

close confinement and wearing work of solving the domestic problems. The woman who buries herself in such work is apt to grow narrow, plodding, fretful, irritable and nagging. When one feels (and we all do at times) that we just must scold, or fret or nag, it is better to put on one's bonnet and run away from it all, if but for an hour—no matter where, so it takes us out of ourselves and away from the "three-times-a-day" (which often gets so burdensome as to seem three hundred times) chains which drag us down. On returning from even this brief intermingling with other minds, we feel "like new," and our work does not seem half so hard, or so discouraging, for we have something new to think of. All clubs may be good in their way, but one can not belong to many of them and still do what must be done in the home. Too much club is as enervating as too much housework. It is best that she join one which is best suited to her time, talents, tastes and needs, and in the work attending such membership, much recreation and rest will be found. Read, study, think and try to learn the best lessons to be had, and the new thoughts will rest and refresh you as nothing else can or will. The mingling with others and discussions which bring to light the thoughts of other minds will strengthen and stimulate you as no drugs on earth can do.

Drying Apples

Apples can be dried on a piece of window-screen wire, or a screen itself, in the kitchen. The screen may be fastened just below the upper rack of the range, by tying the screen with a strong cord or piece of copper wire to the rack or shelf so that it projects over the stove where it gets the most heat. If the range has no shelf, a screen may be suspended over the range or cook stove by means of four screw-eyes in the ceiling and a stout cord—as the old-fashioned quilting frames were hung. Have your wire

LOOSE TEETH

Made Sound by Eating Grape-Nuts

Proper food nourishes every part of the body, because Nature selects the different materials from the food we eat, to build bone, nerve, brain, muscle, teeth, etc.

All we need is to eat the right kind of food slowly, chewing it well—our digestive organs take it up into the blood and the blood carries it all through the body, to every little nook and corner.

If some one would ask you, "Is Grape-Nuts good for loose teeth?" you'd probably say, "No, I don't see how it could be." But a woman in Ontario writes:

"For the past two years I have used Grape-Nuts Food with most excellent results. It seems to take the place of medicine in many ways, builds up the nerves and restores the health generally.

"A little Grape-Nuts taken before retiring soothes my nerves and gives sound sleep." (Because it relieves irritability of the stomach nerves, being a predigested food.)

"Before I used Grape-Nuts my teeth were loose in the gums. They were so bad I was afraid they would some day all fall out. Since I have used Grape-Nuts I have not been bothered any more with loose teeth.

"All desire for pastry has disappeared and I have gained in health, weight and happiness since I began to use Grape-Nuts." Name given by Postum Co., Battle Creek, Mich. Get the famous little book, "The Road to Wellville," in pkgs. "There's a reason."

perfectly clean; use only tart apples, suitable for cooking; pare, core, quarter, and then slice each quarter into four pieces, to enable them to dry quickly. The faster they dry, the whiter they are. As they dry, they may be turned over to make the drying as even as possible. A hot fire of two or three hours' duration, such as on ironing or baking day, will dry several quarts.

Sleeping Arrangements

During the hot months, it matters little how hard the bedding or scant the clothing; indeed, in most cases, the scantier the better. But as the cool weather comes on, it is necessary to give attention to our sleeping comforts. Where there are children, or where the "men folks" are not overly tidy about their clothes, it is best to have bedding that may be easily handled, to insure proper airing and occasional washing. One of the most sanitary arrangements is the "tick" filled with clean, sweet oat straw, or stripped corn husks, which may be often emptied and the tick washed and refilled. In ordinary usage, once or twice a year is often enough for this work, but where it is necessary to change oftener, it will not be expensive. If the home-filled mattress seems too hard or lumpy (which it may, if not "stirred" right) a ticking made of coarse, loose-meshed domestic may be made the size of the straw tick, and this may be made as one would a thick comfort—two to six pounds, according as one needs—tacked closely. This "cotton mattress" may be made of old, worn quilts or comforts cut the size wanted, after they have become too worn for use as bed clothing. Those for the children's bed, which may require often washing, should not be made very thick, as it is easier to wash several thin pads than one very thick one. These pads should be hung in the sunlight often, and aired frequently. It is well to have the under tick, filled with straw or husks, quite thick, in order to have it warm. If the contents get "ground down," add an armful of fresh, and see that it is spread evenly in the tick. In order to get the best rest, each one should have his or her own bed; young people should not sleep with old people, and healthy children or persons should not sleep with sickly ones because of hygienic reasons. For comfort, too, one is better alone in the bed. Feather beds should not be used at all, and children should be taught to sleep on small pillows. Small pillows are best for adults, too, but it is hard to break up a habit once formed.

Apple Jelly

Mrs. S. sends the following recipe: Take nice, juicy apples, remove the blossom end, wash, quarter, but do not peel or core (unless the core is imperfect). Add enough cold water to cover the fruit, and stew in a porcelain vessel until thoroughly soft. Have ready a thin, strong cloth tied loosely over an earthen jar, pour the apples in this and let drain. When it ceases to drip, measure juice, allowing three-fourths pint of sugar to every pint of juice. Boil the juice ten minutes from first moment of boiling, skim well and add sugar, then boil ten minutes longer and skim again. Just before it is done add the strained juice of one lemon to each quart of jelly. Set jelly glasses on a folded, cold, wet cloth, fill and let stand uncovered until jelly is perfectly cold. When ready to put away, pour over the top sufficient melted paraffin wax to exclude the air, put on the covers and keep in a cool, dry place. By using the paraffin, one prevents the formation of the disagreeable mould.

This jelly can be made at any time, when the tart, juicy apples are to be had.

Do not weary in well-doing. Those who achieve the most are oftenest those who are hedged in by the thickest obstacles. These turn evil into good, failures into successes; they make inspiration of impediments, and let pluck triumph over worn-out eyes, leaden ears, poor health and broken fortunes, and rise grandly above every obstruction. Character enwraps them as a garment, and they so clothe themselves with courage and persistence that the assaults of adverse fortune can not harm them. It is the one who is hampered by many cares, weighed down by physical infirmities, and who knows not where the next penny is to come from, who achieves in greatest measure. Not all the heroes and heroines of this world have their names writ on the scroll of fame, or are known outside their own domicile. Some day, the books shall be opened, and the air will be full of surprises. In many instances, "The last shall be first, and the first shall be last."—Ex.

Bordeaux Sauce

This recipe was asked for some time ago, but has just been sent in by Mrs. W., of New Hampshire. I hope it is not too late for use.

Bordeaux Sauce—Four quarts of sliced or chopped green tomatoes, eight quarts of chopped cabbage, one dozen onions, four quarts of strong vinegar, two pounds of brown sugar, one-fourth pint of salt, half pound of white mustard seeds, one ounce each of tumeric, celery seed, allspice (whole), cloves, ginger and black pepper. Mix and boil all together for twenty minutes, then bottle and seal. If one has a small meat grinder, the vegetables should all be ground together.

Bordeaux Sauce, No. 2—Two quarts of green tomatoes sliced or chopped fine; four quarts of cabbage, same; eight onions, two green peppers, one and one-half tablespoonfuls of tumeric same of white mustard seeds, tablespoonful of whole allspice, two spoonfuls celery seeds, two cupfuls of best brown sugar, four tablespoonfuls salt, and one quart of vinegar. Boil all together for half an hour, then put into glass jars and seal; or put into wide-mouth bottles, cork, and dip the cork into sealing wax. The vegetables should be run through a chopper, or chopped fine in a bowl.—Gracie M.

The few remaining autumn days will be busy ones for the housewife who is putting away the "last things." The gardens will soon succumb to Jack Frost's merciless nipping, even though there may—and probably will—be many warm, summery days yet to come before the winter finally settles down over all things. Do not let the children fall to harvest the forest spoils—the nuts, persimmons, late grapes, and other fruits. When there are apples, nuts and popcorn in plenty, with a big jug or keg of syrup from which to make candy, the average boy or girl is generally happy. In this happiness, the adults share largely, too. In "gathering up the fragments" of the year's bounty, we gather joy for ourselves in large measure.

Our Query Box

"Bachelor Girl"—See mention of hay box in another column.

S. M.—Asafetida is the sap from the roots of certain plants native to Asia. It is sometimes, though rarely, used in very small quantities in sauces and catsups.

Annie S.—The several herbs you mention, if given right conditions,

can be raised in boxes in the kitchen windows. It hardly pays, however.

A. A. K.—Study the character of the matter published in the magazines to which you wish to submit your manuscript. Many good things are rejected because of unsuitableness.

S. M. M.—A heaping tablespoonful of cayenne pepper thoroughly mixed in a quart of coal oil, then let stand for twenty-four hours, and then applied to the hiding places of bedbugs with a brush or feather, will effectually rid your house of them. Right now is the time to try it, repeating in the spring, or before, if necessary.

Inquirer—Nearly every large hospital has a school for training nurses connected with it. In most cases the tuition is free. The first few weeks service of the pupil are given for board and getting an insight into expected duties. After that, a small wage is given, increasing with the greater efficiency of the pupil.

PIMPLES, BLACKHEADS

Get Rid of All Your Face Troubles in a Few Days' Time With the Wonderful Stuart Calcium Wafers

Trial Package Sent Free

You can not have an attractive face or a beautiful complexion when your blood is in bad order and full of impurities. Impure blood means an impure face, always.

The most wonderful as well as the most rapid blood cleanser in Stuart's Calcium Wafers. You use them for a few days, and the difference tells in your face right away.

Most blood purifiers and skin treatments are full of poison. Stuart's Calcium Wafers are guaranteed free from any poison, mercury, drug, or opiate. They are as harmless as water, but the results are astonishing.

The worst cases of skin diseases have been cured in a week by this quick-acting remedy. It contains the most effective working power of any purifier ever discovered—calcium sulphide. Most blood and skin treatments are terribly slow. Stuart's Calcium Wafers have cured boils in three days. Every particle of impurity is driven out of your system completely, never to return, and it is done without deranging your system in the slightest.

No matter what your trouble is, whether pimples, blotches, blackheads, rash, tetter, eczema, or scabby crusts, you can solemnly depend upon Stuart's Calcium Wafers as never-failing.

Don't be any longer humiliated by having a splotchy face. Don't have strangers stare at you, or allow your friends to be ashamed of you because of your face.

Your blood makes you what you are. The men and women who forge ahead are those with pure blood and pure faces. Did you ever stop to think of that?

Stuart's Calcium Wafers are absolutely harmless, but the results—mighty satisfying to you even at the end of a week. They will make you happy because your face will be a welcome sight not only to yourself when you look in the glass, but to everybody else who knows you and talks with you.

We want to prove to you that Stuart's Calcium Wafers are beyond doubt the best and quickest blood and skin purifier in the world—so we will send you a free sample as soon as we get your name and address. Send for it today, and then when you have tried the sample you will not rest contented until you have bought a 50c box at your druggist's.

Send us your name and address today and we will at once send you by mail a sample package, free. Address F. A. Stuart Co., 51 Stuart Bldg., Marshall, Mich.