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DEEP BREATHING.
Dr. Ciccolina advocates special daily
attention to deep breathing as a means
whereby almost every person can in-
crease a vast improvement in general
state of lung power, says an exchange.
The method recommended is to
lie on the abdomen entirely; to
rest the feet on a chair, and to in-
crease the expansion of the stomach,
and to increase the expansion of the
lungs. The ribs should be motion-
less during the acts of inhalation and
exhalation.
The inhalation—through the nose—
should be slow and deep, and the air is
to be held for a few seconds, which can
be done after a little practice. It is
forced into the upper chest by con-
tracting the abdomen, drawn back into
the abdomen by expansion of the stom-
ach, and finally exhaled rapidly
through the mouth.
This rapid exhalation has the effect
of greatly expanding the chest, and
the whole process, if practiced, at first
for a few minutes, then gradually
increased until it can be kept up for an
hour, should be persevered in until it
becomes second nature. It is quite a
prompt cure for nervousness, even con-
vulsions, hysteria, and many allied
neurological conditions. Care should
be taken that the air breathed is
entirely pure, and if the practice is

The Home
THE WEEKLY WASHING.
When I learned to do housework, I
was taught that the proper way to
wash was to rub the white clothes
through two waters, boil them, rub
again, then rinse, starch and dry. I
followed this tedious, back-breaking
method until a year or two ago, when
I found an easier way, which I will
describe for the benefit of those who
have neither time nor strength to
waste on the old one.
You will find a good washing
machine and wringer great labor sav-
ers. All machines are not good ones,
but it is not a difficult matter after
examining the various kinds offered
for sale at any first-class hardware
store to find one that will prove sat-
isfactory.

Get everything ready the night be-
fore the washing is to be done, and
put the white clothes to soak, rubbing
soap on the most soiled places. Rub
these places a little next morning,
pass them through the wringer, and
put them in the boiler containing
water in which a little borax has been
dissolved, with enough soap to make
a good suds. The amount of borax
needed varies with the kind of water
you have to use; it will not injure
the finest fabric, and is a great help
in removing the dirt.
Wash the coarse white clothes
through one water while the first lot
is boiling, and when they are taken
out, put the second lot in the boiler.
Wash the colored clothes through two
warm, not hot, suds, which should al-
so contain a little borax, rinse thor-
oughly, then dip them in a thin, boil-
ed starch, and they are ready for the
line. White clothes should be dried
in the sunshine, but colored clothes
should be hung in the shade.—E. J. C.

GOOD RECIPES.
Fruit Jumbles—One cup butter, two
cups sugar, three cups flour, one half
cup milk, three eggs, one half nutmeg,
one cup currants, three teaspoonfuls
baking powder.
Tomato Catsup—One half bushel
tomatoes, one half gallon vinegar, one
pound salt, two pounds brown sugar,
one quarter pound black pepper, one
half ounce red pepper, two ounces
each allspice, cloves and mustard seed,
six small onions. Boil three hours,
strain and bottle.
Pepper Sauce—Four gallons cut cab-
bage, one gallon green peppers cut
fine, one half pound each mustard
seed, ground mustard, brown sugar,
one half pint salt, one quarter pound
turmeric, one gallon vinegar. Boil
vinegar and spices together, pour cold
over vegetables.

Coffee Cake—One cup each clear
strong coffee, sugar and molasses, one
half cup butter, two eggs, three cups
flour, one nutmeg, one teaspoonful
each, cinnamon, cloves, allspice, one
half pound seeded and chopped raisins
one quarter pound citron sliced, two
teaspoonfuls baking powder.
Cinnamon Rolls—One cup sweet
milk lukewarm, one cup sugar, one
yeast cake, dissolve in one cup water,
one scant cup butter and lard mixed,
three eggs, little salt, flour sufficient
to roll. Let rise over night in win-
ter, knead down, roll out about one
inch thick, spread with butter,
sprinkle with cinnamon and sugar.
Make in a roll, cut down in slices, put
in a pan and when light bake.

Curried Eggs—Peel and slice two
good-sized onions, and brown them
slowly in two tablespoonfuls of but-
ter. Add one teaspoonful of curry
powder and heaping tablespoonful of
flour, and stir until smooth and thick.
Simmer for 10 minutes; add six hard-
boiled eggs, cut in quarters or thick
slices and stand over hot water for 10
minutes; then serve.
Rice Custard—Boil one teacupful
of rice; when soft drain off the water
and add one tablespoonful of cold
butter. When cool mix in one and
one half cupfuls of sugar, a teaspoon-
ful each of grated nutmeg and cinnam-
on. Add four eggs, the whites and
yolks beaten separately; stir in gradu-
ally one quart of sweet milk and pour
in slowly, stirring all the while; add
half a teaspoonful of lemon or vanilla
extract. Bake in a buttered pudding
dish for one hour.

Fruit Cake — One cup each butter,
sugar and molasses, two eggs, four
cups flour, one tablespoonful each
cinnamon and ginger, four tablespo-
onfuls brandy, one half nutmeg, one
teaspoonful soda dissolved in two
tablespoonfuls milk, one cup each cur-
rants, raisins, ginger, preserved, cut
up and mixed together. Put a lay-
er of cake batter in the pan to the
depth of two inches, then a sprinkling
of fruit, again cake batter and fruit
until all used; cake batter for top
layer. Bake two hours in a moderate
oven.

HISTORY OF COOKERY.
Cookery is eminently an experimen-
tal and a practical art. Each day,
while it adds to our experience in-
creases also our knowledge; and as we
have come long after the Greeks and
Romans, and have had the benefit of
their experience, it is no marvel that
we should have greatly surpassed them.
In the fifth century, all trace of the
Roman cookery had already disap-

ed, and her kitchen destroyed by bar-
barians. The consecutive incursions
of hordes of barbarous tribes and na-
tions had put out at once the light
of science and the fire of cookery.
But the darkness of the world was
not of long duration. The monks—
the much-abused and much mistaken
monks—fanned the embers of a nascent
literature, and cherished the flame of
a new cookery. The free cities of Italy;
Genoa, Venice, Pisa, Florence, the com-
mon mothers of poetry, painting, sculp-
ture, and architecture, contemporane-
ously revived the gastronomic taste.
The Mediterranean and the Adriatic
offered their dish, and the taste for
table luxuries extended itself to the
maritime towns and other cities of the
peninsula, to Cadiz, Barcelona, St. Se-
bastian, and Seville. Spain had the
high honor of having furnished the
first cookery book in any modern lan-
guage. It is entitled "Libro de Cozino,
compuesto por Ruberto de Nola." This
work is exceedingly rare. The cookery
professed at this epoch was no longer
an imitation of the Greek or Roman
kitchen, or of the insipid dishes and
thick sauces of the Byzantine cooks.
It was a new and improved and extend-
ed science. It recognized the palate,
stomach, and digestion of man. The
opulent nobles of Italy, the rich mer-
chant princes, charged with the af-
fairs and commissions of Europe and
Asia, the heads of the church—bishops,
cardinals, and popes—now cultivated
and encouraged the culinary art.

While Italy had made this progress,
France, the nurse of modern cooks, was
in a state of barbarism, from which
she was raised by the Italian wars un-
der Charles VIII. and Louis XII. The
Gauls learned a more refined cook-
ery at the siege of Naples, as the Cos-
sacks did, some hundreds of years lat-
er, in the Champs Elysees of Paris. It
was under Henry III., about 1580, that
the delicacies of the Italian table were
introduced at Paris. The sister arts
of design and drawing were now called
into requisition to decorate dishes and
dinner-tables. How great was the
progress in the short space of 150 years
may be inferred from an edict of Char-
les VI., which forbade to his liege sub-
jects a dinner consisting of more than
two dishes with the soup; "Nemo aud-
eat dare praeter duo ferula cum pot-
agio." At this period, the dinner
hour was ten o'clock in the morning,
while the supper was served at four.

The first regular cookery book pub-
lished in France was, we believe, print-
ed at Rouen in 1692. It was the pro-
duction of the Sieur de la Varranner,
esquire of the kitchen of M. d'Uxelles.
It is dedicated to MM. Louis Chalon du
Bled, Marquis d'Uxelles and of Cormar-
tin. He expatiates on the thousand-
and-one vegetables and other "victu-
al" which people know not how to
dress with honor and contentment;
and he then exclaims that, as France
has borne off the bell from all other
nations in courtesy and biensance, it
is only right and proper that she
should be no less esteemed for her po-
lite and delicate manner of living. The
first edition of that remarkable cook-
ery book, the "Dons de Comus," appear-
ed about 1740, and is in every respect a
superior work to the droll production
just mentioned. It was composed by
M. Marin, cook of the Duchesse de
Chaulnes. The cookery of France at
this epoch, and indeed from the time
of Louis XIV., was distinguished by
luxury and sumptuousness, but ac-
cording to Careme, was wanting in de-
licate sensualism. They ate well in-
deed, at the court, says the professor
of the culinary art; but the rich citi-
zens, the men of letters, the artists,
"were only in the course of learning to
dine, drink, and laugh with conven-
ance."

The regency and reign of Louis XV.
were among the grand epochs of French
cookery. A book called "The Queen's
Closet Opened," published in 1662, is
the first English cookery book. Some
of the dishes in this book maintain
their popularity to the present day—as,
for instance, chicken and pigeon pie,
boiled rump of beef and potted veni-
son; but others have wholly passed
away—as, for example, a baked red
deer, a capon larded with lemons, a
salet of smelts, flounders, or plaice,
with garlic and mustard, an olive pie,
and dressed snails. Some insight in-
to the cookery of 1754 may be obtained
from the pages of the "Connoisseur."
In London, at "Dolly's" and "Hors-
man's" beefsteaks were eaten with gill
ale; and behind the "Change, a man
worth a plum used to order a twopenny
mess of broth with a boiled chop in it.
Placing the chop between the two
crusts of a half-penny roll, he would
wrap it up in his check handkerchief,
and carry it away for the morrow's
dinner.

A LITTLE GREEN.
The girl who expressed so much
sympathy for the poor farmer because
of his cold job harvesting his winter
wheat is equal in agricultural know-
ledge to the one who expressed a de-
sire to see a field of tobacco when it
was just plugging out. But the dam-
sel who asked which cow gave the
buttermilk is entitled to the whole
bakery. And a girl on her return from
a visit to the country was asked if
she ever saw any one milk a cow, re-
plied, "Oh, yes, indeed I have. It
tickles me to death to see uncle jerk
two of the cow's faucets at the same

SOME HOSPITAL STORIES.
Told by a Nurse in One of London's Large
Hospitals.
Extremely friendly and pleasing were
were gypsies, and had been tramping
the relations of one couple. They
the country, sleeping anywhere they
could, many a night beneath the open
sky. The wife had broken her leg and
had been brought to the hospital. A
wiry little body she was, full of energy,
and brown as a berry. Her dress
was of the usual tramp order, gather-
ed from many a source and presenting
a somewhat travel-stained appearance.
On visiting day her husband came to
see her. I told him which was her bed,
and sent him over to her and paid no
more attention to him. A minute or
so afterwards he was back at my elbow.
"Well, what do you want? Why
aren't you trying to comfort your
wife?"
"She ain't here, nurse; leastways, I
can't see her." I pointed to her bed,
but he shook his head and looked round
for her. I gazed at the man in blank-
amazement, and then suddenly it
all dawned upon me, and I had much
ado not to laugh aloud. The gypsy
tramp did not recognize his tanned and
weather-beaten fellow-wayfarer in the
bonnie clean woman with neatly brush-
ed hair who looked so bright and
cheery in her scarlet bed-jacket; and
his face was a perfect picture when I
led him up to her bed. She recognized
him, however, and, appreciating the
transformation we had made in her
appearance, entered heartily into the
joke.

The daily care and good food had
wrought a change in the woman which
we, seeing her constantly, had not
marked, but which seemed to disguise
her to her husband.
Another episode, I remember, would
have been amusing if the humor hadn't
been so close to tragedy. One of our
patients, a woman, was about to be dis-
charged as recovered. She was an act-
ress, and had been "made up" a good
deal when she was first admitted to
the hospital. Her hair was dyed, and
the blush on her cheeks was not due
to youth and health. Of course during
her stay with us, she had been without
any such artificial aids to youthful ap-
pearance. She had been handsome, but
Time had long been her enemy, and
there were inevitable wrinkles about
the eyes and mouth. Just before leav-
ing us she seemed very depressed, and
one day she confided in me. She would
have to seek an engagement, immedi-
ately she left the hospital. "But look
at me," she said. "My face is an old
woman's; no one would engage me as
I am." And then her trouble came out.
"I must 'make up,' if I am to get on
at all, and I have no money to get
the preparations." I couldn't feel it
in my heart to scoff at the poor wo-
man. Few of us can face the on-
slaughts of old age unmoved, and some
of us cannot afford to suffer the ra-
vages of time to betray themselves.

The woman's story got to the ears
of some of the medical students, and
it caught their sympathies. With char-
acteristic kindness they took the mat-
ter up, and the result of a "whip-
round" among doctors and students
enabled the woman to leave the hos-
pital with enough money, not only to
procure her desired youth, but to
equip her in a more substantial man-
ner for renewing life's battle. In fact,
she did make up before leaving our hos-
pital care, and not a few of us have
since had the delight of seeing her on
the boards, as bright and vivacious as
if she knew only half her tale of years.

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Each week an epitome of the
world's news, articles on the
household and farm, and
serials by the most popular
authors.
Its Local News is Complete
and market reports accurate.

THE NOSE AGES LAST.
Bone and cartilage enter so large-
ly into the structure of the nose and
determine its characteristics that it un-
dergoes little perceptible change, as a
rule, with the lapse of years. The
brow becomes wrinkled and crows' feet
gather round the eyes, which them-
selves gradually grow dim as time rolls
on; cheeks lose their bloom, which cos-
metics cannot replace, and lips their
fullness and color. The chin, dimpled
in youth, develops angularities or glo-
bularities, as the case may be, and the
eyebrows become heavy with the crop
of many years' growth. The nose shows
no mark comparable with these fami-
liar facial indications of the approach
of old age, and practically enjoys im-
munity from the ravages which time
makes on the other features of the
face.
SWIFT.
The fight was all over in a minute,
said the witness. Why, it was all done
as quick as a ole married man kissin'
his wife good-bye.

Cash System
Adopted by
N. G. & J. McKechnie.

We beg to inform our customers
and the public generally that we
have adopted the Cash System,
which means Cash or its Equiv-
alent, and that our motto will be
"Large Sales and Small Profits."

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thanking our customers for past
patronage, and we are convinced
that the new system will merit a
continuance of the same.

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