

keeping the hands soft, smooth and white.

For the teeth, tepid water in which are a few drops of tincture of myrrh, makes a pleasant wash to be used after each meal. A simple powder made of three ounces of fine powdered magnesia and one ounce of orris root is nice; rinsing the mouth with diluted listerine is also recommended. Brushing the teeth at night with milk and magnesia neutralizes the acid which forms in the mouth. Powdered charcoal and tincture of myrrh is also recommended as a dentifrice.

A harmless, cleansing, saponaceous dentifrice is made as follows: Eight ounces of orris root, eight ounces pulverized chalk, four ounces pulverized castile soap; thoroughly mix by stirring. In a bottle have a mixture of two drachms oil of lemon, two drachms oil of cloves, one drachm oil of neroli; shake these oils well together; pour over a teaspoonful and a half of the powder, stirring again so that the perfume may be thoroughly mixed through the powder. Pass the powder through a fine flour sifter to complete the evenness of the mixture.

Almond cream, is used to keep the hands from chapping: First dip the

OLD FOGY KNEW

Experience Teaches People

"My parents considered coffee simply a harmless beverage for old and young, so when a mere baby I commenced to drink it and when I reached womanhood found myself troubled with nervousness, headache and an irritable temper and to obtain relief. I drank more and more coffee, thus adding fuel to the fire.

I grew worse until life was one black night of pain. My nerves were shattered, body wrecked with suffering, my stomach gave out and utterly refused to digest the most simple foods, and finally I lay for weeks starving and longing for food, but unable to eat more than just enough to keep me alive.

While in this state, my next door neighbor brought in a fragrant cup that I supposed was some new grade of coffee, and although I had suffered so terribly from its effects, the temptation was too strong to resist, and I drank it with relish. I noticed it had a rich agreeable taste and I drank it without distress. She repeated the kindness two or three mornings.

I began to congratulate myself that it was not coffee that hurt me after all. I was assuring my friend of this one day when she astonished me by saying that I was not drinking coffee, but a pure food drink called Postum Food Coffee, made from nourishing grains for building up the system and nerves instead of tearing them down.

I then began to drink Postum regularly, and to get well slowly but surely. Today I am a strong, hearty woman; my nervous system is entirely rebuilt and with a reserve force of strength in time of need; I sleep well and awake refreshed and feel bright for each day's task, with no indigestion or stomach trouble, and a good, strong, active brain ready for any mental strain or toil. There is no doubt on earth that coffee nearly killed me.

A friend of mine was obliged to resign her position as school teacher, because of extreme nervousness caused by coffee drinking. I induced her to use Postum in place of coffee, and at the end of four months she began teaching again, her nervousness gone and feeling and looking ten years younger; her sallow complexion having become a beautiful, healthy bloom." Name given by Postum Co., Battle Creek, Mich.

hands in a basin of tepid water; take a small pinch of the almond cream and rub to a lather, rubbing well into the hands before washing it off.

Try this for enlarged joints caused by wearing ill-fitting shoes: Place a bandage around the foot over the bunion very tight; carry one end of the bandage up around the great toe, forcing it out from the other toes toward the inner part of the foot a little more each day. Persist in this treatment for two or three weeks. Bandage will not interfere with shoes.

True Marriage.

For the man and women who truly and sincerely love each other, and who are willing to abide by the law of justice and unselfishness, marriage is not a bondage. They can be openly devoted to each other's interests and avowedly chosen comrades and intimate friends. They can together plan their life work and walk bravely in the path of progress. Strengthened by each other, they can face the world's frown and go cheerily on in their efforts for reform, sustained through all adverse criticisms by the knowledge that they do not walk alone—that in one loyal heart each may find faith and encouragement, however dark the path they pursue because of croaking outsiders. Home, with them, is a cherished retreat—a sanctuary, wherein shall blossom the virtues that make of wedded life a temple like unto that "not made by human hands."

When marriage is thus founded upon mutual respect and esteem, and the contracting parties are governed by the supreme law of love, there will be no problem of precedence, no question of obedience, no thought of superiority. Each will be the complement of the other, and all interests will be so intimately blended between them that there will be no room for struggles for the mastery, and the thousand ills now driving married couples to the divorce courts, or worse, will have become unknown.

Christmas Cakes.

Crullers, doughnuts and fruit cake are old stand-bys for the holiday supper table. In one family, three generations of children have never failed to find cruller or doughnut babies staring with clove eyes and wide-open raisin mouth from the top of each overflowing stocking on Christmas morning, while duplicate babies nung on the Christmas tree for every member of the family, from grandpa down.

A fruit cake that will keep indefinitely in its wrappings of waxed paper in a closely covered stone crock, is made as follows: One-half pound fresh well-washed butter, one-half pound granulated sugar, well creamed together. Break into this five eggs, one at a time, beating well between each egg; mix together, and add to this batter one-quarter cupful of good molasses, grated rind of half a lemon, one-half teaspoonful of cinnamon, one-fourth teaspoonful of cloves, one teaspoonful of alspice, one-fourth of a nutmeg, grated, one-half pound pastry flour sifted several times. Stir well, or knead with the hands before adding one pound of currants, one pound seeded raisins, one pound sultanas, one-half pound of citron cut in thin slices, two ounces shredded candied orange peel, one-half gill of brandy, one-half gill jamaica rum. After kneading all ten or fifteen minutes, place the cake in cake pan lined with buttered paper. This will make one large, or two small cakes.—Ladies' World.

For cooking crullers, one must have plenty of sweet, fresh lard, and use a wide, smooth iron pot. A frying pan

will not do. There should be used half a gallon of melted lard. Have ready half a dozen Irish potatoes, peeled and cut into quarters. While the crullers are frying, drop, now and then, a piece of potato in the pot. This keeps the lard perfectly clear, and there will be no black specks or settlements on the cakes. As fast as they become brown, take the bits of potato out. Now for the crullers themselves: Break four eggs into a large bowl, add to these two coffee cups of sugar and one cupful of sweet milk. Stir well; then add six teaspoonfuls of melted lard, and a few drops of lemon extract. To a cupful of flour add two teaspoonfuls of cream tartar and one of soda. Sift into the bowl, and add sufficient flour to make a firm, smooth dough. Roll the dough out to a quarter of an inch in thickness—the rolling pin must be well floured. Have two round cutters (a condensed milk can and a smallest size baking powder can answer well). With the large cutter cut the cakes, take the center out with the smaller one, leaving the cruller in a pretty ring shape. The lard must be very hot—smoking hot, or the cake will melt and crumble, and you will be disappointed. If the potato browns at once when dropped in, the heat is about right. Carefully drop in the rings, two or three at a time. They should puff up brown. A slight push with the skimmer will turn them; when done, they should be crisp and brown and light. Lay them on a waiter covered with brown paper, sprinkle lightly with pulverized cinnamon and pulverized sugar. When cool, pack them in a tin box or can. To insure success, the dough must be firm, the lard must be very hot, the cook must be interested. There is but one way to make them. They must be made right, and cooked right.—Ladies' World.

For a Church Charity

Take advantage of some convention, masculine or feminine, political or religious, and serve luncheon to the members in individual boxes. Put these up with care and daintiness, and if the convention lasts more than one day, you will find your custom increase. Small splint boxes can be purchased by the hundred for a couple of cents each. Line the basket with waxed paper, and in the bottom place the fruit, cake and a couple of homemade bon-bons, each wrapped separately in waxed paper; next, place a paper cup, filled with chicken or salmon salad, with plain bread and butter and sandwiches of any sort, with two or three olives or pickles, a toothpick or two, wrapped also in waxed paper, will be appreciated. Cover with a Japanese napkin, and lay a slip of cardboard on top, entitling the purchaser to a cup of tea or coffee at a given hour in the building where the assembly is held. What with the donations that can be gathered for such a cause, and the buying at wholesale prices, any necessary commodity, such lunches should net, at least fifteen cents each by way of profit on a twenty-five cent basket. Prettier baskets can be used at a larger price charged. Try and report success.—Modern Priscilla.

In serving any individual luncheon, little paper cups should be made to hold salads; the sandwiches should be wrapped in waxed paper. Let the cakes be small, to avoid cutting, and wrap any suitable fruits in dainty Japanese paper.

Christmas Notes.

Ropes of holly and running pine, studded with berries of the holly or bittersweet, make pretty decorations for hanging on walls, around door-

I Will Cure You of Rheumatism

Else No Money is Wanted.

After 2,000 experiments, I have learned how to cure Rheumatism. Not to turn bony joints into flesh again; that is impossible. But I can cure the disease always, at any stage, and forever.

I ask for no money. Simply write me a postal and I will send you an order on your nearest druggist for six bottles Dr. Shoop's Rheumatic Cure, for every druggist keeps it. Use it for a month and, if it succeeds, the cost is only \$5.50. If it fails, I will pay the druggist myself.

I have no sameness, because any medicine that can affect Rheumatism quickly must be drugged to the verge of danger. I use no such drugs, and it is folly to take them. You must get the disease out of the blood.

My remedy does that, even in the most difficult obstinate cases. No matter how impossible this seems to you, I know it and take the risk. I have cured tens of thousands of cases in this way, and my records show that 39 out of 40 who get six bottles pay gladly. I have learned that people in general are honest with a physician who cures them. That is all I ask. If I fail I don't expect a penny from you.

Simply write me a postal card or a letter. I will send you my book about Rheumatism, and an order for the medicine. Take it for a month, as it won't harm you anyway. If it fails, it is free, and I leave the decision with you. Address Dr. Shoop, Box 515, Racine, Wis.

Mild cases, not chronic, are often cured by one or two bottles. At all druggists.

frames, or festooning along banisters.

Kissing under the mistletoe is an old English custom. The plant was held in high reverence by the Druids, who used a golden sickle with which to cut it, and afterward divided it among the people as a charm to protect them against disease and sorcery.

The American mistletoe—those pretty green twigs with white waxen berries offered for sale in large cities at Christmas time—is found in New Jersey, Virginia and Illinois, and extends southward to Mexico. It is of parasitic growth, and found principally upon the oak and willow.

A "Christmas pye" of the olden times was an immense and expensive affair; at one time it was compounded of flesh, fish and fowl, and the crust was called a "coffin" in old English books.

Mince pie was formerly called mutton pie, as mutton was used instead of beef, in making it. The term, mince, was applied in derision, by the Puritans, who refused to partake of it.

The turkey is a purely American bird, and its use as food was learned by our colonists from the Indians, they having learned to cook and use the wild species which is a native of North America. Geese and pheasants are also used for the Christmas festivals.

On December 3 it was reported from Madrid that Premier Sagasta and the cabinet had resigned on account of the vote of censure they recently received and the distrust and discourtesy to which they had been subjected. This cabinet has been in existence only since November 14 last.