

boil in clear water until tender, then drain and lay in jars. Then make a syrup of one pound of nice brown sugar to one pint of vinegar and a few cloves. Cover this pickle with the liquid boiling hot and seal. Cucumbers can be used in the same way instead of watermelon rinds.

Another Way—Pare the green from the rind and take out the pink; cut into pieces two inches long, throw them into a stone jar, cover with a weak brine (made as above) and leave them overnight. In the morning pour off the brine, put the rinds into a preserving kettle, cover with fresh water and cook until they can be pierced with a fork. Take out and drain through a colander. Take sufficient vinegar to cover the pickle and sweeten to taste (usually a pound of sugar to a pint of vinegar). For each gallon of vinegar take two teaspoonfuls each of cloves, allspice, and bits of stick cinnamon bark. Tie the spices in a bag and place in the vinegar in the preserving kettle. When the vinegar begins to boil, pour the rinds into it, and let them boil up for a few minutes, then put them hot into self-sealing jars. If the spices are put loose into the vinegar they will discolor the pickles and make little dark spots which spoil the appearance of the pickles.—M. N. C.

Requested Recipes

"Arme ritter," or "poor knight's bread" is made as follows: Slices of stale bread, saturated in milk, fried brown on both sides in butter or lard, is served hot, powdered with sugar and cinnamon. Can be improved by putting a fried egg or some fruit on the slices of toast.

"Friar's toast" is sweeter than "pain perdu" (literally, lost bread), and to prepare either, dip stale slices of bread in milk in which has been beaten an egg for each half pint; add a very little sugar and fry brown in very hot fat. Serve with powdered sugar. This is a luncheon dish, and convenient for using up scraps of stale bread.

Tomato Omelet—Peel and stew tomatoes, seasoning well with butter, a

THE DOCTOR'S WIFE

Agrees With Him About Food

A trained nurse says: "In the practice of my profession I have found so many points in favor of Grape-Nuts food that I unhesitatingly recommend it to all my patients.

"It is delicate and pleasing to the palate (an essential in food for the sick) and can be adapted to all ages, being softened with milk or cream for babies or the aged when deficiency of teeth renders mastication impossible. For fever patients or those on liquid diet I find Grape-Nuts and albumen water very nourishing and refreshing. This recipe is my own idea and is made as follows: Soak a teaspoonful of Grape-Nuts in a glass of water for an hour, strain and serve with the beaten white of an egg and a spoonful of fruit juice or flavoring. This affords a great deal of nourishment that even the weakest stomach can assimilate without any distress.

"My husband is a physician and he uses Grape-Nuts himself and orders it many times for his patients.

"Personally I regard a dish of Grape-Nuts with fresh or stewed fruit as the ideal breakfast for anyone—well or sick." Name given by Postum Co., Battle Creek, Mich.

In any case of stomach trouble, nervous prostration or brain fag, a 10 days trial of Grape-Nuts will work wonders toward nourishing and rebuilding, and in this way ending the trouble. "There's a reason" and trial proves.

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

minced onion, salt and pepper and a rolled cracker. Cook an hour on the back of the range; cool and stir into it three well-beaten eggs. Have the skillet very hot with a tablespoonful of butter ready and cook the omelet as usual, first on one side, then on the other, browning nicely.

Stuffed Cucumbers—Pare half a dozen small, ripe cucumbers (not too old), cut off the tip ends and extract all seeds with a teaspoon, cover the shells with cold water in which there is a spoonful of vinegar, parboil them in boiling water for five minutes. Drain and lay in cold water; have a good forcemeat made of either chicken or veal; fill the shells, which should be well drained and dry, and lay them in a pan lined with thin slices of sweet pork; season with minced parsley, salt and pepper, and a little chopped onion; put a dot of butter on each; baste with melted butter while cooking. Cook twenty minutes, and pour a nice brown sauce over them before serving.

For the Lamps

All lamp burners and wicks should be thoroughly cleansed as often as once a month. Take out the wicks and put them into a pan of boiling water, with a teaspoonful of washing soda, set the pan on the stove and let boil for an hour, when they should be taken out, rinsed well in clean water and dried in the sun. Put the burners also into a pan of boiling water in which has been dissolved three teaspoonfuls of washing soda, and boil and rinse in the same way. Thoroughly wash out the bowl of the lamp and re-fill with clean, fresh oil. That taken from the emptied lamp may be put into a bottle and used for cleaning in various ways. When the wick and burners are dried, return them to the freshly-filled lamp, trim the wick carefully, lighting it to see if all is right, before you set it away. All soft or tissue papers should be saved for chimney cleaners, and when the lamp is filled and ready to be set away, it is better to rub the charred edge off of the wick with a bit of paper than to try to even it with the scissors. One of the most necessary articles in the home is a clear, sweet-smelling light.

Caring for the Shoes

A shoe dressing that simply varnishes the leather is bad; it soon cracks and ruins the leather. Many of the shoe polishes on sale are very injurious to the leather, although they may polish readily and look nice when in use. An excellent polish can be made at home at little cost, and there is always the useful vaseline and the castor-oil bottle. These are especially valuable when the shoes have been wet, whether by the dew or otherwise. To dry the shoe properly, it should have a good coating of either the vaseline or the oil, and left to dry in the sun, after filling the shoe with bran well stuffed in to keep it in shape. When dried by this means, the leather should be soft and pliable, and a rubbing with soft cloths will bring out a dull polish. Do not set wet shoes away with the mud on, but wash all mud off with warm water and a cloth or sponge, then fill with bran and set away to dry, treating it to oil or vaseline as soon as dry enough to absorb either. Coal oil is a good dressing.

In Favor of the Woman's Club

Margaret Sangster, in Woman's Home Companion, says: "Here it is in order to introduce the woman's club. We women are given to frugalities. It does not befit our traditions to waste anything—time, money or endeavor. The individual woman may be a reckless and wasteful creature, but women, by and large, are good economists. If you live in a little village where there is no club, organ-

ize one. At first it may be very small, but it will grow. And if it does not grow, three or four women meeting together regularly for a definite purpose will do very much better than each woman could hope to do in solitude. In the larger towns and cities large and popular clubs are numerous, and their waiting lists testify to their importance.

"A club usually outlines a course of study that may run over the months of the year. Topics are assigned to the members who prepare papers in turn with such fidelity and research as they can bring to the task. These papers are read and discussed exhaustively.

"At a club meeting held in a small suburban town I have listened to essays, critical, historical and biographical, which would have done credit to the alumnae of our most distinguished colleges, yet not one member of the club had ever gone beyond the usual high school curriculum.

"If your home is too remote from neighbors to enable you to attend such an association, avail yourself of a correspondence school. A great deal of pleasure and satisfaction will thus come into your life, giving it what stay-at-home women most need—a vivid outside interest—and uniting you on the mountain-side or the sheep ranch with the great, stirring world, where life rushes on with clamor of voices and sound of trumpets."

For the Toilet

This is recommended for keeping the hands of the housewife in good condition: On the wash stand keep a bottle containing five parts of lemon juice and one part of alcohol; this will keep indefinitely. In another bottle keep the following lotion: One-fourth ounce of gum tragacanth dissolved in one pint of rain water by standing three days; then add one ounce each of alcohol, glycerine and witch hazel, with a very little good perfume. Have also a nail cleaner, and a bundle of soft tooth picks or orange sticks. In washing, use only a pure, vegetable oil soap, with rain water, if possible. After washing dishes, preparing vegetables, or cleaning work apply a little of the lemon juice, rubbing it in well, then a little of the lotion, and in a few minutes the hands will be soft, dry and quite smooth; all stains will disappear as by magic, and the nails may be easily cleaned. Repeat this process five or six times daily, and the effect will be very satisfactory. The expense is very little. Almond or oatmeal, filled into little cheese-cloth bags, will be better than so much soap.

For discolored or stained finger nails, a teaspoonful of lemon juice in a cupful of warm, soft water is invaluable. This is one of the best manicure aids; it will loosen the finger nails from the cuticle as well as remove discolorations. Lemon juice and a pinch of salt will remove the most obstinate stains from the fingers. The peels alone of lemons or orange will often remove stains without using water.

A little lemon juice rubbed into the hands, face and neck at night will not only tend to whiten, but soften the skin. A paste made of magnesia and lemon juice applied to the face and hands upon lying down for a while will bleach the skin beautifully. For loosening tartar and sweetening the breath, lemon juice in a little water is excellent.

Pure wool fat (lanoline) mixed thoroughly with an equal quantity of equally pure olive oil, is an excellent food for massaging the hollow cheeks.

To Clean Brass

Rub the surface of the metal with rotten-stone and sweet oil, then rub this off with a piece of cotton flannel,

and polish with a soft leather. A solution of oxalic acid rubbed over tarnished brass soon removes the tarnish, rendering the metal bright. The acid must be washed off with water, and the brass rubbed with whiting and a soft leather. A mixture of muriatic acid and alum, dissolved in water, imparts a golden color to brass articles that are steeped in it for a few minutes.

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