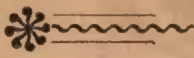


FAMILY * 
COOK BOOK



—NEW HAVEN—

Healy & Bigelow, Publishers,

521, 523 AND 525 GRAND AVENUE.

—MCCCXCI—





NAME CAST IN PANEL ON BOTTLE.



WRAPPED, ORANGE AND YELLOW.

INDIAN'S COAT PRINTED IN RED.



NAME CAST IN PANEL ON BOTTLE.



Family Cook

Book.

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The Art of Cooking.

To be a good cook means the knowledge of all fruits, and of all that is savory in meats. It means carefulness, inventiveness, watchfulness, willingness and readiness of appliance; it means much tasting and no wasting; it means English thoroughness, and French art.

Cooking is an art, surely, and has improved much since our first parents ate their simple uncooked meals in the Garden of Eden.

Cooking was in its infancy for many years. The Egyptians ate quails, ducks, and small birds raw, although salted. They were great bread eaters, also, making their bread from the centre of the locust, dried and pounded. The flesh of large animals was roasted. Fish were salted and dried in the sun and used by all classes except priests. Vegetables were used in abundance.

The custom of cooking the flesh of large animals seems to have arisen from sacrificing to the gods.

The Persians, who were not great meat eaters, celebrated their victories, birthdays or funerals, by a banquet, for which they roasted whole, an ox, a horse, or a camel.

The principal food of the Spartans was black broth and barley bread.

The Greeks used fish as a principal article of food. Athenian bread and cheese cakes were famous.

The Romans prepared and cooked in oil—to a great extent—their food. The cookery of France and England was probably of the rudest kind, until the Italian taste was introduced into France from the house of Medic. After the Asiatic conquests, Romans were as famous as the French at the present day in concocting *surprises*, and their dainties were without number.

English cook books are mentioned as early as 1390, and would, doubtless, be a curiosity to the reader of this century. A new era in the art of cooking has begun in our land, the era of cheaper, healthier food for the masses. We give only such

recipes as have been thoroughly tried, and if carefully followed, must be a perfect success.

Soups.

In making soup, if your meat and bones are uncooked, they should be put into cold water. On the other hand, when they have previously been fried or browned, boiling water only is the proper thing, and this should be added a little at a time.

Make your soup the day before it is wanted. Let it stand till cold, then remove all the fat that has risen to the surface.

Beware of a hot fire. Simmering is the life, as boiling is the death of any good soup.

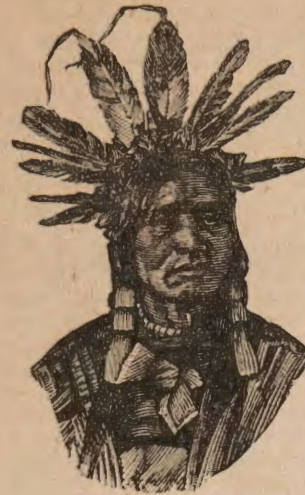
If your soup is to contain vegetables, let these be boiled a little while in separate water before adding them. Keep your soups always in stoneware or china, and, when stirring or skimming them, use a wooden spoon.

Soup Stock.

Five or six pounds of shin of beef cut into pieces. Two small onions, two carrots, a bunch of soup herbs, salt and pepper to your taste. Pour on all, four quarts of cold water, bring to a boil, skim well; then set aside to simmer, closely covered, six or eight hours; then strain and set away. Next day take all the fat from the top. This is the foundation of many soups. If you wish Julienne soup, add a small quantity of vegetables cut up in dice. If macaroni or vermicelli is desired, break up either into short pieces and boil slowly half an hour. For barley add small quantity and boil one hour.

Cream of Bean Soup.

One pint of any kind of beans, half pound of salt pork, half an onion. Put in porcelain kettle, pour over three quarts cold water, let come gradually to a boil and simmer till beans are well swelled, then boil till beans are quite soft. Then press beans through colander, or coarse sieve, into the water they were boiled in. Thicken with little flour or corn-starch, add a little grated nutmeg and pepper. To



CHIEF MANY HORNS.

THE KICKAPOO INDIAN REMEDIES

HAVE acquired a wide-spread fame, and have done more to help suffering humanity than any other medicines. This is not surprising when it is remembered that the Indians are not only the most healthy, but probably the oldest race, in the world; and their natural and practical knowledge of medicine is the result of progressive study, and steady experience, which has been acquired, increased, and handed down from generation to generation. They have been born in nature's bosom and reared in nature's lap; hence, the mysteries of all nature is an open book to them. They live up to nature's laws and partake of nature's remedies, and this gives them the healthy lungs, superb muscular power, strong constitution, luxuriant hair and sound white teeth for which they are noted. No one has ever seen a deformed or bald-headed Indian. No form of epidemic disease has ever developed among them; nor do they suffer from rheumatism, dyspepsia, neuralgia, liver complaint, kidney disease, or any of the thousand and one ills with which the rest of mankind are afflicted. They live longer

than any other race, and as a rule die only from old age. Their women are healthy, strong, straight as reeds, with supple, graceful limbs, bright eyes, abundant hair and skin as clear and smooth as polished bronze. The Indians are also bright, and quick of perception, and of all the tribes, none are more intellectual than the Kickapoos, and they have discovered superior medical qualities in certain barks, roots, herbs, gums and leaves, never ascertained or applied before. No metallic or mineral substances ever enter into the composition of their remedies, and the peculiar compounding of their medicines is known only to themselves. These Kickapoo doctors now manufacture Five Special Remedies:

Kickapoo Indian Sagwa,
Kickapoo Indian Oil,
Kickapoo Indian Salve,
Kickapoo Indian Cough Cure,
Kickapoo Indian Worm Killer,

all made from the medicinal properties of herbs, roots, barks, flowers, leaves, etc. Although simple in their nature they are wonderful and efficacious in effecting cures, in all cases where recommended.

Sources of Disease.

We are prompted to make known a few facts concerning the various forms of diseases which are increasing throughout the world, because of the dreadful, wide-spread and fatal havoc they are creating. From what sources do they spring? It is well known, that the two most important organs in the human body are the stomach and liver; they are the all-powerful factors in determining the conditions of health or disease. The system looks to the stomach for nourishment, where, in conjunction with the bowels, the process called digestion takes place. The stomach is the sensitive organ of the body, as it is controlled by the brain and nervous system. Overwork of the mental powers draws the nervous influence from the stomach and digestion is retarded. The liver, it is well said, controls the health or happiness of man. When diseased and not doing its proper work, the digestion of food, the

be served very hot with fried bread cut in small squares.

Mutton Soup.

Boil the scrag or neck of mutton in two quarts of water, slowly, for three hours; add carrots, turnips, potatoes and tomatoes sliced nicely, a little salt and pepper. Boil slowly till meat falls from the bones. Beat an egg with a tablespoonful of flour and stir in; let it cook through and serve with or without the vegetables. A little onion would be an addition for some persons.

Quick Soup.

When company comes unexpectedly and the dinner prepared for your family seems not sufficient, a plate of the following soup will not only fill out but give tone to a plain dinner, supposing, of course, you are a thoughtful housewife and always have canned goods on hand. Take a can of peas, cook a few moments till very soft, then press through coarse sieve, add one quart of milk, or half milk and half water, butter size hen's egg, bring to a boil, thicken with corn-starch until the consistency of cream, add salt, pepper, and dash of nutmeg. Serve very hot with sippets of fried bread.

Cream of rice, potatoes, asparagus and celery soups are prepared in the same manner.

Fish.

To Fry Smelts Nicely.

Wash and wipe the smelts dry; dip them into beaten egg, then into pounded cracker, which has been seasoned with pepper and salt. Fry a light brown in plenty of boiling lard. Always drain any fried fish on brown paper for a few minutes before serving.

Salmon Salad.

Chop all the white parts of a bunch of celery; when fine, add a small teaspoonful of salt, one-half ditto of pepper, one even tablespoonful dry mustard, and two hard-boiled eggs. Chop all together, add one can salmon after draining off all the oil from it, and pour over all a cup of

good sour vinegar; stir lightly and put on a dish garnished with celery tops and two or more hard-boiled eggs sliced.

Broiled Mackerel.

Wash and wipe fish well, grease wire of gridiron, place fish in, and broil over coals; when well browned on both sides remove to a hot platter, butter slightly, salt and pepper well, garnish with lemon, serve quickly.

Scalloped Clams.

Scald the clams, remove the hard part and chop the rest. Make a soup of the liquor, with enough water added to make it fresh enough, thicken it and make sufficiently rich with butter. Butter a scalloped dish, strew the bottom with bread or cracker crumbs, moisten them with the soup, then spread a layer of clams seasoned with pepper, and continue in alternation till the dish is full, the last layer being crumbs moistened with soup. Bake half an hour, and serve at once.

Fish Sauce on Toast.

Shred fine white cod fish in pieces, put in cold water on the back of the stove to freshen, while you make a sauce. Thicken nearly a pint of milk with flour, add a hard-boiled egg chopped fine, and the fish after draining it. Make a nice toast, well buttered, and pour the fish sauce over it. Serve very hot.

How to Boil and Stew.

To do either properly, the food must be immersed at the beginning, in actually boiling water, and the water must be allowed to reach the boiling point immediately and to boil for five minutes. The action of boiling water upon the surface of either meat or vegetables is to harden it slightly, just enough to prevent the escape of juices or mineral salts. After the pot containing the food has begun to boil the second time it should be removed to the side of the fire and simmer until the food is done. The pot should be kept closely covered, unless for a moment when it is necessary to raise the cover. The steam will condense upon the inside of the



CHIEF BLACK EYE.

heart movements, the vitality of the blood, the action of the brain and the whole nervous system are deranged, and unless relieved, sickness and death must follow. Therefore, if good health is to be enjoyed, the liver and stomach must perform their proper work; as we have plainly stated, that nineteen-twentieths of all diseases of the human body arise from disorder of these two organs. The list of these complications is a heavy one and includes all kinds of bilious disorders, dyspepsia, headaches, constipation, female weakness, various bodily pains, neuralgia, rheumatism, kidney difficulties, colic, bilious diarrhoea, heart disease, nervousness, fevers of all types, malaria, fever and ague, and even the yellow fever in the South.

If the stomach is sound, and the liver healthy, all these sufferings could be avoided. A universally healthy condition has never yet been attained, and never will be. To the end of time disease of some type will exist and claim its victims from year to year.

Dyspepsi

It is safe to say that 99 per cent. of the startling suicides with which our news-

papers are filled every day are caused by this dread disease!

Suicide is a thing unknown among the people of so-called savage races. Dyspepsia is found only where civilization exists!

We are fast developing into a race of dyspeptics. And it is an alarming fact that suicide is on the increase! Is not this a subject for thought?

Dyspepsia is a disease that comes on gradually. The first symptoms are belching of wind and feeling of weight in the stomach after meals, lumps in the throat like apple cores, tongue badly coated, with bad taste in the mouth; unnatural formation of gas in the bowels; hot, dry mouth; parched lips; premature decay of teeth; constipation, with piles and headache. If these symptoms are not properly treated they soon develop into a more painful and dangerous form. The disease becomes chronic. The feeling of heaviness in the stomach is followed by sharp, intermittent pains; ulcers form, and the pain is relieved only by vomiting; constipation is followed by diarrhoea of undigested excretions; the mouth not only becomes dry and feverish, but canker appears; the skin is sallow, with unsightly eruptions; sharp pain in left breast; pressure on the heart, causing palpitation at the least excitement; the eyes are weak and lustreless; the headaches increase and are followed by prostration; the depression of spirit is so fearful, the mental strain so great, the mind becomes diseased; the poor victim grows morbid; his life is unbearable, and, in a moment of mental aberration, many a sufferer has doubtless taken his own life. Or, chronic dyspepsia may develop into that dread disease, cancer! The very sound of that word strikes terror to the stoutest heart.

The causes of dyspepsia are various. Irregular mode of living, excessive use of stimulants, careless regard of diet, grief, anxiety, overwork—in fact, everything which weakens the stomach may produce it; or it may be sympathetic in its nature, as in liver troubles, congested womb or ovaries in woman.

cover and fall back into the pot in drops of moisture, if the boiling is slow. Do not think that rapid boiling cooks faster than the gentle process recommended. Remember if you boil meat hard and fast, it will be tough and tasteless, and most of its goodness will go up the chimney or out of the window with the steam.

Veal Stew.

Cut up two pounds of veal, and after having washed it carefully, put it in the dinner pot, add three pints of water, put in one onion, pepper and salt, and let it stew an hour; then add sliced potatoes, and lay a crust made with a pint of flour, a cupful of sour milk, and half a teaspoonful of soda sifted through the flour, a pinch of salt; cut up in squares, dust a little flour over them, lay them in on top, cover closely and cook half an hour.

Stewed Beef.

Cut the beef into inch square pieces; cut a carrot, turnip and onion into slices, put the fat you trimmed off into a deep spider or saucepan, let it get very hot, lay in the vegetables, cover and leave them to brown (not burn), stirring occasionally. When nicely browned, pour on them a pint of boiling water, and lay in the meat, with two or three stalks of celery, if you have them, cut fine, salt and pepper. Let all stew very gently for two hours.

Spanish Stew.

Some prefer this made of fresh meat. I don't, but either will do. If cooked meat is used, take nice gravy left from roast; shred, do not slice your meat, put in a pan, add two cups strained tomatoes, two Chili peppers, two onions chopped fine, salt to taste. Cook all together slowly about half an hour. If a person likes it very hot or not, use more or less Chili peppers.

How to Broil.

Heat and grease a gridiron. Never cook anything on a cold gridiron. Lay on the steak or other food, turn often while cooking, but do not stick a fork into meat, or the juices will escape. Do not add sea-

soning till you dish it. Fish and spring chicken should be dredged with flour before being placed on the gridiron. Small things require to be cooked quickly over a clear hot fire. Large things, unless wished rare inside like beefsteak, should have a moderate heat at first and increased heat towards the last. Among other ways of managing this, the gridiron may first be put a good distance from the fire and afterwards moved nearer.

Roast Beef.

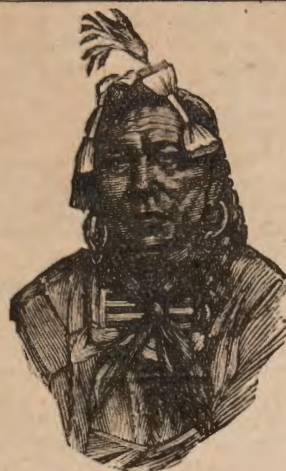
The best pieces for roasting are the first and second cut of the sirloin. The next to be preferred are the first cut of the rib and the back of the rump. Dredge with flour, salt, and pepper, place in dripping pan with very little water, baste frequently. If a large piece of beef (ten or twelve pounds), allow fifteen minutes to every pound. A small piece ten minutes to every pound. Make a gravy of the dripping. After carefully skimming off all the grease, pour the remainder into a saucepan, mix a little brown flour carefully so as not to have any lumps, and stir into the liquid while boiling, boil three minutes and it is ready to serve.

Roast Spare-rib.

Take a tender spare-rib, in whole or in half, wash it, turn it so it will curve upwards, sprinkle with salt and sage, dredge on flour, lay in drippingpan, and put in a little water, sit in moderate oven, and roast an hour, turn over, and season the other side, dredging on flour as before, replenish the water if necessary, baste often, and cook until a fork will easily penetrate the thickest part of the meat, lay on your platter, pour off most of the fat, thicken remainder of the gravy with flour stirred in water, season and serve.

Warmed over Dishes.

"Hashed over" food is regarded with little favor by the majority of people. It is but little wonder, for by the ordinary mode of preparing, very indifferent, uninviting dishes are the result. The French, as a people, are noted for economy in



CHIEF IRON BULL.

You now know the symptoms and cause of dyspepsia; we will proceed to tell you why Kickapoo Indian Sagwa will cure it. Sagwa produces an increased activity of the digestive organs; it keeps the bowels free and regular; it strikes to the root of all diseases by purging and cleansing the blood, regulating all its secretions and excretions, plainly showing that it is the natural remedy for dyspepsia; and the unparalleled success Indian Sagwa has met with in the most extreme cases of this tormenting disease justifies us in urging all who are afflicted with this disease to give Indian Sagwa a trial.

A Soldier's Eternal Gratitude.

I deem it my duty to tender this, my testimonial, as an offering of gratitude, as I feel that, under God, the miraculous medicine, Kickapoo Indian Sagwa, has been the means of restoring me to health, and changing my life from one of continual depression and pain to one of joy and happiness. After I came out of the army, in the fall of 1865, I was taken sick with dyspepsia, and was in bed all that fall and winter—in fact, did not do a day's work for the two following years. I was treated by the best physicians. Was also treated by the faculty at the Keokuk Medical Institute, but without effect. Then a Dr. Livermore, at the head of an institution on Stratton's Island, N. Y., treated me for two years, with the same result. I paid out hundreds of dollars and traveled from

place to place in search of health, but without finding it. The doctors gave me no hope, and I endured daily a living death from the pains in my stomach and inability to retain food. Just at this time I met an old comrade, who told me about the Kickapoo Indian Remedies, and I concluded to give Indian Sagwa a trial, and I thank God daily that the Kickapoo Indians ever introduced their great medicines among the white race. I feel like a new man. I relish my food once more, and am able to retain it. I earnestly hope that all who suffer from this tormenting complaint will take, at once, the Sagwa. A physician from Iowa, who knows of the miraculous cure Sagwa has effected for me, says that he will not only endorse it, but use it in his practice. All those sufferers who wish to know what Kickapoo Indian Sagwa has done for me may write to me and I will cheerfully reply. To the Kickapoo Indian Doctors I would say, Go on in your good way, and may God bless you, is the heartfelt prayer of an old soldier.

JAMES WARRINER.

Leavenworth, Kans.

Cured After Twelve Years.

I take great pleasure in testifying that Kickapoo Indian Sagwa is doing my wife more good than all the doctoring for the past five years. For twelve years my wife has been sick with dyspepsia and general bad health, terminating in swelling of the limbs, great bloating and flatulency, while a large ulcer appeared upon the shin bone, baffling all the doctors to cure or heal. I bought some Indian Sagwa, also some Indian Salve for the ulcer, and, I am thankful to say, these Indian preparations helped her in two weeks' time. The ulcer is healing up, the swelling is fast going, the stomach distress and bloating have entirely disappeared. My wife, in fact, is like a new woman. The Indian Sagwa has cured her.

JOHN SULLIVAN.

Monson, Mass.

Recovered.

I have suffered for years with dyspepsia, so much so I could not eat solid food. I have taken the Kickapoo Indian Sagwa, and it has cured me. I recommend it to all who are suffering with stomach or liver troubles.

A. N. BRYANT.

St. Johnsbury, Vt.

A Great Remedy.

For three years I suffered with dyspepsia and stomach troubles. I had no appetite, and everything I ate distressed me. Your Indian Sagwa was recommended. I gave it a thorough trial and it cured me. It is a great remedy for this distressing complaint.

MARY J. LAWRENCE.

St. Johnsbury, Vt.

cookery; nothing is wasted that can be eaten. The skill of the French housewife in *rechauffés* is proverbial. "Rechauffé," it has a more appetizing appearance, even in print, than "warmed over," doesn't it? The art of warming up left-over dishes is a knack. Yet every housekeeper who, with the aid of one servant or none, makes a faithful study of the wants, the likes, and dislikes, of her family may have it, if she will. It is not what a man earns, but what his wife saves that makes him wealthy. Still, knowledge of this kind cannot be picked up in a minute, but must be gathered bit by bit. And now a few general hints. One of the most common forms in which cold potatoes and meat left from yesterday's meal appear is—hash. Not one person in ten knows how to put it together appetizingly. Chop fine such bits of cold meat as you may have, add a double quantity of potato chopped fine also, mix well, season with pepper and salt to taste; *eight* minutes before you wish to serve the dish, melt a tablespoonful of butter in a spider, and when *hissing hot*, put in the hash and press it down well and evenly all around. At the end of the time specified, have a heated plate ready, turn it over the spider, tip the latter upside down with the plate beneath, send your steaming "hash cake" to the table, and write us how many of the family there are who refuse to eat of it. This "hash" can be varied indefinitely. Some prefer a larger portion of meat, others not so much. Occasionally a flavoring of chopped onion may be added, or a spoonful of any good catsup or sauce to give piquancy. And sometimes, for a change, mix as directed, flour your hands well and form into balls and fry light brown in plenty of hot lard. Vegetable hash is made without meat, and is much liked by most people.

A Cheap Breakfast.

(VERY DELICIOUS.)

Take two or three lamb or veal kidneys—which cost only a trifle—cut all the good parts into small pieces, lay them in salt and water for half an hour. Wash well, put into clean water, to boil, soon as it

boils, pour off that water. Chop an onion fine, and brown in butter, add a cup of boiling water, pepper, salt to taste, put into this the kidneys and boil gently half an hour—if you boil kidney fast and hard, it will become tough as India rubber. Ten minutes before serving add a spoonful of tomato catsup and a little thickening. You will have a dish worth the effort.

Farmer's Dinner.

Cut a fine piece of salt pork into slices one-fourth of an inch thick; put into the spider, cover it well with cold water, and let it come slowly to a boil; then drain it. Into a well-beaten egg stir gradually two even spoonfuls of flour, dip the pork on both sides into this; lay the slices into a dry warm spider, cook slowly until brown on both sides; dish up on a platter. Pour away the fat until there is about a tablespoonful left with the settlings of the pork; put in a pint of milk, add a spoonful of flour stirred smooth in a little cold milk—dust in a little pepper and salt. Boil five minutes, stirring constantly; pour this over the slices of pork. Serve with fine mealy potatoes. Fried apples are also a good addition, and you have a dinner relished by most people and a change from the usual fried pork.

Poultry.

To Cook an Old Hen.

The usual farm-house method of cooking old hens is to stew them simply, the rule being one hour in the pot for every year of age. Our method offers the economy of obtaining chicken broth and roast fowl simultaneously. Prepare in the usual way for roast fowl. Put in a pot and cover well with boiling water, stew gently for three or four hours, according to weight of fowl. Let it remain in the water it was boiled in until the following day. Then dredge with flour and bits of butter and roast in oven until nice brown. It will be quite equal in flavor to chicken, and you will have obtained a very good broth by the preliminary stewing. A little rice, salt and pepper added to this broth, and



CHIEF WHITE SHIELD.

Could He Say More?

I have been suffering with stomach and lung trouble for several years; could not obtain relief. I tried your Kickapoo Indian Sagwa and Kickapoo Indian Cough Cure, and they have cured me.

CLARENCE A. PEADBODY.

Newport, R. I.

Loss of Appetite.

This is a symptom of dyspepsia, but may not manifest itself until some weeks, or even months, after the disease has developed. Sooner or later, however, the appetite diminishes or is lost; the sufferer grows thin; the eyes sunken; the complexion sallow; the voice feeble, and the spirit depressed. At short intervals the appetite may become unusually great and the mind cheerful, only to be reversed by a return of indigestion. If the dyspeptic eats the usual amount as in health, it is followed by hours of distressing pain, and often vomiting. The stomach loses all desire for food; the patient becomes fastidious and hard to please. Kickapoo Indian Sagwa is without question the finest corrective for this state of things. It gives tone to the stomach, stimulates the gastric juice and restores the appetite.

Had No Appetite.

I had no appetite, felt completely worn out, had palpitation of the heart and indigestion for over three years. Three bottles of Kickapoo Indian Sagwa cured me.

East Highgate, Vt. FELIX LOPAN.

Worthy of Confidence.

I gladly testify to the curative powers of the Kickapoo Indian Remedies. I was all worn out, had no appetite, and no energy. I took Indian Sagwa. It cured me. I have also used Indian Oil, and find it a great remedy for pain. The Indian Remedies are worthy of confidence.

St. Johnsbury, Vt.

E. E. TIFT.

Sick Headache.

There is a close sympathy existing between the stomach and brain, and sick headache is a symptom of dyspepsia. It may be either of a bilious or nervous type, and is accompanied by nausea and vomiting, also confused thought and loss of mental energy. Indian Sagwa is a sure cure, and will often prevent it.

A Friend in Need.

For fifteen years I have suffered from sick headache, and have tried every remedy that was suggested to me without relief, until one day a friend told me about Kickapoo Indian Sagwa and Kickapoo Indian Oil. I took two bottles of Sagwa and applied the Oil, and have not had a sign of my old complaint for months, and I feel like saying that it was a friend in need.

D. A. YETREFUAL.

Brooklyn, N. Y.

Immediate Relief.

I have suffered for three years with sick headache and general breaking up of the system. Have tried all the doctors of this place and could obtain no relief. Have taken medicine constantly, but grew worse and had to give up my business. At last I tried a bottle of Kickapoo Indian Sagwa, and after taking but one dose I was greatly relieved; after taking one bottle was able to go to work. I can truly say, it is the only medicine I have taken in three years that has had any effect on me. It is at the head of all remedies, and I would not be without it if it cost \$100 a bottle.

WM. MATHEWS.

Georgetown, Colo.

Very Grateful.

For years I have been a sufferer from sick headache and neuralgia, and could find no relief. After taking Kickapoo Indian Sagwa and applying Kickapoo Indian Oil, as recommended, my distressing complaints have been removed in one week. I feel very grateful to the proprietors of these Remedies.

MRS. M. FANNY WEST.

Chester, N. H.

Kickapoo Indian Sagwa cures Liver Complaint.

If your Druggist has not got Kickapoo Indian Remedies, have him send for them.

simmer nearly an hour, is the most palatable. Old turkey may be cooked in the same manner.

Turkey Ragout.

Cut all the meat left from roast turkey, in as large slices as it will allow. Break up the bones, put them in a stew pan, with cold water to cover them, boil an hour, strain out the bones; season the liquid with pepper, salt, a little chopped celery or celery salt, stir in a thickening made of a spoonful of flour rubbed smooth in a little cold milk, half a cup of milk and butter the size of an egg. Stir over the fire constantly until thick as cream, put in the cold turkey, simmer five minutes and serve. Some like a teaspoonful of lemon juice added just before serving.

Chicken, Cuban Style.

Cut up chicken as for a fricassee. Dry each piece and dip in beaten egg and roll in cracker dust, season with pepper and salt, and fry each piece very brown in half butter and half lard. When well browned add cup of hot water, cover and simmer half an hour. Then take out chicken and put on plate in warming oven. Have ready a bowl of rice—cooked according to our recipe—put it into frying pan with the liquid chicken has simmered in, add two tomatoes chopped fine, a Chili pepper, also chopped fine. Toss all together lightly with a fork. Pile high in the centre of platter and lay around it the pieces of fried chicken, garnish with stoned olives.

Cream Chicken on Toast.

(A COMPANY DISH.)

Prepare chicken as for stewing, cut up in small pieces. Put them in a stew pan with cold water to cover, bring to a boil, and then set aside to stew gently for an hour if young chickens, longer if older. As they get tender allow the water to stew away until when done there should not be more than a teaspoonful left in the saucepan; take out the pieces of chicken, put in warm place, stir into the broth, spoonful of flour rubbed to a smooth paste in a little cold milk, add cup of rich milk, salt

and pepper, with a little nutmeg, and the well-beaten yolk of an egg, stir constantly until the proper consistency which will be like thick cream. Great care must be taken lest the egg cooks too much. Have ready some fine slices of bread toasted brown and slightly buttered, arrange them on a platter and put a piece of chicken on each slice, then pour over it all your rich cream and serve at once. It is very toothsome.

Vegetables.

Potatoes.

It is lamentably true that not one in ten can cook a potato as it should be. Most people seem to think that this staple article of food can cook itself. To boil a potato well, requires more attention than is usually given. Potatoes at any time of the year can be made mealy if well washed and left to stand in cold water for two hours at least, to remove the black liquor with which they are impregnated. Put them in boiling water, with a tablespoonful of salt, cover closely, boil rapidly. As soon as just done pour off the water instantly, set them on the back of the range, and leave the corner of the saucepan till the steam has evaporated. They will be dry and mealy.

Baked Potatoes.

Select nice large ones as nearly of a size as possible, wash well, let them stand in cold water for two hours, wipe dry and roast in hot oven. Never stick a fork in them to try if they are done, but put a stove towel around your hand and roll between the fingers. It requires from three-quarters to an hour to roast them, according to size.

Broiled Potatoes.

Cut whatever you may have of cold boiled potatoes into lengthwise slices, about a quarter of an inch thick; dip each in flour and lay them between an oyster broiler. Have the fire clear, and when both sides are nicely browned, lay the slices on a hot dish, put a piece of butter on each and season with salt and pepper, a very delicate dish.



CHIEF NOON DAY.

Constipation.

It is hardly necessary to assert that this complaint is one of the most common to which mankind is liable. It is an exciting cause of a long train of troubles, very often present in dyspepsia. It is this sluggish condition of the bowels which aggravates, if it does not produce, indigestion. There is a great difference in persons in regard to the frequency of the movement of the bowels in perfect health, some being subject to a daily movement, others oftener than this, while some may not perform the office for two or three days, yet each may have good health. Kickapoo Indian Sagwa is the most satisfactory medicine for constipation. It stimulates and cleanses the bowels at the same time.

A Grand, Good Thing.

I have suffered from chronic constipation for years, and have tried every known remedy, but without relief. Four days ago I bought a bottle of Kickapoo Indian Sagwa, and in the short space of four days it has done me more good than all the other medicines I ever took. I recommend it as a grand, good thing, and hope others who suffer from this trouble will try Sagwa.

BENJ. LOMIS.

Copack Iron Works, N. Y.

The Druggists All Sell It.

The Kickapoo Indian Remedies have been in my store on sale for several years past. The sales have been large and given general satisfaction, therefore I can unhesitatingly say they bear out all that is claimed for them. FALK BROS.,
Stoughton, Wis. Druggists.

Heartburn.

This is a symptom of dyspepsia, and a very troublesome one. It is occasioned by a gnawing pain at the pit of the stomach, accompanied with acrid, hot and sour eruptions. There may also be faintness and oppression of the stomach, with wind and a watery discharge from the mouth. Kickapoo Indian Sagwa acts like magic for all such cases.

A Positive Cure.

I have not had a well day for years until I took Indian Sagwa. I suffered from dyspepsia with all its tormenting symptoms, heartburn being the worst. I have taken everything and paid many dollars to obtain relief, but continued to suffer, until Kickapoo Indian Sagwa came as my saviour. I advise every one suffering from this disease to buy Sagwa without delay, for it is a positive cure.

J. L. DARBY.

Worthington, Minn.

Health Means Happiness.

After twenty years of misery, caused from stomach trouble, I am a happy man, and Kickapoo Indian Sagwa has made this change. I would not be without it.

FRANKLIN JAMES.

Newport, R. I.

Nothing Better.

Kickapoo Indian Sagwa has done wonders for me. I was a sufferer from dyspepsia, and doctors' medicine did not relieve me. The Sagwa has cured me, and I speak in praise of it. MRS. MCGEE.
Bowling Green, Wis.

Sour Stomach.

This is another symptom of dyspepsia, and is indicated by fermentation in the stomach and bowels, from which rise acid fumes. There is also much belching of wind and general uneasiness. The digestive functions must be corrected and the bowels kept free, and Kickapoo Indian Sagwa is famous for all such cases.

To Fry Cabbage.

Chop cold white cabbage quite fine; stir in some melted butter to taste; pepper and salt, and four tablespoonfuls of milk, or cream; after it is heated through add one or two well-beaten eggs, according to quantity of cabbage; then turn the mixture into a well-buttered spider, and fry about five minutes, or until a light brown on the under side. Place a hot dish over the pan, which must be reversed when turned out to serve.

Beet Salad.

Take four or five medium-sized beets boiled soft, chop as fine as you like, pack down into a bowl, throw in a pinch each of mustard and pepper, a teaspoonful of salt, a tablespoonful of sugar, cover with cold vinegar, let them stand till next day.

Stuffed Tomatoes.

Take a dozen large, smooth, ripe tomatoes, remove the pips, or all of the inside, and fill the space with a dressing of bread crumbs moistened with very little warm water, and seasoned with salt, pepper and a little powdered sugar. Place a lump of butter on each tomato, lay them close together in a buttered tin; bake half an hour.

New England Baked Beans.

Pick over and wash one pint of beans, put them into two quarts of cold water and let them stand over night. The following morning drain off all the water and put them into earthen bean pot—which comes for this purpose—with two tablespoonfuls of molasses, teaspoonful of salt, a little pepper, half a pound salt pork—quite fat—and fill the pot up with boiling water and bake from eight to ten hours in good steady oven, keep the pot well filled with water till two hours before serving, and then allow it to simmer away one-half at least. You will find them delicious, if directions are strictly followed.

Rice.

Rice is very nutritious and easily digested. If cooked properly it is also very palatable. Most cooks make it a soggy mess.

If the following rules are strictly adhered to, your rice will be dry and each kernel separate. One cup of rice washed in several waters—the more the better—when well washed pour over it two quarts of *hissing* hot water, add one teaspoonful pure sweet lard, one tablespoonful salt. Let it boil rapidly for fifteen minutes, or until tender, some rice takes a few minutes longer. Stir but once, and when perfectly tender drain at once through a coarse sieve, and serve. Rice boiled in this way, and nicely fried eggs, make a delicious breakfast.

Celery.

Many people throw away the outside green stalks of celery, not knowing that it makes a very savory dish when stewed. Take all the fine white stalks, wash well and serve, the remainder break into short pieces, pulling off all the stringy outside. Put the pieces in stew pan, cover well with boiling water, and boil half an hour. Make a cream sauce (or drawn butter sauce as some call it), pour it over the celery and serve.

Summer Squash.

The only way to cook summer squash is to fry it. Peel your squash, cut in small squares and fry in hot butter, season with pepper and salt. It is as delicate as egg-plant and tastes much like it. Try it.

Bread.

Most cook books give unlimited recipes for cakes and pastry, which are articles of food to be partaken of sparingly, but very few of the so-called cook books tell you anything about bread making. Bread is the first thing that a girl should learn to make. The elements that enter into good bread making are more nearly all those required to wholly support the human system than are to be found in any other one article of food.

To make fine, light, sweet bread, take one quart of milk, carefully bring it to a scalding temperature—that is, *almost boiling*—then set aside to cool; when blood warm, add an yeast cake which has been fully dissolved in half a teacup luke-warm water,



CHIEF SITTING BULL.

Sure Cure.

This is to certify that I have been troubled with my stomach for some time, but since taking Indian Sagwa have greatly improved, my appetite has returned, my food does not ferment or sour, and my general health is better. I believe this medicine is a sure cure for all who are similarly affected.

A. B. PARMELEE,
(of Parmelee & White, Grocers.)

Carr, Mich.

Sick Five Years.

After suffering for five years, and trying all that time to get cured, Kickapoo Indian Sagwa has done what all the other medicines failed to do—namely, cure me.

M. KIDDER.

Bristol, N. H.

Another Cure.

When Kickapoo Indian Sagwa came under my notice I had been sick for a long time with stomach trouble, so much so I could scarcely eat. I gave Sagwa a trial, and it helped me at once. It is a great remedy.

MARY J. LAWRENCE.

St. Johnsbury, Vt.

Liver Complaint.

The liver is the largest organ in the body, and has many important functions. The chief of these is to secrete the bile from

the blood of the spleen, intestines and stomach. When it fails to do this there is trouble at once, and, among the many diseases liable to this organ may produce congestion or enlargement of the liver, abscess of the liver, fatty liver, and what is commonly known as gin-drinkers' liver, etc. In all these cases the liver is morbid and sluggish, together with various other symptoms, such as furred tongue, with bad taste in the mouth; a dull, heavy pain in the head; sickness at the stomach; rising in the throat of a sour fluid, which is of a somewhat pungent character; the eyes and skin become a greenish yellow color; there is dizziness of the head and spots before the eyes; pain in the right side under the shoulder-blade, with hacking cough; the breathing is oppressed, the pulse quick and regular; the urine is high-colored, sedimentary and scanty; there is more or less dropsy of the abdomen and lower extremities, with cold hands and feet; the kidneys, forced to do double work because of the sluggish action of the liver, cause pain in the back and heat in urination; the nerves are affected; the sufferer becomes cross, fretful and everything goes wrong. As previously stated, the liver has become clogged with bile, and, instead of passing off in its natural channels, has worked its way into the blood; and bile in the blood is poison. This makes it plain that full doses of Indian Sagwa must be taken to give free action to the stomach and bowels, stimulate the torpid liver to a healthy activity, and force the troublesome and dangerous bile which has lodged in the blood back into the channel nature has provided. We emphatically state that Kickapoo Indian Sagwa can do all this, and thousands of our patients can say it has done it.

Happy Woman.

I am so happy over the great good Kickapoo Indian Sagwa has done for me I want to tell every one. I suffered for over two years with chronic liver trouble and all the stomach and other complaints that go with it. I could get no relief, and my life was miserable. I was persuaded to try Indian Sagwa, and did so, to my everlasting happiness. It has made me feel like a new person.

MRS. GEO. H. LORK.

Vineyard Haven, Mass.

All Druggists sell Kickapoo Indian Remedies.

Kickapoo Indian Sagwa cures Liver Complaint.

two teaspoonfuls of sugar and one of salt, stir well together with flour enough to knead. Turn out on your bread board and knead well, for kneading makes it fine and spongy. When you have kneaded it into a smooth light ball that will not stick to the board, return it to your mixing pan, cover closely and let it rise till morning; or it may be mixed just before breakfast, in which case it will require about five hours to rise. You may use water instead of milk. If water is used you should add a tablespoonful of butter. When well raised, turn on to your board once more, knead and mould into loaves, put into well-greased pans and set to rise—well covered—until your loaves are as large again as when put in the pans. Bake one hour in steady moderate oven.

Rolls and Biscuits.

These should rise in the pans longer and be baked in a hotter oven; they need to be very light and well baked in order to be digestible. It is impossible for any one to arise three-quarters of an hour before breakfast, who has the breakfast to prepare, and expect to have nice raised biscuits for that meal. Every one knows how those hot, tough, hard, indigestible dough balls are prepared, that are brought to the table and dignified by the name of biscuits. They are shaped, put into a hot place for fifteen minutes, then rushed into the oven before it is properly heated, dried first, burned afterwards. No wonder they cause dyspepsia. But take those that have had time to rise naturally, then baked quickly, and allowed to stand long enough to have the gases caused by the chemical operation of baking, carried off in the steam, and you have biscuit light, wholesome, and delicious. With the exception of the famous Parker House rolls, all rolls are made in the same way. Always use the rule given for bread mixed with milk. For simple biscuit, they may be shaped after the first rising, risen again and baked. For rolls some butter should be worked in, and the dough set to rise again before shaping; this makes them fine and rich. The finger roll is made by first shaping into a ball as for biscuit, then rolling the

ball between the palms until it is about a finger in length; place them close together in a shallow pan, and set to rise; when well risen bake in hot oven fifteen to twenty minutes. Vienna rolls are quite simple. Roll the dough about an eighth of an inch thick, then cut them into shawl shape, that is, cut a piece about five inches square and cut this square into two three-cornered pieces; roll this piece over and over so the point shall come on the under side, then bend into the form of a crescent, keeping the folding towards the inside. Rise and bake. To make "pocket-book rolls" cut the rolled dough into pieces about seven inches long by two wide and after spreading lightly with soft butter, fold over and rise and bake. To give rolls a nice brown color, brush them over with milk just before and just after baking.

Corn Muffins.

Two eggs, two tablespoonfuls of sugar, one tablespoonful of butter, one cup of milk, three cups of flour, two large spoonfuls of corn meal, two teaspoonfuls of cream tartar, one teaspoonful soda and a little salt. Bake in roll pans or muffin rings. They are delicious.

Gertrude's Brown Bread.

Two even cups yellow meal, one full cup flour, two-thirds cup molasses, one full teaspoonful soda dissolved in one-third cup hot water, one teaspoonful salt, one pint sweet milk; add milk gradually, and mix thoroughly; and steam six hours. This is a well-tested New England recipe.

Graham Gems.

One pint thick, sour milk, four tablespoonfuls of rich cream, or two spoonfuls of melted butter if you have not the cream. One teaspoon soda stirred in the milk until it foams; then add a pint of Graham flour and a beaten egg, and bake twenty minutes in hot buttered gem pans.

New England Johnny Cake.

One egg, two tablespoonfuls sugar, one half teaspoon salt, beat together, then add one large cup milk, two-thirds cup flour,



CHIEF JOSEPH.

It Beats the Doctors.

I have been a great sufferer from disease of the liver. I had terrible headaches, dizziness, pain under the shoulder; my kidneys were also disordered. I bought six bottles of Kickapoo Indian Sagwa, and it has cured me. It beats all the doctors, for their treatment did me no good.

WARD DEXTER.

Whitfield, N. H.

Wonderful Results.

I bought four bottles of Kickapoo Indian Sagwa. It cured me of liver trouble and dyspepsia. My wife was in bad health also, and it cured her. I take a bottle every spring and fall, and recommend it to my neighbors. I have used all of the Kickapoo Indian Remedies in my family, with wonderful results.

F. W. MORE.

137 Lake St., St. Albans, Vt.

Kidney Disease.

In speaking of kidney disease, which includes all urinary difficulties, diabetes, Bright's disease, etc., it is necessary to remember that among the worn-out materials that the system has no further use for is a large amount of water and various salts which nature passes off in two ways.

When the kidneys are healthy a large proportion passes through these organs to the bladder, and thence out of the system and the remainder passes off as perspiration through the pores of the skin. The skin and kidneys in their action assist each other. When the kidneys are overworked, and the skin is out of order, as from cold, these saline waters remain in the system, and become solid, thus forming what is called uric acid, which is a poison. And we all know what to expect from poison. Allments from this cause are so common as to be alarming; and all the more so as kidney disease may long exist without knowing it. If you have dull pains in the loins, and over the region of the kidneys, shooting along the spine, sharp pains on suddenly rising from a stooping position, scanty flow of urine containing greasy froth, albumen, tube-casts, and, as in Bright's disease, sometimes tinged with blood; dropsy, pallor of countenance, heart trouble, fever, preceded by rigor; flatulence of stomach and constipation—in fact, if you have any strange disorder that doctors cannot permanently heal, then you have some form of kidney disease, and we advise you to take Indian Sagwa. It is wonderful to note the peculiar penetrating power Sagwa has in all such cases. It permeates through the entire system, not simply purifying the blood by dissolving the hardened deposits in the kidneys, but actually cleansing every portion of the body and literally ridding it of the very germs of disease, thus proving that for Bright's disease and all kidney disorders the best and the most natural remedy is Kickapoo Indian Sagwa.

Suffered for Thirty Years.

I have suffered from kidney trouble for over thirty years. Have tried everything, and have had some of the most prominent doctors. A doctor by the name of Church, of Manchester, N. H., said I would never get well. I was advised to try the wonderful Indian remedy called Sagwa. I got one bottle of Kickapoo Indian Sagwa and the result was astonishing. Feeling so much better, I got half a dozen bottles, and am now entirely well, thanks to that valuable medicine.

MRS. JULIA LEE.

Laybrook, Conn.

Kickapoo Indian Sagwa cures Kidney Disease.

Ask your Druggist for Kickapoo Indian Remedies.

and in it sift one teaspoonful cream tartar, add one and one-third cup yellow meal, and one-half teaspoon soda dissolved in a little hot water.

English Buns.

Scald a pint of milk, add half a cup yeast or one-half yeast cake dissolved in half cup water, and flour to make a batter, raise over night. In the morning add a cupful sugar, a scant cup of shortening, a well-beaten egg, a cupful currants, a half teaspoonful extract of lemon and flour to mould thoroughly, let it rise again till very light, then mould again, roll into balls, set in shallow pans, not too near together, brush over with a little molasses and milk mixed, let them rise till very light, and bake.

Pies and Puddings.

Frosted Custard Pie.

One pint milk, the yolks of three eggs and white of one, two tablespoonfuls of sugar, a pinch of salt. When baked put on the frosting made of the two remaining whites of the eggs, beaten stiff and two spoonfuls powdered sugar, small pinch of salt, and any flavoring you choose; set it back in the oven and brown.

O. E. H.'s Prune Pie.

Stew your prunes as for sauce, stone them, have ready a deep pie dish lined with puff paste, fill this dish with the stoned prunes, sprinkle over them half a cup sugar and a little cinnamon. You can bake it with an upper crust, or cover it with deep frosting made of the whites of two eggs, powdered sugar to taste and any flavor you desire.

Mince Meat.

(VERY FINE.)

Four pounds good lean beef (round steak is best), boil until tender, let it get cold, then chop very fine, add to it one peck tart cooking apples (Baldwins or Greenings are best); chop them very fine also; add two pounds raisins, seeded, two pounds currants, one-half pound citron, chopped fine; one and one-half pounds good beef suet, also chopped fine; three pints sweet

cider, one-half pint Porto Rico molasses, granulated sugar, cinnamon, cloves, allspice, and salt to taste. Put all together into a porcelain or agate kettle, and let it simmer gently on back of the range for half a day; just before taking up, add one-half pint good brandy; put it into a stone jar, let it get cold, then cover it closely, set in cool place and it will last all winter.

Lemon Pie.

Be sure and put this pie together in the order named, and you will have no trouble. Take one large, juicy lemon, grate the rind, and squeeze out all the juice; put cup of sugar and butter size of an egg into a bowl; stir a tablespoon of cornstarch into just enough cold water to make it smooth, then stir this into a cupful of boiling water in a saucepan; as soon as it begins to boil pour it on the butter and sugar, stir in the lemon juice and rind, and when a little cooler stir in the beaten yolks of two eggs; pour this into the crust which should stand ready, bake as you would custard, until thick, but not until it wheys; beat the whites of the two eggs to stiff froth, beat in a tablespoonful powdered sugar, spread this on the pie, put in oven and brown slightly.

Cream Pie.

This is cheap, but delicious. One egg, one cup sugar, with butter size of an egg well rubbed into it; one-half cup milk in which dissolve one-half teaspoon soda, one and one-half cups flour, and sift well through it one teaspoonful cream tartar and little salt; bake in three tins.

Cream for Filling Same.

One egg, half cup sugar, quarter cup flour; wet flour with little milk, then stir it into one cup boiling milk, then add the egg and sugar and a little salt; stir till thick and smooth.

Peach Pie.

You may use ripe or canned peaches. Cover a deep pie dish with quite rich pastry. For ripe peaches, cut up half a dozen or so, fill up your dish, cover well with powdered sugar. Cover with rich crust,



CHIEF CROW'S BREAST.

Worth Its Weight in Gold.

I suffered so badly with diseased kidneys, and doctored so much without deriving any benefit, that I gave up all hopes, and never expected to get well. I was advised to try Kickapoo Indian Sagwa, and as a last resort did so. I took three bottles of it, and it cured me. I recommend it to all suffering with kidney diseases. It is worth its weight in gold.

Donville, Vt.

W. W. BURDICK.

A Strong Recommendation.

Thinking that a few facts from me might be a help to others afflicted as my wife was, I hereby certify that my wife had suffered for years with kidney trouble. She could scarcely move about. I bought three bottles of Kickapoo Indian Sagwa and she took it. She has not had headache or any pain in her back since, can do her work, and has swept five rooms, one with a heavy carpet, in one forenoon without feeling tired. It is a powerful remedy.

Wiscarret, Me.

J. E. NUTTER.

Spring Medicine.

The reason why every one needs to take medicine in the spring is obvious from the fact that all nature changes at this season. Plants, trees and shrubs put forth new leaves; over hill and dale fresh blades of grass spring up; the rabbit changes color; the horse sheds his coat—in fact, the vegetable and animal kingdoms seem chang-

ing to new life. This also is the season when good housewives find it expedient to clean and clear up the dust and rubbish that has accumulated in our habitations. All these changes are necessary in the spring, and is it not more important that human beings should make themselves ready for these changing conditions by cleaning up the human house, thus insuring it against what are called spring and summer diseases?

The reason why every one should take Kickapoo Indian Sagwa as a spring tonic is because it is composed of the most highly curative of the roots, herbs, barks, etc., to be found in nature's garden, and these specifics are gathered and compounded by nature's own children, the Indians, who, having studied the secrets of nature from time immemorial, have acquired a superior knowledge of all that grows under the sun. These facts easily prove why Sagwa cleans out and builds up the human body, expelling impurities of the blood, creating an appetite and healthy digestion, putting the whole system in trim, the functions in working order, renewing vitality and giving strength to resist the heat and ills of summer.

Saved Last Spring.

Last February my system became very much disordered. I suffered from debility, loss of appetite and indigestion, was nervous, troubled with sleeplessness, lost flesh rapidly, and before the winter was over manifested every symptom of a decline. The physicians whom I consulted thought I could not survive the summer. Disheartened by their verdict, I gave up their treatment, and early in May I began taking Kickapoo Indian Sagwa, knowing that the roots and herbs it was said to contain could not hurt me, and, to the surprise of my friends, I improved immediately. I continued taking this medicine regularly for nearly two months, at the end of which time my weight had increased twenty pounds and I was in perfect health. It saved me.

MRS. O. E. AKELEY.

New York City.

Good Satisfaction.

I want to say a word for Kickapoo Indian Sagwa as a spring medicine. I have used it in my family and it can't be beat. We take it every spring. Have also used Indian Oil, and it has proved satisfactory.

Donville, Vt.

GUSTAVE COOK.

If your Druggist has not got Kickapoo Indian Remedies, have him send for them.

Kickapoo Indian Sagwa cures Rheumatism.

cutting several slashes in the centre to let out the steam so it will not run over. When done sift powdered sugar over the crust. It is delicious served with rich cream if you have it.

Pumpkin Pie.

(OLD-FASHIONED AND EXCELLENT.)

Pare and stew the pumpkin till it is soft and dry. It must be done slowly to the last, to prevent scorching. Press through a colander, and to one cupful of the sifted pumpkin, add one egg, three tablespoonfuls molasses, one of sugar, a pinch of salt, one teaspoonful ginger (or cinnamon), and one pint of milk. This will fill one pie on a large plate. Bake like a custard in rather a slow oven, till a golden brown.

Chocolate Pie.

Two-thirds cup of granulated sugar, butter size of large egg, two eggs, two table-spoons of milk, one teaspoonful soda, dissolved in the milk, two teaspoonfuls cream tartar sifted through one cup flour, a little salt. Bake in three common-sized Washington pie tins.

Filling.

One cup sugar, one-half cup of chocolate grated, butter size of walnut, milk enough to dissolve sugar. Steam until thick over a kettle of boiling water, or cook in double boiler.

Pudding.

(A HEALTHFUL DESSERT IN THE SPRING.)

Take ten stalks of green rhubarb (or pie plant, as some call it), cut fine, and boil till soft in a pint of water, strain the rhubarb, mash it, and make very sweet with brown sugar; have ready a cup of rice boiled tender; mix it well with rhubarb, and mould into small cups or one large mould. Serve with cream and sugar or soft custard.

Another Dessert of Rice.

Take a pint of well-cooked rice, it should be hot. Butter any style mould, or deep dish that you happen to have; spread in it a layer of rice, then a layer of mashed ripe raspberries, or raspberry jam, then

another layer of rice, and another of raspberries, and so on till all the rice is used. Let it stand till cold, turn out, and serve with sweetened cream, or cold custard. It is ornamental and delicious.

Fruit Tapioca.

One-half cup of pearl tapioca, one and one-half pints boiling water, scant teaspoon salt, one-third cup sugar, one-half tumbler currant jelly. Pick over and wash the tapioca. Cook it in the boiling water, for one hour, or till soft and transparent, stirring often. Add the salt, sugar and currant jelly. Stir till the jelly is all dissolved. Pour into a mould. Serve very cold with cream and sugar. Half a cup lemon juice or any acid fruit jelly, or one cup canned apricot, peach or quince, may be used instead of the jelly. Or in summer use one pint of ripe berries or small fruits, adding more sugar as required.

Quick Pudding.

When you have stale cake of any kind prepare it in the following manner; it is a relief from the usual way of converting stale cake into pudding. Put your cake into a steamer half an hour before dinner and steam through. Prepare a sauce by taking a half cup sugar, an even table-spoonful of flour and a little water to moisten; stir well together and pour in a cup and one-quarter of boiling water, grate in a little nutmeg, and boil ten minutes, add a spoonful of vinegar, and serve with the cake cut up in thick slices.

Choice Caramel Custard.

(CREOLE STYLE.)

Put three spoonfuls of granulated sugar in spider and brown (not burn); you must watch it carefully. When a fine brown pour on it a pint of hot milk, and stir till the sugar is dissolved. Have two eggs well beaten with a pinch of salt and half teaspoonful vanilla, and pour the boiling sweetened milk on to it; stir a few minutes and pour into buttered pudding dish. Bake slowly so not to whey. Caramel sauce to be served on pudding: Two-thirds cup sugar burned brown, as you did



CHIEF GULL.

After Two Years' Experience.

For two years past I have taken Kickapoo Indian Sagwa as a spring medicine and for general poor health. It always tones up my appetite and makes me feel like a new person. I consider it a superior blood tonic.

JAS. W. PUTNAM, Esq.

Oxford, Mass.

Female Diseases.

TO THE LADIES.

The most healthy race on God's beautiful earth are the Indians. They believe in nature—the sun, exercise, roots and herbs. The Indian squaw knows nothing of those distressing complaints peculiar to their "pale sisters," while it is universally admitted that their increase is alarming in the present generation, and are fast unfitting woman for the higher duty of continuing the race. Owing to the considerations of a delicate nature involved in these diseases, they have too long been shut out from works intended for public distribution. But the sufferings of women and the interest of humanity require us to describe these troubles just as they are, and make known the fact that they can be

cured. We will give the symptoms of the different forms of female diseases in a plain, simple way, so that all may understand. These symptoms include distressing heat flushes and constant headache; pressing on top of the head; hysteria; extreme nervousness, with fluttering action of the heart; weakness and pain in the kidneys, with general sense of heat, aching and dragging-down feeling in lower part of the bowels; this pain often extends to the groins and thighs, with great tenderness of the abdomen, and painful pressure in the region of the bladder; scalding pain in urination; coldness of the feet numbness of the limbs; irregular and painful menstruation; dyspepsia and obstinate constipation; piles; prolapsus, or falling of the womb, etc.

Women love to look well, and who can blame them? Beauty is their dower. Yet it is not a wonder that so many of them drag on wearily from day to day, their hollow cheeks, sunken eyes surrounded by dark circles, slow step and want of strength, showing only too plainly weakness in the generative organs, when we consider their natural delicacy, which shrinks from treatment by instruments and violent lotions. These lotions treat only the effects, and it is useless to attempt the cure of female diseases until the cause is removed, which can only be done as nature intended it should be, by invigorating and regenerating the finer organism through the general health. To be naturally restored! That is the sweetest music to a great majority of women, who, from the very nature of their ills and ailments, suffer indescribable misery. To all the sufferers nature's own restorer, Kickapoo Indian Sagwa, comes like a God-send. Through its marvelous agency the system is toned and exhilarated, the disorders peculiar to the female sex are prevented or cured, and health, strength, youth and beauty are regained. Kickapoo Indian Sagwa is acknowledged by thousands of women to be better than all the cosmetics put together. It makes the eyes bright, the skin smooth and beautiful, the step elastic, and the whole body full of vigor.

for custard, and pour onto it one-half cup hot water; stir till the consistency of molasses, and flavor with vanilla and a little salt. Follow directions strictly and you will have a delicacy worth your trouble. To make more ornamental the whites of the eggs can be used for a frosting.

Snow Ball Custard.

Beat the whites of three eggs stiff, make a little sweet, and boil in a pint of milk, dipping them into the boiling milk in tablespoonfuls. As they rise turn them, and when done put into glass dish; then put the beaten yolks into the milk, sweetened to taste; stir until it thickens, remove from the fire and flavor with lemon. Turn this custard around the white balls in the glass dish. Fine company dish.

Delicate Pudding.

Use three crackers rolled fine, one pint of boiling milk poured on them, stir well together, add two tablespoonfuls sugar, a little salt, and the yolks of two well-beaten eggs, bake half an hour. Beat the whites to stiff froth, add sugar, salt and flavor to taste. This is used for frosting. Nice either cold or warm.

Simple Apple Pudding.

Slice apples enough to fill a pint. Butter a deep pudding dish, and cover the bottom with bread crumbs and bits of butter, then put a layer of the apples, over which sprinkle a little cinnamon or nutmeg, and cover well with sugar. Add another layer of crumbs and another of apples, sugar and spice as before, and have the top layer of the crumbs. Bake slowly two hours, adding a little water if it seems dry. It may be served with or without cream and sugar.

Plain Steamed Pudding.

Two and one-half cups sifted flour, three tablespoonfuls sugar, mixed with two tablespoonfuls butter, one well-beaten egg, two-thirds cup milk, one teaspoonful soda dissolved in the milk, two teaspoonfuls cream tartar sifted through the flour, a little salt; beat all together well and steam one and one-half hours. Serve hot with

lemon sauce. One teacup sugar, one-half teacup butter, one tablespoonful flour, juice and grated rind of one lemon. Rub together till smooth, then add one pint boiling water, boil three minutes.

Best Rice Pudding.

Stir into one cup boiling milk, one cup cooked rice, one-half cup sugar, the yolks of two well-beaten eggs, a little salt, cinnamon and nutmeg. Boil all together, stirring constantly until thick, but do not let the eggs curdle. Have ready the whites of the eggs beaten stiff; remove the saucepan from the stove and stir them gradually into the mixture. It will be light and delicate.

Mystery Pudding.

This recipe gives a fine way to use stale bread, and one that your family will never discover is another form of that objectionable "bread pudding." Into a pint of milk stir the yolks of two well-beaten eggs, a pinch each of all kinds of spices and a little salt. Cut your stale bread into neat three-cornered pieces half an inch thick, lay them in the milk and soak until the milk is all absorbed, then fry your bread in hot butter, browning carefully on both sides. Serve on individual plates, putting two of the pieces of bread together with jam or any kind of jelly or preserve. Make a frosting with the whites of the eggs, pile a spoonful of it on each plate of bread and pour around it any sauce you prefer. It is very nice without the sauce, and may be made very ornamental as well as tasty.

Old-Fashioned Baked Indian Pudding.

A pint of meal, half a pint of molasses, a scant quart of sweet apples, quartered, but not peeled, one quart of scalded milk, spices and salt to taste, stir well; add to the pudding when in the pot, one quart cold milk, do not stir. Bake slowly four hours, to be perfect, in old-fashioned brick oven. It should turn out a rich red mass, trembling in its own jelly-like whey. Served with thick yellow cream, what words can describe this dainty.



CHIEF RUSHING BEAR.

His Wife Cured.

I wish to state a few facts in the case of my wife. She had been under the doctor's care for ten years; suffering as no one but a woman could, and still keep up most of the time. Her troubles became so complicated, and she grew so weak, I determined to make another effort, and having great faith in roots and herbs, bought some of the Kickapoo Indian Sagwa. She took seven bottles and is now a well woman. I believe the Sagwa saved her life.

A. J. WEEKS.

Littleton, N. H.

A Great Investment of \$1.00.

I can truthfully say that, had it not been for Kickapoo Indian Sagwa, I could not have lived. Few women have suffered as I have; at times my pains were so severe that our neighbors could hear my cries. My husband has paid hundreds of dollars to doctors without any benefit; on the verge of despair he brought home a bottle of Kickapoo Indian Sagwa; it proved the best investment of a dollar he ever made.

MRS. FRANK WEST.

Moosup, Conn.

An Interesting Case.

I was obliged to leave school on account of poor health. I was nearly prostrated with nervous difficulty, heart trouble, and fainting spells, and the condition of my back was awful. I consulted several doctors,

even went to Burlington to see one, and their treatment made me worse. I grew weaker all the time; nothing helped me until I began taking Kickapoo Indian Sagwa. I never should have recovered had it not been for Indian Sagwa.

MAUD V. KEMP.

St. Albans, Vt.

All Ladies Should Try It.

For the past year I have been a great sufferer. Have just existed from day to day. All the doctors gave me the same treatment which gave me no permanent relief. At last I bought Kickapoo Indian Sagwa and found it all it is recommended to be, and I advise all ladies to give it a trial.

MRS. E. DENHAM.

New York City.

General Debility.

This is a disease more commonly neglected than any other; for the reason, that the sufferer is able to be up and about most of the time, yet no complaint is harder to bear, or more deserves our sympathy. The patient is prostrated in body and mind; and seems to grow old while yet young. At times the appetite is good, and again falls altogether; there is an irresistible gnawing in the pit of the stomach, the skin is dry, and the body lean; the eyes are clear, but still have a lifeless look; the nose is pinched, there is a general lack of energy and want of ambition to work, read, or even think; the body is racked with strange aches and pains, which shift from place to place; the mind is filled with nervous fears, and apprehensions of trouble; the poor soul starts at the least noise, or will suddenly burst into tears; nothing pleases the persons thus afflicted; they are restless and overcome by a gloom, impossible to shake off. What is to effect a cure? Don't take so-called "nerve medicines;" they are narcotics, and are worse than the disease. What you need, is the strengthening, healing, soothing qualities of roots, herbs and barks, which are found in Kickapoo Indian Sagwa, and which will tone up the liver and stomach, bring back the appetite, and cause the pure red blood to flow briskly through your veins once more; thus bringing health and happiness, in the place of misery and woe.

Oleo's Famous Pudding.

One-half box of gelatine, one-half cup cold water, one pint milk, three eggs, sugar and salt to taste. Soak the gelatine in the water about an hour, when it will be soft. Put the milk to boil in a double boiler, add the desired quantity of sugar, a pinch of salt, and then put in the soft gelatine and stir constantly until thoroughly dissolved. Have ready the eggs well beaten, whites and yolks separately; pour your hot mixture over the yolks first, stirring constantly; then over the stiff whites of the eggs; when these are well beaten in, put it all back in double boiler and cook three minutes; stir all the time and use great care that it does not curdle. Then let it stand to cool a few minutes, and flavor with one teaspoonful of vanilla. Pour into your mould and set away to get cold. To be served with whipped cream flavored to your taste. It is a delicacy fit for the gods.

Graham Pudding.

(FINE.)

One cup of raisins, seeded and chopped, one cup of molasses, one teaspoonful soda, dissolved in one scant cup of sweet milk, one-half teaspoonful salt, two cupfuls Graham flour; steam three hours; serve with wine sauce.

Cottage Pudding.

One cupful sugar, butter size of an egg, one egg, one teaspoonful soda, dissolved in one-half cup of milk, two teaspoonfuls cream tartar, sifted several times through one and one-half cupfuls flour, one-half teaspoonful vanilla, and a little salt. Bake in deep pan about half an hour. Serve warm cut in thick slices. Always heat your knife before cutting warm cake or bread, and it will not fall.

Sauce for Cottage Pudding.

One cup of sugar, beat to a cream-like foam, with one egg; bring to a boil one-fourth cup of milk, and while boiling turn it over your beaten egg and sugar, beat all together vigorously for a few moments, add a pinch of salt and half a teaspoonful vanilla. This makes a light, rich sauce

which is delicious for many kinds of pudding.

Cakes.

Jelly Cake.

One-half cup rich cream, fill up the cup with sour milk, add a beaten egg, a cupful of sugar, half a teaspoon each of salt and soda, a cupful and a third of flour, beat well together, divide into three portions and bake on Washington pie tins, spread jelly between the layers and frost the top with a frosting made by taking a cupful of sugar, and putting it into a saucepan with just enough water to dissolve it, and let it boil until it will hair, when you drip it off your spoon. Have the white of an egg beaten to a stiff froth, and as soon as you remove the sugar from the fire, beat in the white, and continue to beat until it will spread nicely.

To Spread Icing on Cakes.

Use a broad knife and dip it in cold water from time to time and you will have no trouble.

Ribbon Cake.

Three eggs, one and one-half cups of sugar, two-thirds cup of butter, one cup milk, one teaspoon soda, one of cream tartar, flour to make a batter, one teaspoonful lemon extract. Bake in three loaves, adding to the third one all kinds of spice. Put the three loaves together with frosting, placing the dark loaf between the two light ones.

Cream Sponge Cake.

Put in a bowl, a large cup of flour, in which one teaspoon cream tartar has been well sifted, one cup powdered sugar, a little salt. Then break in the cup that the flour and sugar were measured in, two eggs, beat two minutes, fill the cup with sweet cream and add to the sugar and flour in the bowl, also one-half teaspoonful of soda dissolved in a tablespoonful hot water. Beat well and bake quickly.

Chocolate Marble Cake.

Whites of four eggs well beaten, two cups of white sugar, one cup butter, creamed



RED BIRD.

Cheering Testimony.

Please add my name to your list of testimonials. The Kickapoo Indian Sagwa does just what you claim, and is a perfect blood purifier and tonic. I was run down and weak, no appetite, very nervous, could not sleep. The Indian Sagwa has built up my system, given me strength. I feel like a new person.

MRS. CHAS. HARTSHORN.

Essex House, Guild Hall, Vt.

Was Convinced.

For a long time I have suffered from poor health. First one thing, and then another, seemed to attack me; my bones ached, my liver and stomach troubled me, my appetite was poor, I had no life or ambition. I was advised to use Kickapoo Indian Sagwa. I took one bottle and improved so much, that I bought six bottles for \$5.00, and can truthfully say it proved a great investment; it has made me a different person. I believe a trial of Kickapoo Indian Sagwa will convince the most skeptical that it does all it is represented to do.

E. D. GODDARD.

Bethel, Me.

Would Not Be Without Them.

I have used the Kickapoo Indian Sagwa and the other Indian Remedies in my family for years. The Sagwa we find wonderful to tone up the general health, and all the other remedies are just as represented. My

neighbors have used them also, and speak very highly of them. I would not be without them.

JOHN MAHONY.

East Greenwich, R. I.

Nervousness.

This disease is most usually a symptom of dyspepsia, and affords another illustration of the intimate relationship existing between the stomach and brain, and, when combined with loss of sleep, appetite and bodily strength, unless relieved, must end in insanity. It is only a healthy body that can produce a healthy mind. Kickapoo Indian Sagwa never fails to effect a cure of this tormenting disease.

For Those Who Suffer.

I suffered for ten years, was all run down, could not eat, sleep, or think. In fact had nervous prostration. After spending many dollars on nostrums and doctors who did not help, I tried Kickapoo Indian Sagwa. Six bottles cured me, and I shall always use it and recommend it to those who suffer.

GEORGE MILLER.

Matamoras, Pa.

It Will Cure Her.

My daughter has been troubled some time with general poor health and nervous debility. She has taken Kickapoo Indian Sagwa for only one week and has improved rapidly, and I feel satisfied it will cure her.

BENJAMIN LOCKE.

Milford Centre, O.

Sleeplessness.

Indian Sagwa for sleeplessness has acquired widespread fame. And why? That is easily answered: Its healing qualities clear up the whole system; under its influence, the stomach and liver become healthy and vigorous, and the tired brain is soothed; and the martyr to indigestion once more enjoys his rest.

'Tis More Than Recommended.

I wish to say that I have been sick for over two years; couldn't eat or sleep and was generally miserable, no doctor being able to help me. I bought some of the Kickapoo Indian Sagwa and in three weeks time I was a well man. To those who are sick I would say, have no fear in taking Sagwa—'tis more than recommended.

P. E. WALKER.

Taylor, Tex.

with the sugar, one cup milk, three cups of flour, two teaspoonfuls of cream tartar, and one teaspoonful of soda or three of baking powder. When these are well mixed, take one cupful of the dough and mix with one bar of chocolate grated fine and moistened with two spoonfuls of sweet milk; when this is well beaten, put in a buttered cake pan, first a spoonful of the white dough and then one of the chocolate. In this way fill the pan, it will make a large loaf.

Doughnuts.

One cup sugar, two eggs, beat light, one tablespoonful melted lard, one cup milk, two teaspoonfuls cream tartar, one teaspoonful soda and one scant of salt. Flour to knead as soft as possible, and fry in hot lard.

Breakfast Cake.

One cup sour milk, one-half cup cream, one teaspoonful soda and the same of salt, sift in Graham flour enough to make a thick batter. Spread a layer of it in a baking tin; put bits of butter over it, then another layer of batter. Bake in a moderate oven until well browned. When cool enough to handle break open the layers and put in berries mashed with sugar, stewed apples or any kind of juicy fruit.

Dark Raisin Cake.

One-half cup of molasses, one cup sugar, one-half cup butter, two eggs, one-half cup sour milk, teaspoonful soda, three cupfuls flour, one cup, seeded and slightly chopped raisins, all kinds of spices, a little salt.

Lemon Cake.

Three eggs, whites and yolks beaten separately, one cup of powdered sugar with one-third cup butter, well rubbed through it, one-half cup of milk, in which dissolve one-half teaspoonful of soda, one and one-half cups flour sifted several times with one teaspoonful cream tartar mixed in it, a little of the grated rind of a lemon and a pinch of salt. Bake in layers.

For the Filling.

One tablespoonful corn-starch dissolved in a little milk and stirred into one-half cup boiling water, one-half cup sugar, juice and half the grated rind of a lemon. Boil all together until quite thick, and when cool spread between the layers of your cake.

Grandma's Strawberry Short Cake.

One quart sifted flour, one scant spoonful salt, one teaspoonful soda dissolved in one pint of rich sour cream (or you may use a pint of milk with half a cup of butter rubbed well through the flour, also sift two teaspoonfuls cream tartar through the flour), mix well; and if not stiff enough to roll, add a little more flour and handle as lightly and as quickly as possible. Roll out about half an inch in thickness, bake a nice brown. Have ready a large bowl of strawberries mashed with plenty of sugar and thick cream, and when your cake is done pull it apart—cutting will make it heavy—spread well with butter and pile on plenty of the mashed strawberries, then lay on the other half of the cake and pour the remainder of the berries over the top. Set a few moments and serve, or it may be served cold. In either case it is delicious.

Raised Doughnuts.

Boil and mash two medium-sized potatoes, and stir them into a pint of boiling milk, a little salt, and three-fourths cup of sugar; set it aside until luke-warm, then add two well-beaten eggs, and one-half yeast cake dissolved in a little water. Let this rise until light, then add one-half cup of butter and flour to mould. Let this rise once more in warm place about four hours and roll out half an inch thick; let them rise again and fry in boiling lard. When done roll in powdered sugar.

Frying.

Always have your lard boiling hot, and plenty of it. Anything fried in a little lard will come out full of grease. The same lard may be used many times for



ARROW POINT.

Can Sleep Now.

I was troubled with sleeplessness, loss of appetite and general depression of health, for five months. I tried a number of the local physicians, but could get no relief; then I bought some Kickapoo Indian Sagwa, and inside of one week was able to get a good night's rest; my food digested properly, and I can honestly say the medicine is doing me more good than all the doctors. I gained over eight pounds in less than two weeks.

FRED. SINCIANAUGH.

Shelton, Neb.

Melancholy.

The unfortunate person who has passed through all the stages of this deplorable affliction, until he feels that life is not worth living, is indeed an object of pity. How sad to hear the poor victim finding fault even with his nearest and dearest; to see him peevish, irritable, melancholy, haunted by a dread of impending evil; perchance death itself. What happiness can there be for such an one. This is the curse of the dyspeptic, and as sure as relief is not offered death is inevitable! But there is a remedy. In this case as many others, Kickapoo Indian Sagwa comes as a harbinger of peace to both patient and

friends; and if a persistent treatment is followed—strict attention to diet and full doses of Sagwa taken—this dread disease soon succumbs.

Snatched from Death.

Some years ago, while in Texas, I was badly affected with dyspepsia, which gradually diseased my mind until life was unbearable. In fact, a number of doctors informed me I could live only a short time. I returned home and consulted all the physicians here, and was confronted with the same answer: "You are as good as a dead man." At my sister's, one day, I came across a bottle of Kickapoo Indian Sagwa. I commenced to take this, and continued until I had taken six bottles, when I found I was completely cured. That was in 1887, and since then have had no recurrence of the disease. When I first began taking Indian Sagwa I weighed 112 pounds and when I stopped taking it, I weighed 147 pounds.

CHARLES A. SIBLEY.

New Harmony, Ind.

Blessed by a Woman.

I cannot express myself sufficiently strong for Indian Sagwa and the good it has done me. When I first heard of this medicine and its great cures, I was in a bad condition; was weak, had no appetite, felt tired, my head ached; I was discouraged, sad, and melancholy; and now after taking two bottles of Sagwa my appetite has returned, am better in every way, the world looks brighter; in fact, I feel like a new woman; and I bless the day that the Kickapoo Indian Sagwa was brought under my notice.

MRS. JOHN HARTMAN,

Forest City, Iowa.

Malaria.

How many people complain of not feeling well, without knowing "what in the world ails them." They have headache, pains in the back, joints or limbs; bad breath and coated tongue; bad taste in the mouth, poor appetite, feeling of dullness; creepy, chilly sensations; drowsiness by day and unrefreshing sleep at night. These symptoms indicate malaria, and malaria is a poison which may come from low, wet, marshy lands, or may arise in the poisonous gas from any decaying vegetable matter; the last cause being why it appears in seemingly healthy lo-

cooking, if properly strained and clarified with a few pieces of raw potato. Always drain anything fried, on brown paper; it absorbs all the fat.

Banana Cake.

One cup of sugar, one-half cup butter (powdered sugar is best). Cream butter and sugar together. One cup milk, one and one-half teaspoonfuls of baking powder sifted through one and three-quarters cups of flour; and last, when these ingredients are well mixed, add the whites of three eggs beaten stiff. Flavor with almond. Bake in layers.

For the Filling.

Slice up some bananas and stir them through a cup of rich cream, which has been whipped to a stiff froth. It is very delicate. This cake may also be made in a loaf and an icing made of the yolks of the eggs and a cup of powdered sugar beat together and flavored with orange rind.

Rich Nut Cake.

One and one-half cups powdered sugar and half a cup of butter creamed together, one of sweet milk, a half-cup of corn-starch dissolved in the milk, three cups flour, two teaspoonfuls baking powder, and last the whites of six eggs beaten to a froth, flavor with almond, beat very hard and bake in layers.

For the Filling.

Make a rich cream of the yolks of the eggs, one cup of milk, one teaspoonful corn-starch dissolved in a little milk, half cup sugar, and a little salt. When it is boiled to the consistency of cream, set aside to cool, and when cool mix through it a pound of walnuts broken into small pieces, spread this between the layers of your cake and over the top.

Ginger Cookies.

One cup sugar, one egg, half cup of water, half cup of lard, one teaspoonful soda, one teaspoonful ginger, a little salt and flour enough to roll.

O. H. A.'s Date Cake.

(VERY FINE.)

One cup sugar, creamed with one-half cup butter, two well-beaten eggs, one-half cup milk, in which dissolve one-half teaspoonful soda, two even cups of sifted flour, with one teaspoonful cream tartar well mixed in, a pinch of salt. Have ready one cup of nice fresh dates, stoned and chopped to about the size of raisins. Roll these in very little flour and stir well through your cake; bake in a shallow pan for a full half hour. It is better if you add a pinch of all kinds of spice.

Ida's Sponge Cake.

Three eggs, one cup of sugar, one cup flour in which one teaspoonful cream tartar has been thoroughly mixed, an even teaspoonful soda dissolved in three teaspoonfuls of warm water. The goodness of the cake depends on quick beating. Have everything ready before commencing to mix the cake; your shallow pan lined with well-buttered paper and everything at hand. When you have beat and beat until your arm is ready to drop, then add a teaspoonful of vinegar, stir a few moments, and bake nearly half an hour in a moderate hot oven. If you are not afraid of working your arm, and your oven is just right, you will be well repaid.

Pancakes.

Two eggs, a tablespoonful of sugar, one cup of sour milk, half a teaspoonful soda, a little salt, and flour enough to make a stiff batter. Have plenty of lard boiling hot, and drop in the batter from the end of a teaspoon. Roll in sugar and cinnamon. They are also nice eaten hot with sweet cream, sugar and nutmeg.

Citron Cake.

One cup butter, creamed with two cups fine white sugar, four eggs, whites and yolks beaten separately, one cup sweet milk, two teaspoonfuls baking powder sifted well through three cups of flour (or you can use one-half teaspoonful soda and one of cream tartar instead of baking powder). One cup of citron cut in thin strips, dusted



BIG RAZOR, MEDICINE MAN.

calities. To the multitudes who suffer from this disease we would say that Kickapoo Indian Sagwa soon rids the system of every vestige of malarial poison, and is the best known specific for malaria in all its forms.

Well Satisfied.

I desire to add my testimony relative to the merits of the Kickapoo Indian Remedies. Last Winter I had an attack of "La Grippe." It left me in poor health and my blood in a malarious condition. My body was racked with pains, and especially in my left arm. I took Indian Sagwa and rubbed Indian Oil on my arm. The result was magical, my pains disappeared, my health was restored. I have no signs of malaria. I am well satisfied.

GEORGE V. MALLON.

Providence, R. I.

Saved His Life.

I met with an accident four years ago which left me in miserable health. I was all run down; had chills, fever, and every possible ache and pain. I could not work. The numerous doctors who treated me did not seem to know what ailed me, and all pronounced me incurable. I am now taking my third bottle of Kickapoo Indian

Sagwa; have also rubbed my limbs in Kickapoo Indian Oil, and am now able to do my work and am feeling better in every way. In fact I consider that Kickapoo Indian Remedies have saved my life.

FREDERICK S. T. CASWELL.

Contractor, Sewer Builder and Drainer,
Newport, R. I.

A Slave to Quinine.

Several years ago I contracted malaria in the South, and have suffered constantly from it since. The doctors dosed me with quinine until my system was completely shattered. I was advised to take a trip to Europe; the doctors there gave me more quinine, until I thought it impossible to live without quinine; and yet I grew worse all the time, my frail body could scarcely cast a shadow, and I shivered during the hottest weather. Your Kickapoo Indian Sagwa came under my notice, and it occurred to me, how healthy the Indians are, in spite of all their exposure, and I decided to try the Indian Sagwa. The result has been wonderful. I have not had chills or fever for six weeks, my strength has returned, and I am gaining flesh so rapidly my friends hardly know me. No more quinine for me while the Indians make Sagwa.

MRS. G. DE ALMAGRO.

174 E. 76th Street, New York City.

Fever and Ague.

This is also called Intermittent Fever. The first warning a patient has of the approach of this disease is a severe chilling sensation. He shakes all over with a feeling of intense cold; the teeth chatter; the face, hands and skin become pale; the body appears shrunken; the skin is rough and wrinkled, and is commonly known as "goose skin." After an interval of half an hour or so, warmth returns and the system becomes flushed with heat. This is followed by thirst, headache, dry tongue and restless feeling. In about an hour a profuse sweat follows. It is really divided into three stages, cold, hot and sweating; and this is what distinguishes it from other forms of fever. It is caused by malaria in the blood, thus it goes without saying that Kickapoo Indian Sagwa will prove the best remedy.

with a very little of your flour which you have saved out, and well stirred into the cake. Bake in deep pans in moderate oven.

Cocoonut Cake.

Whites of six eggs, one cup powdered sugar, one even cup sifted flour, a half teaspoonful cream tartar mixed well in (it is best to sift it through the flour four or five times), a pinch of salt, and slight flavor of almond. Bake in layers, and put together with cocoonut frosting. Dissolve in very little water, one cup powdered sugar; boil until it hairs; have the whites of two eggs beaten into a stiff froth and pour the syrup upon them, beating constantly. To this add one cup desiccated cocoonut, beating it well. Spread this frosting between the layers of the cake; on the top you may sprinkle a little more of the cocoonut if you wish. To be eaten while fresh. Great care must be taken in making a cake like this, as so much depends on the beating. No other work can be attended to while mixing fine cakes.

Raisin Layer Cake.

One-half cup butter, one cupful sugar, one cupful milk, three eggs, leaving out the white of one, two and one-half cups flour, two teaspoonfuls baking powder. Bake in layers.

For the Filling.

Take one cup sugar and four tablespoonfuls of water and boil to a syrup; have the white of your egg beaten to a stiff froth, pour on it the boiling syrup, stirring all the time, and to this add one-half cup raisins, seeded and chopped fine, and one-half cup hickory nuts chopped fine. Spread between the layers of cake.

Poor Man's Fruit Cake.

One cup of butter, creamed with one of sugar, one cup of molasses, four eggs, two scant teaspoonfuls soda, dissolved in one-third cup sweet milk, four cups sifted flour, a little salt, and of all kinds of spices one good pinch, raisins and currants one cup each and one-fourth pound citron. Excellent.

Gertie's Christmas Cake, No. 1.

One and one-half cupfuls butter, two cupfuls sugar, four eggs, three cupfuls of flour, one pound raisins, seeded, one pound currants, one-half pound citron, one tablespoonful cloves, two tablespoonfuls cinnamon, two tablespoonfuls molasses, one nutmeg grated, two teaspoonfuls soda dissolved in very little hot water. One wine glass of brandy. Bake in rather slow oven, about as you would have for bread. This quantity makes two loaves.

Christmas Cake, No. 2.

(VERY FINE.)

One and one-half pounds butter and one and one-half pounds of sugar, rubbed to a cream, twelve eggs, yolks and whites beaten separately, one-third pint molasses, two teaspoonfuls cloves, two of cinnamon, two of allspice, two of mace, two good teaspoonfuls soda, sifted through two pounds of flour several times, one nutmeg grated, one tablespoonful lemon, two pounds of currants, two pounds of raisins, seeded and chopped, one-half pound citron, chopped, two-thirds cupful best brandy. Bake slowly nearly three hours. This quantity makes three large loaves. Ice nicely, put away in jars in a cool place, and it will keep a year.

Angel Cake.

Beat the whites of eleven eggs to a stiff froth, into this beat three and one-fourth cups powdered sugar, then beat in two and one-fourth cups of flour; before adding the flour put one teaspoonful of cream tartar into it and sift four times. A teaspoonful vanilla. Beat until the last moment before putting it into the oven. Your pan should be one of the deep scalloped kind which has never been greased. Bake in moderate oven forty minutes. When done, turn upside down on your cake board on which you have laid a nice piece of brown paper. It is best to rest the pan on fork handles, so as to secure a circulation of air under the cake. When still warm—not hot—loosen around the edges with thin, sharp knife—never touch with the hands—take out and frost with



MAN AND CHIEF. MEDICINE MAN.

One Bottle Cured Him.

I had chills and fever for years. Visited doctors in Boston and elsewhere, but got no relief, and was very much discouraged. I paid hundreds of dollars to the doctors without benefit, and then bought a bottle of Kickapoo Indian Sagwa for one dollar, and the second dose stopped the chills, one bottle effected a permanent cure.

MARTIN CONNELLY.

Worcester, Mass.

Chills Take Flight.

I have suffered three years from chills, was all worn out and discouraged. Doctors failed to relieve me. Took Kickapoo Indian Sagwa, and my chills have taken flight. I am cured. NEWTON MAYS.

Spring Hill, Kans.

Impure Blood.

The vital fluid which circulates through the body, giving it nourishment and strength, is of the highest importance. There cannot be a healthy condition of the body if the blood is impure. The germs of scrofula, salt rheum, and many other diseases, which sooner or later undermine the health, all arise from impure blood. To insure good health, this state of

things must be changed; the blood must be cleansed from all impurities, and allowed free and unobstructed circulation through both veins and arteries. Kickapoo Indian Sagwa is the acknowledged Blood Renovator. Its equal cannot be found in all the science of medicine and chemistry. In all cases of blood disease, Sagwa works like magic.

A Great Sufferer.

I have been a great sufferer from eczema for the past five years, and have been treated by three different doctors, without receiving any benefit from them. Have now tried the Kickapoo Indian Sagwa in connection with the Kickapoo Indian Salve, and find they will do just what is claimed of them, that is, purify the blood and cure skin diseases. I have used the remedies for ten days and the eczema has nearly disappeared, and I earnestly recommend all those afflicted with any kind of skin disease to procure these great Indian Remedies at once. They will surely give relief in a short time.

MRS. C. W. LEIGHTON.

Gosville, N. H.

My Mother-in-law.

My mother-in-law, Mrs. Turbit, of Indiana, was paying us a visit last spring, and as she had a peculiar running sore just under the ear—that was called by doctors whom she consulted scrofula, erysipelas, and cancer—I requested her to try the Kickapoo Indian Remedies. She had not much faith, as so many doctors had failed to help her; nevertheless I got her a bottle of Indian Sagwa and a box of Indian Salve. She consented to give them a trial, and in just three days there was a marked improvement in her condition; in two weeks she was entirely well. The old sore healed, and save for a small scar it would be hard to tell it ever was there.

GEORGE RUSSELL,

Chief of Fire Department.

W. Bay City, Mich.

Scrofula.

In olden times of superstition this disease was believed to be cured by the patient being touched by the royal hand of the king. It was from this that the disease took the name of "king's evil." A terrible evil it is; and yet more terrible is the fact that in the veins of the majority of

some of the yolks and powdered sugar. The rest of the yolks are nice for eustard, gold cake, or may be scrambled, with the addition of a little milk.

Best Gingerbread.

One-half cup of sugar, one-fourth cup butter, one egg, one-half cup molasses, one-half cup of sour milk, one even teaspoonful of soda dissolved in the milk, one teaspoonful ginger, a little salt, and one and one-half cups flour.

Grandma's Gingerbread.

One quart of molasses, one-fourth pound lard, one ounce of soda dissolved in a little water, one-half pint of thick sour milk, one tablespoonful ginger, one of cinnamon, one teaspoonful of cloves, three and one-fourth pounds of flour. Roll one-half inch thick, cut in squares, wash the tops with milk and molasses. Bake in shallow pans.

Fruit Cookies.

One and one-half cupfuls of sugar and one of butter, worked to a cream; add three eggs, well beaten, one-half cupful molasses, one teaspoonful soda dissolved in a little cold water, one cupful of raisins, seeded and chopped, one of currants, one teaspoonful of all kinds of spices, flour to roll. These will keep a long time, if you hide your cookey-jar.

Drop Ginger Cakes.

One cup of molasses, one of sour cream, one-half cup of sugar, one egg, one teaspoonful each of ginger and cinnamon, a little salt—say half a teaspoonful—three rounded cups of flour. Drop in spoonful in shallow pans. Bake quickly.

To Make Twelve Cream Cakes.

One cup boiling water poured onto one-half cup butter; when you have done this, place it on the stove in a saucepan, bring it to a boil and add one cup sifted flour; let it boil five minutes, beating all the time, then add three well-whipped eggs, and a bit of soda size of a pea. Drop on buttered pans. Bake thirty minutes. When cold split open carefully and fill

with a cream made by mixing together one-half cup sugar and three spoonfuls flour, one egg, stir this into one cup boiling milk, boil all together until thick, add a pinch of salt and any flavoring you like.

Ginger Snaps.

One pint of molasses, one-half cup water; boil together fifteen minutes, while boiling stir in one cup of butter or lard, one tablespoonful of ginger. When cool add two teaspoonfuls of soda and flour enough to roll. Roll very thin and bake quickly.

Cakes Without Eggs.

One cup of sugar, two-thirds cup of butter, one cup of sour milk, one teaspoonful soda dissolved in it, caraway seeds, and flour enough to roll. Cut in fancy shapes and while warm dust with a little cinnamon.

Spice Cake.

One cupful brown sugar, one-third cup of butter, one-half cup of milk, in which dissolve one-half teaspoonful soda, one teaspoonful cream tartar sifted in one and one-half cups of flour, half a teaspoonful of all kinds of spice, the same of fine salt. Bake in a shallow pan twenty-five minutes.

Cocoonut Cakes.

One cup sugar, one-half cup of butter, two eggs, one-fourth cup of milk, one and one-half teaspoonfuls baking powder, one cup of desiccated cocoonut, a little salt, enough flour to roll thin. Bake quickly.

Apple Cake.

One cup of sugar, butter size of an egg, the yolks of two and white of one egg well beaten, one-half cup of milk, and dissolve in it one-half teaspoonful soda, sift well through two even cups of flour, one teaspoonful cream tartar, a little salt. Bake in three Washington pie tins.

Apple for Filling.

One grated sour apple, one cup powdered sugar well mixed, then add the white of an egg, beat to a froth, half a teaspoonful lemon extract, or a little nutmeg. Spread between your cakes. Delicious.



LEAN WOLF.

people this disease exists. It may be hereditary or acquired, varies greatly in degree, and manifests itself in widely different forms. Scrofula is a more formidable foe than either consumption or cancer, because it combines the worst features of both. It may be the origin of pulmonary consumption or cancerous growth. It attacks the glands, producing lumps and swellings; attacks the bones and joints, causing inflammation and chronic abscesses; it appears in the form of sores on the arms, neck, legs, and feet; the eyes or ears may become ulcerated, and it often causes habitual swelling, and catarrh of the tissues of the nose. All cutaneous eruptions and ailments, commonly called "humors," are caused by this deadly taint, which signifies that the blood is laden with foul and putrid matters; and this is the reason why Kickapoo Indian Sagwa is a remedy that has no equal for this loathsome disease. Sagwa has been called the "King of all Medicines for the Blood," and justly, too, as it has proved beyond question its power to cure scrofula—a power that the king alone was supposed to have in the long ago.

Great Blood Purifier.

I feel it a duty to state for the benefit of those who have blood troubles and indolent ulcers what Kickapoo Indian Sagwa has done for me. I have had a running sore on my leg for twenty-five years. Have tried many remedies; they all failed. As a last resort bought some of the Kickapoo Indian Sagwa and Kickapoo Indian Salve, gave them a careful trial, according to directions, and am now a well man. The ulcer has entirely healed. I cannot speak too highly of these Indian medicines.

HANNIBAL CURTIS.

West Paris, Me.

The Old Made Young.

I am an old woman, over seventy years—too old to ever expect a cure, or much relief. However, believing it is never best to give up trying, I got some Kickapoo Indian Sagwa, and took it for the humors in my stomach and catarrhal trouble, and to the surprise of my friends I have been cured. I also took the Kickapoo Indian Cough Cure, and I feel younger than I have for years.

MRS. H. W. MCINTIRE.

270 Southbridge St., Worcester, Mass.

Sure Cure.

I have suffered all my life with salt rheum, and couldn't find any cure until a druggist told me about the Kickapoo Indian Remedies. I bought a bottle of Kickapoo Indian Sagwa and a box of Kickapoo Indian Salve. I felt better at once, and am sure it will cure me.

J. J. ARTHUR.

New York City.

It Cures Erysipelas.

My wife has been subject to severe attacks of erysipelas for several years, having to call a physician at a great expense to relieve her. She was taken with a severe spell two weeks ago. Happily I had bought a family chest of the Kickapoo Indian Remedies. I applied these medicines as directed and in two days my wife was well. I can never sufficiently estimate the virtues of Kickapoo Sagwa and Indian Oil, and take this way of recommending them to a suffering public.

J. JAPSEN.

Sixth or Eighth St., Waco, Tex.

Rheumatism.

Rheumatism being caused by acid or poisonous matter in the blood, is essentially a blood disease, and must be treated as such. The large veins and arteries of the

Drop Currant Cakes.

One cup of sugar creamed together with half a cup of butter, one egg, an even teaspoonful soda dissolved in two-thirds cup of sweet milk, two teaspoonfuls cream tartar well mixed with two and one-half cups sifted flour, one-half teaspoonful cinnamon, or any flavor you choose. Drop with a spoon in shallow pans, and just before putting in the oven place a few currants over the top, pressing them slightly into the dough. Bake quickly a nice brown.

Blueberry Cake.

One cupful milk, one teaspoonful soda, two teaspoonfuls cream tartar, a little salt, and some like two tablespoonfuls sugar, one tablespoonful melted butter or good lard, flour enough to make a stiff batter, and lastly one pint fresh, ripe blueberries well mixed in. Drop on shallow pans and bake eighteen or twenty minutes. Serve hot for breakfast, with plenty of sweet butter. They are delicious. Always dissolve soda in the milk, and sift cream tartar well through the flour.

Beverages.**To Make Good Coffee.**

Always see that your coffee-pot is bright and clean. It is impossible to make good coffee or tea unless your pot is dry and clean and your water boiling. Allow one good tablespoonful of ground coffee to one cup of boiling water. Put the coffee into the pot, break up a couple of egg shells and mix with it. Egg shells are just as good as eggs to make coffee clear, and by saving your shells nice and clean and using for your coffee you save much and always have a good clear cup of coffee. The water should be boiling, *hissing* hot, pour it over the coffee, give a stir with your spoon in which you have measured your coffee, and bring to a boil immediately, boil about three minutes and set on back of range for ten minutes, where it will keep very hot but not quite boil. A few minutes before serving pour out half a cup and turn

it back again and let it set on the table a few minutes. Coffee made in this way will be clear as amber.

To Make Tea.

Have your pot bright and clean and your water boiling—not just coming to a boil, but boiling hot. Use one teaspoonful of tea to each cup of water and allow one for the pot. Pour the boiling water over the tea and let it stand a few minutes. English breakfast tea may stand three minutes and black tea five.

To Make Chocolate.

Chocolate, ah, what visions come before one's mind of a dainty china cup filled with this delicious beverage *smoking hot!* Broma, cocoa, shells, and chocolate are all made from one kind of seeds, and those seeds are from the cucumber-like fruit of a tree belonging to the genus *Theobroma cacao*; for chocolate, these seeds are husked and the husks are sold as cocoa shells; then the seeds are bruised to a fine powder in a hot, iron mortar; the oil in the seeds thus heated makes this powder into a paste, which is then mixed with cinnamon, cloves, cardamon, vanilla, and so forth. The paste is then poured into moulds and cooled, when it turns out in a hard cake. This same paste dried without the spices is called Cocoa. There are many preparations of Cocoa, each one giving their different directions for cooking. To make a good cup of chocolate, however, we give the following recipe: Break or scrape the chocolate into small pieces, dissolve fully in very little boiling water; pour over this, slowly stirring all the time, your boiled milk. After adding the required quantity of milk, let the mixture come to the boiling point for an instant. The Spanish method is to mix it so thick that a spoon can stand up in it.

Huckleberry Wine.

Fill a bottle or jar with ripe huckleberries, then add all the molasses possible. Cover the jar with double muslin tied on firmly and let it stand in cool place till thoroughly fermented, then cork tight.



KEOKUK. MEDICINE MAN.

body become smaller as they near the turning points. These points are the joints of the limbs, fingers, toes, and ankles. When the liver becomes feeble and ailing, and the kidneys and bowels do not expel this acid from the blood in the proper manner, the acid remains in the blood and is carried to the small veins of the joints, where, the blood current being slower, this acid lodges, resulting in the aches and pains which are called rheumatism. It visits all cold, damp climates, and is a merciless foe to male and female, rich and poor; few there are who have ever battled with it in either its acute or chronic state who care to engage in a similar contest. In acute rheumatism the symptoms include severe pains in the joints and muscles, with swelling and great tenderness of the parts affected, and agonizing pain at the least movement. These pains are much increased at night, and are manifested through the whole system by loss of strength, shivering, heat, thirst, restlessness, sleeplessness, a white, furred tongue, hard, quick pulse, and the skin is covered with a clammy sweat, instead of being dry as in fever. These pains may attack one joint, or extend to all, and have a tendency to shift from one

part of the body to the other, but whenever they are, the Kickapoo Indian Sagwa will find them, and by the peculiar virtues of its herbs, gums, barks, etc., will neutralize the acid, poisonous condition of the blood, and at the same time invigorate the tissues of the important organs of the body, so that the proper evacuations of impurities may be made in the natural way through the kidneys and bowels.

Inflammatory Rheumatism.

I have been a great sufferer for years with inflammatory rheumatism, and have tried all this time to get something or some doctor to cure me, but failed until I heard of the wonderful cures the Kickapoo Indian Remedies were making. I tried the Indian Sagwa and Indian Oil according to directions, and in one week could walk without pain and attend to my business, which is horseshoeing and blacksmithing, something I had not done for years without great pain. I urge all who are suffering with inflammatory rheumatism to try Kickapoo Indian Remedies.

A. M. GROVER.

Oyster River, Conn.

Sciatic Rheumatism.

After being sick five months with sciatic rheumatism, most of the time confined to my bed, I was advised to try Kickapoo Indian Sagwa. I took three bottles of Indian Sagwa, and it cured me. I have not been troubled with the disease since, and can heartily endorse it for all afflicted with rheumatism.

FREEMAN STRATTON.

East Fairfield, Vt.

Could Not Move.

I have been a helpless invalid for a year from chronic rheumatism, and could not move or walk without assistance. By the aid of Indian Sagwa and Indian Oil I am now able to walk, do my housework, and am on the road to good health.

MRS. CHAS. PALMER.

West Warren, Mass.

Contracted Cords.

My boy was sick with rheumatism; he had contracted cords, and his arm was perfectly useless. The doctors could not help him. I bought Kickapoo Indian Sagwa and Kickapoo Indian Oil and gave him according to directions. He is restored to health.

STEPHEN GIBBS.

Nantucket, Mass.

It is a good plan to turn the bottles upside down in a box. This wine is very nice for mince pies and cakes, and the berries are used by many as currants.

Orangeade.

Slice two oranges and one lemon, pour over them a quart of boiling water, sweeten to your taste, stir; place on the ice to cool. Delicious.

Gingerette,

OR GINGER BEER.

One gallon of water, one pound white sugar, one-half ounce best ginger-root, one-fourth ounce of cream of tartar and two sliced lemons. Boil ginger and lemons ten minutes in a part of the water; dissolve the sugar and cream tartar in cold water; mix all and add one gill of good yeast. Let it ferment through the night, and strain and bottle in the morning.

Candies.

Butter Scotch.

Two cups of sugar, two tablespoonfuls of water, piece of butter size of an egg. Boil without stirring until it hardens on the spoon. Pour on buttered plates to cool.

Lemon Drops.

Upon half a pound of powdered or confectioner's sugar pour just enough lemon juice to dissolve it, and boil it to a thick syrup. Drop on plates and put away to harden.

Dad's Pop-corn Balls.

Pop your corn and sort out all the hard kernels. Take the quantity of molasses you require and boil it until it will hair off the end of the spoon. Pour the hot molasses over the corn, mix well, and ball soon as it cools a little.

Cocoanut Candy.

Two cups white sugar, one cup water; boil six minutes over a quick fire. Stir in grated or desiccated cocoanut, and remove from fire. Turn into pans, and mark in bars when partly cold.

Peppermints.

Two cups of sugar, one cup of water. Boil five minutes, then flavor with one spoonful peppermint. Stir until thick and drop.

Kisses.

Beat the whites of three eggs to a stiff froth, add five spoonfuls powdered sugar, flavor with three lemons. Drop with a spoon on buttered paper, sift sugar over, and bake half an hour in a slow oven.

Molasses Candy.

One cup of sugar, two cups of molasses, one tablespoonful vinegar, butter the size of a hickory nut. Boil twenty minutes, pour on buttered plates and pull as soon as cool.

Peanut Candy.

Boil one cup sugar and a tablespoonful water, stirring constantly until it will harden in cold water. Then stir in a cupful of shelled peanuts.

Cream Candy.

Three cups white sugar, one of water, three tablespoonfuls of vinegar. Boil until it will harden in cold water. Pour on buttered plates, and when cool enough pull until white. This is delicious.

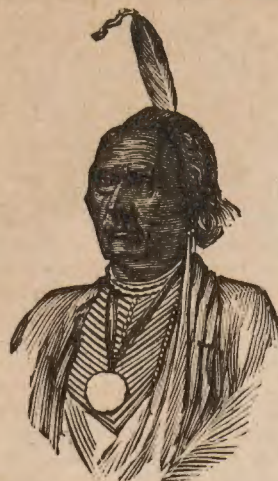
Chocolate Caramels.

Two cups brown sugar, one cup molasses, one heaping tablespoonful of butter, three tablespoonfuls of flour. Boil twenty-five minutes, then stir in half a pound of grated chocolate wet with one cup sweet milk, and boil until it hardens on the spoon, stirring it frequently. Flavor with a teaspoonful of vanilla.

Food for the Sick.

Strong Beef Tea.

Cut up one pound of lean beef into very small pieces, place it in an earthen or china jar, and add a whole carrot and a pinch of salt. (You can omit the carrot if desired.) Close the jar as tightly as possible, so as to exclude the air, and set the jar in a saucepan of boiling water, and



CHIEF WHITE SWAN.

Kickapoo Indian Worm Killer.

An infallible remedy for all kinds of worms contained in the human body, viz.: Tape-worms, the long round worm, etc. This medicine is entirely harmless, being made, as all other Kickapoo Remedies are, of vegetables. It is pleasant to take, being prepared as a confection, in the shape of a lozenge. Children cry for it, although worms are not always confined to the little ones. Adults are often afflicted with worms, without having a suspicion of the fact.

Tape-worm.

I have been troubled for the past year and a half with a disease which baffled the doctors, and not one among the many who treated me could give me relief. I was advised to try the Kickapoo Tape-worm Remedy. I took the medicine and, to my great surprise, passed a tape-worm, head and all, measuring 55 feet. Am well now, and before I suffered untold pain and misery. SILAS HARCOURT.

Midland, Mich.

Never Fails.

A tape-worm has troubled my wife for years. I paid hundreds of dollars to emi-

nent physicians, who failed to remove the tape-worm. I persuaded her to take the Kickapoo Indian Tape-worm Secret. She did so on Wednesday morning last at 7 o'clock, and at 8.30 the tape-worm was removed. Since then she has been perfectly well. S. M. CHAFFIN.

Salem, Neb.

A Grand Testimonial.

We have over two hundred orphans in our Asylum, and have been using Kickapoo Indian Worm Killer with wonderful effect. I recommend it to all parents as a great medicine for children. We would not be without it under any circumstances.

MRS. C. BIGELOW,
Matron Chicago Orphan Asylum.
Chicago, Ill.

A Bright Ruby Saved.

The little daughter of Conductor Ruby, of the C. & A. R.R., was given up by the doctors to die. She was given Kickapoo Indian Worm Killer, and instead of passing worms, the little one was relieved of about forty pieces of hard chewing gum which she had swallowed.

North Judson, Ind.

Kickapoo Indian Oil

Is a sovereign cure for rheumatism and all painful diseases. Innumerable cases have been promptly cured by the free use of this Oil when the ordinary methods recommended by medical men have proved entirely useless or injurious.

The Best.

I have tried Kickapoo Indian Oil, and find it to be as recommended. I consider it to be the best liniment on the market. It will stop headache or toothache in a minute. It is a remedy, once used, speaks for itself. N. J. DAY.

Grafton, Neb.

Cures Sprains.

I sprained my wrist severely, and could not get any help. Five applications of Indian Oil has entirely removed the pain, and limbered the wrist so I can use it as well as ever, a thing I could not do before in four months. MARTIN ALLEN.

Marengo, Ill.

Nothing Like It.

After suffering many years from rheumatism and neuralgia, was cured by using Kickapoo Indian Oil.

MRS. LOUISE CHAPPLE.
St. Albans, Vt.

Kickapoo Indian Sagwa cures Rheumatism.

If your Druggist has not got Kickapoo Indian Remedies, have him send for them.

leave it to continue boiling slowly for eight or ten hours. You will thus obtain a tumblerful of beef tea of the strongest kind, having been produced without any addition of water. One tablespoonful is sufficient at a time for an adult, and one teaspoonful for a child. This tea is an excellent thing to give a patient at night, and if there is any nausea, a scrap of ice should be swallowed after it, or a grape or tamarind may be given after it to prevent disgust from repetitions of the dose.

Wine Jelly.

One-third box of gelatine dissolved in one cup of cold water, add to it half a lemon sliced, one cup of boiling water, four tablespoonfuls of sugar, and one cup of sherry or port wine; turn into mould and set aside to harden.

Arrow-root Custard.

Two cups of boiling milk, three heaping teaspoonfuls arrow-root wet with a little cold milk, two tablespoonfuls of sugar beaten with one egg. Mix the paste with the boiling milk, stirring briskly, take from the fire, stir in the egg and sugar, and then boil two minutes; flavor to taste and add pinch of salt. This is very light and delicate.

Apple Snow.

Stew some nice juicy apples in a little water until soft. Sweeten to taste and pour into deep glass dish. Make a nice soft custard of a cup and a half of milk and two eggs, reserving the white of one, flavor to taste, and when cold pour over the apple—whip up the white of the egg, add tablespoonful powdered sugar and beat lightly on the top of the custard.

Oatmeal Gruel.

Into a pint of boiling water stir one and one-half tablespoonfuls of oatmeal, boil it until it thickens, stirring all the time; when it is thick enough pour it into a double-boiler and let it simmer for three or four hours. When done take it from the stove and thin with milk until the right consistency and then strain it, add salt to taste, and some like it sweetened.

Indian Gruel.

A heaping tablespoonful of Indian meal mixed in a little cold water, then pour over it one quart of boiling water and boil fifteen or twenty minutes, add a little salt and thin with a little milk.

Chicken Broth.

Put half a chicken into a small stewpan with a teaspoonful of rice, a little pepper and salt. Cover with cold water and boil slowly until the meat falls from the bones; then take out the chicken, leave the rice in, and serve. Very nutritious.

Dropped Eggs on Toast.

Have ready a dish of boiling water, well salted, break the eggs into a saucer, and slide into the water, one at a time. Let the water keep at a boiling point, but not bubble, and dip the water with a spoon over the top of the eggs. Have ready some nice buttered toast, take the eggs up with a skimmer, lay on the toast, dust a little salt and pepper over them, and serve.

Cream Toast.

Cut a slice of bread half an inch thick, toast brown on both sides, lay it on a hot plate, and pour over it half a cup of sweet cream which has been well salted, serve at once.

General Rules for Preparing and Serving Invalid's Food.

It must be remembered that, as a rule, nothing made for the sick-room is fit to be used a day after it has been prepared, and neither drink nor food, except in cases of absolute necessity, should be kept in the invalid's room, as the atmosphere and temperature of same are apt to hasten decomposition, particularly when the compounds contain any milk.

Another great point is to be borne in mind; let the food suit the invalid's taste, as nearly as possible, be tempting in appearance and daintily served.

Never give an invalid soiled or crumpled napkins. See that the linen is spotless and the prettiest china used to hold the sick one's food.

Sponge the hands and face of the invalid carefully before serving any meal.

find relief. I have used Kickapoo Indian Salve but five times, and am cured. I consider it a specific for all cases of this kind.

Chicago, Ill.

A. H. GEBRUN.

Another Case.

A testimonial from a long sufferer will, I hope, help many who may be tormented as I have been with piles. At my druggist's one day I heard of the merits of Kickapoo Indian Salve and bought a box, used it, and the effect was almost instantaneous. I continued its use for three weeks, and to-day am positively free from any symptoms of my former difficulty. I cheerfully recommend the Salve.

D. L. BURNETT.

New York City.

Edgar E. Osborn, of Derry, N. H., was cured of a very bad sore on the ankle by using the Kickapoo Indian Remedies.

The Reverend Mother of the Convent of the Holy Family, at Baltic, Conn., speaks very highly of the Kickapoo Remedies. She states she always has a good supply on hand.



CAYATANITA.

One Dose Cured.

I take pleasure in attesting to the fact of the Kickapoo Indian Oil having relieved, with the first dose, a severe attack of colic that several other remedies had baffled, and subsequent use of the Oil has demonstrated its value to be as represented by you. The Sagwa is doing grand work for my wife.

GEO. W. ROUSE, P. M.

Voluntown, New London, Conn.

Why the Baby Did Not Die.

My baby was suffering from cramps and colic; we thought she would die. I got a bottle of Indian Oil and it cured her at once. I will never be without Kickapoo Indian Oil.

PHILIP WALKER.

Fulton, Mo.

Kickapoo Indian Salve

Is the most comforting and soothing dressing for old and indolent sores ever discovered, it being made of pure buffalo tallow, combined with the healing medicinal properties of roots, herbs, barks, etc. No family should be without a box of this Salve in the house.

A Specific for Piles.

For ten years I have been troubled with the itching piles, without being able to

find relief. I have used Kickapoo Indian Salve but five times, and am cured. I consider it a specific for all cases of this kind.

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Kickapoo Indian Cough Cure.

This is the great Indian Vegetable Remedy for coughs, colds, croup, sore throat, influenza, etc.

It contains all the medical virtues of herbs in a concentrated form, combined with some of the best demulcents and expectorants known to the Indians, thus forming a pleasant and agreeable syrup. Thousands of sufferers from these complaints have recommended it.

After Fifteen Years.

After fifteen years of suffering from asthma and cough, and trying in every known manner to obtain relief, I bought a bottle of Kickapoo Indian Cough Cure for fifty cents, and it has cured me. The first dose even gave me relief. I heartily recommend it to all who have asthma or lung trouble.

E. FERGUSON.

Leigh, Iowa.

Whooping Cough.

I used Kickapoo Indian Cough Cure for my niece, who was suffering from whooping cough, and the result has been magical. It is a great remedy.

BENJ. BELL.

Bridgeton, N. J.

Miscellaneous Recipes

Some Little Things Worth Knowing.

In icing cakes, dip the knife in cold water.

You can take oil out of carpets or any woolen stuff by applying buckwheat plentifully—never put water or liquid of any kind to such a grease spot.

A small piece of charcoal in the pot with boiling cabbage removes the smell.

Clean oil-cloths with milk and water; a brush and soap will ruin them.

Tumblers that have had milk in them should never be put in hot water.

Stale crackers may be freshened by putting them into a warm oven for a short time.

To Cook Corn Beef.

Corn beef, if very salt, may be freshened for twenty-four hours, then put in kettle with three chopped onions, two carrots cut up, a little pepper, and a tiny pinch of cloves. Stew until tender, thicken gravy with two tablespoonfuls flour stirred to a paste in half a tea cup-cold water. Serve hot with mashed potatoes and chopped cabbage.

To Clean Marble.

To clean marble you should make a strong soap lye, mixed with quicklime, of the consistency of milk, and lay it on the marble for twenty-four hours. Then wash it off and polish with fine putty powder and olive oil.

Egg Sandwiches.

The yolks of as many hard boiled eggs as you require, pounded in a mortar with a little chopped Parsley, butter, salt, pepper. When a fine paste, spread on the sandwich bread, and put between slices of chicken.

Chipped Beef.

Heat together a half pint each of milk and water, and thicken with a beaten egg and a little flour; when it has boiled five minutes add a quantity of chipped beef; stir in well and remove at once from the fire.

Pickled Halibut.

Take a piece of cold boiled halibut, put it in a bowl and pour over it hot vinegar, in which has been boiled a little red pepper and one blade of mace; let it stand two days before using.

Blanc Mange.

One pint sweet milk, two large table-spoonfuls of corn-starch, same of sugar and a little salt. Dissolve sugar and corn-starch in a little of the milk, and let the remainder come to a boiling point in a basin set in another basin of boiling water on the stove. Then stir in the dissolved starch, and boil briskly a few minutes, stirring constantly. Remove from the fire and let it cool a little before flavoring with any flavor you please. Set away in mould to cool.

Apple Fritters.

Make a batter, not very stiff, with one pint of milk, two eggs, and flour to bring it to the right consistence. Pare and core six large apples, chop them small and mix them well with the batter. Fry in lard, and serve with powdered sugar sifted over them.

To Keep Butter Hard

In hot weather without ice. Invert a large crock of unglazed earthenware over the dish on which the butter is. The porousness of the earthenware will keep the butter cool and hard, and all the more so if the pot is wrapped in a wet cloth and a little water in the dish with the butter.

Pickle for Tongues and Beef.

One gallon water, two pounds common salt, four ounces saltpetre, three-fourths pound brown sugar. Boil the whole well together. A tongue should be pickled fourteen days before it is considered well cured.

Care of Silverware.

Silver should never be washed with soap if you wish it to retain its original lustre. When it requires polishing use a piece of soft chamois and whiting and rub hard.

Cured His Boy.

About five years ago my boy was troubled with severe neuralgic headaches, and I bought Kickapoo Indian Oil for him, and it worked so well I have never been without it since, and have used it as a remedy for aches and pains whenever needed. It is a sure killer of pain. Have also used the other Kickapoo Indian Remedies with satisfactory results.

HORACE J. SWAN,

Agent Whitfield Apartment House.
Providence, R. I.

La Grippe.

That dread visitor, "La Grippe," is coming back. Last year the death-rate from this fearful disease was alarming; how will it be this year? You can escape. How? If your blood is circulating briskly through your veins, the chances are in your favor. With pure blood no one need fear diseases. The famous Kickapoo Indian Sagwa is blood-making, blood-cleansing, which means strength, health. General good health means freedom from specific forms of disease. The Kickapoo Indian Oil also proved wonderfully effective in thousands of cases of "La Grippe" last winter.

One of Many.

Have been sick since last February, at which time I was taken with "La Grippe." Had severe pains in the chest and side. I took Kickapoo Indian Sagwa, and applied Indian Oil to relieve the pains, and it soon cured me. MISS LAURA MICHEALS.

Kansas City.

Quick Relief.

Last January my family all had "La Grippe," and after all other remedies had failed tried the Kickapoo Indian Medicines and they were cured immediately. I would not be without them.

R. S. SILVER.

Button, Neb.

Convincing.

I was suffering from "La Grippe" and could get no relief. I applied Indian Oil; it cured me. I also took the Kickapoo Indian Sagwa, and it removed all the bad after-effects of this disease.

E. B. GODDARD.

Behd, Me.



RED SHIRT

Neuralgia.

Neuralgic pains are the result of a morbid condition or irritation of a particular nerve, and generally attack the brain and abdomen; in the latter case they are often attended with disorder of the digestive organs, and when that disorder is corrected and the cause removed, they are lessened or cured. In neuralgia there is no swelling of the part, but a darting, writhing pain, which can only be described as excruciating. It is frequently chronic or of long duration, and is becoming very prevalent in this country on account of climate changes. The quickest remedy known is Indian Oil, and must be applied freely. Tonics must be taken, and none stand higher for neuralgic pains than Kickapoo Indian Sagwa.

A Testimonial.

I have used Kickapoo Indian Oil for severe pains I had in my breast for over a year. I cannot express myself too gratefully for the benefit derived from Indian Oil.

I. W. WAGNER,

Rickett's Battery, First Penna. Light Artillery.

Kickapoo Indian Sagwa cures Neuralgia and La Grippe.

If your Druggist has not got Kickapoo Indian Remedies, have him send for them.

Washing Windows.

If you put soda in water with which you are to wash windows you will find that finger marks, putty stains, etc., will be much more easily removed than if clear water alone is used.

Washing Red Linen.

To wash a red linen table-cloth, put enough powdered borax into tepid soft water to make it feel slippery. Use no soap. Put a small quantity of boiled starch into the warm rinse water. Hang in the shade and iron when almost dry.

Potato Balls.

Two teacups mashed potatoes, two well-beaten eggs, salt, pepper, and two table-spoons melted butter. Form into balls, roll in flour, and fry in hot lard or drippings.

To Clean Paint.

Use but little water at once; keep it warm and clean by changing it often. A flannel cloth takes off all fly specks better than cotton. Soap will remove paint, so use but little of it. Cold tea is the best liquid for cleaning varnished paint, window panes and mirrors. Never put soap upon glass unless it can be thoroughly rinsed off.

Warmed Potatoes.

Slice up cold potatoes, fry in a little butter, lard or nice drippings, season with salt and pepper, fry a nice brown, and just before serving pour in a little cream or milk, toss about for a few minutes. Serve very hot.

Hot Milk as a Stimulant.

If one is fatigued, the best restorative is hot milk, a tumbler of the beverage as hot as it can be sipped. This is far more of a restorative than any alcoholic drink.

A Good Breakfast Dish.

A fine breakfast can be made by frying the livers of chickens or turkeys with a few thin slices of bacon. Cut the liver and bacon very thin; season with pepper and salt.

Fried Pig's Feet.

Make a batter of flour and sweet milk, season with salt. The batter should be quite thin. Dip the feet into it and fry in hot lard.

Hot Tea Cake.

Two eggs beaten to a froth, and one cupful sugar. Into one cupful sour cream, beat half a teaspoonful of soda dissolved in boiling water. Stir into it the eggs and sugar. Add a pinch of salt and flour enough to make it a thick batter. Bake in "gem-pans" or shallow biscuit pans, and serve hot.

Apple Marmalade.

Take any kind of sour apples, pare and core them; cut them in small pieces, and to every pound of apples put three-quarters of a pound of sugar; put them into a preserving kettle and boil them over a slow fire until they are reduced to a fine pulp, then put in jelly jars and keep in cool place.

Grape Marmalade.

Pulp the grapes and put the skins in one kettle and the pulps in another and bring to a boil; press through a colander, measure the juice and to a pint allow half a pound of sugar. Put back in kettle and boil until thick.

Cranberry Pudding.

One egg beaten light, one cupful sweet milk, in which dissolve one teaspoonful of soda, one heaping teaspoonful of cream tartar sifted and thoroughly mixed with two cupfuls of flour and a little salt. Add one cupful of cranberries and steam one and a quarter hours. Serve with sweet sauce.

Beef Balls.

Chop fine some cold beef, mix with the meat one or two well-beaten eggs; according to quantity of meat; a bit of chopped onion, a little melted butter, salt and pepper, flour your hands, roll into balls the prepared meat and fry in hot lard.



BIG SNAKE. MEDICINE MAN.

A Word to Physicians.

We do not desire to make war upon your honored profession, but justice compels us to say—as we can prove—that you are and have been guided too much by prejudice, formulas, and dogmas in the treatment of disease, for which we present a simple, purely vegetable, and positive cure. Our Indian Sagwa removes the accumulated poison of ages from the blood, and we assert that ninety per cent. of all diseases spring from some corrupting influence of this "the fountain of life." We only ask that you try before you condemn, and watch for results instead of proclaiming as a humbug that which has been proved to be a blessing. Admit a fact when clearly and indisputably demonstrated, and above all have the candor to acknowledge it.

Read Carefully

And judge for yourself. It is a sad fact that some people are under the impression that all Patent Medicine proprietors manufacture their testimonials as well as goods,

and that often one is about as near the truth of their representations as the other. As an instance, showing the great mistake such a supposition is, it is related that the proprietor of a new remedy, with a peculiar trade-mark, visited an advertising agent in a large city, and offered a long advertisement, to be inserted in a number of papers over the country. The advertisement contained many astonishing testimonials, signed with names having long, high-sounding titles appended to them. The advertising agent asked if these testimonials were *bona fide*.

"Oh, no," was the reply; "they are fictitious, as all such testimonials are. But that makes no difference; we are willing to pay you your price for good work."

"We cannot oblige you, sir; we do not do that kind of business."

"What do you mean?" asked the astonished man. "You advertise for the Kickapoo Indian Medicine Company, who protect their goods by a trade-mark."

"That is very true," answered the agent; "but we know that every testimonial they offer and we publish is *genuine*—and so it is true. There is not a testimonial published by the Kickapoo Indian Medicine Company but what was written by the patients, or for them by their relative or friend, as stated in the testimonial."

Asked and Answered.

The question may be asked, if such a perfection of health be enjoyed by the Indians, and such a course of medical treatment pursued by them, why not by the people of this country? Reason and common sense alike suggest that the closer an individual follows the guidance of nature in health, the more promptly will nature come to the rescue in disease, and the more effectual the remedies provided for its cure.

To be born, to live, to die without sickness is nature. To be diseased is unnatural, and can only occur when nature's laws have been violated.



BIG ELK. MEDICINE MAN.

Scrambled Pork.

Freshen nice salt pork, cut it in small mouthfuls and partly fry it. Just before it is done, break six eggs into a dish, stir a little, and then mix quickly with the pork. If there is too much fat for the eggs, it should be turned off before the eggs are put in.

Croquettes of Fish.

Separate any kind of cooked fish from the bones, mince fine, season with pepper and salt to taste. Beat one egg with a teaspoonful of flour and a little milk, mix this with the fish and make into balls. Brush the outside with egg, dredge with flour and fry nicely brown in hot lard.

Pickle Lily.

Eight quarts of green tomatoes, two quarts of onions and one of peppers chopped fine. Let them stand all night, then drain off the liquor, then add one-eighth of a pound of white mustard seed, the same of black pepper, four teaspoonfuls ground cloves, three quarts vinegar, and scald the whole together.

Bites and Stings of Insects and Reptiles.

The best treatment for the bites and stings of insects, as *bees, wasps, hornets*, etc., is to wash the part with water of ammonia, or solution of chloride of lime. Should much inflammation ensue, and the part become much swollen, leeches may be applied, and purgatives given. The stings of venomous reptiles may be similarly treated, except in cases where they are of a very poisonous description. The wound should be well washed with water of ammonia, afterward thoroughly seared with lunar caustics in every part, especially the interior or deep-seated portions. Similar treatment should be followed after the bite of a dog supposed to be mad.

Washing venomous bites with strong solution of salt and water, in bad cases inserting the salt itself into the wound, is highly recommended as a sovereign remedy, and is the secret of cure of many renowned magicians of India, for rabid as well as venomous wounds. As this is an article generally at hand, it is well to resort to it in the absence of anything more reliable.

Poison Antidotes.

For oil of vitriol or aquafortis, give large doses of magnesia and water, or carbonate of soda and water. For oxalic acid, give magnesia or chalk and water. For saltpetre, give an emetic of mustard and water, afterward mucilages, and small doses of laudanum. For opium or laudanum, give an emetic of mustard and use constant motion, and, if possible, the stomach pump. For arsenic, doses of magnesia are useful, but freshly prepared hydrated oxide of iron is the best. For insects taken into the stomach, drink a small quantity of vinegar and salt. For corrosive sublimate, give whites of eggs mixed with water, until free vomiting takes place.

Fits.

Salt put into the mouth will relieve the convulsive movements in fits, the frequent use of salt is the best remedy for Epilepsy.

KICKAPOO**INDIAN * SAGWA.**

Is a compound of the virtues of Roots, Herbs, Barks, Gums and Leaves. Its elements are

BLOOD-MAKING, BLOOD-CLEANSING AND LIFE-SUSTAINING.

It is the Purest, Safest, Most Effectual Medicine known to the public. By its searching and cleansing qualities it drives out the foul corruptions . . . which contaminate the blood and cause derangement and decay. . . . It stimulates and enlivens the vital functions, promotes energy and strength, restores and preserves health and infuses new life and vigor throughout the whole system. . . . No sufferer from any disease which arises from impurity . . . of the blood need despair who will give Indian Sagwa a fair trial. The sciences of Medicine and Chemistry have never produced so valuable a remedy, nor one so potent to cure all diseases arising from an impure blood. **SAGWA** will cure

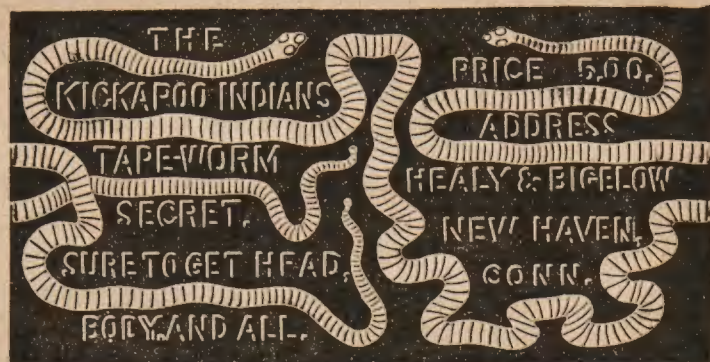
CONSTIPATION, LIVER COMPLAINT, DYSPEPSIA, INDIGESTION, LOSS OF APPETITE, SCROFULA, RHEUMATISM, CHILLS AND FEVER,

or any Disease arising from an Impure Blood or Derangement of the STOMACH, LIVER OR KIDNEYS.

Price, \$1.00 per bottle ; 6 bottles for \$5.00.

FOR SALE BY ALL DRUGGISTS.

THE KICKAPOO INDIAN Tape-Worm Secret Remedy.



The tape-worm itself is white, very long and full of joints. It is generally bred either in the stomach or small intestines, and its existence is frequently due to indigestion or a weak stomach. Its effects, *if not expelled*, are very violent, as in time it eats the very life out of the sufferer. The difficulty has been with the many remedies that have been *forced on to the public* that they are either too dangerous for the patient to take or that they only partially expel the worm. The searching properties of this remedy are such that the worm is expelled, head, body, and all. Though the market is flooded with remedies which are all extolled for their expelling power and for killing the worm, yet no disease has so frequently baffled the physicians' skill. Here steps in the uncultured son of the forest and with nature's remedy sweeps away this frightful disease. Since its introduction letters and testimonials have poured into the headquarters, speaking in such terms of the remedy, that the success in the East is now fully established. So subtle is this remedy in its action that there are no disagreeable after-effects which require the use of strong purgatives, and by paying attention to the instructions which accompany each bottle, a cure will be surely effected.

Notice.—The Kickapoo Indian Tape-Worm Secret Remedy can only be obtained direct from the Kickapoo Indian Headquarters of Messrs. Healy & Bigelow, Agents, Nos. 521, 523 and 525 Grand Avenue, New Haven, Conn., U. S. A. Those desirous of obtaining it with full instructions and particulars must address their mail there, enclosing \$5.00 either in a Post-office Money Order or registered letter, as this remedy cannot be purchased elsewhere, and there is no other remedy in the world equal to it.

HEALY & BIGELOW, Kickapoo Indian Agency,
Nos. 521, 523 and 525 GRAND AVENUE,
New Haven, Conn., U. S. A.

KICKAPOO Cough • Cure.

—THE GREAT—

INDIAN VEGETABLE REMEDY

—FOR—

Coughs,
Colds,
Sore Throat,
Influenza, &c.

**NO ONE NEED SUFFER LONG WITH A
COUGH OR COLD IF THEY WILL ONLY
TRY THIS POPULAR REMEDY.**

Price, 50 cents per Bottle, 5 Bottles for \$2.00.

For Sale by All Druggists.

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—❖ KICKAPOO ❖— INDIAN OIL.

*A Safe, Sure and Speedy Relief from all
Inflammatory Diseases.*

**QUICK CURE FOR ALL KINDS OF PAIN.
GOOD FOR MAN OR BEAST.**

*It has no equal. Its action upon the Nerves is
really astonishing. It stops Pain as if by
Magic. It should be in every Family, for it is
truly a Doctor in your House for*

- | | |
|--|-------------------------|
| Toothache, | Headache, |
| Earache, | • Sore Throat, |
| Chilblains, | Burns, |
| Freezes, | Cuts, |
| Sprains, | Bruises, |
| Neuralgia, | Rheumatic Pains, |
| Colic, | Cholera Morbus, |
| Diarrhœa, | Dysentery, |
| Cramps in the Stomach or Limbs, | |
| And all Sudden or Acute Pains, | |
| EXTERNAL OR INTERNAL. | |

IT GIVES IMMEDIATE RELIEF! TRY IT!

Price, 25c. per Bottle, 5 Bottles for \$1.00.

ASK YOUR DRUGGIST FOR IT!

KICKAPOO SALVE.

—THIS SALVE IS MADE OF REAL—

BUFFALO TALLOW,

combined with the medicinal properties of Heal-
ing Herbs, Roots, Barks, etc. It contains no
lard (hog's grease) or impure tallow from dis-
eased or feverish animals, and when applied to
Wounds or Old Sores it at once

CAUSES THEM TO HEAL.

It will be found an excellent dressing for

**FEVER SORES,
CANCERS, PILES, AND ALL
KINDS OF
INDOLENT ULCERS.**

TRY IT!

Only 25 cents a package, or 5 for \$1.00.

KEEP IT IN THE HOUSE.

FOR SALE BY ALL DRUGGISTS.

KICKAPOO

Indian Worm Killer.

—PREPARED BY THE—

KICKAPOO INDIANS

—FROM THEIR OWN—

Natural Roots and Herbs.

Two to four doses will be sufficient. A Pleasant, Safe, Reliable and Prompt Remedy for the removal of Stomach and Seat or Pin Worms from Child or Adult.

IT IS EASY TO TAKE,
NEVER FAILS,
ABSOLUTELY HARMLESS,
AND REQUIRES NO PHYSIC.

Price, 25 Cents a Package, 5 for \$1.00.

FOR SALE BY ALL DRUGGISTS

Throughout the United States.

**A CHANCE
FOR A
FORTUNE.**

WE honestly and conscientiously believe we have the greatest and most wonderful genuine Indian Root and Herb Medicines in the world, and offer to any Physician, Doctor, Herbalist, Botanist or Chemist \$5000 cash that will improve on our present formulas for the permanent and lasting cure of diseases which the human family is heir to.

**KICKAPOO INDIAN MEDICINE CO.,
NEW HAVEN, CONN., U. S. A.**

NOTICE!

Persons using the Kickapoo Indian Remedies are requested to write to the Kickapoo Indian Medicine Company, with a full statement of their case, if for any reason satisfactory results are not obtained. Personal advice will be sent by mail free of charge, as they feel interested in all those who use the Kickapoo Indian Remedies. If the user is pleased and benefited, a testimonial to that effect will be thankfully received.

PRICES OF THE KICKAPOO INDIAN REMEDIES.

KICKAPOO INDIAN SAGWA, \$1 per bottle, 6 bottles for \$5.
KICKAPOO INDIAN COUGH CURE, 50c. per bottle.
KICKAPOO INDIAN OIL, 25c. per bottle.
KICKAPOO INDIAN SALVE, 25c. per box.
KICKAPOO INDIAN WORM KILLER, 25c. per box.

*For Sale by all Druggists and Dealers
in Medicine.*

In case the reader cannot obtain the Kickapoo Indian Medicines from a local dealer, we will forward the same on receipt of P. O. order or stamps for the quantity desired.

**KICKAPOO
INDIAN MEDICINE CO.,
NEW HAVEN, CONN.,
U. S. A.**

→ NOTICE ←

We publish the following books, which we will mail free to any address:

“KICKAPOO DOCTOR.”

A Treatise on all Diseases of the Human Body, and how to Cure them.

“THE ENQUIRE WITHIN.”

A Book of Valuable Information for Farmers, Lawyers, Ministers, Doctors, Merchants and Housekeepers.

“INDIAN LIFE.”

A Book on the Traits, Customs and Habits of the Indians.

A NEW EDITION OF THIS BOOK WILL BE ISSUED EVERY YEAR, AND WILL CONTAIN NEW AND ENTIRELY DIFFERENT RECIPES. ANY ONE SENDING THEIR ADDRESS TO THE KICKAPOO INDIAN MEDICINE COMPANY WILL BE FORWARDED A COPY.

CAUTION TO THE PUBLIC!

*Owing to the great success and the thousands of cures made by the Genuine **KICKAPOO INDIAN REMEDIES**, parties without principle or honor have put up spurious imitations, and say they are the same as ours or just as good. Don't be misled; have the genuine or nothing. Each bottle has a Caution Stamp, and if it is broken it has been tampered with. Our signatures are on each bottle of the genuine.*

Yours, &c.,

Nealy & Bigelow,

Indian Agents.