

grain paper, which comes in all shades and is of one color, and let the color match the predominating shade in the wall paper. This paper is almost a yard wide and may be used as a dado, full width. A narrower border, in metallic green and silver, or some other desirable moulding, should be used to cover the edge where it laps the upper wall.

#### How to Burn Sulphur

As the house-cleaning season closes in upon us, it is well not to forget that sulphur, burned in a room, not only disinfects, but also kills any insect housed therein. The lump sulphur, or the powdered, or the sulphur candles may be burned, as one wishes, but the candles are the more expensive, and the least trouble. All silver and steel, books and papers should be taken out of the room, and house-plants will not stand the fumes. It is best to have the room entirely empty, but the wooden furniture, and the bedding may be left in it, the bedding scattered, spread and hung about so that the fumes may enter the folds freely. The room should be closed tightly, and remain so at least twelve hours—twenty-four would be better, and then freely aired before being used. By this means, any insect hiding in the walls, or about the bedsteads will be reached by the poisonous fumes and killed. There are other things that might answer, but sulphur is the safest, and wonderfully effective. The closets should be emptied, and a candle set inside, lighted, and the closet closed tightly, the wardrobe and bed linens and quilts meantime put out on the line to thoroughly air and "sun." Remember that right now is the time to wage the most effective war against the insect pests, killing them before they have time to deposit more eggs.

#### Combining Ingredients

This is done by stirring, beating, cutting and folding. To stir, mix by using circular motion (always in same

#### DECAYED STARCH A Food Problem

An Asheville man tells how right food did that which medicines had failed to accomplish:

"For more than 15 years," he says, "I was afflicted with stomach trouble and intestinal indigestion, gas forming in stomach and bowels and giving me great distress. These conditions were undoubtedly due to the starchy food I ate, white bread, potatoes, etc., and didn't digest. I grew worse with time, till, two years ago, I had an attack which the doctor diagnosed as appendicitis. When the surgeon operated on me, however, it was found that my trouble was ulcer of the pancreas, instead of appendicitis. "Since that time I have had several such attacks, suffering death, almost. The last attack was about three months ago, and I endured untold agonies.

"The doctor then said that I would have to eat less starchy stuff, so I began the use of Grape-Nuts food for I knew it to be pre-digested, and have continued same with most gratifying results. It has built me up wonderfully. I gained 10 pounds in the first eight weeks that I used Grape-Nuts, my general health is better than ever before, my brain is clearer and my nerves stronger.

"For breakfast and dinner each, I take four teaspoonfuls of Grape-Nuts with cream, a small slice of dry toast, an egg soft boiled and a cup of Postum; and I make the evening meal on Grape-Nuts and cream alone this gives me a good night's rest and I am well again." Name given by Postum Co., Battle Creek, Mich.

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

direction), widening the circles until all is blended. Stirring is the motion ordinarily employed in all cooking, alone, or in combination with beating; stir slowly to avoid spattering. To beat, turn the ingredients over and over, continually bringing the under part to the surface and entangling air and allowing the spoon to be constantly brought in contact with the bottom of the dish throughout the process.

To cut or fold, introduce one mixture into another. This is accomplished by two motions of the spoon, a repeated vertical downward motion known as cutting, and a turning over of the mixture each time the spoon comes in contact with the bottom of the bowl; these repeated motions are used until a thorough blending is accomplished. By stirring, ingredients are mixed; by beating, a large amount of air is enclosed; by cutting and folding, two mixtures are blended and the air already introduced by a former motion is prevented from escaping.

#### Eggs

This is the season when eggs are most plentiful, and most relished. It is also the lenten season, when eggs are largely used in the place of meats. The egg contains all the constituents of a perfect food, but it cannot be used exclusively, owing to the highly concentrated condition of its parts. The stomach demands bulk—quantity as well as quality. Owing to the fact that the egg contains no starch, it should be eaten with bread, rice, potatoes and other starchy foods. The white of the egg contains albumen, water and material matter, while the yolk, in addition to these, contains oil, iron and sulphur. When the egg is fresh laid, the shell is almost full, rough and very heavy; but as the shell is porous, the water evaporates; oxygen, taking its place, causes a change in its element to take place, and the egg spoils. "Stale" eggs, unless too old, may be used for cooking, but may not be served for eating at the table.

#### Requested Recipes.

Sand Tarts.—One-half pound of butter, one pound brown sugar, one pound of flour, three eggs. Cream the butter, add the sugar, well-beaten eggs (leaving out the white of one), and the flour. Beat up with a spoon until the dough can be handled, then roll out, cut into three-inch squares, brush with the white of egg (beaten to a froth) and sprinkle with granulated sugar and cinnamon; put an almond or large raisin in the center of each and bake in a quick oven.

Lobster Farci.—One can of (Block Island) lobster, one pint of milk, tablespoonful of butter, two tablespoonfuls of flour, salt and cayenne. Melt the butter, add the flour and blend, and when bubbling add the milk gradually; when thick and smooth, add the lobster, which has been picked fine; season, put in buttered shells, cover with buttered crumbs and bake brown.

Salmon in Mould.—One can of best salmon, three eggs beaten light, half cupful of fine bread crumbs, salt, cayenne and parsley, four tablespoonfuls of melted butter. Remove oil, bones and skin from the fish, mince the fish fine, rub in the butter till smooth, add crumbs to the beaten eggs, season the fish with the salt, cayenne and parsley, add eggs and crumbs, put into a buttered mould and steam one hour. Serve with the following sauce: Thick, en one cupful of boiling milk with one-half tablespoonful of corn starch and one tablespoonful of butter rubbed together, add liquor from the salmon, season with salt, cayenne and one tablespoonful of tomato catsup. Just before taking from the fire add one beaten egg, but do not allow to boil.

Tea or chocolate should never be served with fried foods. Coffee is the

proper beverage to be used with fried oysters and fish or lobster with cheese. Coffee should be served with doughnuts or other fried breads.

#### Ptomaine Poisoning

Answering the question, "Are not canned goods likely to cause ptomaine poisoning?" Good Housekeeping has this to say: "In general, no. An entirely unwarranted prejudice against canned foods exists in some quarters, fostered, no doubt, by extravagant newspaper statements in cases of illness where the cause is not at once apparent, and 'ptomaine poisoning' from canned goods is sagely suggested as a means of concealing ignorance of the real cause. As a matter of fact, canned goods, if properly prepared, are among the most wholesome and safe foods, because they are generally prepared from fresh, or at least undecomposed, material, and are freed from bacteria by efficient sterilization, which insures that no further change can take place unless micro-organisms gain access in some way. It occasionally happens that sterilization is not complete, and in that case, the material may spoil; or if the can is leaky, the same will result; but, by careful inspection of the cans, the buyer can generally avoid such trouble. The gases generated in fermentation or putrefaction will cause the cans to swell, the ends become bulged or convex, instead of concave or hollow, and the housekeeper should never accept a can which is swelled; the concavity of sides and ends being a sure indication of a good can. After the can is opened, it is in no sense proof against the attack of putrefactive bacteria, and, if left under favorable conditions decomposition will set in, and the contents may act as a poison, if used after such delay. Cleanliness and care in the preparation of our food, and the building up of the natural resistance which comes from hygienic and right living, are the greatest safeguards against ptomaine poisoning, as well as against the invasion of disease germs."

In the newspapers daily sent broadcast among the people, a great many cases of so-called ptomaine poisoning are written up, but nothing is said of the sanitary, or unsanitary conditions under which such cases are found. In many homes, especially in the crowded parts of the city, the sanitation is so poor and the care and preparation of food so recklessly unhygienic.

#### Query Box.

Thelma.—To "applique" is to apply one material on another. Figures or designs are cut from one material and applied on another with fancy stitches or embroidery.

H. S.—Silk bands are used, very narrow and closely stitched. Braiding has very nearly superseded them, however, and the set-on bands are used in connection with the braid.

W. G.—White castile soap does not agree with all skins. Try the green olive soap which comes in bars. It has more oil or grease in it, and is not so drying to the skin.

G. K.—If you will spade wood ashes well into your intended turnip bed the flavor of the vegetables will be improved. Coal ashes will not do, as it is the potash in the wood ashes that helps the earth.

Annie B.—A sallow complexion does not always denote torpidity of the liver. It is sometimes caused by a lack of healthy action of the skin, and you should endeavor to excite perspiration by exercise, rather than by taking medicine.

Undecided.—In the matter of the "tailor-made" suit, it is really most satisfactory to go to a first-class store, late in the season when first-class goods are marked down, choose a suit of good material and, by paying a few

dollars for alteration get a far better garment, both in fit and material for about the same money the material alone cost you, than to trust the work to the average "good dressmaker" at home.

Emma S.—A white beaver hat may be cleaned by rubbing well into the beaver French chalk and powdered magnesia; lay it away in a dark place for several days, then brush out carefully every bit of the powder. Repeat if necessary.

Grover C.—I cannot tell you who is "the greatest woman novelist." Tastes differ. It is claimed that Mrs. Mary J. Holmes is the most popular; that is, her works are more widely read by the mere novel-reading people, but that is not evidence that they are the best written.

Emma S.—Velvet or velveteen is hard to wash without ruining it. This method is recommended, if carefully done: Soak in tepid water a few minutes, then wash without soap. Rinse in tepid water in which has been dissolved a small teacupful of brown sugar. Do not wring or press, but dry out of doors. When almost dry, let two persons hold it and iron on the wrong side between the hands, as it is stretched. This will raise the pile.

Inquirer.—As regards mushroom raising for profit, a writer says: "Anyone having control of a cellar can raise a fine crop of expectations, and may raise a crop of mushrooms by accident or experience; but he will earn every one he raises, as they are of the most contrary growth, and require the nicest management and patience in working with them." You might raise enough for your own use, but they seem to be easier raised on paper than anywhere else.

## MAPLEINE



Makes  
Syrup  
Better  
Than  
Maple

Mapleine is  
a wholesome,  
vegetable ex-  
tract, made  
from roots and  
herbs. When  
added to pure

granulated sugar and pure water makes a syrup better than maple.

Mapleine is the product of our laboratory endorsed by pure food and dairy departments for its absolute wholesomeness.

To demonstrate to you its desirability as an addition to the larder, we make the following offer which is bona fide.

Send 35 cts. in M. O. or postage stamps and we will mail you a two ounce bottle of Mapleine and cook book. This two ounce bottle is sufficient to make two gallons of syrup better than maple, at a total cost of 52½ cents. per gallon.

#### Our money back guarantee

If you do not find Mapleine all we claim for it, after having thoroughly tried it according to directions we will refund your money on receipt of notice from you.

CRESCENT MFG. CO.  
SEATTLE, WASH., U. S. A.  
317 Occidental Ave.