

a strong suds of cold water and the best of white soap, using soft water always. Let them lie in this for about an hour, then gently pat and press and squeeze them in your hands until the soiled parts are clean; squeeze them out of this suds and put them through a weaker suds, handling them the same; then rinse in soft cold water of the same temperature as the soap suds, wringing them dry as possible by passing through a wringer, then shake thoroughly, both lengthwise and crosswise. All the suds should be rinsed out of them, and two rinse waters are better than one. Dry them as quickly as possible, in the open air, but do not let them freeze. Iron with a rather warm (not hot) iron, when just about dry; or if ironing is objected to, fold smoothly and lay under a weight, which will answer every purpose for the everyday ones. Do not let the soiled or wet flannels lie about, as they wash much easier and look better if attended to at once, before drying.

Bright Colors

The inside finish of a garment has a great effect upon the minds of children. There is nothing they like better than a pretty lining to their clothes. For the little cape or jacket, or where the "open" shows the inside of the sleeve, a bit of bright lining adds greatly to the pleasure of the little wearer. A neat finish to the inside of the garment adds to the pleasure of the wearer also. Well-pressed seams, whipped or caught down with cat-stitching of gay-colored threads, the raw edges neatly notched and evenly trimmed, are very attractive finishes to more than children's garments. A child will be doubly careful of a nicely-made garment, and may be taught to care for its clothes through showing it the difference between a carefully handled garment and one that is thrown about in "any old way."

Sponge Cakes

Sponge cake, in its most perfect form, contains no rising properties other than the air beaten into both yolks and whites of the eggs, and the expansion of that air in baking. Success depends principally upon the size of the eggs, still more, their quality, and the baking. It is a well-attested fact that, where several persons try the same recipe, some of

them are sure to fail with it where others succeed. Measuring cups, if not of standard size, make the quantity of flour and sugar uncertain. Weighing the ingredients is much more accurate than measuring, and approximate weights are here given for corresponding measures in proportions for a plain sponge cake. Any number of eggs might be used, their weight in sugar, and one-half their weight in flour.

Eggs, (4), one cup—8 ounces; sugar, one cup—8 ounces; flour, one cup—4 ounces; lemon juice, one tablespoonful; ice water, one tablespoonful; salt, one-fourth teaspoonful.

First, the whites are whipped to a stiff froth, salt being added. Second, the yolks are beaten with a Dover beater, sugar is added gradually, also the water and lemon juice to partially dissolve the sugar. As the lightness of the cake depends upon the expansion of air, so the lower the temperature of that air, the greater will be the expansion. This is the reason for using ice water. Third, the yolks (with sugar and water added) are poured over the beaten whites, half the flour added and the whole "cut and folded" together. Add the balance of the flour and "cut and fold" again. This process is the repeated vertical downward motion, or literally "cutting" and turning over and over of the mixture. If the mixture is stirred, the thin walled cells will be broken, causing the cake to be tough and coarse-grained.

As egg is the principal ingredient of this cake, and proteid cooks at a low temperature, the oven should be kept at a temperature of 320 degrees Fahrenheit. In the absence of a thermometer, a comparatively accurate test can be made with brown paper, which should turn a light brown color during five minutes in an oven from 320 to 330 degrees. Sponge cake should bake from thirty to forty minutes, according to the size of the loaf.—Good Housekeeping.

Flours for Pastry and Cakes

The pastry or winter wheat flour is always used for cakes, because it contains a smaller amount of gluten and a larger amount of starch than flour made from spring wheat, which makes a crisper and more tender product. Potato flour, which is imported from Sweden, contains no gluten whatever, and makes the tenderest sponge cake. Tapioca flour, which is cheaper than the potato flour, might also be used. With this flour less sugar should be added, for in the preparation of the tapioca flour some dextrine is produced.—S. A. Dean in Good Housekeeping.

Mince Meats

Mince meats should be made several weeks before using, in order to blend the various flavorings. For the Christmas pies, get six pounds of lean beef (the neck piece will do), and put to boil in water enough to cover it. As it boils, take off the scum, and let cook slowly, adding water as needed, until perfectly tender, when it should be salted (a tablespoonful of salt), the lid removed from the pot and let boil almost dry, turning the meat occasionally. Set off the stove and let cool in the kettle over night. In the morning, pick the bones, gristle and stringy bits from the meat and mince fine, either by chopping or running through a meat chopper, using three pounds of beef suet with the meat, mincing together. Seed and cut four pounds of raisins; have four pounds of currants already washed and thoroughly dried and dusted with flour; slice one pound of citron very thinly; chop four quarts of tart apples; put all into a large pan together and add two ounces ground cinnamon, one ounce of cloves, four nutmegs grated, the juice and

grated rinds of two lemons, one teaspoonful of ground black pepper, and two pounds of nice brown sugar. If more salt is desired, a scant tablespoonful may be added here. Into a porcelain vessel, put one quart of boiled cider, or currant or grape juice, one quart of nice molasses or good syrup, any scraps of sweet pickle, and one-fourth pound of butter. Let this come to a boil, pour over the mixture in the pan, and mix all together thoroughly. This should be packed in jars and when cold a little thick molasses should be poured over the tops, and the whole covered closely. If it is not moist enough when wanted, add a little hot water, and use a good paste for crusts. The formula may be varied as to ingredients, to suit tastes. After baking the pies, many good cooks prefer to freeze them, heating when wanted for the table.

For the meat, hogs head, beef heart, or other meats may be used instead of the boiled beef.

Pie Paste

For family use, where crust for pies is not desired to be overly rich, a half pound of lard to a quart of flour does very well. Cottoline is preferred by some to either butter or lard. Butter should be either perfectly fresh and sweet, or it should be well kneaded under cold water, changing the water several times, and drying as much as possible with a soft cloth. Tins are better for most pies, as earthen plates do not always allow the bottom crust to get perfectly done. For puff paste, equal weights of butter and flour is the most that can be used, and three-fourths pound of butter to a pound of flour is the least that can be used with good results. Puff paste is made by wetting the flour with enough ice water to make it as near as possible of the same consistency as the butter (which should be cold); then flour the dough well, roll into a thin sheet; flour the butter, and roll that into a thin sheet to nearly cover the sheet of dough; place the sheet of butter on the sheet of dough, sprinkle with flour, turn the part of the dough not covered with the butter over the butter, and fold the part covered with butter over this, and roll out again. Dust with flour, fold and roll out four times more, and it will be ready for use. A little practice will make all plain.

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"John"—Address Bureau of Public Land, Washington, D. C.

Mrs. J. L.—The bulletins are free for the asking. You must write to the Secretary of Agriculture, Washington, D. C., asking for what you want.

Mazie—At your age, you need study school books more than beaus. Girls of fourteen years should listen to their mothers' advice.

F. S.—Whether you can wear a circular skirt or not depends upon your figure, the material the skirt is made of, and the care you take of the garment.

Eda M.—A ring is not the kind of a present to accept from a young man who is only a friend. Tell the man you prefer something else. (2) It depends on the degree of intimacy between the families.

S. M.—A woman should lead the way into her own house, as a man should not go in and leave the woman outside; he is supposed to be with her for the protection his presence gives.

"Seamstress"—The narrow front gore is generally becoming; a small pad—not a bustle—should be worn where the back is flat, to lift the skirt at the back, or where one is full over the hips.

H. J. O.—Tells us that iodine stains can be removed from any kind of fabric, cotton, linen, silk or wool, by

simply soaking it in household ammonia, rubbing the fabric until the stains disappear and wash in the usual way. Many thanks.

"Farm Brother"—Tells us to get a can of Bisulphide of Carbon from the druggist. One pound will be enough for 1,000 cubic feet of space. Have the beans or peas in vessels (jars, kegs, boxes, barrels or tight bins) according to quantity. Pour into saucers a gill of the liquid, and set the saucer on top of the beans or peas, covering the receptacle closely to make as air tight as possible. The liquid will evaporate, and the fumes, being heavier than air, will settle down through the mass, killing the weavils. Keep closed for thirty-six hours. This is very inflammable, and no light or fire should be used about it. Care must be taken not to breathe the gas, as it is poisonous. It will not affect the beans harmfully.

TRICKED BY DYSPEPSIA

The Doctor Couldn't Tell Where the Trouble Lay

"For the past seven years I have been a victim of dyspepsia and chronic constipation and have consulted the most noted specialists to be found on diseases of this character. None, however, seemed to locate the difficulty or give relief. In addition to this medical treatment, I have resorted to the use of many remedies and have given them faithful trial, but all to no purpose.

Upon the recommendation of a close friend, I purchased a 50c package of Stuart's Dyspepsia Tablets and in less than five days noticed that I was receiving more benefit than from any remedy I had used before. I continued to use the tablets after each meal for one month and by that time my stomach was in a healthy condition, capable of digesting anything which my increasing appetite demanded.

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