

sulphur is also recommended for the bites.

Emma S.—Cream, to be easily whipped, should be about twenty-four hours old, not too thick, and not too thin, and perfectly cold. Put it into your "whip churn," which should be well chilled; turn the handle slowly and continuously for several minutes, keeping it cold as possible all the time. Or, put the cream in a bowl, stand this in another bowl of ice water or cracked ice, and beat with an egg beater or a syllabub spoon. Skim off the froth as it is beaten to the surface, and set on ice until needed.

**Flies and Garbage**

We are told that flies, the common household pests, are not all bad, but it is hard to make the irritated housewife see any good point to them. We know they are disease-carriers, and a nuisance in the house, no matter whether kitchen or parlor, and we are extremely glad when we get them shut outside. But they swarm only to places where there are kitchen wastes and unslack methods of housewifery, such as ill-smelling garbage or decaying waste matter. When you find them swarming around the kitchen, go and look for the cause, and by scrubbing and cleaning until the attraction is removed, you will get rid of the army, though a few inquisitive ones may still be on the lookout for "forage." There is always, even in the best regulated houses, enough of such matter to attract a few, but if all foods and water are covered from them, and all waste matter of whatever kind taken away from the house, the floors and wood work kept well wiped and clean, they will be in a beautiful minority.

In hot weather especially, all garbage should be buried or burned. In order to burn, however, it should be dried, and it would "smell" before it had time to dry; burying is not always sufficient, as there is always the probability of its being brought to the surface by dogs or other animals before it has lost its smell. To insure against this probability and prevent the fouling of the air by exposure, pour over it a solution of equal parts of common washing soda and lime. Good, common earth is one of the best disinfectants, and the solution of soda and lime will dissolve most articles so they will readily become incorporated with the soil. One of the best "soils" for potting plants is made by burying all vegetable refuse and sprinkling soil between its layers. For this purpose, a hole should be dug, and each day's garbage put into it, covering at once with a layer of soil, continuing until the hole is filled, and over it pouring such slops as are rich in soap suds and grease collected from the washing and cooking vessels and dishes. It will take a whole season for it to thoroughly decay, but it is fine for plants.

**"Gathering Up The Fragments"**

Do not forget that watermelon rinds make a most beautiful as well as palatable preserve. By properly hardening, the rind may be cut into all sorts of shapes—leaves, diamonds, hearts, stars, animals, flowers, according to one's fancy. The syrup is so clear that it may well be compared to "bottled sunshine," whatever that is. Save your material from melons having the thickest rinds, and cut off all red, the fleshy part, and thinly pare away the green outside. Put to harden in a strong solution of salt and water, and leave over night. Or a solution made by a lump of alum as large as a walnut to the gallon of

water, leaving to stand the same length of time. When hardened, wash the rind in clear fresh water, or bring to a boil in clear fresh water, to remove the salt or alum. Cut into shapes desired. Use nothing but good white sugar, and do not cook the syrup so long as to give it the least brown tinge. As the taste is somewhat insipid when the rinds are used alone, slice a few lemons—two or three to each gallon of the finished preserves—and cook with it. Proceed as in making other preserves, and when just done, seal in pint jars. Too much cooking will give the preserves a brown tinge as well as cause the syrup to granulate or harden into a solid mass.

A syrup is made, relished by many, by cooking down the red meat until it can be strained, and the water boiled down to a syrup. It does not require sugar, as it is sweet enough.

When making jelly, it is a good idea to utilize the pulp of the fruit used after the juice is drained off, for making marmalade. Rub the pulp through a colander in order to remove all seeds or pieces of skin and proceed as in making the various "butters," with sugar to suit the sour or sweetness of your material. It must be constantly stirred, and the least scorching will ruin the whole batch. When putting away, it should be stored in small jars or glasses, that too much may not be disturbed at one time. Over the top should be poured a little melted paraffin wax, to prevent mould. All such things should be kept in a cool, dry, dark place.

**The Nervous Child**

One can but pity the child born with a nervous temperament, much as such a temperament is to be desired, if the parents do not know how to bring out the best that is in him. The future of no child is more absolutely in the keeping of its parents than is that of a "nervous" child, and his well-being and usefulness to the world is made or marred by the training he receives. Such a child is usually hard to understand by the average parent, and by injudicious treatment he may grow up a physical and moral wreck, even though the mentality may not be dwarfed or warped. Such a warped disposition will cause him to be a very Ishmael among his kind, at odds with everything he meets, while the proper treatment will give to the world a most lovable man or woman, affectionate, gentle, sensitive, sympathetic, and intelligent.

The nervous child is often of a very strong character, wilful and seemingly headstrong, because his brain power gives him a feeling of self-reliance, and he is generally difficult to manage, especially if the parents be impatient and unreasonable in their demands. Scolding only adds to the nervous tension, fault-finding irritates and discourages, and severer punishment, such as whippings and shutting in a dark room, are cruel in the extreme. Corporal punishment should never be resorted to in the case of such a child, as he is usually amenable to reason, and tractable to kindness. Being above the average as to intelligence, he should at all times be treated as an intelligent being. A nervous child must be guided; he can seldom be driven. Loud, harsh commands are as bad as blows, and unreasoning opposition only serves to make him more obstinate in his ways. Such a child is usually of strong likes and dislikes, and an act of injustice is not often forgotten or easily forgiven, and harshness or forceful demands only serve to drive him from the companionship of those who so use him. Let the parent of such a child learn first to govern himself before undertaking to en-

force obedience from the little soul who is often wiser than is the parent to whom it is intrusted.

**Mother's Vacation**

During the hot, enervating days now upon us, it is better to feed the family on bread and milk, or let them "forage" for themselves awhile, and give the tired mother a vacation, than to keep her grilling over a hot cook stove, turning out roasts, pies, cakes, and other "cooked things" to please the capricious, or voracious appetites of the family. Mother is the last of the family to think she needs a vacation. Indeed, if you hint such a thing to her, she is usually surprised into speechlessness at the folly of such a suggestion. She would tell you that such a thing was utterly impossible. There is so much necessary work, these hot days, that cannot possibly be shirked, she thinks; and really, when you sit down and think of it, you are almost persuaded that she is right. No one could be so illy spared as mother. She must not neglect the putting up of her fruits, and filling her shelves with the abundance of the fields and gardens; then there is butter, and in many families, cheese to make, and nobody can do all this but mother. The poultry must be looked after, too, and, in the multitude of her duties, she forgets that she owes a duty to her family far higher than merely to look after their material wants. She forgets that it is her duty to look after herself; to attend to keeping herself wideawake, wholesome and healthful both mentally and physically. Mother too often becomes a machine, and grinds away as any other machine does, until it breaks down or wears out, and then, patching herself up temporarily with drugs or drenchings, she goes on a little further, "even unto the end." And the pity of it is, that her family will let her do it; they even get to expecting it of her, and, accepting it as their right, go blindly on, always pushing her into the background which she seems to like best, until some day, the cord will snap—the wheels get out of gear, and they will sit helplessly down and wonder how they can ever get along without mother.

Now, girl, just give mother a thought. See that she has her vacation, too. She won't get many more of them, but she ought to have at least a rest and a change of scene. Cannot you advise one for her?

**Cucumbers**

There is nothing in the cucumber itself that will cause bowel troubles, but if not properly masticated the fibers and seeds irritate the mucous lining of the intestines and cause such an increase in the peristaltic movements that diarrhea results and sometimes the case may become so severe that even life itself is in danger. The common sense precaution is to thoroughly masticate every particle of it, and not too much of it at once. It can be preserved in so many ways, and is acceptable in so many forms besides the salt pickle, that we give a few of the best.

Small Cucumber Pickles.—Pack very small cucumbers in glass jars; mix one cup of salt, one cup of sugar and four quarts of vinegar, and pour into the jars until full; put a piece of horseradish root and a little red pepper on top and seal tight.

Sweet Cucumber Pickles.—To every gallon of small cucumbers add two tablespoonfuls of salt and pour boiling water over until covered. Repeat every morning, throwing away the liquor drained from them, for five mornings. Then, take one-half gallon of vinegar, sweeten with sugar, add spices, bring to a boil, put cucumbers in the boiling vinegar; heat through, and put into glass jars while hot, cover with the hot vinegar and seal.

Curried Cucumbers.—Chop fine enough cold mutton or veal to measure two cupfuls; season highly with salt and pepper, and one tablespoonful of onion sauce and one well beaten egg. Pare one-half dozen good-sized cucumbers, cut in two crosswise, and carefully scrape out the seeds. Stuff with the forcemeat, packing it in well. In a sauce-pan put two tablespoonfuls of butter and one large onion chopped fine, and cook slowly until the onion is brown; add one heaping tablespoonful of flour and one teaspoonful of curry powder and brown again; then gradually add two cupfuls of good stock. Stir until thick and smooth, season to taste and strain. Arrange the cucumbers in a saucepan, pour over them the sauce, cover and simmer until tender—about half an hour—and serve.

Fried Cucumbers.—Pare large (not ripe) cucumbers lengthwise; cut in thick slices lengthwise, wipe dry with a towel; sprinkle with salt and pepper and dredge with flour; fry in a mixture of lard and butter, half and half. Brown both sides and serve. Or, pare and cut in lengths and boil until tender; salt to taste and serve with a delicate cream sauce.

Cucumber Sweet Pickle.—Take overgrown cucumbers that can not be used as salad; ripe cucumbers may also be used. Peel the cucumbers and cut in quarters lengthwise; scrape out all the seeds. Put the cucumber shells into a large saucepan with enough cold water, well salted, to cover them; stand over a slow fire and let simmer gently until tender enough to be easily pierced with a broom straw; then carefully lift from the water and lay in a stone crock or jar. Put enough vinegar to cover the cucumbers into a saucepan over the fire; to each pint of cider vinegar add a gill of tarragon vinegar; a few whole cloves, one bay leaf to each half pint of vinegar, a pinch of cinnamon broken into small bits and two or three blades of mace. When the vinegar begins to boil, add enough sugar to make it pleasantly sweet, and as soon as the sugar dissolves, pour boiling hot over the cucumbers. They will keep anywhere, if made right.

Raw Cucumber Catsup.—Take three dozen cucumbers and eighteen small onions, peel and chop very fine. Sprinkle them with three gills of salt; put in a sieve and let drain well over night. Add a teacup of mustard seed, half teacup of ground pepper, mix well and cover with good cider vinegar. May be sealed in small open-mouthed bottles.

**COMES A TIME**

**When Coffee Shows What It Has Been Doing**

Of late years coffee has disagreed with me," writes a matron from Rome, N. Y., "its lightest punishment was to make me 'logy' and dizzy, and it seemed to thicken up my blood.

"The heaviest was when it upset my stomach completely, destroying my appetite and making me nervous and irritable, and sent me to my bed. After one of these attacks, in which I nearly lost my life, I concluded to quit and try Postum Food Coffee.

"It went right to the spot! I found it not only a most palatable and refreshing beverage, but a food as well.

All my ailments, the 'loginess' and dizziness, the unsatisfactory condition of my blood, my nervousness and irritability disappeared in short order and my sorely afflicted stomach began quickly to recover. I began to rebuild and have steadily continued until now. Have a good appetite and am rejoicing in sound health, which I owe to the use of Postum Food Coffee." Name given by Postum Co., Battle Creek, Mich.

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