

entertainment, in order to keep up the interest and attendance of those in and out of the society. The serving of refreshments was optional, and never very elaborate. There were no dues, nor price of admission, but at the close of the entertainment, a plate was passed around and each guest gave according to his or her will; though it was seldom less than a "dime" that found its way into the plate. The meetings were opened and closed with prayer and a hymn or two, the pastor and as many of the church officers as possible always being present. The meetings were purely social, and any sort of entertainment suitable for the family or the home, could be indulged in. Many of these old-fashioned gatherings could be again instituted with benefit to any community, city, village or country. We have far too few of such "getting-together" occasions.

For Black Garments

Clothing made of black goods are the most troublesome to keep looking fresh and in good repair, as black materials so quickly show wear and grow dingy and shiny. To remove the shabby, dingy look which comes in front of skirts, at elbows, cuff-bands, and on the backs of collars, apply with a sponge aqua ammonia and water, half and half. If particularly soiled, use benzine. To improve the color of black, sponge with a boiled solution of logwood.

Frosting for Cakes

As cake-baking time is with us again, C. S. sends us the following recipe for frosting:

Put the whites of three eggs in a deep bowl, add two tablespoonfuls of confectioner's sugar, well sifted, and beat three minutes; add gradually one and one-half cup of sugar, and as the mixture gradually thickens, pour in one tablespoonful of lemon juice; add more sugar till the frosting is thick enough

A FOOD CONVERT

Good Food the True Road to Health.

The pernicious habit some persons still have of relying on nauseous drugs to relieve dyspepsia keeps up the patent medicine business and helps keep up the army of dyspeptics.

Indigestion—dyspepsia—is caused by what is put into the stomach in the way of improper food, the kind that so taxes the strength of the digestive organs they are actually crippled.

When this state is reached, to resort to stimulants is like whipping a tired horse with a big load. Every additional effort he makes under the lash increases his loss of power to move the load.

Try helping the stomach by leaving off heavy, greasy, indigestible food and take on Grape-Nuts—light, easily digested, full of strength for nerves and brain, in every grain of it. There's no waste of time nor energy when Grape-Nuts is the food.

"I am an enthusiastic user of Grape-Nuts and consider it an ideal food," writes a Maine man.

"I had nervous dyspepsia and was all run down and my food seemed to do me but little good. From reading an adv. I tried Grape-Nuts food, and, after a few weeks' steady use of it, felt greatly improved.

"Am much stronger, not nervous now, and can do more work without feeling too tired, and am better every way.

"I relish Grape-Nuts best with cream and use four heaping teaspoonfuls at a meal. I am sure there are thousands of persons with stomach trouble who would be benefited by using Grape-Nuts. Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

to spread. At the right consistency you ought to be able to cut the frosting cleanly in two with a table knife. First spread the cake thickly with the frosting; when this is hard, put on a thicker layer, having the frosting stiffer than for the first coating. Add more sugar to the frosting left and use it to force through a pastry tube for ornamentation.

A pastry bag is made of one-half yard square of rubber cloth folded into a three-cornered bag; the pointed end should be cut off and into it slipped an icing tube, which may be had for fifteen cents at any kitchen-furnishing house. Fill the point of the bag with the thick frosting and squeeze through in any desired design. Roses, stars, hearts, or other designs may be made. Hold the point of the bag in the left hand while using, and squeeze the frosting through. The frosting may be colored if wished, as there are many harmless dyes for such use.

Requested Recipe—Devil's Food Cake

"A Wisconsin Subscriber."—Make a brown mixture for this cake by melting in a double boiler a cake of sweet chocolate (grated), a cup of light-brown sugar and a gill of milk. Cook until a boiling point is reached, then remove and beat in a tablespoonful of extract of vanilla, and set aside to cool. Cream a cup of sugar with halfcupful of butter, add a gill of milk, the beaten yolks of two eggs, enough prepared flour to make a good batter, and the stiffened whites of the eggs. Now stir in quickly and lightly the brown mixture and bake in large layer tins. Spread each layer when cold with a chocolate filling, and cover the entire cake with a chocolate frosting.

Devil's Food, No. 2.—Dissolve two ounces of chocolate in five tablespoonfuls of boiling water. Cream one cup and a half of best brown sugar and half a cupful of butter, adding the sugar slowly; add to the butter and sugar the well beaten yolks of four eggs, half a cupful of milk and the melted chocolate, two cupfuls of flour sifted two or three times with one teaspoonful of baking powder, one teaspoonful of vanilla, and lastly, the whites of the four eggs, well beaten. Bake in three layers.

Fruit filling for either cake.—One pound of figs chopped fine, to which add one cupful of boiling water, one-half cupful of sugar; cook until soft and smooth, and spread between the layers.

Removing Bones from Fish

To remove bones from either fresh or salt fish while raw, take the headless fish in the left hand, split down the back; with the right thumb carefully push the meat from the flesh side of the backbone, then gently force the thumb between the backbone and the skin of the fish from head to tail; now, gently pull sidewise, and the ribs adhering to the backbone will come out with it. All the remaining bones can be removed by catching them between the thumb and the sharp blade of a knife. Salt fish will require freshening first.

Using Pie-Melon

Cut the melon in slices; cut out the inside where the seed are; take the thin rind off; cut into small pieces, and stew until it is like stewed apples; sweeten as for apple pie; add a little tartaric acid, and season with nutmeg, or any other liked flavoring, as you would apples. The tartaric acid takes away the insipid taste. Make as you would apple pie. The pie melon will keep like pumpkins.—Journal of Agriculture Cook Book.

Query Box

"Little Girl."—Cloth which has become shiny may be restored by rubbing with turpentine. Use a very little turpentine, and rub hard with a cloth, going over it and finishing a part at a

time. See article in another column.

"Wisconsin Subscriber."—Sorry; but the recipe was "side-tracked." You will find it in this issue. Thank you for reminding me.

A. F.—Recipe for use of pie melon given in another column. Many thanks for your encouraging words. I am glad I please you.

M. B.—You should have sent your full name. As it is, I have given your street number to a friend who will try to find you, and perhaps may help you. I hope she may.

H. H.—It is claimed that gasoline will polish nickel-plating better than whitening; some use the whitening moistened with gasoline, with good effect.

Iodine stains are very stubborn stains to take out, and often resist all efforts for removal. Try soaking the fabric in sweet milk, rubbing the spots occasionally.

Sadie M.—Tile, stone or cement floor in a kitchen are all objectionable, as each of them is hard and unyielding and tire the feet; they are cold, and apt to induce stiff joints and rheumatism. Hardwood or soft wood, well oiled, is much better.

Flower-Lover.—For the hanging basket, try a half-dozen bulbs of the Grand Duchess oxalis in a six-inch pot. Give them rich soil, moisture, and plenty of sunshine. The foliage is as lovely as the flowers.

Seamstress.—The only thing to be done is to use silk thread in making your black cotton goods. It costs but little more than the best cotton thread, holds its color, and gives a better appearance to the fabric.

Fannie L.—For a durable blacking, take good stove polish and wet it with strong cold coffee until the consistency of cream; for each stove, add one teaspoonful of turpentine, mix well, and apply with a soft cloth; polish with a good brush, and do not spare the rubbing. The stoves should be nearly cold when the blacking is applied, and about dry when ready to polish.

Eddie S.—Persimmons can be kept in perfect condition all winter. Frost is required to ripen them, and it takes a good, hard freeze to bring out its best flavor. They are excellent when dried. To those who like the persimmon flavor, they are as palatable as dates. The seeds should be removed and the fruit spread in layers in the sun to dry; then packed in boxes lined with waxed paper and powdered sugar sprinkled between the layers. Or the seeds may be removed and the cavities filled with nuts or bonbons, the same as dates. For best keeping, the fruit should be hand-gathered, to prevent mashing, as it is quite soft until somewhat dried. They are little known to northern people.

Table Manners

Many people otherwise very well-behaved, show very poor manners at table. Here is a list of "offenses" which a reader wishes me to point out for correction. Is it you who are guilty?

Drinking from a cup with the spoon left in it; using a tooth-pick at table without the slightest pretense of concealment; making a hissing, sucking noise in clearing the teeth, or in eating soup; pointing at what is wanted; letting the knife and fork rest with their tips on the plate, their handles on the table; holding the fork in the left hand while loading it with food with a knife; scraping the plate for the last crumb of a favorite dish; rattling the spoon, or beating on the edge of the plate with the cutlery; stirring tea or coffee noisily; taking large mouthfuls; talking while chewing, or opening the jaws wide when laughing, thus exposing a mouthful of food; toying with the table furnishings; drawing figures on the tablecloth with the cutlery; crumbling the bread or cakes into pellets, resting the arms on the table; leaning the elbows on the table; conveying the food to the mouth

with a knife; laying the bread on the table to spread butter on it; sopping up gravy with the bread; biting semi-circles out of bread instead of breaking it; blowing the breath over hot dishes to cool them."

Charcoal Kills Rad Breath

Bad Odor of Indigestion, Smoking, Drinking or Eating Can Be Instantly Stopped.

SAMPLE PACKAGE MAILED FREE

Other people notice your bad breath where you would not notice it at all. It is nauseating to other people to stand before them and while you are talking give them a whiff or two of your bad breath. It usually comes from food fermenting on your stomach. Sometimes you have it in the morning—that awful sour, bilious, bad breath. You can stop that at once, by swallowing one or two Stuart's Charcoal Lozenges, the most powerful gas and odor absorbers ever prepared.

Sometimes your meals will reveal themselves in your breath to those who talk with you. "You've had onions," or "You've been eating cabbage," and all of a sudden you belch in the face of your friend. Charcoal is a wonderful absorber of odors, as every one knows. That is why Stuart's Charcoal Lozenges are so quick to stop all gases and odors of odorous foods, or gas from indigestion.

Don't use breath perfumes. They never conceal the odor, and never absorb the gas that causes the odor. Besides, the very fact of using them reveals the reason for their use. Stuart's Charcoal Lozenges in the first place stop for good all sour breath and belching of gas, and make your breath pure, fresh and sweet, just after you've eaten. Then no one will turn his face away from you when you breathe or talk; your breath will be pure and fresh, and besides your food will taste so much better to you at your next meal. Just try it.

Charcoal does other wonderful things, too. It carries away from your stomach and intestines all the impurities there massed together and which causes the bad breath. Charcoal is a purifier as well as an absorber.

Charcoal is now by far the best, most easy and mild laxative known. A whole boxful will do no harm; in fact, the more you take the better. Stuart's Charcoal Lozenges are made of pure willow charcoal and mixed with just a faint flavor of honey to make them palatable for you, but not too sweet. You just chew them like candy. They are absolutely harmless.

Get a new, pure, sweet breath, freshen your stomach for your next meal, and keep the intestines in good working order. These two things are the secret of good health and long life. You can get all the charcoal necessary to do these wonderful but simple things by getting Stuart's Charcoal Lozenges. We want you to test these little wonder workers yourself before you buy them. So send us your full name and address for a free sample of Stuart's Charcoal Lozenges. Then after you have tried the sample and been convinced go to your druggist and get a 25c box of them. You'll feel better all over, more comfortable and "cleaner," inside.

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., 60 Stuart Building, Marshall, Mich.