

mentation, and the stronger the odor, the better the bread will be. It must be attended to, much more closely than yeast-raised bread, as neglect will be very disastrous in its effects upon the bread. The dough requires less kneading than that of yeast-raised bread. If one is successful, the bread is sweet and wholesome. So many fail with this kind of bread that I give the directions with full details as to work. In cold weather, if your rooms are cold at night, it is best to set the ferment in the afternoon, but it should always be set over night unless you are sure you cannot keep it warm, when it may be set very early in the morning and kept warm until it is ready for baking.

Directions for Making Salt-rising Bread

One pint of new milk, half pint of water, a teaspoonful of salt, one of sugar and cooking soda the size of a large pea. This should be heated to a temperature of about 90 degrees Fahrenheit; stir into this one tablespoonful of corn meal and flour enough to make a stiff batter; stir well. Any vessel holding about a gallon may be used, but one of stone, china or porcelain is best. Place the vessel containing this mixture in a kettle of hot—not scalding—water, so that the vessel will barely rest on the bottom of the kettle, but not turn over. Cover closely, and leave where the kettle of water will keep quite warm, but not scalding, for several hours. This should be done at night. If your room will keep quite warm all night, the "rising" should be set late, but if the room gets cold during the night, it should be set earlier in the evening, or, at worst, it may be set in the morning. It will probably be "up," in the morning, if set at night; or it may be only partly so; or it may have "run over." If not risen satisfactorily, add a teaspoonful of warmed flour, stir well, warm the water in the kettle again, and replace the vessel and keep warm until it rises, which should be in three or four hours. Have ready two or three quarts of sifted, warm flour in the bread tray; make a hole in the center of it, put in a teaspoonful of salt, a teacupful of very hot water, one pint of milk, and stir very thoroughly into a smooth batter. To this add the ferment (or emptyings) when light and frothy, and again stir thoroughly. There will be a rim of flour all about the batter, and it should be drawn from all sides over the top of it, covering the batter with flour. Cover this closely, and let set in a warm (not hot) place until the frothy batter breaks through the flour on top of it abundantly, which should not be longer than an hour. With the hand, work the rest of the flour into the sponge, knead until the dough is perfectly smooth and elastic; mold into loaves, put into well greased pans and set in a warm place to rise. The tops of the loaves should be smeared with melted butter, and when it is nearly level with the top of the pans, put into an oven which should be hot enough to lightly sear the top of the loaf in five minutes, but should not begin to brown, or harden them for twenty minutes. The oven should gradually cool after the first twenty minutes, so the inside of the loaf may cook, without burning the crust.

After the bread is done, do not leave in the pan to sweat, but turn out at once; a perfectly clean hard-

BETTER THAN SPANKING

Spanking does not cure children of bed wetting. If it did there would be few children that would do it. There is a constitutional cause for this. Mrs. E. Summers, Box 118, Notre Dame, Ind., will send her home treatment to any mother. She asks no money. Write her today if your children trouble you in this way. Don't blame the child. The chances are it can't help it.

wood table is a good place to lay them on. When nearly cold, wrap in a nice, clean cloth and put into a closed tin box or stone jar.

Uses of the Flat Iron

In making garments, and especially dresses, the flat iron must be used from start to finish. In no other way can a satisfactory result be obtained in making a cloth, or other nice gown. Every little seam must be opened and pressed out. If you are pressing a skirt (and skirts need this attention not only when new, but also during their entire existence,) place it right side down over a skirt board, smoothing it very evenly upon the board, and laying carefully any plaits or tucks. When the plaits have to be basted into place, use very fine thread, as a coarse thread is apt to leave its mark in the pressing. Now place a chair or stand under the skirt board to support the rest of the skirt, and this will prevent it from dragging the part to be pressed out of place. Let the iron be a moderately heavy one, and, after laying a clean wet cloth over the part to be pressed, press (do not iron) your garment; that is, do not rub the iron up and down and cross wise, but, when changing it from place to place, lift it. Move the iron frequently, or it will leave the impress of its shape upon the cloth. Slender irons are required when pressing waists. A seam presser may be made of a piece of curtain pole, or broom stick. It should be ten or twelve inches long, rolled evenly in flannel and covered with muslin, and is a great convenience for pressing sleeves.—Ladies' Home Journal.

Sponging Cloth, etc.

Cloth for women's wear should always be shrunken before being made up. This is done to shrink it and to make it proof against rainspots. To shrink cloth spread it out on a long table, but do not open the folds of the material. Cover it with pieces of muslin made very wet with warm water; then roll the cloth up, rolling the wet muslin in with it. This will bring all the cloth in contact with the wet muslin. Allow this to remain rolled up for several hours, or a better way would be to do this at night and leave rolled up until morning, when it is to be opened out and pressed on both sides of the fold until dry, remembering that the right side of the cloth is always inside the fold.—Ladies' Home Journal.

Requested Recipes

Fruit Sherbet.—One cupful each of the juice of currant, raspberry and pineapple; half cupful of lemon juice; as much water as there is fruit juice; sweeten with pulverized (not powdered) sugar, mix well, and freeze as ice cream. To be eaten from glasses.

Orange Punch.—Boil one pound of sugar and one pint of water with the grated yellow rind of one orange for five minutes. Take from the fire and strain; add the juice of three oranges and two lemons and set aside to cool. When ready to use it, add a pint of shaved ice and a quart of water.

Indian Punch.—Boil a pound of sugar a quart of water and the grated yellow rind of a lemon for five minutes, then strain; add a teaspoonful of extract of bitter almond, the juice of three lemons, a teaspoonful of vanilla and two cupfuls of strong tea. When very cold, add ice and a pint of plain or effervescent water.

Welsh Nectar.—Grate yellow rind from three lemons, add a gallon of water, two pounds of loaf sugar, and boil ten minutes; take from the fire and, when cold, strain; put into bottles and to each bottle add twenty-four raisins that have been stoned

and chopped; cork the bottles lightly and stand in a cool place, shaking well every day, for three or four days. Then cork tightly and set aside. If properly corked and kept in a cool place, this drink will keep for a week or two.

Fruit Punch.—Grate the yellow rind from two oranges and three lemons into one quart of water; add two pounds of sugar, stirring until the sugar is dissolved; then boil for ten minutes; strain through a sieve. Return this to the fire; add a tumbler of currant jelly, one of raspberry jelly, and one of blackberry jelly; mix and strain through a colander, and when cold, add a grated pineapple and a pint of grape juice; cover, and set aside over night. At serving time, add twelve ripe peaches, mashed, (or a can of fine peaches,) a quarter of a pound of conserved cherries, cut into quarters, and, if in season, a quart of mashed strawberries. Stir the mixture well. Put a pint in a punch bowl; add a pint of ginger ale, a pint of shaved ice and a quart of plain or effervescent water.—Mrs. Rorer.

For the Bottle-fed Baby

Plain, round bottles with ounces marked on them are best to use for the baby. Have as many bottles as the child takes meals in twenty-four hours, and one or two extra ones in case of breakage. If the child leaves any food, throw it away; do not warm it over; then rinse the bottle and let it stand full of cold water in which a pinch of bicarbonate of soda or borax is dropped. Just before making up the food for the day, thoroughly wash all the bottles that have collected, in hot soap suds, using a bottle brush and carefully rinsing them; then put them over heat in cold water, bringing them to a boil, and keeping boiling for twenty minutes, when they will be ready to fill with the food.

Use plain black rubber nipples; after each meal, rinse them out at once in cold water and let them stand in a covered cup filled with boric acid solution (one teaspoonful of boric acid to a pint of cold water. Refined borax may be used instead of the acid.) It is well to have two nipples in use, taking first one and then the other. The hole in the nipple should be made with a rather coarse needle, heated red hot, and just large enough for the milk to drop through rapidly when the bottle is inverted; it should never be large enough to allow the milk to run through in a stream.

Bottles with ounce-marks on them are only necessary where the food for the baby is prepared according to prescribed methods. Plain unmarked bottles are just as good to hold the food.—Ladies' Home Journal.

A baby who has a tendency to nervousness should be taught to nurse or take her food at 10 p. m., placed in her crib and made perfectly comfortable, and let alone, not being nursed again, until 6 o'clock the next morning. Until she becomes used to this long, unbroken sleep, she may be given two ounces of hot water in a bottle, to comfort her a little; but if she cries for a few nights, the crying will not hurt her as much as ruining her digestion and fostering bad habits by taking her up and feeding her at all hours of the night.—Dr. E. L. Coolidge.

The Potato

An exchange has the following: For erysipelas, grate a raw potato, put it on a cloth and lay it on the sore place when you go to bed, leaving it on until morning, renewing the poultice every night until the disease

is cured. Three or four applications are generally sufficient.

For inflamed or sore eyes, a poultice made of grated potato is strongly recommended. The writer further adds that, the potato contains a juice of a slightly acid reaction, with traces of iron, phosphoric and sulphuric acids, chlorine, silica, and magnesia. Its compound parts are water, albuminoids, saline or organic acids, starch dextrin and pectose fat, cellulose and mineral matter, and is, when used in the above described manner, a most excellent application for any inflamed condition, especially in cases of burns, blisters, etc.

Home Made Rugs

An excellent rug may be made of odds and ends of yarn that accumulate in all families. Any old stockings, or other knit goods, such as jackets, capes, head wraps, mittens, etc., should be unravelled out and kept until enough is gathered. All light or faded pieces should be dyed some bright color—reds and greens are nice. Wind in skeins and dampen to take out "kink." Knit as follows: Cast on any number of stitches desired, and knit across plain. Use coarse knitting needles, No 12 or 14; next row put needle in stitch as if to knit it; then wind yarn toward you and back between needles, and over tips of first and second fingers, which are held directly back of work. Wind yarn around three times and the fourth time instead of winding over fingers bring it around right-hand needle and knit the stitch, bringing the four threads through as one stitch. Continue across work with loops in every stitch. Knit back plain, but put needle through the stitch, of four threads instead of from front, as in ordinary knitting. Use the four threads as one stitch and be very careful not to divide stitch. Pieces may be made any size or shape, as the seams made in sewing do not show. Hit and miss center with dark border is pretty, but it may be made to suit fancy. Loops may be cut, making a plush-like surface. Line rug with burlap or coffee sacking. Lovely muffs, collars, etc., may be made of Shetland floss, winding on three fingers, thus making longer loops.

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