

taste, until they can be pierced with a fork; drain well through a colander, pack into jars, sprinkle over them a little cayenne pepper, and cover with strong vinegar, dropping bits of horse-radish root or green nasturtium seed in the vinegar; seal and keep in a cool, dark place.

**Pickled Peppers.**—Take of the large, sweet variety green, well grown peppers, and cut from the stem end a circular piece, and remove the seeds carefully so as not to rub them against the shells, as this will make them taste "peppery"; soak the shells and circular piece in strong brine for two days, changing water twice; make a stuffing of chopped onions, red cabbage, cucumbers, with a few nasturtium seeds, mustard seed and mace; fill the shells and sew on the cap, place in a jar and cover with cold spiced vinegar. Other mixtures may be used as stuffing, according to taste.

**Bottled Grape Juice.**—Select fine, large, ripe grapes; bruise without mashing them, to avoid extracting coloring matter. Strain through a flannel jelly bag, repeating the process until the juice is clear, then pour into new pint bottles and cork securely by driving new corks in with a small wooden hammer; tie with a strong string at-

### BUNCH TOGETHER

Coffee has a Curious way of Finally Attacking Some Organ.

Alls that come from coffee are cumulative, that is, unless the coffee is taken away new troubles are continually appearing and the old ones get worse.

"To begin with," says a Kansan, "I was a slave to coffee just as thousands of others today; thought I could not live without drinking strong coffee every morning for breakfast and I had sick headaches that kept me in bed several days every month. Could hardly keep my food on my stomach but would vomit as long as I could throw anything up and when I could get hot coffee to stay on my stomach I thought I was better.

"Well, two years ago this spring I was that sick with rheumatism I could not use my right arm to do anything, had heart trouble, was nervous. My nerves were all unstrung and my finger nails and tips were blue as if I had a chill all the time and my face and hands yellow as a pumpkin. My doctor said it was heart disease and rheumatism and my neighbors said I had Bright's Disease and was going to die.

"Well, I did not know what on earth was the matter and every morning would drag myself out of bed and go to breakfast, not to eat anything, but to force down some more coffee. Then in a little while be so nervous, my heart would beat like everything.

"Finally one morning I told my husband I believed coffee was the cause of this trouble and that I thought I would try Postum which I had seen advertised. He said 'All right' so we got Postum and although I did not like it at first I got right down to business and made it according to directions, then it was fine and the whole family got to using it and I tell you it has worked wonders for me. Thanks to Postum in place of the poison, coffee, I now enjoy good health, have not been in bed with sick headache for two years although I had it for 30 years before I began Postum and my nerves are now strong and I have no trouble from my heart or from the rheumatism.

"I consider Postum a necessary article of food on my table. My friends who come here and taste my Postum say it is delicious." Name given by Postum Co., Battle Creek, Mich.

Get the book, "The Road to Wellville," in each pkg.

tached to neck of bottle, stand upright on a trivet in a boiler, and fill to top of the bottle with cold water. Place over moderate fire and bring slowly to a boil and boil fifteen to twenty minutes. Remove from fire and let cool in the water, then cut the string and lay bottles side by side in a cool dry place.

### Query Box.

**Jamie.**—Both the quantity and quality of the hair will be affected by disposition, health and habits. People of a nervous temperament are proverbially afflicted with thin, scant hair, while, easy-going, never-worry kind of people have thick, glossy tresses. A good tonic and care-taking, however, will do wonders with scant, frizzy hair.

**Bernice.**—No linings needed with the walking skirt; a serviceable petticoat, with several ruffles about the bottom to sustain the "flare" of the dress skirt, will be all you need.

**M. K.**—It is an old, true argument against the state of affairs you outline that it takes two to make a quarrel; often, too, with but slight action on the part of one of the two. In such matters, one should be "a law unto herself." No outside interference will avail.

**Annie.**—Pastry flour is flour deprived of most of its gluten thereby giving it a lighter and more delicate texture when baked. It is made of winter wheat.

**S. W.**—For removing fruit stains from the hands, this is recommended: Wash the hands in clear cold water—no soap; shake the water off as much as possible, then, without drying, hold the fingers close together, light a match, and hold the fingers over the match to confine the fumes, and the stain will disappear. You can try it.

**Piazza Girl.**—A really good embroidery silk can be made to stand a good deal of washing with soap and water by soaking it in strong alum water before doing the washing carefully; but a better way is to wash the article separately in bran water, using no soap. Boil two quarts of bran in a gallon of water (or in this proportion), for a few minutes, then strain, and wash the article in water. The stiffness of the cleansed article, when ironed, will depend on the quantity of bran in the water. When ironed, iron on the wrong side, or with a fold of cloth between, and not too hot an iron.

**J. A. L.**—Gave recipes for salad dressing in last Home Department. The oil must be dropped in very slowly, beating well.

**Mrs. L. C.**—Allow a pound of dough to one loaf, to be baked in a brick-shaped pan, four and one-half inches deep, the same wide, and nine inches long. Dough should double in size before baking.

**Flossie.**—Do not combine your ingredients for salad in which cucumbers and tomatoes are used, until a very few minutes before serving. Standing in the dressing withers these vegetables.

**Melissa.**—The Welne model of the short skirt was made the vogue last winter by the pretty French actress. This skirt escapes the floor an inch in front and tilts up at the back full an inch and a half. Her stage dresses were distinctly short—always an inch shorter in the back than in the front. The short skirt is so sensible, so comfortable and so smartly pretty that it would seem impossible that women would ever again be content to wear dragging dresses again. But they will.

**R. F. D.**—I am assured by good authority that the stain of olive oil can not be removed, even though the oil may. If any of our readers can

tell us of a reliable recipe, I shall be glad to have it, as I have had several inquiries for one. The best, and only sure way that I know of to rout fleas from a house is to take up all floor covering and sprinkle air-slacked lime thickly over the floors, letting it remain for several days, then sweeping the lime up lightly and scalding the floor with boiling water, leaving the lime in the floor-crack and about the washboard. Air-slacked lime should be freely scattered about all out-buildings and along the paths to such places. The lime-dust may be disagreeable, but it is only a temporary nuisance, while the fleas are an absolute affliction almost impossible to be gotten rid of any other way.

### The Difference.

There are many kinds of advocates of the woman's rights question. There is the radical, uncompromising class, who want everything at once, and who would stop at nothing in their ambition and impatience. They are unsparing in their abuse of men; unreasonable and unreasoning in their rabid demands.

The liberal woman comes next; she does not surrender her common sense, nor fight against immutable facts. She urges the emancipation of woman from the tyranny of the marriage relation and unjust laws, and insists that motherhood and wifehood do not exhaust the possibilities of her sex, and resents the idea that her "sphere" should be limited to these two vocations. She strongly advocates a physical reform which would regenerate the race as nothing else could.

By far the largest of the fighting force is the conservative class which, while it has no uniform convictions, believes that, by fair means or foul, woman must get what she wants. Progress is, to this class a matter of evolution, and this word is used as a spur to stimulate the slow-going, who want nothing, and a restraint upon the impatience of those who want everything. They fight the battle with the strange, hard, logical zeal of prosaic characters.

The most important factor in the cause makes the least noise, yet accomplishes where the other classes fail. This is the protesting class. They stand between the actively discontented, the hopeful of the classes and the passively indifferent, and the hopeless of the masses. Fine-fibred, with wide activities, broad sympathies, rich natures, restless intelligences, strongly imaginative, eager for intellectual and spiritual development, yet lacking the fanaticism of the radicals, they are the real workers, accomplishing by the subtle forces of their energies far more toward spiritualizing the race of men and bettering the condition of women than all the radicals who shout themselves hoarse in setting forth beligerantly the wrongs of the sisterhood. By their slow, steady, patient working this class is surely, if slowly and steadily, gaining recognition for the cause they love, and by urging upon their sister women the necessity of healthier bodies and broader outlooks, and keeping in touch with the questions of the times through wider readings and deeper thinkings, they are placing in their hands a power to be gained in no other way—that of being able to mould the minds and hearts of the coming generation, and every educated, thinking, interested woman is just one step nearer the bringing about the hoped-for advancement.—Ex.

### Home Chats.

One of the signs of the times is the very few really "old" women one sees nowadays. Time was—and not so very long ago but that many of us can recall it—when a woman of fifty, and

even younger, was relegated to the chimney corner, with her straight black gowns and caps and fichu, and expected to amuse herself from dawn to darkness doing the family knitting. But now, it is a common thing to find mothers, and often grandmothers of grown children, still young in looks, and, save in actual years, the contemporaries of women not yet out of their thirties.

One sees a great many of these young-old ladies going about the grounds of the great exposition, and the exception is rare. Many of them are very beautiful, too, and their fine eyes, though seen behind spectacles, compare well with those of their daughters. They dress prettily, too, in dainty white or light gowns, and becoming hats, and carry themselves with heads up and shoulders set well back, and show an interested appreciation of everything about them.

The woman who does not grow old is she who keeps in touch with the times; who studies the questions of the day and interest herself in the topics of the hour. Life to such a woman is not a mere existence. She has discovered the true elixir of life in activity, change, and employment of the mental faculties with the live issues about her, the balancing of the mental with the physical, and the equal exercise of the spiritual with the fleshly functions. Her face may fade, yet her eyes shine, and her tongue drops jewels of wisdom. She is always young and ready for the work before her, and long after the bodily functions fail, you will find that the spiritual and the mental will shine.

One of the greatest things the new order of intelligence is bringing about is the opening of new avenues of interest for those women who could find no opening for themselves. The habit of reading is becoming fixed, and it is no longer a matter of reproach that the woman of the house is as eager for the perusal of the daily paper as is the man. Woman is no longer expected to let her husband do her thinking for her.

### Mr. Littleton's Increased Knowledge.

Among the politicians to whom the telegraphic bombshell of Judge Parker brought shock, if not demoralization, Mr. Littleton, who made the nominating speech, is deserving of sympathetic notice. Not that we suppose Mr. Littleton to be averse to the gold settlement of the currency question. But the contrast between what that gentleman said of Judge Parker and the real thing is conducive of political amazement.

In one sentence of his oratorical flight Mr. Littleton undertook to explain Judge Parker's silence by asserting that "he does not claim to be the master of the democratic party, but is content to be its servant." In the next sentence he completed the picture by declaring: "If you ask me what his policy will be, if elected, I tell you it will be that policy which finds expression in the platform of his party."

Hardly twelve hours elapsed before Judge Parker revealed that he was entirely the master of his party on one point, and that he had one policy that was conspicuous in its omission from the platform. Mr. Littleton knows more about Judge Parker now than he did when he made his speech.—Pittsburg Dispatch.

### BETTER THAN SPANKING.

Spanking does not cure children of urine difficulties. If it did there would be few children that would do it. There is a constitutional cause for this. Mrs. M. Summers, Box 169, Notre Dame Ind., will send her home treatment to any mother. She asks no money. Write her today if your children trouble you in this way. Don't blame the child. The chances are it can't help it.