

world would grow better, broader, richer and more blessed in every way.

#### Eggless Fruit Cake

This recipe is sent in as being perfectly reliable, having been in use in the family for years; will make three medium-sized loaves.

Two coffee-cupfuls of brown sugar, one coffee-cupful of molasses (not glucose), one pint of strong, boiling coffee, one pound of fat salt-pork chopped fine, one tablespoonful of soda dissolved, one teaspoonful each of ground cloves, cinnamon, allspice, ginger, and a little less of pepper, one pound of seeded raisins, one pound of currants (washed and perfectly dry), one-half pound of mixed shredded orange, lemon and citron peel (equal parts), one-half pound of chopped nut-meats. Free the pork from rind and lean, and grind or chop very fine; over this pour the boiling coffee, then molasses with soda stirred in, then the sugar and spices, using flour enough to mix quite stiff, add the fruit, well floured, stirring in well, and bake slowly for two hours.—M. S. H.

#### For Whooping Cough

M. S. C. says, for whooping cough, pound up the best black resin into a fine powder, and give as much as will lie on a cent-piece in a little moist sugar, three times a day, commencing before breakfast. Another good thing for the same disease is, steep a handful of chestnut leaves in a pint of boiling water, sweeten, cool, and give the tea as a common drink five or six times a day. May be used together.

#### For Stomach Trouble

"A Reader" says. Take the inner, white bark of apple tree (if you can not get the fresh, buy the dried bark of your druggist); put a heaping table-

#### NO MEDICINE

#### But Change of Food Gave Final Relief

Most diseases start in the alimentary canal—stomach and bowels.

A great deal of our stomach and bowel troubles come from eating too much starchy and greasy food.

The stomach does not digest any of the starchy food we eat—white bread pastry, potatoes, oats, etc.—these things are digested in the small intestines, and if we eat too much, as most of us do, the organs that should digest this kind of food are overcome by excess of work, so that fermentation, indigestion, and a long train of ails result.

Too much fat also is hard to digest and this is changed into acids, sour stomach, belching gas, and a bloated, heavy feeling.

In these conditions a change from indigestible foods to Grape-Nuts will work wonders in not only relieving the distress, but in building up a strong digestion, clear brain and steady nerves. A Wash. woman writes:

"About five years ago I suffered with bad stomach—dyspepsia, indigestion, constipation—caused, I know now, from eating starchy and greasy food.

"I doctored for two years without any benefit. The doctor told me there was no cure for me. I could not eat anything without suffering severe pain in my back and sides, and I became discouraged.

"A friend recommended Grape-Nuts and I began to use it. In less than two weeks I began to feel better and inside of two months I was a well woman and have been ever since.

"I can eat anything I wish with pleasure. We eat Grape-Nuts and cream for breakfast and are very fond of it." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

spoonful of the finely cut up or powdered bark into a granite-ware saucepan and pour boiling water over it, and let boil five minutes. When cold, drink in place of other liquids or water. The taste is not unpleasant. For food, eat only easily digested foods, and but little of it for a few weeks, adding stronger diet as the stomach will bear it. The above quantity to be taken at one time, repeated several times a day.

#### Fashion Notes

There are two terms that are very much overworked in the descriptions of prevailing fashions—"modified" and "effect," yet one finds their employment almost necessary, for the woman of moderate means, whose aim it is to be becomingly attired and whose gowns must do service longer than one brief season, avoids the extreme of either fashion, yet keeps in the picture by making her gowns "modified" Empire or in princess "effect." Attractive accessories in the way of girdles, little jackets and trimmings generally, make this sensible course possible, and at the same time do not, by following the extremes in cut, preclude the possibility of making over the good materials for another season.

For the costume gown, the waist need not be made entirely of the same material as the skirt, but should match in color, and some of the skirt material should be used, even if only as trimming, such as pipings, straps, bands and tiny plaits.

Skirts are made with separate lining, or no lining at all. Some skirts are finished with wide tucks—three or four inches wide—on the lower edge of the skirt; usually there are two, or rather one tuck above a hem or facing simulating a tuck. The application of wide bias folds (nun's folds) give the same effect.

One good silk petticoat of neutral color may do service for several skirts. A deep flounce, either circular or gathered, with several narrow, bias frills gathered and applied at the bottom, is the most satisfactory finish for a petticoat or lining, the gathered frills having preference over plaitings, which latter have a tendency to cut. Gathered ruffles or frills should be cut bias, but plaitings must always be cut straight, and preferably across the width of the goods.

Plaited skirts are again in favor, while the circular skirt is thrust aside because of its sagging. Buttons are much used, usually round and flat in shape and moderate in size—Ladies World for December.

#### "Just How Much?"

The cook book or the printed page can give only general directions as to proportions, order in which ingredients are added, methods of mixing, cooking vessels and average amount of heat required. There is necessarily a very considerable amount of details left to the commonsense and judgment of the one using the recipe. One can only say with the much-quoted old colored mammie: "Thar, honey, I done tole you how much, but you-alls must fin' out de wo'k in de cookin'; they's a heap mo'e to l'rn."

The amount of ingredients, as to quantity and proportions, with order and method of mixing, etc., may be clearly set forth by the types; but much good material and many painstaking efforts may be sacrificed to unsuitable conditions in the home. The quality of the material used matters as much as the quantity; the understanding of the terms used in giving the directions, the conscientious following of the rule, the cleanliness and suitability of the vessels, the tractability of the oven, the amount of available heat, or the lack of it—all these things enter into the question of success or failure. Good

judgment and commonsense methods are essentials. Many good recipes may be spoiled by the typo through the use of a wrong letter or figure, and the user should be able to correct the error by experimental knowledge of the subject, which the typesetter is not supposed to have. Recipes should be studied, and the materials to be used should be measured as much by "judgment" as by cup or scales. If one fails, the failure should be studied and the cause of it found out, to be avoided the next time. A recipe should not be tossed aside because of failure the first time, if it "looks good," and proportions given seem all right. If you must cook, make a business of it, and pursue business methods in handling the matter. It is often remarked that men are better cooks than women, and the reason of this is largely due to the fact that men do cooking by business methods. Women must master the art of cookery by pursuing it on business lines and principles.

#### Some Breakfast Cakes

Waffles should be served as soon as cooked, otherwise, they become tough. There is nothing nicer for breakfast, if they are properly made and eaten as soon as cooked.

Light Waffles—Beat together yolks of three eggs and a pint of sweet milk; have ready a cup of sifted flour, with a teaspoonful each of salt and baking powder in it, and mix the eggs and milk into it until the soft batter is smooth. Add a tablespoonful of butter, not melted, but soft enough to mix well; have the irons very hot and well greased with a bit of fat bacon, being very careful to get the hollows well greased. Beat the whites of the eggs to a stiff froth, add a teaspoonful to the batter and fill the irons; do not add all the whites at once—only a spoonful at a time. It is the falling of the beaten whites that makes waffles heavy, as well as a too stiff batter; the batter should be almost thin enough to pour. This can be tried until the right consistency is found. This recipe is sent in by Mrs. M.

French Battercakes—Beat the yolks of three eggs very light with a tablespoonful of sugar; to this add a scant cup and a half of sifted flour and two teaspoonfuls of butter (measured and then melted); beat well into a batter with half a cup of slightly warm milk, and add while beating a quarter of a teaspoonful of baking powder, and then the stiffly beaten whites of the eggs. Have the griddle very hot and lightly greased with sweet lard; bake the batter in small cakes, browning each side nicely. Serve with butter, syrup or in any way liked. Powdered sugar may be sifted over them as they are sent to the table.—E. L.

#### Query Box

(One of our readers tells me she has made a scrap-book of the "query" columns, and now, when she wants to know anything, she knows just where to find it. She says her four-year's collection is invaluable, as it is a real "bureau of information," and exceptionally reliable. Thank you, sister, for the encouragement.)

H. G.—For the kidney trouble, best consult your physician.

Anna—You will have seen the hominy recipes, perhaps, before this reaches you, as several have been sent in.

R. B.—One cake of compressed yeast, dissolved in half a cupful of warm water is equal to a cupful of home-made yeast.

Martha—If the pipe is already frozen, drop one or more handfuls of coarse salt down it; if it is not already frozen, the salt will prevent its freezing.

Arden—If you can raise lavender

in quantities, you could probably find a ready sale for the dried flowers. (2) Ask your druggist.

Jessie D.—Peroxide of hydrogen will ruin your hair. Let it alone.

D. P.—Wash the chamois vest in warm soap-suds, rinse well in clear warm water, dry in shade, and before quite dry, rub vigorously with the hands until the garment is quite pliable and perfectly soft. While wet, it should be pulled and stretched into shape.

#### WHAT SULPHUR DOES

For the Human Body in Health and Disease.

#### COSTS NOTHING TO TRY.

The mention of sulphur will recall to many of us the early days when our mothers and grandmothers gave us our daily dose of sulphur and molasses every spring and fall.

It was the universal spring and fall "blood purifier," tonic and cure-all, and, mind you, this old-fashioned remedy was not without merit.

The idea was good, but the remedy was crude and unpalatable, and a large quantity had to be taken to get any effect.

Nowadays we get all the beneficial effects of sulphur in a palatable, concentrated form, so that a single grain is far more effective than a tablespoonful of the crude sulphur.

In recent years research and experiment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide) and sold in drug stores under the name of Stuart's Calcium Wafers. They are small chocolate coated pellets and contain the active medicinal principle of sulphur in a highly concentrated effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health; sulphur acts directly on the liver and excretory organs and purifies and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and molasses every spring and fall, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and can not compare with the modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the best and most widely used.

They are the natural antidote for liver and kidney troubles and cure constipation and purify the blood in a way that often surprises patient and physician alike.

Dr. R. M. Wilkins, while experimenting with sulphur remedies, soon found that the sulphur from Calcium was superior to any other form. He says:

"For liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples and even deep-seated carbuncles, I have repeatedly seen them dry up and disappear in four or five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafers is a proprietary article and sold by druggists and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver and kidney troubles and especially in all forms of skin diseases as this remedy.

At any rate people who are tired of pills, cathartics and so-called blood "purifiers" will find in Stuart's Calcium Wafers a far safer, more palatable and effective preparation.

Send your name and address today for a free trial package and see for yourself.

F. A. Stuart Co., 57 Stuart Bldg., Marshall, Mich.