

greatly to be desired. If she "looketh well to the ways of her household" in these matters, surely the otherwise shivering little ones will "rise up and call her blessed."

Query Box

Annie M.—Answered you by mail.
Mrs. C. L.—Sent your address to the publishers.

Harriet.—Can not give business addresses in this column, but if you send stamped, addressed envelope, will forward address.

F. B.—It is a mistake of the printer. It should read "fluid or solution" instead "of solution."

R. L. R.—For thinning coal tar, J. W. M. recommends turpentine, adding and stirring until the tar is of the required consistency.

Student—China has possibly the greatest supply of anthracite coal, and it may be that the United States may, in time, have to look to the west for her supply. (2) See Encyclopedia.

Invalid—Your family physician will be your best adviser. Olive oil is largely recommended for liver troubles—especially torpid liver and consequent stomach troubles. It is to be taken teaspoonful before breakfast and teaspoonful after supper. It acts something as a cathartic, and may induce increase of flesh as the health improves.

R. M.—To make camphorated oil, pound some gum camphor and fill a wide-mouth pint bottle or jar one-third full of the gum; fill up the jar with olive oil (the best oil of Lucca), and set away until the camphor is absorbed. It is used as an external liniment, for sore chests, sore throat, aching limbs, and other like ailments. (2) Best ask your physician.

C. L. F.—This recipe is furnished us by a technical chemist of Chicago, and is the one recommended by him to curators of museums and collectors, for the restoration of old documents written with nut-gall ink (the usual kind then used). One drachm of gallic acid, one drachm tannic acid, dissolved in two ounces of alcohol. Apply this solution lightly to the faded document with a camel's hair brush; let dry and repeat.

Francis S.—For cleaning brass wire, mix one ounce of oxalic acid, six ounces of rotten-stone (all in powdered form) in one ounce of sweet oil; add enough water to make a paste. Apply sparingly to the brass and rub dry with flannel or chamois skin. The "liquid dip made of nitric and sulphuric acids" which you inquire about is too corrosive to be recommended.

Mrs. S. K.—A skin food is largely composed of oils which nourish the skin tissues, making it smooth, soft and clear; cold creams are more to heal and refresh the skin, and is applied to do away with the drawn feeling after washing, to cleanse, or to prevent roughness or chapping. The food must be well rubbed in the cuticle after a thorough cleansing with pure soap and water; the cream is merely rubbed on with light massage.

Floral Sister—The rose, *Helene*, is a seedling of *Crimson Rambler*; is perfectly hardy and exceptionally vigorous; flowers are borne in large clusters, and are deliciously fragrant. The individual blossom is semi-double, and about twice the size of its parent. Upon first opening, the color is a beautiful pink, fading gradually to almost white, and thus, on each cluster, there are always several shades at one time. It may be ordered of any nurseryman this fall, planted and given a little protection during the winter.

Busy Bee—This is recommended to take the grease out of your silk, but one should always test a recipe on a bit of the silk before putting it to use on the garment: Begin by pour-

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.

ing over the spot two or three drops of rectified spirits of wine, covering instantly with a linen cloth, for a few minutes. The spot will look tarnished, for a portion of the grease will remain. Drop on the spot a few drops of sulphuric ether and rub a little; if carefully done, no mark or circle will remain. Eau de cologne will also remove grease from cloth or silk.

For the Dairy

Temperature is a determining factor in the churning of cream, but on most farms the thermometer is unknown. One suitable for dairying work may be purchased cheaply almost anywhere, and no farm should be without one. The common thermometer in a japanned iron case is usually inaccurate. To test the thermometer, heat water to the active boiling point, warm the thermometer gradually in the steam, and then plunge it into the boiling water. If it indicates a fixed temperature of 212 degrees, the instrument is a good one.

A temperature of 48 to 54 degrees F. in warm weather will be found the best for the cream. After temperature, the next essential is the souring or ripening of the cream; it requires usually about twenty-four hours at a temperature of 70 degrees F. to ripen properly. The kind of churn used is also important. Cream is churned by agitation, which must be violent enough to beat the small globules of fat together, yet if too violent the butter will be of inferior quality, and a large per cent of the fat will be lost in the buttermilk. A churn without inside fixtures is usually recommended; and it must at all times be kept perfectly clean. When a cow is "fresh," cream from her milk will generally churn easier than from that of a "stripper." From the cream of some cows, butter will "come" in a very short time, but with that from others, a longer agitation will be required.—Rural World.

Ice for Nausea

A physician advances the theory that the distressing sensation of nausea has its seat in the brain, and not, as is usually supposed, in the stomach; that relief may be obtained by cooling the base of the brain. He claims to have tested this often and thoroughly in cases of sick headache, bilious colic, cholera morbus, and other ills in which the nausea is a distressing symptom, without a single failure. He states that he once relieved the nausea resulting from cancer of the stomach by the application of ice to the back of the neck and base of the skull. The ice so used should be broken fine and the bits placed between the folds of a towel. Relief may be obtained by holding the head over a sink or tub and pouring a small stream of water on the neck. Some time when you have a sick headache, try this method. It will do no harm, even if it does not help.

Requested Recipes

For Stuffed Peppers, take one dozen green peppers (the large, sweet kind) and cut the stems from the tops; take out the seeds and scoop the insides out well; take one cupful of finely-chopped, boiled beef tongue, mix with a cupful of stale bread crumbs, two tablespoonfuls of chopped parsley, one small onion minced, and three tablespoonfuls of stewed tomatoes. Mix thoroughly, and fill the peppers with the mixture, place in a baking pan, stem side up, pour over two cupfuls of stock and set in a moderate oven one hour, to bake. When done, take up very carefully and serve with brown sauce.

Apple Jelly can be made at all seasons, but later in the fall is better for the purpose. All varieties of ap-

ples, except the sweet kinds, will make jelly. Take any tart apples, wipe, cut into pieces without peeling; put into a preserving kettle and boil slowly until the apples are tender, then drain through a jelly bag. Do not squeeze. Put the juice into a porcelain-lined kettle and let come to a boil; add the sugar, stir until it is dissolved, and let cook rapidly until it jellies, which should be in about twenty minutes. When ready to take up, put in glasses, let cool, and pour over the top of each a little melted paraffin wax. Some kinds of apples require very little sugar to "jell," while others require more.

To make Quince Jelly, peel, quarter and core; put in a kettle, cover with water and let cook until tender; strain through a jelly bag, let drip, but do not squeeze. Measure the juice, put over the fire to heat, adding a pound of sugar to every pint of juice, and let boil two or three minutes. Pour into glasses, cover and set in a cool, dry place. When cold, pour over the jelly a little melted paraffin wax. In making quince jelly, if the seeds are not removed before cooking, the jelly will be rosy.

For Blackberry Cordial, heat the blackberries, which should be quite ripe, until the juice will readily strain away when put into a jelly bag, and let drip as long as it will. Then, to one gallon of pure juice, add two pounds of granulated sugar, a tablespoonful each of ground cloves, allspice, cinnamon and ginger, with two grated nutmegs. Put all into a preserving kettle and let simmer for twenty minutes. Take from the fire, let cool, and add a pint and a half of good brandy. Seal in bottles. Especially good in bowel troubles during hot weather.

Okra Soup.—Slice one onion and put into a frying pan with a slice of fat ham; let brown; cut up two quarts of okra and four tomatoes, put into a soup kettle with a bunch of parsley, turn in the fried onion, add half a gallon of water and set over a fire to simmer slowly for one hour; add a pod of red pepper and a teaspoonful of salt, let cook one hour longer; take up, strain through a colander and serve.

Beaten Biscuit.—Sift one quart of flour; add a tablespoonful of salt and a tablespoonful of lard, with sweet milk enough to make a stiff dough; knead until elastic, then beat for twenty minutes, turning and rolling and beating again. Roll thin with rolling pin, cut into biscuit and bake in a quick oven.

Cooking Simlins.—Peel and slice six tender, well-grown simlins, put into a saucepan with very little water, set over the fire and let simmer until cooked low; take up, mash, return to the saucepan with a tablespoonful of butter, two of cream, pepper and salt to taste, let cook slowly for half an hour. Or, the simlins may be laid on top of other vegetables and cooked until tender.

For Fried Tomatoes, cut large, ripe, solid tomatoes into thick, round slices; place in a frying pan, put bits of butter over the slices, dust with pepper and salt and set over a moderate fire; when the tomatoes are tender, take up very carefully and slice off onto a heated dish; brown the butter in the pan, add a little grated cracker, stir, and pour over the tomatoes.

Tomato Jelly—Requested

Choose very red, ripe tomatoes and heat them through, so the juice will come out readily. Press through a wire sieve, or, better, a regular puree sieve, to remove all skin and seeds, but retain as much of the fine pulp as possible. Meantime, have soaking in half-pint of cold water for half an hour, one-half box of gelatine, then add from a pint to a pint and a half of boiling water and stir thoroughly

until well dissolved. Season the pint of tomato juice with salt, a little cayenne pepper and whole cloves, allspice and cinnamon, and a little celery seed, if liked. Add the tomato juice to the dissolved gelatine and let it boil one or two minutes; strain through a jelly bag into a mold, putting in a few spoonfuls of jelly at a time and keeping the rest hot. Use a double or hollow mold if you have one, and put it on ice to harden.

When time to serve, remove from the mold, and if you have used a hollow mold fill the hole with a thick mayonnaise mixed with chopped olive and celery and a dash of onion juice. Put it on a platter and garnish with lettuce and sliced tomatoes; or it can be surrounded with more mayonnaise. If you have not used a double mold, dig out a Lole in the jelly just before serving, with a hot spoon; the mold can be lined with thin slices of tomato before putting in the jelly. Then it must be set on ice and the jelly, after it has been strained, must be kept hot and put in a spoonful at a time. As fast as it hardens add more, and in that way, the slices will stay in place and will not persist in floating on the top. This is particularly cool and nice for luncheon on a hot day. If kept on ice it will be perfectly good for two days. Some gelatines are stiffer than others, so the directions on the package must be consulted.

"A Good Cook"

A good cook studies the range she is to cook on, familiarizes herself with its drafts, dampers, and heating capacities; learns its capabilities and how to maintain sufficient heat with the least consumption of fuel. She makes an intelligent use of the proper utensils, consults tastes and yields to preferences, and tries to suit the tastes of those for whom she works. She never "guesses," but carefully measures, and follows directions. She begins her preparation in time, and does not have to rush things at the galloping point in order to have dinner on time. Her stove is never red-hot on top, nor her cooking utensils burnt out because of too great heat. She "puts brains in the pot with the meat," and seasons every dish with care, watchfulness and thought. A bad cook is a wasteful extravagant cook, and bad cooking will spoil the most expensive material, while good cooking will make of cheap pieces food that is both nourishing and appetizing.—Ex.

BABY'S INSTINCT

Shows He Knew What Food to Stick To

Forwarding a photo of a splendidly handsome and healthy young boy, a happy mother writes from an Ohio town:

"The enclosed picture shows my 4 year old Grape-Nuts boy.

"Since he was 2 years old he has eaten nothing but Grape-Nuts. He demands and gets this food three times a day. This may seem rather unusual, but he does not care for anything else after he has eaten his Grape-Nuts, which he uses with milk or cream, and then he is through with his meal. Even on Thanksgiving day he refused turkey and all the good things that make up that great dinner, and ate his dish of Grape-Nuts and cream with the best results and none of the evils that the other foolish members of the family experienced.

"He is never sick, has a beautiful complexion, and is considered a very handsome boy. May the Postum Company prosper and long continue to furnish their wholesome food!" Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in every pkg.