

their reformation.—M. H. J., in Progressive Farmer (Raleigh, N. C.)

**For the Toilet**

Crude petroleum, so often recommended for use on the scalp, is a dark liquid, a little thicker than water (about the consistency of olive oil, or a thin syrup), and in color between a green and a brown, looking quite green in some lights and brown in others. The odor somewhat resembles gasoline, but it's not in the least like coal oil. Many suppose crude petroleum is something like tar, but it is not; it is not sticky, nor black, nor viscid. It is one of the best applications where the hair is thin and falling. It must be rubbed into the scalp—getting as little as possible on the hair. The less "refined" it is, the better results are obtained from its use. Cheap yellow vaseline is also good for the scalp, as well as to make the eye-brows grow. It should not be used as a hair dressing, but should be applied to the scalp only.

Do not forget to take care of the hands during the wet, stormy weeks before us. Much suffering could be avoided by properly washing and oiling the hands at night and protecting them through the day. Avoid alkali soaps, but if you must use them, be sure to rub the hands well with corn meal moistened with good cider vinegar, rubbing dry with dry corn meal.

Among the individual belongings, the hair brush and comb should rank with the tooth brush and handkerchief. Every one should have his or her own, and no two persons should use either in partnership. Scalp diseases are largely disseminated through the promiscuous service of the hair brush and comb, and many ailments of the scalp may be present where not recognized as such. Even for individual use, the brush must be kept clean, and the best way to cleanse a hair brush is to use warm soap suds with borax or soda added, scrubbing the bristles with a firm nail-brush. Rinse the brush in tepid water and place the bristles downward to dry. The comb should be cleaned every time the brush is, with a combination of soap suds, nail brush and energy.

The best brush and comb are always the cheapest.

**Destroying Books and Papers**

Very few children are as careful of books and papers as they should be, yet there are very few children but what delight to handle them. Children love pictures, and learn from them what we learn from the printed page, except that each child has its own idea of what a picture means. The crisp sound of rattling paper is very pleasing to even a very young child, and a book well filled with pictures will amuse a little one when nearly all other means fail. But one should teach the child, from its earliest years, that books and papers must not be destroyed, and this is easier done than one would suppose. Every mother will have her own method of teaching her child, and from the first, it should be made to understand that picture books and papers were made for use, not for abuse. Do not let the book or paper remain in its possession after the first sign that it has lost interest in it. Remove it at once, and thus with it remove the temptation to tear it. Show, by your own handling of it, that it has value. Children cannot discriminate between what is valuable and that which is not, nor can it understand, while very young, that it will ruin the book to tear it; but it is easily taught that you value the book. If this is not attended to, the destruction may extend to letters,

documents of value and papers and leaves of books which should not be destroyed, thus, it may be, not only causing you inconvenience, but at times actual loss. A child should be strictly taught to destroy no paper of any kind, without your permission, and even then, not wantonly.

**Planked Fish**

A very nice way to serve fish, using the hardwood board intended for the purpose, is to wash the fish, and dress; use a sharp knife to make a slit down the back, when the whole bone can be drawn away without any trouble. Lay the fish, back down, on the board, which has pins to hold the fish securely, dot with butter all over, squeeze the juice of a lemon over and bake in a rather quick oven. For a medium-size fish, allow about twenty minutes. Make a sauce by working into a cupful of sweet butter all the lemon juice it will take; when creamy, add half a cupful of pickled walnuts, or cucumber pickles finely chopped, and a spoonful of minced parsley.

Cloves are the unopened flowers of a small evergreen tree that resembles the laurel in appearance. They are gathered when still green, smoked over a wood fire, then dried in the sun.

**For the Faded Linens**

Linen suits which have become badly faded, but are still good and serviceable, may be refreshed to make over for children's dresses in this wise: Fill the wash boiler half full of nice, clean, bright timothy hay, boil an hour in sufficient water to cover the hay; strain through a coarse cloth into a jar or vessel large enough to entirely submerge the goods (which should have been ripped apart and wash free from dust and soil, picking out all threads), and let them lie and soak for twenty-four hours. Be sure to have the goods well under the water, and to have it so, it is best to weight them down; when taken out, rinse in cold water and dry in the shade. The result will be a nice shade of green. Any one who has tried to wash out grass stains will know how durable the color is. Linen goods will always shrink more or less through laundering.

**Light Corn Bread**

To one pint of boiling water add meal to make a thick mush, adding two teaspoonfuls of salt; pour into the mixture one quart of cold water, or enough to make it quite thin, then add meal to thicken again, and set in a warm place to rise. It will rise in five or six hours. The mixture should be stirred occasionally. When risen, add one tablespoonful of sugar or molasses, one cupful of flour or shorts, tablespoonful of lard, and meal enough to make it the proper consistency—a tolerable thick batter. Bake as wheat bread.

Old Fashioned Plum Cake.—Measure a pound and a quarter of sifted flour, three-quarters of a pound each of sweet butter and granulated sugar. Work these to a cream; add the yolks of seven eggs, beaten, then gradually stir in the flour, a teaspoonful of salt and one of baking powder. Have ready half a pound each of seeded and chopped raisins, currants and dried cherries, with three-quarters of a pound of mixed lemon, orange and citron rinds, minced. Dredge these lightly with flour; add a quarter of a pound of blanched and chopped almonds, half an ounce of ground cloves, with a little (half a teaspoonful) cinnamon, nutmeg and coriander seed, and the grated yellow rind of two oranges. Work these well into the batter, and then add the stiffly beaten whites of the eggs; line the pan with double white paper, well greased, and drop the mixture by spoonfuls into the pan;

put a greased paper on the top for cake in the oven, then slip it off and let the cake brown. The oven heat must be regular, and it will take nearly an hour and a half to bake the cake. The icing may be either plain boiled, or just the white of eggs and sugar beaten to the proper thickness. The icing may be squeezed through a tube for decorating. This is recommended. —I. McC.

**Query Box**

"Reader of The Commoner."—There should certainly be some way to remedy the state of affairs you mention, which seem to be extremely unfair; but I think the relief must come through the law-makers of the state. The custom certainly works great injustice on the farm people.

Housewife.—To clean the black marble, mix equal parts of soft soap and pearl ash; apply with a flannel cloth, and let remain ten minutes; then wash off with clear water. Take a very little paraffin oil on a cloth and rub the marble vigorously to restore the polish.

Mazle.—A small teakwood box will scent your stamps; "sweet grass" is more odorous than teakwood; but if neither can be obtained, the little tencent paper packets or wood sachets sold in the stores may be laid among your stationery, and will scent it delightfully.

R. L.—It will be sometime before the adjustments can be made which will insure the smooth-running of the Pure-Food law, and some manufacturers will continue for a time to evade the enforcement; but things will work around right in good time.

G. W.—Take one cupful of good starch and make it into a thick cream with a little cold water; stirring until dissolved; pour boiling water into it, stirring constantly until it becomes thick and clear-looking; then put four tablespoonfuls of salt and two tablespoonfuls of coal oil in it, and stir until the whole is thoroughly mixed. For best results, most laundresses advise starching the things while the starch is very hot. It should be thinned to suit.

T. F.—The dry, yellow appearance of your bamboo or rattan furniture may be caused by the heat of the room drying the oil out of it. To remedy this, wash each piece well in soap suds, drying well, then take equal parts of turpentine and linseed oil and rub well into the wood; always wipe off any surplus oil with a soft cloth; cheese-cloth is good.

"A Country Reader."—For dried beef, prepare as follows: For twenty pounds of beef, one pint of salt, one teaspoonful of saltpeter, one cupful of brown sugar, and mix well together. Divide into three parts. Rub one part well into the beef, pack in stone jar or keg, and let lie until next morning; then take out and drain and rub the second portion into the beef; pack again, and on the third morning use the remaining third, rubbing well into the beef and return it to the vessel, and let it lie in the liquor it makes for six days; then hang up to dry.

W. F. M.—For 100 pounds of meat, allow five pounds of salt, one-fourth ounce of saltpeter and one pound of brown sugar. Pack your meat, after cutting in convenient size for cooking, in a barrel, or anything suitable; dissolve all the above ingredients in enough water to cover the meat, pour it over the meat, weighting it down to keep the meat under the brine, and leave for two weeks. Then take out the meat and drain well; make a fresh brine of the same ingredients, repack the meat after throwing out the old brine, and cover with the fresh brine, weighting down as before.

**Buildings That Have Cost**

The Hall of Records was begun almost ten years ago. The land on which it stands cost \$1,841,553. The building

itself, including the decorations, furniture and maintenance, has cost so far \$6,144,613.73. The interest on these sums and the rent of quarters for the offices now housed in the building (a rent to be calculated at abnormal expense during the last five years) approximate a grand total of \$10,000,000, according to the controller.

The capitol at Washington cost \$13,000,000. The congressional library, at Washington, covering acres of ground and regarded as one of the finest buildings in America, cost only \$5,746,000. The Boston public library, with its wealth of decorations, cost \$3,300,000.

The Broad exchange building, the largest office building in the world, cost \$5,500,000. The Park Row building, the tallest building in the world—thirty-two stories high—with its 990 offices, was ready for occupancy in one year from the laying of its foundations at a cost of \$2,750,000.

The Trinity building, twenty-one stories in height, with its 500 rooms, was ready for occupancy in a year, at a cost of \$2,750,000.

The St. Regis Hotel, the most magnificent hotel in the world, was completed, including nearly a year lost in strikes, decorated and equipped in four years, at a cost of \$5,000,000. The Waldorf-Astoria, with its 1,500 rooms, its magnificent decorations and its elaborate mechanical devices, cost \$5,000,000. And the Hall of Records cost a million a year for ten years! Why? —Broadway.

**Grandfather's Cure for Constipation**

**G**REAT medicine,—the Sawbuck. Two hours a day sawing wood will keep anyone's Bowels regular.

No need of pills, Cathartics, Castor Oil, nor "Physic," if you'll only work the Sawbuck regularly.

Exercise is Nature's Cure for Constipation and,—a Ten-Mile walk will do, if you haven't got a wood-pile.

But, if you will take your Exercise in an Easy Chair, there's only one way to do that, because,—there's only one kind of Artificial Exercise for the Bowels and its name is "CASCARETS."

Cascarets are the only means to exercise the Bowel Muscles without work.

They don't Purge, Grip, nor "upset your Stomach," because they don't act like "Physics."

They don't flush out your Bowels and Intestines with a costly waste of Digestive Juice, as Salts, Castor Oil, Calomel, Jalap, or Aperient Waters always do.

No—Cascarets strengthen and stimulate the Bowel Muscles, that line the Food passages and that tighten up when food touches them, thus driving the food to its finish.

A Cascaret acts on your Bowel Muscles as if you had just sawed a cord of wood, or walked ten miles.

Cascarets move the Food Naturally, digesting it without waste of tomorrow's Gastric Juice.

The thin, flat, Ten-Cent Box is made to fit your Vest pocket, or "My Lady's" Purse. Druggists—10 Cents a Box.

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