

but little growth the first few weeks of indoor life. It is accustoming itself, however, to its new environments, and will make known its wants, when ready to grow, by throwing out new leaves, which tells you plainly it is ready for material to work up. Plants do not always call for food, at this stage, as it is supposed that the potting soil will supply this for a time; but it must not be allowed to dry out; and it is hard to tell you just how much water to give them, as some will want more than others. You must learn much by studying them. The soil should not at any time be wet, in most cases, but moist.

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You can learn much from the printed page, but not all printed matter is reliable. A good floral magazine is one of the best investments you can make, and you can get them for several years for a few cents. Cuttings taken as late as October of the new, soft growth of many annuals and perennials, make fine window plants, and many of them bloom during the winter; but they must be properly potted, repotted, their leaves syringed, sprayed or immersed daily, with a weekly drink of weak manure water, and watered carefully. Some plants do their best when "pot-bound," that is, when the root growth has filled the pot so there seems little but roots in the pot. These must have careful waterings of manure water.

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Some plants will not grow in close root-quarters. Some must be "potted high," as the water rots the crown if allowed to stand on it. Some must be "potted low," that the water may settle in their "cup." Primroses belong to the first class, being impatient of water about its crown, and does well in shady places; while hellebores are of the last class, and must have heat, light and moisture. In caring for your plants, as in everything else, you must use brains, and do not economize in the matter of common sense. Trying to do

**ORIGIN**

**Of a Famous Human Food**

The story of great discoveries or inventions is always of interest. An active brain worker who found himself hampered by lack of bodily strength and vigor and could not carry out the plans and enterprises he knew how to conduct was led to study various foods and their effects upon the human system. In other words before he could carry out his plans he had to find a food that would carry him along and renew his physical and mental strength. He knew that a food that was a brain and nerve builder, (rather than a mere fat maker), was universally needed. He knew that meat with the average man does not accomplish the desired results. He knew that the soft gray substance in brain and nerve centers is made from Albumen and Phosphate of Potash obtained from food. Then he started to solve the problem. Careful and extensive experiments evolved Grape-Nuts, the now famous food. Grape-Nuts contain the brain and nerve building food elements in condition for easy digestion. The result of eating Grape-Nuts daily is easily seen in a marked sturdiness and activity of the brain and nervous system, making it a pleasure for one to carry on the daily duties without fatigue or exhaustion. The food is in no sense a stimulant, but is simply food which renews and replaces the daily waste of brain and nerves. Its flavor is charming and being fully and thoroughly cooked at the factory it is served instantly with cream. The signature of the brain worker spoken of, C. W. Post, is to be seen on each genuine package of Grape-Nuts. Look in each package for a copy of the famous little book, "The Road to Wellville."

window gardening by book rule alone is like keeping house by the recipe book, with no experience by which to regulate things. So many things make a difference, and you must study your plants as you do your children, for I assure you, they are just as freaky, and full of notions.

**Wild Crab Apples.**

Stew the fruit in salaratus water until tender; the water may become dark-colored, and on this account it is sometimes necessary to change it before the apples are done. The amount of salaratus is regulated to a great extent by the quantity and quality of the apples; ordinarily a teaspoonful would be sufficient to neutralize the bitter flavor of a peck of apples. The housewife can experiment a little and taste the fruit when it begins to soften; if it should still be bitter, add a little more salaratus. When the apples are tender all the way through and the skins begin to crack, drain off the salaratus water and pour over the fruit a hot syrup made of sugar and water. Allow this to stand for several hours and cool slowly, when it will be found that the apple flavor and the syrup flavor are mingled in a most delicious combination. If a fairly rich syrup is made, the fruit will be so preserved that it will keep indefinitely, and, for this reason, a considerable quantity can be prepared at one time. Some wild crab apples are quite large and finely flavored, and these should be selected for the preserves, if choice can be had.

**To Preserve Quinces.**

Pare, quarter and core the quinces and throw them into cold water; save the parings and knotty pieces for jelly, being careful to reject the cores and seeds, as they prevent the liquid from jelling. When you have pared sufficient to make one or two jars, take them from the water and put them into the preserving kettle; cover with boiling water, bring to a boil quickly, then stand on the back of the range, where they will cook slowly, until they can be pierced with a straw. While they are cooking, put the sugar and some water into another kettle, allowing one-half pound of sugar and half a pint of water to each pound of fruit. Stir the sugar until dissolved, then boil and skim. Lift the quinces from the water and put them into the syrup and cook slowly for ten minutes, then put in jars and seal. If several jars are to be canned, all the fruit should be boiled in the same water, and this water saved to boil the skins in for jelly.

**Pumpkins.**

It has been a fashion among housekeepers of late years to decry the merits of the old-fashioned pumpkin in favor of its more aristocratic relative, the squash. None of the modern varieties of the pumpkin, which seem to partake of the nature of the squash, can compare with the old-fashioned, orange-yellow pumpkins of the fields which ripen when the corn has turned yellow, and the air is full of the haze and sunshine of October. The old-fashioned way of cooking the pumpkin is the best way; put the pumpkin, peeled and sliced and the seeds removed, into a pot with about two inches depth of water, merely to keep it from burning, cover closely cook slowly for about six hours, stirring occasionally; the water will be by this time exhausted and the pumpkin will be found to have acquired a sweetness which no other method of cooking will give it. A simple rule for pumpkin pies allows one cup of pumpkin to a pint of milk, and one egg to every pie, with sugar, ginger, nutmeg, or mace, as one likes, with a very little salt. An old-fashioned recipe for Thanksgiving pumpkin pie is here given: Two cups of pumpkin, cooked as above, four cups of rich milk (half cream is

fine), half-teaspoonful of salt, two teaspoonfuls of ginger, one of nutmeg, and one of cinnamon. Beat five eggs with five heaping tablespoonfuls of sugar and add them slowly to the pumpkin and milk, stirring well. Bake in an open crust. They should be made considerably thicker than an apple or fruit pie.

**Query Box**

Mrs. H. J.—The recipe asked for has just been given.

Theo.—A salad is always a desirable feature of a luncheon; in fact, it is almost a necessity.

Invalid.—It is very difficult to lay down rules for others to follow, either in housekeeping or in health. Resolve that you won't be sick; think pleasant thoughts; refuse to harbor trouble, and don't allow yourself to whine.

Dimity.—There is no other way, dear child. Most of the breads, a great many of the cakes, and nearly all pastry demands hand-work. The hands must go into the dough. Be sure they are well washed; then go ahead. Handle your cookery as little as possible, but some hand-work is inevitable.

Housewife.—To remove lime, or whitewash from walls so they they may be papered, apply with a cloth or brush a strong solution of alum water. Vinegar is also recommended as a wash for the same purpose. Paper should be put on with a paste made of flour, beaten very smooth.

Beginner.—It would be impossible to give you never-failing recipes. In using a recipe, you must exercise some judgment, and only experience will enable you to do that. Much depends on the way in which ingredients are put together, sometimes; and a very great deal depends upon your ability to cook them with the right heat, and care of the finished product after cooking. Don't be discouraged. "Try, try again."

Mrs. L. S.—For codfish balls, soak the codfish over night, and in the morning wash and pick into fine shreds, leaving out all skin and bones. Mix a teaspoonful of the fish with twice as much cold mashed potatoes; make into little cakes, roll first in beaten egg, then in bread or cracker crumbs, then in flour, and fry in nice drippings. Have the drippings hot when the balls are put in.

Anxious Allie.—Properly roasted, boiled or broiled meat does not affect the complexion, if eaten with a sufficient quantity of suitable vegetable food. Lettuce, spinach and kindred vegetables keep the system in good condition and make the skin clear and wholesome to look at. Care as to diet and cleanliness will do more to keep the complexion in good condition than all the balms and creams ever made.

**Pungent Paragraphs.**

One of the meanest impositions practiced upon the farmer's wife—and often by husbands who are secretly ashamed of it at the time, is, if there is an old, ring-boned, spavined, crippled horse, that is stove up generally, and good for nothing in this world, it is given to the women folks to drive; it is considered the proper family horse. Now, in all conscience, in these modern days, a woman capable of the care of a house and a family, to say nothing of the thousand other concerns that are entrusted to her, should have for her own, exclusive use, a horse of such ability that when she starts for a given point, her clothes won't get out of style before she gets there.

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Marriage isn't a failure if you don't expect too much of it. But don't run the risk of marrying a man to reform him. I know it is said that the best men are moulded out of faults, but it is not every one who has enough in his make-up to pay for the moulding. The main difficulty is, that people demand of marriage all the universal vir-

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ties of a patent medicine, warranted to cure all infirmities. The marriage ceremony does not remove a woman's faults, nor a man's crooked disposition—they are exactly the same people they were before, only more so. Why should perfection be demanded of marriage, more than of other things? When I see so many people rushing into matrimony and then rushing out again, I am reminded of the Scripture, "Many are called, but few are chosen." —Selected.

The opening of the third week of the sessions of the Alaskan boundary commission in London found the American counsel continuing his presentation of the American case. He was followed by the counsel for the Canadian claims, Christopher Robinson, K. C.