

the individual who came in contact with the sick."

O O

A famous French physician advises the use of grapes as a diuretic. He prescribes the eating of ripe, juicy grapes, five pounds a day, divided in three lots, and eaten instead of the ordinary meals; he says the results obtained from the use of ripe grapes as a medicine are much more satisfactory than can be obtained from the strong drugs usually prescribed for such diseases, and further adds that only the juice is to be swallowed, rejecting the seeds and skins. It is admitted by many of our most eminent practitioners that the majority of the discoveries that have been of lasting benefit to humanity have been made by those outside of the medical profession. Many old home remedies, when tried, give greater and more satisfactory results than prescriptions from the most learned of physicians.

O O

Dr. Roeder, in the Inter-Ocean, tells us that the use of vinegar, or acetic acid, in a sponge-bath will render the skin of the body chemically clean, and no disease germs can fasten themselves to the person, even though the suitable soil has previously existed. If a sponge bath containing diluted acetic acid, or common household vinegar, be used during times of small-

pox, scarlet fever, measles, chicken-pox, etc., infection will not occur. This antiseptic, he says, is so common and cheap as to be treated with contempt by the majority of practitioners. But it is well not to despise the humble means, when they bring the desired results—simple home remedies, which can safely be prepared and used with little or no outlay of money.

Query Box

E. J.—Will give recipe asked for soon. Will find address for you, also. Anxious.—Don't worry because you cannot bring up your child according to the rules laid down in periodicals. The best thing to do is to use plenty of common sense, do the best you know how, and trust the rest to the Lord.

Young Mother.—Infant's knitted drawers of heavy worsted can be found in the stores, or they can be knitted at home. The usual price of the "store" ones is about 50c. They may also be made of woolen stocking legs by setting in gores, splitting a little way down from the top for setting in the gore, then sewing together.

Hattie.—A writer in Good House-keeping says: "The creases can be taken out of velvet, and the pile raised by drawing it across a hot iron over which a wet cloth has been spread. If there are pin marks over which the pile refuses to rise, brush it up with a stiff brush and steam it, repeating the operation several times.

Josephine.—Don't spend time worrying over what kind of material to use for dish-rags; take any clean, soft cloth and keep it clean. If it won't keep clean, put it in the fire and take another. Old muslins, or towelling does very well. The sacks in which flour is bought bleach out readily, and make excellent dish-towels. Don't try to economize on dish-rags.

Edward H. L.—Will try to find the tanning recipe for you very soon.

Rose Lover.—Nothing can be prettier than the Clothilde Souper rose, and it is perfectly hardy. It does not bloom all the time, but at frequent intervals all the season, and it simply covers itself with blossoms when it does bloom. I have one that, from the ground to the end of its longest tip, is not over fifteen inches, yet it had twenty to thirty blossoms on it at one time.

Sister.—It is not yet too late to order the Polyanthus Narcissus bulbs, as they may be potted for house-blooming from October to January, according to when you want them to bloom. They do not need rich soil, and bloom best in a cool (not cold) room. The Double Roman, Paper White and Golden Sacred Lily are best for house culture; they all bloom if the bulbs are planted in water, firming them in the dish with pebbles, shells or sand. They bloom but a few weeks after potting, and are very fragrant. Mixed bulbs can be had as low as 35c per dozen; can be had of any florist.

Caring for the Baby.

The matter is so important that I feel justified in repeating the warning to you to take care of the baby. These cold mornings, and evenings, you must not forget that baby, crawling about on the floor—the coldest part of the house, needs warm clothing about the little limbs, and especially should attention be paid to keeping him clean and his clothing dry. No matter what else is neglected, look to the baby's comfort, for it may make all the difference in the world to you between a healthy baby and a sick one. Make thick little wash drawers, and plenty of them, so they may be often changed. Outing flannel is a good material (and do not get the thin quality), but the half-wool flannels answer better, wash well, and are warmer. A seamless drawer pattern, by which the material is cut on the bias, has superseded the old seamed-to-

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IS YOUR STOMACH ON A STRIKE?

There is Nothing to Prevent You Employing a Substitute to Do its Work

There is such a thing as forbearance ceasing to be a virtue even in the case of one's stomach. There is no question but that some stomachs will stand a great deal more wear and tear and abuse than others, but they all have their limit and when that limit is reached, the stomach must be reckoned with as sure as fate. The best way and really the only effective way to treat your stomach when it rebels is to employ a substitute to do its work. This will give the weakened and worn-out organ an opportunity to rest and regain its strength and health.

Stuart's Dyspepsia Tablets relieve the stomach of its work by taking up the work and doing it just as one set or shift of workmen relieves another. They actually digest the food in just the same manner and just the same time as the digestive fluids of a sound stomach do. In fact, when dissolved in the stomach, they are digestive fluids for they contain exactly the same constituents and elements as the gastric juice and other digestive fluids of the stomach. No matter what the condition of the stomach is, their work is just the same. They work in their own natural way without regard to surrounding conditions.

The stomach being thus relieved by Stuart's Dyspepsia Tablets, is restored and renewed by Nature and the rest of the human body does not suffer in the least by reason of its failure to perform its work.

A Wisconsin man says: "I suffered the pangs of dyspepsia for 10 years, I tried every known remedy with indifferent results until I was told of the remarkable cures of Stuart's Dyspepsia Tablets. I bought a box, began taking them and forgot I had a stomach. Three boxes cured me completely. I have had no trouble whatever for a year and have an appetite like a harvest hand and can eat anything that is set before me without fear of bad results."

Stuart's Dyspepsia Tablets are for sale by all druggists at 50c a box. The druggist never fails to have them in stock because the demand for them is so great and so pronounced that he cannot afford to be without them. People who could not get them of one druggist would go to another and would get in the habit of buying their other drugs there as well as their Stuart's Dyspepsia Tablets.

gether style, is much more quickly made, suits better, and can be had of any paper-pattern company for ten cents. It is almost the only style now used for children of from six months to two years of age. Don't forget the soft little shoes and stockings, the latter drawn well up over the little knee and made secure to the straps sewn to the waist band. A good way to use up the "grown-up's" cast-off stockings is to make little drawers for baby of the long legs by splitting the top part-way down, setting in gores, and sewing the top edges to a waist band. Do not forget that baby is worth all the work you may put on him, and in order to keep sweet and healthy, he must be kept comfortable.

Ready-Made Clothing.

It is only fair to say that the wearer of men's ready-made clothing may dress as stylishly as the patron of an ultra-fashionable tailor, today, with no fear that friend or expert may cast a disdainful look upon him. So far as originality of style goes, even exclusive tailors get good ideas from the wholesale manufacturer. It has been demonstrated again and again that the man of normal figure can be just as well fitted by a clothier as by a good tailor. A considerable saving in price in favor of the former is no small consideration to most men. This saving often enables a prudent buyer to secure two suits at the usual cost of one—made by a tailor—thus increasing his wardrobe with no greater than his accustomed outlay. Besides, there is the advantage of frequent change, which always results in longer wear, and a fresher appearance for garments which get occasional rest in place of steady use. There are few men, be they ever so fastidious, who cannot be satisfactorily and fashionably attired today—and yet select each piece of their apparel from the tables and shelves of a "ready-to-wear" outfitter.—Household Ledger.

Canning Beets.

"The way I can beef for future use is to boil it and salt it as if for im-

mediate use; then cut it in as large pieces as I can get into a half-gallon Mason's fruit jar, pack it in the jars hot, and pour in enough of the hot liquor in which it was boiled to nearly fill the jar, then run a knife blade down inside the jar and get all the air bubbles out that I can, then finish filling with the hot liquor and seal tightly, and it keeps perfectly. When I want to use it, I remove the fat from the top, take out the meat into a frying pan, and when warm, pour off the liquor into a bowl, put a little butter on the meat, and when thoroughly heated through, take up on a hot platter, pour the liquor back into the frying pan and thicken with a little flour, adding more water if needed. If roast meat is liked better, have plenty of water in the roasting pan, and when the meat is done, slice it and pack in the jars, filling and sealing as for the boiled meat.

"I also put all the soup bones and the bones I cut the meat from, and all the little odd pieces into a kettle of cold water, heat slowly, skimming several times, and boil, or simmer, for several hours, seasoning with salt; then strain the soup to remove the bones, etc., and seal in jars while very hot. When opening for use, remove the fat, and, by using different 'fillings,' one can vary the kind of soup at pleasure.—Ex.

Another recipe says to boil the water well-down, after the beef is done enough, before filling the cans. The sender also adds that, while canned meats keep very well as long as cool weather lasts, it does not do so well when hot weather comes. It might be well to try the recipe, where fresh meats cannot be had after butchering time, as is often the case in country districts.—Ex.

Tobacco Heart

may be cured. Don't neglect your symptoms. Dr. Miles' Heart Cure is a great heart and blood tonic about which you will learn a great deal and also about heart trouble by sending postal for free book on diseases of the heart and nerves. DR. MILES MEDICAL CO., Elkhart, Ind.