

two times a week, and not more than three or four applications will be necessary. Then exercise eternal vigilance so long as the children are in school.

M. R.—The work of massaging the face is not one that can be picked up or learned from a few printed directions. Personal instruction, explicit rules and proper movements must be carefully followed, or harm may result. Lines are sometimes rubbed in, rather than out, by work improperly done. It is best to take a few lessons from a good masseuse.

Plant Lover.—It is too late, now, to get your geraniums in condition to bloom in the window garden before late winter or early spring. They should have had special treatment during the summer and fall. Scarlet geraniums are safe for the windows, as they stand a great deal of neglect, indoors and out. Florists will tell you that a plant should not have too much root room, if bloom is wanted. A large box or pot for a thrifty plant will insure foliage, but little blossoming.

Mrs. J. M.—There are a great many causes for headache, which is usually sympathetic—that is, arising from a disordered condition of some other organ of the body—usually the stomach or liver or nervous system. But other disorders induce them. Sponging the head with hot water, or bandaging it with cold might be tried. Sometimes it is a "hungry" headache, which a few mouthfuls of food will alleviate, but at other times it is caused by an overloaded stomach. The reliefs are as varied as the causes.

Marion R.—Wash the oil-cloth quickly with a soft flannel cloth dipped in warm, soapy water in which a little borax has been dissolved. Cut a half-ounce of beeswax in shavings, put in a cup and cover with turpentine; set the cup in a vessel of hot water until the wax is melted and mixed with the turpentine. Then, dip a cloth in this hot mixture, using a very small amount at a time, and go over the dry oil-cloth, a little space at a time, rubbing thoroughly and polishing hard. This treatment will give the cloth a polish and keep it from cracking.

For the Toilet

Annie S.—For a pomatum for the skin, take two ounces of juice of white lily root (to be had of your druggist), two ounces of fine honey and one ounce of white wax; melt all together, mix the ingredients well, and add a little perfume, if liked.

A good bleach for the skin is made by infusing two tablespoonfuls of finely grated horse radish in one pint of scalding sweet milk, stirring frequently while cooling; strain and bottle. Dab a little of this on the face several times a day with a soft cloth, letting dry on the skin.

A useful hair-wash for people who catch cold easily is made by taking five cents worth each of camphor and borax, powdered, and pouring over them a pint of boiling water. Let this stand until cold and then bottle. When washing the hair, add a tablespoonful of this to the warm water. It is cleansing, and the camphor prevents any chill being felt.

One of the best known tonics to make the hair grow is made as follows: Cologne, two ounces, tincture of cantharides, two drachms; oil of lavender and rosewater, ten drops each. Mix thoroughly and apply to the scalp once or twice a day for some time. If the scalp should become sore, discontinue until the soreness disappears. The tonics to be had of a reliable druggist are usually quite as efficient as one can have

AN OLD AND WELL TRIED REMEDY
MRS. WINSLOW'S SOOTHING SYRUP for children
Nothing 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.

compounded, and cost less money. Falling hair is a symptom of disease, either of the scalp or of the general system.

For making the hands soft and smooth, try washing them in this way: Soap them well with a pure vegetable soap; then pour into your palms a little pure glycerine; wash your hands well with this, rinse in clean water, dry thoroughly and dust with oat meal; give a final rubbing with a piece of toilet chamomise. If you want your hands to stay white, keep a box of oatmeal on your washstand and rub some on your hands every time after washing them. Lemon juice rubbed in before the oatmeal will help to whiten them.

Timely Recipes

Pumpkin Pie.—Peel, seed and cut the pumpkin into small pieces; lay in hot water for half an hour and then turn, dripping wet, into a saucepan. Set on the range where it will not boil under an hour. By that time there will be enough juice to prevent scorching. Cook tender and run through a vegetable press when you have stirred it for a minute in a colander to get rid of the superfluous water, and let it get cold. To one quart of the stewed pumpkin allow six eggs, three pints of new milk, one tablespoonful each of mace, cinnamon and nutmeg and a cupful and a half of sugar. Beat eggs light, add the sugar and spice, then the pumpkin, beating all to a cream. Lastly, add the milk. Bake in open shells of good pastry.

To Cure Dried Beef.—For every twenty pounds of beef, take a pint of salt, a teaspoonful of pulverized saltpetre, a quarter of a pound of brown sugar; mix. Divide into three parts and rub the beef well with one-third of it for each of three days following. Let lie in its own pickle for six days, then hang up to dry.

Fried Tomatoes.—Do not have the tomato too ripe. It should be firm and solid. Slice without peeling in rather thick slices. Dip each slice into finely-rolled bread-crumbs, brush with oil and again dip in bread-crumbs. Have a little butter, quite hot in the skillet, and fry until done. Just before taking out, pour into the pan half a cupful of sweet cream; stir this quickly and pour the sauce over the tomatoes; season with salt and pepper. It will be like a thick cream sauce.

Baked Tomatoes.—Loosen the skin by boiling water, peel, and place the tomatoes side by side in a baking dish; work a tablespoonful of butter smooth with a salt-spoonful of salt and one of pepper; cut a little hole in the top of each tomato and into this put a small lump of the seasoned butter. Bake covered a half an hour, transfer the tomatoes carefully to a hot dish, stir into the juice in the bake dish two teaspoonfuls of flour, boil up once on top of the stove, stirring, and pour over the tomatoes in the dish.

Sauce For Fish.—To one cupful of drawn butter add the juice of one lemon, a little chopped parsley, some minced onion and thyme, pepper and salt. Simmer for a few minutes, stirring constantly. For the drawn butter, take two tablespoonfuls of butter, melt without browning, add one tablespoonful of flour and stir until smooth; then add one and one-half cupfuls of boiling water gradually, stirring all the while, and cook until it thickens.

Quinces

Select large, ripe quinces; wash and wipe them. Pare, core and cut into slices, or quarters; throw each piece as it is finished into water to prevent discoloring. When you have sufficient for the preserving kettle, put them in, cover with boiling water and simmer gently until tender. When tender, lift carefully with a skimmer

and slide onto flat dishes. Continue boiling the quinces in the same water until all are cooked. Put the parings and rough pieces into the same water in which you have cooked the quinces and simmer gently one hour, keeping closely covered all the time; then strain these pieces out and measure the water. To every pint of water allow one pound of sugar; stir over the fire until the sugar is dissolved, bring quickly to a boil and boil rapidly ten minutes, skimming as the scum comes to the surface. Now put in your quinces and boil until they are clear, tender and red. If you wish them bright-colored, keep the kettle closely covered while the quinces are in. When done, lift gently into glasses or jars, give the syrup another boil until it jellies, pour it over the fruit and stand aside to cool.

"Just How Much"

When one guesses at the amount of seasoning to put in the sausage meat, the result is not always satisfactory. Here is a good rule: One rounding tablespoonful each of salt and pepper (black), and one teaspoonful of strong, powdered sage to each gallon of meat. This should be well worked into the meat with the hands or machine.

For putting up pickles, a half pint of salt is usually sufficient for 100 medium-sized cucumbers. Many recipes say "sprinkle with salt," without giving any quantity. Or, for each quart of vinegar, one ounce of salt. For a peck of green tomatoes, a teacupful of salt is generally used. In giving recipes, one should be very careful to specify the amount of each ingredient used.

Requested Recipes

"Life."—For stopping the cracks in the floor, tear up soft newspapers into small pieces and soak in enough water to thoroughly wet them. Mix one pound of flour in one quart of water, beating until perfectly smooth and free from lumps. Stir into this a tablespoonful of powdered alum and two quarts of boiling water, as you would make any flour paste. Set it on the back of the range where it will keep hot but not scorch, and stir in the soaked paper, mixing thoroughly, and let it cook until as thick as possible. The mixture should be as thick as well-beaten putty, and should be forced into the cracks of the floor with a case knife; a putty knife would be better. Smooth it to a level with the floor, and it will harden like papier mache, and when dry can be painted or stained to match the boards. Putty would fill the cracks with less work, but would cost more, while the paper and paste serve the purpose as well.

Old Virginia Pickles.—Six dozen large cucumbers, half a peck of green tomatoes, a dozen large onions, one quart of small white onions, two solid heads of cabbage, one cupful of grated horse radish, one quarter pound of mustard seeds, half of cupful of mixed mustard, an ounce each of black pepper and celery seed, two ounces of tumeric, one ounce (half-and-half) of cinnamon and allspice, and half a pint of olive oil. Slice the tomatoes and large onions; chop the cabbage and quarter the cucumbers; add the small onions whole. Sprinkle with a scant pint of salt and let stand twenty-four hours; drain, put in a jar and cover with vinegar; set aside for twelve hours. Mix the spices in a gallon and a half of vinegar and set over the fire to boil for five minutes. Drain the vegetables, pour the boiling vinegar over them, and let stand over night. Reheat the vinegar and pour over the pickles for three mornings, the last morning adding a pound of brown sugar to the vinegar, and beating in the oil, a little at a time.—Contributed.

A brilliant black varnish, suitable for iron, stone, wood and concrete, is made by stirring ivory black in ordinary shellac varnish. It should be applied to the surface when the article to be coated is quite cold. This is useful for varnishing fire-places.

Calico usually makes the best material for kitchen dresses; try to get a piece that will not fade, and do not let it become so dirty that you must wash it hard. Use a little starch when doing it up, as it saves the cloth and makes the next washing easier. A large bib apron and the tops of a pair of old black stockings to pull on over the sleeves will keep your dress fresh much longer and save washing.

About the housework, a woman should try, by all means, to dress comfortably, and at the same time neatly. Good, well-fitting shoes are a positive necessity, and the stockings must be well-fitting, too. If you have your shoe heels very low, and have a soft rug to stand on when doing your work, your feet will not trouble you as though you stood on the hard, bare boards.

Do not forget that the cool mornings and evenings are prolific breeders of catarrhal troubles, and see to it that the little ones, too young to recognize their needs, are supplied with a heavier covering on their beds, a thicker garment than the little cotton one, and perhaps a light wrap to be thrown about the little shoulders when the "creepy shiver-fit" comes on. Prevention is better than cure, safer and less expensive; and only by watching these small matters can one avoid the coughs and colds that make so much against the comfort, not only of the little ones, themselves, but of the whole family. Don't forget the babies.

FIFTY-THREE SUNDAYS

There will be fifty-three Sundays in this year, an occurrence that will not happen again for 110 years. This extra Sunday can be utilized in attending church, calling on your best girl, reading the Scriptures, playing with the children, breaking a two-year-old colt or some other way.—Paonia (Colo.) Newspaper.

THE SECRET OF YOUTH

De Soto looked for the secret of youth in a spring of gushing, life-giving waters, which he was sure he would find in the New World. Alchemists and sages (thousands of them), have spent their lives in quest for it, but it is only found by those happy people who can digest and assimilate the right food which keeps the physical body perfect that peace and comfort are the sure results.

A remarkable man of 94 says: "For many long years I suffered more or less with chronic costiveness and painful indigestion. This condition made life a great burden to me, as you may well imagine.

"Two years ago I began to use Grape-Nuts as food, and am thankful that I did. It has been a blessing to me in every way. I first noticed that it had restored my digestion. This was a great gain but was nothing to compare in importance with the fact that in a short time my bowels were restored to free and normal action.

"The cure seemed to be complete; for two years I have had none of the old trouble. I use the Grape-Nuts food every morning for breakfast and frequently eat nothing else. The use has made me comfortable and happy, and although I will be 94 years old next fall, I have become strong and supple again, erect in figure and can walk with anybody and enjoy it." Name given by Postum Co., Battle Creek, Mich. "There's a reason."

Read the little book, "The Road to Wellville," in every pkg.