

WELCH  
FIRST EDITION.

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CHAMBERLAIN'S  
HOUSEHOLD  
SOUVENIR

CONTENTS:

DEPARTMENT ON COOKERY,

BY

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IOWA STATE AGRICULTURAL COLLEGE.

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INFORMATION REGARDING THE PURPOSES AND USES OF

CHAMBERLAIN'S CELEBRATED MEDICINES.

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PUBLISHED BY

CHAMBERLAIN & CO.

Manufacturing Pharmacists,

DES MOINES, IOWA.

This Label adopted September 1st, 1882.

# CHAMBERLAIN'S COUGH REMEDY

CURES

## Coughs, Colds CROUP,

WHOOPIG COUGH,  
HOARSENESS,  
BRONCHITIS,  
SORE THROAT  
SPITTING OF BLOOD,  
INCIPIENT CONSUMPTION  
AND ALL DISEASES OF THE  
THROAT and LUNGS.

Manufactured only by

*Chamberlain & Co.*

MANUFACTURING PHARMACISTS,

Des Moines, Iowa.

PRICE, FIFTY CENTS

The accompanying print is a precise copy of the outside label to our Chamberlain's Cough Remedy. Compare it with this and you will be sure that you have the genuine. Don't take any other preparation claimed to be the same or as good, not even when warranted, as imitations and spurious goods are usually palmed off on a warrant, and would not sell unless they were

A. W. ABBOTT, Des Moines, Iowa, says: "I wish to add my testimonial to the good qualities of Chamberlain's Cough Remedy. Having used it in my family for the past three years, I can safely say that I know of no preparation equal to it for Coughs, Colds and Croup. I called at one of our leading drug stores for a bottle of the remedy, but as they were out of it they showed me another preparation which they were selling a great deal of, and had heard it well spoken of. They mentioned the names of several persons of my acquaintance who had used it with good results, and I concluded as they were out of my favorite medicine I would try it. I used the entire bottle without any benefit whatever. I was somewhat disgusted at myself for trying a medicine I knew nothing about, when I could easily have obtained what I wanted. I then procured a bottle of Chamberlain's Cough Remedy, which effected a speedy cure."

## INTRODUCTION.

We have the pleasure of presenting this first edition of CHAMBERLAIN'S HOUSEHOLD SOUVENIR to the public, and do so believing it to be worthy of the name. The word "Souvenir" means keepsake, and we have endeavored to make it so valuable that every housewife will prize it for the useful information it contains. We have had the good fortune to secure the services of Mrs. Mary B. Welch, lecturer on domestic economy at the Iowa State Agricultural College, in writing this edition. She is unquestionably the highest Western authority on cooking, and has adapted her work to Western markets and the products of the Western farm and garden. We expect to make each subsequent edition equally valuable. The SOUVENIR is a gratuitous publication, intended to advertise our medicines. In order to sell our preparations, we must, in some way, inform people what they are, and acquaint the public with their various uses. To more thoroughly accomplish this object, we combine with our advertisements what we regard as the most valuable information we can obtain on other subjects, and information which we know to be practical and in every way reliable. Every family should be provided with medicines for use in cases of emergency, and for slight ailments and accidents, and we have undertaken to supply them in a convenient form, with full directions for use in English and several foreign languages. Our medicines have been in use for several years, and won the favor and esteem of the people by their good works. They have proved themselves to be superior to any others for the purposes for which they are intended. The thousands of testimonials which we have received from both dealers and consumers are truly gratifying to us, as we believe the more good one can do the greater will be their reward. People tell us that in many instances our medicines have saved life before a physician could have been summoned. Emergencies occur in almost every household in such diseases as Croup, Cholera Morbus, &c.; hence every family should be provided for them, to say nothing of the thousand aches and pains that could be prevented by the timely use of reliable medicines. By attending to the slight ailments the more dangerous diseases may be avoided. Hoarseness always precedes true croup. Consumption starts with a cough. Catarrh is caused by neglecting a cold in the head. An ordinary attack of diarrhoea may become chronic by neglect. Many diseases that become chronic, and a life's burden, can be cured by a timely use of some one of our preparations. Accidents occur in every household, cuts, bruises, burns, scalds, sprains, &c., are of frequent occurrence, and should at all times be provided for. Our medicines are all prepared under the personal supervision of a skilled pharmacist, who has made the art a special study, and received instructions in the best schools and from the most noted pharmacists and chemists in America, besides having had long experience, and prepared our medicines from their first introduction in the market. Only the purest and best drugs are used, and all are examined as to strength and quality before entering our preparations, so that our medicines are always uniform, and always reliable.

# State Agricultural College,

AMES, IOWA.

## Department of Domestic Economy.

The recipes given in the following pages have all been tested by the writer and proven to be valuable. They have been culled from various books on cookery, including such reliable authorities as Miss Corson, Miss Parloa, Mrs. Henderson, Mrs. Campbell, etc., etc., and carefully revised to suit Western homes and Western markets. No cook-book, prepared either in the East or in any large city, can perfectly meet the wants of small Western towns, and still less those of the housewife on a Western farm. We have an abundance of good food, but are somewhat limited as to variety. We cannot, except at heavy expense, secure for our tables the sea food which is furnished so abundantly and cheaply to the dwellers upon either coast, nor the great variety of vegetables and fruits that can be obtained in large cities, into whose markets are poured in endless profusion the early and later products of the progressive seasons of the Southern and Middle states. Nevertheless, if we are ingenious in preparing a variety from that which we have, our tables need be second in appetizing and delicious food to none in the land. We have eggs, milk, beef, mutton, pork, poultry, and game at low prices, and almost for the asking. Strawberries, raspberries, grapes, currants and nearly all the small fruits return to the thrifty farmer, in an incredibly short time, a thousand fold for the care he bestows on them. We may have apples, pears, plums, and cherries if we will plant and foster them. Garden vegetables, such as potatoes, peas, onions, corn, tomatoes, turnips, carrots, beets, etc., yield abundantly. We can raise lettuce for our salad; celery for a relish; cucumbers for pickles, and a large enough list of sweet herbs for flavoring and garnishing to answer every culinary need. Why then should the farmer on the outermost border of Western civilization lack for good food, both in quality and variety? Why the ceaseless round of pork, beef, and potatoes, that is offered day after day, with scarcely a break in the three-hundred and sixty-five, in so many houses, not only on the farm but in the village? When the housewife appreciates that variety is quite as much the spice of life in a physical sense as in a mental one, and that consequently her husband will be better prepared to work successfully, and her children more healthfully nourished, as soon as she learns to stimulate their appetites and strengthen their muscles by an attractive diversity of well prepared food, our vigor as a people will be increased, our capacity for effort enlarged, our wealth augmented, and our progress quickened. I hope to add my mite to the prosperity of this wonderful and well loved West, by giving to the ambitious and intelligent housekeepers, who help to foster its most vital interests in the homes over which they preside, a selection of valuable recipes for preparing in several different ways such materials as they can command. The number of such recipes will, necessarily, be limited by the space allotted me, but I shall try to offer such general hints in each division of my subject, as will incite to experiment and trial of new methods, every woman into whose hands this pamphlet may fall.

*Mrs. Mary B. Welch.*

## CHAMBERLAIN'S COUGH REMEDY

FOR THE SPEEDY AND PERMANENT CURE OF

**COUGHS, COLDS, CROUP, WHOOPING COUGH, SORE THROAT, HOARSENESS, BRONCHITIS, DIPHTHERIA, SPITTING OF BLOOD, AND INCIPIENT CONSUMPTION.**



Chamberlain's Cough Remedy is a Western Medicine, that has overcome all local prejudice, and on its merits won the proud title of the best made. The popularity of this medicine has not been produced by extensive advertising, but by people who have used it, telling their friends and neighbors of its great value in diseases of the throat and lungs, and urging them to try it, as no one can use Chamberlain's Cough Remedy without being convinced of its superior excellence. In this way it has gradually gained in favor, until it has become the most popular medicine in use, wherever people are thoroughly acquainted with it. Many physicians who have become convinced of its real value, from the high esteem in which it is held by the people, use and prescribe it, and with the most flattering results. The secret of the great success that has attended the use of Chamberlain's Cough Remedy is, that it strikes at the root of the disease, and eradicates it from the system, hence its cures are not merely temporary, but permanent. It allays the irritation and inflammation of the throat and lungs, produces a free expectoration and opens the secretions. No cough or cold, however severe, can long withstand its balmy effects. Nothing that we could say would carry such conviction of the superior excellence of Chamberlain's Cough Remedy as a personal trial.

We are almost warranted in saying that this splendid medicine is a specific for croup, as among the many hundred cases in which we know it to have been used it has never failed in a single instance. Chamberlain's Cough Remedy contains no opium in any form, or other objectionable ingredient, and is perfectly harmless to the most delicate child. Dealers sometimes persuade their customers to take other preparations that afford them a larger profit. In one or two instances that we know of, where Chamberlain's Cough Remedy was wanted for croup, the other preparations sold in place of it came near taking the life of the child.

Ask your druggist or dealer for Chamberlain's Cough Remedy, and take no other. See that the face of the outside wrapper is precisely like the copy published on the second page of the cover of this pamphlet, then you will be sure to get the genuine, and a preparation that is in every way reliable. Any druggist or dealer will order it for you if they have not got it in stock. One bottle of Chamberlain's Cough Remedy, costing but 50 cents, will go further and do more good than a dollar bottle of any other cough preparation in the market.

**BREAD.**—GENERAL REMARKS. Shall we eat brown bread, which is made from flour containing the bran or outside coverings of the grain, or white bread made from flour containing largely the kernel of the grain? There are two sides to this question as to every other. While the bran contains much that is nutritious, its outside covering is almost, if not entirely, indigestible. If not separated from the inner coatings (and this has been found almost impracticable), which contain certain valuable nutritive material, it acts as an irritant, hurrying the food along the alimentary canal, and does not therefore allow sufficient time for the absorption of such nutritive material. It consequently causes waste, and while it may supply the place of medicine to such as need a laxative, it cannot be called economical food for those who engage in active work. Physical exercise will, in most cases, serve as a sufficiently strong stimulant to digestion, and the laboring man or woman needs condensed, not laxative food. Brown bread, made from whole meal, ground after the ordinary method, is therefore too wasteful a food for those who engage in muscular labor.

To ensure good bread the following things must be carefully attended to: The flour must be made from good grain, must not be musty, and must contain the proper proportion and the right quality of gluten.

The yeast must be sweet and active.

The dough must be thoroughly kneaded so as to distribute the yeast evenly throughout the mass, and to make the gluten firmer and tougher.

Enough salt must be added to the sponge to make the bread palatable, to toughen the gluten and whiten the loaf.

The bread should be baked in separate loaves, so that the heat will reach the center of the loaf in all directions equally, and the temperature of the oven should be so regulated that the crust will be light colored and tender. No more than a pint bowl of dough should be made into a loaf.

I give two recipes for yeast, one of which requires the addition of other yeast to ensure its lightness, and the other being self-raising. The latter takes more time in preparation, but is often invaluable to a housewife living at a distance from the store or from neighbors.

**YEAST.** Pare and boil one dozen mealy potatoes; as soon as you put the potatoes on to boil, put a good handful of hops into another kettle containing three quarts of cold water; cover and boil. When the potatoes are boiled, drain and mash fine; then strain the hops through a fine sieve on the potatoes, making sure that the hop water is actually boiling, and stir well. Then add one-half a cup of sugar, one-fourth of salt, and one pint of flour; mix well, and strain through a cullender; let it stand until it is luke-warm and then stir in one cup of good yeast; set it to rise in a warm place. It will rise in about five hours, if the yeast added to it is good. You can tell when it is risen, by the white foam which will rise to the top. When risen put in a jug or bottles and cork tight; keep in a cool place.

This recipe makes about three quarts of yeast. Half the quantity is sufficient for a small family.

**SELF-RAISING YEAST.** Boil a good handful of hops in four quarts of water half an hour; (put the hops over in cold water), strain the liquor, and let it stand until luke-warm. Dissolve in it one cup of brown sugar and two tablespoonfuls of salt. Add this by degrees to one pint of flour, beating it quite smooth. Put it in an earthen jar or bowl, and let it stand in a warm place three days to ferment. On the third day boil, peel, and mash one dozen potatoes, stir them into the yeast and let the whole stand another day. Then strain and bottle and keep in a cool place.

**BREAD.** Take four good sized potatoes, peel, boil, and mash, and pour over them one quart of boiling water. Let this get blood warm and then stir in one cup of yeast, one tablespoonful of sugar, one tablespoonful of salt, and enough flour to make just as stiff a dough as you can possibly stir with a spoon. Beat very thoroughly and set in a warm place to rise. In the summer it will rise in four hours, in the winter in about five. When well risen stir in one tablespoonful of lard and add enough flour so that it will not stick to the molding board. Then knead quickly and lightly half an hour, adding just a little flour occasionally to prevent sticking. Now put the dough in the pan again and let it rise one hour, then form into loaves. Do not put more than a pint bowl of dough in a loaf. Let the loaves rise three-quarters of an hour, and bake in a moderate oven one hour.

If these directions are carefully followed, and the yeast and flour are good, you cannot fail in having excellent bread. The only objection that can be offered is that the bread must be baked in the afternoon. This is, however, a trifling matter when compared with the immense importance of good and wholesome bread.

## COUGHS.

Coughing is caused by an irritation of the mucous membrane lining the throat and lungs. It is a symptom rather than a disease. By the character of the cough we are greatly aided in determining the nature of the disease. When the cough is dry, loud and sonorous, it signifies that the patient has recently taken cold. When spasmodic and long continued, it denotes whooping cough; when accompanied by a peculiar ringing, metallic sound, it indicates croup.

In consumption the cough varies with the stage of the disease, but taken together with other symptoms identifies it beyond a doubt. Whatever the character of the cough, the real cause is the irritation of the mucous membrane lining the air passages of the throat and lungs. To remove this irritation is one of the purposes of Chamberlain's Cough Remedy, and where it has shown itself to be remarkably efficient. It not only removes the local irritation from the throat and lungs, but, acting through the system, removes the cause that aggravates it. The Cough Remedy does not suppress a cough, but allays it, and when not symptomatic of some constitutional disease, will effectually cure. Whether the exciting cause be local or constitutional, the cough dry or humid, single or spasmodic, it is injurious and objectionable, and should be allayed. No other medicine will do this so completely and effectually as Chamberlain's Cough Remedy. The soothing and healing properties of this medicine, its pleasant taste and prompt and permanent cures, have made it a great favorite with the people. For a dry, hacking cough, take small and frequent doses, quarter to half teaspoonful every half hour, or often enough to prevent the coughing. Should it produce nausea, that is, make you sick at the stomach, take in less quantity and less often. For a persistent cough, when not accompanied by a cold, follow the directions for consumption.

## COLDS.

The affection commonly known as a cold is an inflammation of the mucous membrane lining the air passages of the nose, throat and lungs. In health this membrane is constantly moist from its own secretion, but when a person takes cold, it becomes dry, swollen and inflamed. Air a little colder or less pure than usual, or even a deep inspiration, induces coughing. The cough is at first dry and loud. The expectoration, if any, is slight and tenacious, and often streaked with blood. In severe attacks, there is soreness of the chest, slight fever, a chilly sensation followed by flashes of heat, and a thin white coating on the tongue. The above are the first symptoms of a severe cold, and a sure indication of what is to follow, unless prompt measures are used to arrest the cold. One would naturally presume that the danger and annoyance that attend such attacks would move the most lethargic to action. A prompt use of Chamberlain's Cough Remedy would prevent, or greatly lessen the danger so certain to follow. It would stimulate the mucous membrane to a healthy action, allay the cough, open the secretions, and effectually check the cold. We have often known its prompt use at this stage of the disease to arrest a cold in a single day. When the cold is allowed to take its natural course, the mucous membrane, at first dry, secretes a thin, watery liquid, which becomes thicker as the cold advances, until nothing but thick, tenacious, mucous, of a yellowish or greenish yellow color, is secreted. Expectoration is excessive, but very difficult. The thick mucous secreted by the diseased membrane accumulates in the air passages of the nose, throat and lungs, and greatly interferes with

**ROLLS.** Scald a generous pint of milk; let it stand till cold; put two quarts of flour into a deep bowl, and rub into it a tablespoonful of lard or butter; then make a hole in the middle of the flour and stir in a half teacupful of yeast, a dessert spoonful of sugar, a tea spoonful of salt and the milk, and sprinkle flour over the top. Let it stand over night, or if wanted for tea, prepare the sponge before breakfast and let stand until two hours before tea. In the morning stir in the remainder of the flour in the bowl, knead well and set in a warm place to rise. When it is a light sponge, roll out about half an inch thick and cut with a cutter the size of a pint pail cover, rub over with a little butter and lap like a turnover. Let them rise one hour and then bake twenty minutes. They are excellent and never fail if the directions are carefully followed.

**GRAHAM BREAD.** Water or milk one pint; flour one pint; unsifted Graham flour one large pint; sugar or molasses half a cup; yeast half a cup; salt one teaspoonful. Have the milk or water blood warm; add the yeast to it. Sift the white flour into a deep dish, add yeast and milk or water gradually to the flour, beating until perfectly smooth. Set in rather a cool place (about sixty degrees), to rise over night. It is much more apt to sour than sponge for white bread and will rise in a warm place in about four hours. In the morning add the salt, sugar, and last the Graham, a little at a time, beating vigorously all the while. When thoroughly beaten, turn into two bread pans and let it rise in a warm place one hour. Bake one hour.

**BROWN BREAD.** One quart Indian meal, one pint rye or Graham flour, one quart sour milk, one teacup molasses, and one teaspoonful of soda. Steam four hours, or bake one hour. This quantity will make two loaves.

**BAKING POWDER BISCUITS.** One quart of flour, three teaspoonfuls of baking powder, two tablespoonfuls of lard and one of butter, a salt-spoonful of salt. Sift the baking powder and flour together three times. Have the lard and butter as cold as possible, then rub them well into the flour. Wet with very cold milk or water, or half milk and half water. Wet quickly and to as soft a dough as can possibly be handled. Roll three quarters of an inch thick and bake in a quick oven. Let every movement be quick as possible and do not let the dough stand a moment after it is ready for the oven.

**MEATS.—GENERAL REMARKS.** If we cut a piece of meat in thin strips, and wash it in several waters, we shall discover that we have left a bundle of almost colorless fibres. Upon examining the waters in which they were washed, you will find the extractive juices of the flesh, blood, and all the materials soluble in cold water. Take now the bundle of fibres and plunge it in boiling water. It will contract and shrivel at the ends, and if left boiling long enough, will shrink and toughen the whole length. Heat now the water in which the meat was washed, and as it approaches the boiling point, a thick scum will be seen floating in the water, or gathering on the surface. This is, chiefly, one form of albumen, a most valuable ingredient in the meat. By this simple experiment several things may be learned:

1. The juices of the meat which give it flavor, and add so much to its nutritive power, as well as give it its peculiar color, a portion of the albumen, and such salts as are soluble in cold water, have been washed out. Meat, therefore, soaked in cold water loses a large portion of that which gives it value as food.

2. Upon heating the water containing the juices, etc., extracted from the beef, the albumen it contains is hardened, or coagulated.

3. By applying heat to the fibres, they are made to contract, and become hard and tough, but by leaving them in water something lower in temperature than boiling, they are softened and made tender.

All this knowledge can be directly applied in our methods of cooking meats.

**STOCK.** Stock is simply a strong highly flavored extract of meat. How shall we prepare it? By putting the meat, of course, into cold water, and heating it very gradually to near the boiling point, thus allowing the water to reach every portion of the fibre. To do this effectually, you should cut the meat into small pieces, break up the bones also and add them to the meat and cold water. If strong, rich stock, or stock jelly is required, to one pint of cold water allow one pound of meat and bone, and one hour's time for simmering, to each pint of water. An extra pint of water is added for every four pounds of meat and bone to allow for evaporation. As the water approaches the boiling point a thick scum will appear. If a clear stock or

breathing. There is soreness and oppression of the chest, headache, and sometimes fever. It is very apparent that something must be done, or dangerous consequences may follow. Fortunately there is a remedy that is reliable, that can be depended upon at all times, not new or untried, but one that has a reputation won from a reluctant public by its remarkable cures of severe and deep seated colds. It is called Chamberlain's Cough Remedy. It will produce an expulsion of the mucous from the air tubes of the lungs, and renders the secretion less tenacious and expectoration freer and easier. The oppression and soreness of the chest diminish, the fever soon leaves, and in a short time the cold is effectually cured,

**TREATMENT.**—*For an ordinary Cold*, take Chamberlain's Cough Remedy every hour, or often enough to render expectoration easy, and prevent coughing. Should it produce nausea, that is, make you sick at the stomach, take less than the usual dose as directed on the label, or not so frequently. *For a severe Cold*, in addition to taking the Cough Remedy, the patient should, on retiring, take two to four of St. Patrick's Pills, and bathe the feet in water as warm as can be comfortably borne. When the pills operate, be very careful to avoid exposure to cold, drafts of air, or going out into the night air without being properly clothed, as it would be almost sure to renew the cold. Hot teas taken on retiring are often beneficial, as they aid the Cough Remedy in opening the secretions. When used, the patient should remain indoors for one or two days after, as exposure would be very likely to renew the cold.

*The Dangers of a Neglected Cold* are, that it will lead to some constitutional disease.

*Catarrh*, so common and so annoying throughout the Northwest, is produced by neglecting a cold, or by a succession of colds, thereby allowing the inflammation, which is at first acute, to become chronic. Acute inflammation of the mucous membrane, whether in the nose, throat, or on the lungs, is easily cured by using Chamberlain's Cough Remedy as directed, but it will not cure chronic catarrh, which is a chronic inflammation of the mucous membrane lining the nose, and usually attended by a morbid secretion of mucus.

We do not know of a single instance where a bad case of chronic catarrh has been cured by any medicine or treatment. It may be possible to cure the disease, but we know of no instance where a permanent cure has been effected, but it can be prevented by a timely use of Chamberlain's Cough Remedy.

## CONSUMPTION,

The greatest destroyer of human life, is caused by neglecting a common cold. Consumption may be hereditary, or the person predisposed to it, but the cold is the exciting cause, and neglecting the cold, the real cause. Even persons who are predisposed to the disease may avoid taking it by using prompt measures to free themselves from every cold they take, and avoiding habits that would tend to bring on the disease.

Consumption starts in a form so mild, that it seldom excites any apprehension until it has got a strong hold on the system. The first symptom is a cough, at first slight and dry, but after a variable period becomes more marked and is accompanied by expectoration. During the first stage of the disease there is no symptom that would cause alarm except a persistent cough and a gradual loss of flesh, but to one familiar with the disease they foretell a sad future, a death by inches, the most dreadful imaginable. This stage of the disease is the time for action—the important time, the crisis, as, unless the disease is averted now there is little hope of recovery.

Chamberlain's Cough Remedy, used in connection with Dr. Von Hopf's Curacao Bitters, is a certain and positive cure for consumption if used as directed, while the disease is in its incipency, and a great relief even after it has passed to an incurable condition.

soup is required this must be carefully skimmed off. It is however nothing unclean or unfit for food, but on the contrary is a most valuable and nutritious element, being, as previously explained, albumen. If the stock is intended for immediate use add, about an hour before it is removed from the stove, one carrot, one turnip, an onion stuck with three cloves, and a bunch of sweet herbs, namely, parsley, marjoram and thyme. If however it is desired to keep the stock for several days and use from it gradually, do not add the vegetables until the day the soup is to be made, as they are apt to make the stock sour.

The pieces of meat for soup are portions of either the shank, the shin or the neck. The two last named are to be preferred, as containing proportionately more gelatine. The meat should either be cut in small pieces or gashed many times, and the bone should be broken. Every particle of fat should be removed. Greasy soup is an abomination, and no greasy food is either good or wholesome. The advantage of making stock for soup the day before the soup is to be served is, that when perfectly cold the grease will collect in a cake on the top, and can then be entirely removed. The water in which stock is made should never boil rapidly or irregularly, but should simmer slowly and evenly. If it gets to boiling too fast pour in a little cold water to reduce the temperature. This will also aid the scum to rise to the surface. A little salt may be added for the same purpose, but it is better to defer the full seasoning until the soup is prepared for the table. Use pepper corns, whole spices, and herbs in the sprig, for seasoningsoups, as they do not cloud and discolor them, and they can also be easily taken out when the soup is served. When the stock has simmered the full time strain through a cullender into an earthen vessel. It should never be left to cool in the kettle in which it has been cooked.

**TO CLARIFY STOCK.** To every quart of stock allow the white and shell of one egg. Beat these to a froth and then add them to the cold broth. Set on the stove and stir occasionally until the stock comes to a boil. Let it boil two or three minutes, then remove from the stove, and let it stand until the bubbling has entirely ceased. Skim the egg, etc., which has risen to the top, taking great pains not to disturb the contents of the kettle more than is absolutely necessary. Strain through a fine hair sieve, a flannel bag, or a coarse towel laid in the cullender. The broth should be clear and sparkling.

**TOMATO SOUP.** To two quarts of stock add one pint of tomatoes, strained so as to remove all the seeds, season to taste with salt, and add three table-spoonfuls of rice, and boil until the rice is tender.

**TOMATO SOUP WITHOUT STOCK.** Fry half a medium sized onion cut in slices, in a little butter. Add a quart can of tomatoes, and, if possible, two sprigs of parsley. Let it cook fifteen minutes and then pass through a sieve. Put into a sauce-pan a tea-spoonful of butter, and when it bubbles add a tea-spoonful of flour. Stir until perfectly smooth, and when it begins to boil stir in the tomato pulp and season with pepper and salt. Add one half pint of boiling water, and a cupful of fresh boiled rice, and a small half tea-spoonful of soda.

**JULIENNE SOUP.** After clarifying the stock as previously described, add to it two carrots, one turnip, and two or three cabbage leaves, or leaves of lettuce cut into strips two inches long and an eighth of an inch thick. These vegetables must have been previously boiled until tender, each in separate water so that the color will be perfectly preserved. If they are ready before time to serve the soup, drain them out of the hot water and put them, still in separate vessels, in cold water. Add them to the soup, a long enough time before serving to heat them thoroughly. This is a very pretty and delicious soup.

**CLEAR SOUP.** Clear soup is simply the clarified stock heated and seasoned with salt. It may be served in various ways. Thin slices of lemon, at least one slice to a person, are often added just before it is sent to the table, or one poached egg for each person is served with it, or the hard boiled yolk of an egg, or a little grated cheese may be handed around and each person add a tea-spoonful to the soup in his or her plate.

The soup plate, the tureen, and even the ladle should be hot. Lukewarm soup is never palatable.

Maccaroni, vermicelli, pearl barley, sago, tapioca, rice, and oatmeal, are all used for flavoring soup, the proportion being two or three table-spoonfuls to the quart. Thick soups are made from split peas, beans, etc., one half a tea-cupful of either being sufficient to thicken one quart of soup. If after straining these the soup is unevenly thickened, the meal of the peas or beans

Not one person in a thousand will believe they have consumption when the only symptoms are a persistent cough and gradual loss of flesh, and it is the duty of their friends to take them to a good physician and have their lungs examined by auscultation and percussion, that is by sounding the lungs and listening to the breathing. Any first-class physician can, in a few moments, determine the exact state of the lungs, whether they are sound or not, and if diseased, to what extent. If possible, convince them of their condition and the danger they are in, before it is too late to avert.

## CROUP

Is a disease incident to children, although older persons, and sometimes adults, are affected by it. The same causes that produce a cold in an older person, will produce croup in a child. The great difference between croup and a cold is, that in croup the inflammation of the mucous membrane is generally confined to the upper portion of the wind pipe, and causes a false membrane to form on its inner surface. The presence of this false membrane, together with the swelling of the mucous membrane, is the great source of danger, from their liability to close the wind pipe and cause death by suffocation. The first symptom is hoarseness, and in a child or a person subject to the disease, this should be sufficient warning of the approaching danger, especially if the nostrils dilate when the child breathes, which shows difficulty of breathing. This is the time to treat the disease. A few doses of Chamberlain's Cough Remedy will allay the hoarseness and remove all cause of danger or anxiety.

No mother who has small children, whether subject to croup or not, can afford to be without this never-failing remedy, if only as a safeguard. The hoarseness may last one, two, or even three days before any other symptoms develop to excite the apprehension, affording ample time to successfully combat the disease.

A peculiar rough cough then appears, or a cold may have accompanied the disease from the start. The cough has a ringing metallic sound, which becomes more marked as the disease advances. There is difficulty of breathing, which becomes greater, until the distress from want of air is intense. The hoarseness increases; the voice becomes more faint, until extinct; the cough more frequent, and finally spasmodic. The expression of the face shows great distress, and is sad and pitiful. Without prompt relief is had, death must soon follow. Chamberlain's Cough Remedy, used as directed, is the safest and surest remedy known for croup. It is prompt in its action and certain in its cures. It has been in constant use for over ten years, during which time it has cured thousands of cases of croup, and we have never heard of its failing in a single instance. It is not at all likely that any other preparation or treatment can show as good a record. The first symptom—hoarseness—is often overlooked by persons not acquainted with the disease, and sometimes not heeded by those who know it to be a signal of danger. When such is the case, the dread disease with all its terrors, appears almost instantly. The child, without waking, gives an unusual cough; which is repeated again and again until spasmodic. If there is no hoarseness attending the cough, or to be noticed when the child cries, there is much less danger to be apprehended.

**TREATMENT.**—Give Chamberlain's Cough Remedy as follows: For infants, quarter teaspoonful at a dose. For a child two to three years of age, half a teaspoonful. For a child four to five years of age, a teaspoonful. Older children, one and a half to two teaspoonfuls, and *repeat every ten minutes until nausea is produced.* The child should be bathed in warm water and the feet placed in water as warm as can be comfortably borne;

sinking to the bottom of the kettle, it may be held in suspension by mixing together, dry, a table-spoonful of butter and flour, and stirring it into the soup.

**PLAIN FAMILY SOUP.** Take the bones of a roast of beef, break them up, and put them, with any bits of cold beef you may have, in a kettle, sprinkle over them a dessert-spoonful of salt, a table-spoonful of flour, and a half a tea-spoonful of pepper. Cut into this one small onion and add three quarts of cold water. Put on the stove and when it comes to a boil skim it well. Let it simmer three hours, then add eight sliced potatoes and boil twenty minutes. Have ready dumplings; put them in and cover tight, and boil ten minutes longer and then serve.

**DUMPLINGS.** One pint of flour measured before sifting, two even tea-spoonfuls of baking powder, one-half tea-spoonful of salt, one of sugar. Mix very thoroughly and then sift. Wet with a small cup of milk. Stir into a smooth ball with a spoon, turn the dough on a well floured board, roll about half an inch thick, cut into small cakes and cook in the soup just ten minutes. Be sure that the soup is boiling rapidly when you put the dumplings in, and that it boils all the time. See that the cover fits tight on the pot and that the dumplings boil just ten minutes. If these directions are carefully followed they are sure to be good.

**BOILED MEAT.** From the general remarks, it will be readily understood that, if instead of stock or soup it is desired to boil a piece of meat for the table, it must be plunged at once into boiling water, because by so doing the ends of the fibres will contract, and the albumen distributed over the surface will coagulate, thus serving to prevent the escape of the juices, and sealing them up in the interior of the meat. The meat must not be boiled rapidly, however, for any length of time, because so great a degree of heat will shrivel the fibre its entire length, and make the meat tough and leathery. It should therefore be subjected to a fierce heat only long enough to seal the ends of the fibres, and then be simmered gently until done.

The same philosophy applies to roasting and broiling, namely, a strong heat at first, and then a more moderate temperature until the process is completed. When meat is cooked for the table by any method whatever, the whole aim should be to preserve the juices in the interior of the cut, and then to apply an even and gentle heat until ready to serve. The general theory as to the cooking of meats is, that all red meats should be underdone or rare, and all white meats well done. We have beef as an example in the first class, and veal and pork in the second. Game birds, and game in general come under the first class, domestic fowls under the second.

There are two methods of boiling meat. The first is to plunge it into a small quantity of boiling water, scarcely enough to cover it, and cook rapidly in a tightly covered kettle for about ten minutes. Then remove the kettle to the back part of the stove and simmer gently, allowing twenty minutes to the pound. Do not season until half an hour before it is done. Then the water should have boiled away sufficiently to allow the meat to brown in the bottom of the pot. Sprinkle salt, pepper, and flour over it and turn frequently.

The second method is to put some trimmings of pork or other sweet fat in the bottom of a sauce pan, and when it is hot put the boiling piece in and brown it quickly on all sides; then dredge it thoroughly with flour and turn it and brown again; and lastly pour boiling water over it, enough to partly cover it, and remove it to back part of the stove to simmer until done. The addition of an onion, a carrot, and a turnip cut in slices, flavors it nicely. These can be removed before the meat is served, or can be dished up with it. Add salt and pepper about half an hour before the meat is done.

**BEEF STEW.** The materials required are two pounds of the round, flank, or any cheap cut of beef, one slice of pork, one onion, one small or one-half of a large carrot, one medium sized turnip, one quart of water, a bunch of sweet herbs if they can be obtained, salt, and pepper, and three heaping table-spoonfuls of flour.

Cut the beef into small, regular pieces. Cut the pork into dice, and put it over the fire in a saucepan. When the fat is tried out, skim out the pieces of pork, and put into the hot fat, the onion, turnip and carrot, cut into small dice, and brown them slightly. Skim them out of the fat and put into it now the pieces of meat. Brown these thoroughly; then sprinkle over them one table-spoonful of the flour and brown that, being careful not to burn it. When well browned, pour over the meat the quart of water, which must be boiling hot, add the vegetables and the bunch of herbs; season to taste with salt and pepper, and then let simmer slowly until the meat is done, from two to three hours. Remove the herbs, thicken with the rest of the flour, and

also, cotton cloths wet in warm water, well rung out and applied to the throat and chest. The cloths should be frequently changed. The room should be kept at a temperature of 80 to 90 degrees and filled with the vapor from boiling water. Whenever the child shows symptoms of difficulty of breathing, give Chamberlain's Cough Remedy.

### WHOOPIING COUGH.

As the name signifies, this disease is characterized by a cough which has a peculiar whooping sound, or rather is followed by a whoop. It occurs in long-continued fits, returning at irregular intervals. The cough is often very violent, and occurs most frequently during the evening, night and morning. The disease is contagious, and the young are its favorite victims. It is very unusual for a person to have the disease a second time. It usually lasts from six to eight weeks, although the time may be considerably shortened by a free use of Chamberlain's Cough Remedy. Whooping Cough commences very much the same as an ordinary cold, but may soon be identified by the peculiar cough. The principal danger attending the disease is from the accumulation of tough, tenacious mucous in the throat, choking the child, or the prolonged and violent coughing, rupturing the air cells of the lungs. When neglected complications arise, that is, it leads to other and more dangerous diseases, convulsions, pneumonia, etc., which often result fatally.

Chamberlain's Cough Remedy will allay the irritation and tickling of the throat, making the fits of coughing less violent and less frequent. It also loosens the phlegm and mucous, rendering them less tenacious and easier to expectorate. In babies it produces slight vomiting, causing them to spit out the phlegm, which is so injurious when swallowed. Chamberlain's Cough Remedy should be given often enough to keep the cough loose, expectoration easy, and relieve the violent fits of coughing. Long experience has shown that it has no equal for whooping cough, and when freely used completely robs it of all dangerous consequences.

### BRONCHITIS

Is an inflammation of the mucous membrane lining the bronchial tubes, (the tubes which carry air to the lungs). It may be acute or chronic. Acute Bronchitis is the name given by physicians to an ordinary cold, when the inflammation is mostly confined to the bronchial tubes. It is generally preceded by an inflammation of the nostrils or throat, although in some cases it attacks the bronchial tubes without affecting the other parts. When the affection starts in the nose it produces a profuse watery discharge. If in the throat, hoarseness is the first symptom, which is followed by a dry cough. The cough is greatly aggravated by breathing air a little colder or less pure than usual, or taking a deep inspiration. There is a sense of soreness on coughing felt beneath the breast-bone. There is little, if any difficulty in breathing. The only treatment necessary is to take Chamberlain's Cough Remedy every hour. It will effect a speedy and permanent cure. Chronic Bronchitis is caused by neglecting to cure the disease while it is in the first or acute stage. It may be cured by using Chamberlain's Cough Remedy and using great care not to take cold. It is very seldom that a permanent cure of chronic bronchitis is effected, as every cold aggravates the disease, and even when the patient is comparatively well a severe cold will bring on acute bronchitis, and unless that is promptly cured, the old trouble with all its annoyances will be back again. It is therefore of the utmost importance to use every reasonable means to avoid taking cold, and when so unfortunate as to contract one, to get rid of it as soon as possible, and the quickest and surest way is to take Chamberlain's Cough Remedy.

*For Acute Bronchitis*, follow the directions for a cold. *For Chronic Bronchitis*, take Chamberlain's Cough Remedy often enough to prevent coughing. Small and frequent doses are best, and never so much as to nauseate.

serve in a hot dish. Dumplings, like those recommended for family soup, are a pleasant addition to this stew.

**BEEFSTEAK.** The choice cuts of steak are the Porter House and the Sirloin. The origin of both names is curious. The Porter House steak is a cut from the small end of the sirloin, and is so named from having been first used by the proprietor of a "Porter House" in New York City. The small size of the steak makes it very convenient to be served to one or two persons at a time in an eatinghouse, and it soon became very popular. It is not to be recommended as an economical steak for family use however, as there is more waste in the trimming for table than in either the sirloin or the round.

The word "sirloin" is said to have originated with Charles II., who, on returning from a hunt ravenously hungry, was so delighted with a choice roast of beef that was served him, that he jocularly knighted it, dubbing it "Sir Loin." This is indeed a delicious morsel, and can be cut either into fine roasting pieces or large handsome steaks.

The round steak is also a favorite with many, and is perhaps the best piece for ordinary family use. There is a larger proportion of meat to bone and less waste than in either of the other pieces.

All steak should be cut from one-half to three-quarters of an inch thick. It should never be pounded, since then the fibres are so torn and lacerated, as to afford ready escape to all the juices.

**BROILING.** For broiling, the coals should be clear and bright. The broiler should be heated before the steak is put on it, and then exposed to the fiercest heat of the coals and turned frequently. As soon as the surface of the steak is seared over perfectly on all sides, it can be removed a little farther from the coals and cooked more slowly. It can be tested in the following manner: Press the flat part of the blade of a kitchen knife against the surface of the steak. If on removing it the fibre springs immediately back into place, the steak is still very rare, if it resumes its natural appearance after a second or two, it is medium rare, but if it retains the impression of the knife, it is thoroughly well done. Never stick a fork into steak. If you have not a double broiler, turn the steak either by putting the fork under the slice and the flat blade of the knife above it, or you may put your fork into a portion of the fat, being sure not to pierce the muscular fibre. Do not season the steak until it is cooked. Then place it on a hot platter and put a lump of butter, and salt and pepper, on the upper surface; then carefully turn and treat the other side in the same way. A little chopped parsley and a few drops of lemon juice or vinegar mixed with the butter, before seasoning the steak, makes what is known as *Maitre d'Hotel* butter, which is considered a very great improvement upon simple butter, for steak.

If the conveniences for broiling are lacking, or if it is not easy to get good coals, there is a way of cooking it in a spider or skillet, that is next to broiling, and as different as possible from ordinary fried steak. Have the spider very hot. Do not put one particle of grease in it, but when hot, put in the steak, and turn continually as in broiling, until the surface is seared; then reduce the heat as before, and cook gradually until done. Of course, the precise point when it is done varies with individual taste. It can be tested in the same way as the broiled steak. Season like broiled steak, after it is done.

**TO MAKE TOUGH STEAK TENDER.** Prepare a *Marinade*, or pickle, of one table-spoonful of vinegar, one of olive oil, or melted butter, and a salt-spoonful of pepper. Soak the steak in this for an hour or more, turning it occasionally. The vinegar softens the fibre, the oil or butter keeps it soft, and the pepper seasons it somewhat. Never add any salt. It would be injurious in two ways. It would aid in extracting the juices and would harden the fibre. The oil is better than the butter, as the latter hardens so soon. If butter is used, the dish containing the pickle must be kept in a warm place. The flavor of the steak will not be unpleasantly affected by this process, and the effect is sure, if thoroughly tried. If the steak is very tough, it is well to prepare the pickle the evening before the meat is needed for breakfast, and allow it to remain in it all night. It is much better to treat tough steak in this manner than to pound it. When ready to broil it, drain it out of the pickle and proceed exactly according to the preceding directions.

**ROAST BEEF NO. 1.** The best roasts are the sirloin, the porter house, or thin end of sirloin, and the rib roasts. If desired rare, allow ten minutes to the pound, if medium, twelve to fifteen, and if very well done, twenty. Cut a small onion, a small turnip, and part of a carrot into

## SORE THROAT

Is one of the most common affections the people of the Northwest have to contend with. The characterizing symptoms are acute inflammation of the tonsils and fauces, causing swelling and florid redness of the mucous membrane; also painful and difficult swallowing. It is brought on by the same causes that produce cold, and is often accompanied by a cold. Sore Throat may be speedily cured by taking Chamberlain's Cough Remedy in small and frequent doses, quarter to half teaspoonful every 15 or 20 minutes. In case of violent or malignant sore throat, or where you can see ulcers (white spots) in the throat directly back of the palate, follow the directions for diphtheria.

## DIPHTHERIA

Is characterized by a violent sore throat and a pustulous ulceration of the mucous membrane lining the throat. The ulceration is usually confined to the upper portion, and may be seen by pressing down the tongue. The white spots or ulcers in the back part of the throat afford a ready means of identifying the disease. As the disease advances, the ulcers spread and form a false membrane. Diphtheria is a constitutional disease of which the ulceration is a local manifestation. It usually occurs as epidemic, and has caused great destruction of life. Children are its most frequent victims, although older persons are also attacked by it, and often with fatal results.

*Treatment.*—Give Chamberlain's Cough Remedy, in quarter to half teaspoonful doses every 20 or 30 minutes; also get a gargle prepared as follows: Chlorate of Potash, half ounce; Muriatic Acid, 80 drops; add the acid to the potash in an eight ounce bottle, and immediately fill with water.

*Dose:*—For an adult, half teaspoonful every fifteen minutes; children, proportionally less. For small children, add an equal amount of Syrup made from loaf sugar. It should be gargled in the throat as it is swallowed, so as to get the local as well as constitutional effect. The throat and throat glands should be bathed thoroughly with Chamberlain's Pain Balm; also, a piece of flannel saturated with Pain Balm and bound on to the throat. Should the saturated bandage have a tendency to blister, remove it and apply a dry bandage of several thicknesses of flannel. The above treatment must be kept up day and night until out of danger. It has cured thousands of cases, but can only be relied upon when directions are followed; then it is certain. The Cough Remedy must be used. The gargle must be used every fifteen minutes by the watch, and Chamberlain Pain Balm applied externally. This is the most successful treatment there is for diphtheria, and will cure ninety-nine cases out of one hundred, if taken in time. There is no danger in using the gargle.

W. V. LUCAS, Editor of the *Cerro Gordo Republican* and Ex-State Auditor, says: "I have used Chamberlain's Cough Remedy in my family and have no hesitation in saying it is an excellent remedy. I believe it is all that is claimed for it. Persons affected by a cough will find it a friend."

H. C. HARTLAND, Amber, Jones Co., Iowa, says:—"I have used Chamberlain's Cough Remedy in my family for 7 or 8 years. It is an excellent medicine for what it is recommended. My children had the scarlet fever, which was followed by severe coughs, and this medicine has entirely cured them."

DR. J. W. MATHER, Davis City, Iowa, says:—"Chamberlain's Cough Remedy is a good one and always gives satisfaction."

HON. FRED. D. SNYDER, Judge of Probate, Maryville, Mo., says: "Having used Chamberlain's Medicines, especially the Cough Remedy and Diarrhoea Remedy, and being well acquainted with their use in North-West Missouri, I consider them the best patent medicines now in the market."

D. M. YETTER, Druggist, West Branch, Iowa, says: "I have been handling your remedies for the past five years, and have never sold anything that gave the universal satisfaction yours have. Especially the Cough Remedy, which I have sold more of in the last two years than all other cough preparations put together."

HON. JAS. D. GIFFEN, Judge of the Eighth Judicial District, of Iowa, says:—"It gives me pleasure to recommend Chamberlain's Remedies, because I do so from actual experience in the use of them in my family. I refer particularly to the Cough Remedy and Cholera Remedy, which I think are unexcelled by any others."

rather small pieces; add to these, if possible, two or three sprigs of parsley and a bay leaf. The latter you procure at almost any grocery or drug store, and five cents worth will last a year. Sprinkle these over the bottom of the dripping pan, and place your roast on the bed thus prepared for it. The oven should be very hot when the roast is first put in, and then when browned over so that the juices are sealed in, moderate the heat and cook more slowly until the roast is done. Do not season until the roast is first browned, then add the salt and pepper. Enough juice and fat will drip from the roast to allow the necessary broth for basting. Baste frequently and turn occasionally, being very careful however not to stick a fork into the roast. A little practice soon enables one to turn it easily without piercing it with a fork. Never allow your butcher to *skewer* your meat. Have it *tied* carefully into shape, and then cut and remove the strings before dishing. Wooden skewers invariably give an unpleasant taste to the beef next them, and any skewer makes a hole for the flow of the juices. Never wash meat in a pan of water. If it is dusty or looks mussed on the surface, wring a cloth from cold water and wipe it off. Many a careless cook wastes a good proportion of the best part of the roast in a pan of water which is thrown away.

**ROAST BEEF NO. 2.**—Another method of roasting beef is to dredge it thoroughly with flour, enough to make almost a paste, and then season it before putting it in the oven. The flour serves to stop up the apertures through which the juice escapes. The roast in this case should be put on a rack, and not directly on the bottom of the dripping pan. A very little hot water may then be put in the pan. The rack holds the meat away from contact with the water, and the latter furnishes material for basting. A little water may be added from time to time if it is needed, but great care must be taken not to have too much water, or the meat will become sodden and leathery, and the gravy will be almost colorless.

**GRAVY.** If the meat is roasted according to the first method, take out the vegetables, and then put the dripping pan on top of the stove. Now stir in very smoothly a tablespoonful of flour; then add gradually, and with great care, a little boiling water, stirring briskly all the time. It will thicken very rapidly at first, and only enough water must be added to make it perfectly smooth, then a little more, and so on by degrees until it is of a proper consistency; then taste to see if it is salt enough, and, if not, season sufficiently, pour into a gravy dish, and serve.

This is the best and surest method of making smooth gravy. It requires a little practice, but, when once understood, is entirely satisfactory. There is no excuse for the lumpy, light colored gravy that so often accompanies roast meat to the table.

**BROWN GRAVY WITHOUT MEAT.** Put into a saucepan, over the fire, a table-spoonful of butter and a table-spoonful of flour. Stir constantly until a rich brown, then add hot water gradually as before, until the right consistency, salt to taste, and serve.

The directions for broiling beefsteak apply to mutton chops or any meat for broiling. Mutton, veal, pork, &c., are also roasted in accordance with the directions for beef. All three should, however, be well done, especially the two last mentioned. For pork a little sage should be used, rubbing it into the meat before it is put in the oven.

**TO BOIL CORN BEEF.** Corn beef should be thoroughly washed after coming from the brine, and put over the stove in cold water, allowing three-fourths of a quart of water to a pound. When it comes to a boil, skim it carefully, and then let it boil one-half hour for every pound, and be sure it boils very slowly. If to be eaten cold, let it cool in the water in which it is boiled, as it will be much more juicy and better flavored. Do not boil the vegetables to be eaten with it in the same water. The proper vegetables to be served with corn beef are potatoes, turnips, carrots, parsnips, beets, and cabbage.

**BOILED HAM.** A ham should be thoroughly scrubbed before it is put over to boil. Simple washing will not cleanse it thoroughly. It is a good plan to keep a brush for this purpose. Put it over in plenty of cold water, and allow twenty-five minutes to the pound. Let it cool in the water in which it was boiled, and then peel off the skin, trim the ham, sprinkle over it finely rolled cracker or bread crumbs, and put in a dripping pan and bake half an hour.

CHAMBERLAIN'S  
COLIC, CHOLERA and  
**DIARRHŒA REMEDY,**

*Has relieved untold suffering, and made agony smile with delight.*

IT IS THE GRANDEST AND BEST  
Combination of curative agents ever produced for bowel complaint.

IT CURES

*Pain in the Stomach, Colic, Cholera Morbus, Cramp Colic, Bilious Colic, Painters Colic, Cholera, Summer Complaint, Dysentery, Diarrhoea, Bloody Flux, Chronic Diarrhoea, Cholera Infantum, and Bowel Complaint in all its Forms.*

This elegant preparation has established its claims beyond a doubt, and convinced hundreds of thousands who have used it that there is one medicine that can always be relied upon for bowel complaints, and is pleasant and safe to take. Those who have used it most and know it best, say that Chamberlain's Colic, Cholera and Diarrhoea Remedy has no equal. Prominent physicians say that they know of no preparation that will take its place or do its work for bowel complaint in all forms, and many practitioners use and prescribe it. No preparation in use has so many warm friends and ardent adherents as Chamberlain's Colic, Cholera and Diarrhoea Remedy. It never disappoints the most hopeful expectations. During the epidemic of bowel complaint at Centre Point, Iowa, in 1879, over one hundred bottles were sold there, and the local papers stated that it did not fail in a single instance.

**CHILDREN LIKE IT.**

When reduced with water and sweetened as directed, it is pleasant to take. Chamberlain's Colic, Cholera and Diarrhoea Remedy is just such a preparation as every family should be provided with for use during the summer months. In many instances it has saved life before a physician could have been summoned.

*Beware of Imitations and Fraudulent Claims.*—See that the face of the outside wrapper is precisely like the copy published on the third page of the cover of this pamphlet. Chamberlain's Colic, Cholera and Diarrhoea Remedy has never been equalled, and the claims of other preparations to be the same, or as good, are fraudulent and false, and have in many instances endangered the lives of patients. Some dealers have even gone so far as to warrant spurious and worthless preparations to be equal to this celebrated medicine, and in that way duped people into buying them. Do not be imposed upon by persons too eager for gain, but get the genuine, and you are sure of a speedy and permanent cure. It is sold by the principal druggists and medicine dealers in almost every city and village, throughout the northwest, and by the dealer whose card appears on the back of this pamphlet. Should your druggist or dealer not have it in stock, ask him to order it for you.

**BOILED LEG OF MUTTON.** Put the leg of mutton over in enough boiling water to cover it well. Let it boil slowly allowing fifteen minutes to the pound. A few table-spoonfuls of rice thrown into the water serve to whiten the mutton. Skim carefully the water in which mutton is boiled. Serve with caper sauce, or drawn butter.

**CAPER SAUCE.** Put in a sauce pan two table-spoonfuls of butter and one of flour. Stir until it bubbles, then add very gradually enough boiling water to make it the consistency of gravy. Season with salt and pepper, and two or three table-spoonfuls of capers. Take it off the stove and stir in quickly the yolk of one egg previously beaten with three table-spoonfuls of lemon juice.

**DRAWN BUTTER.** Put in a saucepan two table-spoonfuls of butter and one of flour. Stir until thoroughly heated but do not allow it to brown a particle. Add very gradually a pint of hot water, and salt and pepper to taste. Remove from the fire, and stir into it one table-spoonful of butter, cut into small pieces. If liked sour, add a few drops of vinegar. Hard boiled eggs, chopped quite fine, are often added to this sauce.

**ROAST TURKEY.—DRESSING.** To one cup of fine bread crumbs, allow one-third of a cup of finely chopped suet, four sprigs of parsley, a tea-spoonful of sweet marjoram, summer savory and thyme, half a tea-spoonful of salt, a salt-spoonful of pepper, and half a beaten egg. Use no water, and be sure that the crumbs are very fine. Good dressing is never solid and leathery, but crumbs in the spoon when it is taken from the fowl. If the flavor of onion is liked, a tea-spoonful of chopped onion may be added to the above. Never put sage in stuffing for fowls. It is too strong and should only be used with such rich and greasy meats as pork.

The turkey should be carefully picked, singed, and drawn. In drawing, the first cut should be made in the back of the neck. The windpipe and crop should be drawn from this opening, then cut inside of the right thigh as you hold the turkey towards you, down carefully to the vent and clear around it, taking great pains not to cut into the entrails, and to loosen them, at the vent, perfectly from the body. Now put the fore finger in the opening at the neck and loosen the liver, heart, etc., from the carcass. Then introduce the hand into the opening below, loosen the ligaments that bind the entrails to the back, and then grasp firmly the mass from the top, and draw evenly and gently the whole contents of the body out. The next step is to separate the liver, etc., from the rest. This must be done with care so as not to break the gall bladder, which lies directly under the liver. The heart must also be cut away and squeezed gently between the fingers to force out any clot of blood that may have lodged there, and lastly the gizzard must be freed from the surrounding membrane and fat, and carefully cut open so as not to split the inside skin which holds the contents, as then the little sack can be removed whole. Unless the turkey is very rank, it does not need other washing than is recommended for beef. If it is rank, wash it in strong soda water and wipe dry. The giblets should, in this latter case, be soaked for ten or fifteen minutes in soda water. Now stuff the craw, pat it into shape, and draw the skin over the neck, and lap it in the back where the opening was made, and fasten it with a single stitch, tying the ends. Then fill the body of the fowl, and sew the opening up. Now press the legs back towards the upper part of the body, and put your trussing needle clear through the carcass just at the second joint, then draw the cord the needle is threaded with through, and take the next stitch through the wings, putting the needle first through the upper joint, and then bending the tip of the wing back and pushing the needle through that, then through the body just below or inside of the wish bone, then through the tip of the other wing, and finally through the upper joint. Now take the needle off, and tie the thread which you have brought through the upper part of the body, to that which you started with on the same side of the body. Now turn the turkey over, and after threading the needle again, take one stitch through the back just above the oil sack, which must always be cut out, and turning the fowl back, tie the ends of the legs down close to the body. A long trussing needle is, of course, needed, to prepare a fowl in this manner. It is something like a mattress needle, and a very good home-made one can be manufactured from one of the springs that give an umbrella shape. Take one of these wires from an old umbrella, sharpen the end, and you have a capital trussing needle.

The turkey is now ready for the oven. Cut some scraps of pork in the bottom of the dripping pan, put a slice of pork under each wing, and a slice over the breast, then put the turkey in the dripping pan in a pretty hot oven for the first fifteen minutes. After that moderate the heat, and allow from

## COLIC

Is a severe and moving pain in the abdomen. There are several varieties of the disease, the most common of which are Flatulent Colic, caused by accumulation of gases in the intestines; Spasmodic Colic, a spasmodic contraction of the alimentary canal; Bilious Colic, arising from an excessive secretion of bile or acidity of the bile; Painters Colic, produced by lead poisoning, and Verminous Colic, due to irritation produced by worms in the intestines. Colic causes a rolling and twisting of the intestines, and is accompanied by severe pain; children are most subject to it. Chamberlain's Colic, Cholera and Diarrhoea Remedy is a great favorite for this disease, as it is pleasant and safe to take, prompt in its action, and certain in its results. Children like it. The excruciating pains incident to colic, are almost instantly relieved by this magnificent preparation.

One or two doses are usually sufficient; when it does not yield to the second dose, the remedy should then be given in double doses and repeated every twenty minutes until relieved. Always reduce it with ten times as much sweetened water.

## CHOLERA MORBUS

Is characterized by intense cramping pains in the stomach and bowels, and in severe attacks is accompanied by vomiting and purging, a feeble pulse, blueness of the skin and coldness of the extremities. It is brought on by using indigestible food, green corn, cucumbers, unripe fruit, spoiled or mouldy provisions, bad drinking water, etc. Cholera morbus often results fatally, owing to a lack of proper treatment, or before medicines can be procured or a physician summoned. Every family, and especially those residing some distance from a physician, should be provided for this terrible disease. Chamberlain's Colic, Cholera and Diarrhoea Remedy is the most perfect preparation that has ever been produced for Cholera Morbus. It has cured thousands of cases, and never yet failed in a single instance. The most agonizing pains are promptly relieved by it. No other preparation will take its place or do its work in combating this disease.

**TREATMENT.**—Ordinarily, one or two doses of Chamberlain's Colic, Cholera and Diarrhoea Remedy are sufficient to completely subdue the disease, but in its more aggravating forms the remedy should be given in double doses, and repeated every twenty minutes until the pain ceases; also, apply the remedy freely externally, and rub the limbs vigorously with flannel cloths, and put hot applications over the seat of pain; keep the remedy away from fire and lights, as it is very inflammable.

## CHOLERA.

The first symptom of cholera is a profuse watery diarrhoea known as "rice water evacuations," from the resemblance of the discharge to rice water, and when the disease is prevalent may be considered conclusive of what is to follow. Prompt treatment at this stage is the important measure, and above all things do not get excited. Go to bed as soon as the first symptoms appear, remain as quiet as possible, and take Chamberlain's Colic, Cholera and Diarrhoea Remedy in double doses, after each operation of the bowels more than natural. No other treatment is necessary if taken in time. Vomiting and purging, severe griping pains, coldness and blueness of the body, suppression of urine, spasms of the arms and legs, and loss of voice, are prominent symptoms of the disease when not checked in its first stage.

**TREATMENT.**—Give Chamberlain's Colic, Cholera and Diarrhoea Remedy in double doses every fifteen minutes, until the pain ceases, and then after each operation of the bowels more than natural. The patient should go to bed and remain quiet as possible. The limbs should be freely bathed with the remedy and vigorously rubbed with flannel cloths; also saturate a piece of

(18) Always keep Chamberlain's Colic, Cholera and Diarrhoea Remedy at hand.

fifteen to twenty minutes, according to the age of the fowl, in a slow oven. Baste frequently with the hot drippings from the pork.

**GRAVY.** When the turkey is in the oven put the giblets, or the heart, liver, and gizzard, over the fire in cold water; let them come gradually to a boil and then simmer until tender. Then chop the heart and gizzard fine, and mash the liver, and put all in the bottom of the gravy-boat. Now brown a table-spoonful of flour, and a table-spoonful of butter, in a sauce pan, and then add very gradually the liquor in which the giblets were boiled. When the turkey is taken up, the threads removed, and it is ready for the table, pour the hot gravy into the gravy-boat, over the giblets, and serve.

These directions apply to the roasting of all fowls.

**BROWN FRICASSEE OF CHICKEN.** Try the grease from scraps of pork and put it into a spider or sauce pan. Cut up the chicken into as even sized pieces as possible, wipe dry, and then brown evenly and thoroughly in the hot fat. Add a heaping table-spoonful of flour, and turn the pieces of chicken several times until the flour is browned, being very careful not to scorch it. Now pour over the whole enough boiling water to cover, and remove to the back of the stove, add pepper and salt to taste, and let it simmer until tender. This is very nice served in a border of rice.

**WHITE FRICASSEE OF CHICKEN.** Cut up the chicken as before, cover with boiling water, and let simmer until tender. Add a cupful of sweet cream, salt and pepper to taste, and a table-spoonful of flour wet in a little cold milk, and stirred until perfectly smooth. Let it boil up and then pour over slices of biscuit arranged nicely on a platter.

**FRIED CHICKEN.** Cut up the chicken as for fricassee. See that every piece is wiped dry. Put equal quantities of lard and butter in a spider and set it on the stove to heat. Have a plate with a cupful of sifted cracker crumbs which are well seasoned with salt and pepper. Roll the pieces of chicken in this, and then fry them in the hot grease, turning often, and browning evenly and well.

**POTATOES.** No vegetable is, perhaps, as a rule, more carelessly and wretchedly cooked than the potato. This is the more to be regretted as it is one of the most valuable of vegetable foods, and has many qualities to recommend it to both the rich and the poor. It is one of the few articles found on the tables of both, esteemed as a luxury by the former, as a necessity by the latter. It is easily cultivated, yielding nearly always a rich return for comparatively little labor, and requiring no great extent of land to supply the wants of an ordinary family. It can be kept from one season to the next without great expense and with a reasonable degree of care, and it never wearies the palate. It is like bread in the universality of its use, and a knowledge of the proper methods of cooking it, is therefore of great importance. The most economical method is to cook them in their jackets. The waste caused by paring is at least fourteen per cent., while when cooked in the skins it is but three per cent. The salts, moreover, which add flavor to the potato lie next the skin, and they are largely lost when this is cut off. We thus impair the taste, as well as diminish the quantity, when we remove the skins before cooking.

There is considerable discussion as to whether they should be thrown into hot or cold water to be boiled. So high an authority as Dr. Edward Smith says, "Potatoes and similar vegetables should be well cooked with a considerable degree of heat. If it be intended to boil them, they should be placed at once in hot water, and if to be roasted, the oven should be moderately hot. When peeled and soaked in cold water, a larger proportion of the fecula will be extracted than is desirable, and with a slow oven the peel will be hardened and thickened."

**TO BOIL POTATOES.** Wash thoroughly, and, if pared at all, let every care be taken to remove as thin a skin as possible. If intended to be boiled with the skins on, cut one narrow thin strip once around the potato. Then throw them into plenty of boiling hard water, to which salt, in the proportion of one tablespoonful to one quart of water, has been added. See that the water boils steadily until the potatoes are tender, but take great pains not to boil to pieces. When tender, the water should be well drained off, and the kettle placed on the back of the stove and covered with several thicknesses of cloth; a clean kitchen towel folded two or three times answering this purpose. This allows the steam to pass through, and at the same time keeps the potatoes warm and dry. If left for a few moments to dry off in this way, they will become mealy. Boiled potatoes should never be served in a

flannel with the remedy and place it over the bowels, and hot applications over the saturated cloth. Be careful to keep the lights and fire away while bathing with the remedy, as it is highly inflammable.

### DIARRHŒA

Results from a variety of causes, the most common of which are the use of indigestible food, unripe fruits, uncooked vegetables, spoiled or mouldy provisions, fresh meat, a change of climate, and particularly a change of drinking water, sudden change of temperature, hot weather, getting wet, becoming excited, etc. In its first stages, diarrhœa can be cured by a few doses of that pleasant, reliable and effectual medicine, Chamberlain's Colic, Cholera and Diarrhœa Remedy. In many instances one dose is sufficient, but three or four doses are usually necessary, and in severe attacks it sometimes requires a whole bottle. It should be taken in ten times as much sweetened water after each operation of the bowels more than natural, and when the second or third dose fails to check the discharge, it should be taken in double doses. There is no danger from its checking the bowels too suddenly, as it is not an astringent, but cures the diarrhœa by allaying the inflammation of the bowels. *When the diarrhœa is caused by bilious disorder, it cannot be cured until that is removed.* It may be checked temporarily, but not permanently, as the same cause would bring it on again. To correct this bilious disorder, adults and youths should take a dose of St. Patrick's Pills, and children be given a dose of Castor Oil, and then follow up with the remedy as directed above, and the diarrhœa may be effectually cured. Chamberlain's Colic, Cholera and Diarrhœa Remedy never fails to check diarrhœa effectually, except when resulting from a bilious disorder, and it may be known that such a disorder exists, and should be removed, whenever the disease does not yield to the remedy. When neglected, diarrhœa soon becomes chronic, and is one of the most troublesome and aggravating diseases that afflict humanity. The great difficulty in curing chronic diarrhœa permanently is, that the mucous membrane lining the bowels becomes enfeebled and sensitive to the slightest disturbing cause; that is, causes that would produce looseness of the bowels in a well person would produce a severe attack of diarrhœa in a person whose bowels had been enfeebled by chronic diarrhœa. Hundreds of persons have been cured of chronic diarrhœa by Chamberlain's Colic, Cholera and Diarrhœa Remedy, many of whom had contracted the disease in the army, and had abandoned all hope of recovery. But in order to effect a permanent cure, great care must be used to avoid all causes that would tend to bring on the disease, and whenever diarrhœa appears, take the remedy immediately, and check it. In this way the most stubborn and most aggravating cases of chronic diarrhœa may be cured, but time and patience are required to make the cure permanent. Many physicians are foremost in commending Chamberlain's Colic, Cholera and Diarrhœa Remedy, as they know it never fails when the directions are followed, and is pleasant and safe to take, certain and permanent in its cures, and that its equal for diarrhœa has never been produced.

### DYSENTERY

Is an inflammation of the lower bowel or large intestine. The prominent symptoms are frequent and straining efforts at stool, attended by small and painful discharges. The stool consists principally of mucous, but is often tinged with blood, or resembles the washings of flesh; sometimes the discharge appears to be almost pure blood. In severe attacks there is fever,

covered dish. The cover will confine the steam, which will condense and fall back on the potatoes, rendering them waxy and sodden. The best way to bring them to the table is in a dish in which a warm napkin has been placed. The ends of the napkin can then be folded over the potatoes. This will serve every purpose of a cover, and at the same time will not be imperious to the steam.

**TO BAKE POTATOES.** Select as even sized and regular shaped potatoes as possible. Cut a thin rim of skin off as for boiled potatoes. Put them on the grate in the middle of a very hot oven, and bake rapidly for half an hour for ordinary sized potatoes. They should be eaten the moment the starch cells are burst and the potato is tender. The skin acts upon the interior of a baked potato just as the cover of a vegetable dish acts upon the potatoes it contains. It keeps all the moisture inside of the potato, thus rendering it heavy and wet.

**MASHED POTATO.** Boil according to above directions. When perfectly tender, remove to an earthenware bowl or a very bright tin pan. Be sure to have this, and everything that is to be added as seasoning, hot. Heat the milk and butter together. Let salt and pepper be near at hand. Then mash thoroughly, and when every lump is out, season with salt and pepper, and stir in the heated milk and butter. Make the mixture quite soft; and now comes the most laborious and important part of the process. After the seasoning is all in, and most persons would consider the potato ready for the table, it should be beaten to a creamy, snow-white froth, with a large fork. It needs a strong arm and plenty of energy. Do not feel entirely satisfied until the mixture looks light and foamy, like the beaten whites of egg. Potatoes mashed after this method will not be recognized as the same article as the heavy, stiff, lumpy food often offered as "Mashed Potato."

**POTATO SNOW.** After the potato is prepared according to the above directions, press it through a cullender into the vegetable dish in which it is to be served, and it will not only be extremely palatable, but will be "a thing of beauty" as well, adorning the table, and giving pleasure to the eye, while at the same time it appeals to the "inner man."

**DUCHESS POTATOES.** When the potatoes are boiled, press them at once through a cullender. Season with salt, pepper, butter, and a very little nutmeg. To two cupfuls of mashed potato add the beaten yolks of two eggs. Now flour your pastry board. Take half of this mixture at once. Flour your hands, and press it gently into a long roll. Cut round cakes from the end of this, brush the top of each with the white of the egg, and brown in the oven, or put the entire roll in a greased pan, brush it over with the white, and brown in the oven.

**POTATO PUFF.** Press the hot potatoes through the cullender, as for Duchesse Potato. Season with salt, pepper, butter and milk, as for Mashed Potato. To two cupfuls of this, take two eggs: beat yolks and whites separately. Mix in the yolks and lastly the stiffly beaten whites. Have ready a greased pan, or pudding dish, and put this mixture in it by spoonfuls, heaping them up in a light and uneven way. Brown in the oven.

**LYONNAISE POTATOES.** Cut cold boiled potatoes into even and rather thick slices. Cut also an onion in the same way. Put a spoonful of butter, or any sweet drippings, into a sauce pan, over the stove. When it is hot, drop in the sliced onion and shake it about until it is a very delicate cream color, hardly a brown. Then put in the sliced potato and shake until that too is delicately colored. Add salt and pepper, and last a spoonful of chopped parsley. When this is thoroughly mixed with the potato and onion, place on a small platter, or in a shallow vegetable dish, and serve at once.

**TO STEW TOMATOES.** If the tomatoes are fresh, throw them in boiling water and remove the skins. Then cut away all the hard pith in the centre, and slice the tomato very fine. Put in a sauce pan and stew gently half an hour. Long boiling makes the tomato very dark colored and very acid. Season with salt, pepper and butter, and if liked thickened, add a few very fine bread or cracker crumbs.

If the tomatoes to be stewed are canned instead of fresh, they do not need to stew more than fifteen minutes. After the can is opened examine its contents, and see that there are no hard, green pieces left in, when you put the tomatoes over to stew. Cut them into fine pieces, and stir and mash them until they are reduced to an even, fine pulp. Season as before, and serve hot.

also pain and soreness in the lower part of the abdomen. Dysentery is a hot weather disease, that is, it is of most frequent occurrence during the summer and fall months. It is most common and most severe in malarious districts. This disease is always serious, but is most dangerous when epidemic, as it is then most malignant. It very often breaks out in towns and neighborhoods and causes great destruction of life. In an army it is dreaded more than a battle, as many old soldiers will attest. The most common causes are hot weather, impure air, exposure to cold when heated, improper food, bad drinking water, etc. There is little danger from this disease when *promptly and properly treated*, but it is extremely dangerous and often fatal when neglected. It is of the utmost importance that treatment be commenced as soon as the first symptoms of dysentery appear. Do not waste valuable time in experimenting with preparations of doubtful utility, but get the best and most reliable medicine that has ever been produced for bowel complaint, viz: Chamberlain's Colic, Cholera and Diarrhoea Remedy, and use it as we direct, and a speedy and permanent cure is certain. The great danger from dysentery is, that it soon becomes chronic, and gradually breaks down the system, or ulcers form on the inner walls of the large intestine, and other complications arise, making a cure tedious and difficult. When the disease becomes chronic, the straining efforts at stool subside, the discharge contains pus, and is more copious and loose. Chronic Dysentery is one of the most difficult diseases there is to cure permanently, as the digestive organs become enfeebled, irritable, and sensitive to the slightest disturbing cause. It has been cured in many instances by Chamberlain's Colic, Cholera and Diarrhoea Remedy. This celebrated medicine gives almost instant relief, and a permanent cure is certain when the directions are followed.

**TREATMENT.**—For mild cases, where there is no fever and little or no soreness in the lower part of the abdomen, it is only necessary to take Chamberlain's Colic, Cholera and Diarrhoea Remedy after each operation of the bowels more than natural. In severe attacks, or when dysentery is epidemic, *absolute rest* is necessary. The patient should go to bed, and remain quiet until out of danger. The food should be of the mildest and most unirritating character, and Chamberlain's Colic, Cholera and Diarrhoea Remedy taken after each operation of the bowels more than natural. *Should the remedy fail to check the discharge effectually, take a dose of Castor Oil*, and after it operates follow up with the remedy, and a cure is certain. For chronic dysentery, avoid all habits and food that have a tendency to bring on or aggravate the disease, and take Chamberlain's Colic, Cholera and Diarrhoea Remedy often enough to keep the disease under subjection.

### BLOODY FLUX.

When the discharges are bloody, the disease is commonly known as bloody flux. Follow the directions for dysentery.

### BOWEL COMPLAINT IN CHILDREN.

During the summer months, children are subject to disorders of the bowels, and should receive the most careful attention. As soon as any unusual looseness of the bowels is noticed, give light doses of castor oil, and the diarrhoea will usually check without further treatment; when it does not, Chamberlain's Colic, Cholera and Diarrhoea Remedy should be given after each operation of the bowels more than natural.

**BAKED TOMATOES.** Have a quantity of fine bread or cracker crumbs prepared as for escalloped oysters. Put a layer of these crumbs in the bottom of a greased pudding dish or bright tin pan, and cover with a layer of tomatoes. Sprinkle salt, pepper, and place little lumps of butter over this layer. Add also a few small pieces of raw onion, just enough to flavor slightly, then another layer of bread crumbs, and another of tomatoes seasoned as before. Alternate in this manner until the dish is filled. The top layer should be of crumbs. Put a little butter on this top layer so as to brown the crumbs. Now put in a slow oven, allowing an hour and a half for the baking if the tomatoes are fresh, one hour if canned. Keep the dish covered the first hour. Remove the cover half an hour before time to serve, and allow the dish to brown nicely.

**ONIONS.** New onions can be boiled in one hour. Late in the fall and all winter the time must be increased to two hours. Throw them into boiling, well salted water. After boiling half an hour change this water. Renew the water, using boiling water each time, three times. Fifteen minutes before time to serve put a little sweet cream—a half of a tea-cupful for eight or ten onions, in a sauce pan over the fire to heat. Add a spoonful of butter and stir all the time until the butter is melted. Season with salt and pepper. Drain the onions out of the water and boil them up once in this hot cream.

**TURNIPS.** Winter turnips need to be cooked two hours in well salted boiling water. When they are perfectly tender, either mash and season well with butter, salt and pepper, and then place smoothly and in good shape in vegetable dish and finish by dotting with sprinkles of red pepper; or cut in slices, arrange neatly in a vegetable dish, and pour over them a little melted butter; sprinkle with salt and add a small quantity of red pepper as before.

**CABBAGE.** Cabbage also takes two hours in cooking. Cut it in quarters and examine it carefully to see there are no insects or worms concealed between the leaves; then pour boiling water over it and let it stand half an hour; then put it in boiling well salted water, and boil till tender. It is well to set the dishes containing it in the wood shed, while it is soaking the half hour, as then the odor does not fill the house, and soaking it in this way and changing the water prevents, in great measure, the strong smell which is such an annoyance in the usual method of boiling cabbage. When the cabbage is done, drain thoroughly in a cullender, and then pour over it a little melted butter. Or cut the cabbage as for salad, and then pour the boiling water on it and let it stand as before, then put it in fresh boiling well salted water to cook until tender, then drain and boil up once in cream or milk.

**COLD SLAW.** Sprinkle a quart of finely chopped cabbage lightly with salt and let it stand one hour; drain off the brine into a sauce pan; add to it one cupful of strong vinegar, a tea-spoonful of butter, a tea-spoonful of mustard mixed smooth with a little cold water, and a salt-spoonful of pepper. When it boils stir in two well beaten eggs and three table-spoonfuls of rich sweet cream; pour hot on the cabbage. Let it stand until cold, and serve. It is exceedingly nice.

**MACARONI.** Look over carefully one-half pound of macaroni, but do not wash it unless absolutely necessary. Break it as little as possible. Plunge it into well salted boiling water, and let it boil rapidly for twenty minutes. While it is boiling melt together in a sauce pan, over the fire, one table-spoonful of butter and one table-spoonful of flour. When they are thoroughly blended, add by degrees one pint of sweet milk, stirring constantly so the mixture will be perfectly smooth. Season with salt and white pepper. Drain the macaroni from the water and put a layer of it in the bottom of an earthenware or tin baking dish; cover this with a few spoonfuls of the sauce, and a sprinkle of grated cheese, Parmesan being the best, then another layer of macaroni, sauce and cheese, until the dish is full, having a good layer of cheese on top of the dish. Now brown in the oven and serve hot. The macaroni can be prepared simply with the sauce, omitting the cheese.

**MACARONI WITH TOMATO SAUCE.** Boil the macaroni as before, and then cover with tomato sauce made according to the following directions, and set in the oven for ten or fifteen minutes, long enough for the macaroni to absorb the sauce.

**TOMATO SAUCE.** Stew six tomatoes, or half a can of tomatoes, with a sprig of parsley (if it can be had), two cloves, a tea-spoonful of chopped onion, half a tea-spoonful of salt, and a salt-spoonful of pepper, half an hour. Strain through a sieve, add half a cup of good beef stock if you have it. It

## CHILDREN, WHEN TEETHING,

Have more or less diarrhoea, which cannot be checked effectually, as the cause cannot be removed, but the diarrhoea can and should be controlled by giving Chamberlain's Colic, Cholera and Diarrhoea Remedy and an occasional dose of castor oil to cleanse the system.

**DIRECTIONS.**—FOR CHILDREN UNDER TWO YEARS OF AGE. Mix one teaspoonful of the remedy with one teacupful of sweetened water, and then give one or two teaspoonfuls at a dose, after each operation of the bowels more than natural. For infants under one year old, never give more than one teaspoonful of the above mixture at a dose.

## Summer Complaint or Cholera Infantum,

Is most prevalent in warm seasons, and is regarded as a hot weather disease, but often arises from impure air, bad drinking water, milk that has taken up the germs of disease, bad food, etc. Children and infants are its usual victims. The symptoms are very much the same as cholera. Vomiting, purging, pain or uneasiness, swelling of the abdomen, and generally fever. The great danger attending this disease is fully appreciated by most parents. It is enough to say: "not one minute's time should be lost after the child shows symptoms of the disease, and when cholera infantum is prevalent, the first unusual looseness of the bowels should be sufficient warning." Immediate and proper treatment will usually avert death. Those who have had experience with the disease, and know how to handle it, ask for no other medicine than Chamberlain's Colic, Cholera and Diarrhoea Remedy and a bottle of castor oil, and when the disease is taken in time, they will pilot it through with ease and certainty. But those who have not had the experience should employ a physician, and of course follow such treatment as he directs.

**TREATMENT.**—Give castor oil to cleanse out the system, and then the Remedy, reduced with sweetened water, after each operation of the bowels more than natural. Hot applications over the bowels will aid in giving relief. The child should be kept quiet as possible. The food should be of the mildest and most unirritating character. Milk should be boiled before using it as food for the child.

### *Chamberlain's Colic, Cholera and Diarrhoea Remedy*

The medicine itself is the best advertisement.

Mr. J. H. MORE, Farmer and Stock Raiser, near Merrill, Iowa, says:—"As a medicine Chamberlain's Colic, Cholera and Diarrhoea Remedy stands in the front ranks, and has saved many doctor bills in this community. The medicine itself is the best advertisement, as it receives great praise from those who use it."

### **AN EPIDEMIC OF DYSENTERY.**

Mr. GEO. B. DUNBAR, Druggist, Center Point, Iowa, says:—"During our epidemic of dysentery, in the summer of 1879, I sold one hundred and eight bottles of Chamberlain's Colic, Cholera and Diarrhoea Remedy, and it proved satisfactory in every instance. The remedy is standard in this community."

### **DIARRHOEA CURED**

After all other Medicines and Treatment had Failed.

Mr. S. STIGER, Druggist, Toledo, Iowa, says:—"With a single dose of Chamberlain's Colic, Cholera and Diarrhoea Remedy I cured a very severe case of diarrhoea of several weeks standing, after all other medicines and treatment had failed."

Mr. JOHN SAFELY, Farmer, Red Oak Grove, Cedar County, Iowa, says:—"I have never used or known a better medicine for bowel complaint than Chamberlain's Colic, Cholera and Diarrhoea Remedy. We have used it for a long time. It acts promptly and can always be depended upon."

### **NO FAMILY SHOULD BE WITHOUT IT.**

A. J. MCKEAN, Esq. Marion, Iowa, says:—"Having used Chamberlain's Colic, Cholera and Diarrhoea Remedy in my family for a number of years past, I cheerfully recommend it as valuable. No family, I think, should be without it at hand."

(24) Chamberlain's Cough Remedy is harmless to the most delicate child.

is however very good without. Now put a tablespoonful of butter and a table-spoonful of flour in a saucepan over the fire, and mix well and cook thoroughly. Add the tomato-pulp by degrees, stirring constantly. Cook a few moments and then pour over the macaroni as directed.

**PUDDINGS AND CREAMS.** Puddings are much more digestible, nourishing, and economical than pies. In the country where eggs, milk, and butter are cheap and abundant, a delicate pudding or custard is always a welcome addition to the dinner, or makes indeed a pleasant change for tea occasionally, especially as many of the nicest ones are really better cold than hot.

**BREAD PUDDING.** Soak two level tea-cupfuls of bread crumbs in a quart of sweet milk one hour. Separate the whites and the yolks of four eggs, setting the whites in a cool place until needed. Beat the yolks with a half a cupful of sugar. Add the grated rind of a lemon, and at the end of the hour mix these with the bread crumbs and milk. Put in a greased pudding dish and bake in a moderate oven about one hour. Fifteen minutes before the pudding is done, beat the eggs to a stiff froth, add very quickly and lightly a half a tea-cupful of sugar and the juice of the lemon, and spread over the top of the pudding. Return to the oven and brown delicately. This is good either hot or cold; the lemon may be omitted, and the interior of the pudding may be flavored with cinnamon, or a tea-cupful of chopped raisins may be added.

Stale cake, such as ginger bread, sponge cake, or indeed any dry cake, makes an excellent foundation for a pudding. Ginger bread is particularly nice. Soak two cupfuls of the crumbs in a quart of milk half an hour. Add the yolks of three eggs beaten with two table-spoonfuls of sugar and the grated rind of a lemon. Bake forty-five minutes. Beat the whites, add half a cupful of sugar and the juice of the lemon, spread over the top of the pudding and brown in the oven.

**NEW ENGLAND RICE PUDDING.** Wash two tablespoonfuls of rice and put it in one quart of sweet milk. Sweeten to taste; add one table-spoonful of butter and two or three pieces of stick cinnamon and a pinch of salt; put in the oven right after breakfast, if wanted for dinner, as it requires at least four hours cooking, or if baking is to be done and oven room cannot be spared for so long a time, put it in a double kettle on top of the stove. Cook slowly, stirring often. If the pudding thickens much, add occasionally a few table-spoonfuls of milk. Half an hour before dinner taste it to see that it is sweet enough, take out the cinnamon sticks, stir down thoroughly, and put in the oven to brown over the top. If this is carefully made it is a most delicious pudding. It is exceedingly nice cold, and is a good pudding to make on Saturday for Sunday's dinner. It should not be stiff even when cold, but creamy and delicate. It can be eaten with or without a sauce, cream being better with it than anything else.

**RICE PUDDING WITH EGGS.** One cup of cold boiled rice. Soften with one pint of sweet milk; add the yolks of three eggs, half a cup of sugar, a little salt, and the grated rind of a lemon. Bake half an hour. Beat the whites to a stiff froth, add half a cup of sugar, and the juice of the lemon. Spread over the pudding, and brown.

**BAKED INDIAN PUDDING.** One pint of sweet milk, one-half pint of Indian meal. Boil the milk, and stir into it, while boiling, the meal. Let it stand on the back of the stove one hour, stirring it frequently, having mixed into it one cup of molasses and one-half a cup of butter melted together. At the end of the hour stir in one cup of cold sweet milk, and three well beaten eggs. Bake three-quarters of an hour.

**TAPIOCA AND APPLE PUDDING.** Pour one pint of boiling water over one tea-cupful of pearl tapioca, and let it stand on the back of the stove, stirring it often, for one hour. Pare and core enough sour apples to fill the bottom of a pudding dish. Season the hot tapioca with sugar, a little salt, and a tea-spoonful of Vanilla; pour over the apples, and bake in a slow oven an hour and a half. Eat with sweet cream.

**TAPIOCA CREAM.** Soak three table-spoonfuls of tapioca over night in one quart of sweet milk. In the morning beat the yolks of three eggs very light; add to them a scant tea-cupful of sugar. Put the milk and tapioca over to boil in a double kettle; add a salt-spoonful of salt. When it comes to a boil, stir in the eggs and sugar. Beat the whites to a stiff froth, and stir quickly and delicately into the hot mixture. Flavor with vanilla. This is intended to be eaten cold.

# ST. PATRICK'S PILLS

THE GREAT IRISH CATHARTIC.

CLEANSE THE SYSTEM, PURIFY THE BLOOD,  
REGULATE THE LIVER AND BOWELS.

## THEY CURE

*Liver Complaint, Jaundice, and all Bilious Disorders,  
Costiveness, Headache, Dizziness, Fevers, Nervous-  
ness, Languor, Foetid Breath, Belching and  
Dyspepsia; they also Purify the Blood.*

They are mild and gentle, yet certain in their action. They are carefully prepared from the best and purest medicines, and are SUGAR-COATED, making them pleasant to take.

## ST. PATRICK'S PILLS

Are remarkable for their efficiency and mildness as a purgative, and their power in stimulating the liver to a healthy action and correcting bilious disorders. The fact is abundantly proven, and acknowledged by all who use them, that St. Patrick's Pills are

### THE BEST LIVER PILLS IN USE!

In malarious districts, where bilious disorders abound, St. Patrick's Pills are the main reliance. They will prevent ague if taken in time.

## REASONS WHY

### ST. PATRICK'S PILLS ARE THE BEST:

They are certain in their action, and are the only pills that can always be depended upon.

They produce a pleasant cathartic effect.

They neither nauseate the stomach, gripe the bowels, nor produce painful discharges, as most pills do.

They correct bilious disorders and prevent ague.

They are the most searching and most reliable cathartic in use.

They do not produce piles.

They are made of the very best and purest material, and skillfully prepared.

They are sugar-coated, making them pleasant to take.

They make you well instead of making you sick.

They cleanse the system, purify the blood, and regulate the liver and bowels.

One dose of St. Patrick's pills will make you feel like a new person.

They cure languor and drowsiness.

They stimulate the secretions to a healthy action, and aid in removing the refuse matter from the system.

They are a positive cure for constipation.

They cure liver complaint, and prevent all disorders arising from it.

They tone up the digestive organs to a healthy action, and aid in the digestion and assimilation of the food.

Headache, in most instances, results from some derangement of the stomach or bowels, and can be cured by a few doses of St. Patrick's Pills.

*Sold by all Druggists and Medicine Dealers at 25 cents per box, or five boxes for one dollar.*

Prepared only by

CHAMBERLAIN & CO., DES MOINES, IOWA.

**BAVARIAN CREAM.** Take half a box of Nelson's or Cox's Gelatine, pour over it half a tea-cup of cold water, let it soak one hour or more, then add two table-spoonfuls of boiling water and set the tin cup in which the gelatine is soaking, on the back part of the stove, to dissolve thoroughly. Put a pint of rich milk or cream in a double kettle; let it come to a boil, add two table-spoonfuls of sugar and the yolks of four eggs beaten together; beat and stir one moment over the fire; take off and pour into a bowl to cool, adding the half ounce of gelatine. Take one pint of sweet cream, which must be *very* cold, add one table-spoonful extract of vanilla, and two table-spoonfuls of powdered sugar. Whip with a Dover egg beater, or any good wire beater, until it is a stiff froth like the beaten white of egg. As soon as the custard and gelatine which you put aside in a bowl to cool, begin to set, or in other words become cool enough so that they begin to thicken at the bottom and sides of the bowl, stir into them quickly and delicately the whipped cream till well mixed. Pour into moulds and set on the ice or in a very cold place. When firm, turn out on a platter, or plate, and you have a dessert not to be excelled for both beauty and delicacy. The weakest invalid can safely eat it. It will not hurt the growing child, and it will satisfy anyone. On a farm where milk and cream are abundant it is also an inexpensive dish.

**APPLE MERINGUE.** Pare and core six apples. Put them on a tin plate; fill the hole left from removing the core with sugar; pour over them two or three table-spoonfuls of water; set in the oven, and bake until perfectly tender. Make an icing of the whites of three eggs and half a cup of powdered sugar; spread over the apples and brown in the oven.

**APPLES AND WHIPPED CREAM.** Bake the apples as above. To one cup of very cold sweet cream add one table-spoonful of powdered sugar and half a tea-spoonful of Extract of Vanilla. Whip with a Dover egg beater or other wire beater until frothy and stiff like the beaten whites of eggs. Put a spoonful of this on each apple and heap the remainder about them on the plate, and serve. The apples must be *cold* before the whipped cream is added.

**ORANGE SOUFFLE.** Make a soft boiled custard with one pint of sweet milk, the yolks of five eggs, and two table-spoonfuls of powdered sugar. Flavor with vanilla. Cut two oranges, after having removed the peel, into a pudding dish, in thin slices. Remove all the seeds. Sprinkle over them two table-spoonfuls of sugar. Pour the custard boiling hot over this. Make an icing with the whites of the eggs and seven table-spoonfuls of powdered sugar. Spread over the custard and set in the oven until the icing is browned. This is to be eaten cold and is delicious.

**ICE CREAM.** To one quart of cream, or one pint of cream and one pint of milk, add four table-spoonfuls of sugar, and a tea-spoonful of vanilla. Beat the yolk of one egg and add it to the mixture. Strain into your freezer. Beat the whites of two eggs to a stiff froth, and add three table-spoonfuls of powdered sugar. Stir this into the cream in the freezer, and freeze immediately.

**CORN STARCH PUDDING.** Beat the whites of three eggs to a stiff froth. Dissolve two table-spoonfuls of corn starch in a little cold milk saved from a pint, which is the quantity needed for this pudding. Stir a level half tea-cupful of sugar and a pinch of salt in the remainder of the pint, and put the whole in a double kettle over the fire. When it comes to a boil stir in the corn starch previously dissolved; and stir constantly for a few moments, when it will become a perfectly smooth paste. Now add the beaten whites of the eggs and stir two or three moments longer until these are cooked. Flavor with vanilla, and then pour into a mold, which you have previously wet with cold water.

Make a custard with the yolks of the eggs, half a cupful of sugar and a pint of milk, and pour over the pudding. Very good.

**SUET PUDDING.** One half pound of suet, carefully looked over and chopped fine, one pound of fruit; two pounds of flour. Stir flour, fruit and suet together and mix to a stiff paste with cold water. Butter a mold well and fill two-thirds full with this paste, and boil steadily three hours.

**POOR MAN'S PUDDING.** Two cups of raisins, chopped fine; two cups of molasses; one cup of butter; one cup of sweet milk; one table-spoonful of baking powder; flour to make a stiff batter. Boil four hours.

FOR  
**HORSES**  
AND OTHER  
Domestic Animals

CHAMBERLAIN'S  
**Pain-Balm**  
CURES

Sweeney, Cuts, Bruises, Wounds and Lacerations, Curb, Founder, Influenza, Distemper, Mange, Swelled Legs, Thrush, Galls Capped Hock, Epizootic, Quinsey, Collar Boils, Sore Shoulders, Sprains, Swellings, Cracked Heels, Scratches, Lameness, Corns, Stiffness of the Joints and Soreness of the Muscles.

ALSO  
Poll Evil & Fistula  
When in their first stages.

It is especially valuable for such injuries as animals receive from barbed wire fences.

When used for Cuts, Bruises, or Raw Sores on horses, add an equal amount of SWEET OIL.

CHAMBERLAIN'S  
**PAIN-BALM,**  
THE GREAT  
HOUSEHOLD REMEDY

FOR  
*Rheumatism, Neuralgia, Sciatica, Lamé Back, Lumbago, Gout, Sprains, Swellings, Lameness, Cuts, Bruises, Wounds, Lacerations, Burns, Scalds, Chilblains, Frost Bites, Sore Throat, Quinsey, Glandular Swellings, Headache, Toothache, Earache, Soreness of the Chest, Pain in the Side, Pain in the Back, Cramps of the Muscles, and Deep-Seated and Muscular Pains.*

CHAMBERLAIN'S PAIN-BALM

Is just such a preparation as every family should be provided with for use in cases of emergency, and for slight ailments and accidents.

It will relieve the pain of a burn or scald almost instantly. An ordinary cut or bruise will heal in one-fourth the usual time when Pain-Balm is applied within a few minutes after receiving the injury. This preparation is so mild that it has a soothing and pleasant effect when applied to a cut or burn, and is yet so powerful that it will relieve the agonizing pains incident to Rheumatism and Neuralgia.

We recommend Chamberlain's Pain-Balm with the utmost confidence, and believe that few families will be willing to be without it when once familiar with its rare properties.

PRICE 50 CENTS PER BOTTLE.

PREPARED ONLY BY  
**Chamberlain & Co.,**  
Des Moines, Iowa, U. S. A.

**BLACK PUDDING.** Eight eggs; one pint of molasses; one cup of sugar; one cup of butter; one cup of sour milk; two cups of flour; one table-spoonful of saleratus.

**SAUCE FOR BLACK PUDDING.** Two cups of sugar; one table-spoonful of butter; one and one-half cupfuls of boiling water; the grated rind and juice of one lemon.

**CAKE.—GENERAL DIRECTIONS.** The mixing and the oaking of cake are both important elements in the final result. Two persons can each take exactly the same material, and one produce light, delicate, tender cake, beautiful to the eye, and delicious to the taste, while the other will take from the oven a leathery, unwholesome looking loaf, good neither to look at nor to eat. The first has properly compounded her materials, and attended carefully to the temperature of the oven; the second has put them together hap-hazard, and let the oven take care of itself. If the following general directions are carefully followed, every recipe given here for cake, will certainly prove a success. Each one has been tested many times, and several of them by two or three generations of the writer's immediate family. I know them to be good, and recommend them heartily to every housewife into whose hands this pamphlet may fall.

I have arranged the directions to be followed, under the following numbered steps. If any ingredient mentioned is not called for by the receipt you are following, simply proceed after the order given, leaving this step out and going to the next.

1. Gather all materials and all utensils needed together.
2. Grease, and line the tins with paper.
3. Weigh or measure the flour, sugar, milk, butter, etc.
4. Break the eggs, always separating the yolks from the whites.
5. Beat the butter to a cream.
6. Add the sugar gradually.
7. Add the yolks of the eggs.
8. Mix baking powder thoroughly with one-third of the flour.
9. Add alternately the two-thirds of the flour and the milk, until both are stirred thoroughly into the mixture.
10. Beat the whites of the eggs to a stiff froth.
11. Add by degrees the one-third of the flour and the whites of the eggs.

**THINGS TO BE REMEMBERED.** Always sift the flour *before* measuring, unless the receipt expressly directs otherwise.

Keep the box of baking powder covered or it will lose strength. Never stir sugar and butter together in a tin basin or with an iron spoon. A wooden spoon is better than any other kind, and costs but a trifle.

Never let the cake dough stand any length of time before baking.

Use the common kitchen tea-cup for measuring.

All cake needs a *moderate* oven. If put into a hot oven it will crust over before it is perfectly risen, and then as it rises the dough will force its way through this crust, making an ugly shaped loaf.

Be sure that the oven is right before the cake is put in, and then do not open the door until it has been baking at least ten minutes.

**IMPERIAL CAKE.** One pound of butter stirred to a cream; one pound of sugar added gradually; the beaten yolks of ten eggs; grated rind and juice of one lemon; one pound of flour and the beaten whites of ten eggs. Have prepared beforehand, one pound of almonds, blanched and split; one-half pound of raisins stoned and halved; and one-half pound of citron cut in thin strips. Dredge these well with two table-spoonfuls of extra flour. Flavor with one tea-spoonful of extract of nectarine in one tea-spoonful of water, and one table-spoonful of rose water in one table-spoonful of water. This is an old fashioned but elegant cake. It will keep a long time.

**SPONGE CAKE.** One pound of powdered sugar; half a pound of sifted flour; ten eggs; grated rind of two lemons, and the juice of one; and a salt-spoonful of salt.

Break the eggs, whites and yolks separately, and beat the yolks to a creamy froth. Beat the whites very stiff. Beat whites and yolks together; then add the sugar gradually; then the lemon rind and juice, and the salt; then last the flour. Stir together quickly and delicately. Fill the pans two-thirds full. Bake half an hour. Test with a straw. If it comes out dry, the cake is done.

**WHITE CAKE.** One cup of butter; two cups of sugar; two cups of flour; one cup of corn starch; one cup of sweet milk; three tea-spoonfuls of baking powder; whites of seven eggs. Flavor with one teaspoonful of bitter almond.

**YELLOW CAKE.** One pound of flour; one pound of sugar; one-half pound of butter; one cup of sweet milk; the yolks of ten eggs and the whites of three; one table-spoonful of baking powder.

**DELICATE CAKE.** Whites of seven eggs; two cups of sugar; one cup of butter; one cup of sweet milk; three and one-half even cups of flour; two tea-spoonfuls of baking powder.

**GINGER BREAD.** One cup of sugar; one cup of molasses; one cup of butter; one-half cup of sour milk; four cups of flour; three eggs; one dessert-spoonful of ginger; one tea-spoonful of cinnamon; one tea-spoonful of soda.

**GINGER SNAPS.** One pint of molasses; one cup of butter; one table-spoonful of ginger; one table-spoonful of soda; boil the molasses and butter together; dissolve the soda in a little warm water; add the ginger and flour enough to roll out very thin.

**COOKIES.** One pound of sugar; one pound of butter; one cup of sour milk; two eggs; one tea-spoonful of soda; flour enough to roll.

**JUMBLES.** Two cups of sugar; one cup of butter; one cup of cream; five cups of flour; two eggs.

**HICKORY-NUT CAKE.** One cup of butter; two cups of sugar; one cup of sour milk; five cups of flour; one large cup of hickory-nut meats; four eggs; one tea-spoonful of soda.

**WEDDING CAKE.** Two pounds of flour; two pounds of sugar; two pounds of butter; six pounds of stoned raisins; three pounds of currants; one pound of citron; fifteen eggs; four nutmegs; one wineglass of brandy; one table-spoonful of cloves; two table-spoonfuls of cinnamon; two table-spoonfuls of allspice; bake in a slow oven.

**WHITE MOUNTAIN CAKE.** One pound of flour; one pound of sugar; one-half pound of butter; six eggs; one cup of sweet milk; one table-spoonful of baking powder.

**LOVE CAKE.** One cup of sugar; one-half cup of butter; one-half cup of milk; two cups of flour; two eggs; tea-spoonful of baking powder.

**CREAM CAKE.** Whites of ten eggs; one goblet of flour; one and one-half goblets of pulverized sugar; one tea-spoonful of cream tarter. Sift the flour five times; then sift the sugar and flour together. Beat the whites on a platter to a stiff froth. Stir into them when stiff the sugar and flour, and last the cream tarter. Bake immediately in three or four jelly-cake tins.

Take one pint of very cold sweet cream. Add to it two table-spoonfuls of powdered sugar and a dessert-spoonful of vanilla. Whip to a stiff froth, and when the cakes are cold put between the layers, and pile also on the top cake. This is an elegant cake. The only difficulty in the way of succeeding with the cream is in getting it cold enough. In the winter, when snow is on the ground, put the bowl containing the cream in a pan filled with snow. In summer surround the bowl of cream with ice, and do not whip it, or build up the cake, until just as you are ready to use it.

## FACTS WORTH REMEMBERING.

Hoarseness always precedes true croup, and a prompt use of Chamberlain's Cough Remedy will avert all danger.

Catarrh results from neglecting a cold.

There is nothing that will cure a severe cold so quick as Chamberlain's Cough Remedy.

A hacking cough is caused by an inflammation of the mucous membrane lining the throat and lungs. Chamberlain's Cough Remedy will allay the inflammation, stimulate the mucous membrane to a healthy action, and effectually and permanently cure the cough.

Chamberlain's Cough Remedy is a western medicine, and has won its reputation by curing the diseases of the throat and lungs incident to the people of the north-west, and induced by our ever-changing climate.

(30) Use Chamberlain's Pain-Balm, the Great Rheumatism Exterminator.

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**LEMON CAKE.** One pint of flour; one pint of sugar; six eggs; one heaping table-spoonful of butter; one table-spoonful of baking powder; when these are well mixed add, just before putting it in the pans, four table-spoonfuls of very cold water. Bake in jelly cake tins.

**LEMON JELLY TO SPREAD BETWEEN THESE CAKES.** One pound coffee sugar; one-fourth of a pound of butter; five eggs; the grated rind and juice of three lemons. Boil these in a double kettle until thick.

This will make enough jelly for three times. Use one-third for the above cake, then divide the rest in two tumblers, tie paper over the top, and put away until needed.

**CHOCOLATE CAKE.** Two and one-half cups of sugar; one cup of butter; one cup of sweet milk; the whites of four and the yolks of six eggs; four cups of flour; four tea-spoonfuls of baking powder. Bake in shallow tins, or in a dripping pan.

**ICING.** Set one-third of a cake of Baker's chocolate in a tin cup on the back of the stove to melt. Make a stiff icing with the whites of four eggs and sugar. Add the melted chocolate; flavor with vanilla; spread on the loaves of cake. *Delicious.*

**DOUGH NUTS.** Two cups of sweet milk; two cups of sugar; four eggs; one-half tea-cupful of butter; one table-spoonful of baking powder; flour enough to make as stiff as soft biscuit dough. Fry quickly.

**ANGELS' FOOD.** Whites of eleven eggs; one and one-half tumblers of powdered sugar; one tumbler of sifted flour; one teaspoonful of extract of vanilla; one tea-spoonful of cream tartar. Sift the flour four times; then add cream tartar and sift again, and then measure so as to have exactly one tumblerful after the last sifting. Sift the sugar and measure again in the same way; beat the eggs to a stiff froth; add the sugar lightly; then the flour very gently; then the vanilla. Do not stop beating till you put all in the pan. Bake in a moderate oven, try with a straw, and when the cake does not stick to the straw it is done. Turn the pans upside down and lean them until the cake is cool. When cool loosen the sides with a knife and take out. Use a pan that has never been greased, and keep the pans solely for this cake. The tumbler for measuring must hold two and three-quarters gills. Beat the eggs on a large platter, and mix the batter on the same platter. Have the pans made with short legs to lift them up a little from the bottom of the oven.

**POUND CAKE.** One pound of butter; one pound of sugar; one pound of flour; nine eggs, leaving out two yolks; grated rind of one lemon. Beat very thoroughly, and bake in a moderate oven one hour.

**QUEEN CAKE.** One heaping cup of butter; three cups of sugar; four cups of flour; one cup of sweet cream; two tea-spoonfuls of baking powder; the yolks of seven eggs and the whites of four; flavor with vanilla.

**ICING.** The whites of three eggs; one pound of pulverized sugar; flavor with vanilla, and spread in layers like jelly cake.

**COFFEE CAKE.** Four eggs; two cups of sugar; one cup of molasses; one cup of butter; one cup of hot coffee; four and one-half cups of flour; one tea-spoonful of soda; two tea-spoonfuls of cream tartar; one-half cup of chopped raisins; cloves, nutmeg and cinnamon to taste.

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## DO YOU KNOW

That a vast amount of suffering may be saved for fifty cents? Chamberlain's Pain-Balm will almost instantly relieve the pain of a burn or scald. There is nothing that will cause a cut or bruise to heal so quick as this splendid medicine; Headache, Toothache, Earache, Backache, and many other aches and pains vanish under its balmy influence. Sprains, Swellings and Lameness, Frost Bites and Chillblains are promptly cured by it, even Rheumatism and Neuralgia yield to its soothing effects. It is the remedy that every family should be provided with, and when once familiar with its remarkable properties, you will not be willing to do without it, and Pain-Balm will be a household word.

**ORANGE CAKE.** Two cups of sugar; two cups of flour; half a cup of cold water; yolks of five eggs and whites of three; juice of one orange.

**ICING.** Whites of two eggs; juice of one orange; sugar enough to stiffen.

## MISCELLANEOUS.

**CHOPPED PICKLE.** Cut four cabbages as for slaw; one dozen green peppers; one peck of green tomatoes; two dozen cucumbers; chop these together; sprinkle with salt and let stand over night. Next morning drain off all the water, and to every quart of the mixture add one pint of onions scalded and chopped. Put the whole in a jar and cover with vinegar. Let it stand twenty-four hours; then drain, and put a layer of ground mace and black and white mustard seed, another layer of the mixture, and so on alternately till your jar is full. Take vinegar enough to cover it, add spices, and to every quart of vinegar allow one-half pound of brown sugar; boil and pour over the mixture scalding hot.

**TOMATO BUTTER.** Nine pounds of tomatoes; three pounds of brown sugar; one pint of vinegar; three table-spoonfuls of cinnamon; one table-spoonful of cloves. Boil the whole together for three hours.

**GREEN TOMATO SOY.** Two gallons of tomatoes; six onions; two quarts of vinegar; one quart of sugar; two table-spoonfuls of salt; two table-spoonfuls of black pepper; one table-spoonful of allspice; one table-spoonful of cloves. Chop and mix together, and stew one hour. The spices used are to be ground.

**JAPANESE CREAM.** (Excellent for cleaning woolen garments of any description.) Four ounces white castile soap; four ounces ammonia; two ounces ether; two ounces alcohol; one ounce glycerine. Cut the soap fine; dissolve in one quart of soft water over the fire. When dissolved, add four quarts more of water; then add the other ingredients. Bottle and keep for use. When once you have tried it you will never be without it, especially if you have boy's or men's clothes to clean. It will keep forever.

### TABLE OF WEIGHTS, MEASURES, ETC.

(The cup used is the ordinary kitchen cup, holding half a pint.)  
 One quart of sifted flour is one pound.  
 One pint of granulated sugar is one pound.  
 Two cups of butter, packed, are one pound.  
 Ten eggs are one pound.  
 Five cupfuls of sifted flour are one pound.  
 A wine-glassful is half a gill.  
 Eight even table-spoonfuls are a gill.  
 Four even salt-spoonfuls make a tea-spoonful.

### THAT GOOD MEDICINE.

PARKER, DAKOTA, June 1, 1880.

I take pleasure in saying to the public, as I have to my friends and acquaintances for the last five years, that I consider Chamberlain's Colic, Cholera and Diarrhoea Remedy the best medicine for the purpose intended, that I ever tried. Since I have used it I would not be without it. I was always subject to Cholera Morbus, and never found anything else that gives the relief that your remedy does. I never leave home without taking it with me; and on many occasions have ran with it to the relief of some sufferer, and have never known it to fail. My children always call for that good medicine when they have pain in the stomach or bowels.

Yours Truly,

C. D.

A salt-spoonful is a good measure of salt for all custards, puddings, blanc-manges, etc.

One tea-spoonful of soda to a quart of flour.

Two even tea-spoonfuls of cream of tartar to one of soda.

Two heaping tea-spoonfuls of baking powder to one quart of flour.

One cup of sweet or sour milk as wetting for one quart of flour.

#### TIME TABLE FOR ROASTED MEATS.

Beef from ten to twenty minutes to the pound.

Mutton, ten minutes to the pound for rare, fifteen to twenty for well done.

Lamb, the same. Should be well done.

Veal, twenty minutes to a pound.

Pork, half an hour to a pound.

Turkey of eight or ten pounds weight, not less than three hours.

Goose of seven or eight pounds, two hours.

Chickens, from an hour to an hour and a-half.

Tame Ducks, one hour.

Game Duck, from thirty to forty minutes.

#### TIME TABLE FOR BOILED MEATS.

Beef, thirty minutes to the pound.

Corned beef, the same.

Smoked tongue, the same.

Ham, from twenty-five to thirty-five minutes to the pound.

Mutton, fifteen to twenty minutes to the pound.

Veal, thirty minutes to the pound.

Turkey, ten pounds, three hours.

Chickens, one hour and a-half.

Old fowls, two to three hours.

#### TIME TABLE FOR VEGETABLES.

*Half an Hour*—Peas, potatoes, asparagus, rice, corn, summer squash, tomatoes, macaroni.

*Three-quarters of an Hour*—Young beets, young turnips, young carrots and parsnips, baked potatoes (sweet and Irish), boiled sweet potatoes, canned corn.

*One Hour*—New onions, new cabbage, shelled and string beans, spinach and greens, cauliflower, oyster plant, and winter squash.

*Two Hours*—Winter carrots, parsnips, turnips, cabbage and onions.

*All the Time you can spare*—Beets.

#### TIME TABLE FOR BREAD, CAKES, ETC.

Bread, medium loaves, one hour.

Biscuits and rolls, from fifteen to twenty minutes.

Brown bread, steamed, three hours.

Loaves of sponge cake, three-quarters of an hour.

Pound cake, one hour.

Fruit cake, two hours, if in small loaves.

Cookies, from ten to fifteen minutes. Watch carefully.

Baked puddings, rice, bread, etc., one hour.

Boiled puddings, three hours.

Batter puddings, baked, three-quarters of an hour.

Pie crust, about half an hour.

These tables have been compiled with some alterations, from Mrs. Helen Campbell's *Excellent Cook Book*, "THE EASIEST WAY."

MILLS & Co., of Des Moines, will soon publish a complete Manual of Cookery, by the author of the preceding recipes. It will contain not only a full list of recipes in all departments of cookery, but also valuable chapters on "Adulterations of Food," "Poisons and their Antidotes," "Tests for Safety in the Use of Burning Fluids," and an illustrated chapter on Utensils, containing cuts of all the best and newest conveniences for kitchen use.

Give half a bottle of Chamberlain's Colic, Cholera and Diarrhea Remedy in half a pint of water, and repeat in thirty

minutes if necessary. The second dose is seldom required. It never fails.

### COLIC IN HORSES.

This Label adopted September 1st, 1882.

# CHAMBERLAIN'S COLIC AND CHOLERA REMEDY. DIARRHOEA

CURES

PAIN IN THE STOMACH,

COLIC,

CHOLERA MORBUS,

CRAMP COLIC,

BILIOUS COLIC,

PAINTERS' COLIC,

Summer + Complaint

CHOLERA,

Dysentery, Diarrhoea,

BLOODY FLUX,

Chronic Diarrhoea,

Cholera Infantum, and

Bowel Complaint

IN ALL ITS FORMS.

Prepared only by

*Chamberlain & Co.*

MANUFACTURING PHARMACISTS,

Des Moines, Iowa.

PRICE, FIFTY CENTS

publish this copy of the outside label to our Chamberlain's Colic, Cholera and Diarrhea Remedy, to protect the purchaser from worthless imitations of the preparation. See that the face of the outside wrapper is precisely like this and you will be sure of getting the genuine and the best medicine ever produced for bowel complaints. Allow no dealer who has not got the preparation to persuade you to take any other, claiming it to be the same or as good, or you will be disappointed.

## CHAMBERLAIN'S COUGH REMEDY,

The Best Made, for Coughs, Colds, Croup, Sore Throat, &c  
50 cents per bottle.

## CHAMBERLAIN'S COLIC, CHOLERA AND DIARRHŒA REMEDY

Never Fails, and is Pleasant and Safe.  
50 cents per bottle.

## CHAMBERLAIN'S PAIN BALM,

For External Use only,

Has a wonderful power over pain, and is destined to lead all other external applications for the Relief and Cure of Painful Diseases. See page 27. 50 cents per bottle.

## ST. PATRICK'S PILLS, THE GREAT IRISH CATHARTIC,

Cleanse the System and Regulate the Liver and Bowels.

They are sugar-coated, and neither nauseate the stomach, gripe the bowels, nor produce painful discharges. 25 cents per box, or five boxes for one dollar.

## DR. CADY'S CONDITION POWDERS,

For Horses and Cattle,

Are unequalled as a Tonic, Blood Purifier, and Vermifuge. 25 and 50 cent packages.

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## E. F. WHITNEY & CO.,

Successors to

## C. H. WARD,

328 East Fifth Street, Des Moines.

DEALERS IN

## PURE DRUGS AND MEDICINES.

PAINTS, OILS AND VARNISHES,

## CHAMBERLAIN'S CELEBRATED MEDICINES,

Perfumery, Toilet Articles, Etc.

*Prescriptions Carefully Prepared by Competent Pharmacists.*