

family to use, strong, alkaline soaps for the toilet. After the nightly washing—which even working men and boys will find a good course to take, be sure to dry the hands carefully, and rub with a little corn meal moistened with vinegar, which will not only kill the alkali of the soap, but will heal the skin of chaps and roughness. After this, some emollient cream should be used. A very good cream for family purposes, may be made from mutton tallow, camphor, and a few drops of carbolic acid, from a recipe I recently gave you. For the finer creams, the average woman can buy them as cheaply as she can make them, and often far more satisfactory than if made by herself, with "guess work" measurements, if her druggist is conscientious. Druggists, however, are apt to put benzoin into any sort of cream, as it preserves the oils, which would otherwise spoil, and benzoin is very drying to the skin, and will cause wrinkles where it is much used.

A Handy Closet

One can not have too many closets in a house—especially in rooms that are in constant use, and in which must be kept many articles that, while not to be done without, are in no

THE VALUE OF CHARCOAL

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Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, drinking or after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Charcoal Lozenges; they are composed of the finest powdered Willow charcoal, and other harmless antiseptics in tablet form or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but, on the contrary, great benefit.

A Buffalo physician, in speaking of the benefits of charcoal, says: "I advise Stuart's Charcoal Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat; I also believe the liver is greatly benefited by the daily use of them; they cost but twenty-five cents a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Charcoal Lozenges than in any of the ordinary charcoal tablets."

Send your name and address today for a free trial package and see for yourself. F. A. Stuart Co., 56 Stuart Bldg., Marshall, Mich.

wise ornamental if left "just setting around." Such a closet as we describe below can be either incorporated in the new building, or may be added at small expense for material to the waste corners of the old one. In many rooms there are corners that are really useless, because of a door opening against them, and the closet described will in no wise interfere with the opening of the door.

The closet is a sort of three-cornered cupboard, and, according to the size of the corner, may be either shallow, or of some depth, and is useful in any room, but especially so in the kitchen and hall. The front may be plain or as fancy as one wishes, but a pleasing-grained wood, well oiled and varnished, is ornamental. The door should be made in two parts one above and one below, like the old-fashioned "kitchen cupboard," and in the upper one may be set a looking-glass, large or small, as desired. If the cupboard is wide, two doors are better than one. In this upper portion shelves are arranged to accommodate lamps, bottles, many harmless toilet accessories, and other conveniences variously used in the different rooms but always gravitating to the kitchen. A use will be found for every shelf by the various members of the family. The lower half should be shelved for larger things, such as bundles of clean old clothes, brushes, boxes, etc., and at one end of the shelves a circular piece should be cut from each shelf to admit of the umbrellas, and like articles being put out of the way, with a small pan below in which the points of the articles may rest. Under this should be a drawer, divided in two, if the size will admit of it, and in this should be kept rubbers, overshoes, slippers, house shoes ready for wear at any time.

Such a closet will never be empty, and will be found very handy.

Hot Water for Baby

The Medical Magazine tells us that, in cases where there is non-assimilation of food, accompanied by vomiting, purging and even convulsions, physicians recommend giving a child all the hot (not so hot as to burn) water it will take through a nursing bottle. In one case, where no kind of nourishment could be retained and medicine had apparently no effect, the hot water treatment was tried. The first bottleful was immediately vomited up, but the second was retained, and a peaceful sleep followed, the condition of the bowels greatly improved and the vomiting gradually ceased. At the end of twenty-four hours a teaspoonful each of sweet cream, lime-water and boiled water was given every hour; then a preparation of egg and water, and finally the usual condensed milk. For colic in young children, a bottle of hot water is often a quick cure. Care must be taken not to have the water too hot, but it must be quite warm.

For Disinfecting Rooms

One of our readers asks how to use formaldehyde for disinfecting purposes. Good Health Magazine gives the following directions: "Formaldehyde and permanganate of potash are employed. The only apparatus needed is a tin pail with a flaring top; the tin pail should be set in a wooden one. Cracks about doors and windows should be closed in the usual way, by pasting paper over them. For each thousand cubic feet of airspace to be disinfected, put into the tin pail three and one-half ounces of permanganate of potash in crystal form. Pour over this one pint of forty per cent solution of formaldehyde. Take care not to inhale the gases, and leave the room immediately, closing the door tightly. The gas produced in this way will destroy the most resistant

organisms, even when covered with several thicknesses of cloth. The air should be rendered moist by the evaporation of water. The Maine board of health recommends twice the amount of chemicals given above. The wood work, floors and other similar parts should be washed with a solution of bichloride of mercury.

Query Box

"Farm Reader"—It is claimed that one cake of good, fresh yeast to each five gallons of cider will bring the desired sharp taste.

Mrs. J. B.—I can not give addresses here. You should have sent stamped envelope (addressed) for reply, which can be furnished you.

"Charity"—Wishes to know what is the cause of liquid soot, and how to prevent it from running down the pipes, making walls unsightly.

"Charity"—I think your druggist can tell you best about medicated gloves. (2) Any large dealer in paints can furnish you a reliable polish for the piano—better and cheaper, probably, than you can make it.

Josiah J.—Send to the Secretary of Agriculture, Washington, D. C., for monthly list of publications. From it select what you want. The bulletins are free; a postal card will bring them.

"Querist"—For twenty-five yards of carpet, one yard wide, get ten pounds of chain. One pound of rags to the yard is the usual amount. The finer

the rags are cut, the less weight it will take, and the thinner the carpet.

C. Z.—For the cellar that has been flooded, try dumping fresh unslacked lime around in places. The lime, as it slacks, will absorb the moisture, and if it gets too wet, take out and replace with fresh until the dampness is absorbed. This will sweeten the atmosphere.

H. J.—Recommends putting slacked lime in the beans and peas to destroy the weavils. If plenty of slacked lime is scattered among the potatoes when put in the cellar, they will not rot. Cover the floor with lime before putting them in.

Henry D.—Rheumatism, neuralgia, headache, and various other aches and pains are said to be much relieved, if not cured, by the "drink" habit, if the "drink" is plenty of pure water. Physicians assure us that much sickness is brought about by lack of moisture in the system; that the human body is about 70 per cent water, and much water is necessary for the normal working of the various organs of the body. Try the water drinking for a month, drinking liberally. Every day, every hour; not "every now and then."

A. R.—For the heartburn, let all greasy, highly-seasoned foods and sweets alone, eating only plainly cooked foods. After meals, take a teaspoonful of powdered charcoal, plenty of out-door exercise, and think cheerful thoughts.

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