

CASS CITY CHRONICLE.
PUBLISHED WEEKLY.

The Tri-County Chronicle and Cass City Enterprise consolidated Apr. 20, 1906.

Subscription price—One year, \$1.00; six months, 50 cents; three months, 25 cents.

Advertising rates made known on application.

Entered as second-class matter April 27, 1906, at the postoffice at Cass City, Michigan, under the Act of Congress of Mar. 3, 1879.

H. F. LENZNER, Publisher.

Directory.

DR. M. M. WICKWARE,

Physician and Surgeon. Office over Corner's Grocery. Residence two blocks south of Laing & Jones' store on Seeger street, east side. Special attention paid to mid-wifery and diseases of women.

Dr. A. N. Treadgold

Office and residence Seeger St. Office on ground floor of building across from Hospital. Special care given to diseases of women and children. City phone.

DR. A. W. TRUESDELL,

Physician and Surgeon, Shabbon, Mich. Special attention to surgery.

J. H. HAYS, M. D.

Physician and Surgeon. Office Days: Wednesdays, 10 A. M. to 3 P. M.; Saturdays 1 to 5 P. M.

P. A. Schenck, D. D. S.

DENTIST.
Graduate University of Michigan. Office hours 7:30 a. m. to 12 m. and 1:30 to 5:30 p. m. Office on Fritz Block, Cass City, Michigan.

Dentistry.

I. A. FRITZ, RESIDENT DENTIST.
Office over E. Ryan's drug store. We solicit your patronage when in need of dental work.

Elkland Arbor, No. 31, A. O. O. G.

meets the second and fourth Thursdays of each month in Oddfellow Hall. Visiting companions always welcome.
WALTER ANTHES, C. G.
A. E. BOULTON, sec-Treas.

Repairing
While you wait.

I have secured the services of John Zinnecker, a first-class shoe maker, who will assist me in my shoe repair shop. This arrangement makes it possible to attend promptly to the wants of all my customers.

First class work guaranteed and at reasonable prices.

Peter P. Weber.

Under Crosby's Store Cass City.

SAVE MONEY

For a Four
Quarner Sew
MACHINE

Warranted
Ten
Years.

BE WISE AND
BUY THE
LIGHT RUNNING
NEW HOME

C. D. STRIFFLER, Agent
Cass City, Mich.

Sleep

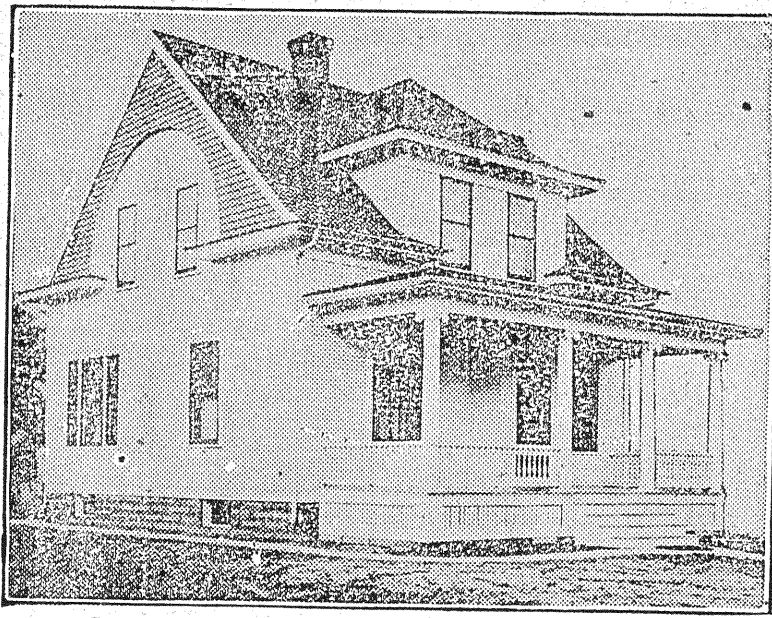
Sleep is nature's re-building period, when the energy used by the brain, muscles and organs is renewed. If you lose sleep, your system is robbed of the strength sleep should give. Continued loss of sleep multiplies this loss until you become a physical wreck. Dr. Miles' Nerve quiets the irritated nerves and brings refreshing, invigorating sleep. Nerve contains no opiates, and therefore leaves no bad after-effects.

"For over two years I suffered untold agonies; my friends thought I was going crazy. I could not sleep nor rest at all. I tried different doctors, but failed to find relief. My head would ache all the time; I was like one drunk; could not concentrate my mind, and was so restless and worried that sleep was out of the question. After taking one bottle of Dr. Miles' Nerve I felt wonderfully changed. I am now on my third bottle and am gaining all the time. I can lie down and sleep like a child, and am able to do my work."
MRS. MAY SCOTT, English, Ind.

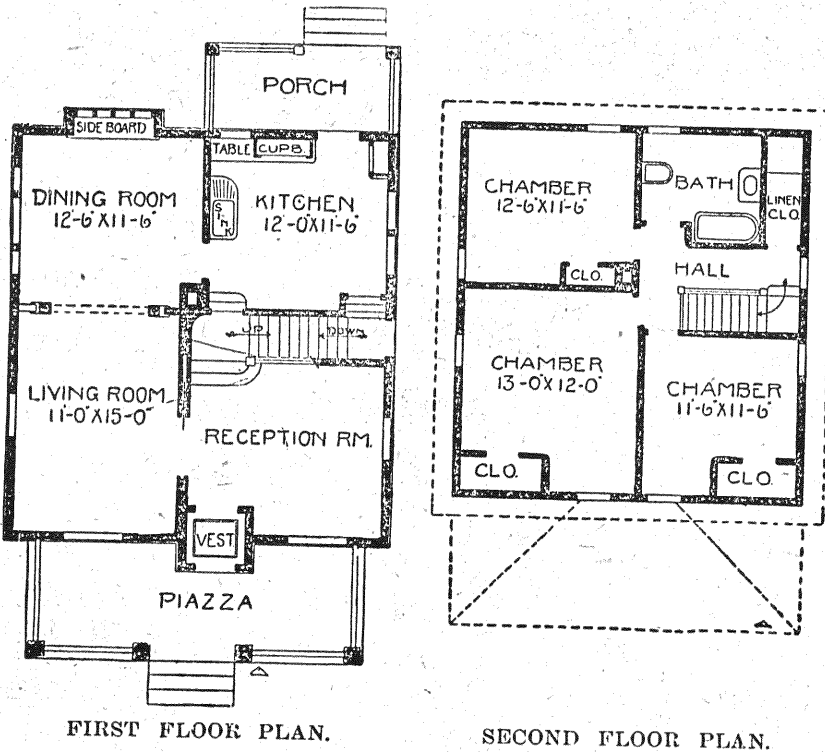
Your druggist sells Dr. Miles' Nerve, and we authorize him to return price of first bottle (only) if it fails to benefit you.
Miles Medical Co., Elkhart, Ind

A Well Arranged Cottage.

Design 93, by Glenn L. Saxton, Architect.



PERSPECTIVE VIEW—FROM A PHOTOGRAPH.



This plan for a seven room cottage is greatly admired. The arrangement of the rooms is compact and convenient, making a comfortable dwelling for a family that can be accommodated in a house of this size. The first story contains four large rooms, all opening together. There is a sideboard in rear of the dining room, with windows over it. There is also a grade door on the kitchen side under the stairs to the second story. The second story is reached by combination stairways leading from the kitchen and reception hall. There are three large chambers in the second story, good bath and linen closet. Size 26 by 28.

There is a full basement under the entire house. The first story is nine feet high, the second story eight feet. Birch floors are used throughout, with Washington fir or red oak finish in the first story and pine to paint in the second. Cost to build, exclusive of plumbing and heating, \$2,300.

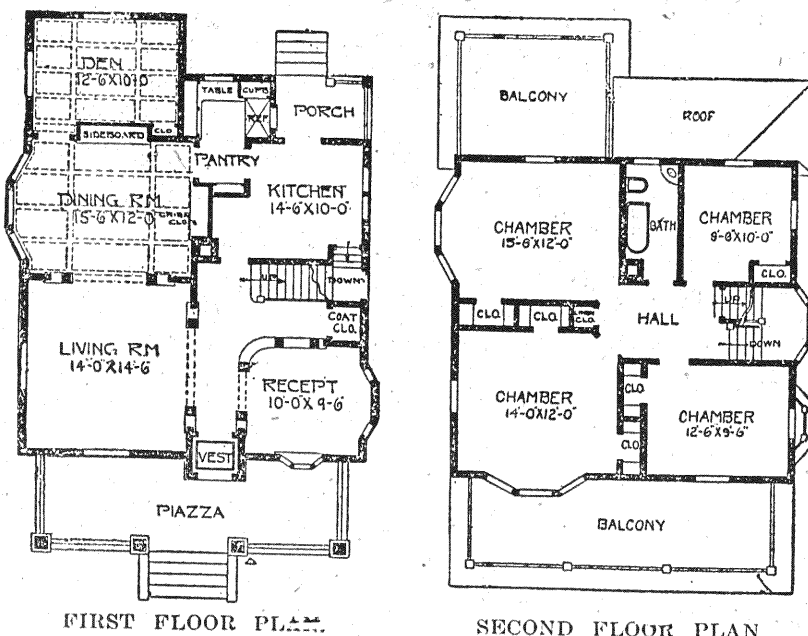
By special arrangement with me the editor of this paper will furnish one complete set of plans and specifications of design No. 93 for \$15.
GLENN L. SAXTON.

A Modern Two Story Colonial.

Design 886, by Glenn L. Saxton, Architect.



PERSPECTIVE VIEW—FROM A PHOTOGRAPH.



Here is a very popular design for a modern two story colonial residence. The house is thirty feet wide and twenty-eight feet deep over the main part and has a basement under the entire house; first story ceilings nine feet high, second story eight feet. Cost to build, exclusive of heating and plumbing, \$3,750.

By special arrangement with me the editor of this paper will furnish one complete set of plans and specifications of design No. 886 for \$25.
GLENN L. SAXTON.

WEST GRANT.

Miss Gladys Weiler is reported improving at this writing.

Miss Jennie Gardner returned to her home in Cass City Saturday.

Miss Gertie Martin of the Center Line was the guest of Iva Bodey over Sunday.

T. H. Wallace and daughter, Zuleka, attended a lecture at Caro Tuesday evening.

Tony Weiler is hauling brick from Sebawing for C. M. Livingston of Owendale.

Mr. and Mrs. Bert Ottaway of Gagetown spent Sunday at the home of Wm. Stafford.

Mr. and Mrs. Hiram Gray of Beauley visited the latter's parents, Mr. and Mrs. Joe Moshier, Friday.

Mr. and Mrs. John Gore of Gagetown visited at the home of Clarence Lloyd several days last week.

Mrs. Geo. Markel returned from Lennox Saturday where she has been caring for her mother who passed away last week.

There was a large attendance at the box social held in Dist. No. 2 Friday evening, the proceeds amounting to over twenty dollars.

Mr. and Mrs. C. J. Striffler, Mrs. J. H. Striffler and daughters, Margaret and Laura and Lena Muck spent Sunday at the home of A. A. Ricker.

Mr. and Mrs. Sam Blades of Elkland, Mrs. R. Brown of Wickware and Mrs. O'Kelley of Caro spent Friday at the home of the ladies' cousin, Geo. McCrea.

Joe Moshier Sr. received word Thursday, of the serious illness of his sister, Mrs. McPherson, at Clifford. He left for that place Friday morning, but arrived too late to see her alive, she having passed away the evening before. Jim Moshier and son, Ezra, and Miss Ellen Moshier left Saturday morning to attend the funeral.

While it is often impossible to prevent an accident, it is never impossible to be prepared—it is not beyond any one's purse. Invest 25 cents in a Little of Chamberlain's Liniment and you are prepared for sprains, bruises and like injuries.
Sold by L. I. Wood & Co.

DEFORD, R. F. D. 3.

Thos. Gillies filled his ice house Monday.

E. J. Reid moved on his new farm Saturday.

Frank E. Molonzo is still working for Preston Richardson.

Mrs. Wm. Haughton had a new cream separator set up last week.

John Reid Jr. had a bunch taken of his wrist Sunday by Dr. Clark of Caro.

Wm. Barraiger has hired to D. K. Hanna for a year. He will move his family this week.

There will be a shadow social at the home of John Vandemark Tuesday evening, March 1. 25 cents a shadow. Everybody welcome.

LaGrippe pains that pervade the entire system, LaGrippe coughs that rack and strain, are quickly cured by Foley's Honey and Tar. Is mildly laxative, safe and certain in results.
L. I. Wood & Co.

CUMBER.

First rate sleighing.

John Laborn is working for Joe Lapeer.

Flossie Baker is attending school at Uby. Look out for a new teacher.

Mrs. D. C. Nutt of Holdbrook was the guest of her sister, Mrs. Geo. Schiestel, Sunday.

The M. E. minister of Deford says that dances are harmful. He will have to show us why.

Business is increasing on Route No. 1 from Cumber. Over 5,000 pieces of mail matter last month.

Get after those fellows who violate the liquor law. That's what you wanted; now attend to your business or look out for 1911.

ALLEN'S LUNG BALSAM

has been used successfully for years for deep-seated coughs, colds and bronchitis. Everybody should know about it. It is simple, safe and sure.

GAGETOWN.

Miss Gibbs spent Sunday in Akron.

Mrs. F. D. Hemerick is on the sick list.

W. Wells made a business trip to Bay City Monday.

Mrs. W. Leroy and daughter of Utica are visiting friends in town.

Mr. and Mrs. O. Dunlap were the guests of Mr. and Mrs. E. F. Black Sunday.

Miss Margaret Quinn returned to Detroit after a two weeks visit with her parents.

Mrs. A. Armstrong and friend of St. Charles are the guests of her parents, Mr. and Mrs. Proudfoot.

Mr. and Mrs. John Bailey of Uby, who has spent the past week visiting their daughter, Mrs. J. Green, at Brown City, returned here Monday, and will remain a few days visiting friends.

CASTORIA

For Infants and Children.

The Kind You Have
Always Bought

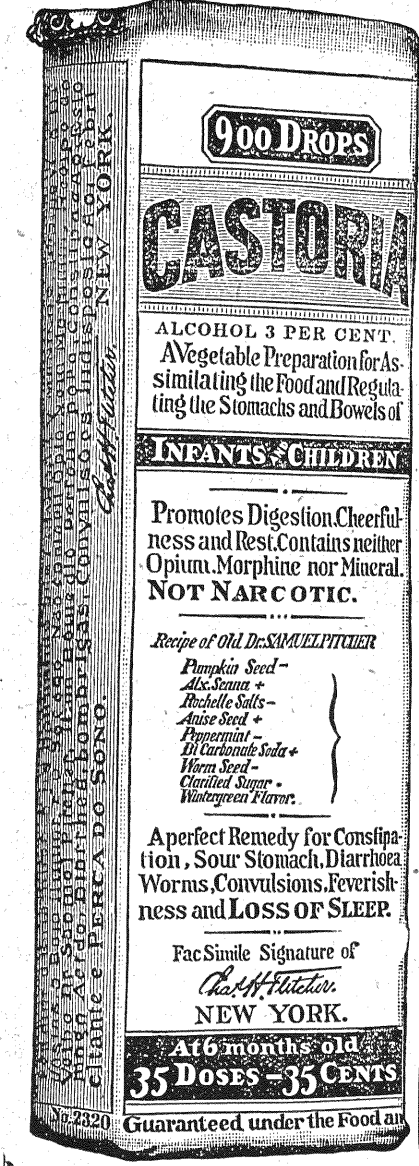
Bears the
Signature

of

Dr. J. H. Hatcher

In
Use
For Over
Thirty Years

CASTORIA



Exact Copy of Wrapper.

4 Carloads
CEMENT

Just arrived, come and draw
it home while sleighing
is good.

Headquarters for

ALSYKE, JUNE and MAM-
MOTH CLOVER SEED.
CHOICE PINE TREE TIM-
OTHY SEED.

Cass City Grain Co.

We are making

Special Prices
on Lumber of all
kinds. Shingles
and Cement.

If you will get it right away while sleighing is good.
Get others prices then come to us and save money.

Deford Grain and Lumber Co.

DEFORD, MICHIGAN.

Griswold House

DETROIT, MICHIGAN

European Plan

200 Rooms with running water Per Day	\$1.00	100 Rooms with private bath Per Day	\$1.50	50 Rooms Large, well light- ed, for samples, with bath Per Day	\$2.00
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Dining Room and Cafe

Club Breakfast from 25 cents up
Table d'Hote dinner at noon and
night, 50 cents
Large, well lighted dining room on parlor
floor, and cafe grill room on ground floor.
Lady waiters in main dining room

POSTAL & MOREY, Proprietors

WHY A LANSING SILO

More than pays for itself the first year

Caro, Mich., Oct. 19, 1907.
The Severance Tank and Silo Co.,
Lansing, Michigan.
Dear Sirs:—I have been using one of your Silos on my farm during the past three years, and I am pleased to say that it has given perfect satisfaction in every respect. Your door frame system is the best I have ever seen, and considering the general make-up and material used in the construction of your Silos, will say that there is nothing left to be desired.
There has been a considerable number of your Silos built in this locality this year, and there will be many more during the next.
A Silo is certainly the best investment that a farmer can make at the present time.
Yours truly,
J. J. ENGLAND.

Rochester, Mich.
Severance Tank and Silo Co.,
Lansing, Michigan.
Gentlemen:—The Silo ordered of Mr. Preston, your agent, last fall, came promptly and was ready for painting nine days after the order was given. It went together easily; and now stands tight and plumb, a permanent improvement to the premises. The continuous door arrangement is a great convenience.
Yours respectfully,
H. B. CANNON.

Adrian, Mich., Nov. 7, 1907.
Gentlemen:—In the fall of 1906 I desired to erect a new silo in addition to the four old-fashioned square ones I had had in my barn for ten years. I made a thorough investigation and had circulars and letters from every leading silo manufacturer in the country.
I finally decided on buying a Lansing Silo made by the Severance Tank and Silo Co.
I did this, not because it was cheaper (which was the case however) but because I thought it had more points of merit than any other. After using it one year and filling it twice, I say that I was not mistaken in my judgment, and I cannot now see where it could be improved.
J. W. HELME.

Hudson, Mich.
Severance Tank and Silo Co.,
Lansing, Michigan.
Gentlemen:—We are pleased with the Silo that we bought of your agents, Dunham & Son, last fall and would recommend it to anyone keeping stock. We keep from 35 to 40 head of pure-blooded Holstein cattle. We began feeding ensilage Dec. 1 and fed it twice a day ever since. The cows have done just as well, if not better, than they would in the best of pastures in June. We cannot say enough for the Lansing Silo.
We have this much more to say in regard to the continuous door. We would not consider a Silo of any make at all if it did not have the continuous door. We would recommend their silo to anyone who is contemplating putting up one. It is without a fault.
Yours respectfully,
N. G. STRONG & SON.

Here are a few reasons WHY a Lansing Silo will pay for itself the first year.

- 1st It SAVES all the corn you grow on the hill, from the ROOTS to the TASSELS and that's a SAVING worth your consideration.
- 2nd It SAVES that part of your corn crop that EVAPORATES and DRIES UP and BLOWS AWAY when you shock the corn.
- 3rd It ADDS 40 per cent to the VALUE of your corn crop over the OLD WAY of harvesting.
- 4th It places the corn crop where you can feed it ANY TIME during the year, commence any time you wish and stop any time you want to, the stock always relishing it.
- 5th A Silo enables you to take care of your corn crop when it is AT ITS BEST, and which if left longer would depreciate in value.
- 6th There is a SAVING in the cost of taking care of the corn crop by placing it in a Lansing Silo, the total cost of cutting and filling varying from 30 to 60 cents a ton.
- 7th You get MUCH BETTER RESULTS from silage than from the OLD WAY of feeding because there is ABSOLUTELY NOTHING WASTED OR REFUSED.
- 8th Having a Lansing Silo on your farm makes you absolutely independent of wet and dry weather, poor pasture and late springs, by feeding silage.
- 9th When you feed silage you get MORE for your stock when they are finished or sold, by the slick, shining coats they have.

THE LANSING SILO is very durable. It's made of sound, solid selected lumber that doesn't check, warp or crack. It's AIR TIGHT. Every stave is true to the arc of the circle it stands on, and it's deeply grooved and tongued. With Lansing Steel Hoops and Adjustable Lugs on each hoop, the staves are held together tightly and securely at all times. You can "take up" or "let out" any hoop you wish. The Lansing Silo is handy and convenient. THE PRICE IS REASONABLE. These decisive points of superiority are what make the Lansing Silo the choice of hundreds of the MOST PRACTICAL SUCCESSFUL FARMERS. Send to us for a circular on the Lansing Silo.

Here are a few who have bought Lansing Silos. Ask them how they like them:

Governor Warner Congressman Samuel W. Smith J. J. England
 Jas. Maharg Andrew J. Seeger E. A. McGeorge

J. A. CALDWELL, The IMPLEMENT MAN
 Cass City Phone 10

WILMOT.
 L. Sargent of Deford spent Sunday with Ella Franklin.
 John Wilson and Ray Chatfield were Saginaw callers Monday.
 Avis and Merrit Hartt spent Monday with relatives near Marlette.
 Will VanWager from near Kings-ton spent Sunday at Frank Stewarts.
 Homer Johnson of Wickware is spending a few days with relatives here.
 Harry Sole of Flint came home Monday to spend a few days with his parents.
 Born to Mr. and Mrs. Herman Thorpe, Thursday, Feb. 17, a seven pound son.
 Fred Hitchcock of near Cass City is spending a few days with his grandfather, A. A. Brown.
 Mr. and Mrs. Claude Upper of Marlette spent Sunday with the latter's mother, Mary Hartt.
 Mr. and Mrs. Chas. Robert of Inlay City are spending a few days with the latter's sister, Mrs. Wm. Eyo.
 Mrs. Chas. Green, who has been taking care of her mother during her illness, returned to her home Sunday in Carsonville.
 Mrs. E. N. Hartt returned home Saturday after spending the week with her daughter, Mrs. Marshall Mapley, of Pontiac.
 About fifty gathered at the home of Mr. and Mrs. Wm. Moulton Monday evening to help celebrate their twentieth wedding anniversary. They were presented with a token in remembrance.

sickness of Joe Sulton little son. He died Monday, only ill a few days with diphtheria.
 Mrs. J. Melsbary of Wells Township Tuscola Co. is visiting her daughter Mrs. R. M. Riley.
 Luther Carroll and wife of Beaulay visited at the home of Rev. W. Moore the first of the week.
 Dan Boyne and sister of Marlette and Andrew Cross and Miss Ella Tewksbury were the guests at the home of J. Tewksbury Sunday.
 Mr. E. A. Kelley, Belvidere, Ill., writes us: "I am an ex-engineer with 22 years active service to my credit. About three years ago my kidneys were affected so that I had to give up my engine. First I was troubled with severe, aching pain over the hips. Then followed inflammation of the bladder, and specks appeared before my eyes. A sample of Foley's Kidney Pills that I tried, so benefited me that I bought more. I continued to take them until now I can safely testify they have made me a sound and well man."
 L. I. Wood & Co.

daughter, Carrie Retherford, on Townline.
 A good way to test our christianity is to mark the price we put on seed corn when we have a monopoly on the maize that will grow.
 Without one exception the foreigners who have tended sugar beets on the Townline asked to be returned to the same locality. Such requests proves much.
 The opening of highway between section 36, Novesta, and 1, Kingston, hangs fire. Lands are too valuable in the minds of the owners for purse of highway commissioner.
 To the writer who is picking out the flaws in the lives of Adams and Jefferson, some one should whisper that they had enough good qualities to over balance the poor ones, and it would take a regiment of such men as the writers to make a Adams or a Jefferson.
 It is fair to tell the Chronicle readers that two scribes write under the heading, Deford, and at times their items are bunched. One "cor" lives in town, the other in the rural district, and the ruralite is the one that stirred our good pastor to declare that the modern dance was pregnant with immoral tendencies, challenging any to prove to the contrary. As we are verdant in the matter, we hope some who see no evil in stepping to music even in an up-to-date fashion will cross swords with our well meaning spiritual advisor.
Foley's Kidney Cure makes kidneys and bladder right.

SHABBONA.
 Mrs. Jane Simmons of Hay Creek is very ill.
 Mr. and Mrs. J. D. Jones of Pontiac are visiting relatives here.
 Rev. W. Moore is entertaining his brother from Beaulay this week.
 Mr. and Mrs. J. H. Striffler of Cass City spent Saturday with their daughter.
 Mrs. John Harriman of Snover visited Thursday at her parental home.
 Earnest and Harve Van Conant are visiting their parental home near Coleman.
 Earl McTavish and wife and baby of Virginia are visiting the former's parents.
 In the last issue we reported the

DEFORD.
 Kindred visit Benj Sharp.
 The sick are too many to enumerate.
 Quarterly meeting of F. W. B. at Novesta 19th and 20th.
 Charles Cook is preparing to have the logs cut out on his farm.
 Marshall Friends is making a two weeks visit at his old home in Penn.
 Several country stores fail to keep swine flesh. A modern way to make Jews by force of circumstance.
 William Cooper is so much recovered that he spent a few days with his

You can take my word for it that nothing will interrupt the good order and public tranquillity of Mexico.
 Many people in this country who do not understand the true situation are certain that the death of General Diaz will be followed by a period of disturbance and violence that will amount to a revolution. Nothing of the sort will happen.
 General Diaz is now almost 80, but he is robust and sound and may live to fill the presidential office for many years.
 His going will be sad, but it will mean no upheaval, no mobs, no bloody fighting for power. Things are on too solid a basis for that.
 In time his successor will take the reins and Mexico will go along in quiet and prosperous paths to its certain destiny of national renown and happiness.

Mexico Certain of Quiet Prosperity
 By ARNOLD SHANKLIN
 American Consul-General to Mexico

AUCTION

Striffler & McCullough, Auctioneers



Having rented my farm, 3 miles east and 2 miles north of Cass City, I will sell the following property at auction on **FRIDAY, MARCH 4** Commencing at 1:00 p. m.

- Brood mare 9 years old
- Cow 7 years old, in calf
- Cow 7 years old, fresh in October
- Cow 6 years old, in calf
- Cow 5 years old, in calf
- Heifer 2½ years old, in calf
- Oxford Down buck 2 years old
- 10 Ewes
- Brood sow
- 50 bushels of corn
- 50 bushels of oats
- Set double harness
- Quantity of elm lumber
- 60 Elm joists 2x8
- 30 Scantling
- Oil cook stove
- Parlor lamp
- Bedstead
- Springs and mattress

Terms: All sums of \$5.00 and under, cash; over that amount 8 months' time given on good approved endorsed notes with interest at 7%.

Samuel LEEPLA,
 Proprietor.

AUCTION!

I. A. S. MCKENZIE, Auctioneer

The farm I have been working having been sold, I will sell the following property at auction, 2 miles north of Elmwood Corners, or 6½ miles west and 1 mile north of Cass City, on

Tuesday, Mar. 1

Commencing at 1:00 p. m.

- Grey mare 12 years old
- Grey mare 13 years old, in-foal
- Two-year-old colt
- Cow 6 years old, due May 1
- Cow 5 years old, due May 1
- Cow 5 years old, due Apr. 27
- Heifer 3 years old, calf by side 6 mos. old
- Heifer 3 years old, calf by side 6 mos. old
- 2 Two-year-old heifers 3 Calves
- 25 ewes due to lamb the middle of April
- Binder Gang plow

- Osborne mowing machine nearly new
- American harrow
- Little Giant cultivator
- Caledonia bean puller
- McCormick mowing machine
- Bean planter 2 Oliver plows
- Parker plow
- Spike tooth harrows
- Top buggy
- 2 sets of heavy work harness
- Single harness

Terms: All sums of \$5.00 and under, Cash; over that amount 9 months' time on good approved endorsed notes bearing 7%.

Joseph Wolfe, Proprietor.

AUCTION SALE

Having given up the Foe Farm and having too much stock, I will sell the following to the highest bidder at my home, 5½ miles east of Cass City, on

Wednesday, March 2

Commencing at one o'clock:

- | | |
|--|--------------------------------------|
| Brown mare 14 years old, wt. 1300 | Red cow 5 years old, due Mar. 20 |
| Gray mare 13 years old, wt. 1300 | Red cow 4 years old, due Aug. 1 |
| Black horse 13 years old, wt. 1300 | Jersey cow 8 years old, due Sept. 10 |
| Flare colt coming two, sired by the Agar horse | Gray cow 3 years old, new milch |
| | Gray cow 3 years old, due Apr. 20 |
| Red cow 8 yrs. old, due March 5 | Heifer 2 years old, due May 1 |
| Red cow 8 yrs. old, due March 1 | Heifer 2 years old |
| Red cow 5 years old, due March 10 | 4 two-year-old steers |
| Spotted cow 4 years old, due Apr. 2 | 7 Calves coming one year |
| Red cow 3 years old, due Apr. 8 | 3 Winter calves Bull coming two |
| Spotted cow 3 years old, due Apr. 20 | 4 Shoats wt. 100 Good incubator |
| | Pair of geese |

TERMS: All sums of \$5 and under, cash; over that amount, 9 months' time on good approved endorsed notes at 7 per cent interest.

Samuel Dunlap, Prop.

STRIFFLER & McCULLOUGH, Auctioneers

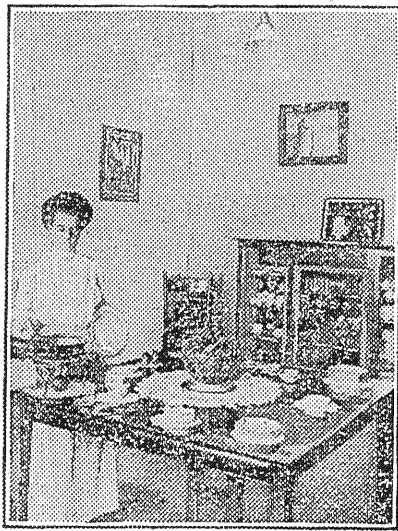
Home Course In Domestic Science

V.—Some Breakfast Suggestions.

By EDITH G. CHARLTON, In Charge of Domestic Economy, Iowa State College.

Copyright, 1910, by American Press Association.

WHEN one has acquired some knowledge of food materials and what their function is in the body the question that naturally arises is what foods should be combined in order to have a well balanced meal. Without doubt every kind of food has some value in the diet and for some people is a good food. The question is who may eat it, how much should be eaten and when. Personal peculiarities must be taken into consideration in the discussion of food and food values. A safe rule for any person to follow is to avoid any food which disagrees with him. There is always something else that will furnish an equal amount of nourishment and fill all the requirements of food. If cabbage and radishes make you uncomfortable each time you partake of



A Dainty Breakfast.

them, why eat them at all? They are largely water, woody fiber, with some mineral matter and flavoring extracts, and any of these ingredients can be obtained from any other vegetable or fruit and possibly at less cost to the digestive organs.

Then, too, the matter of nourishment and cost should always be considered when planning the meals for a day. When cucumbers, which are more than 90 per cent water, are selling for 25 cents apiece the housekeeper is hardly excusable if she provides them for her family at the expense of eggs, milk, bread or some other food from which nourishment is derived. Eggs contain about 14 per cent tissue building material. Dried beans have about 20 per cent of the same constituent. When the former are selling for 40 cents a dozen and the latter for 5 cents a quart it is the part of wisdom and thrift to have baked beans on the table more frequently than omelets or souffles.

The best all round dinner will include a clear soup to stimulate the digestive juices, a properly cooked meat dish, a vegetable or two—one fresh if possible—bread and butter, to which a simple dessert, preferably fresh fruit, is added. Tea and coffee are not necessary for nourishment or for aids to digestion. In fact, it is better to omit them altogether. Once a day is often enough to serve meat to any family. Even the farmer who is engaged in active outdoor work will be just as well fed and better nourished if he eats flesh food only once a day and gets his tissue building material from eggs, beans, macaroni and cheese or some other of the proteid foods. Sensible people are learning, even if slowly, that a large amount of meat is not necessary in the diet of even hard-working people.

What Is For Breakfast?
Many housekeepers consider the bugaboo of their daily work is arranging the menus for the ever recurring breakfast, dinner and supper. They hail with delight any suggestions for new dishes that will furnish variety in any bill of fare. Breakfast is generally a light meal in most homes, but its simple menu should present some variety, and every dish included in it should be prepared with special care. In my opinion, meat dishes should appear but seldom on the breakfast table, a little thinly sliced bacon or a piece of delicately browned fish being the exception. There is generally quite enough starch, too, in the breakfast menu without serving potatoes. For your consideration let me suggest one or two breakfast menus that will be not only appetizing, but furnish the required amount of nutriment as well:

- Baked Apples.
- Cereal With Cream and Sugar.
- Bacon and Poached Eggs.
- Hot Muffins, Jam.
- Coffee.
- Sliced Oranges.
- Cereal With Cream and Sugar.
- Codfish Balls.
- Griddlecakes With Sirup.
- Toast and Cocoa.
- Fruit of Any Kind.
- Bacon and Griddlecakes.
- Toast, Coffee.

Any one of these menus affords enough variety to satisfy the most exacting appetite and can be served in quantity sufficient to appease any

hunger. The majority of people will not care for the entire bill of fare which, however, is varied enough to please any taste.

Fruit should always form a part of every breakfast. Nothing else can take its place in spite of the waitress at a certain hotel insisting when I asked for fruit, "We haven't any fruit but we have several kinds of breakfast foods." Uncooked fruit is better for breakfast than preserves, though much less of the first is seen on the table in country homes. A little jam or marmalade or a fruit butter is a delicious relish with the toast or hot bread at the end of the meal.

A dainty breakfast dish, which I have enjoyed at homes where meat never appeared was designated by the simple name fruit toast. To make it toast slices of bread carefully and keep hot in the warming oven. To one cupful of strawberry or raspberry juice heated to a boiling point add one-half tablespoonful of cornstarch diluted with a little cold water. Cook until boiling, stirring constantly until thickened. Pour this over the slices of toast and serve hot, with cream if desired. A cupful of the fruit sauce will be required for each three slices of bread.

Bacon as It Should Be.

Bacon for breakfast is appetizing and if properly cooked is a dish so easy of digestion that it may be eaten by invalids, and young children may be given bacon gravy. But, like many of our standard foods, it is so simple that its preparation is often neglected and it comes to the table greasy and unappetizing.

In order to slice bacon properly it must be cold and firm. Cut off the rind and tough lower skin, then slice very thin. Heat a frying pan until it is very hot, place the bacon in it and turn constantly until it is crisp. Do not serve bacon that looks greasy and fat. It must be dry, and each slice as it is fried should be drained on brown paper before going to the table.

After frying three or four slices or as many as can be done at one time in the skillet pour out all the fat and reheat the pan again.

Precautions.

Bacon, being nearly all fat, is more digestible than pork, which is part lean and part fat, and therefore is better for persons of weak digestion. Beef and all dark meats are more stimulating than white meats and should be avoided by persons having a tendency to rheumatism.

A Cup of Good Coffee.

Though I have said that coffee itself is not nourishing, that it would better be avoided by persons of nervous temperament or by those whose digestion is easily deranged, there are a sufficient number of persons to whom the cup of breakfast coffee is almost a necessity to make it important that coffee should be properly made. There are physiological objections to even the perfectly made article, but these can be greatly increased if the beverage is not prepared carefully. Occasionally it is difficult to procure cream for the morning cup of coffee, and when cold milk is used the concoction is most unpalatable. The French and German cooks have a method by which they substitute hot milk for cream, giving most satisfactory results. Cafe au lait, as the beverage is called, is made after the following recipe:

One cup of ground coffee, one egg, one cupful of cold water, five cupfuls of boiling water and one and one-half cupfuls of scalded milk. Wash the egg, break and beat. Add crushed shell and the cold water. Mix with the water and let stand about ten minutes. Add the boiling water and stir thoroughly. Place on the front of the range, bring slowly to the boiling point and boil three minutes, no longer. Add about one-half cupful of cold water after removing from the fire and do not allow the coffee to boil again. Strain into another coffee pot or pitcher containing the scalded milk. When serving add sugar and a little cream if necessary. When cream is scarce this is a most satisfactory method of making coffee.

Cooked cereal or one of the numerous prepared breakfast foods usually has a place on most breakfast menus. If properly and sufficiently cooked nothing can surpass in public favor and in nutriment the time honored dish of oatmeal and cream. But unless it has been cooked a sufficient length of time to insure the thorough cooking of the starch the prepared breakfast foods are preferable.

Cereals should be thoroughly cooked because—
First.—Starch is thus made more accessible to digestive fluids when granules are broken open by heat.
Second.—Heat softens woody fiber (cellulose).
Third.—Cooking improves the flavor of cereals.

Until the fireless cooker came into general use it was sometimes a difficult and expensive test to cook the cereal as long as required without keeping a fire in the kitchen range all night or rising at an unreasonably early hour to start the breakfast. But these convenient little devices have very greatly reduced the time and cost of preparing foods which require long, slow cooking. A description and explanation of their use will be given in a subsequent article.

It has become the fashion in certain quarters to underestimate the food values of most of the cereal preparations now on the market. It has been asserted recently by a very high dietetic authority that ordinary white flour bread furnishes four times the nourishment contained in an equal weight of cereal. The fact remains that these preparations have served and are still serving an admirable purpose in making popular the use of a very necessary form of food.

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Monument to a Pig.

No stranger monument ever existed than that which was erected at the Hotel de Ville by the inhabitants of Luneburg, in Hanover, in honor of a pig. This, which took the form of a kind of mausoleum, contained a large glass case in which was hermetically inclosed a fine ham cut from the animal whose memory was to be handed down to posterity. Above was a handsome slab of marble on which, engraved in letters of gold, was the following inscription in Latin: "Passers-by, contemplate here the mortal remains of the pig which acquired for itself imperishable glory by the discovery of the salt springs of Luneburg."

A Considerate Sheriff.

One of the most unpleasant of the sheriff's numerous responsibilities is that of seeing that criminals sentenced to death are properly executed. And if the hangman should fail him and no one be willing to act as deputy the sheriff must enforce the capital penalty himself. Not many years ago one of the sheriffs of Middlesex, a well known baronet, on taking office handed a prisoner with his own hands on the principle, he said, that he did not care to ask another man to perform a duty he would shrink from fulfilling himself.—London Chronicle

Woman's Way.

Suddenly a stout woman who had been sitting in a surface car arose and rang the bell. The conveyance stopped, but the passenger went to another seat and sat down.

"I thought you wanted to get off, madam," said the conductor.

"No," she snapped. "I only wanted to sit somewhere else. I didn't want to be jerked off my feet while the car was in motion; that's all. I ain't nowhere near home yet."

"Isn't that the limit?" asked the conductor of a man on the platform.—New York Press

Looking Ahead.

Customer—But you said the price of this suit would be \$50, and here you have made the bill out for \$52. Tailor—Yes; the extra \$2 is for the postage on the statements that I shall have to send you before the bill is paid.—Somerville Journal

Gray Hair.

A Chinese philosopher says there is an ounce of wisdom at the root of every gray hair.

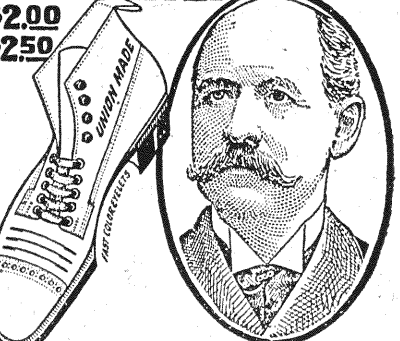
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