

Such fruit is almost as good as fresh fruit, and there is no danger of worms infesting it. With an evaporator, using good fruit, one can work up a trade sufficient to pay all expenses and a little over. The boy or girl can make money with it. I know, for I have used one, when among the fruit orchards.

For the Laundry

To clean corsets: First, take out all steels (the whalebone may be left in); then lay the corsets out on a table and, with a nail brush and good soap, rub up and down the corsets until they look clean; then place them under a cold tap of running water till the soap is thoroughly rinsed out of them; then squeeze them and hang them up to drip, if possible where the sunshine strikes them. When dry, replace the steels, and the corset should look like new.

Woven woollens or cotton undergarments and turkish toweling do not require ironing, and will be much better without. Be sure they are perfectly dry before folding and putting away. They should be well shaken out and pinned on the line so they will be as straight and free from wrinkles as possible. Sheets, and many other articles, if hung carefully and allowed to get thoroughly dry, may be smoothed out by the hands, folded and put under some heavy articles to press, and they will need no ironing. Stockings may be smoothed into shape by the same means.

Pillow slips should be ironed lengthwise instead of crosswise. Summer waists of white silk may be cleaned thus: Boil a small piece of white castile soap in a pint of water, add this to a gallon of hot water, which should give you a good (not too strong) suds. Let cool, then souse the waist in the suds lightly, not rubbing it, but dipping and turning about; have another suds ready, and repeat; then rinse in clear water until all soap is washed out, not rubbing; then dip in slightly blued water and hang in the shade to dry; when nearly dry, wrap in a towel and lay aside for a few minutes to dampen evenly, then iron under a fine white cloth.

No matter what the material of your nice goods, the soap must be of the best, in order to get the best work. Strong, alkali soap will ruin any deli-

CLEVER DOCTOR

Cured a 20 Years Trouble Without Any Medicine

A wise Indiana physician cured 20 years stomach disease without any medicine as his patient tells:

"I had stomach trouble for 20 years, tried allopathic medicines, patent medicines and all the simple remedies suggested by my friends but grew worse all the time.

"Finally a doctor who is the most prominent physician in this part of the state told me medicine would do me no good, only irritating my stomach and making it worse—that I must look to diet and quit drinking coffee.

"I cried out in alarm, 'Quit drinking coffee!' why, 'What will I drink?'"

"'Try Postum,' said the doctor, 'I drink it and you will like it when it is made according to directions, with cream, for it is delicious and has none of the bad effects coffee has.'

"Well, that was two years ago and I am still drinking Postum. My stomach is right again and I know Doctor hit the nail on the head when he decided coffee was the cause of all my trouble. I only wish I had quit it years ago and drank Postum in its place." Name given by Postum Co., Battle Creek, Mich.

Never too late to mend. Ten days trial of Postum in place of coffee works wonders. There's a reason.

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

cate fabrics or colors. For washing laces or handkerchiefs, fill a wash bowl half full of warm water and dissolve a little powdered borax in it. Rub each article gently between the hands in this, using enough pure white soap to get it clean; then rinse in clear, cold water, and then in another water having a very little bluing in it. White linen or cotton handkerchiefs may be scalded a few minutes. Borax whitens linen beautifully, and should always be used for washing them. Handkerchiefs should be ironed while quite damp; if embroidered, pressing the embroidery on the wrong side over a very thick ironing cloth.

When the clothes line is no longer needed, reel it up and put it away in a box or bag, that it may be kept clean. After the ironing is done, slip the ironing board into a cloth bag, removing the outer covering and putting it into the wash for the next use. Always keep the laundry things clean and covered.

To Remove Stains

A very obstinate case of mildew may be removed by the following process, says one of our readers: Pour a quart of boiling water on an ounce of chloride of lime; when it is dissolved, add three quarts of cold water. Into this put the garment and let it soak several hours—from ten to twelve, then wash as usual. It is claimed that this will not injure the finest fabric. Another way is to rub the spots with laundry soap, put salt and lemon juice on them and lay the goods in the hot sunshine. It may be necessary to repeat. Our mothers used to soak the goods in a jar of buttermilk; but the buttermilk is not to be had by every one.

Shoes and Stockings

In choosing shoes, the patent leather, patent kid or enamelled varieties should be let alone. The medium grade in weight is best adapted for every day wear, as the heavy soles make one feel awkward, and the thin soles are not a sufficient protection. The heel must be of a sensible height, the one-and-a-half to two inches in height should be let alone. One of the causes of much pain to pedestrians—especially women—is the habit of wearing about the house either a soft slipper or a slip-shod old shoe, and on going out, replacing this with a close-fitting, stiff shoe. Both shoes and stockings should be of the right length—neither too short nor too long.

Both lisle and silk stockings are said to cause a mild form of irritation at times, and nothing can be better for general wear than a soft, fine cotton. For those who possess a very susceptible skin, black or vivid-hues should not be worn. Instead of the old fashion of garters made of elastic, to fasten either under or above the knee, supporters, attached to something at the belt-line, should be worn. All stockings should be well washed before being worn, in order to remove any free dye left in the material.

To Destroy Ants

If you find their hills in the yard, or about the house, pour into them a strong solution of alum water, boiling hot; or a strong salt brine, boiling hot; or a solution of chloride of lime. This should be done when the sun is bright and they are all at home. Do this for three days, and repeat, if necessary. A sprinkling of coal oil about the haunts is good: If they have their nests in the woodwork or foundation, or other part of the house pour these solutions as above into every crack and crevice from which they are seen to issue. Several insect destroyers on the market are said to be "good" for them, but the solutions mentioned are effective,

cheap and safe. They should be used freely.

If the ants are in the house, procure a coarse sponge, wash it well and squeeze dry, which will leave the cells quite open. Then sprinkle on it some fine sugar and place where the ants run. They will collect on the sponge and go into the cells; then dip the sponge in boiling water and prepare again after washing out the dead ants. Pieces of cloth, saturated with coal oil, laid about their runways, is claimed to be effective.

Summer care of the Feet

A strong solution of salt and water should be used in bathing the feet when one comes in from an exhausting walk, and the feet allowed to remain in the bath until all pain is gone, when they should be rinsed in cold water and well rubbed dry. After the bath, it is well to rub the feet with a mixture of equal parts of tannin, witch hazel and alcohol. In the morning, before putting on the shoes and stockings, they should be dusted inside with a powder made of one part salicylic acid, two parts boric acid and two parts talcum. This powder is excellent for preventing excessive or offensive perspiration. Offensive odors of the feet are often symptomatic of disease, rather than of neglect or cleanliness.

Contributed Recipes

Stuffed Tomatoes—Peel and chill large, ripe, solid tomatoes; cut out the centers with a sharp pointed knife, leaving a cup; fill this with minced celery, walnut meats, and the meat of the tomato, all finely minced and mixed with a good mayonnaise dressing. Put a spoonful of the mayonnaise on top and stick a tiny sprig of curled parsley in each tomato. For a salad, take three square cream cheeses, break up and add three dozen pimolas (which are small olives stuffed with pimentos, or red peppers) chop these very fine, mix well, put into a dish or pan, set on ice and serve on tender lettuce leaves. Serve wafers with this salad.

Olive oil is recommended for frying purposes. There are several vegetable oils that might be used, and many people do not use lard at all. Fried foods are largely condemned by hygienic authorities, but people will eat them, and it is well to make them as digestible as possible.

Fish—To clean a fish, lay it on a board out doors, take a dull knife held nearly flat, scrape toward the head, then thoroughly rinse and wipe dry. Cut off the head and fins, remove the entrails and wipe out the inside. Rub both inside and out with salt. To fry fish, simply boil in deep fat—not butter. Cut the fish into suitable pieces, dip in well-beaten egg, roll in bread crumbs, or corn meal, and drop into the smoking hot fat, which should be deep enough to cover it, let cook, turning until each side is well seared, then draw the skillet a little off the heat and cover, leaving it to cook until done through, over a brisk heat.

Cooking Beefsteak—Put a generous lump of butter in a large platter and set over hot water; mince a table-spoonful of parsley very fine and stir into the butter as it melts. Broil the beefsteak while the butter is melting, then lay the steak in the dish and turn it in the butter, using a fork to press it down. The juice of the meat, with a little pepper and salt added, will mingle with the butter, making a nice sauce or gravy.

Banishing Flies

Flies should be barred from the house by wire screens and doors, if possible, but there are other things that will rid us of the pests. Some

of the mosquito pastils can not be surpassed for this purpose, and the burning of one in a room will, it is claimed, destroy or drive from their hiding place all vermin that infest the house. Here is a recipe which is said to be good: One part benzoin one part balsam tolu, five parts charcoal, one and a half parts common insect powder (good strength), and a half-part of powdered saltpetre. Add sufficient water to this mixture to knead into a stiff paste; roll the paste into suitable pastils and dry them. One of these pastils will burn for some time in a room, and the fumes will destroy the insects without injury to curtains or furniture.

It is claimed that mice have a great antipathy to the smell of peppermint, and that a little oil spilled over the pantry shelves and around their haunts and holes, will soon scatter them. The "sure thing," however, is a good rat, or a lot of well-placed little traps, with all the mouse-holes stopped up with cement.

A Money Making Business for Women

Young women should be independent. They should neither be tied to the hard work and long hours of office, store or factory. Neither should they be compelled to marry for a home and support.

Hundreds of free, intelligent, self-respecting women, young and of middle age, are to-day all over this country, making independent and well-paid livelihoods selling yearly subscriptions for THE LADIES' HOME JOURNAL and THE SATURDAY EVENING POST.

These women work for themselves. They make their own hours. They direct their own movements. They rest when they need it. They work when fitted for it. No one says "come" or "go" to them.

Their earnings in commissions, rebates and prizes commonly run up to \$1200 a year.

Write if you want independence.

THE CURTIS PUBLISHING COMPANY
3972-E Chery St., Philadelphia, Pa.