

with lard, to keep the meat from the air, and prevent its molding. When you have occasion to use any of it, take out what you require, melt the lard off, and pour the melted lard over the meat again.—Journal of Agriculture Cook Book.

To cure beef by drying: Get good beef—the tender side of the round, of course—and for twenty pounds of beef, use one pint of salt, one teaspoonful of saltpetre, and a quarter of a pound of brown sugar. Mix well, and rub the beef well with one-third of the mixture on each of three successive days, then let lie in the liquor it makes for six days, then hang up and dry. This, for a small quantity; for a large quantity, letting lie in a good pickling brine for three weeks before hanging, is recommended.

"The Primer Class."

The little lassie is not quite nine years old; she came to us a year ago—just a little, homeless waif, whose very helplessness appealed most strongly to our hearts. She has an intelligent face, and wide, bright eyes. She has learned many thrifty ways. She is learning to cook, and greatly prides herself on her fine-grained, creamy-white mashed potatoes. She has already learned that the coffee-pot must be well washed, scalded and aired, everytime it is used; that the coffee must be fresh ground, the water fresh boiled, a heaping tablespoonful of ground coffee to each cup of water, and "one for the pot;" that the coffee, when poured into the cup, must be a clear amber color, with no muddy dregs, or rank smell caused from over-boiling.

She has learned that the bread must be sliced evenly, with no thick-and-thin edges or disorderly chips, and that only what will be eaten at one meal must be cut at one time—stacked nicely on the bread-plate, where papa can reach it for serving, while the remainder of the loaf, if any, must be wrapped in the bread cloth and put in the close-covered tin box. She has learned that this box, when empty, must be washed, scalded and left open so as to be ready for the next batch of baking, which is to be wrapped in a fresh, clean bread-cloth.

She has learned that the dishes must not be tossed onto the table, helter-skelter, but that, after the cloth is laid straight and even, every dish has a place of its own, and is a "misfit," if found anywhere else; that any

dish that is in the least "cloudy" or dirty, is a decided misfit, place it where she may.

She has learned that the sugar bowl must "shine," and be freshly miled, the salt cellars attended to, the pepper in order, the toothpicks in place, and knife, fork and spoon nicely laid at each plate. She often forgets the napkins, as she never used any until she came to us, and there is so much to learn.

She has learned a great deal more than I have told you, and sometimes, when I am very busy at the typewriter, she will think to surprise me with little kindnesses not down on the program. One day, knowing I was very busy, and that I had a severe headache; to help me she slipped away to the kitchen and made me a rice cup of coffee; thinking to make it extra nice, she put the cream and sugar in, and brought it to my desk, saying, "Here, mamma, is a nice cup of coffee for you; I put the thickest cream I could find in it."

Gratefully I accepted the offering, but saw at a glance that something was wrong. "Where did you get the cream, Oma?" I asked. "I took it from the top of the cream jar," she answered. And so she had; in her zeal, she had gone to the sour cream jar and taken her cream from that. I explained the mistake to her, and now, when she wants to surprise me, she knows where to get the cream.

Gradually, insensibly, my little girl is learning her housekeeping lessons; as the years go by, along with her "book" schooling, she will acquire other knowledge that will make life broader, deeper, brighter, because of her practical understanding of the laws of successful home-making; while I, perhaps dependent upon her for the comforts of a feeble old age, will look back to these "primary" lessons, feeling that I have proved myself a "faithful steward" in dealing with the interests of this little, helpless child.

Little Helps.

Eggs should not be beaten until the last possible moment before using; in using the Dover beater hold it as nearly horizontal, instead of perpendicular, as possible, and the amount of foam will be greatly increased. Eggs should be thoroughly chilled before beating; baking powder should be sifted with part of the flour and added with the white of egg at the last.

Unless otherwise specified, all flour should be sifted once before measuring. Coarse granulated sugar makes a heavy cake, with a hard, sticky crust; powdered sugar makes a tight, close-grained cake, and, measure for measure, not so sweet as the granulated; by weight there is little, if any, difference.

Coarse texture, with large holes, shows insufficient beating and too large a measure of baking powder. In some dark cakes brown sugar may be used, but finest granulated is better for all kinds.

For greasing pans in which cakes are to be baked, use only sweet lard or unsalted beef fat, as butter scorches so easily; line the pans and grease the paper very little; if the paper is very thin, do not grease at all; if your oven is inclined to burn on the bottom, or in baking pound cake or fruit cake, several thicknesses of paper may be used—as many as half a dozen, in the bottom, but only the layer next the cake should be greased.

Vegetables, or food rich in starch, should never be stewed; they must be cooked in water at the boiling point; otherwise, they will be a heavy, water-soaked and indigestible mass.

Some house-wives buy inferior meat on account of the waste of fat that is always found in good meat. When

this fat is wasted, it is the fault of the cook, who does not know how to use it. The fat should be trimmed off all raw or cold beef, cut in small pieces and set in an iron pan, over a rather slow fire; as soon as it begins to melt, skim the melted part off with a spoon or ladle, and turn it into a stone jar, which you must cover when cool, and set in a cool, dry, dark place; the fat skimmed off of the broth of boiling meat, and that rendered as above is much superior to lard to fry with; lard spatters; beef-fat does not.

Many cooks drop into their boiling soups bits of biscuit, or other dough, with the inevitable result of having, instead of nice dumplings, little hard lumps of heavy dough; this is a certain result of dropping dough into boiling liquid. Lay the bits of dough in a steamer over the soup for ten minutes, and they will be ready to serve, light and delicious, but must be served immediately.

The Breakfast Table.

Breakfast, although the simplest meal of the day, demands as much care in the setting of the table as if guests were present. The appetite at breakfast has to be tempted, not by an elaborateness of courses, but with daintiness of service and general attractiveness of everything. As a rule, everything is put on the table for this meal; nothing is served from the side, all the dishes being set in their order before the master and mistress of the house. At each cover lay a service plate, knife, fork, two teaspoons (one for the coffee and one for the cereal), a water-glass, table napkin, butter plate and a fruit knife, should fruit be used which requires cutting, or another spoon, if berries are served. Lay a try cloth at each end of the table, put the carving knife and fork before the master if the menu demands them, and tablespoons for the cereal, potato and fruit beside the dishes which require. Set a water decanter in one corner of the table, and a salt and pepper between two covers. Before the mistress put a sugar bowl and cream pitcher, cups and saucers, cereal and fruit dishes. When the fruit to be served consists of oranges, grape fruit or anything which does not require small dishes, put the fruit dish in the center of the table and small plates, instead of breakfast plates at each cover. The waitress removes the dishes of each course and brings in the meat, potatoes and hot muffins or biscuits. After the family is served, the waitress is usually dismissed, the mistress ringing if her services are required. Should griddlecakes or waffles be served after the meat, with this course comes fresh knives and forks and another set of hot plates.—Good Housekeeping.

Tea and Coffee.

A great many otherwise good cooks fail when it comes to these beverages, simply because they overlook the fact that water to make either tea or coffee should be freshly boiling—not merely hot, or having boiled; but boiling at the moment it is poured into the coffee or tea pot. Water used for this purpose should not boil longer than three minutes, as longer boiling causes it to lose by evaporation most of its natural properties, leaving a composition of lime and iron very injurious to coffee or tea. Water boiled a second time will ruin the best of tea or coffee. Much also depends on the care taken of the pots; these should be kept scrupulously clean, well washed and aired every time they are used, and every few days they should be "boiled out" with water in which a little soda or borax is thrown; this, with thorough rinsing afterwards, will sweeten and cleanse them.

A great many people contend that

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coffee should not be boiled, but, like tea, should be steeped, as steeping brings out the strength without the rank taste which hard boiling is sure to give it. This, however, is a matter of taste, as many people prefer strong black coffee. Coffee, boiled a long time, is strong, but it loses its delicate flavor, and is not, perhaps, as acceptable or as helpful to delicate stomachs. A well-known and commonly accepted allowance in making the beverage is "one for the pot and a heaping tablespoonful of ground coffee for each person or cup." For "settling" the grounds, a variety of methods are employed; well-steeped coffee settles itself.

What has been said of water for coffee applies to that used for tea. Fresh boiling soft water is best, and tea should never boil, as the boiling brings out the tannin—a powerful astringent, which will destroy the delicate lining of the stomach. It is the tannin found in cold tea which is healing to the eyes, but aside from its destructiveness to the stomach, it gives to the boiled beverage a bitter, acrid taste which is very disagreeable. One teaspoonful of tea to each cup of hot water is the usual allowance, with the extra one "for the pot;" have the water freshly boiling when poured over the leaves, and allow it to steep no longer than seven minutes, covering closely, so that no steam may escape. Do not expect the best results if you buy the cheap, low-priced teas.

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WAS REFUSED LIFE INSURANCE Rejected on Account of "Coffee Heart."

Life insurance companies have fully established the fact that the use of coffee causes an organic derangement of the heart, shortening the long beat and imperiling life. For this reason habitual coffee drinkers are refused life insurance in many cases. A well-known merchant of White's Creek, Tenn., proprietor of a large store there, says:—"Three years ago I was examined for life insurance and to my surprise was rejected because my heart action was at times out of place 10 beats in 60.

"I consulted several good doctors and was invariably asked by them, 'Do you drink ardent spirits? use tobacco? or drink coffee?' to the first I answered 'Very little' to the second 'No' to the last 'Yes' and they would all say 'Quit coffee.'

"I determined to do this. I had read about Postum Cereal Coffee and bought and used it and I liked it as well as the best of real coffee and as a result of its use in place of coffee I find myself without a skip of my heart action and I can get insurance on my life cheaper by 25 per cent (notwithstanding the advance in age), than I could when I first commenced using Postum." Name furnished by Postum Co., Battle Creek, Mich.