

a piece of white paper brown. For bread and pastry, have a heat that will in five minutes turn a piece of white paper dark brown. When the oven is too hot at first, a crust forms on the bread or cake, which prevents it rising; it is better, when baking bread or cake, to have the oven a little slow at first, and increase the heat gradually. When baking puff paste, the heat should be greatest first and decrease later. This is to keep the paste in shape. When the oven is too hot, the temperature may be reduced by putting into it a pan of cold water. When baking in an oven that is too hot at the top, fill a dripping pan with cold water, about an inch deep, and put on the top grate of the oven. Should the oven be too hot on the bottom, put a grate under the article that is to be baked.

A Plague of Fleas.

In answer to many inquiries for some way of obtaining relief from the plague of fleas, I will quote from Circular No. 13, second series, division of entomology, department of agriculture, Washington, D. C.:

"Every house where a pet dog or cat is kept may become infested with fleas if the proper condition of moisture and freedom from disturbance exists. Infestation, however, is not likely to occur if the (bare) floors can be frequently and thoroughly swept. When an outbreak of fleas comes, the easiest remedy to apply is a free sprinkling of pyrethrum powder in the infested rooms; this failing, benzine may be tried—a thorough spraying of carpets and floors being undertaken, with the exercise of due precaution in seeing that no fires or lights are in the house at the time of the application, or for some hours after. Finally if the plague is not thus abated, all floor coverings must be removed and the floors washed with hot soapsuds. This is a useful precaution to be taken in any house it is proposed to close for the summer, since even a thorough sweeping may leave behind some few eggs from which an all-pervading swarm may develop before the house is reopened."

This circular further states that

IN CONVENTION

Teachers Learn Something Not in The Class Books

A number of young women attending a teachers' convention at Oklahoma City some time ago learned a valuable lesson in hygiene through a sister teacher who says: "About a year ago I had my first attack of poor health and it seemed a terrible thing to me for I had always been so well and strong. My stomach distressed me terribly; it seemed like it was raw, especially after breakfast, and it would burn and hurt me so I could not rest. I was soon convinced that it was caused by coffee drinking and at the request of a friend I gave up coffee and began to use Postum Coffee."

"The change in my condition was something marvellous. I had actually given up teaching because doctors were unable to help my stomach trouble but since I quit coffee and used Postum my troubles have disappeared and I have gone to teaching again."

"Some time ago I attended a convention at Oklahoma City and determined to have Postum at my boarding-house where there were eight other teachers, four of them suffering from coffee sickness. My landlady did not make the Postum right but I showed her how and we all found it delicious. We all drank it the rest of the time we were there and the young ladies in question felt much better and declared that their heads were much clearer for study and their general health much improved. I have their names if you care for them." Names furnished by Postum Co., Battle Creek, Mich.

"even the persistent use of California bubach and other pyrethrum powders was ineffectual in one case of extreme infestation, as was also, and more remarkably, a free sprinkling of floor matings with benzine. In this instance it was finally necessary to take up the floor coverings and wash the floors down with hot soap suds in order to get relief from the flea plague. In another case, however, a single liberal application of the bubach was perfectly successful, while in a third case, a single thorough application of benzine completely rid the infested house of fleas."

In either case, I should recommend that the fight against the pests should not end with one routing, but should be repeated, as, according to the above quoted authority, "an entire generation may develop in a little more than a fortnight." A house may become infested even though no domestic animals be kept, for a visitor may be the means of carrying in one or more female fleas which will soon stock the premises. If cats or dogs are kept, they should either be washed occasionally with some death-dealing soaps, or a quantity of pyrethrum powder well rubbed into their hair. A temporary relief for the person is the use on the clothing of small quantities of a mixture of equal parts of oil of pennyroyal and oil of cedar.

House Vermin.

Cockroaches, bedbugs, fleas and other insect pests, as well as disease germs, and also eggs in holes in floor cracks and bed furniture, may be killed by a thorough fumigation of the house with sulphur. Use stick sulphur, preferably, as it is easier to get to burn. Get a large old kettle, set it on bricks in the middle of the floor, put shavings and chips in the bottom, and on this lay three or more pounds of sulphur; a little coal oil poured on the kindling will help start the fire; close all door and window opening and stop all cracks with rags or paper. Fix the windows so they can be opened from the outside; stop even the keyhole; in fact, make the room as thoroughly air-tight as possible. Light the fire, watch until it starts well, then run out, closing the door and stopping the cracks. Let the room stay closed for twenty-four hours, if possible, but if the work is started quite early in the morning, opening for a few hours in the evening will fit it for use. Before lighting the sulphur, remove all nickel, brass, silver, steel, clocks, sewing machine, valuable writings, and anything else the fumes of sulphur may injure. Open up the bedding, and toss the clothing on chairs, that the fumes may penetrate the folds. The fumes will kill house-plants, sometimes even in an adjoining room, and they, and all things which might be injured by the fumes of the sulphur, should be carried out of the house.

Vegetable Cookery.

Cauliflower with Cheese.—Trim off the outer leaves and soak, head downward, in salted water; put in the sauce-pan head up; cover with boiling salted water and cook gently until tender, testing with a fork; drain; break off the branches or florettes and put in a baking dish; sprinkle over salt, pepper and grated cheese; pour over one pint of white sauce; cover with a thick layer of buttered crumbs and brown in a quick oven.

Steamed Rhubarb.—Wash, pare and cut into inch pieces sufficient rhubarb; if very sour, pour boiling water over the raw pieces, let stand five minutes, then drain. Put into a double boiler, add sugar in the proportion of one cupful to one pint of rhubarb; cook until tender. Do not stir; serve cold.

Spring Greens.—Take of wild things, sour dock, dandelion, lamb's

quarter, crowfoot, mustard, etc., a sufficient quantity; pick and wash carefully; boil until tender; drain and pour over them a pint of dressing made of one cupful of vinegar, one teaspoonful of black pepper, one tablespoonful of butter, one teaspoonful of flour, and salt to taste. Stir well and serve hot. Or, parboil the greens, drain, cover with fresh water and add some generous slices of salt fat pork; serve with good vinegar.

Strawberry Shortcake.—Two quarts of strawberries, nicely picked and hulled; one quart of sifted flour, one cupful of lard or butter, two teaspoonfuls of baking powder, sweet milk enough to wet it up. Sift the baking powder and the flour together, adding a little salt; shave the butter or lard into this, and mix with a knife; add milk till soft enough to roll on a floured board; roll out and bake on four layer tins; bruise and sweeten the berries and put between the layers and on top of the upper one. Serve with cream. Some prefer to butter the layers before putting on the berries.

To Launder White Shirts.

To properly launder white shirts, requires several things: An ironing board, 10x16 inches, and one inch thick, planed perfectly smooth; may be covered with two thicknesses of woolen blanket stuff, and this overlaid with two thicknesses of cotton cloth, or it may be uncovered, as one prefers. Next, a good polishing iron, and skill to use it. Then, good starch. Wet the starch in a little cold water, using a large pan; pour on a quart of boiling water to two or three tablespoonfuls of best starch, stirring rapidly all the while; place on stove, stir until it boils, then occasionally, boiling it from five to fifteen minutes, or until the starch is perfectly clear. Stir a few times with a bit of sperm-candle. Strain the starch through a strainer, or a piece of thin muslin. Have the shirt turned wrongside out; dip the bosom, cuffs and collar in the starch, which must be as hot as the hands can bear, "clapping" the starch well in with the hands, repeating the process until the parts are thoroughly and evenly saturated with the starch; then dry. Three hours before ironing, dip the bosoms, cuffs and collars in clean water, wring out and roll up tightly. First iron the back, by folding it lengthwise through the center; next iron the wristbands, and both sides of the sleeves; then the collar band; now place the bosom-board under the bosom, and, with a dampened napkin rub the bosom from the top toward the bottom, smoothing and arranging neatly. With smooth, moderately hot flat-iron, begin at the top and iron downward, and continue the operation until the bosom is perfectly dry and shining, then use the heel of the polishing iron for a few minutes. It will require some skill to do it nicely, but skill will come by practice. Remove the bosom board and iron the front of the shirt. The bosom, cuffs and collars will look clearer and better if they are first ironed under a piece of thin old muslin; this takes the first heat off the iron, and removes any lumps of starch.—Ex.

Care of Men's Garments.

Men's clothing needs quite as much careful attention as women's do; and show neglect and abuse quite as quickly. To prevent the coat from wrinkling, get a few hangers, such as dealers use, and hang on them; the garments keep their shape much better.

The stuff men's suits are made of gets dusty, and needs frequent brushing; they should first be well beaten with a small cane or whip, and then laid on a table and well brushed; a soft brush is better for ordinary work, but for those spotted with mud, use a hard bristle brush. Be careful not

Dr. Shoop's Rheumatic Cure

Costs Nothing If It Fails.

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 sam. es, 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.

to strike the buttons; brush the collar first, continuing toward the bottom. For cleaning the collar and all spots, a good soap is made as follows: Put a handful of soap bark in a vessel and pour over it a pint of boiling water; let it stand two hours, strain, and add a tablespoonful of powdered borax which dissolves quickly, and it is ready for use. Sponge the soiled places with this until quite clean, then with clear water; cover with a cloth, preferably the color of the coat, and which will leave no lint, and press dry. A little borax dissolved in a strong suds made of good soap will clean woolen goods.

If the elbows and knees are out of shape, lay a damp cloth on them and fold them up for an hour or two; then lay them on the ironing board and smooth them with the palm of the hand, pulling them gently in every direction until they lie straight, and flat, then cover with a cloth and press with a hot iron until dry.

Sponging and pressing the back of cloth coats will remove the shiny appearance they often have after wearing awhile; if black cloth becomes rusty, dilute ink made of diamond dye, with an equal quantity of water, and sponge the garment with it; when the shoulders of the coats are quite gray, use the ink without diluting it, rub it well in and press dry.

Look well to the little rips and the frayed edges and worn button-holes; keep the sleeve linings in place, and sew up any rips in the pockets. "John" could do a great deal of this, himself, and many of the "Johns" do, and it won't hurt the boys to teach them to do little services for themselves, for some day the knowledge will come in very handy, when they find themselves adrift in the world. A neat appearance is as desirable for a man as for a woman.