

to distract. The pretty shaped yoke must be cut low in the neck, and may be trimmed any way to suit. The sleeves are the elbow style, and free at the bottom; the bottom of the waist reaches just below the waistline, and it may be made of wash material or any desired goods; but material suitable for laundering is the most appropriate.

Laundering Ruffles

Ruffles for the neck and sleeves made of plain wash net costing only a few cents a set, if carefully laundered, last for years and look nice every time they are freshly done. These ruffles must be washed, starched and ironed in the same way as the lace, only, of course, it is more tedious. Every two inches must be spread out in a semi-circle and ironed; when the whole length has been done, in the same way as the plain piece, it must be gone over again, holding the iron with the back to the front. Place a blunt knife on the ruffle parallel with and about a fourth of an inch from the edge of the iron, push under the iron, repeating until the whole length of the ruffle is under the iron, and you will find on lifting it that it is delightfully crimped, and that it will stay in shape until washed again. In order to have dainty things, one must be willing to learn and practice skillful laundering. More things are ruined in the laundry than are worn out with wear.

Requested Recipes

S. M.—Directions can not be given for making the crackers of commerce, as these are made by machinery. Here is one of the best homemade: Butter, one cupful; salt, teaspoonful; flour, two quarts. Rub the salt, flour and butter thoroughly together with the hands, then wet with just enough cold water to hold it together; turn the dough out on a board and beat well; beat in flour enough to make the dough quite brittle and hard; then pinch off pieces and roll into balls, flattening each and pricking with a fork, if you wish them to resemble baker's crackers.

Annie.—Wash and scrape the parsnips; split the large ones, and put into a vessel with barely enough water to cover them; lay on them slices of fresh salt pork, cover closely and stew until quite tender; then dish into a pan, lay the slices of meat on top and brown nicely in a hot oven. A slow oven will make them dry and stringy. Or, instead of using the meat, when put into the pan lay dabs of butter thickly over the top, sprinkle a very little flour over and brown quickly in the oven.

Transparent Soap.—Take any nice yellow bar soap, six pounds; shave thin and put into a brass or tin vessel (a double boiler is best), with half gallon of alcohol, heating very gradually over a slow fire, and stirring carefully until all is dissolved; then stir into this, mixing thoroughly, an ounce of essence of sassafras. Pour into molds, or pans an inch or more in depth, and when cold, cut into bars. This makes a nice toilet soap, and when fully dry is very transparent.—**Chase's Recipes.** In making this, do not forget that alcohol is very inflammable. It is well to melt the soap by setting the vessel containing it and the alcohol in another vessel containing very hot water.

Query Box

Mysie.—Windsor soap is merely the

best white soap melted and a little oil of caraway stirred in, cooled and cut into shape.

Busy Bee.—Macerate means simply immersing in cold water or spirits for a certain time.

M. R. S.—Vaseline stains should be soaked in alcohol or coal oil, if the fabric will permit, then washed as usual. For iodine stains, soak in either alcohol, ether or chloroform.

Frances.—For setting the color on dark goods, allow half a cupful of salt to two gallons of water, soak in this two hours before washing. See answer to Mrs. L.

T. R.—To remove stains of milk, cream, meat juice, blood stains or sweet oil, soak in cold water a few minutes, then rub on soap and wash in cold water.

School Girl.—The oat meal recommended for the hands is just ordinary oat meal (not rolled oats), sewed up in little bags, two or three spoonfuls in each. Soak in water until saturated, then use as you would soap.

E. W.—To stop the itching from chilblains, take hydrochloric acid, one ounce; soft water, 7 ounces; wash the feet with this several times a day, or wet the socks with it, until relieved.

Beatrice.—To clean the veil, wind it carefully around some perfectly clean, round piece of wood and lay it over steaming water for nearly an hour; then dry on the roller, and when removed, it should be clean.

Estelle.—Before beginning to polish the stove, grease the hands with common lard, especially around and under the nails. Dipping the hands in vinegar and allowing it to dry on them is good. Corn meal may be used for drying the hands, and is as cleansing as soap.

Thomas J.—Employers are continually in search of men who can give them more value than the amount represented by their monthly check. When one's muscle is his only capital, his limit is reached early in life. If one makes of himself more than a muscle-worker or routine clerk, his services will be always in demand, and this can only be done, in cases like your own, by a determination to fit yourself for better-paid work by hard study, self-denial and close attention to the business of your employer. Pluck is better than luck.

Mrs. L.—For washing black cotton goods, make a starch with one cupful of flour to one pint of cold water, beating until smooth; pour into it three quarts of boiling water, stirring briskly all the time; strain; to five pints of the starch add two gallons of warm water; wash in this as if it were soapsuds; wash until the garment is clean, then wash through a second warm water—one pint of starch to two gallons of water. Rinse well in two clear, cold waters, and dry. Do not let freeze. When nearly dry, roll up, let stand an hour or so, and iron on the wrong side to avoid shine.

Sadie.—Fruits preserved by the evaporating process permits them to retain their special flavor. Soak them well, wash carefully, and stew slowly in just enough water to cover them. Add sugar when nearly done. Stewing the fruit in syrup hardens it. (2) For the candied fruit hardened by dryness, steam for a little time to soften it. (3) For the corn, soft or hard, it is recommended to apply to it, night and morning, a little of the strongest acetic acid, using a camel's hair brush; will take about a week for a cure.

For the Sewing Room

The plain, straight, turn-over collar, fitting the neckband and fastening in front with a brooch or a bow of ribbon or velvet, is another revival of the days of our mothers. These may or may not have cuffs to match, but if cuffs are worn, they should be the narrow, straight kind. These col-

lars may be made of either lace, sheer lawn, linen, silk, or any suitable material, and they may be perfectly plain, hemstitched, edged with narrow embroidery or lace, scalloped or button-holed on the edge. They may be embroidered, either with white or with colors, and the eyelet embroidery is particularly popular. They are easily made at home, and dress up one's neck most becomingly and neatly. They are easily laundered.

Cross-stitch is much used for dress trimmings, bands of it made on canvas are used for vests, cuffs, collars and other trimmings, while for white dresses for little girls, the stitching may be in blues and reds with excellent effect.

After you have ripped your garment apart for renovation, pick out all bits of thread, brush thoroughly to remove all dust, and clean all spots with some good cleansing fluids or soaps; then, wet muslin cloth in warm water and lay, quite wet, on the wrong side of the goods and roll up as you would for ironing; let lie for several hours, or over night, then iron with a moderately hot iron, on the wrong side while quite damp.

The new neck finish for the shirt-waist is a straight band; not the curved band that springs down, wider at the base than at the top. Do not curve the collar-band to fit the neck, but fit the waist up to the collar.

Remember that cotton materials have an "up and down" the same as woolen goods, but not so pronounced. To find which way the "nap" runs dampen a small piece of the material and rub with the finger; you will find it the same as in wool fabrics. Cut so the nap runs down.

For the sewing room, the following articles are a necessity: A flat-iron, plenty of pins and needles, good thread in variety, cord, cutting table (can be made of any smooth boards) yard stick, piece of tailor's chalk, basting cotton, colored marking cotton, tape measure and sharp shears.

Clothes Moths

About May the clothes moth makes its appearance. The moth itself does no harm, as it seeks a dark, quiet place in which to lay its eggs, then dies. Furs, woolens, and feathers are its favorite material, for on these fabrics and stuffs its larva can feed while growing. Anything which disturbs the garments, or moves them about is destructive to the larva, and before putting away, everything should have a thorough sunning, beating, shaking or combing, and this can be advantageously repeated several times before putting them away for the summer. After the eggs have been laid, they hatch into larva, or worms, within about three weeks, and the young begin immediately to eat. If the garment or yarns or woolen articles are regularly sunned and beaten, even as often as once a month, this will kill the larva, or remove them from the stuff. Any article of wool or fur should be taken out, beaten, aired and then sprinkled with camphor gum, powdered, or sprayed with cedar oil; if this is done two or three times during July and August, and the garment wrapped first in fresh newspapers, then in linen, or thick muslin, and put into a stout paper bag, the mouth of which should be pasted securely, the moths can not harm them. There is no danger of moths to any garment regularly or often worn. Moths do not infest silks or velvets. Carpets on floors of seldom used rooms are sometimes ruined by the ravages of this pest, but this can be avoided by often airing and sunning the room, and thorough sweeping about once or twice a month. Especially around the edges should the carpet be swept once a week. Many country housekeepers use the dried leaves of sage, spearmint, and other highly scented herbs, pepper in bags, and the roots and buds of sassafras,

thrown plentifully, among the woolen bedding and garments, giving them frequent airings and beatings.

Requested Recipes

Tripe.—Cut the thoroughly cleaned stomach into as large pieces as you can conveniently handle; have a little hot water on the stove, and scald one piece at a time and put it on a board to scrape it. When nicely scraped, put it into cold water, letting it soak over night. Next day scald and scrape again until it is clean and nice; scrape the smooth side, and pick off all that sticks to it; cut the edges all off the pieces, and it will be white and nice. Boil it five or six hours, or until it is very tender. For the table, cut it into pieces as large as your hand, put a little water to it, season with butter, salt and pepper, bring to a boil and serve. You may not like it, after all your work.

Cream Puffs.—Bring to a boil one cup of water, and while boiling stir in one cup of flour; let cook two minutes, remove from the fire and, when cool enough so that you can press your finger into the dough without burning it, add three eggs, one at a time, beating them in separately. Drop in well buttered gem tins and bake twenty minutes—or until well browned—in a hot oven. This should make a dozen cream puff shells. For filling, take one egg, three tablespoonfuls of sugar, two teaspoonfuls of corn starch and a pinch of salt. Beat all together, stir into a cup of boiling milk, cook until it thickens, remove from the stove, flavor with a teaspoonful of lemon essence or extract, and when the puffs and filling are cool, open the puffs on top and fill as many as are required.

Lyonnais Potatoes.—Chop six raw potatoes very fine; have a large chopped onion fried in butter until brown; add the potatoes, salt and pepper and fry all together until well cooked; beat the yolks of two eggs, turn the potatoes into a bowl, stir the beaten yolks quickly in, and serve very hot on a hot platter, in a mound, sprinkled with chopped parsley.

With Sausage.—Core and slice without peeling some nice, tart apples and fry in the sausage fat; serve a spoonful of the fried apples with the sausage.

**INCIPIENT CONSUMPTION
How Food Heated Off the Insidious Disease**

The happy wife of a good old-fashioned Michigan farmer says:

"In the spring of 1902, I was taken sick—a general breaking down, as it were. I was excessively nervous, could not sleep well at night, my food seemed to do me no good, and I was so weak I could scarcely walk across the room.

"The doctor said my condition was due to overwork and close confinement and that he very much feared that consumption would set in. For several months I took one kind of medicine after another, but with no good effect—in fact, I seemed to grow worse.

"Then I determined to quit all medicines, give up coffee and see what Grape-Nuts food would do for me. I began to eat Grape-Nuts with sugar and cream and bread and butter three times a day.

"The effect was surprising! I began to gain flesh and strength forthwith, my nerves quieted down and grew normally steady and sound, sweet sleep came back to me. In six weeks' time I discharged the hired girl and commenced to do my own housework for a family of six. This was two years ago, and I am doing it still, and enjoy it." Name given by Postum Co., Battle Creek, Mich.

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