

drops of the tincture of benzoin—just enough to make the lotion milky. Perfume to suit. Use freely on the hands, neck and face and let dry on; or apply at night and leave on until morning. Another excellent lotion is made by adding an ounce of cucumber juice half an ounce of orange-flower water in which half a teaspoonful of powdered borax has been dissolved.

Requested Recipes

Smothered Cabbage.—Cut a hard, white head of cabbage almost as fine as for slaw; put into a frying pan or pot that is not greasy, add a little water and cover closely to keep in the steam, and cook until done, which will be in about thirty minutes. See that water enough is kept in the vessel to prevent burning, and if water must be added, let it be boiling; but remember that but very little water is needed, as the cabbage must be cooked by steam. When done, if you have been careful, there will be no water in the vessel—the cabbage being just moist; but if there is a little water, drain, and season the cabbage with salt, pepper, a little butter, and, if liked, one teaspoonful of vinegar; serve very hot.

Fruit Rolls.—For use with either fresh or canned fruits. Stir one tablespoonful each of butter and sugar, and one tablespoonful of salt into one pint of scalded milk; when cooled to lukewarm, add half a cake of good yeast dissolved in one-fourth cupful of water, three cupsful of flour stirred in gradually—enough to make a drop-batter. Set away and let rise until light; then stir in one-half cupful of butter creamed with one-half cupful of sugar, and add sufficient flour to make a stiff dough. Knead until smooth, and when again light, roll out and cut into squares of about four inches; on the center of the square lay half a large peach, or any preferred fruit which has been stewed and sweetened; bring the corners of the square to the center, press them together lightly, leaving space where the fruit shows; lay them close together, and when again risen, bake in a quick oven. A merangue makes them nicer.

Quick Biscuit.—One quart of flour, teaspoonful of salt, two teaspoonfuls of baking powder, and one of lard; add milk till it can be stirred with a spoon; gently place one tablespoonful of the mixture at a time in a floured, or well-greased tin so they will touch; bake in a hot oven, and they will rise and be found fine, and are quickly made.

Egg Plant Fritters.—Cut the eggs into slices about a third of an inch thick, pare them and lay in a deep dish with a little salt sprinkled between the slices; pour over them water enough to cover them, turn a plate over the top, put a weight on the plate and let them stand about two hours. This is to draw the bitter water from them. When ready to cook, make a batter with a teacupful of milk, two eggs and flour to make a thin batter. Beat the whites and yolks separately and add the whites last. Take the slices of egg-plant from the salt water, dry each one with a cloth, dip them in the batter and fry in very hot fat.

Scalloped Egg-Plant.—Select medium-sized eggs and boil twenty minutes in salted water enough to cover them. Take them out, cut into halves lengthwise, scoop out the inside, being careful not to break the shells, mash the pulp fine, season with butter, pepper and salt and refill the shells. Sprinkle fine bread crumbs over the tops and set the shells on a pan in the oven and bake until they

brown on top. Send to the table in the shells. Or, put the seasoned inside into a pudding dish, cover with bread-crumbs and bake as above.

Stuffed Egg-Plant.—Cut the eggs in halves and leave in salted water one hour; press out all the water you can, wash in fresh water, scoop out the center, leaving the shell about an inch thick. Cut the centers into small dice, peel and cut three tomatoes the same size and mix with the inside of the egg, adding a tablespoonful of melted butter for each half; season with salt, pepper, one-half a teaspoonful of minced onion and a dash of nutmeg. Fill the shells with this, covering with buttered crumbs, set in the oven and bake from thirty to forty minutes with a moderate heat.

To Clean Black Silk

After having ripped the garment apart and removed all threads, brush as much dust out of it as possible. Place each piece on a smooth, clean table or board, and use for a sponge a wad of the material you are cleaning. The fluid used may be equal parts of alcohol and luke warm water; cold coffee well strained; or a fluid made by boiling an old black glove in a pint of water, until the water is reduced one-half, is very much recommended. Any one of these fluids is good. Dip the wad in the cleansing fluid and rub with downward strokes, each piece of the silk until well wet through, sponging always on the side that will be the "right" side when the goods are again made up, as some silks may be turned. When dripping wet, hang on a line to drip, and when nearly dry, but still quite damp, iron with a moderately hot iron on the wrong side, placing between the iron and the goods a piece of soft black cambric or crinoline; iron each piece until thoroughly dry, and do not fold when laid away. If the selvage edges "draw" when wet, clip them here and there, that the goods may dry straight. The ironing must be done on the wrong side, over a second fabric of the color of the silk to be ironed. If there are any grease spots on the silk, these must be removed before the silk is wet. Ether, gasoline, or any suitable cleansing fluid may be used, rubbing it in with a bit of the silk; or French chalk may be scraped onto the spot and left over night, brushing it off in the morning; repeat if necessary. French chalk may be used on any fabric or color. Benzene will remove paint, but is apt to leave a stain, like water, which can be removed with French chalk. Another plan for removing grease from silk is to rub a lump of wet magnesia over the spot, allowing it to dry and brushing off the powder.

Some claim that silk should not be ironed when left to drip dry, but if not, it never looks so nice as when well ironed as above described.

Contributed Recipes

Green Corn in Husks.—Remove the outside husks from ears of tender corn, and throw corn into a kettle of boiling water and boil rapidly for five minutes; set on the back of the range and let simmer slowly for ten minutes or longer; take up, drain, pull the silks from the end of the cob, and send to the table in the husks or stripped, as one chooses.

Cucumber Aspic Jelly.—Peel and slice two large cucumbers and one quite small onion, and cook slowly for one hour in one pint of water; soak one-fourth box of gelatine in a little cold water until softened, then stir into the water until dissolved. Season with salt and white pepper, strain and let cool. Pour the jelly into cups to mold, and serve with salads.

Tomato Aspic Jelly.—Stew a sufficient quantity of ripe tomatoes and

strain the liquor from them; put over the fire with a sliced onion, a bay leaf, a stalk of celery and one of parsley; cook quarter of an hour, and then, to one pint of this stewed juice add a tablespoonful of gelatine (previously soaked until soft in a very little cold water) and stir until the gelatine is dissolved; take from the fire, season, strain and set away to cool. Serve with cold meats and vegetables.

Cauliflower.—Pick off the outer leaves and cut the stem close to the bottom of the flowerets; wash well in cold water and let soak in weak brine an hour to remove any insect. Put in a kettle of boiling water, add a teaspoonful of salt and let boil for twenty minutes; when done, take up with a skimmer, put in a dish and pour over allemande sauce; or season with butter and cream.

Book Marks

One of the prettiest and cheapest book-marks may be made by dried autumn leaves, an ivy, oak or water-male being used. Select two leaves before they show any sign of decay and dry them between sheets of blotting paper; when perfectly dry and stiff, give them a coating of isinglass size, and after placing one on the other, tie the stems firmly together with a piece of invisible wire. This will make a pretty souvenir to carry home with you from the summer woods. For any purpose for which autumn leaves are to be kept, select only the perfect in shape and color, and do so before there is any sign of decay. There are many ways of preserving them.

Malnutrition

In a recent number of his magazine (Suggestion), Dr. Herbert A. Parker says: "The pessimistic man, the nervous man, the bashful man, the excitable man, the forgetful man, the melancholic man, the fussy man, the over-sensitive man—are all sufferers from malnutrition." Commenting on this paragraph, Dr. Reeder, of Indiana, says that the word malnutrition is used here in a generic sense, and includes women and children, as well. He says: "When we look about us, we find men who have more than one of the troubles mentioned by Dr. Parker, and yet they do not, from a superficial view, appear to be wasting away very rapidly. In fact, they look quite fleshy. Appearances are somewhat deceptive, however. I have seen patients who were suffering with malnutrition or anaemia who looked well and hearty to an inexperienced eye, but an examination of a drop of the blood tells the tale, even though there is every appearance of health, except a more or less degree of paleness, which, however slight, is nearly always present."

"Malnutrition is a word which explains itself; mal means bad, and nutrition means nourishment, or being nourished. The term conveys the idea of one's being badly nourished. From a great many causes, the blood may become impoverished, or so altered in character as to prevent the proper sustenance of certain tissues, and thus permit degenerate changes to take place. Sometimes the general amount of blood is less than it should be, and again, there is a deficiency of albumen in the liquor sanguinis. As a rule, the term anaemia is used to designate a lack of red blood corpuscles. The causes of anaemia are numerous; improper diet; too great an amount of starchy foods and too little meats being eaten; deficiency of food; poor surroundings; too little exercise; too little sunlight; impure air; over-study or too great mental exertion with insufficient food or bodily exercise; too rapid growth; excessive discharges; etc.; and also in certain chronic dis-

eases which affect the blood most nearly; from impoverished blood by the use of mercury, arsenic, antimony and other poisons. Women are more liable to this disorder than men, and girls at a certain age are peculiarly liable to manifest anaemia.

"The usual treatment is complete rest from compulsory labor of all kinds, such as business, study or housework and a complete rest from worry. Worry kills more people than work. An abundance of fresh air and a moderate amount of out-door exercise, air and sunshine; a change of scene and surroundings, leaving the worry and work at home. Nearly all physicians admit that medicine (drugs) is, as a rule, of little value. The old practice of giving iron in some form has been found valueless. The good old-fashioned treatment of our grandmothers, by herb remedies, is almost the only medical treatment of any value. The taking of food regularly and systematically, in quantities and quality easy of digestion, and at the same time of a nourishing character, supplemented by sufficient water drinking, hot or cold, or of a temperature most comfortable to the stomach, keeping the body clean and the pores open by regular, strengthening baths of more or less frequency, as your physician may recommend—these aids are of great importance in the building up of the blood and body, without which one cannot do the best, either for himself or for others."

Women, especially housekeepers, wives and mothers, suffer intensely from this disorder, and, appearing in good flesh, are often misjudged, and seldom find much sympathy from their family for their querulous complaints. They are often called "cranky," and said to "imagine" the ailments they complain of, or are called "lazy," when, to the physician's eye, it readily appears that they are suffering from a complaint very hard to cure, and that their strength can only be restored "by littles," and a radical change in their manner of living.

WRONG SORT

Perhaps Plain Old Meat, Potatoes and Bread may be Against You for a Time

A change to the right kind of food can lift one from a sick bed. A lady in Welden, Ill., says:

"Last Spring I became bed-fast with severe stomach trouble accompanied by sick headache. I got worse and worse until I became so low I could scarcely retain any food at all, although I tried every kind. I had become completely discouraged, had given up all hope and thought I was doomed to starve to death, till one day my husband trying to find something I could retain brought home some Grape-Nuts.

"To my surprise the food agreed with me, digested perfectly and without distress. I began to gain strength at once, my flesh (which had been flabby) grew firmer, my health improved in every way and every day, and in a very few weeks I gained 20 pounds in weight. I liked Grape-Nuts so well that for 4 months I ate no other food, and always felt as well satisfied after eating as if I had sat down to a fine banquet.

"I had no return of the miserable sick stomach nor of the headaches, that I used to have when I ate other food. I am now a well woman, doing all my own work again, and feel that life is worth living.

"Grape-Nuts food has been a god-send to my family; it surely saved my life and my two little boys have thriven on it wonderfully." Name given by Postum Co., Battle Creek, Mich.

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

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.