

yolks and white and beat the eggs lightly." means about twelve vigorous strokes of the whisk, which will mingle the white and yolk as much as is necessary for scrambled eggs, custards and sauces.

E. E., Trenton, Mo.—For removing peach and pear stains, use lemon juice thickened with salt, powdered starch and a little pure soap; spread thickly over the stain, lay the article in the sunshine and let dry. Sometimes only oxalic acid will remove these stains, but it should be used with care and afterwards the linen should be rinsed in weak ammonia water. It should always be remembered that in the use of cleansers of any kind, great care should be taken lest a larger stain of another kind may be left on the cloth. Many persons fail of success in using a recipe simply from not strictly following directions—using a little judgment of their own.

F. R. H., Carthage, Mo.—Spanish whiting is as cheap a cleanser for silverware as any. Some recommend the following, where the silver is much filigreed: Prepare hot borax water—a rounding teaspoonful to a quart of water—in a wooden pail or other deep vessel, sufficient to entirely cover the silver. Put the silver in this and let it remain until the water is cool enough to bear the hand in; then rub well with a soft brush, rinse in clear hot water, dry on a soft towel, and polish with a piece of chamois skin, or old silk. If there are stains that refuse to leave the filigree, dip the brush in whiting and rub again; be sure to brush the place well afterwards with the borax water to remove the whiting.

**Small Economies.**

One of the things a housekeeper should never lay aside is her "thinking cap," and nowhere is its constant use of more profit than in the kitchen. Much time is lost and great inconvenience often occasioned by not keeping the teakettle and the reservoir full of water when cooking. It is just as easy to replenish as often as the water is used as to have to fill it from the bottom and wait for its heating. Hot water in the kitchen is the mainspring which regulates the home workings, not always only indoors, for often the call is made from the outside, and having to wait for it frequently make.

**EXPERT TESTIMONY**

**Coffee Tried and Found Guilty**

No one who has studied its effects on the human body can deny that coffee is a strong drug and liable to cause all kinds of ills, while Postum is a food drink and a powerful builder that will correct the ills caused by coffee when used steadily in place of coffee.

An expert who has studied the subject says: "I have studied the value of foods and the manufacture of food products from personal investigation and wish to bear testimony to the wonderful qualities of Postum Cereal Coffee. I was an excessive coffee drinker, although I knew it to be a slow poison. First it affected my nerves and then my heart, but when I once tried Postum I found it easy to give up the coffee, confirmed coffee fiend though I was.

"Postum satisfied my craving for coffee and since drinking Postum steadily in place of the coffee all my troubles have disappeared and I am again healthy and strong.

"I know that even where coffee is not taken to excess it has bad effects on the constitution in some form or other and I am convinced by my investigation that the only thing to do if health and happiness are of any value to one is to quit coffee and drink Postum." Name given by Postum Co., Battle Creek, Mich.

all the difference in the world to the gude mon, often causing great inconvenience for the whole day.

Commencing a meal with an empty, or only partly filled teakettle many times works great hardships on the whole family by making the meals late, and thus delaying the usual business of the day. The very first thing to be done, in beginning the day, is to put the full teakettle over the fire. There are few things more trying to the cook than to find it empty and have to wait for water to heat. While preparing the breakfast, or waiting for the men to come in, all the cooking vessels and milk things may be washed up, dish-cloths put to soak, and the tables wiped down if one have plenty of hot water, instead of being left to draw files. There is nothing so wearing on the nervous system as disorder and confusion. If you wash up as you go along, your kitchen need not be unattractive, but may be made really inviting, and the family liking to stay in it because you are there will save much work in the sitting room.

Did you never notice, when things get crooked in the morning, from some lack of forethought, they are apt to stay crooked all day? And often plenty of hot water when it is needed is the best "nerve tonic" one can take.

**The Value of Fruit.**

As a food, medicine and beautifier, fruit should be given a prominent place in the daily diet of the family. It is not only nourishing, but is wonderfully remedial in many diseased conditions of the human system. The liberal and timely use of the fruits and their juices will save many a spell of sickness, or call for the doctor, as they are nutritive, laxative and tonic in their effect. Fresh, ripe, sound fruits are found in nearly all cases to be beneficial; but unripe, rotten-ripe, and unsound fruit are sure to bring bad results if indulged in.

When taken ripe and eaten without sugar, the acid fruits are found to correct many diseases of the digestive apparatus, and the lemon, cranberry and apple have good results when eaten by those suffering from sluggish livers.

For rheumatic affections, the lime, lemon and grape-fruit are greatly valued, and the citrus fruits are claimed to be better than quinine for the correcting of malarial and liver troubles. Figs and prunes are of special values because of their laxative and nutritive qualities; for torpid disorders of the intestines, the fig is of the greatest value; if it cannot be had fresh, the dried article is a good substitute, and may be eaten either cooked or raw.

The apple is almost invaluable to brain-workers, and is beneficial in nearly all cases of indigestion, if partaken of with judgment, though in some cases it does not seem to agree with the stomach either raw or cooked. Pears, plums, peaches, cherries, all have certain remedial properties, while very acceptable simply as food; while the grape stands par excellence in both sickness and in health. A plentiful use of the grape will work wonders in giving tone and vigor to the system.

The remedial properties of the berries may be preserved at home, through canning, drying, manufacturing of cordials, shrubs, vinegars, bottling juices, etc., and, in different diseases these preparations are of inestimable value, often saving much suffering, and doing away with the baneful after-effects which too frequently attend the use of drugs.

**Charity.**

It is not always wise to "feed the hungry and clothe the naked," in its material sense, alone; we owe a higher duty to the unfortunate, imprudent and needy, and thus ministering to the

physical sense should be but the prelude to the performance of that higher demand upon our helpfulness. To feed the idle, without further thought of their needs is a positive evil. "Feed the lazy and they will sleep upon the pillow of indolence and plot wickedness in dreams." The mind that is not employed in some useful occupation becomes the abode of evil fancies, and a large portion of the vice and crime that shames civilization today is the result of well-fed indolence. Public charities should be so ordered that the able-bodied should return in work of some kind every cent received for their support. Sickness and misfortune will always find the kind-hearted willing to help them, asking nothing in return. But it is degrading for strong, healthy men and women, boys and girls, to be allowed to become charges upon the charity of kind-hearted people.

It is the duty of all to be self-sustaining; and it is a duty we owe to our less fortunate brothers and sisters to teach them that labor is life; that in order to get the greatest good out of our boys, we must each put our shoulders to the wheel of progress; that to be in motion, and to direct that motion to useful ends, is the very essence of wisdom.

To produce results is the final end of everything in nature. There is no rest—no idleness anywhere; if we are not going forward, we are going backward; if we are not advancing, we are degenerating. The universe moves to live, and lives to produce life. Work is the glory of the heavens and the peace of the earth, and only in well ordered activity can human beings enjoy the blessings that fall to their hands.

It is a great deal in their favor, that very few who do ask charity are insensible to the humiliation it entails, or who do not realize the degradation to which it leads. The majority are willing to work, though their willingness to do does not always presuppose an ability to satisfactorily accomplish, yet, if one could only have the patience to deal with their untried and untrained hands and heads, much good might accrue from the effort to make them understand the conscientious labor is the greatest blessing in life.

**Hot Weather Desserts.**

Now that the late frosts and, in some localities, actual freezes, have rendered the supply of fruits problematic, we must set about the solution of the difficulty by providing substitutes, in the way of desserts, to carry us through the hot weather.

A small amount of fruit may be made to go a long way, in combination with gelatins, ice creams, sherbets, granites, mousses, custards, etc. Creams and other frozen desserts have usually been classed with high-priced luxuries, to be gotten up only at great expense and trouble, and if the simple, practical and cheap facilities of these delicacies were rightly understood we would find them oftener upon the family table. Wherever ice is obtainable at reasonable prices, these can be prepared with little trouble, at less expense and of better quality at home than if purchased. An ice-cream freezer is not costly, and may be gotten in sizes suitable for family use; if taken care of, one will last many years. Chipped ice and salt, mixed together, produce a degree of cold that will freeze anything brought in contact with it; if a liquid, cream, or fruit syrup diluted with water, is placed in a tin can and surrounded with the mixture of ice and salt and kept in moderate motion, that all parts of the contents of the can be subjected to the cold, the liquid will become entirely congealed.

With every freezer will come directions for its use, and in every cook-book are recipes for the making of creams, custards, ices, frozen pud-

dings, etc., while individual combinations may be studied out to suit one's supply and ability to purchase. Do not use gelatins and arrowroot if you can afford pure cream, but where part milk and part cream is used the cream may be whipped before freezing. It adds to the richness of the ice cream to scald the milk or cream before using; if scalded, it should be brought to the steaming point over hot water—never let the milk boil.

For family use, a two or four-quart freezer will suffice. For acid preparations, use only earthenware or porcelain-lined dishes. Common kitchen utensils impart a greasy taste. During the shortage of our home fruit crops, we can use to good effect oranges, bananas, lemons, apricots, mandarins, pineapple, nuts, single and in combinations, and custards and puddings flavored in many ways.

**There Will be No Protest.**

The appalling massacre of Jews in Kishineff has horrified the civilized world, but in face of Russian barbarism the governments of Europe and America stand palsied, uttering no protest, nor offering succor to the survivors.

When Secretary Hay protested to Roumania against its persecution of the Jews, a precedent was established that would warrant the United States government in making protest to Russia against the outrages within its borders that have shocked humanity. In his note to the Roumanian government, Secretary Hay said:

"The United States offers asylum to the oppressed of all lands. But its sympathy with them in nowise impairs its just liberty and right to weigh the acts of the oppressor in the light of their effect upon this country and to judge accordingly. . . . These helpless people, burdened and spurned by their native land, are forced by the sovereign power of Roumania upon the charity of the United States. This government cannot be a tacit party to such an international wrong. It is constrained to protest against the treatment to which the Jews of Roumania are subjected, not alone because it has unimpeachable ground to remonstrate against the resultant injury to itself, but in the name of humanity."

It is one thing, however, to protest to Roumania and another thing to protest to Russia. Roumania is an insignificant principality. Russia is one of the world's greatest powers. Since the United States undertook the benevolent assimilation of the Philippines it has exterminated 300,000 Filipinos. The burning of negroes at the stake, the torturing and murdering of prisoners of war, the starving of thousands of non-combatants through the laying waste of whole provinces, make a record that does not place the United States in a position where it can safely make protest against the barbarism of other nations. And Russia, unlike Roumania, is in a position to return insult for insult, blow for blow.

There will be no protest. The protest to Roumania entailed no disagreeable consequences, while it gave the administration opportunity to indicate to the Jews in this country its sympathy for the persecuted of their race in other lands. Though the Russian outrages against humanity are far greater than the Roumanian persecutions, though the same cause for protest exists, the state department will remain as meek as a lamb in the presence of the heavenly anointed czar.—Milwaukee News.

**AN OLD AND WELL TRIED REMEDY.**  
Mrs. Winslow's SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle. It is the best.