

coming every day more in evidence, and for many things it is greatly to be preferred to boarding. It is not always the most "economical," in the matter of dollars and cents, but it is for many reasons to be preferred. One rule you should make—and strictly observe, is not to allow yourself to get into slovenly ways. Have as few "things" as you can get along with, but have them as good as you can afford, and it is better to have your own cooking vessels and dishes. It takes but a few minutes to clean up after your light-cooking, and by keeping things in order, you will save your self-respect. Try to keep everything tidy.

**For the Toilet**

**For Dandruff Cure.**—One of the most effective is ten grains of corrosive sublimate dissolved in five ounces of distilled witch hazel. Apply to the scalp, rubbing it in with a bit of soft cloth or sponge, morning and evening until the dandruff improves, then once a day until the scalp is well. The hair should not be wet, but the solution must be applied to the scalp, where the disease is located. If the dandruff is bad, it may require several bottles to effect a cure. It is poison taken internally.

Another: One dram each of oil of thyme and oil of rosemary; an ounce of tincture of cantharides, a dram of liquid ammonia, and half an ounce of glycerine. It will be best to have the druggist put this up. Apply to the scalp once a day.

Where the scalp does not itch much, this is good: Two ounces each of alcohol and witch hazel, and resorcine fifteen grains. Mix well and apply daily to the scalp. This is said to cure the dandruff and make the hair soft, silken and luxuriant.

There is no end to the advice for hair ailments, and a very large number of the remedies are good, and have been proven so by the one advo-

**FLY TO PIECES**

**The Effect of Coffee on Highly Organized People.**

"I have been a coffee user for years, and about two years ago got into a very serious condition of dyspepsia and indigestion. It seemed to me I would fly to pieces. I was so nervous that at the least noise I was distressed, and many times could not straighten myself up because of the pain."

Tea is just as injurious, because it contains caffeine, the same drug found in coffee.

"My physician told me I must not eat any heavy or strong food and ordered a diet, giving me some medicine. I followed directions carefully, but kept on using coffee and did not get any better.

"Last winter my husband was away on business, and Postum served to him in the family where he boarded. He liked it so well that when he came home he brought some with him. We began using it and I found it most excellent.

"While I drank it my stomach never bothered me in the least, and I got over my nervous troubles. When the Postum was gone we returned to coffee, then my stomach began to hurt me as before and the nervous conditions came on again.

"That showed me exactly what was the cause of the whole trouble, so I quit drinking coffee altogether and kept on using Postum. The old troubles left again and have never returned."

"There's a reason," and it is explained in the little book, "The Road to Wellville," in pkgs.

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

cating them. But it may not be the right one in your case. Here is a home remedy sent in by Mrs. C. S., which she recommends: Dig the roots of a poke plant, wash clean, chop into small pieces, put into a quart jar enough to fill two-thirds full, then fill up with rain water. Set on the stove where it will simmer all day (for this it is best to use a porcelain-lined vessel), or until it makes a dark, strong-looking tea, then cool, strain and bathe the head in the liquid as warm as you can bear it. Tie a cloth about the head until it is dry, then bathe the head again, the second time; repeat this again in a week, letting the tea dry on the scalp and hair. This is said to be a sure remedy for falling hair, and will restore the color if it is faded. It should be used for this purpose once in a week or two until the work is done. Poke root is regarded as a poisonous root, taken internally; but used externally is harmless.

**Query Box**

Mrs. M. tells us that, on washing her hair with a good oil soap using fairly hard water, it became slimy and unmanageable. She washed it in vinegar, and it was soft and clean.

Elsie M.—Attar of roses is very expensive, selling for \$1 and more for each drop. But its fragrance lasts practically for years. Oil of roses and rose perfumes are cheaper.

J. G.—Acacia is a tropical tree or shrub, and the extract is obtained by the same methods as other extracts are. The essential oil is to be had of the druggist, and is to be diluted with alcohol to make the extract. Ask the druggist.

Mrs. Mary L.—It is said that soaking a switch in a solution of equal parts of peroxide of hydrogen and water will bleach it. Wash the switch in the fluid and spread out to dry; if not bleached enough, repeat the process a few times until the right effect is produced.

**Flower-Lover**—To remove the grime and seams which gardening leaves on the hands, first use a coating of lard, working the hands together as you would using soap; then wash with quite warm water and a good soap, rinsing well to remove the soap. When clean, put a few drops of glycerine and lemon juice in the palms and rub over the hands letting it dry on.

This is recommended for cleaning gray hair: Put a thin cloth over the cut side of a large lemon and rub this thoroughly over the hair and scalp. Then wash in tepid water to remove the dirt and dandruff. It is possible that with dark hair, this will be bleaching, but for already gray hair, the treatment gives a lovely gloss and is not injurious.

For the woman or girl who gardens, it is best to wear a sunbonnet and long-armed gloves or mits. This of itself will whiten the skin, and the perspiration induced by the exercise is one of the finest beautifiers.

**Contributed Recipes**

As the market will soon furnish new vegetables, here is one way of using a cabbage which is much liked: Choose a nice, firm head, and parboil until just tender enough to allow of the leaves being loosened and pulled apart, but not broken. Have ready some finely minced meat, with an equal quantity of bread crumbs, or a little less, season, and fill in the cabbage head among the leaves with this. Tie the leaves together with tape, and put the cabbage back into stock or gravy to simmer until fully done. It will take the best part of an hour; then remove the cabbage to a dish, being careful not to break it, skim any fat there may be on the gravy and

thicken; if it needs seasoning, give it the attention, then pour it over and around the cabbage after having removed the tape, and serve.

Instead of making pies and puddings, though both of these dishes are good if well made, try and serve the fresh fruit in its natural state. Have it as fresh as possible, and study up ways for serving. Try to have a variety, if only of the same fruit or vegetable. If some one of the family can not digest raw fruits, it is very easy to fix up a cooked dish for the delicate stomach.

The last of the ham has many possibilities. When all the meat that it will yield for nice slicing has been taken off, put the end over the fire in a kettle of cold water and cook until quite tender. When about half done, add about two tablespoonfuls of vinegar to the water. When cold, remove any skin, cut the meat from the bone, rejecting all gristle or bits of bone, put through the chopper twice, and measure; to each pint allow a gill of milk, one tablespoonful of dry mustard, two dashes of tobasco pepper and two eggs. Cook in a double boiler for ten minutes. This is fine for sandwich filling, or served cold for supper, or made the foundation of a hot dish.

Bones contain marrow, and should be saved and made into broths, boiling after cracking them. The water should be strained, and it can then be used for seasoning many kinds of

vegetables, or for broths. All suets and fats from the meats, or scraps of butter, should be put into the "dripping jar" and used for shortenings.

**Militant Housekeeping**

The following editorial appeared in the New York Sun, on the announcement by the Collier publishing company that they had sold one of their magazines "because it did not fit in with their policy and could not be made militant enough for Collier's."

"Housekeeping not militant? Why, it is one long battle. You have to fight to get the money to pay the landlord to rent a house to keep, you must fight craftily and yet with boldness at the crisis, to get servants, and then fight to discharge them. You must fight for good coal and to get the butcher's meat you buy; you must fight for fresh poultry and eggs and butter; you must fight for your kitchen and your hearthstone from dewy morn till smoky eve, and lie down weary after one long day of militancy only to rise up in dogged optimism to fight again the next day. Such is the condition of the housekeeper's living. Not militant? It is nothing else. True, it is a matter of fighting, not of talking. Maybe this is where the confusion has arisen in the editorial mind."

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