

A SEVERE SICKNESS LEAVES THE KIDNEYS WEAK

After recovering from a severe spell of sickness some time ago, I was all run down and suffering from poor blood. I would have pains in my back and hips and my kidneys bothered me all the time. I started taking Swamp-Root upon the recommendation of a friend and found it was just what I needed. My blood became all right and after taking a few bottles, I was surprised at the effect it had on my kidneys. They were entirely cured and I have much to be thankful for that your great remedy did for me.

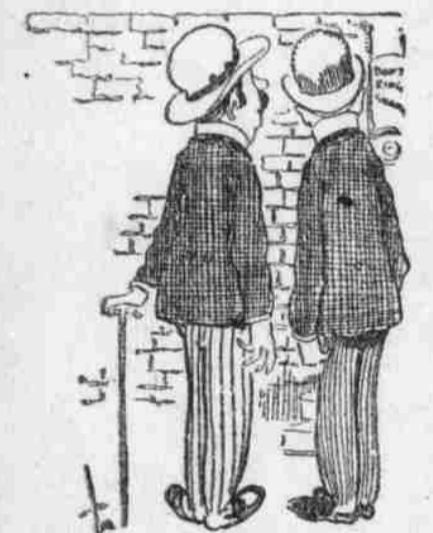
Yours very truly,
W. O. BLACKMON,
Phenix City, Ala.

Sworn to and subscribed before me this 14th day of July, 1909.
W. J. BIRD, Justice of the Peace.

Write to
Dr. Kilmer & Co.,
Rochester, N. Y.

Prove What Swamp-Root Will Do For You
Send to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. It will convince anyone. You will also receive a booklet of valuable information, telling all about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.

TAKING CHANCES OTHERWISE.



Hoax—He is exceedingly ill, but he is still holding his own.
Joax—He has to. There are two doctors with him all the time.

CLARES BABEK SAVED HIS LIFE.
Mr. Chas. W. Miller, of Washington, D. C., writes of Elzixir Babek:
"I can heartily testify to the virtue of your preparation known as Babek, as I consider that it was the means of my recovery from a bad case of intermittent fever and the saving of my life."
"What it did for him it can do for you, if you suffer from any form of malaria. Elzixir Babek, 50 cents, all drug stores, or Kieczewski & Co., Washington, D. C."

A Fright.
"Lady," said Meandering Mike, "would you lend me the cake of soap?"
"Do you mean to tell me you want soap?"
"Yes'm. Me partner's got de hic-ups an' I want to scare him."

FOR HEADACHE—HICKS' CAPSULES
Whether from Colds, Heat, Stomach or Nervous Troubles, Capsules will relieve you. It's liquid—pleasant to take—acts immediately. Try it. 10c., 25c., and 50c. at drug stores.

Even when they have nothing to do some people can't seem to do it gracefully.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules. Easy to take as candy.

There's a difference between being useful and being used.

FILES CURSED IN 6 TO 14 DAYS
Newly developed will return money if PAIN-DRIVING TABLETS fail to cure any case of itching, blind, bleeding or protruding piles in 6 to 14 days. 50c.

It is the common lot of man not to get an uncommon lot.

Hood's Sarsaparilla

Acts directly and peculiarly on the blood; purifies, enriches and revitalizes it, and in this way builds up the whole system. Take it. Get it today.

In usual liquid form or chocolate coated tablets called Sarsatabs.

The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS.
Purely vegetable—act surely and gently on the liver. Cure Biliousness, Head-ache, Dizziness, and Indigestion. They do their duty. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

Warranted

XANTHINE FOR THE HAIR
Restores Gray Hair to Natural Color
SCIENTIFIC BASIS AND SUCCESS
This preparation presents the hair from falling out. For Sale by Druggists, or Best Direct by XANTHINE CO., Richmond, Virginia. Price 25 Cts. For Bottle Sample Bottle 50c. Send for circular.

REMEMBER
PISO'S
for COUGHS & COLDS

PAPER BAG COOKING

WONDER-WORKING SYSTEM PERFECTED BY M. SOYER, WORLD'S GREATEST LIVING CHEF

GENERAL DIRECTIONS FOR PAPER BAG COOKING.

By M. Soyer, Chef of Brooks' Club, London.

I do not claim for the paper-bag system of cookery that it can cook everything. It is evident that tea must still be made in the teapot. Generally speaking, we may waive our claim to having mastered the difficulty with respect to soups, although I have made beef tea with excellent results. The following is a list of articles that may in the meantime be avoided:

Soup (except beef tea), omelette, scrambled eggs, jam (except in small quantities), Scotch kale, beans, cabbage, cauliflower, broccoli, artichokes, macaroni or kindred Italian pastes.

The success of the system depends entirely upon how it is carried out. Good cooking requires time, care, attention to detail, taste and a temperature suited to the particular dish being cooked. While the paper-bag system is labor and time saving, as well as affording more nutritive and appetizing effects than the present, it does not abrogate any of the rules that apply to efficient work at the kitchen-table.

The Bag.
Specially prepared bags should be used. Without them the method cannot be practiced with assurance of success. The bag should be made of materials that guarantee its purity. It should be odorless, and its purity a guarantee that nothing injurious can possibly be imparted from it to the food cooked in the bag.

Before using the bags—
(1) Select one that "fits" the food intended to be cooked;
(2) Grease slightly the inside of the bag, except in the case of vegetables or when water is added. For beginners it is advisable. Butter, lard or dripping may be used.

(3) When the food has been prepared for the bag, place the same on the table and lift the uppermost edge of the bag while you insert the contents.
(4) Fold the mouth of the bag two or three times and fasten with a clip. Strong wire paper-clips, obtainable of any stationer, answer the purpose. It is desirable to fold the corners of the bag so as to secure as near as possible a hermetical closing.

The Oven.
Practically any oven will do. Paper-bag cookery is as well suited to a gas stove as it is to a coal oven, an electricity cooker or oil stove, always provided the necessary heat is secured. The size of the oven makes no difference to the cooking, only to the size of the article.

Before placing the bag with its contents into a gas oven, the gas should be lighted at least eight minutes beforehand. The average oven heat should not be less than 200 degrees Fahrenheit, and when the bag is put into the oven this ought to be reduced in eight minutes after to 170 degrees. To find out the correct degree a thermometer, of course, is the most accurate method; but experience will soon teach the cook what is required, and the color assumed by a piece of paper placed in the oven will at once tell whether it is too hot or too cold.

In the case of coal-heated stoves with solid shelves a wire orderer should be used. This should be placed on the shelf with the bag containing the food. It is necessary to emphasize the fact that, except in

the case of pies, no dish should be used.

How to Know when the Food is Cooked.

If the time-table is adhered to, the bag may be taken out of the oven in confidence that the food is well cooked. But if from any cause the heat declines, it is very easy to find out whether the food is properly cooked. Except in the case of vegetables, a little hole can be made in the bag by which the food can be seen and judged as to whether it is cooked or not. This will not militate against the cooking of the food in the slightest. In many articles, however, a slight touch of the bag will indicate to an ordinary cook whether the bag is ready to be served. A prick with a needle is another method that may be adopted. But a peculiarly favorable feature of paper-bag cookery is that if the food is left five or ten minutes in the bag in the oven longer than the specified time on my table, the food will not be spoiled. There is little chance of over-cooking.

Dangers to Be Avoided.
Cooking generally has its dangers, like other occupations. It is the beauty of this system that the dangers are reduced to a minimum. One does not require every now and then to open the oven door "to see how the roast is getting on." The oven is doing its work, because the whole force of the heat is playing upon the bag and ensuring every part of the food being properly penetrated. Nevertheless, care should be exercised when opening the oven.

Care, again, should be exercised in taking the bag out of the oven. A plate should be placed gently under the bag about a couple of inches, and the bag drawn completely on to the plate with the fingers. The bag should be ripped open from the top and the fragments thrown at once away.

A PAPER BAG DINNER.

Roast Beef, Round, Ribs, or Sirloin.—Grease well with drippings, but do not season. Put in bag, lay on a wire broiler, and cook in a moderate oven. For a three-pound joint allow forty-five minutes; for seven-pound, one hour and twenty minutes.

Lima Beans.—Take a quart of Lima beans, add two ounces of butter, four ounces of diced ham, a little sugar and salt, a good teaspoonful of flour, and a few sweet herbs to taste. Put in a paper bag with half a pint of water, seal up, and cook for an hour in a moderate oven.

Baked Potatoes.—Thoroughly wash twelve good-sized potatoes. Make a few small slits in them, but do not peel. Place in a paper bag, with one tablespoonful of water. Seal and cook thirty-five to fifty minutes, according to size.

Tomatoes.—Place six tomatoes in boiling water for twenty-five seconds. Peel, butter your paper bag, put in tomatoes with salt, pepper, a suspicion of sugar, and a small piece of butter. Put the bag on the broiler after sealing, and cook for twelve minutes in a hot oven.

Apples a la Duchesse.—Wash and dry ten large apples. Core them, put stick-cinnamon—only a bit—in the place of each core, and pour over them a tablespoonful of rum. Put in a buttered bag, and bake on the broiler thirty minutes. When quite done, dish up, remove the cinnamon, and fill the centers with jam—strawberry, raspberry, or apricot. Cover with stiffly whipped cream, sprinkle with chopped nuts, and serve, or set on ice till wanted. Use sweet apples and let them cool before adding the jam and cream.

Light the gas range eight minutes before beginning to cook, or open the draughts so the coal range will be hot. Put the roast on first, upon the lowest shelf. Put the apples upon the upper shelf, so as to leave room for the tomatoes beside them. As soon as the tomatoes are done, remove, set the bag in a plate, and stand where it will keep hot. Put the Lima beans in the vacant place—and when the apples are done, remove them and put on the potatoes. Thus, you will be able to have the cooking come out even, also to chill and season your apples before sitting down to table.

(Copyright, 1911, by Nicolas Soyer.)

My Paper Bag Cooking Experiments

By Martha McCulloch Williams.

When Soyer's paper bag method of cooking was first brought to my attention by friends, who, rightly or wrongly, seem to have a high opinion of my abilities as a cook, I admit that I was skeptical of its practicability. Indeed, I was more than that—I was rather firm in my belief that it could not prove out. But I was induced to put the system to a trial—and, lo and behold!—the very first trial made me an enthusiastic follower of M. Soyer. Since then I have been doing all my cooking by the Soyer method, and each succeeding day more than ever convinces me that any woman, simply by following Soyer's general directions, and using that good common sense and care which are essential to all good cooking, can master the Soyer paper bag method of cooking in a very short time, and will find it a great boon both to herself and to all the members of her household.

Following M. Soyer's general directions for paper bag cookery, I speedily learned that there are sundry commandments to be observed while pursuing his method of cooking.

The first and greatest of these is to get the right bag, which is made specially for cooking, is paraffined, odorless even when crumbly-crisp, sanitary and to be had in sizes big enough to hold a Thanksgiving turkey, or tiny enough for a single chop.

Next, nearly as important, is to grease the bag inside liberally, using butter, lard, oil, drippings or a very fat rind of bacon.

Further, proportion your bag-size to what it is destined to hold. The closer the fit of bag and contents, the better, and the more even and compact the lay of the food, the less trouble in handling.

Use a footed wire broiler, or very open grid-shelf, in the oven. All paper bag cooking is done in the oven. If a gas oven, it must be lighted eight to ten minutes before putting in the food and kept at blazing heat until the bag corners scorch lightly; then slacken the heat a third or even half throughout the rest of the time of cooking.

Be sure to lay the bags in the oven with the seam uppermost, especially if water has been put inside. Seams will steam open now and then—if the opening is downward there will be a leakage and much bother.

Finally, it is important to remember that all manipulation, seasoning and flavoring of food must be attended to before it is put in bags. There can be no stirring or tossing in the course of paper bag cooking. Nor must a bag be opened at any time during cooking; such action is absolutely unnecessary if directions are faithfully followed. (Copyright, 1911, by the Associated Literary Press.)

Why He Couldn't Sit Down.

Harry, aged six, is an orphan; but an indulgent grandmother and kind maiden aunt have taken care of him. The first pair of knickerbockers were secured recently, and it was a proud moment for the boy when his aunt put them on him on Sunday morning and he was permitted to go to church with his grandmother. Naturally maiden aunts know very little about the arrangement of knickerbockers, and there was a suspicious fullness in front and an equally mystifying tightness in the back to be observed, as the little chap trudged happily along. In church Harry sat down, but did not appear comfortable and stood up. "Harry, sit down," whispered his grandmother. He obediently climbed back on the seat, but soon slipped off again. "Harry, you must sit down." "Grandma, I can't. My pants is choking me." She looked more closely than her dim sight had before permitted, and discovered the new little knickerbockers were on hind side before. Harry stood up during the remainder of the service.

His Exact Sort.
"What kind of a glass of fashion did Ophelia consider Hamlet?" "As long as she called him Lord Hamlet, I suppose she considered him a peer glass."

IN LESS STRENUOUS TIMES

Explanation of the Differences Between Domestic Standards Now and Those of Long Ago.

In the Woman's Home Companion there is an interesting presentation of the difference that exists between the domestic standard of young married women of today and those of the past generation. How did the women of the middle class of a generation or two ago manage when they could not keep help? Following is the answer quoted from a Companion editorial: "They lived according to their means; they did not set up impossible standards, and they knew much less about the science of bringing up children. They had no special style to keep up; gave the children a weekly bath; kept the table set between meals; did not serve their meals in courses, but put all the food on the table at once; confined their social affairs to evening calls and parties, and church suppers, at which they wore the same black silk dress for at least two seasons; in short, every woman did only what she could, and her friends made it easier for her by doing likewise."

The social whirl has made many a girl giddy.

RECOGNIZED THE ACTION.



Little Nell—I didn't know that they played "I Spy" in church, mamma.
Mamma—What do you mean, my child?
Little Nell—Why, the preacher said "Let's Play," and everybody held their hands up to their faces.

You will notice that the man who is always talking about how hard he had to work when he was young is usually behind with his work now.

A Hold-Up

An Oppressive Trust.

Before the Coffee Roasters' Association, in session at Chicago on Thursday, Thomas J. Webb, of Chicago, charged that there is in existence a coffee combine which is "the most monstrous imposition in the history of human commerce."

There is very slight exaggeration about this statement. It comes very close to being literally true. There is a coffee combine in Brazil, from which country comes the bulk of the coffee used in the United States, which is backed by the government of Brazil and financed by it, which compels American consumers, as Mr. Webb said, "to pay famine prices for coffee when no famine exists."

The worst thing about this is that the consumers of the United States have been compelled to put up the money through which this combine, to further cinch them, has been made effective. There were formerly revenue duties imposed upon all coffee entering the United States. Those taxes were denounced as an imposition upon the people; as taxing the poor man's breakfast table, and the like. The taxes were removed. Immediately thereafter Brazil imposed an export duty upon coffee up to the full amount of the former customs taxes in this country. The revenue which formerly went into the treasury of the United States was diverted to the treasury of Brazil. The poor man's breakfast coffee continued to cost him the same old price.

But this was only the commencement. The "valorization" plan was evolved in Brazil. Through this plan the government, using the revenues derived from the export duties for the purposes, takes all of the surplus crop in a season of large yields and holds it off the market, thus keeping the supply down to the demands of the market and permitting the planters to receive a much higher price than they would otherwise have done.

The United States consumes more Brazilian coffee than does the rest of the world. We are the best customers of Brazil, and Brazil buys little from us. Now Brazil is promoting, financing and maintaining a trust designed, and working effectively for the purpose, to compel American consumers to pay an exorbitant price for the coffee they use. What is the remedy?—Seattle Post-Intelligencer—Nov. 19, 1911.

He did

"Compels"

tax Americans

Get this clear

Then this

Standard statistics of the coffee trade show a falling off in sales during the last two years of over two hundred million pounds. Authenticated reports from the Postum factories in this city show a tremendous increase in the sale of Postum in a like period of time.

While the sales of Postum invariably show marked increase year over year, the extraordinary demand for that well-known breakfast beverage during 1911 is very likely due to a public awakening to the oppression of the coffee trust.

Such an awakening naturally disposes the multitude who suffer from the ill effects of coffee drinking to be more receptive to knowledge of harm which so often comes as a result of the use of the drug-beverage, coffee.—Battle Creek Evening News—Dec. 19, 1911.

POSTUM

is a pure food-drink made of the field grains, with a pleasing flavour not unlike high grade Java.

A Big Package
About 1½ lbs. Costs 25 cts.
At Grocers

Economy to one's purse is not the main reason for using Postum.

It is absolutely free from any harmful substance, such as "caffeine" (the drug in coffee), to which so much of the nervousness, biliousness and indigestion of today are due. Thousands of former coffee drinkers now use Postum because they know from experience the harm that coffee drinking causes.

Boil it according to directions (that's easy) and it will become clear to you why—

"There's' a Reason"

Postum Cereal Company, Limited, Battle Creek, Michigan.