

one full pint of vinegar, three lemons, chopped. Slip the skins from the berries, put them to boil in a porcelain kettle, press the pulp through a wire sieve to remove the seeds, and when the skins are cooked tender, add to the pulp, with the sugar, vinegar and lemons, tying the spices up in a thin cloth. Cook gently for one hour, or until it is well thickened; seal in airtight glass jars.

Grape Catsup.—Boil the grapes without skinning, first mashing them a little to extract the juice, about ten pounds. Strain through a coarse sieve, removing skins and seeds; add to the pulp one pint of vinegar, one tablespoonful of cloves, two tablespoonfuls of ground cinnamon, scant half teaspoonful of cayenne pepper. Let boil about one and one-half hours, stirring all the time; when thick, bottle and seal.

The Good Time Coming.

More and more, it is becoming recognized that all women are not equally endowed with abilities necessary to enable them to become satisfactory cooks and proficient housekeepers. With some, the lack is mental; with others, physical, while, with still another class, the disability is clearly moral.

However, be that as it may, the poor housekeeper and unhygienic cook is too frequently found among even those women who do try, most conscientiously, to do the very best for the comfort of their families. It is not always due to lack of knowledge or training, or to lack of conscientious endeavor, that the poorly-made bread, the muddy coffee, the scorched steak, or the sodden potato finds its way to the family table. The needle and thimble, the broom and the scrubbing brush may be industriously plied in many homes, yet the rent and rip still yawns in the garment, the litter accumulates, and unsightly stains still disfigure the neglected wood work.

This is only too often due to the physical disability of the overworked woman who conscientiously crucifies herself in her unavailing endeavor to do what she has not the muscular strength to perform, or the mental ability to accomplish. In her unwise endeavor to carry the load she never was intended to lift, she goes on until she becomes all run down, irritable, fretful and unlovely, and her neighbors say she lacks industry and taste when it is sleep that she needs. They advise her to cultivate patience and to systematize her duties, when all she needs is a good rest, and some stronger arms to relieve her of her unsuited burden.

We are happily assured that "the time is coming when housework will be recognized as a science, and its various departments will be left to skillful professionals." Just how it is to be brought about we are not told; but we are assured that "the question of how to do away with the appalling waste of so many small households, and the combining of the various single kitchens into one successful large one" is employing the minds of our wise men and women everywhere, and that the day will come when woman will no longer be required to drudge

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beyond their strength, and, relieved of the ceaseless and exacting routine, will have time and faculties to devote to their rightful profession of wifehood and motherhood. Let us hope it may be soon.

A Nice Breakfast Dish.—Toast stale bread to a nice brown. If quite dry, moisten it by dipping each slice quickly in a bowl of hot milk. Butter the slices, and lay in a deep dish. For the gravy, scald one quart of milk, salt to taste, thicken while boiling hot with a large tablespoonful of flour made smooth with cold milk. Beat the whites of two eggs to a froth and stir lightly in the thickened milk, and pour at once over the toast, covering closely until served.

Floral Notes.

There is little one can do these hot months, except to attend to watering the plants and trying to keep down the insect pests which seem to revel in the exhausting heat. Many plants are now ripening their seeds, and those of perennial and biennials should now be gathered, and, as soon as showers come, prepare a seed bed and plant them, that the plants may get a good start before cold weather. I have found that little is gained by sowing flower seeds in August, as the weather is then so hot and dry that one must be constantly on the watch to see that the seed beds do not dry out and the young plants die. We generally have such late long warm spells that good results may be obtained by deferring seed sowing until the middle of September or later.

The Cost of it.

After all, success is not always to be gauged by appearances. A man, or woman, may gain wealth and position, and all that the world admires; but it is too often at the loss of integrity of character. It is next to impossible for any one to be jostled and jammed by the rude crowd in the eager scramble for place and power, without becoming more or less blackened; and could

we look deep into the hearts of those who have inscribed the word "success" upon their banners, we would shrink from the sight. All the sweet friendships, and aspirations which lovingly entwined themselves around the heart of youth are dead, and the pall of forgetfulness drawn over their pinched faces.

Conscience, which once gave warning at even the thought of wrong-doing was long ago burned upon the altar of ambition, and its ashes are scattered upon the graves of love and faith. The laurel wreath, while yet green and beautiful to the eye of the superficial observer, is lined with thorns which pierce the brow of the weaver, and down deep in their hearts they realize that for this poor thing they have bartered all their happiness here, all their hopes in a hereafter.—Helen M. Warner, in Journal of Agriculture.

For Sick Headache.—It is a good plan in the beginning of an attack of sick headache to wash out the stomach by swallowing a sufficient quantity of luke-warm water to act as an emetic. This will clear the stomach of mucus and irritants which would tend to aggravate the complaint.

Hot Weather Cookery.

Now that the enervating heat of the long summer days are upon us it will be wise on the part of the wife and mother, whether she employ one servant or none, to avail herself of every plan or device to keep not only herself, but her rooms cool, and to simplify her work as much as possible by careful planning, and doing all possible cooking requiring heat for any length of time in the early hours of the day.

Nothing contributes more surely to comfort, dispatch and economy than a liberal exercise of wise forethought and systematic arrangement of the various duties of the day. Watchfulness, and a thorough knowledge of our business, will smooth away much of the annoyances and unpleasant-

ness of the housework and cooking, and one does well to study and make a wise disposition of her resources.

If one is so situated as to use gas for fuel, or gasoline, or even coal oil, much of the disagreeable heat can be dispensed with, and these are savers of time, temper and strength, which are worth more than their cost.

Vegetable diet, with little or no meat, is to be commended, and each vegetable admits of several ways of preparation and serving. Each in its season furnishes a desirable variety, and it is useless to try to have something of everything on the table at one and the same time. Two or three kinds, nicely cooked and daintily served, is variety enough; and will serve to lengthen out our daily menu to an unlimited extent. Housekeepers should strive to have only fresh, crisp vegetables; stale articles are never so palatable, no matter how prepared.

Select always such dishes as can be cooked with little heat, or at least cooked in the morning hours, and kept ready prepared when the noon hour comes.

Beef, poultry, fish, and other meats may be boiled, roasted, baked, or otherwise prepared for the table with the morning fire, and many vegetables cooked, puddings, pies, and custards baked, sauces made, and creams, floats and other delicious desserts attended to, the former requiring little heat to make it ready to place on the table when the meal is served, while the latter will be all the better for its stay in the ice box.

Many excellent canned soups are always within reach, or soup stock may be prepared at one time in sufficient quantity to last several days. Croquettes, hashes, meat and chicken patties, require but little time to make, and are always relished.

Salads—slaws, tomatoes, beans, cucumber, cabbage, and other varieties—are usually very little trouble to make, and salad dressing may be kept on hand, and will be always ready. Many vegetables are greatly relished made into dishes in the raw state.

—H. W. McV.