

after it begins to boil, let it continue to boil for twenty minutes; do not cover, and do not let boil very hard; skim well. Meantime, have the sugar (one pound of granulated sugar to one pint of juice) placed in a pan in the oven, stirring it frequently from the bottom, and when the twenty minutes are up throw the heated sugar into the boiling juice, stirring it continually. When the juice just comes to a boil, dip out with a jelly dipper. Have ready a heated pitcher with a piece of cheesecloth wet with hot water stretched over the top, forming a hollow bag in the mouth of the pitcher. Pour the jelly through this into the pitcher; have the jelly glasses standing in hot water; take out, dry, and turn the jelly from the pitcher, filling each glass full, and set away to cool. If it should not be quite stiff enough by the next day, set the glasses in the sun, and it will shrink to the right consistency. When finished, pour over the top (the jelly must be cold) about a quarter of an inch of melted paraffin wax; cover with white paper and set in a cool, dry place.

Jelly should be made in bright, sunny weather, as it does not "jell" so satisfactorily in damp, cloudy weather.

Strawberry Short Cake

Put the washed and hulled berries into a bowl, cut them up with a silver knife and sweeten to taste. Then, while the sugar is saturating the fruit and extracting the juice, bake a rich biscuit crust, split it open, butter the inside of both pieces generously and spread one of them thickly with the berries. Put the other half on top with the buttered side uppermost, and pile the fruit on until it will not hold another berry, nor a teaspoonful more juice. If any of the berries are left, serve them as a sauce with the shortcake.

Cherries

Pickled Cherries.—Five pounds of cherries, not too ripe; stone, or not; one quart vinegar, two pounds of sugar, half ounce of cloves, half ounce of mace. Boil the sugar and vinegar and spices together (have the spices ground and tied in a bag) and pour hot over the cherries.

Cherry Vinegar.—Slightly wash two quarts of cherries and pour over them one quart of best vinegar. Put in an earthen jar and set in a cool place for two days. Strain through a muslin bag, and for each pint of the strained juice add three-quarters of a pound of sugar. Place on the fire and let boil for fifteen minutes. Strain again, set aside to cool for fifteen minutes and bottle for use.

TRANSFORMATIONS

Curious Results When Coffee Drinking is Abandoned

It is almost as hard for an old coffee toper to quit the use of coffee as it is for a whiskey or tobacco fiend to break off, except that the coffee user can quit coffee and take up Postum Food Coffee without any feeling of a loss of the morning beverage; for when Postum is well boiled and served with cream, it is really better in point of flavor than most of the coffee served nowadays, and to the taste of the connoisseur it is like the flavor of fine Java.

A great transformation takes place in the body within ten days or two weeks after coffee is left off and Postum Food Coffee used, for the reason that the poison to the nerves has been discontinued and in its place is taken a liquid that contains the most powerful elements of nourishment.

It is easy to make this test and prove these statements by changing from coffee to Postum Food Coffee.

"There's a reason."

This will be appreciated as a cooling summer drink.

Preserved Cherries.—Stone the fruit or not, as preferred. Take sugar in the proportion of three-fourths pound to one pound of fruit. To every pound of the sugar use one pint of water; let it warm and thoroughly dissolve the sugar, add the fruit and let boil fast for twenty minutes, or until it begins to jelly. Put in jars or cans hot. Put paper over the top and paste down around the edges, seal, or cover closely, and set in a dark, cool, dry place.

Clothes Moths

The moth, itself, does no damage to fabrics, except as it places its eggs in a situation and on certain materials so the worm that hatches from them may have the best chance for its future. The commonest of the clothes moths is a light brown in color, and may be seen flitting about the house the latter part of April, and from then on, occasionally as late as August. It lays its eggs in dark corners, crevices in the walls, cracks in the floor, folds in garments, wollens, furs, feathers, and the like, everywhere in the least conspicuous places, laying from eighteen to a hundred and forty eggs at a time. The eggs hatch in from three to seven days, and the larva proceeds at once to case themselves in little "rolls" made from fragments of the fabric on which they find themselves. As the worm grows, the case is enlarged, and the worm reaches its full growth in thirty-six days, and then, crawling into some more protected place, remains torpid during the winter in its case, which is by this time thickened and fastened at either end, and is the full-grown cocoon. It is within this period of growth that the damage is done. The transformation of the cocoon into the winged moth takes place in the spring. Only a small proportion of the eggs ever find life.

Another species constructs its cocoon mainly from fragments of the material upon which it has been feeding spinning a certain amount of silk wherever it goes, leaving the trace which one sometimes finds on woolen fabrics. This species is most common in the southern states; the parent moth is of a dark straw color, not spotted. A third species has front wings black from the base to the body and white beyond, the white portion being sometimes crowded with dark gray. This is the most destructive of all, but the habits of all are much the same.

For Putting Away the Clothes

It will readily be seen that it is not the moth, itself, that we should fear, except as it paves the way for damage by placing the eggs, which are infinitesimally small, and which, because of their almost imperceptible smallness and the secretive habits of the moth, are very difficult to find and eradicate. A benzine spray is sure death, but, owing to its highly inflammable nature, benzine, in careless or ignorant hands, is a source of great danger. Still, if the ordinary throat spray, which can be bought for a trifle, is filled with benzine and the vapor thrown into crevices against moth or eggs, it will destroy them, but no fire or flame must be brought into the room until after it has been thoroughly aired and the odor dissipated. After a thorough airing (in the hot sun if possible) of a woolen fabric, which will drive out any concealed moth (for moths abhor light) and again after time has been given to development of the egg, the fabric well beaten and sunned again, one may be reasonably sure that there is nothing harmful concealed in the fabric, and it is as safe to do it up in a paper parcel, being careful to close up every ingress of the moth, as it would be if

saturated and buried beneath all the foul-smelling and poisonous moth-remedies in existence. These have no effect on the eggs already laid or the worm when hatched, the latter being the real destructive agent. Benzine is claimed by experts to be the least objectionable and most effective destroying agency known. It may be used safely on clothing, carpets, bedding, etc., but the utmost care should be used in treating delicate fabrics with it. For the carpet beetle, the treatment is similar, all the floor cracks, crevices, under the baseboard, and along the edges of the carpet should be well sprayed with benzine. The carpets, after being beaten, should be lightly sprayed also. The carpet bug is white, black and scarlet in color, the scarlet being a stripe down the middle of its back. The eggs are laid in the fall on the carpet itself, not in the cracks or crevices. The perfect beetle is three-sixteenths of an inch long, and when disturbed draws in its legs and feigns death.—The Upholster.

Query Box

J. H.—Will give the desired poem soon.

J. R. G.—I can not tell you how to make Bavarian beer. I think it is made in breweries.

Mrs. J. B. V-C.—Thanks for the pleasant letter, and also for the tried recipes. Will give the recipes later.

A Reader.—I am afraid I can not aid you in the matter of the down quilt. Perhaps some house furnishing company can help you.

G. W.—If you had sent the words to the poem requested, and it were found suitable for this department, I should be glad to give it place. But I can not give it otherwise.

R. S.—The pittings left by smallpox generally defy all attempts at removal. It takes the skin of the face a long time to resume its normal condition. I know of nothing that will help you.

H. M.—To increase the flare at the bottom of the plain gored skirt, it is still permissible to insert plaited sections at the seams of the bottom of the skirt. The skirt may be seven-gored, with inverted box plaits at the back. Center-front seams is one of the latest for skirts.

Amy G.—Any specialist will tell you if you have tried "all sorts of things on the face," that is probably the reason you have not succeeded with any. Try letting it alone for awhile, attend to your diet and habits, and see how it works.

Country Lasse.—The term lunch is not correctly applied to refreshments served in the evening. Supper is the right word. If the menu is elaborate, with hot dishes, dinner would probably be a better term. When eating pastry, the crust should not be touched with the fingers; the fork in the right hand is sufficient.

Ceda C.—There is, perhaps, no more satisfactory method of cleaning light-colored gloves than washing them in naphtha; pour a little in a bowl and rub the gloves between the hands as in washing a handkerchief, then rinse in clear naphtha and hang in open air for an hour or two. This will not fade the colors, and should leave them clean and soft.

Josie D.—No silk looks as well after washing as before, no matter how carefully it is done; therefore, this method of cleaning should not be resorted to unless absolutely necessary. Spots may be cleaned with gasoline, ether, naphtha, or benzine; but care should be taken, even with these. The whole garment may be washed in gasoline, rinsed and aired, but this must be done in the open air, away from all possible contact with flame or fire.

Fruits Instead of Drugs

The remedial properties of berries, all of which are of great value in dif-

ferent diseases, may be preserved through the home manufacture of cordials, shrubs, vinegars, etc., and by drying, in which state they are to be steeped, strained, and the water used as needed. Cherries, greengage plums, peaches and apricots share in this value with the berries. Grapes are second only to figs for use in disorders which arise from a torpid or congested state of the intestines. Health depends so largely upon the regularity of the functions of the bowels that attention to them is of the utmost importance. An excellent fig preparation is an effusion by steeping one ounce of senna in a pint of boiling water; select one pound of plump, dried figs, and, having placed them in a layer in an earthen dish, pour over them the well-steeped and strained senna tea. Place this in a moderate oven and allow them to remain until the fruit has entirely absorbed the liquid. Put this in a closed jar, and for use, one fig eaten on retiring is a dose for any ordinary case of constipation. Pineapple, while of especial worth in some diseases when taken with other food, should never be eaten alone, as, falling anything else to work upon, its acid attacks the lining of the stomach itself. It is claimed that it has an especial value in certain forms of dyspepsia and in diphtheria, as its juices will cut away mucus that nothing else can remove.

All fruits, however, do not affect all persons alike. One should seek to know what is suitable in his own case, and not eat fruits merely because somebody has told him it is "good for him." Owing frequently to idiosyncrasies, as well as to certain physical conditions, fruits are often the worst things one can eat. Each person must be "a law unto himself," in this matter.

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