

It is the only way."—Home Magazine.

Many an ailment could be cured with little trouble and less expense, if we would but listen to reason. Be reasonable with your stomach; often nothing is wanted but rest and lighter loading. Much good food is worse than wasted by being eaten when there is no demand for it in the system. The average stomach has been so abused that it would require much time to allow it to overcome the effects of our unwisdom, and we are not willing to take the time, or to give up the abuse. Appetite is not hunger, but it is to the deprived pleading for something—we know not what, that will undo the gross abuse of our gormandizing.

#### Pretty Things for the Invalid

Recently two elderly ladies attended a white goods sale, and one of them among other things, selected some daintily trimmed bed-gowns, at which her friend expressed surprise, saying: "Since when did you acquire such fastidious tastes?" The buyer said, slowly: "Usually, I am not fastidious; but at our age, one never knows when sickness may render something of the kind necessary. I always feel better if I have on pretty clothing when sick in bed." It is a well-known fact that, in serving food to an invalid, much of the relish comes from the daintiness of the service and the prettiness of the dishes. When one is well, appetite does not wait upon service; but in sickness, the common, every day dishes and napery seem to acquire a coarseness in the eyes of the invalid that turns one against the food served in them. Even when one is in good health, the consciousness that one is looking well is a very comforting feeling; but in sickness, we are often most keenly alive to the little things about us, and things unnoticed when our feet become absolutely torturing in our sick fancies. The thought that our clothing is shabby, or our surroundings untidy is in most cases extremely depressing while, to know that we are becomingly clad raises our spirits and tends to our recovery. Put old garments away to be worn in the healthy sleep of our normal condition, and keep for the emergency of the sick room the pretty bed-gowns, the dainty coverings, the lace-trimmed handkerchiefs, the delicate china and the finest napery. It is a sensible idea, to provide these things, even though the occasion may never come that their use is demanded. Let the sick room be the cleanest, most comfortable room in the house and, instead of the flowers, jellies and fruits, bring to the invalid the little accessories that go to make the room and the confinement endurable, if it is but a pretty, cheerful-colored paper napkin, or a tiny, ten cent vase, just big enough to hold the one rose, or half dozen violets; that is all the invalid cares for at the moment.

#### Floral Talks

The calla bulb should be allowed to rest from June to October, and it is better to dry it off partially for this purpose. Turn the pots down on their side in a shady situation, in order that the sun may not dry the roots too much. The pot might be covered slightly with hay or leaves. Leave it in this condition until time to start growth in the fall.

The spotted calla is a summer bloomer, and should be put out in the border as soon as the ground is thoroughly warmed up.

The giant white snapdragon is a wonderfully floriferous plant. Many of the plants have flowers of a light yellow—a clear, creamy color that is very beautiful. This is the old snapdragon improved, and has all the

good qualities of the old, combined with those of the new.

The tuberous rooted begonias should receive the morning sun until ten or eleven o'clock, in order to bloom well. They are beautiful.

The ornamental grasses should be grown more than they are. They should always be grown in connection with everlastings, and these two combined make beautiful winter decorations. The everlastings may be dyed many lovely colors.

For the chrysanthemum, start the plants early, or get plants of the florist later, give a strong, rich soil, shift as needed to give plenty of root room, give plenty of water and liquid manure, and keep growing as thriftily as possible.

Don't pin all your faith for winter bloomers to the geraniums you slip now, but keep some of the choice kinds, pinching them into little bush forms, disbudding and shifting as they grow, and you will have fine plants next winter.

Do not allow the backward season to discourage you. Sow seeds of perennials in June, and you will have many beautiful things on hand next spring. If left until August, the weather is generally too hot and dry for the seedlings to get along.

#### Query Box

M. S.—June is not too late to set out roses from the greenhouse.

J. L. For information about denatured alcohol, write to Secretary of Agriculture, Washington, D. C., for Farmers' Bulletin No. 277.

Essie M.—The napkin is used about the hands and mouth. The doiley is used under dishes.

Mrs. B.—For taking the tea and coffee stains from the table linen, it is recommended to soak the spots with glycerine, let stand several hours, then wash with warm soap suds.

Miss M. G.—Consult a stationer about the styles, sizes, etc., of the cards desired. (2) You will have to submit your work to parties dealing in such things in order to learn prices.

Tessie—To clean the straw hat, and remove the yellow color, remove the trimming, brush thoroughly, and rub hard with a paste made of sulphur and lemon juice, using a soft cloth. Give it a thorough scrubbing with the paste, then dry, and brush off the sulphur.

"Distressed"—Try this to keep your bright auburn hair from turning dark: One ounce of pure, strained honey, one ounce of rhubarb stalks cut up in three ounces of white wine. Put these all together and let stand in a warm place for twenty-four hours, then strain, and rub the liquid into the hair all over the head, let dry in, then wash the hair with clear, warm water.

L. S.—A proof reader must have a knowledge of correct spelling, punctuation, placing of capitals, paragraphing, lines, spacing, grammatical usage of language, as well as a thorough knowledge of the characters used to direct the printer in revising the copy or proof sheets, and a broad general knowledge of the line of matter used by the particular paper he is employed on, in order to know if names, statements or technicalities are correct. A person of limited knowledge, or an ignorant person can not be a successful proof reader. Proof reading is hard work.

#### A Nice Dessert

For this custard, allow four tablespoonfuls each of cornstarch and sugar to two cupfuls of milk. Heat one and three-quarters cupful of milk in a double boiler and mix the cornstarch with the remaining milk while cold. Let the milk get boiling hot, and stir the cornstarch into it, and cook five minutes, stirring constantly. Add the sugar and cook one minute longer; then add one-

half teaspoonful of vanilla flavoring and one-quarter cupful of shredded cocoanut that has been soaked in milk for half an hour. Turn this into small cups previously rinsed in cold water, reserving a little of the mixture to which add a teaspoonful of sugar and enough melted chocolate to give a dark color. Mold in the small scollop tins that are made for molding garnishes. Set in a cold place. When ready to serve, turn the white molds into a plate and put on each a chocolate; sprinkle lightly with a little grated or shredded cocoanut. The custard must be cooked well in the beginning else the raw starch taste will be present which nothing can disguise.—M. M.

Caramel Filling—One cupful of white sugar, one cupful of light brown sugar; melt with cold water; boil until it threads, then beat in two tablespoonfuls of sweet cream, and one tablespoonful of butter, one teaspoonful of vanilla extract. Take from the fire and beat until quite thick, and spread between layers.

#### For the Laundry

For starching thin white waists, dissolve a tablespoonful of gum arabic in about three quarts of water, and dip the articles to be starched into this liquid. Wring them out and dry them, and after drying, roll them up and iron as usual. The gum arabic will not stick to the iron, and it gives to the muslins and lawns about the amount of stiffness that is found in new goods. The gum arabic can be bought for about thirty-five cents a pound, and will be found useful for many things in the laundry. An inferior article is as good for laundry purposes as the higher-priced article.

If starched clothes are very stiff when brought in from the line, they should be sprinkled and let lie in a heap for an hour, when they will fold much nicer for the ironing.

#### Care of the Teeth

One does not need to be reminded how very necessary to the attractiveness of the mouth is a set of good, clean teeth. But it is not so well understood how very essential to health is the most careful and perfect cleanliness of the teeth and gums. Unless the teeth are given the best of care, many ills may follow, such as a persistent indigestion and an anemic condition; the body loses tones, the digestive tract is disordered, the skin becomes muddy, blotchy, and covered with pimples, the muscles of the body tire easily, and the face loses its vivacious expression. If there is foreign matter among the teeth—food—though small in quantity, with every act of swallowing a certain quantity of deleterious matter—a poisonous dose—is carried into the stomach. This poisonous dose is the result of the action of bacteria on debris accumulated among the teeth, and under its action, the strongest digestion succumbs eventually. As a factor in the loss of beauty this auto-intoxication from the mouth can not be overrated. The constant swallowing of even infinitesimal doses of these poisonous products of "oralsepsis" is bound to produce an effect, and the oral specialists will often pronounce a mouth "dirty" which, to most observers, is a picture of cleanliness.

But not only has this condition of the teeth such serious general effect; it leads eventually to a disease of the gums and bone supporting the teeth which both loosens the teeth themselves and adds terribly to the seriousness of the bodily condition. A whitish, matterly discharge can be seen oozing out from around the neck of the teeth; the teeth become "long," loose, and "sore," and eventually drop out of their sockets, often sound and free from decay. In the progress toward this ending, the teeth become

subject to attacks of tenderness, inflammation, or abscess, rendering the unhappy victim incapable of mastication, and increasing the difficulties of a stomach already injured by the swallowing of the poisonous discharge. If not neglected until too far gone, the dentist may arrest the progress of the disease; but when the teeth have once really become loosened, there seems to be no restoration for them.—B. J. Hill, Dental Surgeon, in American Queen.

#### The Back-Door Outlook

Don't forget that you are going to have some of the finest things in the way of flowers, fruits and vines for the back yard. You will see a whole lot more of the back than you will of the front of your house, and there will be many moments through the day—even the busiest part of it—in which you can run out into the yard about the kitchen door and do a little digging in the dirt, or pull a few weeds, or train a few vines. You will forget a great many of the discomforts of the cook-room, if it opens onto a tangle of vines or a bed of bright, thrifty growing green things. The vegetables are all right in their place; but they won't help you to forget the hot cook stove as the flowering plants will.

Gooseberry and currant bushes are just as ornamental as burdock, or pokeweed, or thistles, and will grow just as well in the fence corners of the back yard. Do not plant wild fruits if you can get the cultivated, for the yield of fruit is never so plentiful, nor so satisfactory as to quality. But the wild fruit is better than none, and any kind is more profitable than the coarse weeds. Get the best you can afford, even if only one or two plants of a kind, and give what you get good soil, care and cultivation, and it will not be long before you attain results.

A bed of herbs used in cookery will not be out of place in the back yard. Many of these herbs are perennials, and a row of them along the fence will pay big rent for the ground and good offices of the gardener. They can be raised either from seeds or sprouts. Many of the annuals "seed themselves," and grow from year to year with as little trouble to the gardener as the perennials.

A few dwarf peach trees in the back yard, well away from the door or window, add to "the looks of things." Butterbeans, or other pole varieties look as well clambering over the fences as do the poison ivy and wild morning glories. Try to have the dividing fence, and then use it for a trellis.

#### Identity Cards

There are many people who meet death through accident, and their identity is never known, because there is nothing about them that will serve for identification. It is recommended that all persons who are traveling, or who are visiting strange places, should carry an identification card about them. These cards may be of pasteboard, or aluminum, or other materials which will allow the lettering on them to resist wear. The card should bear the name of the person, address, name of city and state, and name of person to be notified in case of accident to the bearer, and address of same. This identification card should be carried in some secure manner so that it should not get separated from the body readily. We many times read of bodies found in lonely places, or among the debris of wrecks, too terribly mutilated to admit of recognition, and this uncertainty would be done away with if such a card were found on the body or among the clothing.

William F. P. Ferguson, editor of the New York Protector, has returned from the canal zone and charges that a vice syndicate is in full swing there with the knowledge and tacit consent of the officials.