

an economic measure for costuming of grown ups, it is well to know that, by a judicious combination of colors, many beautiful shades may be brought out without having to go to the trouble of discharging the original color from the fabric to be dyed over. Here are some of the combinations, copied from an exchange:

For a blue fabric or article, a dye of cardinal, or dark wine gives a wine, or plum color; garnet dye gives maroon; crimson dye, or maroon gives plum; yellow dye gives green; old gold gives olive green; dark green dye gives bottle green; green dye gives peacock blue; orange on light blue gives brown; terra cotta gives brown, and brown gives a dark brown; indigo blue gives navy blue, and magenta gives purple. All of the new colors are deeped and lighter, according to the light or dark color of the material to be dyed.

For a red fabric, violet dye gives maroon; purple, a wine color; magenta, crimson; seal brown, a seal brown; brown dye, a brown color; indigo blue, gives navy blue; light blue gives purple; terra cotta gives terra cotta; old gold, mahogany; orange or yellow, a scarlet; crimson, garnet, dark wine, maroon, or cardinal gives the same color; black, gives black.

For a green fabric, violet dye gives a dark blue; orange makes it olive green; indigo blue makes bottle green; light blue gives peacock green; yellow dye gives a brown green, and old gold gives a still brighter green. In dyeing any fabric, the lighter the original coloring, the nearer the new effect will be to the dye used on it.

#### Salads

**Chicken Salad.**—Take the skin and bones from two cold, boiled chickens, and put the meat in a chopping bowl;

#### THE "COFFEE HEART"

It is as Dangerous as the Tobacco or Whiskey Heart

"Coffee heart" is common to many coffee users and is liable to send the owner to his or her long home if the drug is persisted in. You can run 30 or 40 yards and find out if your heart is troubled. A lady who was once a victim of the "coffee heart" writes from Oregon:

"I have been a habitual user of coffee all my life and have suffered very much in recent years from ailments which I became satisfied were directly due to the poison in the beverage, such as torpid liver and indigestion, which in turn made my complexion blotchy and muddy.

"Then my heart became affected. It would beat most rapidly just after I drank my coffee, and go below normal as the coffee effect wore off. Sometimes my pulse would go as high as 137 beats to the minute. My family were greatly alarmed at my condition and at last another persuaded me to begin the use of Postum Food Coffee.

"I gave up the old coffee entirely and absolutely, and made Postum my sole table beverage. This was six months ago, and all my ills, the indigestion, inactive liver, and rickety heart action, have passed away, and my complexion has become clear and natural. The improvement set in very soon after I made the change, just as soon as the coffee poison had time to work out of my system.

"My husband has also been greatly benefited by the use of Postum, and we find that a simple breakfast with Postum is as satisfying and more strengthening than the old heavier meal we used to have with the other kind of coffee." Name given by Postum Co., Battle Creek, Mich.

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

trim and wash one dozen celery stalks, put into the chopping bowl with the chicken, and chop fine; rub the yolks of six hard boiled eggs very fine, season with half teaspoonful of salt, one-fourth teaspoonful of pepper, one teaspoonful of dry, powdered mustard, and stir into this the yolks of four raw eggs. Have half-pint of white vinegar boiling; put into this vinegar one-half pound of good butter; when melted, stir in the prepared eggs and set the mixture aside to cool. If too stiff when cold, add enough sweet cream to make it right. Mix thoroughly with the chicken and celery and keep it cool until ready to serve.

**Nut and Celery Salad.**—One cupful of English walnut meats; put in pan; add one slice of onion, a small blade of mace, and half a bay-leaf; pour over this one large cupful of boiling water and boil about ten minutes, or until the walnuts will blanch easily; drain and dry the meats in a towel and cut into small pieces; mix this with finely chopped celery and mayonnaise dressing. Form cups of lettuce leaves and serve the salad in these.

**Salmon Salad.**—From one can of salmon separate bones, skin and oil and break up into small pieces. Chop three large, cold boiled potatoes into dice, powder the yolks of three hard boiled eggs, season with one-fourth teaspoonful of salt and a pinch of pepper; mix together and pour over all a dressing made as follows: Yolks of two eggs, one level teaspoonful of mustard, one level teaspoonful of salt, one-fourth level teaspoonful of cayenne pepper, one-half teaspoonful of the white of an egg, one-half pint of salad oil, two level tablespoonfuls of lemon juice, two tablespoonfuls of vinegar and one-half cupful of whipped cream. Mix the eggs, mustard, salt, pepper and white of an egg with a fork until smooth; stir in gradually, drop by drop, the half-pint of salad oil. When it begins to get very thick, put in a little lemon juice, alternating oil and lemon juice, beating all the time. Lastly, beat in the vinegar, little by little. Just before pouring over the salad to serve, add the whipped cream, folding it in. The whipped cream minimizes the taste of the oil. This is the recipe used at the World's Fair by the Alaska Packers' association.

#### A "Boiled Dinner"

One of our readers asks how to get up a "boiled" dinner, as she is new at the business of cooking. For the foundation of the boiled dinner, a small ham, or shoulder of pork, preferably fresh, or a piece of corned beef (home-cured, is best,) or even a piece of salt or home-pickled pork is good. Cook the meat early enough to allow the liquor to cool, that the surplus fat may be removed from it before putting in the vegetables. If corned beef is used, it should be washed and soaked in cold water for several hours, then put on to cook in freshly boiling water and kept boiling slowly, (simmering) until tender, skimming until it is clear. Leave the meat in the water until it cools, then take out, and let the water get cold, when the cake of fat can be removed. For cooking the vegetables or whatever kind chosen, take part of the water in which the meat was cooked, and cook each kind of vegetable to itself, in a separate kettle. Arrange so as to have all kinds done at the same time; some kinds take less time for cooking than others, and nothing should be either under or overdone. Potatoes, turnips, carrots, parsnips, cabbage, or any vegetable usually cooked with meats will answer.

In serving, place the meat in the center of the platter, and arrange the vegetables around it in an attractive manner; or, serve the meat on its platter, using vegetable dishes for the vegetables, and serving as re-

quired. For a family dinner, the small individual dishes or platter are seldom used, but you can use them if you prefer to keep the vegetables separate, and to serve them all at once. Bits of parsley, eaten at or with the dinner is said to absorb the odor of cabbage or other vegetables that might unpleasantly taint the breath.

#### Query Box

(Quite a few queries are answered under other headings. Others have been answered by mail. If further information is wanted, do not hesitate to ask.)

**M. S.**—I should not advise you to varnish your straw matting, as, if much used, the varnish will cause the straw to crack.

**Marion.**—The better way to learn how to do a thing is to do it. Theory and technique are all right, but practical knowledge gained by experience is best.

**Hostess.**—Now-a-days, when, as you say, "everything gets into the newspapers," it is wise to treat the reporter courteously, giving out what you are willing should be used, and asking him kindly to leave out matters you do not wish made public. Reporters are generally sensible persons.

**M. R.**—As to whether the average farm woman could keep her house as nice as that of her village sister, would, I should think, depend on what the farm woman does outside her housework. A great many farm women have too many tasks outside of her house to allow her to do justice to the inside. Most of them do the best they can.

**Mrs. J. B.**—A trained cook tells us that "drop" batter has so much flour in it that it "drops" or breaks when poured; a "thick" batter pours like heavy cream; a thin batter flows like thin cream. Two cupfuls of flour to one cup of milk will usually make a drop batter; one and a half cupfuls to a cupful of milk, a thick batter; one cup of flour to one of milk, a thin batter.

**Tillie's Mother.**—To lengthen the lassie's skirt, where the upper part is all right, cut a ripple flounce of the required length, face it with a two-inch bias strip, open the lower edge of the skirt-hem and insert the top of the ripple and stitch fast. Or, make a straight ruffle of the required length, allowing for a one-inch hem, open the lower edge of the skirt hem and set in the top of the ruffle, making several side plaits at each seam of the skirt to give fullness about the feet.

**Anxious Mother.**—It would be a good idea to dress the table in plain cloth and napkins, if only of common cotton cloth, and teach the children table manners and a proper use of the napkin, so that when away from home they may be at ease and not mortify you and distrust themselves from ignorance. Very neat doilies may be made from the pretty table oil cloths to be found at any store, finishing the edges in various ways, and their constant use may be made educational without increasing the laundry work.

**Robert J.**—To take the "baggy" out of the knees of your trousers, and give them the "fold" in the legs you so much admire, turn the trousers wrong-side out, fold flat at the seams and lay on an ironing board; moisten the "baggy" thoroughly with a sponge, or lay a rather damp cloth over the bulged place, and press (do not iron; your mother or sister can tell you the difference in the two terms) well with a moderately hot iron; continue this until the goods "shrink" into place. Then, turn the garment right-side out, fold the leg-seams exactly together; lay on the ironing board, place a damp cloth over the goods and press each leg

separately with a hot, heavy iron. A little practice will make you "perfect," and you can always keep your garment looking fresh, if not neglected too long. (2.) No, indeed, I do not blame a boy for wanting to look nice. We all like nice looking boys.

#### The Watch as a Compass

A writer in the *Woman's Home Companion* gives the following method of determining the quarters of the compass by the watch: "All you have to do is to lay your watch in your hand, flat in the palm, with the hour-hand pointing in the direction of the sun. The point exactly midway between the hour-hand and the figure XII will be due south; it will be remembered, however, that during the time from 6 o'clock in the afternoon to 6 o'clock in the morning, our rule gives the north point instead of the south point. In the southern hemisphere, the rule is reversed."

#### To Polish a Mirror

Have a piece of fine sponge, a soft cloth and piece of old, soft silk. These must be kept perfectly free from dust and dirt, as the least grit will scratch the fine polished surface of the glass. With a little spirits of wine, or equal parts of gin and water, sponge off all spots; then dust quickly over the surface fine powdered glue, tied in a muslin bag. Rub off lightly and quickly with the soft cloth and polish with the old, soft silk. The edges of the frame must not be touched.—Ex.

#### Floor Polish

Put two ounces of yellow beeswax and a half ounce of white wax, shaved fine, into a pint of turpentine and let stand twenty-four hours. Dissolve half an ounce of white castile soap in half a cupful of boiling water; when dissolved, pour into the turpentine mixture; mix thoroughly, and set the vessel containing it in a pot of hot water in order that it may be warm. Apply, a very little at a time, to the floor with a flannel cloth, doing but a small space at a time and doing it well, polishing it vigorously. Do not attempt to wax a floor unless you are prepared for hard work, and plenty of it. Otherwise, it is best to try some other floor finish.

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