

"Be Pleasant Every Morning Until Ten O'clock; the Best of the Day Will Take Care of Itself."

This is one of the best little sermons we know. Have you ever stopped to think that the morning is the time when your temper is usually ruffled, and have you ever stopped to think that the cause of bad temper in the morning is nearly always because your stomach has not been working properly during the night? It has contained a lot of indigestible substances that form gas and makes you have dreams, it breaks up your rest and you wake up in the morning tired, instead of refreshed, as nature intended you should.

Our grand sermons required no admonition to "be pleasant every morning until 10 o'clock; the rest of the day will take care of itself," for they digested their food and woke up full of life and energy ready for the day's duties, and this was because they lived on simple foods instead of highly seasoned palatable concoctions, which contain no nourishment. Nature gave us milk, wheat, and eggs, and on these foods a person can live indefinitely, but if the milk is skimmed, and if the outside of the wheat is taken off the kernel, and if the lime, the salt, and the iron, which is in the outer part of the wheat berry, if these are all removed, you have simply starch alone; the starch goes into the stomach and becomes sugar.

Do you know that a person would starve to death on plain white bread and water? Do you know that he could live indefinitely on whole wheat bread or on whole wheat food and water? These interesting facts are all set forth in a book "Back to Nature," which tells about proper living and gives recipes for meals of the simple kind—the kind that makes you strong and well; the kind that makes you "pleasant every morning until 10 o'clock." This book is published at a great expense, but it is given free to every reader of this paper. It is an advertisement of "EGG-O-SEE," the great food—which is made from whole wheat, which is baked and predigested and is all ready to serve from the package you buy at your grocers. You get more life and energy from a 10-cent package of EGG-O-SEE than you will get from a thousand dollars' worth of white bread. This is no idle claim. It is a scientific fact. We want to tell about this simple food question, so write us and say "Please send me a copy of your book 'Back to Nature,'" and the book will be sent you at once without charge. Address EGG-O-SEE CO., No. 10 First Street, Quincy, Ill.

Different Kinds.

"A man in politics should have lots of friends, shouldn't he?"
"It depends," answered Senator Sorensen, "on whether they are friends who want to do something for you or who want you to do something for them."—Washington Star.

Care of Oilcloth.

Oilcloth should never be scrubbed with a stiff brush or washed with strong soap. Remove all dirt by carefully sweeping with a soft hair brush. Then wash until clean with tepid water and Ivory Soap. Rinse with clear water to which has been added a teaspoonful of kerosene. Polish with a dry cloth. ELEANOR R. PARKER.

Physical Impossibility.

The House Cat—You're getting fat and apoplectic. I can see your finish. The Pug Dog (making an effort to turn his head, but giving up)—That's more than I can do, anyhow.—Chicago Tribune.

"As near as I kin make de difference out," said Uncle Eben, "it's dis way. De speculations dat wins is investments, an dem dat loses is gamblin'."—Washington Star.

Lewis' Single Binder costs more than other 5c cigars. Smokers know why. Your dealer or Lewis' Factory, Peoria, Ill.

Civilization consists largely in courting by mail and contracting debts. The happy savages do neither.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. "See bottle."

The seat of conscience often seems to be in the liver.

INTERESTING LETTER

WRITTEN BY A NOTABLE WOMAN

Mrs. Sarah Kellogg of Denver, Color. Bearer of the Woman's Relief Corps, Sends Thanks to Mrs. Pinkham.

The following letter was written by Mrs. Kellogg, of 1628 Lincoln Ave., Denver, Col., to Mrs. Pinkham, Lynn, Mass.:
Dear Mrs. Pinkham:
"For five years I was troubled with a tumor, which kept growing, causing me intense agony and great mental depression. I was unable to attend to my house work, and life became a burden to me. I was confined for days to my bed, lost my appetite, my courage and all hope. I could not bear to think of an operation, and in my distress I tried every remedy which I thought would be of any use to me, and reading of the value of Lydia E. Pinkham's Vegetable Compound I decided to give it a trial. I felt so discouraged that I had little hope of recovery, and when I began to feel better, after the second week, thought it only meant temporary relief, but to my great surprise I found that I kept gaining, while the tumor lessened in size."
"The Compound continued to build up my general health and the tumor seemed to be absorbed, until, in seven months, the tumor was entirely gone and I a well woman. I am so thankful for my recovery that I ask you to publish my letter in newspapers, so other women may know of the wonderful curative powers of Lydia E. Pinkham's Vegetable Compound."

When women are troubled with irregular or painful periods, weakness, displacement or ulceration of the female organs, that bearing-down feeling, inflammation, backache, flatulence, general debility, indigestion or nervous prostration, they should remember there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound at once removes such troubles.

No other medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of cures of female ills.

Mrs. Pinkham invites all sick women to write her for a free trial. She is daughter-in-law of Lydia E. Pinkham and for twenty-five years under her direction and since her decease has been advising sick women free of charge. She has guided thousands to health. Address, Lynn, Mass.

Remember that it is Lydia E. Pinkham's Vegetable Compound that is one of the best medicines in the world to sell you anything else in its place.

UNTHINKING CRUELTY.

Attention Called to the Responsibility of Women for the Destruction of Birds.

This is an age in which as never in any other, women are coming before the world as workers for reform. They exhibit in an ever-increasing degree "the divine unrest," dissatisfaction with wrong, desire to right it. But here is one form of wrong—cruelty which women are not consistently trying to remedy. I say not consistently. The same woman who will intercede in behalf of an over-loaded or ill-treated horse, and who would perhaps rescue a starving cat or dog, is often to be seen with a flayed-alive seal's skin on her back, and on her head the plumage of slaughtered birds. To all appearance unconscious of her culpability, she advertises the fact that she either will not read or does not regard the statements so well authenticated, and in the case of bird plume so widely and repeatedly published, concerning the barbarities perpetrated in obtaining these things.

Last October, Mr. William Dutcher, New York City, president of the National Association of Audubon Societies, made an address in Philadelphia at the annual meeting of the American Humane Association, in which after mentioning what has been often repeated—the fact that to obtain the white egret's so largely worn involves not only the destruction of parent birds, for these plumes grow only at the time of nesting, but the death of their young from starvation—he spoke also of the brutal murder of one of the wardens in the employ of the association by a plume hunter at Oyster Key, Fla. This law breaker, for whose nefarious trade feather wearing women are responsible, resented the interference of the warden, and killed him. Such women may now reflect if they will, on the fact that the thoughtlessness and vanity of their kind have incidentally been the means of murdering a man, and leaving his wife a widow, and his children orphans. They are also responsible for encouraging a trade of the most brutalizing tendencies. No man can spend his time killing, with all the haste and recklessness possible, innocent birds at the nesting period, leaving the young to starve, without himself losing the last remnant of feeling. Such a man is getting the education of a criminal. Women who wear the products of his evil work are before God responsible, whether they think about it or not.

Much of the capital in the millinery trade is invested year by year in bird plume because it is a very profitable part of the business. So the sale of feathers is industriously pushed in the retail stores, and everything is said which will flatter the vanity of the woman buyer, and soothe her conscience, should it show signs of awakening. The birds and plumes are "manufactured," "imitations," "very clever copies of the genuine, but nevertheless only copies." It is a pity that women are not better ornithologists, or else gifted with better judgment.

Audubon societies in every state and warden to protect birds would not be needed if milliners did not use them, nor would it be necessary to enact more and stricter laws for their preservation. Many varieties of birds are slaughtered every year by thousands and millions, and the feathers in the shops are the feathers of these same birds, as the ornithologists in the Audubon societies will testify. No woman has a shadow of excuse for wearing as much as one quill, for the Audubon societies have discovered that these are obtained by trapping the birds, the quills being then ruthlessly torn from their wings and the disabled creatures turned loose; unable in most cases to fly, and presenting a piteous spectacle. When it is wings that are sought, the brutal hunters, grown callous through habit, tear them off without in the least caring whether or not the bird is dead.

One of the most incomprehensible things connected with the senseless and cruel bird plume fashion, is the silence of ministers of the Gospel. Why can they not see that, for a woman to deck herself with the results of cruelty and brutality is inconsistent with Christian profession? There is a crying need that people in all the churches should be told definitely and specifically what applied Christianity is. Participation in cruelty is a sin from which professing Christians are far from being exempt, and it constitutes a serious and well-grounded cause for criticism among outsiders who are humane. They laugh at a Christianity which harps continually on God's mercy to us, but says little or nothing about the mercy which we in consequence should show to every living creature. Can the justice of this criticism be denied?

MARY F. LOVELL,
Secretary of American Humane Association.

DON'TS FOR THE NURSERY.

Don't try to make your children walk too early, otherwise you will have all the difficulties of bow legs to contend with later on. Babies that are allowed to stand much on their feet in early life invariably suffer for it afterwards.

Don't forget that one cannot begin too early to teach a child to be honest in all things. Show your children that you never doubt their honor, and you may take it for granted that they will not disappoint you.

Don't, under any provocation, ever box a child's ears. A great deal of the deafness so common to-day is directly traced to the sharp boxing on the ears, which parents, nurses and schoolmasters of the past used to indulge in.

Don't experiment with the food and care of children. Study the subject carefully.—Caswell's Saturday Journal

Worth Studying.

Rubbe—Why in the world did that entomologist take so much interest in the wedding?

Dubbe—No wonder. A beetle-browed man married a wasp-waisted girl.—Chicago Daily News.

Clean the Drains.

You ought to clean all the drain pipes connected with the house at least once a week, by flushing them with hot salt soda water, or a lye solution.

AMERICANS ARE PAINT USERS

It has been remarked that the American people consume more paint, both in the aggregate and per capita, than any other people in the world. In a recently published article on the subject it was figured that our yearly consumption is over 100,000,000 gallons of paints of all kinds, of which over one-half is used in the paintings of houses.

The reason for this, great consumption is twofold: a large proportion of our buildings, especially in small towns and rural districts, are constructed of wood, and we, as a people, are given to neatness and cleanliness. For, take it all in all, there is nothing so cleanly or so sanitary as paint.

Travel where we will throughout the country, everywhere we find the neat, cheerful painted dwelling, proclaiming at once the prosperity and the self-respect of our population.

Fifty years ago this was not so; painted dwellings, while common in the larger cities and towns, were the exception in the rural districts; because, on the one hand, a large proportion of those buildings were temporary makeshifts, and, on the other hand, because paint was then a luxury, expensive and difficult to obtain in the out-of-the-way places, and requiring special knowledge and much preparation to fit it for use.

The introduction of ready mixed or prepared paints, about 1860, changed the entire aspect of affairs. As the Jack-of-all-trades told the Walking Delegate in one of Octave Thanet's stories, "Anyone can slather paint." The insurmountable difficulty with our predecessors was to get the paint ready for "slathering." That the country was ready for paint in a convenient, popular form is shown by the immediate success of the industry and its phenomenal growth in 50 years from nothing to 60,000,000 gallons—the estimated output for 1900.

Some pretty severe things have been written about and said against this class of paints, especially by painters and manufacturers of certain kinds of paste paints. Doubtless in many instances these strictures have been justified and some fearfully and wonderfully constructed mixtures have in the past been worked off on the gullible consumer in the shape of prepared paint. But such products have had their short day and quickly disappeared, and the enterprising manufacturers that produced them have come to grief in the bankruptcy courts or have learned by costly experience that honesty is the best policy and have reformed their ways.

The chief exceptions to this rule are some mail order houses who sell direct to the country trade, at a very low price—frequently below the wholesale price of linseed oil. The buyer of such goods, like the buyer of a "gold brick," has only himself to blame if he finds his purchase worthless. With gold selling at any bank or mint at a fixed price, owners of gold do not sell it at a discount; and with linseed oil quoted everywhere at 50 to 70 cents a gallon, manufacturers do not sell a pure linseed oil at 30 or 40 cents a gallon.

The composition of prepared paints differs because paint experts have not yet agreed as to the best pigments and because the daily results of tests on a large scale are constantly improving the formulas of manufacturers; but all have come to the conclusion that the essentials of good paint are pure linseed oil, fine grinding and thorough incorporation, and in these particulars all the products of reputable manufacturers correspond; all first-class prepared paints are thoroughly mixed and ground and the liquid base is almost exclusively pure linseed oil, the necessary volatile "thinners" and Japan driers.

The painter's opposition to such products is based largely on self-interest. He wants to mix the paint himself and to be paid for doing it, and to a certain class of painters it is no recommendation for a paint to say that it will last five or ten years. The longer a paint lasts the longer he will have to wait for the job of repainting. The latter consideration has no weight with the consumer, and the former is a false idea of economy. Hand labor can never be as cheap or as efficient as machine work, and every time the painter mixes paint, did he but know it, he is losing money, because he can buy a better paint than he can mix at less than it costs him to mix it.

Prepared paints have won, not only on their actual merits, but on their convenience and economy. They are comparatively cheap and they are incomparably handy. But when all is said, the experienced painter is the proper person to apply even a ready mixed paint. He knows better than anyone else the "when" and "how" and the difference between painting and "slathering" is much greater than it appears to a novice. Every one to his trade, and after all painting is the painter's trade and not the householder's.

ORACULAR OBSERVATIONS.

Many a good resolution quickly runs down at the heel.

A pretty girl can teach a man most anything but good common sense. It pays to look a mule in the face when you have anything to say to him.

About half of the things bought on credit would not be bought if cash were demanded.

Have you noticed that the bottom of a cup of joy that runs over is seldom far from the top?

It's a good deal better to think poetry than to write it, and better to write it than to print it.

Bad Effect of Athletics.

"This man," explained the hospital doctor, "is the victim of athletics."
"Ah, overtrained, I suppose."
"No, he never trained a bit. The fellow who hit him had, though."—Philadelphia Ledger.

Only Rich in Embryo Yet.

The Bud—How did you get your start in life, senator?
The Senator—Why—er—I haven't really got started yet, you know. I am only worth \$10,000,000 as yet.—Judge.

WHEN HOUSECLEANING.

Do Not Work All Day—Provide a Good Luncheon—Suggestions for Various Departments.

Never work all day at housecleaning, unless you want to be entirely worn out. After doing a certain amount of work take a resting spell. Don't forget to take a good luncheon to keep you in good physical condition during this trying time.

To remove pencil marks from paint use a piece of lemon dipped in whitening.

To remove finger marks from door knobs and locks use pure soap and old cheese cloth.

Stains on marble can be removed with salt and lemon juice.

All paint should be scrubbed with soap and brush, if actually dirty, but it should not be allowed to get in any such condition.

When the furniture looks sticky or smeary too much furniture polish has been used.

Wash all white paint with warm water and soap.

When cleaning the refrigerator do not forget the waste pipe. It can be cleaned with a cloth tied round a stick or with a brush which comes for the purpose. In washing out the refrigerator use warm water with a little soda. If there is a musty smell in the refrigerator open the doors wide, and, if possible, give it a sun bath.

If you have a wooden lattice piece on which the ice rests the musty odor comes from this, and can only be got rid of by getting a corrugated tin ice rest.

To keep the coal bin clean, line it with several thicknesses of paper.

When tea stains come on fine linen they can be taken out even after a long time by the application of glycerine. Take a little of the best quality glycerine and with it rub the stained parts. Afterward wash as usual.

When cleaning brass use the regular metal polish, but use a little paraffine oil on the cloth. This will give a fine polish and will not tarnish.

When the cane chair seats are out of shape turn up the seats and with hot water and soap wash the cane work until thoroughly soaked, and leave the chairs to dry upside down in the air when the seats will become firm and tight again.

Mattings may be cleaned with salt water, applied with a small brush. Rinse and dry thoroughly.

A little borax put in the water in which table linen or towels are to be washed will prevent them from fading.

When washing pink muslins or linens, instead of using bluing, take a piece of turkey red, soak it thoroughly in the rinsing water until this becomes pink. Then rinse the goods out in the pink water.

Raw potato juice will remove stains from the hands and also from woollen materials.

To remove soot from the carpet, spread the spots with table salt and let it remain on a few minutes. Brush off the loose salt lightly into a dust pan and then brush carefully with a wide, clean, dry nail brush, following the grain of the carpet.—N. Y. World.

LADY'S MAID ADVISES.

How to Hang Dress Skirts, Some Not Hung, and About Right Care of Bodices.

"There are dress skirts that should be hung upside down. Yes! I admit it is a nuisance, but to hang them so will keep the frills and flounces fresh and make them stand out as they should, and it is not hard to hang a skirt so if one has the room.

"And there are, also, skirts that should not be hung at all. One of the very long dress boxes which the dress-makers now use to send frocks home in will hold such a skirt, or a box couch will be convenient for it.

"Chiffon and gauze and mousseline and other stuffs of that sort will sag if they are hung, and the skirt folds will become stretched and dragged and lose their floating cloud look. I have seen frocks of net or chiffon look old and out of shape after being worn once or twice, just because they were hung up carelessly.

"A box couch with trays is a splendid thing. One can arrange it easily; and many skirts can be put in it without laying one on another. Even the very sheer silks that are being used now sag if hung.

"The bodices must sometimes be laid away, one on top of another. It is a pity; but one has so many blouses and frock waists that there cannot always be a separate drawer or shelf or box for each one. It will always pay to put tissue paper in the sleeves and the bust of every waist that is to be put away.

"A bother, of course. That goes without saying; but it keeps the bodice or blouse in shape and keeps it fresh. There are such charming blouse boxes to be bought now—cretonne covered and one above another in a wooden frame.—N. Y. Sun.

Sorrier Every Year.

"Since my wife died," said the sad-eyed man, "my grief has increased rather than diminished with the years. I believe I feel worse about it now than I did when it occurred, five years ago."

"Yes," assented the man with the subdued voice. "There was a death that affected me in just the same way."

"And that was—?"
"That of my wife's first husband."
—Cleveland Leader.

Seaside Bathing.

The best plan is to walk or run rapidly into the water, wading out at once far enough either to dip the whole person, head and all, or to allow a wave to break over the bather. Once in the water and thoroughly wet, one need only keep moving, occasionally going under a wave, as long as the water is agreeable and there is no sense of chilliness.

Hot Chocolate Sauce.

Boil one cupful of water and one-half cupful sugar three minutes. Mix three teaspoonfuls grated chocolate and one teaspoonful cornstarch with two-thirds cupful of milk. Stir in with sugar and water. Boil until it thickens a little.

CHILD'S AWFUL SKIN HUMOR

Screamed with Pain—Suffering Nearly Broke Parent's Heart—Speedily Cured by Cuticura.

"I wish to inform you that the Cuticura Remedies have put a stop to twelve years of misery I passed with my son. As an infant I noticed on his body a red spot, and treated same with different remedies for about five years, but when the spot began to get larger I put him under the care of doctors. Under their treatment the disease spread to four different parts of his body. The longer the doctors treated him the worse it grew. During the day it would get rough and form like scales. At night it would be cracked, inflamed and badly swollen, with terrible burning and itching. When I think of his suffering it nearly breaks my heart. His screams could be heard down stairs. The suffering of my son made me full of misery. I had no ambition to work, to eat, nor could I sleep. One doctor told me that my son's eczema was incurable, and gave it up for a bad job. One evening I saw an article in the paper about the wonderful Cuticura and decided to give it a trial. I tell you that Cuticura Ointment is worth its weight in gold; and when I had used the first box of Ointment there was a great improvement, and by the time I had used the second set of Cuticura Soap, Ointment and Resolvent, my child was cured. He is now twelve years old, and his skin is as fine and smooth as silk. Michael Steinman, 7 Summer Avenue, Brooklyn, N. Y., April 16, 1905."

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If you have a wooden lattice piece on which the ice rests the musty odor comes from this, and can only be got rid of by getting a corrugated tin ice rest.

To keep the coal bin clean, line it with several thicknesses of paper.

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When cleaning brass use the regular metal polish, but use a little paraffine oil on the cloth. This will give a fine polish and will not tarnish.

When the cane chair seats are out of shape turn up the seats and with hot water and soap wash the cane work until thoroughly soaked, and leave the chairs to dry upside down in the air when the seats will become firm and tight again.

Mattings may be cleaned with salt water, applied with a small brush. Rinse and dry thoroughly.

A little borax put in the water in which table linen or towels are to be washed will prevent them from fading.

When washing pink muslins or linens, instead of using bluing, take a piece of turkey red, soak it thoroughly in the rinsing water until this becomes pink. Then rinse the goods out in the pink water.

Raw potato juice will remove stains from the hands and also from woollen materials.

To remove soot from the carpet, spread the spots with table salt and let it remain on a few minutes. Brush off the loose salt lightly into a dust pan and then brush carefully with a wide, clean, dry nail brush, following the grain of the carpet.—N. Y. World.

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"Chiffon and gauze and mousseline and other stuffs of that sort will sag if they are hung, and the skirt folds will become stretched and dragged and lose their floating cloud look. I have seen frocks of net or chiffon look old and out of shape after being worn once or twice, just because they were hung up carelessly.

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—Cleveland Leader.

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for literature to Dr. J. C. Hall, 2102 Broadway, New York, N. Y.

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