

and cushions attached to the inner linings. In this basket should be placed a night dress, pinning blanket, square blanket, shirt, band, soft pieces of old linen, safety pins of different sizes, bottle of best vaseline, box of powder, cake of pure, vegetable oil soap, a soft towel and a fine sponge or soft wash rag.

Benzine or Benzoin?

"A Reader" asks if benzine and benzoin are not one and the same thing; if not, wherein do they differ? Benzine is a highly inflammable liquid made from petroleum; it is used for fuel, for lighting, for dry-cleaning clothes, and many other things. Benzoin is a resinous gum, dry and brittle, obtained from the *Styrax Benzoin*, a tree of considerable size, native of Sumatra and Java, and found in other countries into which it has been introduced. The gum-resin exudes from incisions made in the bark of the tree after it has attained its sixth year. It has a fragrant odor and a slightly aromatic taste. It is used in medicine, and in many toilet preparations.

To Make a Mattress

Take ten yards of ticking; make the top and bottom of the tick to suit the size of the bedstead; allow two inches on width and length for tying. Cut strips five inches wide for the casing, long enough to go around the sides and ends of the tick. Sew the casing around the bottom of the tick and bind it with braid. If possible, put the tick in a quilting frame, as you would a comfort, and lay on the bottom of it six pounds of cotton batting, some crosswise and some lengthwise, making it even; have a quantity of corn husks stripped very fine, and lay this evenly over the batting to a depth of six inches; then lay over this another six pounds of batting, as before. Now put on the top of the tick and sew it to the casing, binding with braid. A table or long board should be placed under the mattress as a support in the middle. Needles for tacking can be made of the ribs of an umbrella, sharpening one end and using strong twine for the tacking, putting a piece of strong cloth

THE LITTLE WIDOW

A Mighty Good Sort of Neighbor to Have

"A little widow, a neighbor of mine, persuaded me to try Grape-Nuts when my stomach was so weak that it would not retain food of any other kind," writes a grateful woman, from San Bernardino Co., Cal.

"I had been ill and confined to my bed with fever and nervous prostration for three long months after the birth of my second boy. We were in despair until the little widow's advice brought relief.

"I liked Grape-Nuts food from the beginning, and in an incredibly short time it gave me such strength that I was able to leave my bed and enjoy my three good meals a day. In two months my weight increased from 95 to 113 pounds, my nerves had steadied down and I felt ready for anything. My neighbors were amazed to see me gain so rapidly and still more so when they heard that Grape-Nuts alone had brought the change.

"My 4-year-old boy had eczema, very bad, last spring and lost his appetite entirely, which made him cross and peevish. I put him on a diet of Grape-Nuts, which he relished at once. He improved from the beginning, the eczema disappeared and now he is fat and rosy, with a delightfully soft, clear skin. The Grape-Nuts diet did it. I will willingly answer all inquiries." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs.

or old leather under each stitch, top and bottom.

Query Box

Mrs. H. B. M.—See Requested Recipes. Thanks for kind words.

H. L. D.—Eczema is a disease which often requires long treatment to cure, and sometimes all treatments fail. Consult a physician.

Wesley S.—Pour two tablespoonfuls of cayenne pepper on the fire while smoking the meat, and it is claimed that flies will not molest it.

J. L.—From now on, until the trees bloom, throw the ashes from your stove around the trunks of the plum trees. It is said this will free the fruit from the curculo stinging.

Young Mother—Let the little folks eat all the apples they want but limit the supply of sweet biscuit and cookies.

A. V.—As you live in a large city, your librarian should be able to answer your questions better than I can. Consult him. You may know what you like best to read, but you may not be the best judge of what is fittest for you.

M. D. A.—Intestinal indigestion is cured only by putting such food into your stomach as it can readily digest before passing it on. Out door exercise, bathing, resting and refraining from worry are your best medicines.

Mrs. E. H.—If we had more industrial and less fancy education in the schools, it would be better. It is claimed that a great majority of the unemployed of today can do "sums" in geometry and read Latin and Greek, but know nothing of practical industry that "makes good." Education is a good thing, but mere book learning is a poor staff to lean upon.

M. G. R.—Says: Take a lump of alum as big as your fist; dissolve it in a vessel large enough to bathe your feet in, having the water come well up on the ankles. Every night and morning heat this solution quite hot and hold the feet in it for fifteen minutes, shower with cold water quickly to close the pores, wipe dry with a soft towel, and this will cure the worst case of chilblain, even when there are festered sores.

W. R. K.—I am afraid your suggestions are entirely out of my line, but will say that the restlessness of the people of today is a product of the times and existing conditions. Thousands of these people, some of them highly cultured and well-to-do, would not keep a home if it were given to them, if the ownership of it made it obligatory upon them to occupy it, and would value it only on its money value, if outside of a large city or town. Other thousands, owing to the nature of their employment, must be more or less migratory in order to keep in touch with their "jobs," and to these, the "rooms furnished for light housekeeping" are a bonanza; while still other thousands are compelled, either through the demands of their occupation, or because of financial straits, to literally "live in their trunks." The transitory habit seems to be part of the program of the period.

A Pot Roast

A piece of the fore-quarter of beef, if cut where the muscular fiber is close and tough, should not be put on to boil in hot water, but in cold, unsalted water and brought very slowly to the boiling point. It should be tightly covered and cooked over a slow fire for several hours: When partly done, season with salt and pepper; when the meat is tender, remove the cover of the pot and boil down the water; as the water boils away, the stock becomes a rich brown, and the meat should be turned frequently that the juices that have escaped to the broth may be again absorbed into the meat. Let all the water boil out, and let the meat fry

a light brown in the pot, but do not burn. Take out the meat and place on a platter; add a pint or more of cold water to the gravy in the pot, bring to a boil and thicken with a little flour blended in cold water. An onion may be browned in butter and added to the gravy before the cold water, if one enjoys the flavor.

In cooking tough meats, remember that the water is just as hot if at the boiling point—the surface slightly agitated—as if it were bubbling fast and furious; the meat will cook just as fast in the first case as in the last, and will not harden.

Hyacinth Bulbs

As you bring your potted bulbs from the dark place to the light, do it by degrees, immersing the pot once a week half their depth in very warm water to which a little liquid manure has been added, leaving them in the water until the soil is thoroughly saturated. They will bloom quicker, sending up tall spikes of handsome flowers and fine foliage. If placed at once in strong light, the spike of buds is apt to be very short, and with some, the flowers may bloom before they are entirely out of the soil. It is best to place a funnel made of dark paper over the bud-spike to induce taller growth.

On Toilet Matters

Unfortunately for the amateur who first essays the work of blending oils into a sweetly-scented compound, the task is not always blest with the best results, and, as a consequence, many dollars' worth of good materials are duly wasted in an effort to make two or three jars of cream. First of all, in the manufacture of any kind of skin food it is absolutely necessary to purchase the very best of oils, and in order to be sure of getting them, the purchaser should have some knowledge of what to expect when she asks for anything in this line. Almond oil, usually employed as the basis of most articles, when pure and fresh has but little odor, is clear, and of a light straw color. Coconut oil is a glistening substance, semi-solid, resembling leaf lard, as it comes in a white mass, and possesses a distinctly impressive odor that no one can possibly mistake. Lanolin is decidedly sticky, resembling molasses candy before being pulled, and reminding one very forcibly of the fact that it is extracted from sheep's wool. Ceteum, taken from the whale, is so intensely disagreeable to use that some other oil should be substituted whenever possible, as the fish-like scent is not agreeable in cosmetics. Spermaceti is usually found in long, white cakes, while white wax comes in small, round, flat shapes, like old-fashioned cookies. All of these articles may be had at any druggist's, as they are in common use.

All oils are to be melted before any other ingredient can be added; for instance: if the recipe called for almond oil, lanolin, white wax, spermaceti, and one ounce of oxide of zinc, with ten drops of rose geranium to perfume the mixture, the cream would be made in this manner: A nicely enameled double boiler would be selected, and into this the oils are placed. The outer vessel would contain warm or hot water, and the inner vessel, containing the oils, would be placed in this, to keep the oils from too close contact with the fire. As soon as the oils are melted and thoroughly mixed, the zinc must be sifted carefully into it, stirring constantly, and then the mixture may be removed from the fire and beaten until cool enough to add the rose-geranium, beaten until cold and creamy. This precaution of beating is especially necessary in a cream of the kind mentioned, otherwise the zinc powder would remain in the bottom of the dish, and the last jar

would be too well supplied with it. Unless one is willing to take a great deal of trouble, and knows what she is doing, and is sure of getting the best articles, she would better buy the prepared article of some reliable druggist. With the approach of the blustering winds and "shifty" weather, one can find great comfort in the use of a good cream.—Mme. Michaud, in Chicago Inter-Ocean.

Scrappe

Thoroughly wash and scrape a hog's head, singeing such hairs as cannot be scraped off, split and take out the eyes, eyelids and brains; clean the ears, digging out the inner canal, scrape and scald well; cut off the tip end of the snout a little below the eye sockets. Put on to boil in plenty of cold water, and simmer gently for four hours, or until the bones will easily slip from the meat. When done, lift the meat out and pour the water it has cooked in through a fine colander in order to remove all fine pieces of bone; with the hands mix and remove all pieces of bone from the meat, chopping the meat fine. Set the liquor where it will get cold, and remove all grease from the top; return the chopped meat to the kettle of water, season highly with pepper, salt, powdered herbs as preferred—sage is the most generally used. Now, having brought the mess to a boil, take a large wooden spoon and, stirring constantly, add enough corn meal to make a soft mush. Cook slowly for an hour, stirring occasionally to prevent scorching. Pour the mixture in square pans and keep in a cold place, slicing as needed, frying or heating in the oven.

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