liver Hashed on Prench Fried Potatoes, Cogee. Milk Biscuit, LUNCH. Cucumber Salad,

Salmon Cutlets.

Deep Apple Pie, Whipped Cream, Cereal Coffee, DINNER. Brown Gravy, Fricasse of Lamb, Brown Gravy,
Mashed Potatoes, Spinach,
Stewed Tomatoes, Cauliflower Salad,
Baked Peach Pudding, Coffee.

Below will be found a few recipes of dishes appearing in the foregoing menus. The recipe of any dish not given and requested will be published in these columns as space will permit under a heading of "Answers to Inquiries."

RECIPES.

OLD-FASHIONED RICE PUDDING— Put two quarts of milk in a deep pudding basin; add two tablespoonfuls of rice, well washed, half a cupful of sugar, half a cupful of large raisins and a grating of nutmeg. in the oven and cook slowly for hour and a half or two hours, until the rice is tender and milk is thick. When the first crust is slightly browned stir it down into the pudslightly browned stir it down into the puo-ding, and continue stirring down each crust as it forms until the pudding begins to thicken, then allow the crust to form and brown. The pudding must not have too much rice or cook too long. The milk must be like a creamy sauce, and rice just tender. Be like a creamy sauce, and rice just tender.

RICE GRIDDLE CAKES-Press two
cupfuls of cold, boiled rice through a sleve;
add to it two eggs well beaten, two tablespoonfuls melted butter and two cupfuls of
milk. Sift two level teaspoonfuls of baking
powder with two cupfuls of flour and half
a teaspoonful salt. Add to the other mixture and beat thoroughly. Bake on a hot
griddle.

PINEAPPLE PUDDING-Moisten quar-

PINEAPPLE PUDDING-Moisten quar PINEAPPLE PUDDING-Moisten quarter of a cupful of cornstarch in a little cold milk; add this with quarter of a cupful of sugar to a pint of hot milk and cook for twenty minutes. Remove from the fire, and add the whites of three eggs beaten to a stiff froth. When stiff enough to mold, fold in half of a shredded pineapple. Turn into a mold and serve cold with vanilla sauce. A pinch of salt should be added to the milk while cooking.

TRIPE A LA CREOLE—Cut honeycomb tripe in strips two inches long and half an inch wide. Put three cupfuls of this in an agate pan and set in the oven to draw out agate pan and set in the oven to draw out
the water. Cook a tablespoonful of finelychopped onlon, a quarter of a green pepper,
finely minced in two tablespoonfuls of butter until brown. Then add a tablespoonful
of flour, half a cupful of good stock, and a
medium-sized ripe tomato, seeded and
chopped fine; then the tripe, and cook a few
minutes. Season with salt and pepper.

Sulcides and Crossronds. After the mixing, beating and rising of the "sponge" comes the kneading. This must be thorough, in order to distribute the yeast through the dough, making a firm, even grain in the loaf.

It has been suggested that suicides were buried at crossroads because it was usual to erect a cross at such places. Those who were excluded from It has been suggested that suicides holy rites were buried there as the This process is of the greatest importance place next in sanctity to consecrated to render the bread perfectly digestible. If the yeast plant is not killed in the baking ground. It was an old superstition

or rather altars, of the heathen Teutons were mostly at the junction of crossroads. The place of execution was there, and criminals were sacrificed to the gods; hence suicides were buried at the crossroads to give as Creamed Peas, strong an impression as possible of heathen burial. Probably, too, the publicity of such a spot, which insured the fact that a great number of people would become directly aware of the degrading consequences of the crime, had a good deal to do with its selec-

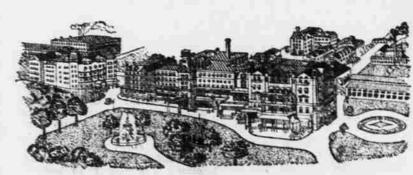
tion. A curious fact in this connection is to be found in Plato's Laws (book ix, chapter 12). The murderer of any of his near kin, after being put to death, was "cast out of the city, naked, in an | THE ORIGINAL appointed place where three roads WORCESTERSHIRE meet, and let all the magistrates, in behalf of the whole state, carry each a stone and hurl it at the head of the dead body."

If justice ruled, what a shifting of which it imparts to Soups, Fish. Game, Hot and Cold Meats, Sainds, Welsh Rarebits, etc. jobs there would be .- Milwaukee Journal.

Pure Food.

None but thoroughly reliable, pure and healthful foods, so proven by actual chemical analysis, will be accepted for these columns.

Notice for your Protection!



BATTLE CREEK SANITARIUM!

The reputation which the charitable and benevolent work of the Battle Creek Sanitarium has for nearly a third of a century given Battle Creek throughout the world, has induced others to put up cereal products at Battle Creek advertised as Battle Creek pure foods, health foods, etc., etc. Your attention is called to the fact that the world-famous cereal foods served on the diet tables of the Sanitarium, and its companion institutions in different parts of the world, are known as Battle Creek SANITARIUM Foods, and bear a picture of the Sanitarium on the packages. All other cereal foods, purporting to be such, are fraudulent.

CARAMEL CEREAL is the original and genuine successor to Coffee, has delicate aroma and agrees with the most sensitive stomachs. BATTLE CREEK SANITARIUM FOOD CO., Battle Creek, Mich.

Something entirely new in the way of a fine line of imported linoleums. We can back every statement, when we say it is the largest and finest stock of this class of goods that has ever been shown in this section.

Our Lace Curtain Department

We have added another department to our store. It is the lace curtain department. We now have on display in this department a complete line of all kinds of lace curtains. And a full line of the Swiss, Renaissance, Irish Point, Arablan pannel, Nuttingham, Ruffled Bobinet and Brise Bise curtains.

We Cordially Invite

The public to call and examine our line of carpets, rugs, matting, furniture and furniture novelties, as we always have a full and complete line.

Clemann & Salzmann

Cor. Sixteenth Street and Second Avenue

LEA & PERRINS' Sauce

3 Beware of Imitations

JOHN DUNCAN'S SONS, Agents, New York.

This signature is on every bottle