### DESERET EVENING NEWS: SATURDAY, OCTOBER 3, 1903.

ily as had attended them from the commencement of their history. We quote from a Virginia writer:

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"Among the Scotch-Irish-and the remark might be made more generalthere is no family more noted than that which descended from John Preston and Elizabeth Patton, his wife, of Augusta county, Va. And if to the direct family of John Preston be added the families which have become connected with it by marriage-such as the Breckinridge, McDowell, Lewis, Floyd, Peyton, Watts, Campbell of southern Virginia, Carrington, Hampton of South Carolina, Johnston of Kentucky, Marshall, Randolph and other families of note-it will be seen that here is a truly remarkable family that will bear close inspection, for it has been as marked for the personal virtues of its members as it has been for talent, culture, and high position."

The ruin brought upon the family in England by the war of 1642, was rejeated upon the Virginia branch in our recent Civil war, the reason for which is set out in the following:

"This Preston family was a southern family of old Virginia and Kentucky, and therefore it is not surprising that it furnished so many brave and impetuous officers to the Confederate army." "But," the writer continues, "love of the Union was warm in the hearts of many of its members, conspicuous among whom were the Browns, and Blairs, and Carringtons of the southern states, as well as the Porters of the northern section.

"Its members were generally Democrats, and firm friends of Jefferson and Jackson. They formulated the 'Resolutions of 08.' They were almost all Presbyterians, and some of them violent controversialists, who had measured pens, if not swords, with two of the most illustrious prelates of their Catholic countrymen-Archbishop Hughes of New York and Bishop England of South Carolina.

"They were generally persons of great talent and thoroughly educated; of large brain and magnificent physique. The men were brave and gallant, and the women accomplished and fascinating and incomparably beautiful. There was no aristocracy in America that did not eagerly open its veins for the infusion of this Irish blood; and the familles of Washington, and Randolph, and Patrick Henry, and Henry Clay, and the Hamptons, Wickliffes, Marshalls, Peytonsp Cabells, Crittendens and Ingersolis, felt proud of their alliances with this noble Irish family."

The same high encomlums have been passed upon the immediate connections of Bishop William B. Preston, between whom, though, too, a Virginia family, and John Preston, no immediate relationship has yet been established.

Six brothers, the cousins of the Bishop, enlisted in the Confederate cause, serving with distinction, and three of them lost their fives in action. One of the six, Hon. Joshua Earl Preston, now of Navasota, Tex., in writing of the family says:

"I have never known one of the name



, ola a second de la construction d RESIDENCE OF BISHOP WILLIAM B. PRESTON. IN SALT LAKE CITY.

and we had unlimited possibilities for the success of the enterprise, but dt-seems that our plans will end in noth-

The closing down of the various plants at the Soo was the first step which marked the failure of the efforts

to raise cash. The company had run short of all working capital. Accord-ing to the terms of the Speyer loan no

lien could be placed upon the proper-ty, and, as the treasury was depleted, there was no recourse left but to close

is understood that the assets which Speyer & Co. hold are the various stocks and securities of the underlying companies which went to form the Con-

solidated company. These in all prob-

in view.

the plants.

## THRILLING AND PATHETIC TALE OF FINANCIAL DISASTER

### The Tremendous Collapse of the Consolidated Lake Superior Company Spells, in Accents Long, "Avoid Debt!"

Thrilling and pathetic have been the details flashed over the wires regarding the sufferings of the army of men thrown out of employment loaded with worthless time checks, by the shutting down of the Consolidated Lake Superior company's plants. How such utter collapse could come to a hundred million dollar company, long ranked as one of the financial giants of the country, is a story full of interest, and equally full of instructiveness. Its perusal shows that the motto AVOID DEBT, is one that may be taken to heart as much by the great corporations of the country as by the humblest citizen who toils for so much per day.

Explicit statements were made yes- . terday that the directors of the Con-solidated Lake Superior company had failed in their efforts to raise \$5,050,000 in cash to pay off the Speyer loan. All that now remains to be done is the transferring of the assets of that prop-erty to the syndicate which Speyer & Co. formed. The stockholders of the Consolidated Lake Superior company stand to loss everything—the control the company, in which they sunk 0,000,000 in cash, as well as all interest in the property.

The spectacle of a company capitaliz-ed at more than \$100,000,000 of stock be-ing unable to raise \$5,550,000 to pay off a debt for which they had pledged practically all their assets was stated in Wall street yesterday to mark the lowest point yet reached in the present stock and financial depression. At a meeting of the directors of the Consolidated Lake Superior, to be held

tomorrow in this city, the situation will in all probability be canvassed for the last time. There are some directors of the company who are hoping against an almost forlorn hope that some exedjent may be adopted which will save 1 tion them their company. At this meeting the information will be conveyed to the directors that the last effort to interest certain financial institutions in their company has failed and that the assis-tance which was expected from that quarter will not be extended. It is already known that a hitch has developed in the plans of the two trust companies which were expected to come to the aid of the Consolidated Lake Superior company and that the plan to form a syndicate, with the Equitable Trust company and the Morton Trust company as mainagers, has been made impossible by the withdrawal of impor-tant persons. All sorts of concessions were made by the leading interests in the Consolidated company to get these financial interests to supply money to put the company on its feet. At one time it was thought that the money would be supplied, but on 'fhursday last intimations were given that there had been withdrawals from the syndicate and that it was now impossible to com-ply with the wishes of the unfortunate company

Monday," said one director yesterday, they must take steps to protect them-"for it seems almost incredible that we shall have to lose the millions we have sunk in that enterprise. We have spent \$30,000,000 of cash in the various plants and our concessions in forest lands would form a kingdom. All we owe is something over \$5,000,000, for which the company's note has been given, and one would think that with our resources there would be many who would will-ingly come to our assistance." The fact of the matter is that Wall

street has run riot with pessimistic sentiment. When directors of large corporations consider the price at which Steel common is selling it throws a cold chill into their plans of further commitments. Look at the results of the syndicate which formed the Unit-ed States Realty and Construction company. That was a concern which had some of the best houses in the to be a dismal fallure, with some of the persons interested sustaining heavy losses. No wonder, therefore, that the Consolidated Lake Superior company finds itself in a gloomy posi-tion

selves, Asked how it came about that the company found itself in a position where it had to borrow money, the Her-ald's informanat said: "Last Noven-ber we planned to complete certain ex-pensive additions to our works at the Canadian Soo and also to extend the railway to the ore lands. We formed a sundicate to underwrite the stock and syndicate to underwrite the stock, and about \$8,500,000 was pledged. The new stock was to be underwriten at par. All arrangements for the payment of the money were made, when a change the money were made, when a change for the worse took place in the stock market. Among the underwriters were several Canadians, and when the fail-ure of the great Toronto Stock Ex-change firm of Ames & Co., occurred our friends were hurt. The Philadei-phia contingent had been also hurt, and this necessitated a rearrangement of the whole plan.

the whole plan. "The money was needed to make certain plants productive, and we decided as a temporary expedient to borrow the funds from bankers to tide us over until we could properly finance the debt. Speyer & Co. financed the proAN IMPORTANT INDUSTRY

Cultivation of the Plant from which Cocaine is Extracted-Strange Effect of Chewing its Leaves.

Special Correspondence. La Paz, Bolivia, Sept. 10.-Ever since Cervantes wrote his charming tale of Don Quijote de la Mancha, myriads of tired lips have echoed Sancho Panza's exclamation: "God bless the man who first invented sleep;" and in later years

or coca-yard, to be dried. The cachi is inclosed by a wall, and paved with flat stones that are kept perfectly clean. The morning sun shining on these stones, heats them so that when the stones, heats them so that over the leaves are spread smoothly over the surface they become thoroughly dry in a few hours.

first invented sleep," and in later years with how much greater fervor have suffering souls blessed that benefactor of mankind who discovered the use of cocaine as a means of putting tortured nerves to sleep in surgical operations and other ills to which flesh is heir.

to do a mean thing or be guilty of a this connecting line forms Supplement dishonorable act."

THE NEW ENGLAND PRESTONS. Such also is the record of the New

England branch of the family. They have been men of integrity in every walk of life. But the point of interest about the Preston genealogy just at present is the fact that the Bishop has just been enabled to establish a connecting link between the branch of the family that migrated to New England, settling in Connecticut in 1635, and

#### DIFFICULTIES IN ENGLISH PRO-NUNCIATION.

Prof. Thomas R. Lounsbury's article in Harper's Magazine for September, describes some interesting points on the much-mooted subject of English pronounciation: "All efforts to have the accent fail on the first syllable of in-quiry, opponent, museum—and these efforts have been frequent and long continued "severe for the severe the s efforts have been frequent and long continued, "says Prof. Lounsbury, "have so far invariably resulted in disaster. No authority of repute recognizes in-quiry, op-ponent, mu-seum, and such pronunciations always beget a feeling of pity or pain in the hearts of those who decem themselves orthose lically who deem themselves orthoepically pure. Furthermore, in every stream of tendency there are occasional eddies. So here, now and then, the accent moves forward toward the end of the word instead of backward toward its beginning. Confessor and horizon my be given as instances. In both of these the accent once generally rested upon the first syl-lable. But more remarkable than either is July. Every student of our early po-etry, especially of our dramatic poetry,

from 50 to 75 miles a day, carrying on

his back the load of a llama, almost without food for days together. Indeed, he considers food of secondary import-

he considers food of secondary import-ance, or rather as third on his list of necesities, diluted alcohol coming next to coca. All the Aymaras and Quichuas, male and female, use incredible quay-titles of, both alcohol and coca, while their allowance of food is extremely small, the menu being limited to only two or three edibles from one year's end to another.

end to another. That the women consume even more

than the men is perhaps only fair, since the former do all the hardest work and earn most of the money. The laborers of this country are universally Indians. and all employers must furnish a cer-

tain amount of coca to each man, or he

will not work at all. In the mines the least allowance per diem is five ounces

least allowance per diem is five ounces for every man, and sometimes eight ounces is given. Thus supplied, an In-dian will work willingly and well from 4 o'clock'in the morning until 7 p. m. taking nothing to eat in the meantime. He has food of some sort before be-ginning his labors, and after seven in the evening he eats whatever he can get. His first cud is accumulated in about two hours, from 4 to 6 o'clock, taking it leaf by leaf, stripping the central stem between his teeth, and from time to time adding a few grains of potash. This alkali causes a burning sensation on the lips, but is soon incor-

No. 1, and is just issued from the press There now remains to be found a direct connection between the Preston of Great Britain and those of Virginia and between the two Virginia branches This will complete the record of a fam. ily most remarkable for the eminent ability of its members for over eight and a half centuries. In his further researches to complete his genealogical tree, great interest wa

be felt in the Bishop's efforts, and the wishes of his friends, for his success those of Great Britain. The record of | will be unanimous. 

becomes aware that this word was usually, if not invariably, pronounced Ja ly. So it continued to be down to the latter part of the eighteenth century and to some extent later. Balley and Johnson both place the accent upon the first syllable. In so doing, they wen in accord with the general Jractise of the orthoepists of the time. Indeed the only early authorization I have changed to meet of the present pronunciation is in Pardon's revision of Dyche's diction. ary, which came out in 1750."

A YOUNG ANATOMIST.

Some days ago two little fellows of seven and eight years heard older peeple speaking of skeletons. The seven-year-old boy listened intently to the conversation, when the elder boy, with an air of superior knowledge, said abruptly: "You don't know what a skeleton is,

"You don't know what a skeleton is, and I do." "Feplied the younger. "I do know. I know for certain. I do!" "Well, now, what is it?" "It's bones with the people off!"-Lippincott's Magazine

porated with the cud, serving to neu, traitize the acidity of the leaves, and at the same time aiding digestion by trained the acidity of the leaves, and at the same time aiding digestion by provoking an increased flow of saliva. At 10 o'clock a. m. the employer gives him half an hour of rest. He then throws away the morning's chew, rinses his mouth with alcohol, and in-dustriously begins the accumulation of a second cud. Again, at half-past one o'clock, another rest is given which he employs in making a third chew. At half-past three the same performance is repeated. Strange to say, the most inordinate use of coca is not followed by delirium tremens, nervousness, or any other effect that may be noticeable on an Indian, even after he has lived on it for two or three days, taking lit-tle or no food and enduring excessive fatigue. Whenever opportunity offers he will eat the back numbers of omil-ted meals in one gigantic heap, thus showing that we serious disturbance he will eat the back numbers: of omit-ted meals in one gigantic heap, thus showing that no serious disturbance of the stomach has arisen from his coen-intoxication. Neither does its habitual use seem to affect longevity, unless it be to prolong it. One never meets a toothless or bald-headed Indian, though 100 years is here considered their avei-age span of life. A cheerful Methuse-lah was pointed out to us who claims to have just turned his one hundred and forty-second year, and the parisa priest supports his statement by the church record of births. FANNIE B. WARD.



#### Cucumber Jelly Salad.

Cucumber Jelly Salad. Feel three good-sized cucumbers, cut in-to dice and place in a saucepan, peel and chop one small onion and add to cucum-bers, and 24 peppercorns, or the same amount in ground white pepper, two tablespoonfuls of vinegar, and three cups of water. Stew all these together gently until very tender. Soak half a box of gelatine in hiaf a cup of coid water for 10 minutes and add to the above ingre-dients; take from the fire and strain through a wet cheesecloth strainer. When the Jelly begins to congeal pour into small water and lined with slices of small, ripe, frim tomatoes which have been wet with cold water and lined with slices of small, ripe, frim tomatoes and place a teaspoonful of very stiff mayonnaise on top of each. Fried Cúcumbers.

# Search, James S. Swartz, H. G. Lioyd, E. V. Douglas, George Philler, S. M. Provost, H. A. Berwind and Samuel Rae, of Philadelphia; Lynde Harrison, of New Haven, Conn.; F. H. Clergue, of Sault Ste. Marie, Canada, and Gor-don Abbott, of Boston. ວາກ ບາກການການ ບາກການການ ບາກການການ ບາກການການ ບາກການການຊ

Our railroad was unbonded ; ability will be offered for sale to satis-

fy the Claims. It is evident that Speyer will place an upset price of \$5,050,000 on the scurities, which, of course, will net them their investment. It is apparent, with all the securities sold, there will

be little equity left the Consolidated stockholders. The list of directors, among whom

The list of directors, among whom are the largest stockholders, is as fol-lows: E. J. Berwind, C. E. Orvis, Charles H. Tweed and Charles Mac-Donald of New York; Theodore C. Search, James S. Swartz, H. G. Lloyd, E. V. Douglas, George Philler, S. M.

## OF SOUTH AMERICA.

#### WALL STREET SUSPICIOUS.

Some of the directors have not as yet ven up all hope. "There may be me plan adopted at the meeting on given up all hope.

It was learned yesterday that Chas. H. Tweed of the firm of Speyer & Co., who has charge of the Consolidated loan, will in all probability take meas-ures to convert the assets which the ures to convert the assets which the firm holds as security into cash as soon as possible in order to pay off the loan which was entered into nearly 10 months ago. Mr. Tweed went to Boston last night, where, it is said, he will confer with Old Colony Trust company officials, who are also interested in the syndicate which supplied the \$5.050,000 to the Convollated company. After, the to the Consollated company. After the meeting of the directors tomorrow it is

debt. Speyer & Co. financed the pro-ject, and we thought but little of the event. In the stock market, however, matters became worse, and instead or the atmosphere clearing the situation became gloomier. We had raised \$5,050,000, and the notes for which we had pledged all our assets except the power canal became due on July 1. COULD NOT SELL BONDS. "We went to the stockholders and asked them to contribute, but they re-fused. We tried to sell them bonds at 60 cents on the dollar, but we received no encouragement. Then we went to

believed decisive steps toward a change in control will be taken. WHY MONEY WAS BORROWED. One of the largest stockholders made this explanation yesterday. We have nothing to complain about in case the

no encouragement. Then we went to financial interests to help us out, for which assistance we would give a prac-tical control and allow us an interest in the property. In this we have failed also. Other plans have been suggested and discussed, but none would take them up. The merit of our proposition was commended by J. P. Morgan, who offered to subscribe \$509,000 to an un-derwriting syndicate to furnish us with the funds, but it seems that we are up against a veritable stone wall. "We made the error in trying to fin-ance the proposition without any bonds. syndicate should take our property. They have been exceedingly consider-ate of us in our unfortunate condi-tion. They have extended the time for yment nearly three months in order allow us to finance the debt. We

have tried all possible expedients and have so far failed. I do not see any plan to raise the money, and I judge that the bankers recognize that we have failed in all our efforts. Of course,

## Our principal object in making the

tedions trip over seven successive spurs of the Andean range into tropical Boivia, was to investigate the culture of he plant known to science as erychroxylon coca. For more than a quarter of a century Bolivia's crop of dried cocs leaves has averaged a trifle over 7,500, leaves has averaged a triffe over 7,500,-000 pounds. Of this vast amount, fully 55 per cent is consumed at home by the native Indians. About 30 per cent of the remainder is divided equally be-tween Chill and the Argentine Republic. Peru gets ten per cent of it; Europe five per cent; and the United States none at all. Since alkaloid cocaine has lately come into general use for pro-ducing local anaesthesia the demand ducing local anaesthesia the demand for the coca leaves from which it is made has greatly increased, though without sensibly affecting the markets of South America. Soon as the application of cocaine to surgical uses be-came common, the British government sent out a commission to collect the plants and transfer them to India; and already the plantations of those far-off colonies are yielding so profusely that they furnish plenty of leaves for the German manufacturers who supply the world with most of the cocaine that s used. It should be remembered that he cocoa palm, the seeds of which furnish the chocolate of commerce, and the coca plant from which cocaine is made, are not related to one another in any way, but belong to different branches of the vegetable family. Erychroxylon coca is not a tree, but a small shrub, growing from two to five feet high. It flourishes best at an altitude between 3,000 and 6,000 feet above the sea, in sheltered places where the cli-mate is warm and moist without exces-sive heat. In this country it attains its greatest perfection in the Province of Yungas, where the mountain ridges crosing in every direction, leave deep hollows and narrow valleys between, giving all varieties of climate with the productions peculiar to each. Not only oductions peculiar to each. Not only the best coca in the world produced Is the best coca in the world produced in that section, but also the bark from which quinine is made, vanila and chocolate beans, coffee, oranges, figs, bananas, grapes, apples, peaches, pears, sugar-cane, wheat and barley, products of both tropic and temperate zones, gathered from the cooler highlands, the suppry fill sides and the house villa see sunny hill sides and the lower villages. TERRACED GARDENS.

The foothills of the Andes that out-line Yungas and other Bolivian valleys are laid out in terraces, each terrace about a yard wide, each well supported by a wall of stones, in which the little coca bushes, closely resembling ten plants, are set at regular distances. The seeds are first sown in beds, and when the plants are a few inches high, they are transferred to the terraces. Each ish yields three generous crops of eaves in a year, and sometimes four where the conditions of soil and climate peculiarly favorable. No fertiliz-are used, but great care is taken ers are used, but great care is taken that no grasses or other growths are allowed to spring up with the coca. Each crop is called a mita. The first, known as the "marzo mita" (March crop). is generally picked in January; the second, or "St. John's mita" is othered in Mary, and the third, or erop). is generally picked in January; the second, or "St. John's mita" is gathered in May: and the third, or "All Saint's mita," in October. The harvest time, however, is by no means uniform, depending greatly on the weather and the amount of rain. The crop is gathered by Indian women, who pick it leaf by leaf, squatting upon the ground in front of a bush. It is slow work, because the tiny leaves must not be broken or the central fiber torn; and it is believed that if the apex of the plant is touched by the picker, or if any animal brushes against it, all the leaves will instantly wither.

HOW COCA IS CURED,

Following the women come man with large sacks, who collect the gathered leaves and carry them to the cachi,

has a box which holds precisely 25 pounds. A lining of dry banana leaves, soft as silk yet strong as leather, is put into the box before the cocca is poured in. When turned out of the press the package is called put into the box before the cocoa is poured in. When turned out of the press the package is called a certa; and two certas, fifty pounds, when lashed together, form a tambo or "drum." The drum is wrapped in more banana leaves and coarse sack-ing and makes a bundle which meas-ures what three outlo four the the ures about three cubic feet. In this shape it is toted on mule or llama back over the mountains to La Paz, to be deposited in the Adriano de coca, or coca custom house. After a picking season the roads leading out of the val-leys are literally filled with beasts of leys are interally filed with beasts of burden, laden with coca, and troops of indians on their way to town to sell the fruit of their labors; or on the way home, generally empty-handed and empty of pocket, but in a state of jolly intoxication, the women outdoing the men in their enjoyment of the spree-singing, dancing, howing like so many singing, dancing, howling like so many lunatics, but always docile and respect-ful to the superior race, though they occasionally indulge in a little hair pulling among themselves.

The average price of coca to the pro-ducer, is 22 cents (gold) per pound; but out of this he has to pay a tax of 24 centavos (about 13 cents gold) on every pound. Think of cultivating, picking, drying and packing the tiny leaves for that small profit to say nothing of the that small profit, to say nothing of the several day's perilous journey over the mountains! The Bollvian government derives no small share of its revenue from this coca business. The right to from this coca business. The right to collect the tax is "farmed out," or sold to the highest bidder, scaled proposals being received for the privilege. The contracts are given for one year only, running from the 11th of June to the 10th of the following June. A greater part of the tax goes into the public treasury, and the balance is used for improving the rough roads over the treasury, and the balance is used for improving the rough roads over the heights and down into the valleys where the coca grows. At least 75 per cent of all the coca that is raised in Bolivia is brought to La Paz under these contracts; the remainder being sold by middle-men to the residents of adjacent villages on the great Andean plateau. The manner of tax-collect-ing in Yungas as a fair sample of the mode throughout the country. Yaning in Yungas as a fair sample of the mode throughout the country. Yan-acachi, a village near the western ter-minus of the valley, lies in a narrow canyon, between impassable mountains through which there is but one road. All the streets of the town except that one leading into the canyon road, are securely walled up just outside the town; so that all cargo must pass by way of the custom house, which stands at the head of the canyon. Whenever, way of the custom house, which stands at the head of the canyon. Whenever an Indian passes with a pack on his back or a load on his mule, if he does not stop and show what he carries, or pay the tax if it be coca, he quickly finds himself in trouble. Out rushes a customs official, armed with a long iron poker which has a screw-like apparatus at one end, and a heavy raw-like whip attached to the other. The screw point he thrusts deep into the middle of the cargo, to determine if any coca may be hidden within it; and should any In-dian resist, he does not hesitate to use the whip on his back. The principal consumers of coca in

the whip on his back. The principal consumers of coca in Aymara Indians. In the tombs of the ancient Peruvians a small quantity of coca leaves is always found buried with every mummy, together with an earth-or this day potash is eaten with the root of a weed that is indigenous to the soil where coca grows, or from the bark of a species of wild hean of which the Indians are very fond. The increase of one's powers of endurance by the use of coca leaves, especially in the higher alitudes, is something mar-velous. It is said to completely abolish al gense of hunger or failure. It is an undoubted fact that an Indian, when well supplied with coca, will travel

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DINNER.

SUPPER,

BREAKFAST.

Breakfast Food Scrambled Eggs on Toast Creamed Hashed Potatoes Coffee

LUNCHEON.

DINNER.

Coffee

TUESDAY.

BREAKFAST. Concord Grapes

LUNCHEON.

DINNER.

Brolled Steak Soup Boiled Steak Boiled Potatoes Eggplant Farcie Tomato Salad Mayonnaise Peach and Apple Fudding, Wine Sauce Cheese Collece Waters

Coffee

Eggs au Gratin Fruit Salad Chocolate

Clear Soup Mushroom Sauce

foods thus far put on the

market."

Tomato Bisque New England Bolled Dinner Pickicd Beets Stuffed Green Peppers, Baked Lettuce Salad Green Apple Pie Cheese W

Clam Chowder ast Election Cake les Chocolate

Broiled Ham Muffins

Hot Muffins

Buttered Toast Peaches

Cereal

Plain Gems Cake

Egg Biscuit

Fish B

Menus for Next Three Days. SUNDAY. BREAKFAST.

Grapes Cream Lyonnaise Potatoes Coffee

- Cream

Wafers

Cream Baked Potatoes Coffee

### Fried Cucumbers.

Tomato Boullon Braised Chicken Baked Sweet Potatoes Eggplant au Gratin Celery Salad Mayonnaise Watermelon Diamonds Cheese Wafers Coffee Pred Cucumbers. Peel and cut in lengthwise slices rather thick, three good-sized cucumbers which are not too old, as the seeds should be tender. Place the slices of cucumber in cold water for half an hour, remove and dry thoroughly, sprinkle with salt and pepper. Dip each slice in beaten esg and then in rolled cracker. Fry a délicate brown on both sides in butter or bacon fat. Serve with a cream dressing as a breakfast dish. Fried Oysters Devil's Cake Tea MONDAY.

#### Cucumbers on Toast.

Cucumbers on Toast. Peel three large cucumbers and cut in-to half-inch slices; place in saucepan and cover with boiling water, simmer until tender, about 15 minutes. Prepare a sauce of one cup of cream, half a teaspoonful of sait, a dash of white pepper and a heaping teaspoonful of butter. When the sauce comes to a boil drop in the slices of gholden brown toast from which the crust has been removed. Serve very hot garnished with parsley. Exclosed Commbers

#### Spiced Cucumbers.

Spiced Cucambers.

Poached This is but one of 250 ways of preparing this all nourishing food. Sarah Tyson Rorer says: "I consider Shredded Wheat Biscuit the most perfect of all

Our artistic, illustrated cook book "The Vital Question," telling you the other ways, sent FREE upon receipt of a postal card. THE NATURAL FOOD COMPANY, Niagara Falls, New York.



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