



GOOD BREAD

The Staff of Life

PUBLISHED BY

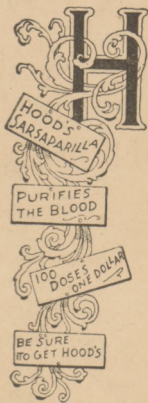
C. I. HOOD & CO.

PROPRIETORS OF

HOOD'S
SARSAPARILLA.

LOWELL, MASS. U.S.A.

Three Thoughts.



OW important it is to everyone that the blood should be kept in good condition, and yet how few people there are to whom this subject seems to give any concern. We wish here to emphasize three points, and call attention to,

1st THE SITUATION: Health depends on the state of the blood. The blood conveys all the elements which go to make up the organs of the body, and carries away all dissolved and useless material.

Every bone, muscle, nerve and tissue lives upon what the blood feeds to it. Moreover, every beating of the heart, every drawing of the breath, every thought flashing through the brain, needs a supply of pure blood, to be done rightly and well.

2d THE NECESSITY. The human race as a whole is in great need of a good blood purifier. There are about 2400 disorders incident to the human frame, the large majority arising from the impure or poisonous condition of the blood. Scrofula, a disease as old as antiquity, has been inherited by generation after generation, and manifests itself to-day virulent and virtually unchanged from its ancient forms. If we are so fortunate as to escape hereditary impurities in the blood, we may contract disease from the germs in the air we breathe, the food we eat, or the water we drink.

3d THE REMEDY. In Hood's Sarsaparilla is found the medicine for all blood diseases. Its remarkable cures are its loudest praise. No remedy has ever had so marked success, no medicine was ever accorded so great public patronage. Scrofula in its severest forms has yielded to its potent powers, blood poisoning and salt rheum and many other diseases have been permanently cured by it. Read the statements of cures in this book, and for further information, write to us. If you need a good blood purifier, take Hood's Sarsaparilla.

To Housekeepers.

We take pleasure in presenting another book which we believe will be found of great value and will be the means of doing a great deal of good.

If bread is "the staff of life" "Good Bread" comes very near being life itself, for nothing can be more important. We hope this book may be the means of improving the average quality of the bread placed before our countrymen, for while there is undoubtedly much good bread now made, there is also a greater quantity of poor bread, which might just as well be good were there a little more care and intelligence exercised in making it.

The introductory article is of great importance, and should be carefully read before proceeding to work out any of the recipes, and even afterward should be frequently referred to. Great care has been used to have all the instructions practical and clearly expressed, and if they are followed carefully even the novice in cooking will be successful. Indeed, this book is prepared especially for, and is hereby respectfully dedicated to the

YOUNG HOUSEKEEPERS OF AMERICA.

Hood's Cook Books

Have probably had the largest circulation of any books on cooking ever issued, and they are still in active demand. Housekeepers are continually writing us for them. They are as follows:

- HOOD'S COOK BOOK NO. 1,
- HOOD'S COOK BOOK NO. 2,
- HOOD'S COOK BOOK NO. 3.
- HOOD'S HIGH-STREET COOK BOOK.

In addition to the above we have recently published

HOOD'S BOOK OF HOME-MADE CANDIES,
The best manual of instruction for candy making ever issued.

One Copy

Of "Good Bread" or any other of the above books can be obtained by sending a two-cent stamp, or the four Cook Books Combined by sending 10 cents in stamps to

C. I. HOOD & CO.,

Proprietors Hood's Sarsaparilla,
Lowell, Mass.

GOOD BREAD

Practical, Reliable Directions of Great Value to all
Housekeepers, written by

The Best American Authority

Especially for and Copyrighted by C. I. HOOD & CO., Proprietors of



HOOD'S SARSAPARILLA, LOWELL, MASS.

IN preparing this manual on "Good Bread," no attempt has been made to give many formulas, or to present the same process and proportions, under a variety of meaningless names, but rather to make the recipes clear and explicit, each one complete in itself, and with just enough of them to illustrate the best methods of making the various grains into "Good Bread."

In the making of "Good Bread" there is nothing intricate or difficult, nothing which any person of average intelligence cannot understand. But there is no department of cooking where so much depends upon care in little details, and where failure so surely follows any deviation from certain well-established principles. Experience and judgment are helpful, but without these, success may be attained, even with the first loaf, if you have a clear idea of the essential steps in the process, and are careful to follow the directions, even in matters which may seem to you trivial.

Limited space forbids more than a brief mention of these essential details, and the reasons for them which could not be given under each recipe.

Nothing contributes more to the ease and pleasure of bread making, than a conveniently arranged and neatly kept pantry and cooking table.

Armed with a reliable recipe, and all necessary utensils, any woman or young girl, even if elegantly dressed, can don a

large apron (see Frontispice), and dainty cap to protect the hair, and go through the entire process of mixing bread, without dough-be-daubed fingers, flour-be-sprinkled dress, or any untidiness whatever, and with but slight expenditure of muscular strength. We have seen a woman clad in a rich robe of black lace, and without the protection of even a dainty apron, mix and knead bread and talk continuously to a large audience, and when the work was finished, not a grain of flour could be found on her dress, her hands, or the floor. The careless slovenly habit of dropping a little here and there, and working with sticky floury fingers, which many women acquire and make no effort to overcome, has done much toward making cooking, and especially bread-making, seem like drudgery.

Good flour, good yeast, pure water and sweet milk, are the first essentials to the making of "Good Bread."

Flour should always be sifted before measuring, and if kept in a cold pantry, it should be warmed before using. Milk and water should also be warm.

It has been the general custom to mix bread at night, but the best bread makers now agree that it is better to raise the bread more quickly, and where it can be watched so that fermentation may be checked at the proper time. Dough will rise much more than is necessary, before the alcoholic fermentation changes to the acetic and sours the dough. More of the sweet, natural flavor and strength of

the flour is retained, if the dough rises quickly, and only a little at a time, and never more than until about double its bulk. Then if it be cut down or worked over, some of the gas escapes, but the rising begins again and goes on more rapidly than ever. For this reason it is better to mix bread early in the morning, to use more yeast than when mixed at night, and to look at the dough every half hour that the rising may be hastened or checked as needed.

A uniform temperature of at least 70° is desirable, and when the bowl is surrounded by water about as hot as you can bear the hand in comfortably, this can easily be maintained.

Kneading is by many persons considered essential, but while it is necessary for water bread made without shortening, it has been proved by years of trial, that good milk bread and good whole wheat bread can be made without any such manipulation, if care be taken to mix all the ingredients thoroughly. The principal point in kneading is that the work be done by folding the dough over and rolling it with the ball of the hand, and not by piercing the fingers into the dough. See illustration on cover.

One of the important steps, and one often overlooked, is that the dough be well covered in all its stages until it is put into the oven. The action of the air causes a crust to form on the dough, and it is impossible to remove this crust without great waste, or to work it into the dough without injury to the texture of the bread. A plate or tin pan that fits closely, and a blanket or thick cloth over all, will exclude the air, but a thin towel will not. A crust is not desirable until the loaf is in the baking pan, and then it should be formed by the hot air of the oven, instead of the air outside.

When the dough is ready for the final shaping into loaves, only a dusting of flour should be used. We have known the failure to have good bread caused wholly by the careless use of half a cup of flour which was needlessly worked into the dough at this stage, causing the loaf to rise unevenly in the oven and bulge at the side. And yet the maker was sure she had followed the rule exactly.

WE KNOW

What we are talking about when we say that the peculiar curative power and the medicinal merit possessed by Hood's Sarsaparilla place this medicine so vastly beyond other preparations as to make comparison absurd.

WE KNOW that Hood's Sarsaparilla is superior, for these reasons:

FIRST: Because there are used in compounding Hood's Sarsaparilla such vegetable remedies as Sarsaparilla, Yellow Dock, Juniper Berries, Pipsissewa, Mandrake, Dandelion, and others, all long known to medical science as possessing valuable alterative, strengthening and anti-bilious qualities.

SECOND, Because Hood's Sarsaparilla is a modern medicine, originated by thoroughly competent pharmacists, and still prepared under their personal supervision.

THIRD, Because every ingredient used in producing Hood's Sarsaparilla is strictly pure, and is the best of its kind it is possible to buy. All the roots and herbs are carefully selected, are ground in our own drug-mill, and from the time of purchase until the medicine is prepared, everything is watched with a view to attaining the best result.

FOURTH, Because Hood's Sarsaparilla is prepared by a Combination, Proportion and Process Peculiar to Itself, unknown to other preparations, and by which the full medicinal value of each ingredient is secured.

FIFTH, Because the value of Hood's Sarsaparilla is certified to by thousands of voluntary witnesses all over the country whom it has cured of diseases more or less severe. Some of these statements are printed in this book, to which we request your attention.

SIXTH, Because when Hood's Sarsaparilla is given a fair trial it is reasonably certain to give perfect satisfaction. Of course it will not accomplish impossibilities; a single dose will not move a mountain. All we ask, if you conclude to try Hood's Sarsaparilla, is that you take it according to directions and with at least a portion of the tenacity with which your ailment has clung to you.

N. B. Be sure to get Hood's.

DYSPEPSIA.

The cure of this distressing complaint requires just what the disease itself seem to destroy, that is, patience. Great care in eating and in all things pertaining to the every day life of the sufferer, is necessary to obtain relief.

If dyspepsia has one characteristic peculiar to itself it is that of making its victim irritable, impatient, nervous and cross, particular at little things which would not ordinarily disturb one. Now in suggesting Hood's Sarsaparilla as a remedy, we do so knowing all we might expect from the excellent stomach tonics which enter into its preparation, but our expectations have been more than realized in the

HAPPY RESULTS.

which have followed its use. In fact, in many cases where the suffering has been intense, Hood's Sarsaparilla has seemed to possess a magical touch that brought astonishingly quick relief. While we do not claim this medicine as an infallible remedy, we positively state that so great has been the relief obtained in a very large number of cases from its use that we are justified in almost insisting upon its trial by every sufferer. We wish that we could present the claims of this valuable medicine in more forcible language to all who suffer from dyspepsia. The fact is if you give it a trial you will be surprised at the relief it will give and will thank us for urging a trial upon you, as many others have done.

Marvellous Effect.

"I feel in duty bound to acknowledge the efficacy of Hood's Sarsaparilla. For 10 years I have suffered with dyspepsia and what is called water brash, and after having tried various remedies I concluded to try Hood's Sarsaparilla. I have been taking it for 5 months, (six bottles) and the effect is marvellous in my case. I do not say that I am entirely cured, but to all appearances very nearly so. My grateful acknowledgement is due for this timely relief, and I cheerfully recommend Hood's Sarsaparilla to all." J. M. JOHNSON, 427 Tenth St., Toledo, Ohio.

Hood's Vegetable Pills are unequalled as a family cathartic.

Care must be taken that the loaves do not rise too much in the pan. Should this happen, knead the dough over and let it rise again, but only till double its bulk. Rolls should rise more in proportion than loaves, for from their smaller size the intense heat of the oven necessary to make a crisp crust, penetrates them very quickly, and so checks any further rising, but a loaf goes on rising in the oven until the heat reaches the centre.

The last and perhaps the most important requisite to "Good Bread," is a good oven. The management of the fire to secure this, must come largely by experience, and for this reason, look at your bread often while baking it, and learn how to regulate the heat. Your recipe tells you about how long time is required for baking, then divide the time into quarters. The loaf should rise during the first quarter of the time, begin to brown in the second, brown all over in the third, and ripen and shrink away from the pan in the last quarter. If the oven be too hot, cover the loaf with paper and check the heat. If too slow, increase the heat, and take warning by experience, for it is easier to remedy the trouble if the oven be too hot than if too cool.

Raw Potato Yeast.

- 1 cup grated raw potato
- 1 heaping tablespoonful sugar
- 1 heaping tablespoonful flour
- 2 teaspoonfuls salt
- 1 quart boiling water
- 1 cup old yeast

Mix the sugar, flour and salt in a granite pan. Wash, pare, and grate enough raw potato to make a cupful, mix it with the dry mixture, stir in the water, which must be boiling rapidly. Use enough to make a batter like thin starch. Place the pan on the stove and stir constantly until it boils five minutes. Strain it if lumpy, and when it is cool add the old yeast. Cover with a plate and let it rise in a warm place until light and foamy.

Stir it several times during the rising. Put it into glass jars, and the next day seal it tightly. This will keep sweet for two weeks in a cool place. The many remarkable cures by Hood's Sarsaparilla make it worthy your confidence.

Hop and Potato Yeast.

1 ounce hops
 2 quarts water
 1 tablespoonful salt
 $\frac{1}{2}$ cup brown sugar
 1 pint sifted flour
 $1\frac{1}{2}$ lbs. potatoes

Boil the hops in the water for half an hour, strain, and when about luke-warm, add the salt and sugar.

Mix a scant pint of flour into a stiff paste with some of the hop water, gradually add enough more to thin it and then mix all together. By mixing it in this way there will be no lumps of flour. Keep this batter in a warm place for three days and stir it frequently while it is working. On the third day add the potatoes, boiled and mashed, and let it stand another day, then strain it and it is ready for use.

This yeast requires no fresh yeast to start the fermentation, and if it is put in a cool place it will keep sweet for two or three months, even in summer. It is very strong and only half the usual quantity should be used.

Water Bread, made with Sponge

1 pint warm water
 1 teaspoonful salt
 $\frac{1}{2}$ cake compressed yeast
 3 pints sifted flour

Measure the flour after sifting, and if it has been kept in a cold pantry, see that it is well warmed before using. Dissolve the yeast in half a cup of warm water, put it with the salt and water into a large bowl. Stir in flour enough to make a soft batter that will break and not pour from the spoon. Beat it until full of bubbles. Cover the bowl with a tin cover and a bread cloth and place the bowl in a pan of water as hot as you can bear your hand in. Let it rise about an hour, or until the top of the batter is foamy.

Then add more flour, and when too stiff to stir with a spoon, work it with the hand by bringing the dough from the edge of the bowl over into the centre, then pressing down with the fist or the ball of the hand. Work the dough with one hand and turn the bowl with the other until the dough is smooth, fine

Nervous Dyspepsia

Is becoming so prevalent among women as to cause alarm in the medical profession. Being naturally much more sensitive and nervous than men, under any unusual strain upon mind or body, or any severe sickness, the nervous system is liable to give way and a most discouraging condition of misery ensues. The peculiar adaptability of Hood's Sarsaparilla for such cases has been shown thousands of times. It supplies the pure blood which the system craves, gently tones the digestive organs, stimulates the liver, creates an appetite, drives off the tired feeling and gives

STRENGTH TO THE NERVES.

All ladies should read the following statement. Mrs. Cleaveland is a sister of the Norcross Brothers of Boston, the famous builders.

"When we were living in Worcester about 3 1-2 years ago, I began to be troubled by a sickness which my friends thought showed that I was going into a decline. The principal difficulty seemed to be a palpitation of my heart. I would be taken with a terrific jumping sensation followed by a sinking spell, an awful deathlike feeling which I cannot describe. It often seemed as if I was actually dying, and should never come around again. I also had sharp pains in my left shoulder, gradually working round to my side. There were

BURNING SENSATIONS

in my stomach at times, and when it did not burn, my stomach and side would seem as cold as if ice was laid there, and I had to put on extra flannels. The fainting spells became more and more severe until we became discouraged, and my husband thought there was no hope. I had medical attendance constantly, no less than six physicians, but all failed to do me any good. I undoubtedly had a severe form of nervous dyspepsia. I was indescribably

TIRED AND LANGUID,

and at one time did not dare to lay down for fear of having a fainting spell. Of course I grew thin and poor in flesh. At length one physician told my husband:

'Medicine is of no use; get a horse and keep her out of doors all you can, and keep her mind occupied.' But one day I happened to be reading something about Hood's Sarsaparilla, and I thought perhaps this medicine would do me good. So I began taking it. From the very first Hood's Sarsaparilla seemed to be just the thing for me. I took it regularly and as directed. The fainting spells gradually grew less till they ceased altogether, my appetite returned, I ate heartily without distress afterward, and I slept well—in fact seem to be myself again. It is about a year since I began taking Hood's Sarsaparilla—have used only four bottles—and I have increased in weight in that time from 88 to 132 pounds. Hood's Sarsaparilla has indeed done wonders for me, and I have recommended it to hundreds of friends. I am able to do all my household work readily and easily, and I have not been so well in 25 years as I am today. We also think very highly of Hood's Pills as a family medicine, and keep them in the house all the time. Any one who will take the trouble to call on me I will convince of the truth of the above statement." MRS. A. B. CLEVELAND, Norcross Farm, Medway Street, Milford, Mass.

Behold in
this bottle
the key
to good
health,

A boon to all
mankind, more pre-
cious than wealth. With
this for your friend, you need
harbor no fear, For lurking dis-
eases will soon disappear. The
young and the old feel its magi-
cal power, And fly to its refuge
in sickness' dark hour. And
cheeks that are faded with ill-
ness and pain, This wondrous
magician can brighten again. All
ills of mankind can this con-
queror slay, Till comfort and
health in their place shall hold
sway. Each foe must surrender,
each enemy fall, Hood's Sar-
saparilla is king of them all.

grained and elastic. It is not necessary to use the exact amount of flour given in this recipe as the different brands of flour will vary in thickening quality. Mix it into a dough as soft as can be handled easily, adding the flour slowly, especially in the last part of the process; otherwise you may make it too stiff and then more water must be added, and it is better to avoid the necessity for doing this.

Cover again as before and let it rise until it is light.

The dough will be about double its original bulk, and will feel as if full of air, and on pulling it away from the edge of the bowl it will seem porous, like a fine sponge. It is very important that the rising should be checked as soon as it reaches this stage, for if allowed to rise too long it will be full of large holes, be stringy and coarse in texture, and in a short time will become decidedly sour, and then it is past redemption.

When the dough is risen sufficiently, scrape it away from the edge of the bowl over into the middle, and work or knead it until smooth. Let it rise well covered a second time. It will come up quickly and must be watched that it does not rise too much. Turn it out onto the bread board, and shape into a long loaf, that will about half fill the pan. Avoid using more than a dusting of flour on the board as this flour that is now worked into the dough has only one rising. If much be used it causes the loaf to crack and bulge in an ungainly shape, and makes some parts of it heavy. Unless one is careful not to put much on the board a large amount will be worked into the dough. Cover well to exclude the air and when the dough is risen nearly to the top of the pan put it into a hot oven and bake about fifty minutes. The oven should be hot enough for the loaf to begin to rise at once, but it should not begin to brown until it has been in fifteen minutes.

When done turn out on a sieve or bread cooler, where the air can circulate all round it. If you like the crust soft instead of crisp, wrap it at once in a clean bread cloth. Do not put it away till it is cold. Hood's Sarsaparilla is peculiar in strength and economy.

Water Bread.

1 quart hot water
 1 level tablespoonful salt
 2 tablespoonfuls lard or dripping
 $\frac{1}{2}$ cake compressed yeast
 About three quarts of flour

Dissolve the salt and melt the dripping in the water. When cool or only blood warm, add the yeast cake, and when this is all dissolved stir in flour enough to make a soft dough, just stiff enough to knead. Then turn it out on the floured bread board and knead it twenty minutes, or until it can be kneaded without any flour, and is close grained and elastic. Put it back into the bowl, which meanwhile has been scraped clean or washed and greased. Cover with a tin cover and bread blanket. Set it where it will keep at the temperature of about 70° all night, or in a warmer place at first, that it may have a good start in rising before the room cools. In the morning knead it over in the bowl as soon as possible. When risen the second time, knead it well, using no new flour, then divide it into six parts, shape each part into a smooth ball, roll it on the board with the palm of the hand into a narrow roll about a foot or more long, place them on a large tin pan, some distance apart, cover with a thick towel and let them rise until light. Bake about half an hour in a hot oven. This shape is preferred by persons who wish considerable crust on their bread. But the crust of water bread is never so tender as that of milk bread, neither does it color so brown in baking. Hood's Sarsaparilla is sold by all druggists.

Milk Bread.

$\frac{1}{2}$ cake compressed yeast
 $\frac{1}{2}$ cup warm water
 1 teaspoonful salt
 1 tablespoonful sugar
 1 pint warm milk
 3 pints warm flour

Soak the yeast cake in the warm water. Put the salt, sugar and milk in the mixing bowl, add the yeast when dissolved and mix thoroughly. Stir in flour to make a batter that can be beaten easily without splattering. Beat hard and vigorously.

IMPURE BLOOD.**Scrofula, Salt Rheum, Etc.**

If we could impress upon every one who reads this book the very great importance of keeping the blood in pure healthy condition, we should think the cost of its publication had been well spent.

When you consider that the blood conveys every element which goes to make up all the organs of the body; that every bone, muscle, nerve and tissue lives upon what the blood feeds to it; that every beating of the heart, every drawing of the breath,

EVERY THOUGHT

flashing through the brain, needs a supply of pure blood, to be done rightly and well, you gain a slight idea of the imperative necessity of pure blood in order to have good health.

And yet it is a fact that comparatively few individuals have perfectly pure blood. Scrofula, a disease as old as antiquity, has been inherited by generation after generation, and manifests itself today virulent and virtually unchanged from its ancient forms. If we are so fortunate as to escape

HEREDITARY IMPURITIES

in the blood, we may contract disease from the germs in the food we eat, or the water we drink. Salt rheum, pimples, boils and other eruptions are as certainly caused by or are akin to scrofula as the dreadful running sores, swellings in the neck, etc., and should be cured as soon as possible.

In Hood's Sarsaparilla is found the medicine for all blood diseases. Its remarkable cures are its loudest praise. No remedy has ever had so great success, no medicine was ever accorded so great public patronage. Scrofula in its severest forms has yielded to its potent powers, blood poisoning and salt rheum and many other diseases have been permanently cured by it.

We cannot in the limits of this book give even an idea of the many statements we have received from people who find words inadequate to express their grati-

tude for the relief from the slavery to king Scrofula given by the

KING OF MEDICINES,

Hood's Sarsaparilla. Suffice it to say that in this medicine are combined the best known remedies for impure blood, and that it does accomplish wonderful results for those who take it according to directions which accompany each bottle.

Thought He Must Die.

"Our little boy was afflicted with scrofula and we thought he would die. We tried all the doctors in our town but they did no good and we tried everything else we could hear of. We read so much about Hood's Sarsaparilla and the good it had done, that we bought a bottle. It helped him at once; we continued with the medicine, and he has not had any symptoms of scrofula for a year now. I think Hood's Sarsaparilla a very good blood medicine." STEPHEN ELDRIDGE, Francesville, Ind.

Tetter—A Severe Case.

"I have used Hood's Sarsaparilla and am using it now. For eleven years I have been troubled with tetter and have used almost every kind of medicine and prescription that I could hear of. My hands would crack open and were so sore that I could not work. About last Christmas I saw Hood's Sarsaparilla advertised, and I decided to buy a bottle. I have taken three bottles and am so much better that I will continue a thorough course, and I believe I will be entirely well in a short time." ELIJAH S. YEATES, Box 23, North Yakima, Wash.

Erysipelas and Salt Rheum.

"Erysipelas and salt rheum caused me much suffering for five years, being so bad in my eyes that at times I could hardly see, while my hands would crack open and the ends of my fingers would bleed and itch terribly. I was induced to try Hood's Sarsaparilla, and the three bottles I have taken have entirely cured me." SAMUEL D. HODGEMAN, Melvin Village, Tuftonborough, N. H.

Hood's Sarsaparilla is prepared only by C. I. Hood & Co., Apothecaries, Lowell, Mass. Sold by all druggists.

Then with a broad bladed knife stir in gradually enough more flour to make a dough that could be kneaded if necessary, but instead of kneading it cut the dough through and through and work it over from the edge to the centre, until the flour is all mixed in and the dough smooth. It should be just stiff enough to stay up in a round shape when you stop stirring it. Should it settle to a level add a little more flour. Cover the bowl to exclude the air and dust, place it in a pan of warm water on the shelf of the range, and keep the water at a uniform temperature, as hot as the hand can bear comfortably. Look at it every half hour and as soon as it puffs up light, work it over with the knife and let it rise again. Then knead it just enough to get it in shape, divide into four parts, shape into round loaves and place them in two brick-loaf pans, two in each pan. Press them down in the pan to fill out the corners, cover with a towel and tin pan, let them rise until nearly to the top of the pan, then bake in a hot oven forty minutes. Take Hood's Sarsaparilla.

Bread Made Quickly.

1 cake compressed yeast
1 cup warm water
1 cup milk
1 teaspoonful salt
Flour as required

Dissolve the yeast in the water, add one cup of flour, mix well and let it rise in a bowl placed in a pan of hot water half an hour. When the sponge is foamy, add the milk and salt, and flour sufficient to make a stiff dough. Knead it until smooth. Divide into three parts and shape into long rolls. Let them rise in the pan until double the bulk, then bake about half an hour. If preferred the three long strips of dough can be formed into a braid. Take Hood's Sarsaparilla.

Graham or Whole-Wheat Flour Bread.

The so-called Graham flour of a score of years ago, which contained a large proportion of innutritious bran, has been almost entirely superseded by "entire-wheat," or "whole-wheat," or "fine-granulated-wheat flour," names given by

different companies to flour which is made of the whole grain minus its outer flinty husk, and which is milled in such a way that all the nutritious part is retained. These flours vary greatly in quality and fineness; some are as fine as ordinary white flour but of a light brown color, and others are quite coarsely ground. The grade which is used in these recipes has only a small portion of coarse particles.

It should always be sifted through a basket sieve, not to remove the coarse flakes, but merely to lighten the flour, all of the flakes going through the sieve. Where there is a large proportion of the coarse particles or bran, a part of it should be removed and more fine flour added in order to make bread of the best quality.

Many people err in the use of these flours, thinking that because these whole-wheat flours are more nutritious than fine white flour that it is better not to use the latter at all, but in order to have the most satisfactory Graham or coarse flour bread, it is necessary to have the right proportion of gluten and starch. Good bread cannot be made from either alone. All of the brands of the so-called coarse flours need the addition of a small portion of fine white flour to make the ideal loaf, which is neither dingy brown, waxy, and heavy, nor dry, husky and insipid; but soft, tender, flaky, uniformly porous, of a finely mottled brown color, and having a sweet, nutty flavor, quite unlike that of any other bread.

After trying many formulas, the following has been found to produce the most satisfactory results:

- 1 pint of warm milk
- 1 teaspoonful salt
- 2 tablespoonfuls sugar
- $\frac{1}{2}$ cake compressed yeast
- $\frac{1}{2}$ cup warm water
- $2\frac{1}{2}$ cups white flour
- 3 cups fine gran. wheat flour

Soak the yeast cake in the warm water. Unless the milk is fresh and unskimmed it will be better to scald it and add one tablespoonful of butter or dripping. Dissolve the sugar and salt in the milk, add the yeast; be sure it is dissolved and that none is left in the cup, then stir in

THAT TIRED FEELING.

You cannot always tell what may be its cause. Possibly it may be due to change of season, climate, or life; possibly to overwork or overstudy, to mental suffering, nervousness or bodily ailments. But there is no mistaking its effects. You know you feel "almost tired to death," without strength to do anything; ambition seems to be all gone, and in its place indifference to how the world wags—an indescribable languor and debility. You have no appetite, do not care about food, and only eat because it is the hour for eating, or from force of habit.

THIS MUST BE STOPPED.

Your condition must be changed at once, or like a ship drifting with the inward tide, you will soon be dashed upon the rocks of incurable disease and death. Rouse the torpid liver, tone the digestive organs, create a new appetite, purify and vitalize the impure and sluggish blood, cure the headache, and overcome all the prostrating effects of That Tired Feeling, by taking Hood's Sarsaparilla. It is just what you need, and to delay taking it is unwise.

Bad Taste.

"In the spring I experienced that tired, dull feeling, and what sleep I had nights seemed to do me no good. Dyspepsia seized me, and each morning in the effort to get rid of the bad taste I had severe vomiting spells. I was much discouraged. My druggist suggested Hood's Sarsaparilla. I took two bottles and am happy to say it made me a new man, and I never was better than now." JOHN MACK, foreman Springer & Willard's stock farm, Oskaloosa, Iowa.

Could Not Eat or Sleep.

"I believe it is to the use of Hood's Sarsaparilla that I owe my present health. In the spring, I got so completely run down I could not eat or sleep, and all the dreaded diseases of life seemed to have

A MORTGAGE ON MY SYSTEM.

I was obliged to abandon my work, and after seeking medical treatment and spending over \$50 for different prepara-

tions, I found myself no better. Then my wife persuaded me to try a bottle of Hood's Sarsaparilla. Before the first bottle was gone I began to amend. I have now used two bottles and have gained 22 pounds. Can eat anything without it hurting me; my dyspepsia and biliousness have gone. I never felt better in my life, am at work again and consider myself a well man." W. V. EULOWS, Lincoln, Ill.

Some Good Advice.

"I earnestly advise all, whether they are ill or not, to take, if only one bottle, Hood's Sarsaparilla in the spring and fall in order to put the blood in a good healthy condition so as to resist any ills they may be subject to, because we all know that most of our sickness arises from impure blood." GEO. SMITH, Uvalde, Texas.

A Baggage Master's Story.

"I tell you that's a good medicine," said William R. Inman, baggage master on the Illinois Central railroad at Webster City, Iowa, when a traveller for Hood's Sarsaparilla called for his trunk recently.

"What do you know about it?" was asked.

"Well," said Mr. Inman, "after our baby was born, my wife didn't gain in health or strength for a long time. Nothing seemed to do her any good, she could not do any work, was tired all the time and had pains in her back constantly. We spent over \$80 in attendance and medicines without any good whatever. At length, upon recommendation of my mother, she began to take Hood's Sarsaparilla, and after using only a bottle and a half she was restored to perfect health. To see her now you would not think she ever had a sick day in her life. The baby, too, is bright and healthy."

"You certainly have reason to think well of Hood's Sarsaparilla."

"You bet I have, and I recommend it everywhere, as I think it one of the best things in the world."

Hood's Sarsaparilla is prepared only by C. I. HOOD & CO., Lowell, Mass.

the white flour. The amount of this may vary, but use only enough to make a thick batter, not a soft dough. Beat it well, cover the bowl and place it in a pan of water just hot but not scalding. Place the pan where the water will keep hot, or add more hot water occasionally. In an hour, or less time in summer, the batter will be full of bubbles. Then stir in the coarse flour, using enough to make a dough that will keep its shape when you stop stirring. Mix and cut it through and through with a knife, until not a particle of dry flour can be seen. Take up a portion on the knife; if it seems stiff enough to shape in your hands into a loaf, it is right. Work it well from the bottom and edge to the centre, scrape the bowl clean and smooth off the top. If it settles to a level it is too soft, and a little more flour will be needed, but add only a tablespoonful at a time lest it be too stiff. Cover it and let it rise again, but look at it often, for the batter which was raised first acts like so much fresh yeast on the new flour and raises it very quickly. Stir it down as soon as it cracks and seems light, and after rising again in the bowl, turn it out on the floured board and shape it into four round or two long loaves. Use as little flour as possible to prevent sticking. Should it be so soft as to be almost unmanageable, it was mixed too soft at first. Roll it under the hand on the board until in good shape and then put the pan under the edge of the board and roll the loaf off the edge into the pan. When the proportions are just right it can be handled as easily as any dough.

Cover the pan, let the loaf rise until double its bulk, then bake about an hour. The oven should be a little less hot than for white bread, and a little more time will be required for baking. Cover the loaf with a paper if it browns too fast.

Rye Bread.

Follow the receipt for Graham Bread, using rye meal instead of coarse flour.

This dough will be more sticky than that made with other flours, but by mixing it just right and using white flour on the board, it can be handled sufficiently to shape easily. Be sure to get Hood's.

Rye and Corn Meal Bread.

1 pint yellow corn-meal
 $\frac{1}{2}$ cake yeast
 $\frac{1}{2}$ cup molasses
 $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{4}$ teaspoonful soda
 1 pint rye-meal

Scald the corn-meal with boiling water. Use only enough to moisten and swell the meal. When cool, add cold water, enough to make a thin batter. Soak the yeast cake in water enough to dissolve it, then mix the salt and soda with the rye-meal. Put the yeast and molasses into the batter, add the rye-meal mixture, and beat it all very thoroughly. Let it rise in a warm place until it cracks open. Then scrape it away from the edge of the bowl and turn it into the baking pan, which should be well greased, and floured. Let it rise in the pan until it cracks or looks light. Bake in a moderate oven, about two hours if in one large loaf, but if in small loaves, one hour will be sufficient.

Brown Bread.

1 cup hasty pudding
 $\frac{2}{3}$ cup brown sugar
 1 pint white bread sponge, well risen
 Flour to mix

Take mush left from breakfast, or make the hasty pudding by any good rule for cornmeal mush, and make the sponge by the rule for water bread. If the hasty pudding be cold, steam it sufficiently to soften it. When the sponge is well risen, add the mush and sugar, when these are well mixed stir in white flour until stiff enough to knead. Knead it well, put it in the baking pan and when risen about double its bulk, bake it in a moderately hot oven about fifty minutes.

A Perfect Cure.

"I have been taking Hood's Sarsaparilla for the past four years at intervals. I was troubled with catarrh, and the medicine effected a perfect cure. I take it now whenever I feel debilitated, and it always gives me immediate strength, regulates the bowels and gives an excellent appetite." LEVI CAMPBELL, Parkersburg, W. Va.

CATARRH.**Not Local, but Constitutional.**

Because catarrh affects your head, it is not therefore a local disease. If it did not exist in your blood, it could not manifest itself in your nose. The blood now in your brain is before you finish reading this article, back in your heart again and soon distributed to your liver, stomach, kidneys, and so on. Whatever impurities the blood does not carry away, cause what we call diseases. Therefore when you have catarrh of the head, a snuff or other inhalant can at most give only temporary relief. The only way to effect a cure is to attack the disease in the blood, by taking a constitutional remedy like Hood's Sarsaparilla, which eliminates all impurities and thus permanently cures catarrh. The success of Hood's Sarsaparilla as a remedy for catarrh is vouched for by many people it has cured.

Local Applications Failed.

"I should be neglecting my duty were I not to give my testimony as to the value of Hood's Sarsaparilla. For years I have been troubled with catarrh in the head. I tried medical treatment, and used ever so many bottles and boxes of so-called catarrh cures, but without relief. At last a friend persuaded me to try Hood's Sarsaparilla, and I had not taken half of the bottle before I felt somewhat relieved. After taking two bottles I am entirely cured, and feel like another girl altogether. I cheerfully recommend it to all persons suffering with catarrh or any other diseases." CELIA ROSE BORNSEHEIN, 1528 Chew Street, Baltimore, Md.

Thought She Had Consumption.

"My daughter has had catarrh for 9 years. She coughed and expectorated so much that every one thought she had consumption. I tried everything I heard of but gained no relief. I sent her to Florida in September for the winter, and there her friends advised her to use Hood's Sarsaparilla. She wrote me that she had taken three bottles and never felt so good in her life." MRS. MCKNIGHT, 137 Williamson Street, Newport, Ky.

RHEUMATISM.

So many people have been cured of rheumatism by Hood's Sarsaparilla, as evidenced by the unsolicited statements constantly coming to us, that we are warranted in urging all who suffer in any way from the pains and aches of the disease to try this medicine. Rheumatism makes itself felt most frequently in the colder months, and

EXPOSURE TO DAMP WEATHER

or in rainy seasons without sufficient protection is likely to bring it on. It undoubtedly originates in impure blood, and it is the accumulation of acid in the joints which causes those agonizing twinges which characterize the complaint. Hood's Sarsaparilla neutralizes the acidity of the blood and gives to the vital fluid the quality, quantity and color of health. Read these statements:

A Rheumatic Shoulder.

"For about a year I had suffered on and off with a very lame shoulder, the cause of which was pronounced to be rheumatism, and for which I did a great deal of doctoring, without receiving the least benefit. Finally, my father said, 'Why don't you try Hood's Sarsaparilla? They advertise that this medicine has effected many remarkable cures in severe attacks of rheumatism.' The thought had not occurred to me. I bought a bottle of Hood's Sarsaparilla, and while it is not yet quite gone, I think my rheumatism is gone completely. At any rate, I have not had a twinge of pain in that lame shoulder for some time past, and we have had some pretty trying weather. Put me down as a faithful believer in Hood's Sarsaparilla." R. F. BOGARDUS, Office Christian Intelligencer, Warren Street, New York City.

Laid Up Seven Months.

"I have been troubled with rheumatism and have taken three bottles of Hood's Sarsaparilla, and am almost cured. It has done me more good than any other medicine I have taken. I was laid up for seven months, and by taking Hood's Sarsaparilla I am now able to do my own work." MRS. SAMUEL D. STEWART, South Side, Pittsburg, Penn.

Plain Rolls.

1 cup milk, scalded
1-teaspoonful butter
1 teaspoonful sugar
 $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{4}$ cake compressed yeast
 $\frac{1}{4}$ cup warm water.
Flour to stiffen

Melt the butter and dissolve the sugar and salt in the hot milk. Soak the yeast in the water; when dissolved and the milk is cool, put all together, and add about one and one-quarter cups of flour, or enough to make a thick batter. Beat thoroughly, cover the bowl with plate and a cloth and place in a pan of warm water.

Let it rise about an hour, or until full of bubbles, then stir in flour enough to make a dough that can be shaped in the hand. Let it rise again, well covered, as before, and when it is light, cut it down. When it puffs up again turn it out onto the board, and knead it slightly. Pat it out a little with the rolling pin, and spread the surface with a tablespoonful of butter, softened. Fold it over toward the middle and knead it until no trace of the butter can be seen.

Divide it into portions the size of a small egg, and roll them under the hand on the board until about a finger's length.

Place them close together in two rows in a long shallow pan. Let them rise till very light, then bake in a very quick oven.

Milk Biscuit.

Make the dough as directed for Plain Rolls, and when risen and ready to shape, make them into small balls by rolling a bit of the dough between the palms of the hands. Place them close together, let them rise and bake as directed for Plain Rolls. Hood's Sarsaparilla is peculiar to itself.

Other Varieties of Soft Rolls.

Dough made and risen as directed in the recipe for Plain Rolls, may be made into quite a number of shapes, the shape giving the name to the roll.

It may be rolled into long strips and three plaited together, making a braid; or two lengths may be simply twisted together; or each length may be rolled about the size of the third finger and as

long as you please, and baked in that form, or tied into a bow knot, or joined into rings, and several rings linked.

French rolls are made by rolling the dough into small oval shapes about a finger long and tapering at each end, and put together in pairs, the ends close together. Or they may be made by rolling egg-shaped pieces and cutting them half through the middle.

Another form is made by rolling first a ball, then cutting half through the top horizontally and perpendicularly.

Large rolls are sometimes cut across the top in slanting cuts. The cuts in these and all other forms are kept from coming together again, by using a knife dipped in melted butter.

Parker House Rolls.

- 1 pint milk, scalded
- $\frac{1}{2}$ yeast cake
- $\frac{1}{2}$ cup warm water
- 3 cups flour
- 2 even tablespoonfuls sugar
- 2 tablespoonfuls melted butter
- 1 teaspoonful salt
- 2 to 3 cups more of flour

Pour the hot milk gradually into the three cups of flour, making first a smooth stiff paste, and then thinning it and mix until no lumps are seen. Soften the yeast cake in the warm water and mix it thoroughly into the batter. Let it rise, well covered in a warm place until light. It will take about an hour.

Then stir in the melted butter, sugar and salt, and enough more flour to make a very stiff dough. Knead it very thoroughly, then put it to rise as before; when light cut it down, and when it puffs up the second time turn it out onto the board, and knead it again. Take half of it at a time and roll it out half an inch thick. Lift it from the board and let it shrink all that it will. Cut with a round or oval cutter. Put a bit of softened butter on one edge and fold over, letting the edges come together. Put them close together in the pan, cover with several thicknesses of cloth and let them rise in a cool place until very light, more than double their bulk. Then bake in a very quick oven, about ten minutes.

Rolls that are made from a very stiff dough are better if, after shaping, they

Upon Mothers

Rests the greatest responsibility for the health of their children. If the young are not properly cared for and given those essential motherly attentions, they will grow up ill-bred, ill-tempered and feeble in health. If there are evidences of bad blood, it is the imperative duty of mothers to see that impurities are expelled, before scrofula, salt rheum or some other insidious disease manifests itself. As evidence of the gratitude many parents feel towards Hood's Sarsaparilla for giving their children good health, we ask you to read the following:

"Feeling very thankful for Hood's Sarsaparilla, I wish to give this unsolicited testimonial of the benefit we have received from this great remedy and Hood's Olive Ointment, for I feel that were it not for them I should have lost as promising a little boy as any one could wish to have. When he was eight months old, salt rheum

BROKE OUT ALL OVER HIS BODY.

Our family doctor took charge of him till he was 2 years old, then gave him up. I purchased two bottles of Hood's Sarsaparilla and some of Hood's Olive Ointment, and took charge him myself. Very soon after I had given him half a bottle of Hood's Sarsaparilla I could see a difference in the child. Improvement continued as I kept on with the remedy, and my boy is now as

HEALTHY AND ROSY AS CAN BE.

I can never tell how grateful I am for my little boy whom I thought must die, but who now is happy and robust." MRS. Z. T. NASH, Duxbury, Mass.

Remarkable Cure.

"In regard to my little daughter, whose life was saved, as we believe, by Hood's Sarsaparilla, I would say that before she was six months old scrofula sores began to appear on different parts of her body, and in a short time she had 7 running sores. Two physicians were called but they gave us no hope. One of them advised the amputation of one of her fingers, to which we refused assent. Our attention was called to Hood's Sarsaparilla, and we began giving it to her.

A marked improvement was noticed after she had taken only one bottle, and by a continued use of it her recovery was complete. And she is now, being seven years old, strong and healthy." B. B. JONES, Lincoln Co., Alna, Me.

Don't Be Imposed Upon.

People are learning by experience to insist upon having just what they make up their minds to buy. They know that clerks would not endeavor to sell them something else when they call for Hood's Sarsaparilla unless there was some reason for it. Hood's Sarsaparilla, being the most popular medicine of the day, is advertised by some stores merely as a bait to draw customers, to whom every possible effort is made by the salesmen to sell some substitute preparation. But the people understand. They know that the object of all these efforts is to get the few cents more profit to be made on the substitute article. Therefore they refuse to be imposed upon, calmly resist all the persuasive appeals to try "our own" or the "just-as-good-as-Hood's" preparation, and firmly insist upon having Hood's Sarsaparilla.

For Instance,

The following statement illustrates the experience of many people who waste time and money on the substitutes. The better way is to "BE SURE TO GET HOOD'S" in the first place:

"I have been aware of the excellence of Hood's Sarsaparilla for three years. I was suffering from

NERVOUS PROSTRATION

And this medicine did me a great deal of good. It always gives me strength and a good appetite. One day I asked my husband to get me a bottle of Hood's Sarsaparilla in Boston and he bought another kind. They told him in the store where he bought it that the substitute was better. I tried it three days and

SENT IT BACK

And got the reliable Hood's Sarsaparilla, for which I am always glad to speak a good word. I feel as though I could not praise it enough." MRS. C. W. HANSCOM, 30 Fairmount St., Cambridgeport, Mass.

can be placed where they will rise slowly, and rise as much as they need to before baking, then the oven should be hot enough to brown them instantly, and thus check any further rising in the oven. As soon as they come from the oven, put a teaspoonful of butter in a cloth, twist the edges together and rub the cloth over the hot rolls. The butter will melt through the cloth and give the rolls a fine gloss, and improve the crust. If you have never tried Hood's Sarsaparilla, do so. It creates a good appetite.

Fancy Rolls.

The following are some of the varieties of rolls which may be made from the recipe for Parker House rolls.

Dinner Rolls: Cut the dough, after rolling out one-third of an inch thick, with a large round cutter, about four inches in diameter, then roll the two opposite edges over and over until they meet in the middle, stretching it a little as you roll, then rise and bake as usual.

Delicate Rolls: Roll the dough quarter of an inch thick, cut into rounds with a small cutter one and a half inch in diameter, place them so they will just touch in the pan. This shape is preferred by many, as there is very little of the soft inside and the crust is crisp and delicate.

Sandwich Rolls: Roll the dough as thin as possible, cut with a round cutter, spread half the rounds with a thin coating of melted butter, cover with the remaining half and press the two rounds together. Rise and bake as usual, and when ready to use, pull them apart and spread with butter and any sandwich preparation.

Vienna Rolls: Roll the Parker House dough about quarter of an inch thick. Cut into large squares, and then divide diagonally. Hold the point of the triangular piece toward you and stick it to the board, then roll the long side over and over toward the point, and press the point down firmly into the centre of the roll. Bring the ends round like a horse shoe. Rise and bake as usual.

Hood's Sarsaparilla is prepared only by C. I. Hood & Co., Apothecaries, Lowell, Mass., and is sold by all druggists. \$1; six bottles for \$5.

Soup Sticks.

$\frac{1}{2}$ cake yeast
 $\frac{1}{4}$ cup warm water
 1 heaping tablespoonful butter
 1 tablespoonful sugar
 $\frac{1}{2}$ teaspoonful salt
 1 cup milk scalded
 White one egg
 Flour for a stiff dough

Soak the yeast in the warm water, put the butter, sugar and salt in the bowl, add the hot milk, and when the butter is melted and the milk cool, add the yeast. Stir in flour enough to make a batter and beat it until smooth. Beat the egg stiff, then turn it into the batter and mix well. Stir in more flour, enough to make a very stiff dough. About four cups in all will be required. Knead it long and vigorously. Let it rise in a warm place until light, then knead it down in the bowl; take out pieces as large as an egg, roll them first into balls, then into long strips about nine inches long and three-fourths of an inch in diameter. Place them some distance apart on a baking sheet so they will not touch in rising. Let them rise slowly and bake slowly. They should be nearly all crust and if they dry through before baking they will be crisp and brittle.

Swedish Tea Rolls.

$\frac{1}{2}$ cake yeast
 $\frac{1}{2}$ cup warm water
 1 pint milk scalded
 1 teaspoonful salt
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ cup butter
 Whites 2 eggs
 About 2 quarts flour
 Rind half lemon
 $\frac{1}{2}$ cup currants and raisins

Dissolve the yeast in water. When the milk is cool add the yeast, sugar and salt, and about three cups of flour, enough to make a batter. Let this rise in a warm place and when light stir in the butter (melted) and the whites of eggs beaten stiff. Beat it thoroughly, then add the remainder of the flour, using enough to make a stiff dough. Knead it until very smooth and fine grained. Let it rise again, well covered, in a warm place, and when it comes up light, work it down a

"Hunger is the Best Sauce."

As a rule, a person who has a good appetite has good health. But how many there are who enjoy nothing they eat, and sit down to meals only as an unpleasant duty. Nature's antidotes for this condition are so happily combined in Hood's Sarsaparilla that it soon restores good digestion, creates an appetite, and renovates and vitalizes the blood so that the beneficial effect of good food is imparted to the whole body. Truly hunger is the best sauce, and Hood's Sarsaparilla induces hunger.

Sleeps and Eats Well.

"For some years I have been troubled with loss of appetite, sleeplessness, and general bad blood. I was led to try Hood's Sarsaparilla, and am now on my 7th bottle. I never slept better in my life and can eat well whenever food is put before me. I think Hood's Sarsaparilla is a great blessing." M. TOOHEY, Car Inspector Ohio and Mississippi Railroad, 409 South 14th St., St. Louis, Mo.

The Best and The Only.

"I, the undersigned, take great pleasure in recommending Hood's Sarsaparilla as being the best and only remedy that ever gave me any relief whatever. I have been a sufferer from what our family physician called stomach trouble and female weakness. I tried many other remedies all to no effect, and besides I was treated for several months by several prominent physicians, of which none ever gave any relief. Hood's Sarsaparilla was highly recommended by several of my neighbors, and my mother also recommended it highly and insisted that I should try it. I did and must say I found great relief on taking half a bottle. I have now

A GOOD APPETITE

while before I had none. I have taken three bottles at present, and will just say that I have felt such a relief that I would not for the whole of Fayette County be put back where I was before I took Hood's Sarsaparilla." NANNIE CULLY, Connersville, Ind.

BILIOUSNESS.

The duty of the liver is to filter all the blood that is in the body, withdrawing the property we call bile into its own receptacle, the gall bladder, which opens into the intestines just below the stomach. When

THE LIVER,

From lack of exercise or other cause, becomes inactive, the little cells become clogged and the bile is not withdrawn from the blood, but is carried with it through the entire system, and some derangement of the organs will surely result. The complexion becomes yellow, a feeling of heaviness or sluggishness pervades the brain, the appetite fails, the person is sleepless and restless at night, and rises in the morning unrefreshed and in a fit condition, if relief is not obtained, to come down with a fever. To arrest the trouble is very simple. Refrain from food for two or three meals, so as to make no new bile. Take frequent baths in warm water, rubbing the skin briskly to open the pores. Any exercise that would cause perspiration would be beneficial. Take doses of

HOOD'S VEGETABLE PILLS

at night and morning to rouse the liver to regular action, and Hood's Sarsaparilla before or after each meal to purify the blood and eliminate the impurities which have accumulated in it because of the inactivity of the liver.

Hardly Able to Walk.

"I have been troubled with kidney and liver complaint; was hardly able to walk. I bought one bottle of Hood's Sarsaparilla and will say after taking it I was able to walk like a young man. I have now used about seven bottles, and my family have used it also. I can hardly express what I think when recommending Hood's Sarsaparilla. If I had not taken it I think I would have been a cripple. I wish Hood's Sarsaparilla success and would recommend it to all persons suffering from such complaints. I will gladly answer any questions regarding my case." SAMUEL WILSON, Lacon, Ill.

N. B. If you decide to take Hood's Sarsaparilla, do not buy any other.

little in the bowl, and when it puffs up again turn it out on the bread board. Knead it slightly, then roll into a large piece about one-third of an inch thick. Keep the edges straight and have the dough considerably longer than it is wide. Spread the surface with melted butter. Mix one tablespoonful of sugar, a small pinch of cinnamon, and the grated rind of half a lemon. Sprinkle it evenly on the buttered surface, then sprinkle on about half a cup of currants and raisins mixed. The currants should be well washed and dried and the raisins seeded, quartered and floured slightly. Press them into the dough a little to keep them in place. Roll the dough over and over like a jelly roll, being careful to keep the edges even, and press it slightly when rolling. Cut off slices about one inch wide, and place them with the cut side down, close together, in a well buttered pan. Cover with a thick bread cloth. Let them rise until very light, then bake in a hot oven about fifteen minutes. Have ready a few spoonfuls of milk sweetened, and when done rub them over with it. Then return to the oven a minute to dry. Hood's Sarsaparilla is the people's favorite medicine.

Buns.

$\frac{1}{4}$ cup yeast
 $\frac{1}{4}$ cup warm water
 1 cup milk, scalded and cooled
 1 tablespoonful sugar
 $\frac{1}{2}$ teaspoonful salt
 2 cups flour

Mix these ingredients into a batter and beat it thoroughly. Place the bowl in a pan of warm water to rise and when full of bubbles, add

1 egg well beaten
 $\frac{1}{4}$ cup butter melted
 $\frac{1}{2}$ cup currants
 $\frac{1}{4}$ teaspoonful cinnamon
 Flour to make a stiff dough

Knead it twenty minutes. Let it rise again as before, and when light, shape it into small balls like biscuit. Place them close together in a shallow pan and when risen very high bake in a moderate oven. When done brush them over with a little beaten white of egg mixed with sugar. Take Hood's Sarsaparilla.

Unfermented Bread.

Bread is sometimes made and raised quickly by the use of soda, combined with some acid like cream-of-tartar or sour milk. Carbonic acid gas is generated by this union, and if the ingredients are well proportioned and thoroughly mixed, and the dough baked immediately, the bread is sweet and light. But as this method is better adapted to such doughs as may be baked in the form of muffins, gems, and other small cakes, which are eaten hot, only one or two formulas will be given here.

Soda and Cr.-of-Tartar Bread.

- 1 quart sifted flour
- 1 teaspoonful salt
- 1 teaspoonful soda
- 2 teaspoonfuls cream-of-tartar
- 1 heaping tablespoonful lard
- About one pint milk

Mash the soda and measure a level spoonful. Measure the cream-of-tartar a little rounding. Mix them and the salt with the flour very thoroughly. Then chop or rub in the lard until there are no lumps. Butter may be used in place of lard if preferred. With a broad bladed knife mix in the milk slowly until all the flour is moistened. Use milk enough to make quite a soft dough, the amount will depend upon the flour, and as the dough need not be handled it can be mixed softer than if to be shaped or cut into biscuit. Cut it over and over and through

and through until it has a spongy appearance, then turn at once into the pan. Smooth it over on the top and bake immediately, in a quick oven about twenty-five or thirty minutes. Four even teaspoonfuls of baking powder may be used in place of the soda and cream-of-tartar.

Steamed Brown Bread.

- 1 cup rye meal
- 1 cup corn meal
- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ teaspoonful soda
- $\frac{1}{2}$ teaspoonful salt
- $\frac{1}{4}$ cup molasses
- $\frac{1}{2}$ cup sweet milk

Mix the meals and flour, sift in the soda and salt, add the molasses and milk and beat all together very thoroughly. Turn into a buttered pail or mould with a tight cover, and place the pail in a kettle of boiling water. Cook $2\frac{1}{2}$ hours.

White Mountain Rolls.

Make the dough by the recipe for Soup Sticks. When risen and ready to shape, form it into rolls about five inches long, thick and plump in the middle, and tapering at each end. Place them on the pan so they will not touch after rising. Let them rise in a warm place until very light, then bake in a hot oven, very hot at first, then check the heat that they may not become too brown before the inside is done. When they are taken from the oven glaze them with butter twisted in a cloth.

INDEX TO RECIPES, CURES, ETC.

Appetite, Loss of.....	7, 14
Bread, Mixing.....	1
Brown.....	10
Graham or Whole Wheat.....	7, 8
Kneading, etc.....	1
Made Quickly.....	7
Milk.....	6
Rye.....	9
Rye and Corn Meal.....	10
Soda and Cr.-Tartar.....	16
Steamed Brown.....	16
Unfermented.....	16
Biliousness.....	15
Biscuit.....	11
Blood, Impure.....	6
Brown Bread.....	10, 16
Bunns.....	14

Catarrh.....	10
Dough.....	2
Dyspepsia.....	3
Erysipelas.....	7
Fancy Rolls.....	13
For Mothers.....	12
Graham Bread.....	7, 8
Kneading.....	2
Loss of Appetite.....	8, 14
Mixing Bread.....	1
Milk Bread.....	6
Milk Biscuit.....	11
Nervousness.....	4
Nervous Dyspepsia.....	4
Oven.....	3
Parker House Rolls.....	12
Plain Rolls.....	11
Potato Yeast.....	3, 4

Rolls, Plain.....	11
Parker House.....	12
Fancy.....	13
Swedish Tea.....	14
White Mountain.....	16
Rheumatism.....	11
Rye Bread.....	9
Salt Rheum.....	6, 7
Scrofula.....	6
Sleeplessness.....	8
Soup Sticks.....	14
Steamed Brown Bread.....	16
Tetter.....	8
That Tired Feeling.....	8
Unfermented Bread.....	16
Water Bread.....	4, 5, 6
White Mountain Rolls.....	16
Yeast.....	3, 4

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