

gum arabic and one-half pint of boiling water; pour the water on the gum, stir it occasionally until all is dissolved, strain through muslin and bottle for use; for use, one teaspoonful of the solution to one-half pint of cold water. Linen or heavy lawn will require more.

Health Hints

Pork requires much more time for digestion than other meats, and it is claimed that this is caused by the lean, or meat part being entirely surrounded by the fat, which prevents the digestive juices from readily reaching it. In the form of bacon, it is said to be less difficult of digestion, as the salting and smoking make the fat granular. Pork contains very little proteid, with more fat than the stomach can take care of, and it is not so nutritious as beef. Pork eaters are generally pale and easily succumb to disease. Pork is not considered wholesome in warm weather, but if eaten at any time, it should be well cooked. In choosing pork, if kernels are found in the fat, do not touch it. A great many people would be much better off if they would reject pork in any form.

Avoid over-clothing the body. Many people smother themselves with woollen clothing so heavy as to cause the skin to perspire. Too much bed clothing is also a source of cold-catching. Try to have the heat come from within, rather than from without. Plenty of fresh air, exercise and nourishing food is better than bundling with clothing.

Toothache is often a symptom of some stomach trouble, and if the stomach is righted, the tooth will cease to pain. Hot pillows, as salt, or sand, will often relieve a toothache. If the tooth is decayed, it should be attended to by a dentist. Often diseased gums cause toothache, when the teeth are all right.

Salt meat of any kind should not be given to the little tots. Fish, poultry, lamb, mutton, are all easily digested and suitable. Children

should not be taught to demand cake, candy, jam, or other sweets, as all these are bad for their stomachs.

For healing every-day scalds and burns and other raw sores, cleanse the sores with white castile soap-suds, letting the water flow over the surface, then dust with flour of sulphur. Repeat this from one to several times a day until a scab forms, and then be careful not to get the scab knocked off.

Another remedy is slacked lime and fresh lard. The lime should be sifted through cheese cloth, to remove all fine grains or grit, and mixed with the lard into an ointment. Spread on a cloth and lay on the burn. As soon as the lard gets warm, the sore will begin to hurt, and the plaster should be removed, the ointment scraped off and fresh ointment put on; or a new plaster may be made ready. Continue this treatment as long as the burn pains, then keep the plaster on and it will heal the sore.

Another treatment is offered by one who says it has been used satisfactorily in his family for eleven years. Get a ten-cent box of axle grease, the golden grease, and use as you would any other ointment.

A home remedy for rheumatism is given by a reader who says it has been tested in his family and found good. Apple vinegar, the best, and add to one gallon of the vinegar one pound of red garden pepper and two pounds of salt. When the strength of the pepper is extracted, wet a flannel cloth in the mixture and wrap the affected part of the body with the cloth as hot as can be borne, and use good liver pills as directed on package, eating laxative foods and drinking plenty of hot water, as the excretory organs must be kept in regular order to remove waste from system. Change the cloth as needed to keep up the heat until the pain subsides.—S. C., Oklahoma. (This might be too strong of pepper, if the skin is very sensitive, or tender, in which case, a little of the solution should be diluted.)

Home Helps

To prevent dust while sweeping a sick room, put a little ammonia in a pail of warm water, and wring the mop out of this water, then go all over the carpet first to take up the dust; then a broom can be used to gather up the coarser dirt without raising a dust.

To prevent taking cold, protect the back between the shoulders, breathe through the nostrils, and keep the wrists well protected when in the outer air. Many persons claim that it is foolish to protect the weaker and more sensitive parts of the body, but by the time they are forty years old, they will pay for their fool-hardiness of careless exposure. If one contracts a cold, treatment should begin as soon as the chilliness is noticed.

Keep your surroundings clean, feed your mind, read some every day, take an interest in what is going on about you, remember only the pleasant occurrences of the day, and you will have better health.

White enameled bedsteads may be restored at home; get a few cans of white enamel and a suitable brush, and follow the directions on the can.

If you will have rubber heels put on your shoes for general wear, you will find you are less tired at the close of the day than if you wear the common heels. The rubber acts as a cushion and relieves the nervous strain on the spine.

Oysters when raw, are as easily digested as other raw meats, but cooking is necessary to remove the dangerous germs which are found in all flesh. It is quite as rational to eat raw beef or pork as to eat raw oysters.

A WOMAN DOCTOR

Was Quick to See that Coffee was Doing the Mischief

A lady tells of a bad case of coffee poisoning and tells it in a way so simple and straightforward that literary skill could not improve it.

"I had neuralgic headaches for twelve years," she says, "and suffered untold agony. When I first began to have them I weighed 140 pounds, but they brought me down to 110. I went to many doctors and they gave me only temporary relief. So I suffered on, till one day a woman doctor told me to use Postum. She said I looked like I was coffee poisoned.

"So I began to drink Postum and I gained 15 pounds in the first few weeks and continued to gain, but not so fast as at first. My headaches began to leave me after I had used Postum about two weeks—long enough to get the coffee poison out of my system.

"Since I began to use Postum I can gladly say that I never know what a neuralgic headache is like any more, and it was nothing but Postum that made me well. Before I used Postum I never went out alone; I would get bewildered and would not know which way to turn. Now I go alone and my head is as clear as a bell. My brain and nerves are stronger than they have been for years."

Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

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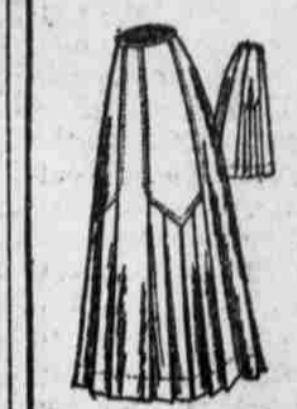
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Latest Fashions for Commoner Readers



3093—Ladies' Shirt Waist. Heavy white linen was used for this neat every-day waist. Seven sizes—32 to 44.



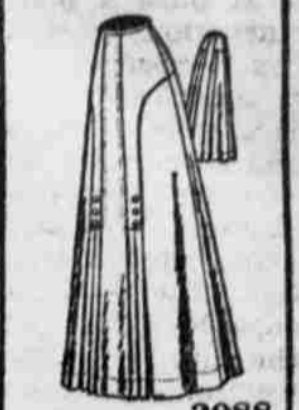
3085—Misses' Eight Gored Skirt, closing at left side-back seam. Adaptable to any of the season's suitings. Three sizes—13 to 17 years.



3106—Ladies' Princess Dress, with full or three-quarter length sleeves, and with or without chemisette. Biscuit colored broadcloth was used for this pretty model. Seven sizes—32 to 44.



2904—Ladies' Shirt-Waist, with long or seven-eighths length sleeves. Sheer white batiste was used in the development. Seven sizes—32 to 44.



3088—Ladies' Six Gored Yoke Skirt, closing at left side of back. A pretty model for voile in any desired shade. Six sizes—22 to 32.



3113—Boy's Russian Suit, consisting of a blouse, having removable shield, and sleeves plaited at bottom or finished with wristbands, and knickerbockers. Golden brown serge was used for this jaunty little suit. Four sizes—2 to 5 years.

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