

gallon of bran, strain, and in this wash the black goods, as you would in soap suds. When clean rinse in clear water and hang in the shade to dry. Iron on the wrong side, to prevent "shining."

All white dresses and waists should be washed in mild suds of soft water; if much soiled, boil; but too much boiling in strong suds will make them yellow, in time. Silk waists should not be starched, but should be washed in borax water with a mild soap for suds.

Care of the flat irons is important. They should be kept in a dry place, where they can not rust. They must not be allowed to set on the stove when not in use. To prevent the irons from sticking, a pinch of salt should be added to the starch when mixing.

#### "Fat" for Frying Things

In the vocabulary of the cook, lard is not always what is meant by "fat," and often it will in no wise answer the purpose intended. To lay the foundation for a stock of "fat" in which it is intended to "fry things," take equal parts of lard and beef suet, melt together and strain through a fine strainer or cloth, into a tin pail or stone jar. All fat taken from the water in which beef, or ham has been boiled, or drippings from fried or roast pork, should be carefully tried out—freed from all water, and strained into this "stock" receptacle. Do not forget the straining of any addition, for this is very necessary.

When wanted for use, place as much as is necessary in the vessel to be used, and bring to a proper heat. A pot (iron) or kettle is preferable to a skillet, as it is deeper, and will not allow the fat to splash out on dropping things into it. There should be enough fat to boil the food in—to entirely cover it, and it should be smoking hot. No fat will fry when it merely boils. A blue smoke must rise from its still surface, but it must not be allowed to burn. Into this smoking fat

#### IT'S FOOD

That Restores and Makes Health Possible.

There are stomach specialists as well as eye and ear and other specialists.

One of these told a young lady of New Brunswick, N. J., to quit medicines and eat Grape-Nuts. She says: "For about 12 months I suffered severely with gastritis. I was unable to retain much of anything on my stomach, and consequently was compelled to give up my occupation. I took quantities of medicine, and had an idea I was dieting, but I continued to suffer, and soon lost 15 pounds in weight. I was depressed in spirits and lost interest in everything generally. My mind was so affected that it was impossible to become interested in even the lightest reading matter.

"After suffering for month I decided to go to a stomach specialist. He put me on Grape-Nuts and my health began to improve immediately. It was the keynote of a new life. I found that I had been eating too much starchy food which I did not digest, and that the cereals which I had tried had been too heavy. I soon proved that it is not the quantity of food that one eats, but the quality.

"In a few weeks I was able to go back to my old business of doing clerical work. I have continued to eat Grape-Nuts for both the morning and evening meal. I wake in the morning with a clear mind and feel rested. I regained my lost weight in a short time. I am well and happy again and owe it to Grape-Nuts." Name given by Postum Co., Battle Creek, Mich.

Look in each pkg. for the little book, "The Road to Wellville."

drop your "things," be they crullers, fritters, or what-not; whatever it is, it should rise to the top of the fat in a few seconds, and should be turned and let brown on both sides, and at once lifted and laid on brown paper, or in a colander, to drain. If the fat has been hot enough, scarcely a trace of the grease will be found on the paper. If the fat is not hot enough, it will be absorbed, and the food will not be fit to eat. Placing the dough in the fat will cool it a little, but if it gets too hot, and is in danger of scorching, it must be drawn a little from the fire, but must not be allowed to get cool.

While the fat is still hot, strain it into the jar, and, while the emptied kettle is still hot, wipe out with a newspaper (which burn immediately), then throw in a small piece of washing-soda, add water, set on the stove, bring to a boil, wash as usual, and the grease will have disappeared.

#### Quick Soap-Making

These directions must be clearly followed, if you would have success. In using poor grease, lard, butter, frying or kitchen grease, the salt must be washed out before using; this can be done by melting the grease in water; let boil a few minutes; set aside to cool, then take off the grease. When you open the can of lye, tie a cloth over the mouth and nose to prevent inhalation of the fine dust arising from it, as you turn its contents into the kettle. Get a ten-cent can of any good lye or potash, and turn its contents into an iron vessel with two and a half pints of cold water. Stir until the lye is dissolved; then set aside until the temperature by your thermometer is not over 80 degrees. Melt five and a half pounds of clean lard, grease or tallow, in a pan over the fire; when melted set aside until temperature is 120 degrees by your thermometer. If no thermometer is handy, the grease must be just warm to the hand, and the lye about summer heat (such as we had in 1901, when we all thought we should perish under the intense rays of the sun). Now slowly pour the dissolved lye into the grease, the lye must be stirred into the grease—not the grease into lye; stir until lye and grease are thoroughly combined and the mixture drops from the spoon like honey; stir slowly, but not too long, or the lye may separate from the grease; from one to five minutes is long enough, according to the grease and the weather. The lye must not be over 80 degrees, the grease not over 120 degrees heat.

Line a box with old calico to prevent the soap sticking, and as soon as you are done stirring, turn it into this mold; cover with a piece of carpet and set in a warm place for a few days, after which empty out and cut into squares. The older the soap is, the better it is.

#### Floor Covering

Linoleum for floor covering is much less care than stained boards and it may be used for the borders with pretty rugs scattered over the house. The worst enemy of linoleums is the woman with a scrubbing brush and pail of suds, but it is hard to convince her that both are a mistake. This floor covering should be rubbed about once a week with oil and methylated spirits, mixed in equal quantities, using only a little at a time on a soft cloth, and wiped dry with a chamois skin. Cheap grades of linoleum are expensive, because they do not last, and are far from satisfactory either in looks or wear.

To clean a carpet that has grease spots on it, take a warm suds made

of rain water and one of the various powders and, with a small scrub brush, scrub the soil out, changing the water when necessary. It cleans it perfectly. Various cleaning compounds are on the market, but one of the commonly used soap powders will do the work at less cost.

If tin vessels are set on the stove to dry after washing, one is apt to forget them, and they become over-hot, and the solder becomes loosened—which will mean a leak very soon. It is best to wipe as dry as possible and set them in a warm place—not on the stove.

A wire dish cloth is the thing for scraping pots and kettles, and its use will be very limited if one attends to washing up the cooking vessels as soon as emptied. Do not leave the "cook things" until after dinner—there will be plenty of dishes to be done at that time, and what there must be will make far less work if everything used about the food has been attended to at the proper time.

#### A Modest Reserve

One of our girls asks what she must do when a strange man makes himself offensively familiar, bows to her and smiles whenever he sees her. She neglects to tell me what she does do, and I am of the opinion that, whatever it is, it is not the right thing to be done. A man who will follow a woman and who will finally raise his hat to her, although he may not actually address her, holds her in no respect whatever. Men know that such actions are an insult to any modest woman, and they judge harshly enough of her whom they may approach with such attentions. Such conduct is no sign that the man is "in love" with her, or that she is irresistibly attractive to the male sex. A woman must not make the mistake of thinking that, when a strange man looks at her with open, bold admiration, it is because she is possessed of irresistible charms. If such attentions are not resented, even though no thought of harm may enter your mind, you will be the object of suspicion to more than the man in question.

A modest woman carries her refinement with her into all situations, and she does not take kindly to questionable attentions from unknown men. The least tolerance of such treatment will bring insult, to say the least. Occasionally, a lady may be so situated as to compel her to ask slight aid from a stranger, but no gentleman will presume upon this necessity to do more than see that she is righted, then go his way. A strange man will not make advances to a woman who shows the necessary self-respect. Any girl or woman should draw about herself a line of individuality so marked that it will be a very bold man who will dare attempt to cross it. Such attentions, at the very first, should be strictly ignored, and if it is repeated, a woman is justified in appealing to the first man she meets to protect her from further insult. Almost any man, no matter how bad he may be, himself, will resent an insult to a woman who conducts herself properly. But the woman should first resent it herself, by a proper bearing and personal respect.

#### Too Hungry to Learn

It is claimed by authorities having the matter under advisement, that there are thousands of children sent to school chronically ill-fed, and with vitality so low in consequence of lack of proper nourishment that they cannot

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prosper with their lessons. The great majority of these children come from families where either the parents are out of work, or the wages earned are inadequate to the needs of the family in the way of supplying food. It cannot be blamed against the children if, hungry and weak, they cannot learn, and it cannot be blamed against the parents when employment is denied them, or the wage too small. If no wages, or too small, are coming in, the children get little to eat, and that little not of a nourishing kind, thus undermining their vitality and rendering them incapable of mental effort. Charitable officials in some of the great cities are turning their attention to remedying this evil, which has been brought to their notice by the perusal of a recently published book, "Poverty," written by the settlement worker and student, Robert Hunter, who also points out a means looking toward a remedy for the evil. The author of this movement says: "In Paris they have kitchens and refectories in the schools, and substantial little breakfasts and lunches. The meals are paid for by tickets. There is a board to determine what parents shall receive tickets free. In this city (New York) children would never know whether they were using free or paid for tickets, and the rich and poor would sit down together. Of all forms of charity, this seems the most harmless; you cannot pauperize the children. It is their right to be cared for, and they make no distinction as to who does it." The author claims that 76,000 school children are chronically ill-fed, and that, on account of being hungry most of the time, they are not capable of doing school work properly.

It is not only the poor children of the city who are "chronically ill-fed." Children from thousands of well-to-do families are turned out every morning anything but well-fed, even where means are abundant, owing to the ignorance of parents as to what foods are nourishing and what are simply "filling," and agreeable to a poorly developed palate.

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