

the pattern of the rubber protectors of the usual size. Feather-bone all around the edges, baste on carefully and change as often as possible. They can be washed, and may thus be kept sweet and clean. A half yard of the flannel will make several pairs. They may be trimmed, or have neat little covers of silk to slip over them. If they are thick enough and properly made, the perspiration will scarcely go through, and being washed often and kept soft, they will absorb the moisture readily.

The Window Garden

In these days, when even the country people, in some regions, use gas as heating and lighting fuel, the window garden is apt to suffer, as plants do not take kindly to either the ordinary furnace heat, gas, or the fumes from the anthracite burner. But there are always a few who have to follow the old methods, and to these, the window garden may still be a thing of joy. All plants should have good light, and fresh air, but must be kept out of the draught. The most beautiful specimen will grow discouraged if left in a dark corner. The very best place for plant life is in the steamy kitchen, if the temperature is not allowed to get low, as the boiling of the eatables and the constant evaporation of moisture therefrom keeps the air in a moist condition that just suits the plant.

One's Height

Tall women are very much in fashion, just now, and more women wish to be tall than to be short in stature. In order to add to one's apparent height, the length of the skirt must be studied. The ankle-length skirt will take off, apparently, several inches from height; one that just touches the floor in front and slightly trains at the back will make one seem taller, but if the train lies much on the floor, the wearer will look dwarfed. The best materials to add apparent height are either plain ones, or those having tiny stripes running lengthwise. A long waist gives even the smallest woman a semblance of greater height, and a narrow belt, especially if fashioned to a point in front, considerably lengthens the line from shoulder to waist. The suspender suits also give an appearance of length to the waist. But however one is gowned, unless one carries one's self properly, it is impossible to look her best. One should hold her head up, and her body straight, without the least suggestion of strain or stiffness, and this position, alone, will add, not only apparently, but really, to one's height. A woman who allows herself to "lop" cannot hope to have the proper form, no matter what the style of her dress.

For the Laundry

Colored prints, gingham, cretonnes and piques of colored patterns or of solid colors that are of doubtful dyes should be washed in bran water without any soap. Put a couple of quarts of bran in a thin bag and pour boiling water in the bag; tie, and let lie in the tub until the water is lukewarm, when the bag must be taken out and the pieces washed quickly, rinsing them immediately through one or two clear waters. Hang them on the line, and do not starch, as they will be stiff enough. Iron on the wrong side, to avoid a shiny appearance, if the colors are solid.

A starch recommended as safe for dark linens and muslins is rice water. Muslins of doubtful color may be washed in rice water without soap.

AN OLD AND WELL TRIED REMEDY

MRS. WINSLOR'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.

rinsing them out in clean rice water to keep them stiff enough. Gum arabic water is used as starch, but it is more suitable for lace and nets than for coarser materials. For nearly all purposes, however, the bran water will answer, and is cheaper than the others. For especially soiled places in such goods, it is recommended to rub the grease or other spots with the yolk of an egg before washing.

Thin, white woolen dresses, such as nun's veiling, cotton and woolen crepes, should be washed in cold suds made with the best white soap; the suds must be well mixed and beaten to a lather, then the garment washed quickly, rinsed out in cold, clean water, and, without wringing or even slightly pressing out the water, hung up to dry as it is lifted dripping from the tub. The weight of the water is said to prevent shrinkage. Unlined garments may be washed many times in this way with little perceptible shrinkage, although skirts are apt to shrink a little the first time, and the hem should be undone before washing and either turned up a little narrower when re-hemmed, or the skirt faced with material that has been washed. When the garment is first made, allowance should always be made in the hem for shrinkage in the laundering.

For the Sewing Room

Every woman, whether rich or poor, should have a knowledge of plain sewing, at least, but it would be much more sensible if they would include in their education a knowledge of dress making. If it is not necessary for them to "do" their own dresses, they will at least be able to recognize good workmanship, and there will be many times when this knowledge will come in very handily. For a girl who has to make her own way in the world, and usually on a small salary, such a knowledge will smooth away many rough places, and make many a dollar do the work of two. For a girl, a wife, or a mother, in the ordinary walks of life to boast that she "cannot sew," is the sheerest silliness. The world is full of women in very "straightened circumstances" who, if they could make even a plain garment decently, could live well and lay up money. It is almost impossible to get even a skillful "plain-sewing" seamstress, and when it comes to a good dressmaker, they are almost impossible to hire, for they are always full of business, and have their time arranged for weeks ahead. One very rarely has to advertise for customers.

Among the necessities in every home where there is a growing family is a seamstress who can not only cut and fit garments, but who can "do over" the out-of-date or out-grown garment to be passed down the line. It is possible for the mother to do this, but the mother is usually "run to death" with other work, and many really good garments are given away or sold to the rag man because there is either a lack of time to do, or a lack of knowledge how it is to be done. Many a woman, possessed of a "knack" in this line could make a very comfortable living by going out to do such work, where they now half starve trying to get a living out of the stores, shops and offices.

Of course, not all women can ever become dress-makers, or good seamstresses, because of an inaptitude for the work, but almost any one can acquire a sufficient amount of skill in that line to enable them to attend to the ordinary wear of the individual or the family. It is an accomplishment greatly to be desired.

Ways of Cooking Meats

The art of making a good stew of meat and vegetables is not so well understood as it should be. It is

one of the best ways of cooking meats, and by stewing, even inferior pieces of meat are made into very excellent dishes. Stewing requires less fuel than any other method, as the meat needs only to be brought to a boiling point, and kept as near actual boiling as possible without being allowed to boil. It consists of cooking meats, etc., in a small quantity of water at a very low rate of temperature, so as to extract as much nourishment as possible, and if vegetables are to be cooked with it, they are added at the proper stage of the cooking and allowed to absorb the nourishment, the pan or kettle being kept tightly closed so as to retain all steam, which keeps the viands from burning. During the cooking, it needs but little attention, and tough meat unfit for roasts or boiling is made tender and palatable, and all nourishment from it is found in the vegetables cooked with it. Just water enough to cover the meat is to be used, and the kettle kept closed to prevent evaporation, but if more water should be needed, it should be added boiling hot from the tea kettle, as cold liquids serve to harden the meat. When the meat is perfectly tender, it may be taken up into a baking pan and set in an oven and browned lightly. The oven should be hot enough to brown without drying the meat.

Some cooks pack meat and vegetables together loosely in the pan or kettle and let them stew together, gently simmering for hours, until done.

Timely Recipes

Fig Tomatoes.—Scald and peel ripe yellow pear tomatoes; pack in layers in a preserving kettle with sugar between layers, allowing half a pound of sugar to each pound of tomatoes and a flavoring of grated lemon peel and powdered ginger; set on the back of the range where it will not burn or boil for an hour, or until the tomatoes and sugar have made juice enough to cook them in. Cook until the tomatoes become transparent, then carefully remove from the syrup and spread on sugar-sprinkled plates and place in the hottest sunshine, or in the warming closet or moderate oven until they become dry, turning often and sprinkling with sugar every time they are turned. When thoroughly dry, they may be packed in layers in air tight receptacles, with sugar sprinkled between layers.

Cucumber Sweet Pickles.—Select ripe yellow cucumbers of uniform size; pare and drop them into a weak brine and let them remain for two days; take out, wipe dry, and put to simmer in equal parts of vinegar and water to which has been added a tablespoonful of powdered alum for every gallon of liquid; let simmer for ten minutes. Drain from this and cut off one end of the cucumber and with an apple-corer take out the seeds. Prepare a filling of one part chopped cucumber and three parts of chopped dates, nuts and raisins; fill the cavities, replace and fasten in place the ends of the cucumbers and pack in a jar. Over them, for three mornings successively, pour a boiling hot, spiced syrup made of three pounds of sugar to one quart of vinegar. On the fourth morning set the whole over the fire and simmer for twenty minutes, turning the pickles out into a porcelain-lined kettle for boiling. Pack in stone jars, tie closely down and set in a cool, dry place.

When you are so unfortunate as to burn anything in your preserving, or any other, kettle, turn the contents of the kettle out into another vessel, saving what you can, and set the burnt kettle at once into a larger vessel of cold water, leaving it to get cold; pour a little cold water in

the burnt kettle and it will clean readily without being ruined by scraping.

Requested Recipes

Sauce For Cold Meats.—Pour sufficient water over three heaping teaspoonfuls of ground mustard to form a paste, rub smooth, then add half a cupful of vinegar, a pinch of salt and the beaten yolk of two eggs. Stand the vessel containing the mixture in a pan of boiling water and stir constantly until the dressing thickens, then add a generous lump of butter and stir until it is dissolved.

Sauce For Boiled Meats and Stews.—Brown two tablespoonfuls of butter; heat one cupful of meat liquor to a boil, skim and season with salt and pepper; stir in one tablespoonful of browned flour, wet up with cold water, and, as it thickens add the browned butter, also one teaspoonful mixed parsley and sweet marjoram, a few drops of onion juice and one tablespoonful of vinegar. Boil up once and serve.

Lobster Farcie.—Cut up a pound of canned lobster; put a cupful of milk on to boil; rub a tablespoonful of butter and flour together, and stir into the milk; take from the fire, mix in half a cupful of stale bread crumbs, a tablespoonful of chopped parsley, the mashed yolk of four hard-boiled eggs with the lobster meat; salt, and pepper to season. Put the mixture in a baking dish, brush the top over with beaten egg, sprinkle over with bread crumbs, set in a quick oven for fifteen minutes to brown. Serve hot, garnished with parsley.

For the Traveler

Make a loose fitting wrapper of soft black goods—preferably silk, though thin soft woollens will do, and wear this from the berth to the dressing room in the morning, and to return from the dressing room to the berth at night, when you are travelling. It is better to have it perfectly plain of make. In the morning it may be slipped on over the night dress; all the clothing can be carried on the arm, and the toilet made in the dressing room. At night you can undress in the comparative space of the toilet room, and slip the black robe over the night dress again, and so reach your berth quite presentable. For a trip of any duration, one should provide a bag of black silk for the hat, making it with a draw string, slip the hat in, tie, and hang up out of the way, out of the dust, and not to be opened until you reach your journey's end.—Exchange.

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