

plant them in a bed in full sunshine. Have your ground previously enriched with old rotted manure (cow manure is best), and set the plants out carefully the latter part of April or first of May, according to climate. Mulch twice a year; in winter, just before freezing weather to protect from alternate freezing and thawing in spring, and in early summer to shade the roots. Cut off every rose as it fades, and keep the ground well watered. There are so many beautiful ever-blooming roses now on the market which are either "hardy as an oak," or hardy with protection during severe cold in winter, that one can hardly be forgiven for not having roses all the season. Mailing plants do not give a great amount of bloom the first season, and unless one is impatient to see what the flowers are like, it is well to remove all buds and let the strength of growth go to the bush or vine until along in the late summer. Everblooming roses usually make their best growth, and give abundance of bloom during the cool, moist weather of the fall months.

#### Rules for the Short Girl

Don't, if you are short, wear tight-fitting clothes; the little short, thin woman who puts on skin-tight garments will look weazen, shriveled up, old; will have the dried-up appearance which belongs to the aged.

If you are little, add to your height by dressing your shoulders broad. No one can tell why it is, but the broad-shouldered girl always looks taller than she is. Shoulder-puffs, fat sleeves, and all sorts of devices for increasing the breadth of the shoulders, were invented for the short girl. They are becoming, and the modistes cling to them.

Long skirts will make the short girl look taller; these increase the apparent height, and make the short girl graceful. They may not be hygienic, but they are immensely becoming. A trained gown will add height and dignity to the wearer.

The short girl should wear stripes

## GOOD NATURED AGAIN

### Good Humor Returns With Change to Proper Food.

"For many years I was a constant sufferer from indigestion, and nervousness amounting almost to prostration," writes a Montana man.

"My blood was impoverished, the vision was blurred and weak, with moving spots before my eyes. This was a steady daily condition. I grew ill-tempered, and eventually got so nervous I could not keep my books posted, nor handle accounts satisfactorily. I can't describe my sufferings.

"Nothing I ate agreed with me, till one day, I happened to notice Grape-Nuts in a grocery store, and bought a package, out of curiosity to know what it was.

"I liked the food from the very first, eating it with cream, and now I buy it by the case and use it daily. I soon found that Grape-Nuts food was supplying brains and nerve force as nothing in the drug line ever had done or could do.

"It wasn't long before I was restored to health, comfort and happiness. Through the use of Grape-Nuts food my digestion has been restored, my nerves are steady once more, my eye-sight is good again, my mental faculties are clear and acute, and I have become so good-natured that my friends are truly astonished at the change. I feel younger and better than I have for 20 years. No amount of money would induce me to surrender what I have gained through the use of Grape-Nuts food." Name given by Postum Co., Battle Creek, Mich. "There's a reason." Read the little book, "The Road to Wellville," in pkgs.

running lengthwise; she can wear the princess dress, and get herself up in trimmings running from head to foot. All of these will make her look taller, and are permissible; but she must not overdo, nor make herself conspicuous, nor wear many frills. Frills will make her look old and fussy.

The hair should be dressed high, with a comb to make it still higher; but she must avoid the grotesque in everything. To cultivate suppleness and graceful movements of body and limbs will also add to her apparent height very much.—Fashion Magazine.

Do not buy "left-over" fall-planting bulbs; they are no account. These may be planted as late as the first of January, but after that they are so weakened that they will seldom grow—surely not bloom. Bulbs that have flowered in the house, especially those that have been grown in water are hardly worth bothering with. They may be planted in the border, and left to take care of themselves. In two or three years they will give bloom again.

Don't "spade" up ground. Use a spading fork; it is much lighter than a spade, and breaks up the ground better. The little "hand-hoes" that one can use down close to the roots of the plants are better for flower gardening than the long-handled garden or field hoe, as it is lighter, and can be used about delicate plants.

#### One's 'Best' Dress

The average woman is obliged to limit her wardrobe. One frequently meets women who appear smartly dressed, and who possess only one costume that may be strictly called "every-day." The smartness is not induced by chance, but is rather the result of intelligent planning; the one dress must be strictly correct. If rightly selected, it may be made suitable for wear at all kinds and conditions of day functions not strictly formal. It must suit one's own individuality, and she who anchors to the strong rock of simplicity will make no mistake.—Delineator.

#### For the Toilet

For the removal of moth patches (liver spots), this salve is said to be reliable: Two and one-fourth ounces of cocoa butter; two and one-fourth ounces of castor oil; forty-five grains of zinc oxide; two grains of ammoniated mercury. Mix well. A thick coating of this salve should be applied to the discolorations at night; when commencing the treatment, it must be remembered that patient perseverance in the use of the remedy is the only way by which satisfactory results can be obtained. An application for a few times, then letting it go for awhile is worse than useless. In the meantime, the general health, especially keeping the liver active, must be attended to. This recipe is given by The Demorest Magazine.

A few mouthfuls of lime water, or a few drops of the tincture of myrrh in a tumbler of water used as a mouth wash, will sweeten an unpleasant breath, and a small piece of orris root, if chewed, will give an odor of violets to the breath. A teaspoonful of powdered charcoal, mixed into a paste with honey, will not only sweeten the breath, but will prevent bloating of the stomach after eating. Powdered charcoal can be had at any drug store.

It is claimed that the taint of onion on the breath may be got rid of by swallowing a mouthful of vinegar, or drinking a half-cupful of hot water in which a pinch of soda has been dissolved. As onions, when eaten with vinegar still taint the breath, it might be better to try the old remedy of chewing browned coffee.

If possible, do not use cheap soaps. They may be all right for laundry pur-

poses, but a cheap, alkaline soap makes the skin dry, peeling and scaly, if not chapped and sore. One who handles fine sewing or embroidery threads, or writing paper should have smooth hands, and this can only be had by using as little soap, even of the best, as possible.

#### Some Salmon Recipes

**A Breakfast Dish.**—Put a pound can of best salmon into a sauce pan and cover with boiling water, and cook ten minutes. Open the can and remove the salmon, drain off the liquor, take out skin and bones, place in a hot dish and pour around the fish the following sauce: One cup of milk, two level tablespoons of corn starch, the salmon liquor, one level tablespoonful of butter, one egg beaten, one-fourth teaspoonful of salt, and a pinch of pepper. Heat the milk to boiling, thicken with the corn starch, add the butter, salt, pepper, salmon liquor, and egg, stirring well. Serve hot.

**Salmon Chowder.**—One-fourth pound of pickled pork, two large onions; cut these fine and braise in same pot in which the chowder is to be made, for about thirty minutes. Add to this one can of tomatoes, one green pepper cut fine, and one quart of water or bouillon. Let this cook one hour. Add one pound of potatoes cut in small pieces; cook twenty minutes and add one pound can of salmon, one pint of milk or cream, and four or five broken crackers. Season to taste. This should serve a dozen persons.

**Scalloped Salmon, with Green Peas.**—One can of salmon picked over and broken into small pieces (removing skin and bones), one can of green peas, two cupfuls of thin white sauce, and cupful of bread or cracker crumbs. Butter a pudding dish, sprinkle with the crumbs, put in a layer of salmon and a layer of peas, cover with the white sauce. Repeat until all is used. Cover well with buttered crumbs and bake in a hot oven until crumbs are brown, and serve hot.

**White Sauce.**—Two level tablespoonfuls of flour, two level tablespoonfuls of butter, one cup of hot milk, one-fourth teaspoonful of salt and pinch of pepper. Melt butter in saucepan until it bubbles; add the flour, salt and pepper, stirring until blended smooth; then pour in the hot milk gradually, stirring and heating; cook until it thickens, which should require once boiling up.—Alaska Packing Association.

#### Salted Almonds

To prepare them, first shuck them and then blanch them by pouring boiling water over them, and letting them stand a few minutes. Then drain them and put them in cold water. The skins can then be rubbed off with the hands. Then dry them with a cloth, or put them near the fire for a short time. When dry, to each pint of the blanched kernels add two tablespoonfuls of salt and two tablespoonfuls of melted butter, stirring them thoroughly. Spread thinly in shallow pans and bake in an oven. The oven should be rather cool, so as not to brown them too fast; about twenty minutes is required. Then turn them from the pan on plates to cool. By salting almonds and peanuts at home, they can be had fresh when wanted, and are not so expensive.

#### "Corns"

Somebody says, without the least attempt at being original, that "Corns are troublesome things." We, who have suffered from them, can heartily endorse the sentiment. The worry is to find a way for their permanent removal. They come, whether or not one wears a shoe that fits, or one too large, or too small, too short, or too long. What will help one will not help another, and I have never heard that

any one has advanced just the theory of what does cause them. We are told by physicians that their presence is due to some condition of the blood, but nobody seems to know just what that condition is, or how to remedy it. Rubbing castor oil on the corn, several times a day, is suggested; for soft corns, painting with iodine is good; this at least kills the pain, and the callous may be rubbed off with the toilet pumice. Salicylic acid, as much as will lie on a ten-cent piece, stirred into as much vaseline as the acid will hold, and used on the corn three nights in succession, is recommended. The feet should then be soaked in quite warm water, and the corn gently drawn (not dug, or cut) out. All treatments seem to be but temporary; about the only real, permanent cure that can be effected is attained by discarding shoes altogether and going barefooted. Who ever heard of a barefooted boy or girl having corns?

## Pimples, Blackheads---

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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?

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