

Rub the marks with a clean piece of flannel dipped in coal oil, afterwards wipe with a cloth wrung out of hot water to take away the oil smell. Coal oil is also excellent for cleaning varnished hall doors of houses opening on dusty roads.

Gasoline applied to nickle-plate with a soft cloth is preferable to whitening as a polisher. To scour cooking vessels free from brown discolorations, use common whiting moistened with coal oil. In putting away bed clothing which can not be washed, after sunning well, fold inside of them pieces of clean charcoal. This will absorb any bad odor they may retain.

To remove grease spots from wall paper—Mix pipe-clay with water to the consistency of cream, spread it on the spot and leave until the next day, when it may be easily brushed off. Repeat if necessary.

For Whitening Flannel

For whitening flannel that has grown yellow by long-lying or by frequent washing and wear, this is recommended: Soak for an hour in a weak solution of bi-sulphite of soda, then press the water out and to it add a little muriatic acid, stirring well; return the material to the solution, stir it well and cover the vessel, letting it stand for twenty minutes; after this, take the flannel out and rinse in several soft waters and dry in the sun.

Preparations for Canning Time

Before commencing the work, have all requisite utensils, vessels and necessities at hand and perfectly clean. Scales, jars, a strainer, colander,

BUILDING FOOD

To Bring the Babies Around

When a little human machine (or a large one) goes wrong, nothing is so important as the selection of food to bring it around again.

"My little baby boy fifteen months old had pneumonia, then came brain fever, and no sooner had he got over these than he began to cut teeth and, being so weak, he was frequently thrown into convulsions," says a Colorado mother.

"I decided a change might help, so took him to Kansas City for a visit. When we got there he was so very weak when he would cry he would sink away and seemed like he would die.

"When I reached my sister's home she said immediately that we must feed him Grape-Nuts and, although I had never used the food, we got some and for a few days gave him just the juice of Grape-Nuts and milk. He got stronger so quickly we were soon feeding him the Grape-Nuts itself and in a wonderfully short time he fattened right up and became strong and well.

"That showed me something worth knowing and, when later on my girl came, I raised her on Grape-Nuts and she is a strong, healthy baby and has been. You will see from the little photograph I send you what a strong, chubby youngster the boy is now, but he didn't look anything like that before we found this nourishing food. Grape-Nuts nourished him back to strength when he was so weak he couldn't keep any other food on his stomach." Name given by Postum Co., Battle Creek, Mich.

All children can be built to a more sturdy and healthy condition upon Grape-Nuts and cream. The food contains the elements nature demands, from which to make the soft gray filling in the nerve centers and brain. A well fed brain and strong, sturdy nerves absolutely insure a healthy body.

Look in pkgs. for the famous little book, "The Road to Wellville."

skimmer, silver spoon, perforated wooden spoon, preserving kettle, jelly bag, measuring cup, funnel, tray, dish-pan, towels, holders, and plenty of hot water and a big kitchen table. For a small family select pint jars; for a large family, quart jars are better than half-gallon. Do not use old, stiff rubbers; they are not safe. Fill each jar full of water, seal and invert. If it leaks, do not use it, no matter how slight the leak. The trouble may be with the rubber, or the top, or some flaw in the jar top. Remedy the evil if you can, but do not attempt to use until all leakage is stopped, using the rubber and top with the jar that has been tested. Canning must be done right or it is but a waste of time and material. Choose the cool, early morning for the work of putting up, but it is best to have the fruit gathered the night before, and remember, that fruit gathered on a rainy day, or while the dew is on it, will not keep well, and many find it almost, if not quite, impossible to make such fruit "jell." Fruits should be rather under-ripe than over-ripe as it will make much better preserves and jellies and keep better, with better flavor. Remember, too, that you can get out of the can only what you put into it; poor fruits will make poor conserves.

Always put your vegetables on in hot water—not boiling. If put to cook in cold water, the flavor will be lost, and in most cases, the vegetables will be "soggy." Too rapid boiling toughens vegetables, while too little heat renders them "flat" and insipid. Get your vegetables as early in the morning as possible, and let them be of the freshest obtainable.

Unfermented Wines

Unfermented wines, or "fruit juices" can be prepared from nearly all fruits of which fermented wines are made. Such as are to be used unfermented must be carefully sealed, as, if air reaches it, it will ferment. Strawberries, currants, raspberries, dew berries, blackberries, elderberries, grapes, and many more fruits can be used either way, and will be fine, if allowed to stand a year or two; or some sorts may be used at once, though not of as fine flavor as if allowed to "ripen."

Sadie S.—To whiten the linen skirt that has become yellowed with age or disuse, it is best to wash, and bleach it in the open air, spreading on the grass and letting the dew fall on it, or wetting often and subjecting it to hot sunshine.

Gooseberries

Gooseberry Fool.—Top and tail one quart of gooseberries, put into an earthen jar and set in the oven until the skins burst; then rub the berries through a granite ware colander, and to the pulp add a heaping cupful and a half of sugar and set aside to cool. Just before serving add, stirring slowly, one pint of whipped cream.

Gooseberry Jam.—To one quart of ripe, or nearly ripe gooseberries, add one pint of granulated sugar, crush with a wooden or silver spoon, and boil together briskly, stirring all the time, for three quarters of an hour, or until as thick as is desired. Put into small jars or jelly glasses, and when quite cold, pour melted paraffin over the tops.

Gooseberries, canned, will keep with or without sugar, and should be merely heated through, thus keeping their shape. They may also be used with other fruits, either for canning, preserving or making into jam or jelly.

Requested Recipes

Iced tea should be made long enough before it is wanted to admit of straining the leaves before cooling. It should be made stronger than

if to be used without the addition of ice, as the melting of the ice weakens it. A heaping teaspoonful for each cup of tea wanted is none too much. Pour boiling water over the tea-leaves, let steep three to five minutes, pour off and cool. Some brands of tea require a little longer steeping, and this must be attended to with judgment. Most of tea made for icing is allowed to stand or steep too long, and thus the tannic acid is drawn out, rendering the taste bitter or "strong," and the effect on the stomach into which it is taken very injurious. Serve with plenty of cracked ice and slices of lemon.

For a beverage to take the place of coffee, take three teacupfuls of clean wheat-bran, cup and a half of corn meal, half a cup of syrup or New Orleans molasses, and one well-beaten egg. Rub all these together, mixing thoroughly, then parch in the oven until brown, and keep in a dry, cool place. In making, use the same quantity as for the real coffee, but be sure to boil for full fifteen minutes. As to coffee being harmful, much depends upon the individual, how it is made, and what quantities are taken. Doctors disagree on the question of its harmfulness.

Milk Sherbert.—Squeeze the juice of six lemons on four cupfuls of sugar; put the skins of the lemons into a pint of water and simmer for a few minutes. Scald two quarts of fresh milk with two tablespoonfuls of corn starch and one cupful of sugar. When cold put into a freezer, and when it begins to stiffen, add the syrup of lemon juice and sugar and the water from the rinds and freeze. This is more delicious than ice cream.

Query Bt.

"Polly"—Sorry I can not aid you about the speechless parrot. Ask at the bird fancier's where parrots are kept for sale.

E. W.—The proportion of ox-gall for setting colors is a teaspoonful of ox-gall to a gallon of water. Soak for an hour before washing.

Perplexed.—To remove the iodine stain, soaking the garment in sweet milk, occasionally rubbing the spots, is recommended; but it is a very stubborn stain to remove.

C. d'Alene wishes to know why her sweet green cucumber pickles, which are all right when sealed up, after a few weeks become tough and shrivelled, and all the essence goes into the fluid. Can some one tell her?

Effie M.—A solution of a teaspoonful of borax in a pint of distilled water, adding a bit of gum camphor the size of a large pea, is excellent for weak or tired eyes. Apply as often as the eyes feel hot or dry. It is harmless and cooling. Boiled water will do.

Housewife.—For keeping the lemons put them into an earthen jar or glass can and pour buttermilk over them. Or pour cold water over them. Some claim that simply sealing the jar air-tight will preserve them.

Jennie S.—Try rubbing the marks made by hot dishes on your table with paraffin oil; this is claimed to remove white spots from furniture also. Afterwards polish with beeswax dissolved in turpentine, or a good furniture polish.

Hattie.—If it is proper for the man to seek your company, he should not ask you to meet him elsewhere than in your home. You can not be too careful. Tell your parents of your acquaintance and trust to their better judgment. No honorable man will wish to place you in a questionable light.

S. S.—A very good cement is made by mixing plaster of paris with gum arabic water. Dissolve the gum by letting stand in cold water until soft, then stirring in the plaster until it is of the consistency of thick cream.

Apply to the broken edges with a small camel's hair brush and set the article away carefully until thoroughly dry.

Frances.—For cleaning the inside of the flower glass or vase which can not be scalded, put a tablespoonful of rock salt into a gill of vinegar, pour into the vase and shake about for a few minutes, then rinse clean with soft water. The water should not be allowed to stand until it gets sour about the flower stems.

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