

Hardy Orange, Buckthorn and Honeysuckle. All of these are flowering varieties. There are many other plants which make excellent hedges, and a well-kept hedge adds beauty to any lawn or house-grounds.

The zinnia, in its improved form, is one of the most brilliant and showy annuals in cultivation. Its "masses" beautifully, and the seeds should be planted as early as possible, as it can be transplanted readily; and as soon as all danger of frost is over, set the plants in deep, loamy soil, not less than one foot to eighteen inches apart. They make large plants, and the colors are many and beautiful. They bloom through drought, and only a heavy frost will stop them from blossoming.

Wool Filling for Bedclothing

On the farms where sheep are kept, it is not unusual for a few or many of the old or weakly ones to die about this time of year. When such is the case, the wool should be "pulled" from the carcass and put away to use later on. It should be well washed, rinsed in running water, using in the last rinsing enough carbolic acid to disinfect it thoroughly, then spread it out on a clean grass-plot or platform to get well dry in the sunshine. If you live near a carding mill, get it carded into "bats," but if not, and you can use the old-fashioned cards, make it into bats, yourself. If this cannot be done, pick all the trash out of it, pick it apart and lay it in a large bake pan, smoothly and evenly, until you get it as thick as you want it (half as thick as the thickness of the finished comfort or quilt), pat it down lightly, and lay it aside while you make the rest of the quantity wanted, laying newspaper between the "bats" so they will be easier handled. To know how much you want, decide how heavy you want your bed comfort, and weigh your wool, allowing a little for shortage of bats, or waste of wool in carding or picking apart. Four to six pounds is heavy enough for any one. A quilt may call for three to four pounds. When you have your cover in the frames, lay the bats on closely, until one layer is over all of it, then take the rest of the bats and lay them crosswise of the others, lapping thus, in order that there may be no thin streaks. This may be knotted or quilted, as you decide, and you will like the wool filling so well that you will never go back to cotton batting again without reluctance. Wool-filled

FIND OUT

The Kind of Food That Will Keep You Well.

The true way is to find out what is best to eat and drink, and then cultivate a taste for those things instead of poisoning ourselves with improper, indigestible food, etc.

A conservative Massachusetts woman writes:

"I have used Grape-Nuts five years for the young and for the aged; in sickness and in health; at first following directions carefully, later in a variety of ways as my taste and judgment suggested.

"But its most special, personal benefit has been a substitute for meat, and served dry with cream when rheumatic troubles made it important for me to give up the 'coffee habit.'

"Served in this way with the addition of a cup of hot water and a little fruit it has been used at my morning meal for six months, during which time my health has much improved, nerves have grown steadier, and a gradual decrease in my excessive weight adds greatly to my comfort." Name given by Postum Cereal Co., Ltd., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

covering is both light-weight and warm. The "pulled wool" is usually longer-fibered than that shorn from the animal.

Cookery

Sparerib Pot Pie.—Cut fresh spare-ribs once across and then into strips. Put into kettle and cover with boiling water, and let stew until tender. Take out, remove the bones, strain the liquor into another dish, wash out the pot, and put into the kettle a layer of small potatoes, peeled; lay over these a strip of meat, sprinkle with salt and pepper and cover with small squares of baking-powder biscuit dough; over these put little bits of butter; then repeat—a layer of potatoes, layer of meat, bits of dough, until all the meat is used, finishing with the dough, and over it pour the liquor in which the meat was cooked, adding boiling water to well cover. Cover this kettle closely, and boil for three-quarters of an hour, not touching the lid, for lifting the lid will cause the dough to become soggy. Dish out, and serve with the gravy in the pot. Do not let scorch. A little experience will teach how much fire to have under it.

This is nice cooked in an old-fashioned steamer (or steam-cooker), by which method less water should be used than when boiled, and when done slightly browned in the oven.

Bannocks.—Scald eight heaping tablespoonfuls of Indian meal, by stirring it into two cupfuls of boiling water; add four tablespoonfuls of flour, a tablespoonful of salt, a quarter teaspoonful of baking powder, two well beaten eggs, and sufficient sweet milk to form a thick batter. Beat for five minutes after adding the last ingredient, and then drop by the spoonful into hot fat, frying until a light brown. Serve with maple molasses.

Prunes may be soaked over night, then put into an earthenware or porcelain-lined vessel, boiling water poured over to cover, and set in the oven until done. Instead of being watery and insipid, the juice should be thick and sirupy, and if liked sweet, sugar may be added when the boiling water is poured over them.

Prunes are very good when merely washed, boiling water poured over them, and left to soak over night.

Getting Rid of Rats

Mix two pounds of carbonate of barytes with one pound of lard and lay it in their runways. It is tasteless, odorless, and impalpable; produces great thirst, and death immediately after drinking.

Another way is to mix arsenic and lard together and spread it on bread, and push a piece into every rat-hole.

Small pieces of sponges may be fried in drippings of honey, and strewn about for them to eat. The sponge will distend their intestines and will cause their death. Half a pint of plaster of Paris, mixed with one pint of oatmeal, will prove equally fatal to them, as the plaster of Paris "sets" on being wet, and a drink of water is their undoing.—Ex.

To Rid a Place of Gophers

One of our sisters kindly sends us the following method of getting rid of gophers. The amount here specified is enough to clear a twenty-acre field of them, where they are very numerous.

"Bring a quart of vinegar to a boil, and add one ounce of strychnine; stir with a stick until the drug is entirely dissolved, then add six quarts of hot water, stirring well. Pour this over twenty pounds of wheat or corn and allow it to stand for about eighteen hours, or until the solution is entirely absorbed, stirring frequently and vigorously so that the grains will become uniformly saturated with the poison. The grain should now be spread out to dry where it cannot be reached by

poultry, animals or children, as it is extremely poisonous. Dissolve six pounds of sugar in six quarts of water, and boil until reduced to one gallon; then allow it to cool. When cold, stir into the thick syrup a teaspoonful of anise oil, and pour the syrup over the nearly-dry grain and stir so that all the grains are covered with the syrup. Allow the grain to thoroughly dry again, stirring often to prevent the grains sticking together.

Make a little hole close to the gopher's burrow and drop a few grains into it, gophers like the smell of anise, and will be drawn to the grain by it. Each grain should contain poison enough to kill one gopher. Nothing should have access to this grain, except what is to be destroyed, as it is very poisonous."—M. E. N.

A Healthy Posture

In a very great many instances, carelessness in walking and sitting, as well as the manner in which we breathe, are responsible for the poor figures, weak vital organs and consequent ill-health, both of body and mind, among women. Narrow-chested women are seldom happy, or cheerful women, and there certainly is nothing attractive in a bowed back and short chest-measure. "Good looks" are not dependent upon regular features or faultless complexion. To get the best out of life, you must learn to hold yourself up—to breathe deeply and regularly, and to exercise all the muscles of the body, internal as well as external. Do not allow yourself to "lop"; it is the most tiresome, as well as ungraceful posture you can assume. When at your sewing, writing, reading, or any other occupation requiring you to bend forward, do not neglect to keep your backbone straight, and do not allow your chin to loll forward onto your collar-bone. If you must assume the stooping posture in order to do your work, do not neglect to straighten up as much as possible, and to hold your head well back, that the neck muscles may act with the muscles of the back in maintaining a straight position of the body.

For House-Cleaning

With the season of house-cleaning there always comes the question of color for wall and woodwork. The sitting room should have a bright, cheerful color, medium between rich and dark for winter and light and cool for spring and summer. For the parlor, or "company" room, the effect should be dainty and delicate, both in wall hanging and in wood work. The dining room should be light, sunny, comfortable and inviting, and this room must be papered according as it is on the sunny or the dark side of the house. The paper of the bedroom should be chosen with great care, as in no other room is a "misfit" color so annoying as in the room where it is possible that cases of sickness may be confined. The paper should be clean and cool in color, and inconspicuous in design, or even plain.

Cleanliness should be the ruling idea in the bedroom; not only of the floors and windows, but of the hangings, corners and bedding. For this reason, the room should be furnished so as to make cleaning as easy as possible, and floors, walls and windows should be treated as simply as can be, limiting the furniture to that which is really necessary for use. A hanging wardrobe is an excellent idea, as by its use, the clothing does away with the stuffy smell so apt to be contracted in a close closet. It consists of a wooden top to which a row of pegs or hooks, and a curtain rod, has been attached. The top is fastened to the wall, in the corner, or other recess, and curtains of any suitable material are suspended on the curtain rod.

Do not be afraid of airing the bedding and bed-clothing too much. It makes all the difference in the world

to the healthfulness of the room. A bare floor, with a rug or two scattered over it where the most use is made of the floor is all that is necessary, and is much to be preferred to the dust-catching all-over carpet, or even a large rug from off of which furniture must be moved before it can be shaken or cleaned.

Between-Season Dishes

Codfish.—Pick the salt cod to bits, removing all bones and skin; set to soak in cold water over night, and in the morning put in fresh water and heat slowly, cooking, but not boiling, to remove salt. When it seems sufficiently freshened, drain, pick apart, put into a saucepan; allow one egg to each person to be served, cover with boiling water and stand them where they will keep hot but not boil for ten minutes; drain off the water, cover the eggs with cold water and remove the shells. Heat the fish thoroughly, dish onto a hot platter, lay the eggs on with it, sprinkle with chopped parsley, and serve.

Rhubarb.—Take the new stalks, wash, but do not peel; cut into inch lengths, and put into an earthenware or porcelain-lined vessel, sprinkle thickly with white sugar and set in a moderate oven. Do not add any water, and cover closely. The oven should not be hot enough to bake, but just enough so to gradually soften and bring out the acid juices. When quite softened and blended, turn out into a pretty glass dish and serve as a sauce for breakfast. This is a fine spring medicine, for cleansing the system.

Perennial Phlox

You cannot make a mistake if you select this plant for your garden. Nothing is hardier, or requires less care, or is more free from the ravages of insect pests, or gives a more brilliant and lasting display of flowers, or continues longer in bloom. Nothing masses better, and if a plant is set singly, it soon becomes a large clump. Few plants give a wider, or a more satisfactory range of color, and the colors may all be included in one mass, and still harmonize. The plant can be raised from seed, but is a little difficult, and the usual way is to buy the plants of the florist. All colors can be had, singly or mixed, at about \$1 per dozen, though some of the finer varieties may cost a little more. A good plan for getting a start of all kinds is for neighbors to club together, each one ordering a different variety, then, the next spring, or as soon as possible, exchanging sprouts until all are supplied. Young plants will give some bloom the first season, but a well established plant is a revelation of beauty.

Handkerchiefs

One of our readers says: "Tell the mothers never to make a dress or an apron without putting some kind of a pocket in it. Nobody would ever think of making a boy's clothing without pockets; then why not give the little girls the same?" How many of the "grown-ups" have a pocket in their kitchen aprons for carrying a handkerchief? How many teach the children to use a handkerchief? There is scarcely any habit more disagreeable to witness than to see the apron, coat sleeve or skirt used to make the nose presentable. Handkerchiefs are cheap. If no handkerchief, then a bit of cloth, hemmed or unhemmed, only so it is there to use when needed. Some children depend on their tongue to keep their mouths and chins clean while, or after, eating, when a handkerchief, if no napkin is supplied, should be used. If you can afford only the cheapest muslin, cut into squares and hemmed, do supply the children with handkerchiefs, and teach them the use of the article. Begin by setting them the example, and once the habit is formed, it will be hard to break.