

CURRENT TOPICS.

Most people a mummy is a mummy, worth while for one visit to a museum, strictly out of curiosity, and thereafter the less said the better.

In the earliest days the prehistoric inhabitants of upper Egypt were accustomed to preserve their dead by a successful sun-drying process, but this was a primitive method, not to be thought of when the great Egyptian dynasties were in power.

In later dynasties this process was discarded as barbaric and uncouth, and in place of it a system of external bandages was developed to give the mummy the shape and plumpness it had in life.

You ought to live to be 150 years old declares Prof. Elie Metchnikoff. The great duty of the earlier half of your life, say, up to 75 years, is to accumulate the instincts of life; having learned how to live in the first half you can practice what you have learned in the remaining half.

SIMPLE PRESCRIPTION.

EASILY MIXED AT HOME AND CURES ALL RHEUMATISM.

Full Directions to Make and Take This Simple Home-Made Mixture - Makes Kidneys Filter Acids.

When an eminent authority announced that he had found a new way to treat that dread American disease, Rheumatism, with just common, every-day drugs found in any drug store, the physicians were slow indeed to attach much importance to his claims.

Rheumatism, as every one knows, is a symptom of deranged kidneys. It is a condition produced by the failure of the kidneys to properly filter or strain from the blood the uric acid and other matter which, if not eradicated, either in the urine or through the skin pores, remains in the blood, decomposes and forms about the joints and muscles, causing the untold suffering and deformity of rheumatism.

This prescription is said to be a splendid healing, cleansing and invigorating tonic to the kidneys, and gives almost immediate relief in all forms of bladder and urinary troubles and backache.

HOME.

SOME DAINTY DISHES.

Almond cheesecake filling is made as follows: Take three ounces of powdered almonds, six ounces of sugar, a dessertspoonful of rose-water, or milk, a beaten egg and some ratafia flavoring. Mix smoothly together and use for filling pastry cases.

Orange Fritters.—Divide the oranges into quarters, previously removing all the pith carefully. Dip each piece into sifted sugar, then into good frying batter, and fry in deep fat till a golden color. Drain by the fire and serve on a platter.

Lemon Pudding.—Take half a pound each of breadcrumbs, suet, and sugar, the grated rinds of two lemons and three well-beaten eggs. Mix all together and steam for one hour and a half. Serve with lemon sauce.

Ground Rice Pudding.—Boil two ounces of ground rice with one ounce of sugar, half an ounce of butter, and about one pint of milk, for about twenty minutes; stir, so that it shall not burn. Pour into a buttered mould, and when cold serve with stewed rice.

Cocoa Nibs.—Those who do not like the various powdered cocoas, should try the bruised kernels or nibs. These should be simmered for at least three hours. I believe a tautful of cocoa nibs will make a pint of good, strong cocoa, and more water may be added for a second boiling.

Butterscotch.—Melt one ounce and a half of butter in a preserving pan, and add to it eight ounces of moist sugar. Stir over a moderate fire for ten minutes, or until a little dropped in cold water is brittle. When sufficiently cooked, put at once on buttered plates. The grated rind of half a lemon is an improvement to this.

Manilla Toast.—Dissolve one ounce of butter in a small frying-pan and in it fry a sliced onion. Then add three good sized tomatoes, cut small, and seasoned rather lightly with white pepper and salt. Beat up three eggs with a little minced ham, stir into the other ingredients till it all thickens. Then pour on to squares of buttered toast and serve at once.

Rollad Breast of Veal.—A small breast of veal is a very good dish, especially when served cold. Have it boned, lay out flat and spread with veal stuffing, roll up and tie at both ends. Now put a little butter in a stew-pan and when hot put in the veal and brown nicely all round. Remove from the pan, pour off the fat, replace the veal, and add a little stock made by boiling the bones with a little salt water, pepper, salt and some vegetables. Cover the pan and simmer its contents very gently for a couple of hours.

Parsnip Wine.—Boil four pounds of parsnips till tender to each gallon of water. If more convenient the parsnips can be boiled in less water and when tender add water to make a quart. Strain the liquor through a coarse cloth, and be careful not to bruise the vegetables. Add three pounds of sugar to every gallon of liquor, then boil it again for forty-five minutes. When the liquor has cooled strain it into a bottle, add a little yeast and let it stand for about six days in a warm place, stirring it every day from the bottom. Pour the liquor into a cask, and as it works over keep filling it up with some of the reserved liquor. When the wine has ceased fermenting, bung it up tightly and at the end of the year bottle it.

SALADS.

Chicken Salad.—Cut up cold boiled or roast chicken to make two cupsful; cut into small pieces of uniform size enough crisp, white celery to make a pint. Mix the celery and chicken, seasoning well with salt, pepper to taste, and moistening with Mayonnaise dressing; turn into a chilled bowl and set on the ice until wanted. Pour Mayonnaise dressing over the top of salad, garnish with cold boiled eggs sliced. Serve.

Bonita Salad.—One cup of cold boiled string beans, one-half cup boiled corn, one sour apple, one-half cup celery, all cut in dice. Add one-quarter cup English walnuts, one-half cup spiced green tomatoes, and one tablespoon corn relish. Season with vinegar from the spiced tomatoes. Place on lettuce leaves, take yolks of two hard-boiled eggs well hot, run through a ricer, and sprinkle over the top. The different colors of the ingredients make most attractive ensemble.

SOUPS.

Russian Soup.—Make a strong, clear stock and strain these pieces: Make a noodle dough of two eggs, a little milk and salt, and add enough flour to knead. Roll out in thin sheets; cut into squares, size of palm (after dough has dried). Chop up some cold meat, such as mutton or beef, with onions; season with pepper and salt. Lay a square of the noodle dough in your hand, fill with meat mixture, press two corners together so as to form small triangles. Pinch edges tightly together, so that meat will not escape, and throw into boiling stock. In twenty minutes this will be ready to serve.

Luncheon Soup.—Take one fresh pork hock, a 10 cent soup bone of beef, one small onion cut in halves, handful of celery tops, one small red pepper cut open. Put in five quarts of water, bring to a boil, then put on back of stove. Cook slowly until tender, lift meat out, strain the stock through colander, set away to cool. There should be five pints of it. When wanted thicken with a nice jelly. Salt to taste, add small teaspoon of sugar, teaspoon of the fat, one-half cup each of diced potatoes, carrots, cabbage, and tomatoes. Cook gently one hour before serving. Add two sticks of macaroni broken in bits, one tablespoon of rice. Serve with whole wheat or brown bread. A wholesome, nourishing soup. A generous bowlful is a meal in itself, enjoyed by the schoolchildren and the busy worker.

HINTS FOR THE HOME.

To boil celery, bring it to boiling point and simmer for forty-five minutes, drain thoroughly, pour sauce over and serve.

To soften water for toilet use keep a lump of rough fuller's earth in your ewer, empty it out once a week and put in fresh fuller's earth.

Onion sauce is greatly improved by the addition of one or two spoonfuls of grated parmesan cheese, put in at the last moment.

Ink stains on boards may be removed by vinegar or salts of lemon. Another recipe if the above fails is: Scour the board with sand, wet with water in which a few drops of oil of vitriol are mixed.

This Hair Wash is Very Strengthening: One ounce of tincture of cantharides, one ounce and a half of olive oil, one ounce of rosemary, shake all well together and apply to the roots of the hair with a small brush, once a week. Then rub the scalp with the finger tips till the grease has sunk into the skin.

To Clean Oil-Paintings.—Take a raw potato and cut it in half; with the cut end cover the picture, and as it becomes dirty cut off thin slices, wiping off the dirty froth with a soft cloth. In this way go over all the picture, till it is clean, carefully wiping as you go. Then rub with a silk handkerchief till dry. Afterwards apply a proper picture varnish.

Respecting Chocolate.—How many parents recognize the value of chocolate as food for their children? If of a good quality, it contains all the essential qualities for body building, and being easily digested will not hurt the weakest stomach. Those who can afford to do so should give their children a stick of chocolate every day, and a marked improvement in their young ones' health will be noticed in a short time.

To Prevent Chills.—Take a piece of alum about the size of a nut and melt it in enough hot water to cover the hands. When the alum has quite dissolved, soak your hands in the liquid for a quarter of an hour. Wipe the hands dry, then rub thoroughly with a piece of common new flannel kept for the purpose. Wearing loose gloves at night, and as much as you can during the day, is a great protection for the hands.

YOUNG FOLKS.

THE LITTLE WHITE MOUSE.

"I want something 'live to play with'" Sadie said out loud to herself. Sadie lived in the country in Virginia, where there were not so many dolls and toys as there are in towns and the large cities.

If course there were rag dolls, and dolls of wood, and dolls of tin, and dolls of lead, and dolls of glass, and dolls of china, and dolls of ivory, and dolls of bone, and dolls of wood, and dolls of tin, and dolls of lead, and dolls of glass, and dolls of china, and dolls of ivory, and dolls of bone.

"Go look in the granary," said a voice. It was Mr. Meekins, the hired man. "For what?" asked Sadie. But Mr. Meekins did not answer. He talked as little as he could, Sadie often thought.

"I wonder what's in the granary," she thought, when she heard Mr. Meekins double down, and left her with one leg doubled up under her and her arms flung out; face down in the grass.

The granary was back of the stable and barn, and it was very still when Sadie went in. She looked about, and seeing nothing, was about to go back to the house when she heard a very, very small noise, "Sque-ak! Sque-ak!"

It came from a corner of the corn-bin, so she stepped over the floor softly and peered behind the bin. "Sque-ak!" This time it was louder, and stooping down, she leaned forward and saw a tiny white mouse. She was so surprised that she did not cry out; but the white mouse was used to the noises from the stable, and was not much scared. It only ran into a hole, and poked its head out to see what was the matter. He winked at her.

Sadie remembered to have seen a trick mouse, and she said to herself, "I will teach it to do things, and then when it's trained I'll surprise everybody." She made Mr. Meekins promise to keep her secret, and from that day the Belinda doll was left sadly to herself.

One afternoon Sadie was going to the granary, when she heard a very, very, very slightly inclined to droop, but neither thick nor thin, and firmly but closely closed.

"I thought," he said, "you'd like to see Grandpa's boy, who is here every summer, and I reckon he'd like a live thing to play with, since he ain't got anything to do but cut wooden things with a knife. Get up, Old Socks!"

Never before had Mr. Meekins said so much. Never before had Sadie listened so eagerly. "Poor little boy!" she said. "I am so sorry."

"You should see my white mouse," "Is it ivory?" asked Dan. "It's alive." "Oh!" said Dan. "I did not know there were any white ones around. It must be jolly to have a live pet. How happy you must be, and never lonely."

The words made Sadie ashamed, "I'll bring my white mouse to see you, Dan," said Sadie, on leaving.

Sadie thought a great deal about Dan, and each day the white mouse grew fatter and dearer. But somehow Dan's words were all the time in her ears.

"It must be jolly to have a live pet," and slowly a thought came into Sadie's mind. "Belinda, dear," she whispered one day, "I've treated you badly. I've been selfish, but I'm going to change. Belinda, I have made up my mind to give you."

Then Sadie went upstairs and got her pet bank, and carrying it out to the granary, she put her little pet inside, where he could breathe nicely through the sides. "Mr. Meekins is going to the post-office," she said to herself, "and he'll take me to the Three-Mile place." She ran to get her hat and coat.

They drove along in silence. Sadie was holding her bank tightly in her hand, and once two tears dropped down "splash!" into the silt, and the bank shook in her hands.

When she got to the cottage, Dan was on the little porch. He waving his hand, and called, "Hurrah, there's Sadie!"

"Here it is, Dan!" she said, putting the bank in his hand. And pressing a spring, the lid opened, the white mouse ran out and up Dan's finger, and sat in the palm of his hand, while the little boy smiled.

"Oh, thank you for letting me see him! He's a beauty. I'll carve one end point it while."

"Oh, you needn't!" said Sadie. "I have brought him to you to have for good, Dan." And then, without waiting, she ran back, and the buggy was out of sight down the road before Dan really understood that the white mouse—a live pet—was his own.

Aunt Kizzie bustled out to the buggy as they drew up. "There's a live pet for you up in the nursery," she said to Sadie.

"Oh, what is it?" cried Sadie. "Your little cousin Anna has come to stay for good."—Youth's Companion.

Character Told by Mouth.

A LARGE, shapely mouth signifies breadth of mind and toleration of other people's peculiarities. Thin lips denote covetousness, greed, selfishness, and, unless strongly contradicted by some other feature, intense love of power.

The more curved and flexible the lips the more yielding the nature. The more straight and firm the lips the more severe the disposition.

Lips that look as if they have been pressed into a straight line show self-repression, nervousness and obstinacy. A mouth that is perfect should be large and shapely; the corners straight or very slightly inclined to droop, but neither thick nor thin, and firmly but closely closed.

Is your baby thin, weak, fretful? Make him a Scott's Emulsion baby.

Scott's Emulsion is Cod Liver Oil and Hypophosphites prepared so that it is easily digested by little folks.

Consequently the baby that is fed on Scott's Emulsion is a sturdy, rosy-cheeked little fellow full of health and vigor.

ON THE FARM.

VETERINARY WORK FOR DAIRYMEN.

If a man is going to raise animals and keep animals he needs to know something about the ailments of animals. He must not think he is a veterinary simply because he has this knowledge and a few instruments. He won't be within five hundred miles of being one, but he may be enabled to save himself a lot of money loss in live stock yearly by owning the instruments I will briefly mention, says Dr. C. D. Smead.

A horse or cow may be bled, if taken in time, by simply using a rectal syringe made for horses and cattle, a valuable animal's life may be saved. If the veterinary is depended upon, it would be dead long before the veterinary could be had.

A cow may have an attack of parturient apoplexy (milk fever) and die before a veterinary could be had, when if the farmer has an air syringe (milk fever device) he can use it himself just as well as the veterinary and save his cow and the veterinary bills also.

Cows will occasionally injure a quarter of an udder and some thick stringy milk may be the result. Unless this can be milked out or got out of the udder in some way the result will be the loss of the quarter, either by the veterinarian or by the farmer.

A cow may have a swollen teat before the veterinary surgeon can get there, when if the farmer had had a trocar he could have saved her life. A hard milking cow in many instances can be made to milk easily by a little skill made with a proper history. Many a cow with an injured or lacerated teat loses it simply because the farmer has not a milk tube and a knowledge of how to use it.

The treatment of parturient apoplexy or tapping a cow that is bled, is no more of a skill operation than the bleeding of a hill of cucumbers, and you might with just as much sense send a man to bleed a cow as to bleed a cucumber simply because you had no garden hose to send for a veterinary to tap a bloated cow or treat a cow for parturient apoplexy simply because you had no tools. The whole can be bought for \$12 and, I think, \$10, and that is about what a veterinary has to charge you for two visits if he has to go five miles to make them.

WHAT IS IT? Two cows stand side by side in the stable. To both cows the same ration is fed, yet one will extract from that food as much again, butterfat as the other. The better product of the food is 100 per cent greater with one cow than the other. This fact is seen in too great frequency in all herds of cows. What is that inner quality whereby one cow can produce so much more than the other from the same food? It is hard to find the right name for it, but it may be called "dairy quality." Now certain breeds of cattle are distinguished for this quality. To have the power to accomplish this work in greater proportion and perfection by reason of having been bred to that purpose from long lines of ancestors of like quality. One would think that there would not be a dairy farmer in the land who would not be keenly alive to the necessity and economy of using such cattle for dairy purposes. As soon would we think he would cut hay with a reaper and call it the best way.

But the so-called general purpose notion has destroyed in a few men the power to look into this question in an economical way. They seem to be unable to take the same advantage in their choice of cow machinery that they do in choosing their mechanical machinery. They cannot be fooled into taking a flow for a cultivator, yet thousands of farmers will spend their lives in trying to make cows of beef breeding do dairy work. If they were close students of "cause and effect" they would not be beguiled this way.

Why should not the farmer be a close student of the cause and effect? We must stop wasting time and money in trying to run a dairy with cattle not fit for that business.

There are only two kinds of cows. Those which make more than they eat and those that eat more than they make. Which kind do you keep? Sure of it!

Complexion Rules. DON'T drink tea or coffee. Drink pure water. Eat grapes, apples, raisins and figs. Eat a few salted almonds daily. Don't eat animal food. An egg or two a day, soft boiled, instead of meat. Eat an orange every day or so. Walk two or three miles a day. Bathe the whole body daily in tepid water. Don't fret; don't worry; be calm and quiet.

To Reduce Flesh. EAT sparingly. Take long walks every day. Take regular dumbbell exercises. Sleep not more than six hours. Eat only fish and lean meats. Drink only a small amount of liquids.

Red Hands and Noses. RED hands and red noses are often caused by an unwise diet and by the use of impure soaps. Tight clothing is another cause. Keep red hands out of hot water as much as possible. Bat lean meats, fruits and vegetables and avoid pastries, greasy foods and strong coffee.

A mother never enjoys a visit away from home unless she can worry about the children.

ALL DRUGGISTS; 50c. AND \$1.00.

Fashion Hints.

THE LATEST FADS.

Girdles are emper at the back. The spring tailor-made is prettier than for years. Goals are short and fit the form closely in the newest suits.

Seevs, despite variations, generally are upon Japanese lines. Metal decked evening scarfs are distinctly Egyptian in appearance. Cretonne patterns appear on everything, from organdie to pique.

Skirts almost without exception are plaited in one way or another. The plain coat sleeve is the only one used for the new short, tight skirts. The touch of green is chic just now, and includes the khaki slippers of rich laurel green.

Chip straw hats, it is said, again will blossom out. Just now leghorns lead. Coarse straws are more prominent than formerly. A glorified rajah silk just out, seeking spring favor, has a satin finish and is in a two tone weave.

An odd paper weight in the shape of a large brown lead pencil, with a small dog standing on it, was seen in one of the shops. A new muff is knitted of angora wool, is shaped like a pillow, is fluffy as a kitten, and should be accompanied by a scarf to match.

Women stripes are here and are to be had in taffeta, with the stripes in dull shades. These stripes also are worked out in Scotch gingham. Silose fitting frocks make it necessary that the petticoat should cling. A new kind of white elastic garter set in over the hips clings like a tailor-made. The small velvet toque is seen on every side.

Lace sleeve ruffling dangling over the knuckles is a fashion that is being revived. A jaunty English coat suit, one of the advanced spring models, comes in worsted and serges.

A new sheer voile has inch wide stripes, alternating pale blue and white. On the blue stripes are white dots and on the white stripes are blue dots. Black hats for evening, trimmed with a mass of scarlet feathers, are the newest Paris wrinkle.

A new freak is to wear rings on the index finger and thumb, leaving the other fingers unadorned. Among the prettiest motifs in neck dressing are tiny lace bows as long as the finger, pinned by a brooch to the base of the collar.

Fresh from Paris are two hats named the mousquetaire and the Amazon. Each is trimmed with a long ostrich plume, which completely encircles the crown and falls over the hair at the back.

One of the quaintest developments in regards to the fashion of the moment is the two color scheme where the ostrich plume is concerned. An early hint of spring styles is to the effect that spots of all kinds will be fashionable in veils, dimities, and other cottons, and also in the new silks. Cotton voiles with silk spots are charming.

In suitings for spring stripes are much in evidence, and thus far browns and blues lead. Sometimes the stripes are a darker color, but again it is suggested in the weave rather than by two tones.

The fashion for gemming the spine of the hat feather with paste or pearls for evening wear is gladly taken up by many milliners, while in the case of white plumes, frosted at the tips with silver dust, the spine is represented by a bar of silver.

To avoid the loss of green satin or silk are fashionable. They are ample, quite filling up the front of the jacket, and it is a fad to have a belt of exactly the same shade of kid to match.

The latest word for fur fashions is soundness in the collars of fur which is making their appearance with fashionable morning costumes. They take the form of a single band of fur, made exactly like dress collars. They are mounted on a boned lining, rising behind the ears and fastening in the back with hooks and eyes under a chic butterfly bow of black satin ribbon.

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