COSTS BUT LITTLE.

A Discovery for the Cure of Piles Which May be Tried at Small Expense.

A pile cure which is painless and harmless but which affords immediate relief and in most cases a complete cure in a very short time, is sold by druggists under the name of Pyramid Pile Cure.

It is in suppository form, to be applied at night and its regular use has cured thousands of obstinate, long standing cases, and it seems to be equally effective in all the various forms of piles, whether itching, bleeding or protruding.

The Pyramid Pile Cure allays the inflammation and intolerable itching, reduces the little tumors, and its astringent properties cause the enlarged blood vessels to contract to a normal, healthy condition.

A Baltimore gentleman relates his experience in these words:

"It affords me unusual pleasure to add my endorsement to those of others relative to the really remarkable cures made by the Pyramid.

"I was a sufferer for years until told by a fellow salesman of the Pyramid Pile Cure.

"It has entirely cured me and I cheerfully send this for publication if you wish to use it in that direction. I wish you would send me one of your little books on cause and cure of piles; I desire to show it to some friends."

Any sufferer from piles may use the Pyramid with certainty that it will give instant relief and its regular use a permanent cure, and the further assurance that it contains no cocaine, morphine or other metallic or mineral poison.

All druggists sell the Pyramid Pile Cure at 50 cents per package.

A little book on cause and cure of piles will be mailed free by addressing the Pyramid Drug Co., of Marshall, Mich.

BRIEF TELEGRAMS.

Vancouver, B. C., Jan. 9.—It is announced that the White Pass and Yukon railway, the Alaska Exploration company and the Canadian Navigation company have jointly purchased two British steamships to run from Vancouver to Skagway. It is also stated that for the season of 1901 freight rates on this line will be reduced 15 per cent.

Shanghai, Jan. 9.—A newspaper of this city, publishes a letter from Saintu announcing that the emperor has fully decided to return to Pekin to administer the reformed government. According to this letter, the empress dowager offers no opposition to the emperor's determination.

New York, Jan. 9.—Ex-Judge Charles Benedict died last night of pneumonia. He was federal judge of the eastern district of New York for 32 years, from 1865 to 1897.

Jefferson City, Mo., Jan. 9.—A bill was introduced in the senate today providing for the punishment of kidnaping by hanging and by a vote of 75 to 47 the house today adopted a resolution expressing sympathy with the Filipinos in their struggle for liberty.

Manila, Jan. 9.—Several insurgent camps have been captured and destroyed recently in various districts of Luzon and Larro, one camp was captured in the mountains of Marinduque. A scouting party of the Forty-sixth regiment captured a score of Ladrones near Silang.

Washington, Jan. 9.—Congressman Neville (Neb.) is very ill at his residence in this city. Mr. Neville has had several hemorrhages during the past few days resulting from an accident he met with during the Christmas holidays, which reopened a trouble he suffered with during the civil war.

San Francisco, Jan. 9.—Advices from Seattle, Wn., say the overdue Alaskan steamer Tillamook is hemmed in by floating ice in Saldovia bay, in the Cook Inlet country. She has 50 passengers on board. A steamer will probably be sent to her relief.

Washington, Jan. 9.—The senate committee on military affairs agreed to accept in modified form the amendment to the army bill suggested by Senator Hoar, for the appointment of a commission to investigate the effect of the army canteen.

Denver, Col., Jan. 9.—A special to the Republican from Gallup, N. M., says the strike of the coal miners which has been threatened for several days at the mines of the Colorado Fuel & Iron company, was formally declared today and 500 men are out.

Berlin, Jan. 9.—A large meeting of Zionists held, voted to call a national Jewish congress for the protection of threatened Hebrew interests.

Washington, Jan. 9.—Paymaster Chas. P. Thompson, U. S. N., died today at his home in this city.

Washington, Jan. 9.—First Lieutenant Louis P. Smith, assistant surgeon U. S. A., died at Manila today. He was appointed from the District of Columbia in November, 1896.

Helena, Mont., Jan. 9.—Contests were filed today involving the seat of one Republican senator, two Republican members of the house, and tomorrow contests will be filed involving the seats of five independent, or Daly Democrats, in the house.

Rangoon, British Burmah, Jan. 9.—Sir Edward Spence Symes, chief secretary of the government of Burmah since 1890 and a member of the legislative council of India, shot himself in the head in a carriage today. He is lingering between life and death.

ALL OTHER SUBSTITUTES FOR LARD OR BUTTER FOR COOKING HAVE FAILED BECAUSE OF THE ODOR AND TASTE GIVEN THE FOOD IN WHICH THEY ARE USED.

WESSON ODORLESS COOKING OIL

Can be used over again and over again until the last drop has done its appetizing work. It remains sweet, pure and clean in the last and does not exchange the flavor of the various foods cooked in it.

RAILROAD NEWS.

Ohmer Bros. Find a New Field of Labor.

Secure Controlling Interest in Grand Hotel at Indianapolis.

PLANS FOR NEW SYSTEM

Frank Stewart Will Manage Rock Island Eating Houses.

General News of Interest to Railroad Men.

The Rock Island system has taken under its own control all the eating houses along its lines. This change was made only lately, Ohmer Bros., formerly having operated the restaurants and lunch rooms of the entire Rock Island system, except two houses east of the Missouri river. These the company itself had control of.

Mr. Frank Stewart of Davenport, Ia., has been made manager of this department, and has already entered upon his duties. All the eating houses on the system are being remodeled, and improved wherever possible; and it is intended that the service shall be held up to its present high standard. Wichita has been made a meal station and elegant rooms are being fitted up there for this purpose. This has caused a change in the time of some of the trains. No. 1, which leaves Topeka at 1 p. m. for the west, will get supper at Wichita. No. 36, which reaches Topeka on its way east, will dine at Wichita.

It is expected that Mr. Stewart will place a manager somewhere in the west and it is probable that Topeka will be the place.

Ohmer Bros. who have for a long time operated the eating houses along this line, have recently bought a two-thirds interest in the Grand hotel at Indianapolis, and it is this that has brought about the change.

Among railroads there is no established rule as to the operation of restaurants and lunch rooms. Some companies control the eating houses directly, while others give the management to one or two persons for the whole system, and still others allow individuals all along the line to conduct the business.

Dining cars are not yet being used on other than those trains running on a fast schedule and making short stops at most places. For this reason it is evident that the operation of the eating houses is an important department in railroad management.

HILL SOUGHT AFTER.

New York Financiers Anxious to Confer With Him.

New York, Jan. 9.—James J. Hill has arrived in this city. From the moment of his arrival in town in the afternoon until bedtime he was busy conferring with prominent Wall street financiers. It was Mr. Hill's first appearance in New York since he became one of the "big three" who have recently conducted great railway deals.

It is understood that only J. Pierpont Morgan, John D. Rockefeller, Daniel S. Lamont and a few others were successful in gaining a conference with him. Mr. Hill had some business to transact and besides was not feeling well. He announced this as he left the train. When Mr. Hill arrived at the Grand Central station he was met by Daniel S. Lamont. They went to Mr. Lamont's office on Broad street, where it is said Mr. Hill met J. Pierpont Morgan and other prominent railroad men of the east. Mr. Lamont is vice president of the Northern Pacific railway. From there Mr. Hill went to the offices of Kuhn, Lieb & Co. From there Mr. Hill went to his own office. Here he was met by President Darius Miller and M. De Grover, general counsel of the Great Northern. What was accomplished at the conference could not be learned.

ABSORBED BY WICHITA.

ElDorado and ConwaySprings to Lose Division.

Wichita now claims to have absorbed El Dorado and Conway Springs as division points on the Missouri Pacific.

For more than a year there has been talk of the movement of this sort, but no confirmation has been obtainable from any of the Missouri Pacific officials. Even to this day they will give no information bearing upon this subject, but as the old adage puts it, "Actions speak louder than words."

All passenger crews have removed to Wichita. Engineers, firemen, conductors, brakemen and dispatchers have lived there for some weeks. It is also true that most of the freight crews make their homes in Wichita.

In this connection it is significant to read in the El Dorado Republican that "It is reported at El Dorado that the Missouri Pacific supply store will be moved to Wichita."

The new depot in Wichita has naturally increased the traffic on this popular line and it will not be surprising if Wichita becomes in name as well in fact the head center of this division.

SANTA FE SELLS LOCOMOTIVES.

Arkansas Southern Gets Two to Use in Construction Work.

The Santa Fe has sold two locomotives to the Arkansas & Southern to be used by the latter company in constructing their road to the gulf. These engines have been partially retired but are now in the shops undergoing repairs under the direction of John D. Harris, superintendent of motive power of the Arkansas line. Mr. Harris came to Topeka this week and made the purchase and will remain until the repair work is completed.

A rather interesting incident is connected with Mr. Harris' trip to Topeka. Wandering into a drug store to purchase a cigar he was waited upon by W. D. Adlum who looked at him searchingly and quickly remarked: "Isn't your name Harris, John D. Harris, formerly of Richmond, Va.?" "Yes," remarked Harris, as he lit his cigar, "but I don't recall you." "Don't you remember your chief clerk when you were superintendent of motive power of the Richmond & Allegheny road in Virginia?"

"Well, well, if it isn't Adlum. By thunder, old man, I'm glad to see you." And they spent the rest of the evening recalling old times in old Virginia.

RAILROAD REFORMS.

Travelling Passenger and Freight Agents May Be Dispensed With.

Chicago, Jan. 9.—The Record says: The financial powers controlling the destinies of the great railway systems of the nation are reported to be planning one of the biggest economical reforms in the history of American railroad operations. The intention is to dispense with the vast army of traveling passenger and freight agents and other officials directly engaged in the solicitation of business for the lines. Should the plan be carried out it means the discharge of more than 50,000 men and the annual saving of millions of dollars to the carrying companies will be the result. The intention of the railroads to bring about the new reform came as the result of the recent big deals engineered by J. Pierpont Morgan, James J. Hill, John D. Rockefeller and others.

RAILROAD NOTES

The Rock Island expects to have its Fort Sill extension in operation within three months.

The Railroad Telegrapher for January 15 will publish an editorial presenting the telegraphers' side of the recent Santa Fe strike.

C. A. Matthews, at one time in charge of the Western Union office at Horton, has been appointed ticket agent for the Rock Island at Topeka.

E. H. Hughes, general contracting passenger agent for the Nickel Plate, was here from Chicago yesterday.

O. P. Byers, who was recently appointed commercial agent for the Rock Island at Hutchinson, was in town yesterday.

Train Dispatchers Ed Rowe and J. H. Morrison, of the Santa Fe, have returned to their tricks here after several months' absence. Rowe has been resting in Colorado, and Morrison has been spending his vacation on a farm near Independence, Mo.

The quarantine which has been held over the home of C. T. Prout, secretary of the railroad Y. M. C. A., on account of the existence of scarlet fever, has been raised. The 11-year-old son, who was sick, is recovering.

H. H. Embry, of the Rock Island, was in Kansas City yesterday attending the monthly meeting of the trans-Missouri Freight association.

During his inspection of western army posts, General Fitzhugh Lee is traveling in his private car. The Rock Island carried him from Omaha to Junction City and from there to Fort Sill.

C. D. Purdir, assistant engineer for the Santa Fe, was unable to be at his office yesterday on account of a cold.

W. H. Stillwell, superintendent of the Rock Island, has gone in his special car 200 for an inspection tour in the south.

The El Paso mid-winter carnival, January 17-19, is being advertised. The Santa Fe will give home-seekers rates for this occasion. H. C. Lockwood, who managed the Wichita carnival last fall, is manager of the El Paso carnival.

A. A. Robinson, general superintendent of the Mexican Central, left in his private car for Old Mexico. He will go over the lines of that system before returning.

W. J. Black, general passenger agent of the Santa Fe, is in St. Louis attending the regular quarterly meeting of the Southwestern Passenger association.

Bryan Snyder, general passenger agent for the Frisco, has tendered the American association of traveling passenger agents a special train from St. Louis to Burrton, to connect with the Santa Fe special from Chicago to Los Angeles, for the annual meeting in November.

FROM HORTON.

John V. Adams is now running a switch engine in the Kansas City yards.

Conductor A. W. Zimmerman has been in charge of the northwest passenger run for a week.

Wm. Thompson is the oldest man in the Horton shops. He is past 80, and works every day in the round-house. He would rather work than to be idle, as he says he was never idle in his whole life.

The Rock Island officials have finally issued an order for cutting down the bgri hill north of the shops, in order to make more room for the store-house supplies.

There are now just 49 people employed in the Rock Island storehouse department in this city. A year or two ago the greatest number was about 20.

Anson Figley, of the back shop, is back at work after a two weeks' layoff with erysipelas.

Fireman Joe Porter has been promoted to an "engie eye," and is now running the switch engine at Fairbury.

There are new men being added to the car shop force almost every day. It will be the busiest part of the shops when the construction of the new cars begins.

Preparations are being rapidly made to begin the construction of the new cars which are to be built here. The work on them will probably begin the first of next week.

Conductor J. S. McCombs went east Sunday with a view of looking up a new location. Mac is a first-class railroad man, and will likely experience no trouble in getting another position.

FROM RATON.

All engines running north of Raton are now western division engines, that division now extending to this point.

Robert D. Ware, an employe of the shops, has quit his job.

Machinist Wm. Moore, who was injured while in the discharge of his duties, has returned to work.

Harve Carter and Mike Gibson, machinist helpers, have returned from eastern trips and reported for work.

The new passenger engines are now running with regularly assigned crews.

SANTA FE LOCALS.

Switchman George McLaughlin has reported for duty after several weeks' layoff on account of a crippled finger.

Conductor C. L. Short has returned to his run on the Kansas City plug after a short illness.

The compressed air plant at the Santa Fe shops is again in working order.

Terrible plagues, those itching, pestering diseases of the skin. Put an end to misery. Doan's Ointment cures. At any drug store.

A BIGGER HOUSE.

Twenty-nine More Congressmen to Be Added to Roll.

Burleigh Reapportionment Bill Goes Through Easily.

SENATORS PUSH IT.

No State Will Lose a Member as Law Passed.

Provision Against the Gerrymander Is Incorporated.

Washington, Jan. 9.—By a vote of 165 to 102, the house accepted the reapportionment plan proposed by the Burleigh bill, which increases the membership of the house during the next decade from 357, the present membership, and the membership proposed by the committee in the Hopkins bill to 386. The result was largely brought about by the influence of certain senators from several of the larger northern states, who threw the weight of their influence in the scale in favor of the larger membership. When it became apparent that these factors were at work against his bill Mr. Hopkins attempted to compromise by giving an additional representative each to North Dakota, Colorado and Florida, but his adversaries refused to compromise after complete victory was assured.

The Crumpacker proposition to recommit the bill for the purpose of ascertaining what states abridged the right to vote to an extent which would entail reduced representation was defeated, 130 to 119. There was no roll call on this vote, but a number of Republicans voted with the Democrats. Under the bill passed no state loses a representative and the following make gains: Illinois, New York and Texas, three each; Minnesota, New Jersey and Pennsylvania, two each, and Arkansas, California, Colorado, Connecticut, Florida, Louisiana, Massachusetts, Mississippi, Missouri, North Carolina, North Dakota, Washington, West Virginia and Wisconsin, one each.

The bill provides that whenever a new state is admitted the representative assigned to it shall be in addition to the number provided in the bill. It also adds a provision never hitherto incorporated in a reapportionment bill to the effect that congressional districts, in addition to being "contiguous" shall also be "compact." States hich are allowed additional representatives by the bill, shall by its terms, elect them at large until the legislature shall redistrict the state.

CHRISTIAN COMRADES.

A New Organization on Lines of Salvation Army.

New York, Jan. 9.—A new religious organization, national in scope and composed of former officers of the Salvation army, is contemplated in this country, to have headquarters in this city. There are, it is said, 7,000 persons in this country who have left the Salvation army, and many of them desire to continue work along the line of the army.

The name of the new organization is to be the Christian Comrades, and its aims are declared to be to preserve and promote the out-and-out spirit and zeal for the salvation of souls that used to characterize the original army in times past, and to bring the persons who want to continue army work, but outside the Salvation army, in touch with the churches. There are fully a dozen men and women formerly prominent in the army, who are locally identified with the movement.

CARROLL APPOINTED.

Alma Man Named For Deputy U. S. Marshal.

United States Marshal W. E. Sterne has appointed C. E. Carroll of Alma as deputy to be located at Wichita. The position pays $1,800 per year and all expenses.

Mr. Carroll has been county attorney in Wabaunsee county for several years and retired from that position today. Mr. Sterne was appointed for four years as marshal and his commission will not expire until January 13, 1902.

Wants Taxes Refunded.

E. L. Dech, of Auburn, filed a petition with the county commissioners yesterday asking that the taxes he has paid on lots 153 to 164 in "Auburn City" since 1896, be refunded. The lots are on Washington street. The total tax was $1.59. The lots belong to W. T. Cavert but by mistake Dech had paid the taxes on them as well as Cavert and the county was $1.59 ahead until the commissioners refunded that amount to Dech.

To Rebuild Ft. Whipple.

Prescott, Ariz., Jan. 9.—General Merriam, commanding the department of Colorado, who is here investigating the abandoned post at Fort Whipple, will recommend that the post be re-established.

George J. Barker, Speaker of the House of Representatives.

TABLE AND KITCHEN.

Conducted by Lida Ames Willis, 719 Chamber of Commerce building, Chicago, to whom all inquiries should be addressed.

Flavor Essential to Good Digestion.

'Tis said that "appetite comes with eating." This greatly depends upon the cook's understanding of the different essential properties possessed by natural foods and the importance of retaining and developing certain principles. By natural foods we mean those unchanged in their constituent parts by partial cooking or previous preservation in any way. One of these principles which deserves a more careful study than it generally receives is osmazone, that property in all food materials which gives them flavor. The manner in which this substance is treated in the preparation of our foods has as much to do with their assimilation as the proper development of the raw material into suitable form for nutrition. It may even be necessary to sacrifice a certain amount of nitrogenous substance in order to make the food most acceptable to the palate.

HEAT DEVELOPS ODORS AND FLAVORS.

Every article of natural food has its own particular flavor, which distinguishes it from all others. In all forms of starchy foods the elements which impart odor or flavor are mild, while green vegetables, many of them, noticeably the onion, cabbage, cauliflower and turnips, all of which contain a considerable amount of pungent essential oil and sulphur, have a most pronounced flavor and odor.

Osmazone seems imparted for the special purpose of making food agreeable to the taste and to add to the pleasure of eating. Our natural tastes would be quite satisfied with these flavors if properly developed and the palate not perverted by the custom of undue use of highly seasoned condiments. And the uncorrupted palate is in such close harmony with these natural flavors that it is unable to distinguish to a nicety all the different changes and gradations, thus enhancing the pleasure of eating as well as promoting the digestion of wholesome viands. While there are other agents employed in converting food materials into a suitable state for our acceptance, heat is the all-important factor. By a wise provision of nature this flavoring principle is only perfectly developed when it is prepared in a manner best adapted to furnish us wholesome nourishment. Meats impart their most agreeable flavor when they are cooked in the manner best fitted for digestion. This is true of vegetables as well. We may safely conclude that the excessive use of condiments has been caused to a great extent by careless cooking of meats, which rendered them flat, stale and unprofitable, and necessitated the addition of artificial flavors to induce the palate to accept them.

THE FLAVOR OF FRUIT.

The various fruits may be known by their specific flavors, and when they are fully ripe the slightest amount of heat will diminish their flavor. The delicious flavor of the peach is entirely lost in cooking by the usual method.

HOW TO AVOID SPREADING ODORS IN COOKING.

All food materials, except those of a starchy nature, should be cooked in uncovered or ventilated vessels. The vegetables possessing the strong odors may be made very delicate and entirely digestible if these odors are allowed to escape while cooking. Boiled meats are strong and less wholesome when cooked in a closely covered vessel. The lid should be partially off while the meat is cooking. True, a certain amount of the nutrients are lost, but the meat is rendered more digestible and, as we have stated, it may be necessary to lose a certain amount of these properties in order to make the food more palatable, and consequently more certain to be digested.

COOKING IN BOILING WATER.

When food materials are cooked by this method, one especially important point must be remembered is that water that is not used immediately on coming to boiling point will soon lose the gases which impart the fresh taste to it, and when used for making coffee or tea, is less palatable than the freshly boiled. For vegetables the same rule must be observed. When the object is to soften the texture or extract the soluble compounds, as in making soups, broths, tea or coffee, soft water should be used. Where we wish to preserve the article whole and retain the flavoring principles and natural color, as in green vegetables, hard or salted water is best. Onions are always to be cooked in salted water. Remember that in order to draw out the inner albuminous juices, soften the fibers and gelatinous portions of meat and hold them in solution, we require to use cold water. Therefore, when it is the object to keep the nutriment within the meat, we must use boiling water in sufficient quantity to completely cover the meat, which should be kept in solid bulk. This immersion into hot water immediately coagulates the external albumen over the entire surface, making a coating over the pores and thereby preventing the escape of the juices from the interior, not only the albuminous juices, but the most important of the flavoring elements.

BOILING FISH.

In order to retain the flavoring juices of delicate fish and yet not break and disfigure it the water must be used at the boiling point, except when first applied. The temperature must be immediately reduced to a degree when the agitation will not break and thus allow the flavor and much of the nutrients to escape. Such oily, strong flavored fish as salmon and mackerel are put in cold water and heated quickly to boiling point. In this way much of the salmon color in the former will be lost as well as the characteristic juices that give the strong taste.

MEATS COOKED IN COLD WATER.

By this method we extract the flavors and nutrients entirely and combine them with the water. This gives us soups and broths. To facilitate this work we cut the meat into small pieces, crack the bones, cover with cold water and allow it to stand as long as possible before heating in order to draw out the juices to enrich the liquid. Then it is all heated gradually to the point below boiling and kept at that temperature until all the nutrients and flavors are extracted.

A THIRD METHOD.

Is to cook meats in water in such a manner that part of the nutrients and flavors are drawn out and part retained in the meats. If the meat is covered with cold water and brought quickly to boiling point, allowed to continue at that temperature about five minutes and then kept at a gentle simmer, we will have the liquid enriched with the free juices which are found beneath the fibers of the meat, while others, existing within the fibers, are retained, giving pleasing taste to both meat and sauce. Examples of this method are stews and fricassees.

COOKING STARCHY VEGETABLES.

Cold water will extract starch from vegetables, but does not combine with it. Boiling water will toughen and harden the enveloping tissue, while the heat bursts the starch cells and absorbs the albuminous juices within. Vegetables which consist principally of starch and water should be cooked at a high temperature throughout, otherwise they will, if boiled, be water-soaked and poor of flavor. Soups and broths must be kept at the simmering point while cooking or they lose savoriness, while coffee and tea, if allowed to fall below the steaming point, lose their delicate flavor.

Inquiries Answered.

M. Edith Rogers writes: Will you please publish a recipe for making French nougat, also one for marshmallows?

FRENCH NOUGAT.

Put a pound of granulated cane sugar in a saucepan; add two tablespoonfuls of boiling water and stir continually over the fire with a wooden paddle until it is melted. The moment it melts put in a pound of sweet almonds which have been blanched, dried and shredded lengthwise and stir for a moment to mix. Take from the fire and turn into a square, well oiled pan and stand in a cold place to harden. When the sugar begins to melt it first becomes moist, then forms into little grains like rice, then begins to break up until it melts.

MARSHMALLOWS—Cover two ounces of finely powdered white gum arabic with eight tablespoonfuls of cold water; soak an hour and then dissolve gradually over boiling water. Strain through a fine sieve into a double boiler; add seven ounces of confectionery sugar and stir over the fire until white and stiff. This requires some time. Remove from the fire, beat rapidly for a few minutes and add a teaspoonful of vanilla. Dust a square tin with nice flour or cornstarch, pour out the mixture and stand away to cool. When cold cut into squares, roll lightly in the flour and pack in boxes.

BUCKWHEAT CAKES—One who is eager to learn writes: Will you kindly tell me how to make buckheat cakes such as one gets at first class hotels?

The buckwheat cakes that are served in hotels are, as a rule, made with prepared buckwheat flour, each package giving the method of preparation approved of by the manufacturer. Old fashioned buckwheat cakes are made as follows: Take one pint of warm milk and one pint of warm water mixed. Put half of the liquid into a stone crock; add five cups of pure buckwheat flour and beat to a smooth batter. Then add remainder of liquid, two teaspoonfuls of salt and a cup of liquid yeast or one yeast cake dissolved in half a cup of warm water. Set in the evening for breakfast. Stand in a cool place over night. Half a cup of yellow cornmeal added to the batter will make the cakes brown quicker. Do not add sugar or molasses. The former toughens the cakes and the latter makes them heavy and bitter. Many prefer the flavor of the prepared, self-rising buckwheat to the old fashioned flour.

POPOVERS.

M. O. W. writes: Will you kindly give a recipe for popovers such as are served at breakfast in best hotels?

Grease your popover pans or small earthen cups and set them in the oven to heat. Beat three eggs without separating until very light. Add to them a pint of milk. Measure two cupfuls of sifted flour; add half a teaspoonful of salt and sift again into a mixing bowl. Make a well in the middle of the flour and gradually add milk and eggs, beating in the flour until you have a smooth batter free from lumps. If you add liquid too rapidly you cannot beat out the lumps and the batter will have to be strained and flour wasted. Quickly fill the heated cups or popover pans about half full with the batter. Place in a hot oven and bake until perfectly light when handled. It will require about twenty-five minutes if oven is just right. They should swell to three or four times their original bulk. Served with lemon sauce they make a dainty dessert for luncheon.

TO REVISE FOOTBALL.

Chicago School Board Assigns Novel Task to Superintendent Cooley.

Chicago, Jan. 9.—Superintendent of Schools E. G. Cooley has been assigned a novel task in connection with his duties as the head of Chicago's public school system. In accordance with a resolution adopted by the board of education committee on school management Mr. Cooley has been asked to revise the rules of football and present them to the board meeting tomorrow night.

The details of the changes in the rules have not been decided upon by Superintendent Cooley, but it is expected they will affect principally the matter of umpiring games. Changes will be made in the line plays, it is said, and some of the mass formations that tend to increase the danger to the players will be prohibited.

The action of the school management committee is the outgrowth of the agitation regarding football in the board of education resulting in the death of an Englewood school player in a game last fall, followed by the serious injury of two or three others.

A LAST RESORT.

Peruna Never Fails.

Coughs, Colds, Catarrh.

MRS. MARY LAWLER.

Mrs. Mary Lawler, of Appleton, Wis., wife of Hon. John J. Lawler, proprietor "Central House," 653 Lake street, Appleton, Wis., was cured of an annoying case of catarrh of the kidneys by Peruna. In a recent letter to Dr. Hartman, she says:

"I recently caught cold which settled in the kidneys and caused me serious inconvenience. Nothing I did seemed to help me and the doctor advised a change of climate. As that was out of the question for me, I tried Peruna as a last resort and I found it was a God-send to me. In two days I began to feel better and in less than two weeks the kidney trouble was greatly relieved. I used four bottles and am entirely cured, and if I ever feel any lassitude I take Peruna and always with the same good result."—Mary Lawler.

WHENEVER a cold is neglected it is liable to settle somewhere. Its most common seat is in the head, throat or lungs. It may and frequently does settle in the kidneys as in the case of Mrs. Lawler above narrated. Whenever a cold settles in the kidneys it very quickly leads to Bright's disease, a very dangerous, if not incurable, condition. Peruna is sure to cure a cold wherever it may be located.

This lady found Peruna as a last resort to be the only remedy that had a particle of benefit. Peruna saved her from a lifelong struggle with chronic Bright's disease, or perhaps a speedy death.

Judge H. Henry Powers of Vermont gives Peruna the highest possible endorsement as he uses it in his family for climatic diseases of winter. In a letter written from Washington, D. C. to The Peruna Medicine Co., he says:

"Peruna I have used in my family with success. I can recommend it as an excellent family remedy, and very good for coughs, colds, and catarrhal affections."—H. H. Powers.

Judge Powers home address is Morrisville, Vermont.

AN OLD COLD

Is Chronic Catarrh—The Worst Disease Known.

The first stage of catarrh is commonly called catching cold. In the majority of cases no attention is paid to a cold, therefore nearly half of the people have chronic catarrh in some form.

Chronic catarrh is the bane of American civilization. There is no organ of the human body that it cannot destroy, no disease it does not imitate. Catarrh prevails in all seasons and spares no calling or vocation. No locality is entirely free from its ravages, no amount of vitality can withstand its attack. Neither childhood nor old age is exempt from its presence, and it does not respect sex, color, or nationality.

Summer and winter, spring and autumn, catarrh causes not to affect a large per cent of the inhabitants of this country. But it is especially during the winter season that catarrh does its most deadly work. Every cold wave, every wintry blizzard, every storm of sleet, snow or rain adds thousands to the annual list of victims of chronic catarrh.

Mr. W. B. Schnader, of Terre Hill, Pa., writes:

"I got sick every winter, and had a spell of cold in February, 1899. I could not do anything for almost two months.

In December, 1899, I saw in one of your books about your remedies. Then I wrote to Dr. Hartman for advice, and he wrote back that I should commence to use Peruna, and how to take care of myself. I did not lose one day last winter that I could not tend my stock. I am sixty-three years old, and I cannot thank you too much for what you have done for me."—W. B. Schnader.

Peruna used promptly to protect against and cure colds is a safeguard against all catarrhal diseases in winter.

Address The Peruna Medicine Co., of Columbus, Ohio, for a free book on chronic catarrh in its different phases and stages.

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