

the stripes being in many varieties of width and very popular. As a material suitable for many purposes and for summer and early autumn suits, mohair is one that constantly recommends itself. The line of colorings includes all the standard shades; in white, mohair has largely replaced serge for the separate skirt, as it is very resistant of dirt and also cleans easily and without shrinkage. Mohair is more adapted to the skirt and coat suit than to the entire gown, as it is pre-eminently a material for use and wear. Separate short skirts of white mohair are stylish when made in the sunburst plaited model.—Ex.

#### Fashion Notes

The gay tartan plaids in the light-weight woollen goods, gingham and soft silks are more pronounced than ever in the fashions of children's clothes, both for dresses and as trimmings for dresses of the plain colors. Even hats are being trimmed with the plaids to match the trimmings or the material of the dresses. Plaid is pretty when made up into the guimpe style of dress, the gulmp, of course, being of plain white nainsook lawn. This combination of plaid and a plain material or a striped or checked material combined with a plain one is greatly liked; in many cases, the skirts are made entirely of the plaid in a wide, shallow, box-plaited style.

Plaits of some description are apparently inseparable from children's skirts at present. The bodice is sometimes made altogether of the plain material, or of plain material trimmed with the plaid, or is simply a small peasant girdle with straps going over the shoulders and crossing in the back after the fashion of an apron. The guimpe, which is deep in front, showing almost to the waist line, is of tucked nainsook. The sleeves are full leg-of-mutton in shape and finished with band cuffs trimmed to match the guimpe. The prettiest trimmings for guimpes of nainsook are insertions and edgings of lace and bands of fine hand embroidery.—Ladies' Home Journal.

#### BE INDEPENDENT

##### It's Easy to Shake Off the Coffee Habit

There are many people who make the humiliating acknowledgement that they are dependent upon coffee to "brace them up" every little while. These have never learned the truth about Postum Cereal Coffee which makes leaving off coffee a simple matter and brings health and strength in place of coffee ills. A lady of Davenport, Iowa, who has used Postum Food Coffee for five years is competent to talk upon the subject. She says:

"I am a school teacher and during extra work which I thought I needed to be braced up I used to indulge in rich, strong coffee of which I was very fond and upon which I thought I was dependent.

"I began to have serious heart palpitation and at times had sharp pains around the heart and more or less stomach trouble. I read about Postum and got some to try. I dropped coffee, took up the Postum and it worked such wonders for me that many of my friends took it up.

"In a short time I was well again, even able to attend evening socials. And I did not miss my coffee at all. Now I can truthfully say that I have been repaid fully for the change I made. I have no indications of heart disease and not once in the past four years have I had a sick headache or bilious spell.

"My father, 78 years old, is a Postum enthusiast and feels that his good health in a large measure is due to the 6 cups of good Postum which he enjoys each day." Name furnished by Postum Co., Battle Creek, Mich.

—There is a reason.

#### Breads

Bread-sticks are made from bread dough. When sticks are wanted, mould the dough in sticks instead of loaves. As these are small, three-quarters of an hour will be sufficient time for a second rising, and fifteen minutes in a hot oven will bake them. The crust formed by the rapid evaporation of the water from the surface of the loaf, which allows a portion of the starch to be dextrinized and the sugar caramelized, is more digestible than the crumb. Soft, fresh light-breads should not be eaten.

Croutons are made from stale bread cut into shapes and dried and then toasted in a moderately hot oven. The tiny squares are served with purees of beans, peas or tomatoes; the crescents with marmite or vegetable soups; the large cubes, with consomme; the half slices, with fish soups.

Pulled bread is made from bread which has been thoroughly baked and cooled. Trim off the crust, and with two forks, pull the loaf first into halves, then quarters, then eighths; place them in a pan lined with paper; dry in a moderate oven until each piece is crisp in the center, then brown quickly. The rough surface of the strips allow the heat to penetrate so thoroughly and evenly that nearly all the starch is dextrinized. Pulled bread, covered with scalded milk, makes an excellent supper for children.—Mrs. Rorer.

#### Setting the Table

The table cloth should be scrupulously clean, and well-ironed. The middle crease of the cloth should be precisely in the center of the table, not to the left or right of it. A centerpiece of some sort, if nothing more than an inexpensive vase holding a few flowers, should be used to give a charming touch of refinement. The plates should be laid at each place with the rim just escaping the edge of the table. At the right of it are laid two knives; at the left, two forks. The soup spoon, which appears at noon only, is at the right of the knives, while the oyster fork and teaspoons are at the left of the forks. The napkin is placed at the left of the forks, if the plates are laid before carving. At a family dinner where the host carves and the plates are put in a pile before him, the napkin is in the square between the knives and the forks. The bread-and-butter plates should be placed at the left and upper end of the forks, with the small butter-knife beside it.

Soup plates are now very small, and the soup tureen, in houses where there are even more than one servant, is banished from the table. The soup is sent direct to the table from the kitchen, and it should be already placed before the announcement of dinner is made. The old-fashioned open salt cellar is again to the fore, and it certainly adds to the decoration of the table if it be of heavy cut glass or a solid color in porcelain. The small shakers for salt and pepper, to be placed at either end and at the sides of the center piece is also in good taste.

There should always be a side table of some kind in the dining room to hold extra knives, forks, spoons, after-dinner coffee-cups, and other things that may be needed at any moment in the course of the meal in progress. It is a good rule to follow to serve the mistress first, as when the last guest is reached there will then be no delay. Thus custom has obtained generally, because, with the former fashion of serving the mistress last, everybody was kept waiting until her plate arrived and she gave the signal to begin eating.—Ex.

#### Little Helps

To preserve a linoleum indefinitely, it is recommended to lay on it a hard

dryer varnish four times a year.

When gloves begin to wear, place a bit of narrow silk ribbon of the same color on the inside of the glove, draw the torn edges closely together and overcast them to the ribbon.

Many of the French shirt waists which are sewed into a belt have a small tab on each side of the center in the front. These, when pinned down to the petticoats, hold the waist securely in place, and also help to preserve the long-waisted effect.

Smocking is a trimming which never goes out of fashion for children's clothing, and dresses of the light-weight silk goods for summer wear are being much trimmed in this pretty, old-fashioned way. The yokes and wristbands of the sleeves, and sometimes a hood, which is added instead of the cape, are all smocking, being done in a thread of a color contrasting with the material—as, for instance, a coat of black satin taffeta might be stitched in pale blue or bright scarlet, and a coat of pongee done in a marine blue.—Ex.

Owing to the late severe frosts and freezes, we shall not have so much fruit as one could desire, and combination desserts may help out an occasional domestic shortage. A plain gelatin, flavored and eaten with or without cream, is refreshing. If you have not quite enough fruit for a dessert alone, put it into a gelatin after it has partly hardened, press it down and set it in a cold place for four or five hours; any kind of berries, peaches, bananas, oranges, pineapple, or, indeed, almost any kind of fruit may be used, or two or more kinds mixed, and it will be pronounced delicious.

Dried flour is excellent for teething children; take one cup of flour, tie it in a stout muslin bag and drop into cold water; then set over the fire and boil steadily for three hours; turn the flour ball and dry it in the hot sun all day; or, if you need it at once, dry in a slow oven without shutting the door. In using it, grate a tablespoonful for a cupful of boiling milk and water—equal parts; wet up the flour with a little cold water, stir into the boiling milk and water, boil five minutes, adding a small pinch of salt.

#### Canning Vegetables

As we shall doubtless experience a shortage of fruit the coming season, it behooves us to do what we can with the vegetables in putting up supplies for next winter. Here are some recipes sent in by friends, which I hope are what we want.

Canning Corn.—Cut corn from the cob and put into the jars, pressing or packing it in until the milk comes to the top. Place the jars in a boiler on a rack; fill the boiler with water almost to the top of the jars (some say tepid water; some, cold water) upon which the rubbers have been adjusted and the tops screwed on loosely previous to putting them in the boiler, and bring water to a boil, boiling four hours. Lift out one jar at a time, screw the tops down tightly and set away in a cool dark place. Be sure to remove the jars from the stove before screwing down the top, or you may have an explosion.

For canning peas and beans, prepare the vegetables as for cooking, place the jars, packing tightly, and pour water in until it runs over and all the air bubbles are out. Proceed with them as with corn, boiling the peas three hours and the beans one hour and a half. Great care must be taken to have everything scrupulously clean. String beans may be canned by cooking as for the table, adding nothing but salt; put up in tin cans and press down well; when within an inch of the top fill the can with hot, cooked tomatoes and seal; when the can is opened, the tomatoes may be removed and the beans seasoned as

# DEAFNESS CURED

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usual; the tomatoes flavor the beans, but many people like it so.

#### Human Nature

We flock to see the man who can  
Bring laughs and make care disappear,  
And never kick because we pay  
The man ten thousand plunks a year.  
But he who points the better way  
And strives our weary souls to bless,  
We pay five hundred plunks a year  
And think he ought to work for less.  
—Exchange.