

vegetables and stand away to cool. Just before serving add a very little whipped cream.—Mrs. S. C., Tenn.

Baked Sweet Corn—Take one quart of grated corn and one cupful of rich milk; mix well and thin with more milk, if necessary; add a good sized lump of butter and season with salt and pepper; a well-beaten egg may be added. Pour into a buttered pudding pan and bake slowly.—Edna D.

Escalloped Potatoes—Place in a dish a layer of thinly sliced raw potatoes, then a layer of onions cut up fine; sprinkle with pepper and salt, a little flour and small bits of butter. Repeat until the dish is full, omitting flour after first layer. Add sweet cream or rich milk to nearly cover, then steam, or bake slowly in oven until done. Fine.—Mrs. C. J. Taggart, Mo.

Contributed Recipes

Chutney Sauce—Take seven large apples, seven tomatoes, three onions, six ounces of seedless raisins, one dessert spoonful of salt, the same quantity of ground ginger, one-eighth spoonful of red pepper, one dessert spoonful of anchovy essence, one tablespoonful of salad oil and one-half pint of vinegar. Peel and chop the apples, and onions; pick off all the little stems from the raisins and cut each one in two; place all the ingredients except the vinegar in a mortar and pound well together. Boil the vinegar and let it cool, then add gradually and slowly to the pounded mass. Stir well and mix thoroughly, and when well blended, put into small, wide-mouthed bottles and cork down closely. This Indian relish is for cold meats.

Tomato Soy—Use one peck of tomatoes and twelve good sized onions, sliced and chopped; two quarts of vinegar, one quart of brown sugar, two tablespoonfuls each of salt, ground mustard, and white pepper, and one tablespoonful each of all-spice and cloves. Mix all together and cook until tender, stirring to keep from burning.—C. L.

Sweet Spiced Cucumber Pickles—Select tiny green cucumbers and pour over them a strong brine, heated to boiling; when the brine has become cold, heat it again and pour over the cucumbers; let cool a second time, then drain and throw the brine away, washing the pickles in clear cold water. Dry them and pack in a jar. Make a syrup of one quart of vinegar and eight cups of brown sugar. Put in mixed whole spices to taste, using a tablespoonful to each two-quart jar. Heat vinegar and spices to boiling point and pour over the pickles. Let stand twenty-four hours, then pour off and re-heat and pour over the pickles again. Put two or three small red peppers in the top of each jar; if the syrup seems thin, pour off a third time and thicken by heating.—Lizette L., Missouri.

A Woman's Mistakes

One of the mistakes of woman-kind is in not knowing-how to eat. If a man is not to be fed when she is, she thinks a cup of tea, or any old thing is good enough. If she needs to save money, she does it at the cost of the butcher; if she is busy, she will not waste time in eating; if she is unhappy she goes without food. A man eats, if the broker's man is at the door; or if his work drives, or if the undertaker is in the house. And he is right. A woman makes the further mistake of ordering ice cream for her lunch; the man orders roast beef. Then she does not know how to rest; if she is tired enough to sit down, she mends clothes, darns stockings, chochets, or knits; if tired enough to lie down, she reads. If she is ex-

hausted, she will write letters or figure up her accounts, and will stoutly maintain that reading or writing rests her! Woman's hospitals flourish because women know nothing of the real work of resting. And then, to crown everything, she will worry, worry, worry; worry and hurry are the woman's worst foes, yet she hugs them to her bosom with spartan-like courage.

Another mistake women make is to cry. And that is just what they do, every time they get nervous, or out of heart. Tears do not always bring a sense of relief, but they generally do, and women, old and young, the world over, like to indulge in a good cry. The strongest of us do it; but it is one of the greatest destroyers of beauty that can be found. The emotions always bring out the ugly lines, droop the corners of the mouth and ruin the tissues about the eyes. One should seek to control the emotions, and give up the habit of tears. Take a nerve tonic, and seek lively society; if you can not get the society of healthy, cheerful people, seek some congenial work, or do anything to keep the mind off your own worries. Now you will ask me how it is to be done, and I must frankly tell you that I do not know—I have crying spells, too.

For the Toilet

White hair should never be washed with green or yellow soap, as such soap yellows it; use a pure castile soap that has been reduced to a jelly in soft water. Soap should not be rubbed on the hair, as it is hard to entirely remove; the suds only should be used. The hair should be rinsed through two or three waters, in order to remove every particle of soap suds. A few drops of bluing in the last rinse water is advised. Dry with soft, warm towels, in the sunshine if possible. Let get thoroughly dry before putting up.

One of the best hair tonics, which is in no sense a dye or stain, is made in this wise: One pint of best bay rum, twenty grains of quinine, and two scant tablespoonfuls of common table salt; apply twice daily, to scalp, rubbing it in well. These tonics are not for hair dressings, but are intended for application to the scalp, and the renewed tone of the roots of the hair will send out a better growth.

Where the salt does not agree with the scalp or hair, try this: One quart of bay rum, one ounce each of castor oil and tincture of cantharides. Half the quantity may be made. If the hair is oily, use only half the amount of oil. Apply to the scalp with massage night and morning.

Another tonic is as follows: Bay rum, ten ounces; resorcin, twenty grains; cantharides, three drams; massage the scalp with the fingertips for ten minutes, every day, and apply the tonic every other day. Keep the hair and scalp clean by shampooing every three weeks.

One of the very best freckle removers is a wash made of buttermilk allowed to sour—not rotten sour, but acid enough to drink nicely. The drinking of buttermilk is excellent for the liver, but buttermilk is very hard to get away from the farm. The so-called buttermilk retailed from the dairy depots in cities is rarely anything but the soured leavings of the sweet milk, and never to be recognized as the "simon-pure" article.

For the Laundry

The natural color of linen dress goods is a grayish green, and it is called "brown" linen. It should be washed in thin flour starch, using no soap. Make the flour starch just as you would for any laundry purpose, and strain out all lumps. Put

into a boiler a large armful of timothy hay—enough to half-fill the boiler; pour over this boiling soft water enough to cover the hay well, and boil until the water is a dark green. Strain this, and turn into the "hay tea" the starch, mixing it well. A quart of thick starch is about the right proportion; wash the dress through this starch water, rubbing out all spots, just as you would with soap suds. When clean, put into a clear rinse water, and wash well to remove all colored starch water, using two waters if necessary. Hang in the shade to dry. When perfectly dry, damp the garment quite damp, roll up until ready to iron; iron on the wrong side with quite a hot iron, ironing until perfectly dry.

For delicate colored fabrics, use the starch with clear water, as the starch will remove dirt as well as soap, and there will be no faded garments. If the garment is a "solid" blue, make the rinse water quite blue—some use a "cotton goods dye," sold for ten cents per package. For pink, or red, take a piece of turkey-red calico of the "warranted to fade" quality, and boil out the color, then test with a bit of the material, and when of the right shade, rinse the garment out of this "dye" water. Remember that colors are brightest while the goods are wet. In drying and ironing, they become fainter.

Dirty, or stained goods should never be put into hot clear water, as this is apt to set the color; hot soap suds expands the fibre of the goods, while the alkali softens the dirt, and facilitates its removal. A handful of borax in the rinse water whitens the clothes.

Folding a Skirt

To fold a dress skirt properly for packing, to avoid the crease down the front, fasten the skirt band and pin the back to the middle of the band in front; lay the skirt on a table or other flat surface, right side out with the front breadth down; smooth out all the creases and lay folds flat; then begin at the outer edges and roll each toward the center back until the two rolls meet. In this way the hang of the skirt is not injured, there are no wrinkles and the front breadth is smooth and flat. If the skirt is too long for the trunk, fold it over near the top and place a roll of tissue paper under the fold.

Rules for Health

A clean and cheerful house makes a happy home.

Frugality and sobriety form the best elixir of longevity.

Rise early, retire early, and fill the day with work.

Cleanliness prevents rust; the best cared-for machines last the longest and do the best work.

Enough sleep repairs waste and strengthens; too much sleep softens and enfeebles.

Cheerfulness makes love of life; love of life is half of health. Sadness and discouragement hastens the coming of old age and feebleness.

Water and bread maintain life; pure air and sunshine are indispensable to health.

By distractions and amusements, the mind is refreshed and invigorated; but abuse of them leads to dissipation, and dissipation to vice.

To be sensibly dressed is to give freedom to one's movements and sufficient warmth to protect against sudden changes of temperature.

If you gain your living by your intellect, do not allow your arms and legs to get stiff from disuse; if you earn your living by physical labor, do not allow your mental powers to get rusty, but enlarge your mental outlook by thought.—Medical Review.

IT IS COLBY'S NEXT MOVE

The other day Secretary Coburn got a letter from H. R. Colby of Waterloo, Iowa, editor of Kimball's Dairy Farmer. Colby has just made a trip through Kansas, and sought to have a little good natured fun with the Kansas secretary, for the two are great friends. So he wrote:

"It is so dry in Kansas that the fishes are sticking their heads down into the bottom of the streams in the hope of finding some moisture and the people are pulling them up like radishes."

When they try that kind of jokes on Secretary Coburn they get another chance to move, as Coburn's reply will testify:

"The story is in part true, except as to the pulling up the fish like radishes. As a matter of fact, the fish stick up out of the ground five or six feet. Between the semi-weekly showers the sun cures them in such a way that they make fence posts that are more durable than cement, and for this purpose they are very popular. Except that it is often necessary in reducing their size to halve or quarter them which, on account of their hardness, requires specially tempered and hardened saws similar to those used for sawing granite, their abundance would make them less expensive than the poorest cottonwood."—Kansas City Journal.

HER RESPONSIBILITY

"Susannah," asked the preacher, when it came her turn to answer the usual question in such cases, "do you take this man to be your wedded husband, for better or for worse—"

"Jes' as he is, pahson," she interrupted; "jes' as he is. Ef he gits any bettah Ah'll know de good Lawd's gwine to take 'im; an' ef he gits any wusser, w'y Ah'll tend to 'im myself."—Youth's Companion.

LACK OF MONEY

Was a Godsend in This Case

It is not always that a lack of money is a benefit.

"A lady, of Green Forest, Ark., owes her health to the fact that she could not pay in advance the fee demanded by a specialist to treat her for stomach trouble. In telling of her case she says:

"I had been treated by four different physicians during 10 years of stomach trouble. Lately I called on another who told me he could not cure me; that I had neuralgia of the stomach. Then I went to a specialist who told me I had catarrh of the stomach and said he could cure me in four months but would have to have his money down. I could not raise the necessary sum and in my extremity I was led to quit coffee and try Postum.

"So I stopped coffee and gave Postum a thorough trial and the results have been magical. I now sleep well at night, something I had not done for a long time; the pain in my stomach is gone and I am a different woman.

"I dreaded to quit coffee because every time I had tried to stop it I suffered from severe headaches, so I continued to drink it although I had reason to believe it was injurious to me, and was the cause of my stomach trouble and extreme nervousness. But when I had Postum to shift to it was different.

"To my surprise I did not miss coffee when I began to drink Postum.

"Coffee had been steadily and surely killing me and I didn't fully realize what was doing it until I quit and changed to Postum."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.