

Plum Pudding.

Remove all membrane from a pound of sweet beef site and chop it very find. Pare core and chop six large tart apples, add to the suet. Seed a pound of large raisins and cut them in half, add to the apples and suet with a pound of sultains, a pound of cleaned ad dried currants a pound of brown sugar, half a pound of minced orange peel, a cup of flour to min

with the fruit and hold the pudding te-gether, a scant cup of bread crumbs, a teaspoonful of salt, and cloves, cinnamon and mace to taste. Add five eggs beaten ver ylight, and a large half a pint of milk. Mix all well together, adding last a pint of cherry and a pint of brandy. This will make two large or several smaller puddings. Place the mixture in moulds, leaving a little room to swell; cover very closely and place in a boiler with sufficient boiling water to cook steadily for six hours.

Suet Fruit Pudding.

To a cup of finely chopped suct add a cup of New Orleans molasses, one cup of sour milk, three cups of silted flour, with a level tenspoonful of salt and even tenspoonful of baking soda. Then add half a cup of seeded raisins and half a cup of currants. Turn into a mould and steam three hours.

Frozen Plum Pudding.

Take a generous cupful of mixed fruits-seeded raisins, sultanas, currants, sileed citron and candied fruits cut fine. Cook the raisins and currants in a heavy sugar syrup flavored with vanilla, and soak the other fruits for twelve hours in a little Jamaica rum or brandy. Before using drain and chill the fruit. Make a rich chocolate custard pudding and freeze har dand mix in the fruit. Let stand a few minutes longer. Line a bombe mould with large seeded raisins cut in haives and a few English wainut meats and then fill with the pudding. Pack in ice and sail and let stand for an hour. Serve with whipped cream sweetned and fla-

with whipped cream sweetned and flu vored with wine.

Rich Fruit Cake.

minced orange peel, a cup of flour t with the fruit and hold the puddi



She Was Torn to Pieces by Four Lions in the Menagerie at Dessau, Germany.

GREAT GROWD SAW HER KILLED

Animal She Was Trying to Make Jump Through a Hoop Disembowled Her at First Stroke.

Dessau, Germany, Dec. 7.-Frau Fischer, a lion tamer, was torn to leces today by four lions in a menage cage and in sight of a great crowd eople. She was trying to make a spring through a hoop and struck with a whip, whereupon the animal d upon her and disemboweled her a stroke.

The woman shrieked once and the ee other lions joined in the attack her and fought among themselves fragments of the flesh. There was frightful panic among the spectators, id many persons were injured. nally the lion tamer's assistants, and with iron rods and hooks, suc-

armed with from rous and hooks, suc-ceedsd in dragging the animals from the woman's mangled body. The children of Frau Fischer were in a box witnessing the performance when their mother was killed.

Killed His Borther-in-Law.

Oklahoma City, O. T., Dec. 7.-Six miles south of here, Oscar Lethridge killed Oscar Smith, his brother-in-law, crushing in his skull with a stick of crushing in his skult with a stick of stove wood, and probably fatally wounded the latter's brother, J. E. Smith, both boys. Lethridge's wife, who had secured a divorce from him, had gone to her father's home. He went there to see them and when the disc Smith refused him admittance elder Smith refused him admittance, Lethridge forced the doors. The boys tried to eject him and the fatal fight

Civil War Veteran Suicides.

Bloomington, Ill., Dec. 7 .--- J. C. Livey, aged 72, a veteran of the civil war whose home is said to be in Napa, Cai. committed suicide at Maron, Ill., last night by swallowing embalming fluid Lively was a stranger there and no reason for the act is known ,

Investigating Gen. Culver.

Omaha, Neb., Dec. 7 .-- The federal grand jury today began an investiga-tion of the office of the adjutant genof Nebraska in connection with



Mrs. Hughson, of Chicago. whose letter follows, is another woman in high position who owes her health to the use of Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINEHAM :-- I suffered for several years with general weakness and bearing-down pains, caused by womb trouble. My appetite was poor, and I would lie awake for hours, and could not sleep, until I seemed more weary in the morning than when I re-tired. After reading one of your advars tired. After reading one of your adver-tisements I decided to try the merits of Lydia E. Pinkham's Vegetable of Lydia E. Pinkham's Vegetable Compound, and I am so glad I did. No one can describe the good it did me. I took three bottles faithfully, and be-sides building up my general health, it drove all disease and poison out of my body, and made me feel as spry and active as a young girl. Mrs. Pinkham's medicines are certainly all they are claimed to be." — Mrs. M. E. HUGHSON, 347 East Ohio St., Chicago, Ill. — \$5000 forfeit if original of above letter proving genuine-ness cannot be produced. More than a million women have re-

gained health by the use of Lydia E. Pinkham's VegetableCompound. If the slightest trouble appears which you do not understand write to Mrs. Pinkham, at Lynn, Mass., for her advice, and a few timely words from her will show you the right thing to do. This advice costs you nothing, but it may mean life or happiness or both.

a bond. Dr. Dowie is the one who might suffer injury and I think he should be

suffer injury and I think he should be the person to demand a bond." While thus indicating his opinion, Judge Kohlsaat asked the creditors to submit before Wednesday briefs in support of their contention. The orig-inal petitioners will also file a brief, and it is expected that a contest will ensue before the court acts on the mat-ter. ter.

ter. A statement of Dowie's assets and liabilities was made by him today to a creditors' meeting. The statement gives the resources, including the lands, buildings, stock in lace industry and bills receivable as \$18,845,200. The total liabilities are placed at \$4,058,200, of which \$3,190,700 is bank deposits and shares in Zion industries, maturing in 1919 and 1923. Of these liabilities \$315,-400 is payable in land in two and five years. According to Dowie's state-

Valuable Suggestions for WHAT TO EAT. the Kitchen and Dining Room. This matter will be found to be entire-ly different from and superior to the us-ual run of food articles, in that every item is a nugget of culinary wisdom and eminently practical. Conducted by Katherine Kurtz, Mar-quette Building, Chicago, to whom all inquiries should be addressed. All rights reserved by Banning Co., Chicago. DINNER. Carrots with Sour Sauce String Bean Salad Jelly Banana Cake Cider Jelly Coffee

Menus for Next Four Days.

WEDNESDAY. EREAKFAST.

Commeal Mush Stewed Dates Bacon Fricasseed Potatees Cereal Pancakes, Maple Syrup Bacon Cereal Pancakes, Coffee LUNCH.

Escalloped Oysters German Potato Salad Brown Bread Celery Cocoa

DINNER.

Potato Soup Beef a la Mode German Noodles Brussels Sprouts Spiced Beets Banana White Lettuce Salad Banana Whip Coffee

THURSDAY ... BREAKFAST.

Water Toast Beef Sausages Foast Orange Marmalado Sausages Brown Gravy German Fried Potatoes Rolls Coffee LUNCH. Curried Rice Cake Liver Rolls Spiced Fruit

Tea DINNER. Cream of Tomato Soup Fried Oysters Pepper Soup Candied Sweet Potatoes Combination Salad Prune Pudding Coffee

FRIDAY. Cereal Fruit. Cream Broiled Smoked Salmon Hashed Cream Potatoes Coffee BREAKFAST.

LUNCH. Oyster Omelet Entire Wheat Gems with Dates DINNER. Potato Chowder

Fish Cutlets Cream Sauce Macaroni au Gratin Spinach Salad Popovers Lemon Sauce

Coffee SATURDAY.

BREAKFAST. Orangés Fried Apples Maple Syrup Sausage Buckwheat Cakes Coffee, Sausage LUNCH.

Rich Fruit Cake. Cream together three-quarters of a pound of butter and a pound of brown sugar. Add eight eggs beaten separately, one cup of molasses, a small nutmeg grated, a teaspoonful of churamon, haif a teaspoonful of cloves, same of allspice, and half a cup of brandy. Mix thor-oughly; then add a pound of sifted flour, taking out a cupiul of flour the fruit, which is added last of all. Two pounds of seeded and chopped raisins, two pounds of currants and half a pound of cliron sliced thin. Bake in a moderate oven three hours. oven three hours. Coffee Fruit Cake.

Conce Fruit Cake. One cup of butter creamed with one cup of brown sugar; ad atwo well beaten eggs, a cup of molasses, a cup of strong coffee, a teaspoonful of soda mixed with three cups of flour, using a fourth cup of flour for the fruit. Add cloves, chma-mon and allspice to taste. Seed a cup of raisins and add to a cup of currants, mix with flour, then add to the cake batter. Bake in a slow oven for an hour. A half an hour longer will give a darker cake. hour. A half a darker cake.



feet, collects the invisible germs of diseases, spreads them over our food and poisons us with typhoid, cholera and other plagnes of the human race. The bacteria of disease we can see only through microscopes. The bacteria of consumption is represented in the left-hand corner of the sketch above. The bacteria of influenza, or grip, is shown on the right. These little organisms can point to victories by the million, fight the bacteria with our own vitality.

GOOD RED BLOOD OUR AMMUNITION.

The blood which flows through our veins and arteries should contain healthy red blood corpuscles which are capable of warding off the attack of the disease germs if they get into the system. While we keep our blood in good condition and our little army of fighters in order we can resist fairly well the attacks from the outside. In preparing ourselves against bacterial attacks there are many important things to be thought of proper nourishment of the blood, nerves, lungs, heart and liver. Important to us is proper food for the stomach, pure air for the lungs, exercise and cleanliness at all times. Good wholesome air taken into the lungs helps oxidize the blood and make it strong. Sunlight is also im-portant for our well being. If our stomach is "out of whack," if the blood does not get the proper mutriment out of the food eaten, we at once weaken our defensive

best tonic for increasing the red blood corpuscles and building up healthy tissue is no doubt Dr. Pierce's Golden Medical Discovery. This medicine has been on the market for over a third of a century and numbers its cures by the thousand.

A tonic made up largely of alcohol will shrink the corpus-cles of the blood and make them weaker for resistance. A cod liver oil makes the stomach groan because it is irritating. What is needed is an alterative extract made of roots and What is needed is an alterative extract made of roots and

HOMAS A. EDISON, the inventor, in mapping the activity of the liver and cause it to throw off the poisons out the problems of the future, gives fits, place to the necessity of fighting the bacteria which gives us our diseases. Next to the actual bacte-ria of disease, the mosquitos and flies are the most dangerous enemies of man. The mosquito with its bite injects into our veins malaria, yel-low fever, and other fatal troubles. The fly, with spongy ONLY HEALTH CAN RESIST THEM.

ONLY HEALTH CAN RESIST THEM.

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Recent experiments have proven that the germ of consumption was present in the mouths of physicians and nurses who were in attendance on tubercular patients. They were not themselves infected on account of their power of resistance, due to perfect health. The breath one inhales from the These little organisms can point to victories by the million, which lie in such numbers in our cemeteries. Thus far scientists have not been able to fight these bacteria very well. The best thing we can possibly do individually at present is to keep ourselves in such a state of health as will enable us to farbt the bacteria with our cour or cuttor. Medical Discovery. It maintains a person's nutrition by enabling him to eat, retaiu, digest and assimilate the proper

nutritious food. It overcomes the gastric irritability and relieves indigestion, and the person is thereby saved from fever, night-sweats, headache, etc., which are so common.

\$3,000 FORFEIT

Will be cheerfully paid in lawful money of the United States, by the undersigned, proprietors of Dr. Pierce's Golden Med-ical Discovery, if they cannot show the original testimonial signature of the individual volunteering that puband lished below, and also of every testimonial among the thou-sands which they are constantly publishing attesting the superior curative properties of their several medicines, thus proving the genuineness of all the multitude of testimonials volunteered by grateful people, in their behalf.

World's Dispensary Medical Association, Buffalo, N. Y.

forces and the germs of catarrh, consumption or grip read-ily enter. Dr. Pierce, the eminent physician of Buffalo, N. Y., says, "if each person will consider his system as an army of men which he controls as a general, and will see to its proper provisioning and that it has plenty of amuunition in the shape of good red blood, he will be able to overcome the enemy in the shape of the germs of disease." Every healthy person has five million red blood cells or corpuscles to every cubic millimeter of blood. The number of red blood corpuscles in the average human being is so great that it almost incomprehensible. However, their numbers increase with health or decrease with illness or mal-nutrition. The best tonic for increasing the red blood corpuscles and building

Accept no substitute for "Golden Medical Discovery." There is nothing "just as good" for diseases of the stomach, blood and lungs.

herbs, without the use of alcohol, that will assist the stomach in assimilating or taking up from the food such elements as are required for the blood, also an alterative that will assist Dr. R. V. Pierce, Buffalo, N. Y.



Apple Fritters Qunice Sauce Turkish Tongue Baked Potatoes Purdee of Peas Tea

GRAND OPENING SALE!

We wish to thank the Hundreds of People who attended our Opening yesterday, for the prompt manner in which they responded to our Announcements in Saturday's and Sunday's Papers. And we compliment them on their Sound Judgment of Values for the way they 192k advantage of our Liberal Offer of

* 20 PER CENT DISCOUNT XX

On Everything in the House. To those who did not attend yesterday we say, The 20 Per Cent Discount Sale continues today and throughout the week, so you'll have plenty of time in which to avail yourself of this Unusual Opportunity.

