

with a liberal use of disinfectants such as your druggist will recommend to you, will soon rid your rooms of the musty odor complained of.

Eda, Sedalia, Mo.—In Schiller's poem of William Tell, an old baron lies dying. Some one says, hopefully, "See, he is better! His face is peaceful, and his pain is all gone!" "Yes," said the baron, "the pain is all gone; but that means that life is also gone. Pain is life." When the time comes that we shall have no more pain, we shall not care for anything of this world. It is better to learn to bear the pain, and meet life's trials with fortitude. All progress is born of pain.

Young Housewife.—Try cutting the figs for your cake with an old pair of scissors; this will do away with the waste of time and strength required for chopping the tough, sticky things. You can readily snip them into tiny bits. Raisins may also be "chopped" in the same way.

Hattie M.—Here is a good way to cook a tough beefsteak: Pour a little olive oil over a shallow dish or flat pan, lay the steak in the oil and spread some of the oil over the meat. Let it remain for an hour or so before cooking. Put the meat into a broiler over a brisk fire and cook until well browned—not burned, turning the meat so as to cook both sides, move to back part of range, where the meat may finish cooking, while a bit of butter is being melted with two spoonfuls of vinegar. Spread this evenly over the meat, add seasoning to suit taste, cover closely and let steam fifteen minutes longer; a gravy or sauce may be made.

S. L. B.—If your tea or coffee pot gives a "taste" to the beverage made in it, wash it out well, then put in it boiling water in which a little baking soda has been dropped, set it on the stove and let it boil a few minutes, then wash well in clear water, rinse and dry. This should be repeated at least once a week. The pot should be washed out every time it is used, and well aired.

Gertie L.—Soft corns are caused by squeezing the feet in narrow-toed shoes. Keep the toes constantly open by placing a wad of cotton between them; wear broad-toed shoes made of soft leather; bathe the feet in warm water every night, wipe them dry and

A LAYMAN

Gave Doctor a Hint About Coffee

Speaking of coffee a doctor of Decaturville, Ohio, says: "We used to analyze coffee at the Medical college and in spite of our laboratory tests which showed it to contain caffeine, an active poison, I continued to use the drink, and later on found myself affected with serious stomach trouble, indigestion, headaches, etc.

The headaches came on so regularly and oppressed me so that I found it difficult to attend to my regular duties. One day last November I met a friend whom I had known to be similarly afflicted. His marked improvement in appearance caused me to enquire what he had been doing. He announced that he had, some time ago, quit coffee and was using Postum Food Coffee, to this change he attributed the change in his health.

I took the hint, even from a layman, and made the same change myself. The first week I noticed a little difference, but not much. The third week the change was almost magical. I have continued with the Postum and now my digestion is perfect, the nervous headaches have entirely disappeared, and I am well. My own analysis of the Postum Food Coffee shows it to be a pure food drink of strong character which is a marked contrast to the old fashioned coffee." Name given by Postum Co., Battle Creek, Mich.

apply aqua ammonia to the corn. Bathe a bruise with vinegar so soon as the accident happens, laying a cloth wet in it over the injury, wetting it as it dries, and there will be but little discoloration.

Mother.—Rub the finger marks on your door with a clean piece of flannel dipped in coal oil; the marks will disappear at once; afterwards wipe with a cloth wrung out of hot water to take away the smell. This is also excellent for cleaning hall doors of houses on dusty roadways.

M. A., Linn, Mo.—Cloth that has become shiny-looking may be restored to its former appearance by being rubbed with turpentine; use very little turpentine, and rub the cloth very hard, going over and finishing a small portion at a time. The disagreeable smell soon evaporates on its being exposed to the air. A weak solution of ammonia will have the same effect, but is liable to turn the cloth brown.

"California," Stockton, Cal.—The article referred to anthracite coal cinders. Soft, or bituminous coal of good quality burns to ashes, and the "cinders" are usually vitrified matter or slate; hence, of no value.

Care of the Feet.

We find many recipes and directions for the care of the hands, but there is seldom anything said about the comfort of the feet. We are careful to properly and hygienically clothe the body and limbs, but most people act upon the principle that "any old thing," so it is stylish, is good enough for the feet. For this neglect and abuse, much avoidable suffering is given us.

Unless care and attention is given these members, we bring upon ourselves many ailments—corns, bunions, ingrowing toe-nails, callouses, chilblains, itchings, aches and burnings innumerable, and, in addition, the humiliation of mis-shapen and often deformed feet. The most natural grace will degenerate into a hobble, if one is suffering with feet ailments, and the breaking in of a pair of new shoes is, to many persons, almost unbearable torture.

When one is suffering from any kind of foot trouble, the most sensible thing to do is to get a shoe of well-fitting and comfortable make, ignoring the question of "style"—though neatness is not incompatible with comfort, for it is useless to try to effect a cure unless the cause is removed. The fit of the hosiery should also be considered, for a short stocking is as bad as a short shoe. Bunions, in addition to causing intense pain, generally deform the foot, and are usually caused by narrow or short shoes, or short stockings. A corn is as often caused by a loose, or ill-fitting shoe as by a tight one, while soft corns are the result of the toes rubbing against each other, generally in a tight shoe. Ingrowing nails are usually caused by mis-shapen, ill-fitting shoes or careless trimming, while chilblains are the result of continued cold.

The disagreeable odor of some feet is not necessarily a mark of uncleanness, but is often caused by unhealthy secretions. A healthy system is seldom, if ever, a fetid-smelling one.

One of the first requisites for feet healthiness is that they should be kept clean. Wash and dry them as carefully as you would your hands. In warm weather, once a day is none too often, while in cold weather several times a week may do. At least once or twice a week, they should be soaked in quite warm, soapy water, well rubbed and scraped to free them from callouses and thickened skin, dry them carefully, and see that your hosiery is of proper size and comfortable material, and your shoes not mis-shapen. Neglected feet, in cold weather are all

ways cold and uncomfortable. Carefully cared-for, clean feet, with well fitting shoes and stockings, go a long way toward health of body and cheerfulness of temper.

The Open Fire-place.

The old Romans called the hearth "focus"—a point where rays meet, and the family hearth should be its brightest attraction. One of the greatest cures for the "bines" is the open fire-place, where beds of glowing coals or sheets of leaping flames give to the room a life and warmth which no other light can rival. The burning logs seem filled with merry glee, and sputter, or murmur softly, or go roaring up the black-throated chimney in mirth or in anger. The soft shades of flickering light, the play of shadows, the dainty curves, sparkles, scintillant showers, the light hovering, clinging, "touch-and-go" play of tiny curls of flame, now blazing noisily, now curling in miniature columns of smoke, snapping, dancing, dying down only to flare into life again—over and over; does it not seem a thing of life indeed?

In the poorest woods cabin this wonderful attraction holds its highest revels, where the great green back-log sulks and moans and sobs, while the dryer fore-stick snaps and sparkles and sings, as the "filling" chars away into the yellow mass of coals. Upon the broad, rough hearth is cooked the morning meal, the appetizing dinner or the hearty supper, while the great, barn-like room shines with a glory all its own.

Scattered about in the odd corners of our country, these primitive log cabins are still found, where the spinning-wheel and the loom still hold the place of honor, and much of our forefathers' simplicity is still seen. These cabins are "homes," some of them only in the bare animal sense of being shelter, where food and clothing are found; but in many of them there are the "coming men and women," who will be ready to respond, when Destiny calls; and we know that, as in the past, so in the future, there shall rise up from beside those rough fire-places the men that shall rule the destinies of the world.

Indian Summer.

The original meaning of this phrase, Indian Summer, is not very generally understood. To the ears of our forefathers, it brought a chill of horror in its terrible possibilities. During the long-continued Indian wars, the first settlers in the then western country enjoyed no peace excepting in the winter season, when, owing to the severity of the weather, the Indians were unable to make their excursions into the settlements of the pioneers. The setting-in of the winter was therefore hailed with joy by the little communities, as, through the spring and early fall, the people had been cooped up in the little, uncomfortable forts, subjected to all the distresses of Indian attacks. At the setting-in of winter, then, all the farmers excepting the owner of the fort removed to their cabins on their farms, with a feeling of comparative safety, and set about preparing for winter, gathering their corn, digging their potatoes, fattening their animals and repairing their cabins.

It, however, sometimes happened that, after the onset of winter, the weather would become warm, the smoky time commence, and this would last for quite awhile; this was the Indians' summer, as it afforded another opportunity of visiting the settlements with their destructive warfare. The melting of the snows saddened every countenance, and the genial warmth of the sun chilled every heart with horror; the apprehension of another visit from the Indians was distressing in the highest de-

Boys who make Money after School Hours

Over 3000 Boys in various parts of the country are making money in their spare time selling The Saturday Evening Post. Some make as much as \$10.00 and \$15.00 a week. Any boy who reads this can do the same.



IN A DAINTY little booklet, which we will send to any boy free, the most successful of our boy agents tell in their own way just how they have made a success of selling

The Saturday Evening Post

There are many stories of real business tact. Pictures of the boys are given. Send for this booklet and we will forward with it full information how you can begin this work. No money required to start. We will send Ten Copies of the magazine the first week free. Write to-day.

The Curtis Publishing Company
467 Arch Street, Philadelphia, Pa.

gree, and, too often, the worst fears were realized. Towards the latter part of February, there was commonly a fine spell of weather, during which the snow melted away; this was denominated "powwowing days;" from the supposition that the Indians were then holding their war councils, and planning their spring campaigns against the settlements of the whites. Experience often verified these conjectures by the most horrible actualities.

It is easy to imagine what losses must have been sustained by our first settlers. It was not the full measure of their trouble that they risked their lives and often lost them in subduing the forest and turning it into fruitful fields; but, compelled to leave them in a deserted state during the summer season, a great part of the fruits of their labors was lost; their sheep and hogs were devoured by wild animals; horses and cattle were often let into the fields through fallen fences, and whole crops of corn were often destroyed by squirrels, raccoons, and other depredators. Every man was a soldier, and from early spring until late fall, was almost continually in arms.

In parts of rural England, the cook pours hot water over the threshold after the bridal couple have gone, in order to keep it warm for another bride.

OO

In Switzerland, the bride, on her wedding day, will let no one, not even her parents, kiss her upon the lips.

OO

A favorite wedding day in Scotland is December 31, so that the young couple may live the old life with the old years, beginning the married life with the new.