

all else, a desire to appear well in their own eyes. A gown of becoming fit, no matter what the fashion, made of five-cent print, trimmed tastefully with bias bands and piping, embroidery, colored or white, with tape braid, or with some durable lace, is often far more dressy than one of wool or silk costing many times its value in dollars and cents.

A print gown is new every time it is laundered and when one does even the daintiest housework, the dress will, in time, show soil. There are washable woollens, but unless carefully handled, there are few such goods that come out of the process without marks of the tubbing in some form or other far from desirable. Even where large work aprons are worn, the wash dresses, are best for ordinary house work, and it is better to get a good article of print, percale or other wash goods and take time to make them up attractively than to throw together a lot of cheap goods that allows you no room to even respect yourself; that will get out of shape, "draw up," sag, or "skew round" the first time it is laundered. Whatever a woman should do, or leave undone, she should cling to her own self respect, for the world—her world—accepts her at her own valuation.

It is not to be expected that, if one does all kinds of work about the place,

A FELLOW FEELING

Why She Felt Lenient Towards the Drunkard

A great deal depends on the point of view. A good temperance woman was led, in a very peculiar way, to revise her somewhat harsh judgment of the poor devil who cannot resist his cups and she is now the more charitable. She writes:

"For many years I was a great sufferer from asthma. Finally my health got so poor that I found I could not lie down, but walked the floor whilst others slept. I got so nervous I could not rest anywhere.

"Specialists told me I must give up the use of coffee—the main thing that I always thought gave me some relief. I consulted our family physician, and he, being a coffee fiend himself told me to pay no attention to their advice. Coffee had such a charm for me that in passing a restaurant and getting a whiff of the fragrance I could not resist a cup. I felt very lenient towards the drunkard who could not pass the saloon. Friends often urged me to try Postum, but I turned a deaf ear, saying 'That may do for people to whom coffee is harmful, but not for me—coffee and I will never part.'

"At last, however, I bought a package of Postum, although I was sure I could not drink it. I prepared it as directed, and served it for breakfast. Well, bitter as I was against it, I must say that never before had I tasted a more delicious cup of coffee! From that day to this (more than 2 years) I have never had a desire for the old coffee. My health soon returned; the asthma disappeared, I began to sleep well and in a short time I gained 20 pounds in weight.

"One day I handed my physician the tablets he had prescribed for me, telling him I had no use for them. He stayed for dinner. When I passed him his coffee cup he remarked 'I am glad to see you were sensible enough not to let yourself be persuaded that coffee was harmful. This is the best cup of coffee I ever drank,' he continued; 'the trouble is so few people know how to make good coffee.' When he got his second cup I told him he was drinking Postum. He was incredulous, but I convinced him, and now he uses nothing but Postum in his home and has greatly improved in health." Name given by Postum Co., Battle Creek, Mich.

Look in each package for the famous little book "The Road to Wellville."

she can at all times be daintily dressed even in print gowns, for many kinds of work calls for the commonest of dresses, demanding hard usage and often tubbing, but whenever the clean dress can be put on, do not defraud yourself of the right to be self-respecting, and do wear something white, or of becoming color about your neck, and give your hair plenty of attention.

Query Box

M. S.—For remedy for chapped hands, see article under heading in another column. Ask as many questions as you please.

L. J.—Any school text-book will give you the information sought much more fully than I can do so here.

L. Thomas.—The book you want is a work on entomology, which any book dealer will get for you. You can doubtless find what you want at your public library.

Masie.—Salmon oil stains are hard to remove, as the oil contains a gluey substance which gasoline will not affect. It would perhaps be best to take the garment to a professional cleaner. In a future issue you will find several recipes for cleaning; care must be taken, however, in trying them.

Annie S.—A good preparation used to take out grease spots is made as follows: Break into small bits a piece of soap-tree bark about two inches square; pour over it half a pint of boiling water and let stand about two hours. While tepid, strain and rub the tepid solution into the spot with a clean tooth brush, rinsing the goods in tepid water.

Housekeeper.—To take away the sour taste from your buckwheat cakes, wash the batter in this wise: Add a quart of cold water to the batter and stir well; then set away in the usual cool place and let it remain all day. At night, pour off all the bitter water, add the usual amount of luke warm water and mix the batter a little stiff, so that the addition in the morning of a half cupful of hot water in which a teaspoonful of soda is dissolved will make it just right.

Earle K.—For making mince pies of lard crackling, boil the cracklings until tender, then pour off the grease and water. When cold, chop the cracklings the same as beef, mixing in this proportion: One cup of meat, three cups chopped apples, one and one-half cupfuls of raisins, half a cup of currants, a piece of citron shaved fine, cup and a half of brown sugar, one cup of the water in which the cracklings were cooked, one cupful of boiled cider, tablespoonful of salt, two teaspoonfuls of cinnamon, one each of cloves and allspice and three of vanilla. Cook until the apples and raisins are soft.

Mrs. J. H. L.—If your floors are good, made of smooth, narrow boards, give them a coat or two of stain and three coats successively of hard oil finish; afterwards, give them a polish of crude oil and beeswax to produce a gloss. Crude oil is an excellent floor dressing, and when used on an old woolen rag and rubbed into the surface, the result is always good. Use but a little of the preparation at a time, rubbing it well in before attempting more. The oil contains sufficient fatty matter to lubricate the surface and prevent shoes from marking the floor. It is also an excellent polish for furniture, and when used sparingly and with considerable friction, the polished surface of hardwood furniture is left in good condition. The rags should be burnt at once on getting done with them, as fire often results from spontaneous combustion of old, greasy rags left lying about.

For a Scrap Book

To make a durable scrap book take two yards of paper cambric; cut it

into pieces twice the size of the pages desired, lay them together and fold evenly through the center lengthwise. Pink or scotch the edges and punch a hole through the top and one through the bottom of the book, or folded portion. Run baby ribbon through these holes and tie firmly on the outside of the book. The book will stand a great deal of usage.

Winter Vegetables

Turnips.—This vegetable has no salts fat or starch and may be served boiled and mashed, plain, seasoned with butter, salt and pepper, or cooked with bacon, pork or mutton.

Jerusalem Artichokes.—Wash and boil as you would Irish potatoes, in salted water until tender; drain, take off the skin and serve with cream sauce, letting them lie in the sauce for half an hour before serving to season.

Carrots.—Wash and scrape and par-boil for ten minutes; dry with a cloth and return them to the saucepan with a heaping tablespoonful of butter and one cup of stock (tablespoonful of sugar if liked) and boil gently until perfectly tender—about half an hour; remove cover and boil fast until the stock is reduced to a glaze; sprinkle with a little chopped parsley, if liked, and serve with the glaze on them. If any is left, reheat in a white sauce.

Salsify.—This is called by some Oyster Plant, and the taste of the cooked roots is said to resemble oysters in flavor. Wash, scrape, cut into half-inch pieces crosswise, and throw into cold water for a few minutes, then drain and put into granite stew pan and boil rapidly uncovered until tender. To prevent the vegetable from turning black, add a teaspoonful of vinegar. When tender and the water about boiled dry, season with butter, salt, pepper and cream; or mash and serve with white sauce.

Parsnips.—To be at their best, parsnips should be freshly dug when wanted for use, and are generally left in the ground over winter, or dug and kept in trenches or hills of soil, as freezing sweetens them. Brush clean (and lay in cold water if they have been out of the ground long, to plump them) and put on to cook in salted boiling water; cook until tender, drain and throw into cold water to cause the skin to slip off easily; serve plain, with butter, pepper and salt, or with a cream sauce; or lay in a baking dish and put on top of them slices of fresh, fat pork and brown in the oven. Parsnips may also be fried in sweet, fresh meat drippings, or stewed with meats.

Requested Recipes

French Waffles.—One cup of butter and one of sugar beaten together as if for cake; add singly yolks of seven eggs; one tablespoonful of brandy and the grated peel of one-half lemon or one salt spoonful of mace. Add alternately three cupfuls of flour and one pint of milk, beating until it is full of air bubbles; then add one ounce of yeast dissolved in a very little water; add the whites of the eggs beaten very stiff. Let rise three hours and bake in well-greased waffle irons.

Corn Meal Drop Cakes.—Take corn meal sufficient for the amount of cakes wanted (one quart will suffice for a family of four), put into a pan or bowl with a teaspoonful of salt and tablespoonful of butter and pour boiling water over it, stirring briskly, to make a thick mush. Beat three eggs in a teacupful of cold water and add to the scalded meal while hot, stirring thoroughly until smooth; have a well-greased baking pan and drop into it so they will just touch, large spoonfuls of the dough, and bake in a very hot oven. In dipping the dough, before taking it up dip the spoon in cold wa-

Nervous Dyspepsia.

A CURE FOR ALL.

Not a Patent Cure-all, Nor a Modern Miracle, But Simply a Rational Cure for Dyspepsia.

In these days of humbuggery and deception, the manufacturers of patent medicines, as a rule, seem to think their medicines will not sell unless they claim that it will cure every disease under the sun. And they never think of leaving out dyspepsia and stomach troubles. They are sure to claim that their nostrum is absolutely certain to cure every dyspeptic and he need look no further.

In the face of these absurd claims it is refreshing to note that the proprietors of Stuart's Dyspepsia Tablets have carefully refrained from making any undue claims or false representations regarding the merits of this most excellent remedy for dyspepsia and stomach troubles. They make but one claim for it, and that is, that for indigestion and various stomach troubles Stuart's Dyspepsia Tablets is a radical cure. They go no farther than this, and any man or woman suffering from indigestion, chronic or nervous dyspepsia, who will give the remedy a trial will find that nothing is claimed for it that the facts will not fully sustain.

It is a modern discovery, composed of harmless vegetable ingredients acceptable to the weakest or most delicate stomach. Its great success in curing stomach troubles is due to the fact that the medicinal properties are such that it will digest whatever wholesome food is taken into the stomach, no matter whether the stomach is in good working order or not. It rests the over-worked organ and replenishes the body, the blood, the nerves, creating a healthy appetite, giving refreshing sleep and the blessings which always accompany a good digestion and proper assimilation of food.

In using Stuart's Dyspepsia Tablets no dieting is required. Simply eat plenty of wholesome food and take these Tablets at each meal, thus assisting and resting the stomach, which rapidly regains its proper digestive power, when the Tablets will be no longer required.

Nervous Dyspepsia is simply a condition in which some portion or portions of the nervous system are not properly nourished. Good digestion invigorates the nervous system and every organ in the body.

Stuart's Dyspepsia Tablets are sold by all druggists at 50 cents per package.

ter, repeating this with every spoonful.

Old Fashioned "Rye 'n' Injin."—Scald one cup of corn meal with one quart of boiling milk, and let it cook fifteen minutes; add two tablespoonfuls of molasses, teaspoonful of salt, beat well and let cool; have dissolved one ounce of yeast in two tablespoonfuls of water, and beat thoroughly into the batter; mix in three cups of rye meal (not flour); if the meal is very coarse sift out some of the bran, but keep the measure of three cupfuls to mix in; put into an iron pan, bake in a sponge cake oven, but let it stay in the oven two hours at least, covering closely to keep it from browning. Our mother's mother baked this bread in the old-fashioned brick oven, where it was left to stand all night.

Boston Brown Bread.—Two cupfuls of rye meal, one cup corn meal, one-third cup of molasses, teaspoonful of salt, teaspoonful of soda dissolved in two tablespoonfuls of water, and one pint of sour milk; beat well and pour into molds and steam for four hours. A "steam cooker" is fine for this.

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.