

HOME.

TESTED RECIPES.

Simple Dessert.—Place a slice of vanilla cake on each dessert plate, over which spread a thick layer of vanilla ice cream. On top of this place half of a large yellow peach, seed side up. Form a circle around this on plate. If desired, whip cream. The effect will repay for patience in making.

Honey Jelly.—Take the parings of one-half peck apples, wash well, and set to boil in four quarts of water and let boil two hours. Then strain through a cloth, which you take one cup of sugar to each cup of juice. Let boil one and half hours. This makes the finest kind of jelly.

Cheese Pudding.—Cover bottom of pudding pan with piecrust dough rolled thin, scatter lumps of butter and cheese to make thin layer, season with salt and pepper. Separate in another pan, cheese, butter, seasoning, then another beat yolk of egg in cup of milk and pour over, bake thirty minutes. Delicious but rich.

Pure Baking Powder.—Mix by sifting several times one pound cream tartar, one-half cup baking soda, and one pound cornstarch. This makes two and one-half pounds of purest baking powder at a little more than the cost of one pound of the best on the market.

Pumpkin Pie.—Take can of best pumpkin, slow down until two-thirds remain, watching carefully. Beat four eggs thoroughly, add two cups granulated sugar, teaspoon ginger, half teaspoon cinnamon, half teaspoon salt, heaping teaspoon flour, add pumpkin, stirring well, and lastly add about quart of milk. This will make two large or three ordinary sized pies.

Egg-in-Nest.—Separate the white of an egg from the yolk. Beat the white stiff and dry, put in a cup or small bowl, making in the top of it a hollow the size of the yolk. Into this hollow slip the yolk. Cook in a covered saucepan containing boiling water until the top of the white is firm—about two minutes. Serve in the shell.

Evlyn's Pudding.—Three tablespoons of cornstarch, yolks of five eggs, six tablespoons of sugar. Beat the yolks lightly, add sugar and beat again. Mix cornstarch with cold milk, mix all together, and add to one quart milk just ready to boil, and a pinch of salt added. Stir until thickened well. Pour into a dish for table. Place in oven until it will bear icing. Place over top canned peaches or preserved pineapple. Beat whites to a stiff froth. Add four tablespoons of sugar. Place in oven until a light brown. This is both delicate and delicious.

Salmon Salad.—With a can of salmon a handsome and rich salad is prepared. Take out the salmon in neat, firm lips and lay them in a dish of cold spiced vinegar with the tomatoes as prepared. Cut off the stem and hollow out with a spoon. Now fill the firm cup. Medium sized tomatoes should be used. Mix a little salt, cayenne, and vinegar with or without oil, as preferred, and sprinkle the tomatoes well, then fill with the salmon. Cut the tomatoes in thin, paper like slices, may be mixed with the fish. Serve on lettuce leaves with mayonnaise.

Potato Dumplings.—Grate equal parts of raw and boiled potatoes, put the grated raw potatoes in a cloth and wring out all of the liquid leaving them perfectly dry. Now put into a mixing bowl and add from one to three eggs (beaten), some salt, and enough flour to make the mixture stick when rolling into balls. Drop into boiling salted water, and boil about twenty or twenty-five minutes, without a lid. Before selling the whole mixture into balls by one in the water first, if it melts or breaks in the water then add more flour to the mixture. When done take from water with a draining spoon and serve with browned butter poured over it same.

USEFUL HINTS.

For tired and aching feet. rub the soles with sweet oil.

If you find it difficult to open your fruit jars, just turn the upper end into boiling water for a few minutes, and you will find that your jar will open easily.

To Clean Silver.—To clean silver, mix sweet oil and whiting to a creamy mass, rub on the silver with a soft cloth, then wash in hot soap suds and polish with chamois skin or a piece of soft oil linen.

To Clean Mirrors.—Take isinglass from stove and lay in vinegar about ten minutes and then rub with a little salt and wipe clean. With a soft cloth, hang in the wind dry, beating and shaking as they dry. Your mirrors will come out light and fluffy.

To Renovate Pillows.—To renovate your feather pillows fill a boiler half full of water, bring to a boil, place a feather pillow on as a cover, turning occasionally, and steaming thoroughly. Hang in the wind dry, beating and shaking as they dry. Your pillows will come out light and fluffy.

To Clean Tufted Couch.—Every one knows how hard it is to keep a tufted couch clean. The following plan is easy and will work quickly done: Turn couch on side, take a round stick—a broom handle will do—press gently up and down on the little tin that holds the button. This will raise the button on top. Brush with a whisk broom.

Smooth Lunch Cloths.—To have lunch cloths and napkins without creases from having been folded is difficult. Either save the heavy pastboard rolls that pictures and calendars come in or make a roll of heavy paper about twice as large around as a broom handle; and by the way, an old broom handle serves to start the roll of paper on, having two lengths, one about a foot long for small linen pieces and another about three feet long for larger pieces, and roll the freshly ironed linens on these rolls and keep in linen drawers ready for use and it will not be necessary to iron the creases out of each

piece, as is the case when they are folded.

Keep Table Drawer Neat.—The contents of a large, shallow table drawer can never be kept in order, especially when it is used to store small articles of every day use. Such a drawer can be made useful and will always be neat by fixing it in the following simple manner: With small tacks attach to the bottom of the drawer small paste-board boxes or lids. Long, oblong, shallow boxes are best. Empty file boxes about eight or ten inches long can be found at any hardware store, and one pound tallow boxes are good for this purpose. In a wide table drawer these boxes room for a dozen of these small boxes (packed side by side) to the bottom along front of drawer. This leaves room at the back for articles too large to be kept in boxes. Pens, pencils, buttons, thread, keys, stamps, envelopes, small coins, etc., can be conveniently kept in a drawer arranged in the above manner.

Make Head Save Heels.—A small table of great assistance in the housekeeper who has no maid. By using "her head to save her heels" she can set the table, serve, and remove dishes with scarcely more than one trip for each. To set the table all articles to be served are unpacked and placed on the table and pushed around the dining table. To serve, place soup on dining table by a tray, if no tureen is used. If there is a tureen the soup, meat, etc., can all be placed on table and pushed in. Vegetables and dessert may be served from this table and any course is finished. The dishes may be placed on it. When dinner is over it will be only a few minutes' work to remove the rest. By doing this way the housekeeper, if she is entertaining her guests, can have the pleasure of serving her dinner with them and they will be spared the unpleasantness of having their hostess hurried and tired with much running back and forth. Lastly, the lady in the flat below will feel a blessed relief from those endless journeys to and fro.

BLAMES ENGLAND FOR DEFEAT.

Russian Historians Have Own Version of Japanese War.

A school book history of the late war has now been issued with the approval of the Russian Government. The assertion is made that if it had not been for the active assistance of the United States and England, Japan would never have triumphed over Russia.

A state official, however, should have the responsibility for this unflattering historical work.

The book points in glowing pictures stories of Russian heroism at Port Arthur, but neglects to mention the defeats of the Russian army. As to the great battle in the sea of Japan it says: "The primary cause of the catastrophe to our fleet had nothing to do with the enemy's strength—the active assistance given by Great Britain to the Japs contributed most to the disaster. The English entirely disregarded the obligations of neutrality. They assisted the Japs with ships, men and cannon and ammunition of every kind. Moreover, they forced the French to refuse us food and coal at Tonkin."

The English acted throughout as the enemy's spies, informing Tokio of every movement of our fleet. And the United States did the same.

"After General Linewitch had reorganized the army and was preparing the death blow for the Japs, the latter's allies, the English and Americans, played their trump cards and compelled the warring Governments to enter into peace negotiations. At the American town of Portsmouth the representatives of the powers met.

"And with the assistance of President Roosevelt, the St. Petersburg plenipotentiary, wrote the same who were sent for our ill-fated adventure in the Far East, then and there concluded a peace with Japan."

GAMBLING CAUSES FALL.

Officer Stole From Funds of Warship's Mess to Pay Debts.

A pitiable spectacle was that presented the other day by Sub-Lieut. Henri Recoules, of the French navy, who is being tried at Toulon on a charge of falsifying the mess accounts of his ship and stealing 3,600 francs. Recoules was an officer on board the battleship Charlemagne and is said to be a friend of Ullmo, the traitor, who sought recently to dispose of naval secrets to Germany.

Recoules, who is 38 years old, went during the trial and freely admitted his guilt. His downfall has been caused by gambling. He lost at play a fortune which his wife had inherited, and when in anger she threatened to leave him unless he mended his ways, he vowed he would never touch a card again. But he did not keep his resolution long. While his ship was at Angiers he succumbed to the fascination of the local gambling tables. As he had no money, he played on credit, and after losing 400 francs he refused to pay.

When the squadron sailed his escape came to the knowledge of the naval authorities, and Recoules, learning that his dishonorable conduct was discovered, anonymously renitted the amount of his losses. But this, it seems, he stole from the mess funds, and to cover himself he forged the names of a number of Toulon tradesmen on receipts for payment of sums due to them. Then, fearing that his crime would be discovered, Recoules deserted his ship and fled to Italy. At Genoa he found himself practically without resources, and to earn a living he acted as guide and interpreter to the French tourists. Learning that his wife was ill with fever, the absconding officer decided to return to France, and after seeing her, to give himself up to the authorities.

He took train to the frontier, and having no money to take him further, he tramped the rest of the way to Toulon. He begged food, and at night slept by the roadside. As Recoules has pleaded guilty, the court has but to decide upon his sentence.

Some men are born small and some others shrink.

The wings of riches are not outattered after the wings of angels.

ON THE FARM.

FERTILIZING VALUE OF HEN MANURE

Poultry manure is generally recognized as a strong fertilizer; tending, however, to make vine and leaves at the expense of fruit. Where chickens are raised in quantity and there results a large supply of droppings, many planters are in more or less of a quandary as to what crop to supply this manure to and in what quantity. Some valuable information is noted by the Department of Agriculture as a result of experiments made at the poultry farm of the Reading University College, England. In the first place it is something of a surprise to note the amount of manure made by chickens.

A seven-pound cock will drop from 1½ pounds of manure daily, a six-pound hen nearly as much. A four-pound growing chicken from 1 to 1½ pounds and a 3½ pound fattening bird, while being crammed for market, more than any of the above.

The habits of chickens considerably affect the manure supply. The dried droppings from birds kept in a poultry house contain about 4 per cent nitrogen, 3½ per cent phosphoric acid, 1½ per cent potash. Manure from birds in the pen averages slightly higher while that from birds fattening for market runs about 6½ nitrogen, 3 phosphoric acid and 1½ potash.

Its value and use are discussed as follows: "It forms a distinctly nitrogenous manure which stimulates vigorous growth of the leaves, stems and roots of plants generally as much as a dressing of nitrate of soda or sulphate of ammonia. It contains, however, in addition to nitrogen, an appreciable amount of phosphorus and potash in a rapidly available form, and in this account is a good complete fertilizer for all kinds of crops. can be utilized by mixing it with superphosphate at the rate of one part of the latter to five or six parts of the fresh manure." It is recommended that it be first spread thinly on trays in a shed to dry, then it can be barreled. While this is some trouble, it will be worth the while, since as manure it is worth from \$12 to \$15 per ton. If barreled in the ordinary manner much of the virtue is lost. When dried the mixture recommended above can be used at the rate of six hundred to eight hundred pounds per acre on cultivated or fruit land.

THE COW AND CALF.

Cows require a different kind of feeding in some respects to that of beef animals, and Dr. Roberts, the Wisconsin State veterinarian, says the daily feed for a one-month-old cow is four pounds of silage, seven pounds clover hay, eight pounds of grain.

The cow should be fed on succulent feed such as clover, alfalfa, timothy, or clover, bran, linseed meal or a little oats. Keep the bowels open and do not feed very heavy on any one thing, especially after calving. After calving give bran mash and warm the drinking water for a few days.

Allow the calf to suck for two days and then feed his mother's milk from a pail for about two weeks about three quarts twice a day; after that reduce it to one quart. At the end of four weeks the calf will be getting all skin milk or half whole milk and half warm water with some reliable tonic to aid digestion. Keep a supply of good clover or alfalfa hay within reach and also some ground corn in a little laced meal mixed together. After the calf eats the ground feed gradually get him used to whole oats as this is the best feed for him up to six months old. The heifers should not be bred until about fifteen or eighteen months old.

BONE BEST EGG PRODUCER.

One may have well-grounded opinions as to what kind of feed is required to produce certain results, and we should see to it that our hens get that certain kind.

For instance we know that fresh green bone is an egg-making food. All the great masters in the business agree on that. Then isn't it better that we should supply this green bone in quantities and in right form rather than buy and use some prepared food that we know nothing about.

Feeding it simply as bone we know how much to supply. We are sure we are not feeding anything that may prove deleterious; we can be sure we are being right to produce desired results. And without we can feed bone regularly and systematically at a very small cost.

The bones must be green and fresh; not the dry ones that may be gathered up, or those that have come through the soup or the boiling pot. Such have parted with most of their valuable elements for eggs, leather and flesh production. The ribs with particles of meat adhering that the butcher removes when he rolls the roast are all ready to be cut up and make the ideal food. The relish with which hens receive the product indicates the important part it is to play in the production of eggs.

FARM WORK IS NEVER ALL DONE.

There is small excuse for being idle on the farm. No matter how bad the weather the man who manages well always will find something for his hands and himself to do in the barn or the shed or the shop—and every farm should have a shop. There will be harness to oil, or ladders to make, or mend, or axes to grind, or saws to sharpen or a dozen and one things to do, to have tools and utensils ready for bright days—plenty to do besides whittling and whistling.

SMATTERING.

Patient: "Do you speak more than one language, doctor?"
Physician: "No; but I have some knowledge of many tongues."

THE FUGITIVE COUNT

GERMAN NOBLE TELLS OF PERSECUTIONS ENDURED.

Five Times He Escaped From Captors and Is Now Hiding in Bavarian Village.

To a special correspondent of a newspaper who sought him out in the lonely little snow-clad village of Volkors, hid 1,800 feet above sea level, amid the hills of northern Bavaria, Count Erasmus zu Erbach-Erbach has for the first time given the full story of the persecution which he says he has suffered at the hands of his millionaire parents for marrying the woman of his choice—Dora Fischer, the beautiful daughter of a laundress.

It will be recalled that the count, who recently celebrated his 24th birthday, escaped from a lunatic asylum at Ahrensweiler in the Rhineland where his father had him placed after securing an annulment of his marriage. The count fled to Bavaria, rejoined his wife, and took refuge in the house of a hospitable forester at Volkors, near Würzburg, where he told the correspondent the following tale of his romantic experience.

THE COUNT'S STORY.

"This cottage in the woods has been the retreat which has sheltered us ever since my father's anger pursued us. Five separate times has my father sought to deprive me of my liberty, and five separate times have I made my escape. Have you not in English an expression, 'Love will find a way'?"

"My first flight occurred two years ago, when Fraulein Fischer and I went to London to get married. My next escape took place last June, from Heidelberg, where I had gone on leave of absence from a private sanatorium in the Taunus. From Heidelberg, my wife and I fled to Switzerland to consult Prof. Speyer, the celebrated alienist. At Berne my father, for the first time, had me arrested, but I eluded my captors at the railway station at Bale while being transported to the Alhrweiler asylum."

"It was on the occasion of this flight that a friend recommended to me this remote haven of refuge, and here my wife and I spent the Summer and Autumn until, on Nov. 4, the local gendarmes, acting on my father's behest, arrested me and took me to the Munich specialist, Herr Kraepelin. On Monday I broke away while changing trains at Würzburg and betook myself to the Reichstag deputy, Dr. Thaler, of Würzburg, who had me examined by a nerve specialist of the University of Würzburg, Prof. Weygandt. He made such a favorable diagnosis that the Bavarian Government gave instructions that I should never again be taken into custody on grounds of irresponsibility."

ARRESTED A THIRD TIME.

"To improve my situation, and above all to secure the annulment of my guardianship, I then went to consult my solicitor at Frankfurt. A certain remark by my wife resulted in the disclosure of our whereabouts to my father, who, forthwith, had me arrested a third time in the streets of Frankfurt."

"I was taken first to a sanatorium in the Taunus, and then to the lunatic asylum at Alhrweiler, whence I escaped last week, not through the assistance of a bribed attendant, but by the help of one who sympathized with my misfortunes. Much of my time here is spent with the Capuchin monks, whose monastery is in the depths of a mountain. They are extending to me every kindness, even the hospitality of their humble table. You see, I am even reduced to the necessity of eating the bread of charity for having committed the unpardonable crime of marrying without my father's consent."

"My privations have utterly failed to chasten me. I insist on the preservation of my personal liberty, I desire to remain my wife's husband. I intend to recover my civil rights, and then, before a duly authorized tribunal, formally to abandon my inheritance rights in return for a guaranteed income in keeping with my position, of \$5,000 a year."

NOTABLE VOLUNTEERS.

Amongst other notable men who have served in the ranks of the British Volunteer force at different periods of history may be mentioned Lord Palmerston, who was a private in the Cambridge corps of the 60th Foot, and Sir Walter Scott, who acted as Quartermaster to the Edinburgh Light Ho. se.

BEST EVER WRITTEN

PRESCRIPTION WHICH ANYONE CAN EASILY MIX AT HOME.

Said to Overcome Kidney and Bladder Afflictions—Shake Simple Ingredients Well in Bottle.

Mix the following by shaking well in a bottle, and take in teaspoonful doses after meals and at bedtime:

Fluid Extract Dandelion, one-half ounce; Compound Kergon, one ounce; Compound Syrup Sarsaparilla, three ounces. A prominent physician is the authority that these simple, harmless ingredients can be obtained at nominal cost from any druggist, even in the smaller towns.

The mixture is said to "cleanse and strengthen the clogged and inactive Kidneys, overcoming Backache, Bladder weakness and Urinary trouble of all kinds, and even before the stage of Bright's disease."

Those who have tried this say it positively overcomes pain in the back, clears the urine of sediment and regulates urination, especially at night, curing even the worst forms of bladder weakness.

Every man or woman here who feels that the kidneys are not strong or acting in a healthy manner should mix this prescription at home and give it a trial, as it is said to do wonders for many persons.

LIFE CHEAP IN STATES.

German Paper Scores American Carelessness.

America's "criminal carelessness" is bitterly attacked by Germany's leading newspaper, the Frankfurter Zeitung, in its editorial of the 10th inst. The occurrence of two terrible coal mine catastrophes in that country. The Zeitung says:

"When the steamer Gen. Slocum went down in New York harbor with 1,000 women and children on board the courts called the captain to account, but not the shareholders, who had been making money out of a tub furnished with good for nothing life-boats."

"We do not know who is to blame for the recent mining disasters. That is really not important. What is important is the state did not do its duty indeed, it does not even know what its duty is. Criminal negligence leads often enough to terrible catastrophes in Europe, but the difference is, with us the state recognizes the protection of workmen as well as all economically weaker elements, as one of its most important duties. It is supported therefore by public opinion, which in America much worse things must happen before the government of the ruling classes will become so far advanced."

"America cannot continue indefinitely as she has done. This sort of technical progress over corpses must develop enormously the anarchistic instincts of the public. The Haywood trial in Idaho showed to what dangerous dimensions the struggle between capital and labor can assume where the functions of the state collapse."

"It will be to the glory of President Roosevelt that he used all his constitutional power to call attention to the perils with which the criminal egoism of the mined classes threaten the American people and state."

MUST LEARN ENGLISH.

Study of Language to be Compulsory in Schools of Germany.

A decision that should entail a great falling off in the number of young German clerks who flock to London and other British centres to learn the English language has just been taken by the Berlin municipal authorities. They have ordered that the study of English be compulsory in the higher public schools.

Hitherto young men who have had a "gymnasium" (public school) education, the class from which most young men who enter commercial life come, have had French as a compulsory subject, English will now be made compulsory for the last three years of the gymnasium course and French optional.

It is known that the Kaiser is strongly in favor of the change, which is regarded as the precursor to the introduction of English as an obligatory study throughout the German school system.

USEFUL WORK.

Mrs. Hayrix (reading)—"This paper says the doctors have discovered another new disease, 'Hiram'."

Hayrix—"Huh! I wish the pesky critters would stop lookin' for new diseases long enuff they hunt up a cure for th' rheumatiz, by grass!"

HEALTH

ENTEROPTOSIS.

This is a disease, or rather an abnormal condition, of the abdominal organs, in which they are displaced downward, because the ligaments and other structures which should keep them in place are relaxed.

Any one or all of the internal organs of the abdomen may be displaced, but when only is affected, it is most often the kidney, the affection being then known as wandering, or floating kidney. The condition was first described by a French physician, hence is often called, after him, Glénard's disease.

The cause is unknown, but it is probably a weakening of the retaining structures, among which is the wall of the abdomen itself, in consequence of inflammation, wasting disease, debility from loss of blood or anemia, distention of the abdomen from dropsy or a tumor, overexertion by one whose abdominal muscles have not been strengthened by exercise—light being the cause.

This last cause was more active formerly, when the injurious habit was more the fashion, and before the day of the "straight front" corset, which, if properly constructed and properly used, is preventive and curative rather than causative. A blow or other injury may dislocate a single organ, as the kidney or the liver, but, unless very severe, would hardly produce a falling of all the organs. The condition is more common in women than in men, in the proportion of about three to one.

The symptoms are indefinite and sometimes not at all pronounced. As a rule, when all the viscera, especially the stomach and intestines, are displaced, there is complaint of indigestion and a feeling of weight in the abdomen. There is flatulence, eructations are frequent, and rumbling and unpleasant sensations of movement in the bowels are felt. The tongue is coated and the breath is bad. The appetite is usually poor and constipation is the rule, but occasionally the opposite conditions may prevail. Nervous symptoms are very frequent—more so, indeed than digestive disturbances. The most common of these are palpitation, dizziness, numbness and "pins and needles" in the hands and feet, disturbed sleep and the "blues."

In the treatment these symptoms may usually be ignored, for they cannot be helped much by drugs. The chief thing is to restore tone to the abdomen and drive away the congestion of the internal organs. The patient should be put to bed, lying for the most part on the back, with the foot of the bed raised, and with a firm pillow under the hips, and an effort should be made to overcome the laxity of the abdominal walls by massage, cold applications, and perhaps electricity. Exercise of these muscles by systematic voluntary contractions, practiced for a few minutes several times a day, is advisable.

The patient should not stay in bed too long, and on leaving it a firm abdominal support should be given in the form of a corset. This is only a general outline of treatment, the details of which must be carried out under the supervision of the physician.—Youth's Companion.

BREATHE THROUGH THE NOSE.

Correct breathing is one of the most salutary tonics of which an invalid can take a draught. On the other hand, incorrect breathing is more harmful to the system than vinegar-and-milk or ham-and-jam sandwiches of the school-teacher, because the diseases that it generates are more than temporary, they are chronic.

Breathe through the nose—that is what the nose is really for. Each of our nostrils has some delicate, practical functions—eyes are for seeing, ears for hearing, mouth for eating, and nose for breathing. Because one smells with one's nose, it does not follow that there is no other important function assigned to that feature. We cry with our eyes, but for that reason we do not close them, in the belief that they are not meant for seeing.

Each respiration should be long-drawn and regular. Cases have recently occurred in which indigestion, consumption, insomnia and sea-sickness have all been cured by proper attention to and systematic exercise in correct hygienic breathing.

HEALTH HINTS.

A delicate child, or one recovering from some illness, will derive much benefit if its body is rubbed with olive oil. Put just a little oil in the palm of the hand and rub it well in.

The art of keeping well is worth studying. Its principles are very simple. Nothing particularly odd or particularly puzzling belongs to it. Those who wish to keep well must beware of draughts, not of fresh air nor of sunshine or rain, but primarily must avoid too much fatigue. The normal human being who is in good health is able to endure a certain amount of weight.

Don't go to bed with cold feet and suffer agonies of wakefulness because you fancy it is "faddy" to use a hot water bottle. It may be faddy, but it is better to be faddy than foolish. A clever beauty doctor maintains that the woman who suffers from cold feet at night and doesn't take means to avoid the discomfort has only herself to thank if she grows old and wrinkled before her time, the misery produced by cold feet being a frequent cause of crow's feet and other kindred evils, owing to the fact that when she goes to sleep it is with a set look of misery on her face, while her wisest "faddy" sister bugs her hot-water bottle and is happy. It is a well-known fact that if the feet are comfortably warm the rest of the body is generally in a similar condition.

Miss Vane: "I know he was talking to you about me. Now, wasn't he?"
Miss Speltz: "Well, yes." Miss Vane: "I thought I heard him remark that I had a thick head of hair."
Miss Speltz: "Partly correct. He didn't mention your hair, however."

Blow: "Slyker seems to guard his honor jealously." Knox: "Well, I don't blame him. He has such a little bit left, you know."

Girlhood and Scott's Emulsion are linked together.

The girl who takes Scott's Emulsion has plenty of rich, red blood; she is plump, active and energetic.

The reason is that at a period when a girl's digestion is weak, Scott's Emulsion provides her with powerful nourishment in easily digested form.

It is a food that builds and keeps up a girl's strength.

ALL DRUGGISTS, 50c. AND \$1.00.

