

The True Staff of Life

is bread made with

Yeast Foam

The Wonderful Yeast

Yeast Foam is the yeast that raised the First Grand Prize at the St. Louis Exposition. Sold by all grocers at a package—enough for 40 loaves. Send postal card for new illustrated book "Good Bread: How to Make It."

NORTHWESTERN YEAST CO.
Chicago, Ill.

sieve, allowing the liquid to fall into another vessel containing an additional pint of cold water, let settle and pour off the water and bottle for use. Softly rub the soiled fabric or garment with a sponge dipped in the potato water, after which rinse it in clean water, drying and pressing carefully.

Many handsome damask linen table cloths are ruined by careless washing. Prepare a suds of soft rain water and add to it a tablespoonful of powdered borax; wash through this quickly with the hands, rubbing lightly. If embroidered, wash through two waters. Rinse in clear, lukewarm water, then in slightly blue water (this for white linen; colored linen must not be dipped in blueing water) to which a little boiled starch has been added, and dry in the shade. For colored table linen, the washing must be done quickly, and the cloth hung at once to dry. Borax will set the color in red damask, and whiten the white kind.

For black or colored sateen, in water enough to wash a dress boil three quarts of common bran (such as we feed to stock, and which can be procured at any feed store), for half an hour, stirring so it will not burn; strain through a thin cloth, and, without soap, wash the waist, dress, or other garment in the water, as you would in soap suds, and when clean, rinse through clear water and hang to dry. When "just right for ironing," bring it in, fold down to dampen evenly and iron dry. You will be pleased with the result.

Query Box

Housewife.—Spanish whiting moistened with lemon juice will clean ivory.

S. E.—Itching scalp is sometimes caused by stomach trouble. Bathe in very hot water.

Hostess.—If the vegetables are served with the meat, not more than two kinds should accompany a course.

Jessie.—To prevent curdling of tincture of benzoin, add to the water drop by drop, stirring.

"A Reader,"—Daily application of

Allen's Lung Balsam

will positively break up a deep, racking cough past relief by other means.

lunar caustic, just touching the wart, but not the cuticle around it, will kill the wart.

Jay.—To remove the incrustation from the inside of your teakettle, fill it with water to which add a quite large piece of sal soda, and let the water boil for an hour, at the end of which time the lime deposit should be removed.

Carlotta.—To use benzoin, add two drachms of the tincture of benzoin to eight ounces of rosewater, a drop at a time, stirring, to prevent it curdling. When it is well blended, shake well and add a drachm of glycerine. Not good for constant use on a dry skin.

Thomas L.—To remove the grime from your hands, rub well into the skin at night a quantity of lard, using it as you would soap, to soften the skin; then wash in hot suds made with soft water and good soap, and scrub with cornmeal until clean. Rinse in clean, warm water, then in cold, and dry; then rub a little sweet oil or almond oil on them and wear gloves in bed.

L. Y.—To use the lime for chilblains, take a lump of lime as big as your fist; put in a vessel and sprinkle as much water on it as it will absorb, and leave it to dissolve. Then pour hot water enough on it to cover the feet well, and let the feet soak in this. The slacking lime will heat the water, and if it gets too hot, cool it; but use as hot as can be borne. Do not expose the feet to the cold at once after using it. Best to use at night.

Ella Brown.—Leave the benzoin out entirely for a while. Benzoin always dries and wrinkles the skin if used too freely. Soften the skin with cloths wrung from hot water, and then apply a good skin food, massaging it for fifteen minutes. Some good formulas given recently. Apply the treatment at night only.

Pretty Shawls

There are few women who do not love to work with dainty wool, silk, linen or cotton flosses and threads, and with a suitable sized crochet hook or knitting needles, handled with easily acquired skill, there is no end to the beautiful creations her deft fingers may turn out. Many of these creations are not only beautiful, but comfortable and useful, and greatly to be desired. Among them are the shawls, long, round, or square in shape, made of various degrees of daintiness and warmth, and for the making of these, Shetland floss or wool, either singly or in combination with other materials, is very popular. They may be knitted or crocheted, and the stitches are not intricate or the pattern tedious. Some of the prettiest are made in simple "garter" stitch, by a tasteful combination of color or finish.

In many of these shawls, especially those from the "store," there is a stringiness which is anything but lovely, but if the article is hand-made, this is usually due to careless knitting, or the "pulling" of insecurely fastened stitches. To make the work more satisfactory, one thread of mercerized cotton or silk should be used with one thread of the shetland floss, the cotton giving firmness to the floss and serving thus to preserve the shape. A pretty combination, if color is desired, is to use with cream white Shetland floss a thread of colored cotton or silk; straw, pink, pale blue, or any desirable color. The floss will take on the color of the cotton, and the effect will be lovely.

A shawl, circular in shape and variously called "opera," "umbrella" and "shell," is made of crocheted shells, very fluffy and dainty, by careful work. In crocheting this shawl it is necessary to make the shells as loosely as possible, and to draw the single crochet stitch which divides them as tight as possible. The single tight stitch acts

as a stay and holds the weight of the shawl, while the loosely made shells give it a fluffy look. If the single stitches are not drawn tightly, the weight of the shawl pulls down the shells also, and it becomes stringy. For a medium sized shawl, six to eight skeins of the floss will be required. The cost will be about 12 cents a skein.

For the Sewing Room

The following rules for fitting will be found reliable: After properly cutting and basting, see that the bodice is setting well down in the back to the waist line. Next, pin the front lines together from the neck to the waist; at the latter place, do not let out if too tight, as by so doing you immediately alter the set of the darts and give a broad, straight effect which is very ugly. Make the required enlargement at the under-arm seam, throwing the front of bodice more forward. Make any required fitting at the waist before touching the upper part, unless the bodice is a little short-waisted, in which case, by lowering the shoulders a little this may be rectified in this wise; open the shoulder seams and pin them temporarily together, fitting them properly after fitting the waist. If too long-waisted, pin a tuck all around the waistline in the lining and stitch it along each piece when they are all separated. If there is more fullness than is needed just in front of the armhole, an interlining of fine French canvas (the best kind of padding) will make it set quite smoothly; or, take up a small dart from the armhole edge, tapering it off to nothing at about the center (or below the top) of the back dart.

All seams should be pressed open and flat, and a snip is made where the curve at the waist-line needs loosening. The best-fitted waist may be spoiled by finishing the edges badly. They should be bound with binding ribbon held loosely and run on. The ribbon makes a neater finish than the edges turned in and overcast, and lies flatter. The bones should always be "sprung"—that is, they should be a little longer than the space into which they are to go, and caught top and bottom before sewing is begun on them, and then fastened down. They will give a smoothness around the lower part of a garment that is never seen where bones are held loosely.—Household.

One of the hardest things for the average woman to do is to keep the blouse and skirt from parting company in the back. Many settle the matter by drawing down the blouse tightly and securing it to the skirt band with a safety pin, and for a time, this works well; but after a few wearings the back of the blouse will be found hopelessly torn out. A better way is to stitch a plain little band—a fold of cloth will do, at the waist-line of the blouse, making in this a couple of holes at the back to be fastened to a couple of buttons sewn on the inside of the skirt-band. This arrangement must be made for each blouse and skirt, and should be the same in all, so that one can be worn with another. Another way is to use hooks on the skirt-band and eyes on the shirt waist band. The hooks should be strong enough to bear the weight of the skirt.

The skirts of girls of twelve to fourteen years, if the girls are well grown, should be down to the shoe-tops; for a girl of average height, or small, the skirt should not be quite so long.

Shawl or notched collars and deep, turned-back cuffs of white linen are made separate from the dress and basted on the inside edge to the lining, and are turned back over the coat collar and cuffs. Any girl who knows how

WHAT SULPHUR DOES

For the Human Body in Health and Disease.

The mention of sulphur will recall to many of us the early days when our mothers gave us our daily dose of sulphur and molasses every spring and fall.

It was the universal spring and fall "blood purifier," tonic and cure-all, and mind you, this old-fashioned remedy was not without merit.

The idea was good, but the remedy was crude and unpalatable, and a large quantity had to be taken to get any effect.

Nowadays we get all the beneficial effects of sulphur in a palatable, concentrated form, so that a single grain is far more effective than a tablespoonful of the crude sulphur.

In recent years, research and experiment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide) and sold in drug stores under the name of Stuart's Calcium Wafers. They are small chocolate coated pellets and contain the active medicinal principle of sulphur in a highly concentrated, effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health; sulphur acts directly in the liver, and excretory organs and purifies and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and molasses every spring and fall, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and can not compare with the modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the best and most widely used.

They are the natural antidote for liver and kidney troubles and cure constipation and purify the blood in a way that often surprises patient and physician alike.

Dr. R. M. Wilkins while experimenting with sulphur remedies soon found that the sulphur from Calcium was superior to any other form. He says: "For liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples and even deep-seated carbuncles, I have repeatedly seen them dry up and disappear in four or five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafer is a proprietary article, and sold by druggists, and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver and kidney troubles and especially in all forms of skin disease as this remedy."

At any rate people who are tired of pills, cathartics and so-called blood "purifiers," will find in Stuart's Calcium Wafers, a far safer, more palatable and effective preparation.

to sew can make these for herself, at very little expense; they should have a muslin lining to help keep them in shape when washed and starched. Simple girdles of various widths are easily made by shirring bias, or even straight silk or other material, nine to twelve inches wide, in flat gathers or clusters of tiny tucks, and boning them to keep the shape. These may be fastened invisibly with hooks and eyes in front. There is no end to the pretty accessories that may be fashioned inexpensively by the skillful needle worker.

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.