

of apples and drink buttermilk, if we would keep the arteries healthy and free from hardening.

Lemon juice is claimed to be powerful enough to kill typhoid germs, and its use is advised for preventing the disease which is always worst during the summer season. Drink lemonade, and eat lemons with sugar, if you can. Many persons use lemons and salt, eating half a lemon in the morning or evening as a cure for rheumatism. Lemons are used to counteract any poison in the body which results from powerful drugs.

**Guarantees**

An exchange tells us that "it is particularly important that people should not be misled into believing that the label, 'guaranteed under the food and drug act' on cans and packages means that the government has tested these foods and pronounced them pure and desirable. The government does not make the guarantee. The guarantee is made wholly by the manufacturer, and means no more than when your own corner grocer guarantees that the sugar he weighs out to you is all right. Examine goods labeled "guaranteed" just as carefully as you would any other kind.

**Syrups and Honey**

Several have asked for these recipes, which have been given before, but will serve a good purpose, now that the col mornings and breakfast cakes are at hand:

**Quince Honey**—Three pints of boiling water, six pounds of granulated sugar, and a piece of alum about the size of a soup bean; bring to a boil and boil for twenty minutes; grate five medium-sized quinces and two large sour apples; stir into the boiling syrup and boil twenty minutes. This will make nearly a gallon of fine syrup, and will keep until used.

**"Maple Syrup"**—Make a strong tea of the clean bark of the shell-bark hickorynut tree by boiling it in water. Use brown sugar sufficient to make a syrup in the usual way with this tea. Or, get clean corn cobs and make a tea by boiling them in water, strain the water and make a syrup with it and dark brown sugar.

Either of these are said to taste like real maple syrup, at a greatly reduced cost.

**Fruit Beverages**

Lemonade can be made in small quantities by using the juice of half a lemon and two or three spoonfuls of sugar, and when the sugar is dissolved in the juice, fill the glass with cold water. If ice is not at hand, hold the tumbler under running water as cold as possible, or set in cold water for sometime before filling.

For pineapple water, make one pint of syrup and use while it is boiling hot. Have the pineapple peeled, eyed and crushed through a chopper, then add the juice of one lemon and pour over it the hot syrup. Mix well and cover the vessel tightly for two hours, then strain and add a quart of cold water; set on ice until cold, then serve. To make the syrup, use one cup of sugar to one pint of water.

**A Peach Drink**—Wash, wipe and halve freestone peaches; those not perfect in shape and size may be used, but no damaged ones. Put them into a deep bowl, adding half a dozen peach kernels pounded fine. Pour boiling water over to more than cover, put a heavy cloth and a cover on top to keep in the steam, and let stand until cold. Strain, add cracked ice and sugar to taste with a little lemon juice if liked, and drink cold. It is very refreshing and is strongly flavored with the fruit.

**Soda Cream**—Two and one-half

**GIRLS' DRESS**

This attractive frock may be made with long or short sleeves and with plaited or gathered skirt. It also closes at the front and is quite a simple model to carry out. The sailor collar is a nice feature and this may be of self-material or of contrasting goods as preferred. The garment is very pretty developed in cream serge, navy blue mohair or plain or striped serge.

Pattern, 5972, is cut in sizes 6 to 12 years. Medium size will require 3 1/4 yards of 36-inch material and 1/2 yard of 27-inch contrasting goods. Price of pattern, 10 cents.

**BOYS' RUSSIAN DRESS**

This very pretty little Russian dress is for the small lad who has not yet

is made with or without the box plait, and can be made with either the long or short sleeves and either a standing or rolling collar can be used.

The pattern, No. 5995, is cut in sizes 32 to 42 inches, bust measure. Medium size will require 3 1/2 yards of 27-inch material. Price of pattern, 10 cents.

**LADIES' APRON**

This apron can be made with or without the sleeves. It covers the entire dress and has a pocket in each side of the front. The pattern also provides a dust cap.

Linen or gingham can be used to make this apron with the trimming of contrasting material.

The pattern, 5960, is cut in sizes 32, 36, 40 and 44 inches, bust measure.

pounds of white sugar and two ounces of tartaric acid dissolved in one quart of hot water. When cold, add the beaten whites of three eggs, stirring well; then bottle and cork. For use, put two tablespoonfuls of this syrup in a glass of cold water, and stir into it one-fourth teaspoonful of bi-carbonate, or cooking soda, using any desired flavor. Drink while effervescing.

An old-time harvest drink is made by adding one spoonful of ginger, one cupful of good cider vinegar and half a cupful of good molasses to one quart of cold water.

**Some Sweet Potato Ways**

**Sweet Potato Pie**—Boil four or five sweet potatoes until tender; line a baking pan with pastry dough made like any good short biscuit dough, and into this pan slice the potatoes; sweeten with sugar, and season with three or four lumps of butter with a little grated nutmeg; pour over the potatoes a cup of rich, sweet cream, and then put on a top crust slit in the middle; pour over this two cups of boiling water and bake. Eat hot or cold, but hot is the usual way it is served.

**Sweet Potato Cobbler**—This is made very much as the above, only a deeper pan is used, and after putting in one layer of potatoes and seasoning, a cover crust is laid on, then another layer of potatoes and seasoning, a scant cup of water and another thin crust; put this in the oven, and when about half done, take out, lift the top crust and pour in sweet milk enough to make it juicy when done, spread butter over the top when replaced, sprinkle sugar over it, and bake very slowly until done through. The milk, butter and sugar should make all the sauce needed for the cobbler.

**Apple Cream Pie**, though not made of sweet potatoes, is a dish that every one likes. Stew and push through a sieve enough apples to make a large cupful; then add a cupful of cream and two beaten eggs with sweetening to taste. If the pie is wanted very thick, more of each ingredient, in these proportions should be used, but one egg is required for each cupful of the mixture. Top the pie with a thin crust, or pour over it a light batter and bake. When done, cover the top with a thick coating of whipped cream or meringue. Other fruits may be used for this pie. Any liked sauce may be used when serving.

yards of 27-inch contrasting material. Price of pattern, 10 cents.

**LADIES' DRESS**

This is a dainty model for development in white serge, mohair or tan pongee. The dress closes at the front and is quite simple to develop. It has a three-piece skirt with excellent lines that make the frock very distinguished looking.

The pattern, No. 5903, is cut in sizes 32 to 42 inches, bust measure. Medium size will require 4 1/4 yards of 36-inch material or 4 yards of 44-inch goods. Price of pattern, 10 cents.

**LADIES' TWO-PIECE SKIRT**

Here is a lovely skirt model for the completion of an evening dress. It is a two-piece design and has the closing at the left side of the front. The draped effect is quite clever and the design while stylish and chic is quite simple to carry out.

The pattern, 5954, is cut in sizes 22 to 30 inches, waist measure. Medium size requires 3 1/4 yards of 36-inch material. Price of pattern, ten cents.

**LADIES' DRESS**

This dress can be used for morning or afternoon wear. It can be made with either the high or low neck. It closes at the left side of the front and the skirt is a four-gored model.

The pattern, 5967, is cut in sizes 32 to 42 inches, bust measure. Medium size requires 6 1/4 yards of 36-inch material, with 1/2 yard of 27-inch contrasting goods. Price of pattern, 10 cents.



worn the regulation bloomers. The garment closes at the right side of the front. The collar, cuffs, and belt are fashioned of contrasting material, and linen, plain gingham, percale or chambray may be considered among the most appropriate materials.

The pattern, 6000, is cut in sizes 1, 2 and 3 years. Medium size will require 2 1/4 yards of 36-inch fabric with 1/2 yard of contrasting goods. Price of pattern, 10 cents.

**LADIES' SHIRT-WAIST**

This is a splendid type of a tailored shirt waist and is just the thing for general wear with the coat suit. It

Medium size requires for apron and cap, 5 yards of 36-inch material with 1/2 yard of 27-inch contrasting goods. Price of pattern, 10 cents.

**LADIES' AND MISSES' KIMONO**

This kimono can be made in either the long or short length. It can also be made with the long or short sleeves. Any of the crepe materials can be used to make this kimono with the trimming bands of contrasting material.

The pattern, 5994, is cut in sizes 30, 32, 36, 40 and 44 inches, bust measure. Size 36 requires for the long kimono, 3 1/4 yards of 44-inch material, 1 1/2