

darker shade than the original color with any good package dye.

For laying linoleum, do not use tin tacks. Shape and fit the linoleum to the floor, then fasten down with shoemakers' 'sprigs,' which are headless, and do very little injury to the linoleum. They hold firmly and are not seen, and the linoleum may be taken up without so much damage as the rusted tin tacks would inevitably do.

Try going through the closets, trunks, boxes and bags of "put-aways" as you have leisure, before the spring work fills your hands. Sort out the summer clothing and see what you can do with the left-overs before the need for the thinner clothes overtakes you. As the weather moderates let the children wear the fall clothing, getting all the good possible out of every garment in its season.

Remember, the best way to get rid of mice is to stop up all holes. This can be done by wetting up a little cement and filling them. If in the wood-work, nail bits of tin over them. In some parts of the house the cat can not be allowed, and it is a good thing to set the little "sure-catch" traps in their runways. These traps cost but four or five cents each, and need no baiting. A half dozen of them is a good investment, whether you have a cat or not.

Making Scrapple

Scald and scrape clean a hog's head, cutting away all objectionable parts. Soak in medium strong brine for a few hours, then put on to cook in water enough to cover it, in a closed kettle. Boil until meat will slip from the bones; pick out all gristle and hard pieces and pick the meat into fine pieces. Soak the blood out of a liver and put it on to boil until it crumbles, then mix it with the head meat. Strain the water in which the head was boiled, to remove all pieces of bone, chop the meat and liver fine and put it into the strained water. Season with pepper, salt, sage or summer savory, and set it on the fire. When the liquor boils up, thicken with corn meal in which has been mixed a cupful of brown sugar. Do not make

**WHITE BREAD
Makes Trouble for People With Weak
Intestinal Digestion**

A lady in a Wisconsin town employed a physician who instructed her not to eat white bread for two years. She tells the details of her sickness and she certainly was a sick woman. "In the year 1887 I gave out from over work, and until 1901 I remained an invalid in bed a great part of the time. Had different doctors but nothing seemed to help. I suffered from cerebro-spinal congestion, female trouble and serious stomach and bowel trouble. My husband called a new doctor and after having gone without any food for ten days the doctor ordered Grape-Nuts for me. I could eat the new food from the very first mouthful. The doctor kept me on Grape-Nuts and the only medicine was a little glycerine to heal the alimentary canal.

"When I was up again Doctor told me to eat Grape-Nuts twice a day and no white bread for two years. I got well in good time and have gained in strength so I can do my own work again.

"My brain has been helped so much, and I know that the Grape-Nuts food did this, too. I found I had been made ill because I was not fed right, that is I did not properly digest white bread and some other food I tried to live on.

"I have never been without Grape-Nuts food since and eat it every day. You may publish this letter if you like so it will help someone else." Name given by Postum Co., Battle Creek, Mich. Get the little book, "The Road to Wellville," in pkgs.

it too stiff and dry. Pour into square pans to cool, and when cold, cut into slices and fry brown on a greased griddle and serve.

No. 2—Cook head and liver and chop as directed above, seasoning with salt, pepper and celery seeds; have an equal quantity of corn meal mush which has been salted and thoroughly cooked, and into this work the meat with the hands, mixing it until the mass has a marbled look; shape the mass into a loaf. When wanted, slice and roll each slice in meal, dip in butter and fry to a rich brown on a griddle.

Query Box

F. L.—Write to the Bureau of Free Lands, Washington, D. C.

"Subscriber"—Regarding the removal of "moth-patches," see article in another column.

L. A.—For crystalizing flowers, dip them in a strong solution of alum and water.

Hattie S.—The work of the trained nurse is very wearing, and calls for much physical strength, good nerves and extra intelligence in the line of duty, faithfulness and patience.

E. M.—You must possess natural qualifications, or no amount of teaching will do any good. Hundreds of people fail because they have no fitness for the places they seek.

W. O. H.—The meat pickle will doubtless appear before you see this. It was sent in some time ago. All queries have attention, no matter how, or on what written.

"Inquirer."—It would be well for you to get a standard work on Etiquette, and study the laws governing your own social environment. A very good one can be ordered through your book dealer for \$1 to \$2, and will be of great value to you for all occasions.

"Querist"—If your question is not answered within three or four weeks, write again. Sometimes the answer may be crowded out by an overabundance of other matter. No query can be answered under two weeks from the time of sending.

Housewife—For the dirty granite or marble, take two parts of common washing soda, one part each of powdered pumice stone and chalk; sift through a fine sieve and mix with a little water; rub this well into the stone, until clean, then wash the stone with salty water.

"Country Lassie"—There is always a demand for good pictures from farm and other papers and magazines which use illustrations. The price ranges from 25 cents to several dollars, according to subject and work, I believe. Write such publications and get their prices.

A. J.—To shut off the offensive sight from your window, and yet not exclude the light, use common white lead. Apply with a dabbing motion, then wrap a piece of coarse sacking (such as gunny-bag) around a block, beat the paint lightly with this, and let dry. Another way is to wet Epsom salts to a mush with stale beer and dab over the pane of glass.

Alice M.—There are several hospitals in the large cities where young women, having the necessary qualifications, may get an education as trained nurse, receiving a small salary in addition to board while learning. The work is hard, but there is hard work in all trades or professions. If you had sent addressed, stamped envelope, I could have given you addresses.

E. A. G.—Marriage is like a leap in the dark—you may "do well" and you may not. Whichever decision you make, you will probably regret it. Marriages where the man is much younger than the woman is not to be recommended, as women age much faster than men after marriage, and few men, while young themselves, will remain faithful to an old, help-

less woman. Better adopt the boy and "raise" him.

Mrs. E. L.—Oil your hard running machine with coal oil or gasoline, take out the shuttle and unthread the needle and run the machine empty for a few minutes; then wipe off the oil and old grease, and oil with the best sewing machine oil. Use no cheap oil, or sweet oil.

Student—Matthias was the Apostle elected to fill the place of the traitor, Judas. Little is known of him. It is said that he preached the Gospel and suffered martyrdom in Ethiopia. Matthias and Matthew were not the same person.

One of our readers, who says she was prevented, through sickness and change of neighborhood, from providing herself with fruits and vegetables for the winter table, asks for some ways of preparing simple foods so as to vary the sameness of "bread and meat and coffee" on which too many families subsist who live far from the markets and have little money.

"Moth Patches"

Some of our friends ask for methods for the removal from the face, neck and arms of those ugly discolorations known as "moth patches," "liver-spots," etc. No one can help them unless they are willing to help themselves, as physicians and complexion specialists tell us the spots are caused by some trouble of the internal organs of the body, and the cause must be removed before the spots will disappear. Even when "bleached" off they will reappear, and sometimes nothing applied locally will in the least affect them.

The spots are not always caused by a "lazy liver," though they are generally supposed to be. A physician's advice should be taken. Home remedies will not avail in all cases. One of the best and least harmful things that can be done is to take a tablespoonful of olive oil on getting up in the morning, and the same on going to bed. Three times a day is recommended in some cases. The oil is a corrective of the torpid liver and is nourishing to a weak stomach. But it must be taken for months—no "a few days" or weeks. It is a food, and can be used liberally on vegetables and other eatables at the table. The taste for it may have to be acquired, but it is less disagreeable than some other medicines. A few drops of lemon juice will disguise the taste, or the mouth may be washed out with vinegar before taking it. But it should be taken, anyhow. At first it may act as a cathartic, but will soon cease to be troublesome. The "pint bottles" (always short measure) of the grocery store are more expensive than a pint of oil at the druggist's, which will probably cost 75 cents. Try to get the pure olive oil; cotton-seed oil will not do, but it is often sold as "salad oil." For a local application, put a tablespoonful of flowers of sulphur into a pint of rum, or whisky; shake well until it dissolves, then apply the rum to the spots several times a day. Meantime, drink abundance of water of the temperature you like best, take out-door exercise, think pleasant, cheerful thoughts, and do everything you can to improve the general health.

Sausage to be Used Next Summer

The Raleigh (N. C.) Progressive Farmer gives the following recipe for putting up sausage for next summer's use, which is highly recommended: "Grind the meat fine. To fifteen pounds of meat add one teacupful of salt and four level tablespoonfuls of black pepper—nothing else. Mix well with the hands. Make into cakes and fry nearly done. Be sure to place the fried cakes where they will get cold. After they are cold (which

is very important) pack them in a tin can closely. Now pour the surplus lard fried out over the packed cakes. If there is not enough, melt more lard and pour over until the cakes are covered half an inch with it. When you begin to use them (about next July or August), scrape the lard off enough to get enough from the top layer, then press it back carefully so that the air is excluded, and your sausage will be all right to the last cake.

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.