

be put into the washing machine, adding cold water enough to make the rubbing easy, and rubbed according to directions that come with the machine. Hot water may be used instead of cold, if it is to be had. Do not "shy" at the washing machine; it is worth all it costs.

Washing Fancy-Work Articles

The washing of fancy needle-work is something which requires the utmost care, and can not be put into inexperienced hands. If one has not, personally, the skill to do it, it will pay to have it put into the hands of a professional. Here is a method which is recommended.

Put into half a pint of cold water the like quantity of wheat bran. Boil carefully for half an hour, being careful to keep the same amount of water all the time. Then strain the bran water and add to it another half pint of clear, boiling water. This mixture is to be used instead of soap jelly. Wash the fancy-work in moderately hot water, just as soft woolens are washed, using the bran mixture, gently squeezing in the hands instead of rubbing or twisting. For the second water, soap jelly may be used instead of the starch, if the colors are fast, and the article very much soiled. Have the rinse water prepared before commencing the washing, as the articles should be put through the process as rapidly as possible. If there are a variety of colors, put salt and vinegar in the rinse water in the proportion of a dessertspoonful to a quart of water. Salt alone will do for the reds or pinks; but in case of violets, or purples, vinegar is especially necessary.

Dry the article as quickly as possible, and iron if possible before it becomes entirely dry. If this can not be done, put a damp white cloth over the article before ironing. A very thick pad should be on the ironing board, and the pieces ironed on the wrong side, so as to allow the embroidery work to stand out from the material. The iron should never be extremely hot. Cotton and linen will stand the most heat; silk will not need so much, and woolen articles scorch very easily with even a moderately hot iron. Many pieces of fancy work may be ironed without drying at all, after patting between the hands, as in old-fashioned "clear-starching." For many purposes, starch water may be used instead of soap suds, with excellent results, as the starch is very cleansing.

Little Things

Do not forget that the cellar should have a draft of fresh air daily. Use plenty of lime to keep it dry and

COSTLY PRESSURE

Heart and Nerves Fail on Coffee

A resident of a great western state puts the case regarding stimulants with a comprehensive brevity that is admirable. He says:

"I am 56 years old and have had considerable experience with stimulants. They are all alike—a mortgage on reserved energy at ruinous interest. As the whip stimulates but does not strengthen the horse, so do stimulants act upon the human system. Feeling this way, I gave up coffee and all other stimulants and began the use of Postum Food coffee some months ago. The beneficial results have been apparent from the first. The rheumatism that I used to suffer from has left me, I sleep sounder, my nerves are steadier and my brain clearer. And I bear testimony also to the food value of Postum—something that is lacking in coffee." Name given by Postum Co., Battle Creek, Mich. There's a reason. Read "The Road to Wellville," the quaint little book in pkgs.

sweet. Little bags of charcoal should be hung or laid about, as it is a disinfectant and purifier. Don't stock the cellar with old rubbish of any kind. Put the old boards and boxes either in the shed or the kindling pile. Lime is cheaper than doctor bills, and a box of it should always be found in the cellar.

Physicians tell us that every child should have a bed to itself. A normally healthy child is almost sure to go to sleep at the supper table or shortly after that meal. They should not be encouraged to sit up with the grown folks. Good, healthy foods and plenty of sleep are needs of the growing child.

Neither children nor adults should be allowed to sleep in a room that is used as a family gathering place of an evening. Have the sleeping rooms filled with fresh air before going to bed, and this may be done by opening the windows for fifteen minutes or half an hour. Even in stormy weather, the window should be lowered from the top at least an inch or two during the night.

When you buy a can of lard, take the inner lid, pound out the edges straight, and when you cook meats, slip this lid under the meat in the bottom of the kettle to keep the meat from sticking to the bottom and perhaps burning. These lids may also be used on a gas stove to protect the bottom of the sauce pan from the fierce heat of the gas flame.

If you have no other use for the worn-out pants, coats, vests and thick skirts, take the best parts of them, cut into suitable pieces and sew into quilts, dyeing the lightest of them some pretty color to "liven" the rest. Get a lining for it of dark flannellette, and tack it closely, as you would a comfort. You will be surprised at the wear you can get out of it, and the warmth it holds for the cold nights. Old, worn blankets may be quilted or knotted together, turning so that the thin parts of one will meet the thick parts of the other.

The Blessing of Labor

It is a curious fact in the history of nations that only those who have had to struggle the hardest for an existence have been highly successful. One would think that it would be a great relief to have the bread and butter problem solved by one's ancestors so that he might devote all his energies and time to the development of the mental and spiritual faculties; but history teaches us that those born to a heritage of poverty and toil, not those reared in the lap of fortune, have, with few exceptions, been the leaders of civilization. It is the struggle which develops—the effort to redeem oneself from iron surroundings—which calls out manhood and unfolds womanhood to the highest possibilities. The men and women who have had to struggle against overwhelming odds are the ones whose lives have marked stepping stones in their country's progress. Man must struggle, or cease to grow. Only by ceaseless work can the highest powers be developed.—Success.

Hemstitching on the Machine

In making up bed linen, white underwear, and many other things, a very pretty way to finish them is by one or more rows of hemstitching. This can be done nicely on the sewing machine, with a little practice. To hemstitch a sheet, tear off from the end to be hemmed a strip that, when folded, will make a hem as wide as desired. Loosen both the top and bottom tension, lay one edge of the hem strip onto the body of the sheet and sew a seam one-fourth of an inch deep; take the sheet from the machine and pull the hem and sheet apart, and there you have your hemstitching between the hem and the body of the sheet. Now turn the two

raw edges back on the hem strip, turn up the hem and stitch across close to one side of the hemstitching, and this finishes the hem. Now put on your narrowest hemmer (the feller is what you want), and, slipping the body of the sheet under the hemmer, fell the narrow edge down to the sheet. You will have a row of beautifully even hemstitching, with a row of stitching on each side. After doing the loose stitching for the open work, before doing the stitching on the turned-in edges, be sure to tighten your tensions.

This is the way all the hemstitching is done on the handsome underwear sold in the stores. Several rows of this hemstitching, with clusters of tiny tucks between, make nice finishes for underwear, and launders easily. Sheets, pillowslips, handkerchiefs, and, in fact, anything with a straight edge can be ornamented in this way. Colored muslins, and other cotton and silk goods may be made up with this openwork stitching—the width of the openwork to be determined by the looseness of the tension.

Never-Fail Brown Bread

No. 1—One cupful of graham flour, one-half cupful each of corn meal, white flour and molasses, one cupful of sour milk, one saltspoonful of salt, and one level teaspoonful of soda. (The first mentioned flour must be graham, not whole-wheat, flour, and sweet milk may be substituted for the sour by using one teaspoonful each of soda and cream tartar well mixed.) Mix the ingredients well, and put into any can or pan with a tight cover and bake an hour or more. A few raisins dropped in after each few spoonfuls of batter, may be used.

No. 2—For steamed brown bread, take three cupfuls of corn meal, one each of rye and white flour, two-thirds cupful of molasses, two cupfuls of sour milk, one teaspoonful of soda, and half a teaspoonful of salt. Stir all together well, and add enough cold water (if needed) to make the dough so it will just pour easily out of the pan. Put the dough into a tin pail or can with a tight cover, allowing considerable room in the pail or can for the bread to rise; set the pail in a large iron-kettle into which pour boiling water to come half way up the sides of the pail. The water must not be so deep as to boil up into the pail of dough. The pail should be greased well inside before putting in the dough. Cover the kettle tightly and keep the water gently boiling so as to steam the bread for three or four hours, adding hot water to that in the kettle as it boils away. Can be set in the oven and browned when done. If one is so fortunate as to have an old fashioned steamer, the dough can be put into tin cans, set in the steamer over boiling water and steamed for the required time. Three-pound tomato cans, with one end melted off, will do.

No. 3—For graham bread, make yeast about 9 o'clock in the morning, using white flour. Stand where it will keep warm and ferment. The last thing at night, mix two cupfuls of warm water, two cups of sifted graham (or whole wheat) flour, the yeast, salt, sugar enough to give it a sweet taste, and mix as stiff as can well be done with a heavy iron spoon. Let set over night, and before breakfast work again with the spoon, adding no flour. Place in well-greased pans with a spoon and bake.

Query Box

M. B.—I can not answer either law or political questions, as, unfortunately, I know little of either.

E. G.—For the sore lips, wash in a strong tea made by boiling white oak bark in a little water. It is apt to stain.

E. B.—You can buy the article bet-

ter and cheaper than you can make it at home, buying the ingredients.

S. G.—The best reference books, after the dictionary, Bible and Standard Encyclopedia, are a well-stored mind and a trained memory. Get the habit of picking up items of information and remembering them.

Florence M.—The answers to all your questions are to be found in any reliable work on mythology. As you live in a large village, the work should be found in your school library. (2) No answer necessary.

"Querist."—Alkalies are used by physicians to neutralize excessive acidity of the stomach and bowels in order that other drugs may produce their specific effects. A physician will advise you best.

Fannie S.—A good, ordinary rule for butter is one ounce of salt to one pound of butter. Some persons advise using one ounce of the best granulated sugar to four pounds of butter as a preservative.

Mrs. F.—This is recommended for rendering the shoes water-proof: Linseed oil, suet, yellow wax, each eight ounces; boiled oil, ten ounces. Melt together, stirring well, and apply warm to dry leather, rubbing to soften, and let dry in before using.

THE VALUE OF CHARCOAL

Few People Know How Useful It is in Preserving Health and Beauty

Costs Nothing to Try

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 eating onions and other odorous vegetables, and completely neutralizes a disagreeable breath arising from any habit or indulgence.

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., 59 Stuart Bldg., Marshall, Mich.