

Abundant Health is Derived From Food That's Made of "CERES" FLOUR.

—Good bread is the standard of all mankind.
—It is the chief nourisher of young and old.
—Good bread is the natural product of good flour.
—"Ceres" Flour is the one flour that really deserves the title "good."
—It is honestly first in every feature that makes flour good.
—It is best by actual test.
—You will always have good bread when you use "Ceres" Flour.

Sold by all first-class grocers. Refuse substitutes.

Wm. M. Galt & Co.,
Wholesalers, 1st and Ind. Ave.

SWEET CRISP FLAKE

Ready to serve

to

serve

As the Grocer

To clean Silver with speed

ELECTRO SILICON

is all that you need.

Half the work, no worry or wear.—Grocers.

Mush Maladies.

For years we have had ten drinker's disorder, coffee drinker's complexion, and now we have the much malady or starch indigestion (amygdalitis dyspepsia). This is the result of the extensive use of oatmeal mush, cracked wheat and other pasty foods which do not digest well, but ferment, forming acids and poisons which irritate the small intestine, congest the stomach and liver, impoverish the blood, irritate the nerves, weaken the muscles and sap the vital energies, inducing exhaustion, pain and disease. The prevention and the remedy is to use that appetizing food, Toasted Wheat Flakes, sweetened with Malt Honey. Each flake is thoroughly cooked and so that the starch is turned to dextrine and is at once digestible. Each package of the genuine bears a picture of the Battle Creek Sanitarium.

For a burn or scald a capital home-made ointment consists of fresh butter mixed with the yolk of an egg spread on a piece of linen and renewed as it dries till the inflammation subsides.

Culmbacher IS PURE AND DELICIOUS.

The matchless purity and wonderful stimulating qualities of CULMBACHER BEER assure health and strength. CULMBACHER is a sparkling, delicious beverage—the peer of BEER. Try it—24 pints for \$1.25, delivered in unrefrigerated wagon.

Washington Brewery Co.,
4th and F sts. N.E. Phone E. 254.
ap26-s, tu, th, sa

KITCHEN UTENSILS HAVING THIS TRADE MARK



(burned in the enamel) are SAFE WE CLAIM PURITY AND SAFETY, AND SUBSTANTIATE THIS CLAIM WITH CHEMISTS' CERTIFICATE.

Note the blue label used by us (and fully sustained by recent U. S. Circuit Court decision) to distinguish our absolutely pure Agate Nickel-Steel Ware. This label is pasted on every piece of genuine Agate Ware.

A full assortment of these goods for sale by all the leading DEPARTMENT and HOUSE FURNISHING STORES. Booklet showing fac-simile of our label, etc., free to any address.

Lalanc & Grosjean Mfg. Co.
NEW YORK. BOSTON. CHICAGO.

ARE SAFE.

HOUSEHOLD HINTS

Along with the flowers of spring comes a gay procession of other life not quite so poetical that keeps the housekeeper both on the defensive and offensive. Moths, carpet bugs, fleas, flies, large and small; yellow jackets and other insects still more objectionable feel the genial warmth of the sun, and proceed without the formality of an invitation to make themselves at home in the family circle.

To prevent their entrance is far better than to rout them when once settled. Few things are more aggravating than to find Paul's dress suit, the rugs in the back parlor or Mabel's furs eaten by moths. There is a general impression that tobacco, moth balls, pepper or camphor will suffice to keep away moths, but experience proves that it is not so. Indeed, they often seem to have a predilection for odors of this sort, and to wax fat in their environment. In protecting woollens from moth's cleanliness is one of the first requisites. A soiled garment invites attack, and nothing should be put away until cleaned as thoroughly as possible. Articles that cannot be washed should be carefully brushed and beaten. All the pockets of garments should be turned inside out, brushed and then turned back again, and every spot spot cleaned. As soon as any garment is clean, fold separately and very smoothly, and wrap in newspaper or clean pieces of cotton or linen. When many things are to be put away at the same time select a bright, sunny day, get all your paraphernalia of wrapping papers, cord, muslin and articles to be packed together and make a business of it. Have a chest, barrel or box in which they are to be packed wiped out perfectly clean with a damp cloth, so that not a particle of dust lingers. Paste newspapers all around the sides and bottom, being sure there are no cracks where a moth can get in. Dry thoroughly by the kitchen stove or in the sun and then pack in the articles which have been aired, brushed, wrapped and marked, so that you can tell what is in each package without unwrapping. Keep a list as you go on of all that is in the packing box or barrel, and when finished paste on the outside. When the receptacle is full cover the top with several thicknesses of newspaper, pasting all around the edge.

In putting away velvet or cloth hats for this summer brush carefully with a hat brush, fill out the loops and bows with soft tissue paper and pin the hat in a sheet of the same, then lay carefully in a hat box and paste newspaper all around where the lid joins the box. If you have no box put in large, clean paper flour bags or bags made of cheap unbleached cotton, tie closely and hang up on a wall.

A kerosene barrel is said to make an insect-proof receptacle for furs and all woolen goods.

It is the part of wisdom to examine the edges of the carpet often in the spring. If the carpet is not to be taken from the floor remove the tacks, turn back a half yard all around the room, wipe the floor and spray with benzine in the cracks or use a little carbolic acid in the water. Then replace the carpet, cover with a damp sheet and iron with hot flatiron. This will produce sufficient heat to destroy both the moths and all their larvae.

Upholstered furniture may be protected from the ravages of moths by spraying two or three times during the summer with naphthalene benzene. If you have no regular sprayer, take a small watering pot, such as is used for sprinkling house plants, and sprinkle in April, June and August. These materials will not harm the most delicate fabrics, and the unpleasant odor soon passes off, if the article is placed in the air. Care must be taken not to carry on this work near the fire or by gaslight on account of the inflammability of the agents employed.

The "cricket on the hearth" is all right, so long as he does not see fit to attack your curtains, garments or rugs. This, however, these musical little creatures are quite apt to do, evidently from sheer wariness. In one night a path was gnawed across an entire figure in a handsome Turkish rug, and the case is recorded of a suit of clothing just from the tailor, being

ruined in a single night. So many superstitions are connected with the cricket that people in general have to confess their heroic measures. If one cares less for garment than the preservation of her garments, the cricket may be boiled in a watery grave, and a vessel containing beer or sugared water set near the window will often entrap and destroy large numbers of crickets.

Apocryphal of the disposal of insects, is it generally known that flies cannot exist longer than twenty-four hours without water? The cook and general factotum on an Arizona ranch had an official and thrifty way of killing off the flies, and at the same time fattening his poultry. The plague of flies invaded upon the Esquimaux can only be realized by those who have lived in the "Sun-kissed land." Rattlesnakes, Gila monsters, scorpions, centipedes and tarantulas are not to be mentioned in the same day with the flies, for one has but a casual acquaintance with them, while the fly is omnipresent. Screens are not a luxury, but an essential. On opposite sides of this man's kitchen he has screened windows, with outside canvas frames that may be properly opened or closed according to the weather. One day, he keeps one open and the other closed. As night draws on an army of flies settles on the inside of the open canvas and the wire screen. The next morning the other canvas frame is propped open, while the one containing the flies is kept closed. At the end of twenty-four hours these are dead, and are swept up by the painful for the chickens, while the other window holds the consent of prisoners. Meanwhile the fowls flourish, and the scourge of flies is held in check.

This same man, whose success with poultry is always assured, forbids the putting of tea leaves in the garbage soil. All of the kitchen refuse—coffee grounds, crushed egg shells, table scrapings, vegetable peels and the like—are all conscientiously devoted to the use of his feathered flock; but the leaves are burned and the soil is put in a pithier and set on the ice for "between drinks."

Dandelion wine proves both acceptable and wholesome at this time of the year, and the woman who lives where she may have them for the pleasure will well put up a supply for family use. An excellent recipe calls for four quarts of dandelion flowers, one gallon of boiling water, one lemon, three oranges, three pounds of sugar and three tablespoonsful of yeast. Put the blossoms in a jar, pour the boiling water over them, and let them stand three days. Then take the juice and strained yellow pods of oranges and lemon and simmer with the liquid and blossoms for fifteen minutes. Strain, pour over the sugar and let stand until lukewarm. Add the yeast and set away, covered, for eight or ten days. At the end of that time strain and bottle.

Don't forget to give your cellar a good coat of whitewash at this season, in order to keep it fresh, sweet and wholesome. A whitewash that will not rub off is this given by a good old colored "auntie." She says: Slack the lime in the usual way. Mix one gill of flour with a little cold water, beating out all the lumps. Pour this water enough to thicken to the consistency of common laundry starch when boiled for use.

Pear this while still hot into a bucketful of the slacked lime, and add one pound of whiting. Mix well together and add a little bluing to improve the color.

"Angels on horseback" was originally an English dish. To make them, cut out with a cookie-cutter round pieces of bread about a quarter of an inch thick, and two inches in diameter, and fry in clarified butter until a golden brown. Spread over them a purée of anchovies, or anchovy sauce, and a slice of crisply fried bacon, and top the bacon with a "bearded" oyster which has previously been warmed in a pan of butter between two plates, then buttered and seasoned with a little chopped parsley. Dish the toast rounds in a row, with their "sides" of anchovy, bacon and oyster, and pour over all the oyster liquor and serve for a savory or breakfast dish. Toast can be used instead of the croutons.

Shad roe may be prepared in a variety of ways, but in every case should first be par-boiled in water, to which a little lemon juice has been added. This prevents the "spluttering" which endangers both the beauty and the temper of the cook. The roes may be fried whole, and a rich brown sauce poured over them, or covered with butter, seasoned and broiled over a charcoal fire. Another recipe: They may be cut in two-inch pieces, dipped in beaten egg, rolled in cracker crumbs, sautéed in butter or mayonnaise or well seasoned, rolled in flour and baked in a hot oven, frequently basting with melted butter.

To make strawberry fruit sirup to be used for a summer beverage, boil a few pounds of the berries in a granite or porcelain kettle, set in a second large kettle of boiling water. Cook until tender.

Strain through cheese cloth or cotton batting. Measure the juice and bring to a boil, allowing sugar and wrap in newspaper or clean pieces of cotton or linen. When many things are to be put away at the same time select a bright, sunny day, get all your paraphernalia of wrapping papers, cord, muslin and articles to be packed together and make a business of it. Have a chest, barrel or box in which they are to be packed wiped out perfectly clean with a damp cloth, so that not a particle of dust lingers. Paste newspapers all around the sides and bottom, being sure there are no cracks where a moth can get in. Dry thoroughly by the kitchen stove or in the sun and then pack in the articles which have been aired, brushed, wrapped and marked, so that you can tell what is in each package without unwrapping. Keep a list as you go on of all that is in the packing box or barrel, and when finished paste on the outside. When the receptacle is full cover the top with several thicknesses of newspaper, pasting all around the edge.

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"Angels on horseback" was originally an English dish. To make them, cut out with a cookie-cutter round pieces of bread about a quarter of an inch thick, and two inches in diameter, and fry in clarified butter until a golden brown. Spread over them a purée of anchovies, or anchovy sauce, and a slice of crisply fried bacon, and top the bacon with a "bearded" oyster which has previously been warmed in a pan of butter between two plates, then buttered and seasoned with a little chopped parsley. Dish the toast rounds in a row, with their "sides" of anchovy, bacon and oyster, and pour over all the oyster liquor and serve for a savory or breakfast dish. Toast can be used instead of the croutons.

Shad roe may be prepared in a variety of ways, but in every case should first be par-boiled in water, to which a little lemon juice has been added. This prevents the "spluttering" which endangers both the beauty and the temper of the cook. The roes may be fried whole, and a rich brown sauce poured over them, or covered with butter, seasoned and broiled over a charcoal fire. Another recipe: They may be cut in two-inch pieces, dipped in beaten egg, rolled in cracker crumbs, sautéed in butter or mayonnaise or well seasoned, rolled in flour and baked in a hot oven, frequently basting with melted butter.

To make strawberry fruit sirup to be used for a summer beverage, boil a few pounds of the berries in a granite or porcelain kettle, set in a second large kettle of boiling water. Cook until tender.

Strain through cheese cloth or cotton batting. Measure the juice and bring to a boil, allowing sugar and wrap in newspaper or clean pieces of cotton or linen. When many things are to be put away at the same time select a bright, sunny day, get all your paraphernalia of wrapping papers, cord, muslin and articles to be packed together and make a business of it. Have a chest, barrel or box in which they are to be packed wiped out perfectly clean with a damp cloth, so that not a particle of dust lingers. Paste newspapers all around the sides and bottom, being sure there are no cracks where a moth can get in. Dry thoroughly by the kitchen stove or in the sun and then pack in the articles which have been aired, brushed, wrapped and marked, so that you can tell what is in each package without unwrapping. Keep a list as you go on of all that is in the packing box or barrel, and when finished paste on the outside. When the receptacle is full cover the top with several thicknesses of newspaper, pasting all around the edge.

In putting away velvet or cloth hats for this summer brush carefully with a hat brush, fill out the loops and bows with soft tissue paper and pin the hat in a sheet of the same, then lay carefully in a hat box and paste newspaper all around where the lid joins the box. If you have no box put in large, clean paper flour bags or bags made of cheap unbleached cotton, tie closely and hang up on a wall.

A kerosene barrel is said to make an insect-proof receptacle for furs and all woolen goods.

It is the part of wisdom to examine the edges of the carpet often in the spring. If the carpet is not to be taken from the floor remove the tacks, turn back a half yard all around the room, wipe the floor and spray with benzine in the cracks or use a little carbolic acid in the water. Then replace the carpet, cover with a damp sheet and iron with hot flatiron. This will produce sufficient heat to destroy both the moths and all their larvae.

Upholstered furniture may be protected from the ravages of moths by spraying two or three times during the summer with naphthalene benzene. If you have no regular sprayer, take a small watering pot, such as is used for sprinkling house plants, and sprinkle in April, June and August. These materials will not harm the most delicate fabrics, and the unpleasant odor soon passes off, if the article is placed in the air. Care must be taken not to carry on this work near the fire or by gaslight on account of the inflammability of the agents employed.

The "cricket on the hearth" is all right, so long as he does not see fit to attack your curtains, garments or rugs. This, however, these musical little creatures are quite apt to do, evidently from sheer wariness. In one night a path was gnawed across an entire figure in a handsome Turkish rug, and the case is recorded of a suit of clothing just from the tailor, being

ruined in a single night. So many superstitions are connected with the cricket that people in general have to confess their heroic measures. If one cares less for garment than the preservation of her garments, the cricket may be boiled in a watery grave, and a vessel containing beer or sugared water set near the window will often entrap and destroy large numbers of crickets.

Apocryphal of the disposal of insects, is it generally known that flies cannot exist longer than twenty-four hours without water? The cook and general factotum on an Arizona ranch had an official and thrifty way of killing off the flies, and at the same time fattening his poultry. The plague of flies invaded upon the Esquimaux can only be realized by those who have lived in the "Sun-kissed land." Rattlesnakes, Gila monsters, scorpions, centipedes and tarantulas are not to be mentioned in the same day with the flies, for one has but a casual acquaintance with them, while the fly is omnipresent. Screens are not a luxury,