

in their composition being best. Fruit should not be neglected. At first one's family may balk a little at some of these plain, coarse dishes, and there may be cases where delicate stomachs will rebel, but as a rule people with normal appetites will prefer this kind of diet.—Farm and Fireside.

#### How to Keep Clean

Now that spring has actually come, we are delighted to put away our heavy winter garments, and array ourselves in lighter and fresher apparel. But in order to preserve their freshness and neat appearance, it is necessary to exercise considerable care. Skirts that clear the ground are the best possible wear for all women, more especially for those who, from necessity or preference, spend much of their time out of doors. For the sake of health as well as cleanliness, no woman should wear a trailing gown in the street. The bare idea of sweeping up the dust and filth, with their attendant germs, from the streets, and carrying them into our houses on the edge of our skirts, is disgusting in the extreme. It is a good rule to take off your skirt immediately on entering your home, give it a thorough shaking outside the door, and also a good brushing with a whisk broom, before hanging it up. The skirt should also be looked over carefully, before putting it away, and if there is a spot on it use a little gasoline or ammonia and water to remove it. If the material is delicate, grease-spots may be removed by rubbing some French chalk over them, allowing it to remain until the grease is absorbed.

A coat should never be hung up by the strap at the neck, or it will be drawn out of shape across the shoulders. Shirt-waists and bodices should be well aired after wearing, before being put away. Boots should be removed on entering the house, and wiped clean with a soft cloth to remove all dust. A change of shoes is a rest for tired feet. Shoes harden, if the dust is left on them. Hats

#### DAME NATURE HINTS

##### When the Food is Not Suited

When Nature gives her signal that something is wrong it is generally with the food; the old Dame is always faithful and one should act at once.

To put off the change is to risk that which may be irreparable. An Arizona man says:

"For years I could not safely eat any breakfast. I tried all kinds of breakfast foods, but they were all soft, starchy messes, which gave me distressing headaches. I drank strong coffee, too, which appeared to benefit me at the time, but added to the headaches afterwards. Toast and coffee were no better, for I found the toast very constipating.

"A friend persuaded me to quit the old coffee and the starchy breakfast foods, and use Postum Coffee and Grape-Nuts instead. I shall never regret taking his advice. I began using them three months ago.

"The change they have worked in me is wonderful. I now have no more of the distressing sensations in my stomach after eating, and I never have any headaches. I have gained 12 pounds in weight and feel better in every way. Grape-Nuts make a delicious as well as a nutritious dish, and I find that Postum Coffee is easily digested and never produces dyspepsia symptoms."

Name given by Postum Co., Battle Creek, Mich.

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should also receive a good brushing before putting away. Many women, otherwise very particular as to neatness, neglect to brush their hats, and leave them with an accumulation of dust which quite disfigures them. It is essential for every woman who wishes to make a neat appearance, to pay attention to these details.

#### Query Box

**Housewife**—If the paint is fresh, rub well with a cloth saturated with turpentine, then wash in soap suds.

**Busy Bess**—A worker in metals is authority for the statement that an ormolu clock may be cleaned at home, by applying with a soft brush a thin paste made of ammonia and whiting mixed.

**L. H.**—For the iron rust saturate the spots with lemon juice; have water in the teakettle boiling briskly, hold the spots over the spout, and the rust will soon disappear.

**Mrs. G. B.**—For home-made baking-powder, taken twenty ounces cream of tartar, nine ounces soda, one package cornstarch (common size), sift together several times, and bottle up in glass fruit jars or baking powder tins.

**D. J. B.**—To get rid of the red ants, try this: Spread a little lime in their runways, and they will suddenly disappear. Or, simply make a chalk mark around rug or box, or lard jar, or whatever they bother. They will not cross a chalk line if they can possibly help it.

**L. S.**—This is perhaps what you want for lemon ice: To a heaping teaspoonful of gelatine dissolved in two gills of cold water, add one quart of boiling water, twelve ounces of sugar, and the strained juice of eight lemons; mix thoroughly, strain and freeze.

**Mrs. Emma S.**—Perhaps this is the recipe you want. It is said to be quite satisfactory: Take two quarts of wheat bran, one quart cornmeal, and one cup New Orleans molasses; mix all together and brown in the oven, until it is a nice brown. Make it the same as you do store coffee.

**D. R.**—For any accidental cut with glass, rust iron, or nail driven into the foot, this recipe is one of the very best. It is claimed that it will prevent lockjaw, but I know it soothes and cures the wound: Take a raw red beet, and cut it in half; scrape or mash it into a pulp, and apply it to the wound, and also to the palms of the hands, binding it on like a poultice. It draws the poison out and prevents it from spreading.

**M. F.**—Here is a method highly recommended for dry-cleaning—hair-brushes: Take the brush by the handle, and strike gently but firmly the whole face of the bristles on a board or other smooth surface. After twenty-five strokes, you will find that the dirt has nearly all gone, and the "wooly" stuff that gathers at the base of the bristles has come down to the ends, where a comb will quickly remove it. Keep this up until the brush is clean. This does no harm to the brush.

#### "The Social Glass"

"Girls, never, never, never, no matter what the circumstances may be, or what your companions may be doing, allow yourself to be persuaded to partake of any spirituous liquors. It may seem innocent enough to you to indulge along with a crowd of friends in a glass of wine or beer—but do not do it. It is not right. It is the beginning, in every case, of something you will be sure to regret in later years. If you allow yourself to be over-persuaded, you will find, right away, that you will talk too much, and say a number of things

you will be sorry for the next day. Then, too, it will make your face red and shiny, and every girl, no matter how liberal minded she may be, wants to make the very best appearance possible; and if for nothing else than the effect it will have upon her personal appearance, the prudent girl will let liquor strictly alone. If you drink liquor with a man it is as certain to follow as that the night follows the day that he will immediately get familiar with you, or at least attempt to do so. It may be only a shade of familiarity that is attempted, but it will make you blush with shame to feel that you have placed yourself in a position that makes such a thing possible. Drink not only makes people disagreeable and quarrelsome, but it also destroys a girl's charm in the eyes of her men acquaintances. They may not tell you so—they may not even show it, and you will perhaps think they feel the same toward you as they always did—but they will not. The fine bloom will have been rubbed off from the fruit, and they are sure to rate you somewhat lower than they did before your indiscretion. A man who really has any regard for you, would knock down any one who proposed such a thing.—Inter Ocean.

#### For the Sewing Room

In the course of your spring and summer renovation, put away in moth-proof storage all still-serviceable cast-off woollen underwear, and the good parts cut from others, to be used as "cut-downs" and patches for next fall. These will serve as "go-between" garments until the weather is cold enough to put on the new and thicker flannels.

It is a good idea to classify one's work, cutting out and making up as far as possible all of each kind of garments at hand, thus doing while all measurements are fresh in the mind. All the skirts may be cut at once, and blouses and waists similarly treated, and made up as fast as possible.

When the children's little muslin drawers wear out, as they always do in the seat, take the fronts of two pairs of similar size, sew around the curved seam as usual, and up the sides to the vents; rip off the trimming that is the same on both halves, and sew in its place that ripped from the discarded half, and already on one pair of halves being used. The result, with no more expenditure of time, will be a whole garment rather than two patched ones, which will wear and look better than patches.

#### Contributed Recipes

**Garden Greens**—Pick over carefully fresh, tender beet-tops, a few tender horse-radish leaves, turnip-tops, and the thinnings of the cabbage-bed; boil in slightly salted water until tender; drain and season with butter and pepper, and serve hot with vinegar.

**Spinach greens** may be cooked as above, and served with vinegar, lemon, or salad dressing; or it may be cooked with a piece of nice salt pork.

**Green Peas**—Stew until tender, one quart of peas in a very little water, leaving the vessel open; without draining, add a teaspoonful of flour, mixed smooth with a teaspoonful of butter; season with salt and pepper, and serve hot. Small new potatoes or asparagus may be served with the peas.

**Fish Salad**—Take any fish left from dinner, and four times as much potatoes as you have fish. Grind all together as you would for hash; put a little butter in a skillet and heat the mixture; take a large platter, place on it some lettuce leaves, a spoonful of hash to each leaf, garnish with sliced hard-boiled eggs, and pour over it a nice salad dressing.

**Salad Dressing**—Mix scant half tea-

spoonful each of salt and mustard with one large table-spoonful of sugar; add one egg slightly beaten, two and a half table-spoonfuls melted butter, three-fourths cup of cream. Heat and add slowly one-fourth cup vinegar, and cook until it thickens. Serve cold.

**Kraut Dumpling**—Boil a piece of bacon about three inches square, till done, add a quart of sauer-kraut, and cook half an hour. Take up the meat, and add more boiling water. For the dumplings, two teacups sour milk, and one level tea-spoonful of soda. Mix to a very stiff batter with flour. With a spoon cut off little bits of the batter, and drop into the soup.

#### Fads and Fancies

A few years ago when the germ theory came upon us like a flood, it was decided that all milk to be fed to infants must be either pasteurized or sterilized. Pediatricists are now receding from this position, there being a wide and increasing impression based upon observation, that a diet of milk that has been subjected to heat in this manner is liable to produce rickets, pot-belly, sweating, flabby muscles, craniotables and restlessness at night. Fresh, pure, raw cow's milk is once more in the ascendant.

People have no fault to find with breakfast foods, except the high prices and extravagant claims made for their nutritive values. They are no more nutritious than the wheat, corn, oats, or rice from which they are made; nor are they any more healthful. The claim of predigestion made for nearly all the foods was found, says the Michigan Experiment Bulletin, to have a very limited foundation of fact. The chief advantage if not the only one, of prepared breakfast foods, is their palatability, and that is the real cause of their enormous consumption, and for this the consumer pays a high price. Breakfast foods are costly, but not fraudulent, although this last can scarcely be said of the means used to create a demand for them. The raw material, worked up properly at home, is just as nutritive and far less straining on the pocket-book.

Coffee enthusiasts will find justification for their much-maligned favorite beverage in the work of two American investigators, who have published their work in the American Medical Journal. These original workers have been experimenting to determine the antiseptic qualities of coffee infusions. They find that a ten per cent infusion prevented the growth of micro-organisms, such as typhoid and anthrax bacilli, etc. If they are correct in this contention it would seem that coffee drinkers should be immune in a large measure from those diseases due to infection of the alimentary tract. The germicidal properties of coffee are surprising. It was found that ground coffee well mixed with the yolks and whites of eggs, and with chopped beef, prevented decomposition. Some observing housewife may dispute this from her observation that coffee infusions exposed to the air for some time often become covered with mould; but closer investigation will disclose the fact that, while this may happen, the infusion itself never becomes sour or turbid, through bacterial development.

#### THE PECULIAR MOTION

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