

length, throwing aside the stem and point ends. String with common needle and coarse thread, not allowing the pieces to crowd each other. Hang in a shady place to dry. When quite dry, put away in a close jar or good bag so that candle flies cannot get to it to deposit eggs. Give the dried vegetable an occasional sunning, or bring to a mild heat in the oven. When flavoring soups, it may be tied in a bag to itself, if preferred.

**French Beefsteak.**—Dip the steak into melted butter and broil on a gridiron over fresh coals. When nearly done, sprinkle with salt and pepper; have ready some finely chopped parsley, mix with softened butter and beaten to a cream and pour into the middle of a platter. Dip the pieces of steak in this, turning them around the platter. Serve hot. A little lemon juice improves them for some.

**Young Chickens.**—After cleaning, split them open down the back, remove all objectionable insides, wash thoroughly, and wipe dry. Lay flat in the baking pan, sprinkle with salt and pepper; lay bits of butter all over the pieces and sprinkle with flour. A little thick cream may be added. Bake until done in a hot oven; or in a moderate one for one hour.

**Tomato and Cucumber Salad.**—Six fresh, ripe tomatoes, two cucumbers, one onion, three hard-boiled eggs; slice all thin and place in layers in a salad bowl; add a dash of cayenne, if liked, and salt and vinegar to taste.

**Steam Green Peas.**—The most delicious way to cook green peas is to put them in a basin without any water, and place in an old fashioned steamer; it will require half as long again to cook them as the ordinary way. When tender, season with butter, salt and pepper, and add a little rich sweet cream. Serve hot.

**For a Burn or Scald.**—Pour castor oil over the part freely, then put on a heavy coating of flour and bind up quickly. This is recommended highly.

**Caring For Paint Brushes**

Every housewife has, or should have one or more good paint brushes and some cans of ready mixed paints. Nothing brightens up wood-work of any description more than a coating of good paint, and nothing saves the scrubbing brush more. When done with using the brushes, it will pay her to take care of them, for their uses are simply legion. Don't let "John" borrow them; he should have his own (which you should cheerfully borrow when you want them). When done with the brush, suspend it in water, with the brush part not quite touching the bottom of the vessel in which it is suspended, being careful that the water just covers the bristles, not reaching the binding, which should never be wet. Cared for in this way, a brush will last a long time. Some painters insist that a varnish brush should never be put in water, while others claim that it does not matter; but all agree that linseed oil is a good preservative, the brush being suspended so that only the hair is covered. It is a good plan not only to have these paints and brushes, but to use them, and until tried, one has no idea what a "saving power" for the overworked housewife is to be found in them.

**For Tired Eyes**

When the eyes are very tired, after being used, relief may often be obtained by bathing them with witch hazel; or by bathing them with clear cold water, and to do this, fill a basin with clear water, place a bright coin

in the bottom of it and then, looking steadily at the coin, dip them into the water, keeping them open till they are under water, then moving the head from side to side, thus washing the eyes thoroughly.

Headaches caused by eye trouble, calling for the care of an oculist and the wearing of glasses fitted to one's eyes, are generally accompanied by brain weariness, dizziness or vertigo, and the headache is persistent. But sometimes, eye trouble, whether internal or resulting from muscular weakness of the eyeball, will cause one to suffer nausea and dyspepsia. Generally, if the dyspepsia is removed, and the headache continues, it is best to consult an oculist, as the glasses may not suit.

Many of the headaches of childhood are directly traceable to eye-strain, and if the headache comes on during the afternoon, or after the eyes have been used in reading or study, one may be quite sure this is the cause. In such cases, no time should be lost in consulting the oculist, and the wearing of suitable glasses is the safest way out of the trouble. Eye-strain should in no case be neglected, or greater trouble may follow, later on.—Brown Book.

When it is absolutely necessary to keep at work, or to attend to some important matter, and one develops a blinding headache, any one of the coal tar remedies sold by druggists may be taken until one has time to attend to the cause of the trouble. But one should go always to a reliable druggist or to a physician, to make sure that one is getting the real thing, and not some substitute that the druggist may happen to have on hand when he is out of the remedy asked for.—Brown Book.

An excellent way to use up berries without cooking is to make a flaky pie-dough, roll it thin, spread it with butter and then, folding it over, pass the rolling pin over it, making it not too thin. Bake in saucers, and when done, pull the layers apart, fill in nicely sugared fruit and serve. A meringue may be added, or whipped cream, but is not necessary. In sugaring berries or fruit, use the best granulated sugar, and sugar to suit the individual taste.

**For The Sewing Room**

Women who would dress well on a limited amount of spending money should take plenty of time to plan for the buying and having made of their garments. Among other things, they must eschew novelties, as a general thing, and stick to the standard fabrics. They should decide just how much or how little shall go to each garment, cutting off all unnecessary expenditures in the way of accessories, trimmings and other details which add to the cost, but not to the effectiveness of the finished garment. If one is an expert needle woman, or can handle the sewing machine with skill, it is only necessary to get some good paper pattern that is of the right size for her, and carry out the design, or have her dressmaker do it for her. A home dressmaker will suit the individual, not the class. Many excellent ready-made garments are to be had, but the factories dress all women alike, and if one is at all fastidious about the fit of her garment, it has to be, in some sort, made over to suit her. If all women were formed in like proportion, the matter would be of easy solution, but they are not.

Care should be taken that the pattern be laid properly on the material, as no garment will hang right if it is cut the wrong way of the cloth. The directions which accompany the pattern should be well studied before attempt is made to use it. All notches

and other markings must be marked on the cloth, and used at the pattern directs. It is a good plan to fit the patterns together, and thus get a better idea how the pieces will make up. In putting the pieces together, do not stretch the gores, for as much depends on the seaming as on the cutting. The notches should be matched, and the gored side should be held loosely next to the machine. Very few, if any patterns, will fit without some alteration in the garment, but the cloth should be cut like the pattern, observing the individual lengths and measures in cutting. For instance: hardly any two women have the same hip or the same length from waist to floor; or around the waist and bust measure, or the length of the waist under the arms. All these matters, and others of equal importance, must be studied in trying to fit the pattern to the form. If the skirt is too long, lay a tuck around the skirt about half way between the hip and the knee, in order not to interfere with the flare or finish at the lower edge. This tuck in the pattern may be pinned or basted.

In fitting a skirt, pin a narrow belt tightly around the waist, and adjust the skirt, pinning to the belt, until perfectly fitted, having the center of the front hang perfectly straight. If the front of the skirt inclines to spread, or pouch out at the bottom, it can generally be remedied by raising the skirt at the sides and back, and all fullness should be taken from the seams, rather than the darts; or the pleats of the tucked skirt may be lapped at the waist line. All seams should be neatly pressed, and the edges bound or, for goods of close texture, pinked. A great deal depends on careful pressing.

**A "Sure Cure"**

We are all looking for a sure cure for dyspepsia and indigestion, and an exchange tells us that one has been found. An English physician, it is claimed, has an institution to which dyspeptics are admitted for a time, and from which they come forth "sound and in their right mind," after undergoing for two or three weeks, a course of the mirth treatment. In this institution, it is claimed, a few dyspeptic patients sit around a room and smile at each other. One of them says "Ha!" the next one gives a "Ha! Ha!" and a third gives three "Ha's." By this time it is no difficult matter for the rest of them to keep up the treatment, until the sides aches with laughter. If one has but little sense of the humorous, it certainly can be increased by this method, and one finds food for laughter for the rest of the day in remembering the seance of the morning. It is claimed that at the rate of a couple of hours' giggling and guffawing every morning, for two or three weeks, the worst case of dyspepsia can be cured. There seems no reason why the treatment might not just as well be given at home and save the large fee the doctor is claimed to exact for the use of his institution. Why not try it? For a confirmed dyspeptic, the fact that he can laugh would be a very very novel bit of knowledge.

**For The Metal Bedstead**

Valances, when used on metal bedsteads, have a disagreeable way of drooping or sagging, at different points, when merely adjusted along the sides and ends with tapes. This can be avoided by making a cheese cloth (or other) spread that will just fit over the springs, and to this, the valances are sewn or buttoned all along the edges. This is put in place over the springs before the mattress is laid on, and the valances will always be kept in place. It is needless to say that everything about the bed

should be washable, and no colors should be used except those that will go through the process of laundering with satisfactory results.

**Requested Recipes**

**Rhubarb**—For canning without cooking, take the tender stalks of rhubarb, cutting in half-inch lengths. Fill the can as full as possible by crowding (not pounding) the pieces in with a spoon; cover with clear cold water and seal as you would any fruit, air tight. For use, in early winter, drain off the water, add sugar, butter, and, if desired, flavoring, and use as fresh for pies and puddings. Glass should be used.

**Canning Peas.**—These are somewhat hard for the average housewife to can and keep successfully, but many do can them and keep them, and to do so, care must be taken to observe certain rules. Here is a recommended recipe: Have the peas fresh and neither too young or too old. Fill glass jars full of peas, shaking down well so they will be pretty solid. Pour into the cans enough cold water to fill to overflowing, then screw the cover on as tight as you can. Place a cloth, some hay, or a rack in the bottom of your boiler to prevent contact of jars with the bottom. On this put a layer of cans in any position you prefer; over the fire, bring to a boil and boil steadily for three hours. Steady boiling is insisted on for success. After boiling for three hours, lift the boiler from the fire, let the water cool with the jars in it; then take the jars from the water and tighten the tops as tight as possible, put them back in the water and let remain until cold. Take out, wrap each can in thick paper to exclude the light and keep in a cool, dry cellar, covered by a piece of carpet, or sacking to keep dark. Tops and rubbers must be tested as recommended in "Query Box," before putting the peas in.

**IN COLONEL'S TOWN**

**Things Happen**

From the home of the famous "Keyhnel Keeyartah of Cartersville," away down south, comes an enthusiastic letter about Postum.

"I was in very delicate health, suffering from indigestion and a nervous trouble so severe that I could hardly sleep. The doctor ordered me to discontinue the use of the old kind of coffee, which was like poison to me, producing such extreme disturbance that I could not control myself. But, such was my love for it that I could not get my own consent to give it up for some time, and continued to suffer till my father one day brought home a package of Postum Food Coffee.

"I had the new food drink carefully prepared according to directions, and gave it a fair trial. It proved to have a rich flavor and made a healthy, wholesome and delightful drink. To my taste the addition of cream greatly improves it.

"My health began to improve as soon as the drug effect of the old coffee was removed and the Postum Coffee had time to make its influence felt. My nervous troubles were speedily relieved and the sleep which the old coffee drove from my pillow always came to soothe and strengthen me after I had drunk Postum.—In a very short time I began to sleep better than I had for years before. I have now used Postum Coffee for several years and like it better and find it more beneficial than when I first began. It is an unspeakable joy to be relieved of the old distress and sickness." Name given by Postum Company, Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in each pkg.

AN OLD AND WELL TRIED REMEDY  
MRS. WINSLOW'S SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle.