

les with wide, light-obscurers, making the legitimate functions of the room impossible on dark days, and sending the family upstairs to their bedrooms for cheer and comfort. A better plan would be to put the porch in an angle made by the main house and a wing, or to build out a large square, projecting in the fashion of a porte-cochere, and screen it in by glass at one end, to give it the sense of an out-door room, rather than of an exposed platform."

To the observant person, it is a matter of conjecture what purpose these exposed platforms really serve. A small porch over the door to act as a protection against the dashing rains, and for an occasional lounging place for those who care to use it, is well enough; but one rarely uses the "covered shelf" unless dressed for exhibition, and even then, a reserved person hardly likes to be exposed to the gaze of every passer-by. There is no sense of privacy felt by the porch-lounger, and one who seeks rest from toil during the few leisure moments hardly feels like "lolling" or lying on the piazza couch or swinging in the hammock in so public a place. Such places do not lend themselves to negligence, nor to intimacy, nor to the personal conversation among confiding friends. The far less pretentious "stoop" at the side or back of the house is much more frequented, and it is here the family oftenest assemble for the out-door air.

Then, too, these useless porches make a great deal of unnecessary work for the housewife, as it is by no means easy to keep them to their legitimate uses—they are such handy places to "throw things." They bar the light from the rooms where such work as reading, writing and sewing must be carried on, besides shutting out the sunshine, without which no room is fit to live in. If there must be porches, put them at the back of the house, and away from windows. Don't "hood" the windows of the living or working rooms, as you value your eyesight.

**Query Box**

Herma C.—For washing very thin,

**MAY BE COFFEE**

**That Causes All the Trouble**

When the house is a-fire, it's like a body when disease begins to show, it's no time to talk but time to act—delay is dangerous—remove the cause of the trouble at once.

"For a number of years," says a Kansas lady, "I felt sure that coffee was hurting me, and yet, I was so fond of it, I could not give it up. I paltered with my appetite and of course yielded to the temptation to drink more. At last I got so bad that I made up my mind I must either quit the use of coffee or die.

"Everything I ate distressed me, and I suffered severely almost all the time with palpitation of the heart. I frequently woke up in the night with the feeling that I was almost gone,—my heart seemed so smothered and weak in its action that I feared it would stop beating. My breath grew short and the least exertion set me to panting. I slept but little and suffered from rheumatism.

"Two years ago I stopped using the old kind of coffee and began to use Postum Food Coffee, and from the very first I began to improve. It worked a miracle! Now I can eat anything and digest it without trouble. I sleep like a baby, and my heart beats full, strong and easily. My breathing has become steady and normal, and my rheumatism has left me. I feel like another person, and it is all due to quitting coffee and using Postum Food Coffee, for I haven't used any medicine and none would have done any good as long as I kept drugging with coffee." Name given by Postum Co., Battle Creek, Mich. "There's a Reason." Read the little book, "The Road to Wellville," in pkgs. All grocers.

delicate laces, baste them on some material and then wash carefully in suds. Putting into a fruit jar with gasoline and shaking until clean is a good way. Rinse in clean gasoline.

Nellie L.—If you have put living water into your cistern, that is probably the cause of the spoilt water. Rain or snow water will keep sweet a long time, especially if filtered. Best pumped out and let fill from the roof.

Forestel.—There is an artificial silk made from wood-pulp in Sweden. It is claimed that it can hardly be distinguished from the real silk, but it has been found that many dresses made from it have been discarded, as the creases made when one sits down do not come out; hence, for many purposes, it is not desirable.

Mrs. J. N.—There are one piece house dresses which are easy to make and quite as comfortable, as the wrapper, while they are much more dressy. Work and wash dresses make up well in these styles, of calico, sateen, percale, gingham, or other low-priced wash goods. Paper patterns can be had for ten cents each. Maternity gowns are also shown in very dressy makes.

D. H.—Vaseline is said to induce a growth of hair on the face, but I think it depends more on the tendency of the hair to grow there than upon the emollient used. With many women, nothing would induce a growth of hair, while, with others, it seems impossible to prevent it. Cocoa butter is excellent for the hands, neck and some faces, but a finer cream should be used on the face.

Mrs. L. B.—You should be careful to buy your creams of a reliable firm, as many oils become rancid very quickly, and in that case, will bring about the results you describe. The simplest emollients are the best and safest. (2) Use the pumice stone as directed. It is harmless.

**"Your Work"**

"You may be sure that, if you do not feel yourself growing in your work, and your life broadening and deepening, if your task is not a perpetual tonic to you, you have not found your place. If your work is drudgery to you, if you are always longing for the lunch hour, or the closing hour, to release you from the work that bores you, you may be sure you have not found your niche. Unless you go to your task with delight greater than that with which you leave it, it belongs to some other person."—Success.

If a person does a thing for pure love of it, regardless of the money reward; if they think of it, in season and out of season, if they talk of it, are drawn to it, believe in it, in spite of the protest of friends, and prophesies of failure, and if they are always on the look out for items and information regarding it, there is hope for success for that person along that line of business. But if it is taken up solely because it is believed that there is in it the most profit for the least work, or that it is "respectable," or to be looked upon solely as a means of getting a living while waiting a chance to get married—it is just as well to let it alone.

**Some Requested Recipes**

Suet for Shortening.—Remove the fibre from six ounces of beef suet, and chop fine; mix with it one pound of flour and a teaspoonful of salt, and put it through the chopper again. Mix with a knife, adding gradually sufficient ice water to just moisten, and it is ready to roll out for use. This is especially nice for apple dumplings or meat pies.

Haggis.—Chop the uncooked heart, tongue, and half the liver of a sheep and mix with them one-half their weight in chopped bacon; add a half cupful of stale bread crumbs, the grated rind of one lemon, a teaspoonful of salt, and a quarter teaspoonful of black pepper and two well-beaten eggs; pack this, thoroughly mixed, into

a well-buttered mould, cover, place in a kettle partly filled with boiling water, cover closely, and boil slowly for two hours. When done, turn it out on a dish, and serve it plain, or with Bechamel sauce.

Bechamel sauce.—Put one table-spoonful of butter in a frying-pan, and when melted add an even table-spoonful of flour; mix until smooth, add one gill of cream and one gill of stock; stir continuously until it boils, take it from the fire, add the beaten yolks of two eggs, a half teaspoonful of salt, quarter teaspoonful of pepper, and it is ready to serve. Do not boil after adding the eggs.

Oyster Chowder.—Three slices of nice, pickled pork; two onions; three potatoes; three dozen crackers, soaked; five dozen oysters; one quart of milk; seasoning. Boil the pork, onions and potatoes together until nearly done; put into the pot the oysters, milk, crackers and seasoning; boil five minutes and serve.

Oyster Shortcake.—Make a good shortcake dough and bake on pie-plates; put a quart of oysters over the fire with a little water, half a cup of milk, two teaspoonfuls of butter, a little salt and pepper; thicken with a table-spoonful of flour. When the cakes are baked, split and spread the oyster mixture between, and put part on top.

**Floral Notes**

If you are going to raise sweet peas, this season, plant them as soon as the ground can be worked, even if it should freeze afterwards. Many plant the peas in the fall, and they germinate very early in the spring. Their growth should be made in the cool weather of the early spring, as they do not give much bloom if planted late.

Many plants should be started in boxes in the house, if no other method can be had. Use shallow boxes; cigar boxes are good, and easy to handle. Have good drainage, and keep the earth moist. Water carefully until the plants are of good size. Panes of window glass may be laid over the top of the boxes, and will retain the moisture and warm air.

Dahlia seeds are coarse, and grow readily, and as they grow should be transplanted to more roomy quarters several times before setting in the border. Canna seeds are very hard-shelled, and before putting into the soil should have a little groove filed in the shell. A three-cornered file will do, and the white of the inside should be barely exposed. Canna seeds may be put into a cup and boiling water poured over them, and left to stand until the water cools. Many of them will be found swollen and the shells burst, and these should be planted in soil at once, while such as are not, should have boiling water again poured over them, in order to break the shell.

Scarlet salvias make a beautiful showing in late summer and early autumn, and may be started in-doors, transplanting as they grow, and they will thus come into bloom much earlier. It will be difficult to raise plants successfully in rooms where gas is used for fuel or illuminating, and even where dry furnace heat is used to warm the building, the best results cannot be obtained.

**For the Seamstress**

For setting insertion into lawns or muslins, stitch the insertion onto the goods just where it is to stay, and then cut the material away from under it, leaving an edge sufficient to make a tiny hem under the insertion.

For hemming a curve or round edge, measure carefully for the width of the hem every few inches and baste strongly; if it is to be machine-stitched, do not hurry it, but slowly and closely follow the edge. If the hem is to be sewed by hand, the stitches need not be very close together, but care must be taken not to

lift but two threads of the cloth to the stitch, and on the wrong side see that the stitch is well hidden under the folded edge before the needle goes through to the outside. Thus the thread shows very little on either the wrong or the right side, and the work when done will look well.

A "milliner's fold" is a pretty trimming to finish off with, either as a heading or to cover the connection where one ruffle stands up and another falls. Cut a bias piece one inch wide; fold over the upper edge onto the right side of the cloth about a quarter of an inch, and baste. Turn the lower edge up toward the upper edge and turn this edge in again, and with a blind stitch, entirely underneath, sew this lower part onto the basted upper part, so as to hold it down. You have thus a neat double fold showing, one a little higher than the other. This is hard to describe, but any milliner will show you how it is done, if you cannot succeed by following the above directions.—Ex.

For a neat closing for the collar, sew on the boned side of the closing three small buttons, with three small, corresponding loops on the other side, making the loops on the inside edge of the hem, so as not to extend beyond the end of the collar. The hem of the end thus serves as a flap, concealing the fastening. The cuffs may be finished in the same way as the collar.

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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.

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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.

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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 for a or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of the 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."

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