

separately. The baking of the waffles is of more importance than the ingredients.

**For Cleaning Windows.**—Use two tablespoonfuls of coal oil to a quart of soft water. Beat the oil up in the water, have the water warm and wash the windows in the usual way. This will cleanse them perfectly. Soap suds will leave streaks that are hard to remove. Polish with crumpled newspapers.

**Doing The Dishes**

"Young Wife" asks me how she can make of dish washing anything but drudgery. She says: "It is all well enough while I am at work on the glass and chinaware, but when I get around to the pots and pans, dishwater and dish cloth both dirty and greasy, I detest the sight of the cooking vessels, and can hardly bear to touch them."

Well, and I think I should, too. It is much better to have our pretty dishes last, and it is easy enough to do so, if we plan aright. Here is a plan which many good housekeepers not only endorse, but practice daily. While preparing your materials before cooking, wash every pan, cup, vessel or other utensil used as soon as done with it, and put it at once into its place. There is always a moment of leisure "tween whiles" that can be used for this work, and a pan of water should be always at hand for such moments. As fast as a pot, pan or other utensil is emptied, proceed at once to wash and put it in its place. When dishing up the meal, as fast as the vessel is emptied, wash and put away. Cooking things wash much easier if attended to at once on emptying. If this is done, there will be but very few, if any, things to clutter up the cook table and sink, and the room will look much nicer for it. When the victuals are in their dishes, ready to serve, it will take but a moment to put your dish cloth into clean water to soak while the table is occupied by the family.

When the meal is finished, the dishes should be gathered up, all crumbs and leavings scraped into a suitable receptacle, whatever scrap of food remains on the dishes should be removed to clean, smaller dishes and set aside for future use, and the dishes stacked into a large, deep pan for washing. There should be two pans—one to hold the dishwater and one into which the dishes should be set when washed—unless one has a sink, which can be used for draining them. All shelves should be wiped off, and the dish cloth and towel used for the dishes should be clean, and at hand. Having no dirty cooking vessels setting about, you can at once attend to the dishes. Many housekeepers use no soap, depending on the hot water and clean cloths entirely and the dishes will be perfectly clean, if this is attended to. Others prefer to use soap powder, while still others prefer the soap itself. The objection to soap powder is that it removes the gilt, but enough to do this should not be used. Soap is apt to leave a film on the dishes, if used in excess, or if poor soap is used. Soft, rain water is best, but if the water is hard, it can be broken by a little of one or other good soap powders, of which there are many on the market. Hard water will leave the cloths stiff and dark, or

**A NOTRE DAME LADY.**

I will send free, with full instructions, some of this simple preparation for the cure of Leucorrhoea, Ulceration, Displacements, Falling of the Womb, Scanty or Painful Periods, Tumors or Growths, Hot Flashes, Desire to Cry, Creeping feeling up the Spine, Pain in the Back, and all Female Troubles to all sending address. To mothers of suffering daughters I will explain a successful Home Treatment. If you decide to continue it will only cost about 12 cents a week to guarantee a cure. Tell other sufferers of it, that is all I ask. If you are interested write now and tell your suffering friends of it. Address Mrs. M. Summers, Box 169 Notre Dame, Ind.

greasy feeling. Hot, soft water and plenty of clean cloths, with use of these at the proper time and in the proper way will do away with the so-called drudgery of the dish washing.

**Flat Foot**

A correspondent asks the meaning of the term "Flat-Foot" as applied to ailments of the foot. In answer I give the following from a medical magazine at hand:

"A slight idea of the perfect anatomical foot will give a better understanding of the subject in question. In the foot of the infant and the savage the line of the great toe prolonged backward passes through the center of the heel. This line, known as Meyer's line, indicates Nature's position of the great toe, and it is in this position that the muscles controlling it were meant to keep it. In the civilized foot this position rarely if ever exists. In most cases a line drawn through the center of the great toe will be as far outside the border of the heel as it should be inside. This displacement of the great toe cripples a very important muscle, which removes one of the main supports of the inner border of the foot, thus predisposing the foot to roll over inwardly. Now, the weight-bearing surface of the foot should be distributed evenly on the outside border, and this condition would exist with us as it does with the infant and the savage if the muscles of the inside border were as Nature intended them to be. Badly shaped shoes for the most part, too much standing and walking on polished floors and other unyielding surfaces, general weakness of the system, as well as too great weight for the ruined muscles of the feet to support, are among the causes which change the weight-bearing surface to the inner border, thereby compelling the person so afflicted to walk with the toes all turned out to maintain balance, and on the inner border of the foot in an endeavor to find support.

"This condition, after a certain length of time, causes a breaking down of the foot—that arched portion between the sole and the heel, the height of which is the pride of the blue-blooded. This arch drops down and rests on the surface, the same as the sole and heel. The muscles to prevent this condition having been rendered useless by the displacement of the great toe, this result under the proper circumstances is inevitable. Sharp pains ensue and dart through this once arched portion; sometimes they make themselves felt in the heel or ball of the foot, or around the ankle. At times they seem to paralyze the entire foot. When they are very bad they shoot up the inner side of the leg to the knee—excruciating pains, whose continual presence compel complete rest for temporary ease. Walking with the weight on the outer border of the foot affords some relief, but unless the cause is immediately remedied the continued use of the foot under adverse circumstances means indescribable tortures and final disablement and the physician. Usually, the pain is not in proportion to the deformity; one may have but a slight case of flat-foot attended with pains that would seemingly indicate an incurable state. Flat-foot, like other afflictions, is easier prevented than cured. Let the parents commence with the child, that its feet may be correctly trained as well as its brain; let those of reasoning ability seek protection before necessity compels attention. Choose footwear that fits and in which the weight-bearing surface is evenly distributed on the border of the foot."

**For The Hair**

Lotion for keeping the hair in fine condition may be made as follows:

**A Dollar's Worth Free To Any Rheumatic Sufferer**

I ask no deposit—no reference—no security. There is nothing to risk—nothing to promise—nothing to pay either now or later. Any Rheumatic sufferer who does not know my remedy may have a full dollar's worth free to try.

I willingly make this liberal offer because I know that Dr. Shoop's Rheumatic Remedy may be relied upon ALWAYS to bring the utmost relief that medicine can. Years before I discovered this remedy, I studied the nature of Rheumatism. For Rheumatism is really

**Crystalized Poison!**

Your blood is always full of poison—the poison you eat and drink and breathe into your system. It is the purpose of the blood to absorb and carry off this very poison. And the kidneys which are the blood filters, are expected to cleanse the blood and send it back through the system clean, to gather more poison which they in turn will eliminate.

But sometimes the kidneys fail. And sometimes from some other cause, the blood gets so full of poison that they cannot absorb it all. This is the start of Rheumatism. The poison accumulates and crystallizes. The crystals look like little grains of sugar or of fine white sand. The blood carries them and they increase in size. Then, when it can carry them no longer it deposits them in a joint—on a bone—anywhere.

The twinge in your leg—the dull ache in your arm on a rainy day—these are the outward signs of the unseen crystals. And the twisted limbs and unspeakable anguish of the sufferer who has allowed his symptoms to go unheeded and unattended for years—these are the evidences of what rheumatism, neglected, can do.

Rheumatism includes lumbago, sciatica, neuralgia, gout—for all these are the results of rheumatic poison in the blood.

Plainly, the first thing to do is to remove the poison. But this is not enough. The formation of the poison must be stopped, so that nature may have a chance to dissolve and eliminate the crystals which have already formed. Unless this is done there can be no cure—no permanent relief.

I searched the whole earth for a specific for Rheumatism—something that I or any physician could feel safe in prescribing—something that we could count on not only occasionally but ALWAYS. For the ravages of Rheumatism are everywhere and genuine relief is rare.

I spent twenty years in experimenting before I felt satisfied that I had a certain remedy for this dread disease—a remedy which would not only clean out the poison, but one which would stop its formation.

**Certain Relief**

The secret lay in a wonderful chemical I found in Germany. When I found this chemical, I knew that I could make a Rheumatic cure that would be practically certain. But even then before I made an announcement—before I was willing to put my name on it—I made more than 2,000 tests! And my failures were but 2 per cent.

This German chemical is not the only ingredient I use in Dr. Shoop's Rheumatic Cure—but it made the remedy possible—made possible an achievement which, I doubt not, could have been made in no other way.

This chemical was very expensive. The duty too was high. In all it cost me \$4.90 per pound. But what is 4.90 per pound for a REAL remedy for the world's most painful disease?—for a REAL relief from the greatest torture human beings know?

I don't mean that Dr. Shoop's Rheumatic Cure can turn bony joints into flesh again—that is impossible. But it will drive from the blood the poison that causes pain and swelling, and then that is the end of the pain and swelling—the end of the suffering—the end of Rheumatism. That is why I can afford to make this liberal offer—that is why I can afford to spend the FIRST dollar that Rheumatic sufferers, the world over, may learn of my remedy.

**Simply Write Me**

The offer is open to everyone, everywhere who has not tried my remedy. But you must write ME for the free dollar package order. I will send you an order on your druggist which he will accept as gladly as he would accept a dollar. He will hand you from his shelves a standard sized package and he will send the bill to me. There are no conditions—no requirements. All that I ask you to do is to write—write today. I will send you my book on Rheumatism beside. It is free. It will help you to understand your case. Address Dr. Shoop, Box 9615, Racine, Wis.

**Dr. Shoop's Rheumatic Remedy**

Two drachms tincture cantharides, six drachms rosemary and ten ounces elderflower water. Shake well and apply once a week.

For falling hair, try this: Two ounces of castor oil, one ounce bay rum, one ounce spirits rosemary, and a few drops of bergamot. Shake well together and rub well into the scalp with the tips of the fingers, applying every night for two or three weeks.

Another tonic: Sulphate of quinine, forty grains; tincture of nux vomica, two drachms; tincture of capsicum, one drachm; fluid extract jaborandi four drachms; spirits of rosemary, one ounce; glycerine, four drachms; rose-water, eight ounces. Mix these well together and apply two or three times weekly, shaking well before using.

For dandruff put two ounces of gum camphor, broken into bits, and two ounces of powdered borax into a quart of boiling water; shake till thoroughly dissolved. Dilute a small quantity with an equal amount of water and rub it into the scalp every night with the finger tips.—Selected.

**Salt and Butter**

In the January number of the Ladies' Home Journal, Mrs. Rorer says: "Potash, a remarkable material in one form is an essential constituent of the blood corpuscles and the muscles; in the serum of the blood, however, it is dangerous. Chloride of sodium (common salt), its friend, counteracts the objectionable influence of excessive quantities found in certain vegetables. Use

common salt, then, on potatoes and all so-called 'green' vegetables, which abound in this material. From a scientific standpoint one need not use salt on rice, but with potatoes, it forms a most friendly combination. The mineral matter, which is frequently overlooked in our daily rations, is concerned in giving solidity to our bones, tissues and muscles. It is contained in greater or less quantities in green vegetables, fruits and cereals. For this reason green vegetables are served with meats and articles rich in nitrogen but poor in desirable mineral salts. Wheat, almost a perfect food for many, lacks a little fat; hence, we butter our bread, and serve cream instead of milk with rolled wheat. Oats are rich in fat, and is much more friendly when served with milk. Rice, almost a pure starch, when served alone is a fat and heat producer; with milk it gives a perfect and easily digested ration.

As each individual must, to sustain life, eat every year half a ton of cooked food, a large proportion of the health, hence the comfort and happiness of the home, comes from the dining room and kitchen. One can see at a glance how important it is that our women should be educated along practical lines as well as the theoretic and artistic. They should be able to put their chemistry into practice both in the kitchen and in the laundry; their physiology in the selection and cooking of foods; and their lessons in fine arts in the harmony of foods as well as the combination of colors in furniture. Mistresses at the mercy of cooks frequently serve not only badly-cooked foods, but unfriendly combinations as well."