

of the thin loaf confines it where it is generated, thus leavening the loaf. Even a sour stomach will digest this bread instead of passing it off by fermentation. Gem pans, of iron or tin, should be used in pairs, to have the best effect. Fill the lower pan with the dough (laying a biscuit in each cup) and fit the upper one over the cups in the lower, having both previously very hot, and the steam will puff up the dough enough to fill both halves. The unleavened bread should be well baked and crisp when done. Crisp breads are better than soft done, as mastication renders it finer and mingles the entire mass with the saliva more thoroughly. All hot breads wad up into a doughy mass, which the gastric juice penetrates with difficulty.

Hot, soda-and-buttermilk biscuit are a prolific source of stomach trouble. Breads should not be eaten until at least a day old, as when soft, mastication rolls it up into a firm mass, the inside of which sours in the heat of the stomach before the digestive juices can reach it. Nature keeps the stomach very warm, and this soured bread induces fermentation in other foods, and is thus the cause of many of our modern dyspepsias.

For the "Cold-Day Dinner"

Where one has a large family and a slim purse, it is best to make the most of what one can afford. The cheaper pieces of meat, with proper attention to cooking, make fully as appetizing dishes as some of the higher grades, while in the hands of the careless or ignorant cook, they are the most expensive. In the matter of a pot-roast, one can use what is usually called "boiling" meat, or "chuck" with good effect. The piece should weigh at least three or four pounds, as a less piece does not remain as juicy as a larger. Wipe it off carefully, or wash quickly and dry, and remove all loose pieces of bone. Have an iron kettle on the stove with two or three tablespoonfuls of sweet drippings or lard, and when this is smoking hot, put in the piece of meat, turning and mopping it around for a few minutes, in order to get every particle of it seared with the hot grease. When it is well seared on the outside, pour over it a quart of boiling water, let it boil briskly for ten or fifteen minutes, then set back on the range where it will simmer—just keep the water in a gentle commotion and bubbling, but not boiling, until it is tender; this may require several hours, according to the natural toughness or tenderness of the meat. If kept closely cov-

GUIDES CHILDREN

Experience and a Mother's Love Make Advice Valuable.

An Illinois mother writes about feeding children:

"If mothers would use Grape-Nuts more for their little ones, there would be less need for medicines and fewer doctor bills.

"If those suffering from indigestion and stomach troubles would live on Grape-Nuts, toast and good milk for a short period they would experience more than they otherwise would believe.

"Our children have all learned to know the benefit of Grape-Nuts as an appetizing, strengthening food. It is every evening, with few variations, like this: 'Mamma, let's have toast and Grape-Nuts for breakfast; or, let's have eggs and Grape-Nuts'—never forgetting the latter.

"One of our boys in school and 15 years of age repeatedly tells me his mind is so much brighter and in every way he feels so much better after having Grape-Nuts as a part if not all his breakfast." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

ered during this simmering process, the water will seldom need renewing, but if it does, only a little boiling (it must be boiling) water should be added at a time. When nearly done, add salt to taste, and let simmer a half hour or so; then uncover the pot and let the water cook away. There should be a half-pint of nice gravy in the kettle when done, the meat being turned in the pot until all sides are nicely browned meanwhile. If wanted to cook potatoes, more water may be added to the gravy and the potatoes dropped in; but it is better to cook the potatoes separately—mashing them is good—and serve the gravy with them at the table. If soup is wanted, cut out all the bony pieces, put on to cook in cold water, and boil separately until the flesh is in strings, strain, and add whatever vegetables you have, chopped fine, and boil until the vegetables can be mashed through a colander or puree strainer, season to taste and serve.

"Western New York Washing Fluid"

A friend, giving no name, sends the following in answer to E. F. M.'s query in regard to washing greasy overalls: "Take one pound of common washing soda (sal soda) and one-half pound of fresh, unslacked lime (slacked lime will not do); pour over it five gallons of water. Set on the stove and stir until thoroughly dissolved; set off and let settle, and bottle the clear solution; or use jars or jugs, labeling and corking, and set out of the reach of children or careless persons. This is a splendid lye, and will remove dirt or grease. Use one scant teacupful to a boiler of water; bring to a boil with half a cake of laundry soap cut up in it. The greasy clothes must first be wrung out of water in which they have been put to soak for a short time, then washed in this boilerful of water. This solution is a great labor-saver, and will make washing almost a pleasure."

If this could be used with a washing machine, much time and strength might be saved.

Washing Pillows

Sometimes there seems no other way, and this is the way one woman tells us she "does" her pillows: Make a bag of cheap ticking and rub it inside and out with common yellow laundry soap (or soft soap), dipping the soap in warm water so it may be generously applied. Place the feathers in this bag, fasten securely, and boil in a clothes-boiler full of water for ten minutes, punching and stirring the feathers frequently with a stick, moving the bag about. Then, take out of the water, drain, squeeze as dry as possible, and put into fresh warm, clear water, and squeeze, and stir the feathers to get all the suds out of them. Out of this water, if you have a wringer, pass the bags through the wringer; if not, squeeze and drain as dry as possible, then hang in a shady place to dry. While drying, the bag must be rubbed and pounded with the fist to "liven up" the feathers. A few days drying will render the feathers fluffy, and remove all unpleasant odors. When dry put in new, strong ticks.

Cream Candy

Dissolve one-fourth ounce of white gum-arabic in one and one-half parts of water; add three and one-half pounds of best granulated sugar and one teaspoonful cream of tartar. Put over the fire and before it boils brittle test it by dipping a little out with a perforated skimmer; if it looks feathery as it drops through the holes, it is cooked enough. Take off the fire and beat against the dish with a spoon until creamy; add flavor if desired. If you wish to make coconut candy of it, add the shredded coconut as the candy is cooling, stirring until cold.

Cream Taffy.—Two cupfuls of granulated sugar, one-half cupful of vin-

egar, half cupful of water, butter the size of a walnut; boil without stirring until it will "candy" when dropped in cold water. When cool enough to work with the hands, add the flavoring a little at a time, pulling until white; cut in any shape desired.

For the Laundry

Wool and silk garments in all fast colors, such as brown, blue, black, etc., are washed in soap bark, which takes out all the grease, and seems to give a new body to the material. Soap bark restores black, however rusty or green; the secret of it is to have it very strong. The laundries put two tablespoonfuls in nearly two quarts of water, and boil it down to one quart, which they put into a bucket and add warm water. Sometimes, in a bad case, this strength is doubled.

For iodine stains, wash in alcohol, then rinse in soapy water.

When washing woolen pants, do not wring them, but hang them on the line so they will be straight; when almost dry, take them off the line, fold as when purchased, wring out a towel in clear water, cover the pants with it and iron until the towel is perfectly dry. Look after the buttons, button-holes and edges, and see that all rips, however small, are attended to.

Red table linen should be washed in water "broken" with borax, using no soda, and but little soap. Rinse in clear water—never use bluing in the rinse water, as this damages the color.

For Softening Hard Water

It is a misfortune to the house-keeper, and especially so to the laundress, to have only hard water for the various uses about the house. One way to "break" such water is here given. Of course, water so broken is to be used only for cleansing purposes—never for cooking or drinking. For one boilerful of water, use two teacupfuls of sal soda (washing soda), and bring the water to a boil. If any scum arises, take it off carefully. Then put in the soap, shaved so as to dissolve readily. The soap must not be put into the water until it has boiled for a minute or more to become softened. After the soda has been put into the water do not add more hard water, as this will cause the soap to separate and harden, and in this case, scarcely anything can be done with it. If it is possible, try to have soft water enough for laundry use, as hard water makes more work, and many times ruins the clothing. A barrel sunken in the earth under the drip of the caves is better than nothing, but even a small cistern is the best.

Corned Beef

Let the beef get perfectly cold after butchering, then cut into quarters. Cut out the steak, bones and rough meat; cut in pieces suitable to cook. Put a layer of meat in the barrel, sprinkle a little salt over it, and repeat until all the meat is packed in the barrel, layered with a little salt. Cover with clear well water and let stand over night. This will draw out the blood. In the morning, take out the meat and put it into a boiler and letting the meat drain. Then pack the meat into a barrel, as closely as possible. Take water enough to cover the meat and put it into a boiler and bring it to a boil. Into the water put, for each 100 pounds of beef, one ounce of salt peter, one pint of brown sugar, and salt enough to make a brine that will float an egg. Stir this until all is dissolved, let boil up a minute, and skim off all scum, then take from the fire. When cold, pour over the meat, seeing that it is well covered, and weight the meat to keep it under the brine. In six weeks' time, if the brine gets a little bloody, take out the meat, boil and skim the brine well, let get cold again, and pour over the meat, weighting as before.

For the Steak.—Cut the steak when cutting the meat up; salt it as for

cooking; pack in three to five gallon jars; sprinkle a little sugar over each layer with the salt, and set in a cool place, and if kept cold, it will keep fresh for a month or six weeks. When wanted, prepare by pounding, and fry as usual. In keeping meat of any kind, care must be taken to keep it weighted down under the brine, as, if even a small bit is exposed, it will damage the whole mass.

Best Selling Book

"Our best selling book?" said the dealer. "This is it, this fine-print volume in the flexible black binding—this Bible. Every year there are over 8,000,000 Bibles sold.

"The Bible is the only book with which one can never get overstocked. We keep a certain number of presses going steadily year in and year out on Bibles, and if we find we have 100,000 or so copies on hand it causes us no uneasiness. We keep the presses going just the same—we know all will be sold. It seems almost providential, doesn't it?"—Philadelphia Bulletin.

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You cannot have an attractive face or a beautiful complexion when your blood is in bad order and full of impurities. Impure blood means an impure face, always.

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Most blood purifiers and skin treatments are full of poison. Stuart's Calcium Wafers are guaranteed free from any poison, mercury, drug, or opiate. They are as harmless as water, but the results are astonishing.

The worst cases of skin diseases have been cured in a week by this quick-acting remedy. It contains the most effective working power of any purifier ever discovered—calcium sulphide. Most blood and skin treatments are terribly slow. Stuart's Calcium Wafers have cured boils in 3 days. Every particle of impurity is driven out of your system completely, never to return, and it is done without deranging your system in the slightest.

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Your blood makes you what you are. The men and women who forge ahead are those with pure blood and pure faces. Did you ever stop to think of that?

Stuart's Calcium Wafers are absolutely harmless, but the results—mighty satisfying to you even at the end of a week. They will make you happy because your face will be a welcome sight not only to yourself when you look in the glass, but to everybody else who knows you and talks with you.

We want to prove to you that Stuart's Calcium Wafers are beyond doubt the best and quickest blood and skin purifier in the world,—so we will send you a free sample as soon as we get your name and address. Send for it today, and then when you have tried the sample you will not rest contented until you have bought a 50c box at your druggist's.

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