

a relief, not only to tender and painful feet, but also to prevent perspiring of the feet. Low shoes, without heels, or the sandal, known as "the barefoot shoe," are both very comfortable foot-gear, but, of course, these can be indulged in only in the house.

Little Helps.

In cutting new bread, heat the bread knife by dipping it in scalding-hot water before using.

In working button-holes, strengthen the material around the cut portion with running stitches of thread and carry a strand of the silk or thread to prevent the hole from stretching along the top of the cut while working.

Discolored enameled saucepans may be easily cleaned by the use of powdered pumice stone. Stove blacking will not burn off if it is wet up with a little aqua ammonia. It is better to keep vinegar in glass, as the acid may affect the glazing of a stone vessel.

One of the best blood-purifiers and purifiers is the strawberry, and it comes at a season when such aids to health is particularly desirable. Red fruits are said to contain small quantities of iron in a form easily assimilated by the system.

Velvet seams, when pressed, will show marks of the iron, and often cloth will do so. This can be obviated by standing a warm iron with the small end up and the seam, opened with a damp finger, run over the iron. Velvet must not be pressed by a weight.

In using flosses or filloes, or silks of any kind for embroidery, cut in short lengths, find the lay of the fibre and thread your needle so as to work the way of the fibre, not against them, and so prevent fraying. No expert worker uses long lengths of embroidery silk or thread.

Pale people, instead of taking pink pills, should eat pink and red fruits, such as cherries, strawberries, currants, raspberries, apples, and pink-cheeked peaches. Bilious people will find it to their advantage to eat grapes, oranges, lemons and other mildly acid fruits. In rheumatic patients, the excess of lactic acid in the system should be combatted with fruit acids.

In putting away window and door screens, first dust thoroughly inside and out with a soft brush; if there are holes, or broken meshes in the wire, cut from an old screen a patch to fit over the broken place, and sew it on with a ravelled wire, running it in and out through the overlapping portions until the ends meet, when they may be fastened by twisting together. Give the screen a coat of paint and put them away carefully for another season. Treated in this way, they may be used for several years. Few things look more untidy than a ragged screen, and certainly, few things are more useless.

If it is necessary to keep butter and milk in the vegetable cellar do not fail to place a dish of fine charcoal near them; the fine flavor of good butter and milk is often destroyed by being kept near odorous substances. Keep the cellar open as long in the fall as the weather will permit, and all during the winter on warm days, let in fresh air. Ordinary dampness may be remedied by placing a half peck of air-slacked lime in a box in the cellar and renew as soon as it becomes crumbly. When packed in large heaps, vegetables sweat and quickly decay. Pack potatoes in barrels and sprinkle lime among them.

Query Box.

Odessa.—Questions like yours cannot be answered in the Query Box. You should send stamped, addressed envelope for reply.

Anxious.—No one can lay down a rule as to when, how much and what another should eat. In this matter, as in many others, one must be a law unto himself. It is certain, however,

that we all eat too much and too often.

E. C.—Brushing the teeth at night with milk of magnesia neutralizes acids that form in the mouth. For the complexion, a glass of hot water, with a pinch of fine table salt in it, three times a day, before meals, is highly recommended.

Mrs. L. R.—This correspondent would be glad to have the words of an old song entitled "The Indian's Lament," commencing, "Oh, give me back my bended bow." Can be sent to this office and will be forwarded to her.

Eda C. G.—The colored paper used in imitation of stained glass is not exactly a paper, but is called Glacier glass, and applied to glass gives the appearance of stained glass, either in plain colors or in figured, cathedral effect. Will cost from 75c per square foot, up. Send you the address of the dealers by mail.

Reader.—Many of the dentifrices advertised are really harmful, while others are worthless. An excellent wash for tender gums is warm salt water. A good tooth powder is made of half an ounce of Peruvian bark, powdered, quarter ounce of pulverized chalk and quarter ounce of orris root, well mixed.

Querist.—Ointments are usually prepared by mixing medicinal subjects with lard, wax, vaseline, etc. Mutton tallow, mixed with a suitable amount of olive or cottensed oil, with a little glycerine, is preferable to the other substances. Bread is often used as a poultice, but is not so good as ground flaxseed.

Busy Housekeeper.—To make sand tarts, take one cup of butter, one and a half of sugar, two of flour, a very scant teaspoonful of baking powder and a little over a gill of milk; make into a smooth dough, roll out thin, cut into cakes, sift sugar over and bake. They should be only a nice yellow—not brown.

Maidie.—The best and simplest treatment for cold feet is to bathe them in cold water, rubbing them vigorously with a piece of Turkish towel, while in the water, and rubbing them dry when out of it. A few drops of olive oil well rubbed in when they begin to feel warm is beneficial. Repeat this process every night for several weeks.

Beauty-Lover.—The clematis, jackmanni is a herbaceous perennial, perfectly hardy up to 44 degrees latitude, with a covering of coarse manure in the winter, springing up in the spring and climbing ten or more feet in a season, and covering itself in June and July with a cloud of large purple flowers. It will thrive in any good garden soil, and is propagated by a division of the roots. It is in every way desirable.

Housewife.—Tops of jars which have become crusted with the white substance so often found when fruit has fermented, may be cleansed by boiling slowly in strong soda water. Plant your hardy bulbs not later than December first, if you wish good results; better to plant them earlier. Throw the tuberose bulbs away; the bulb blooms but once, and is worthless after.

May Helen B.—I am not sure that any "simple home remedy" can be given that will permanently remove superfluous hair. All depilatories are made of drugs which, to some extent, irritate the skin, and even the best of them do not always permanently benefit. It would be best for you to consult your home physician in the matter, or else get some remedy put up by a reliable firm. To cleanse the child's teeth, it would be best to consult a good dentist; the discoloration may be the result of stomach troubles, rather than of medicine.

Fashion Notes.

Shoulder capes are largely used on all new clothes, and are a blessing

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in disguise to the woman who has to "do over" her garments.

All skirts fit smoothly over the hips. The long skirts are fuller than of last season, the fullness being confined in plaits and shirrings; the plainer of the long skirts have the inverted plait.

The range of material for dress and costumes is very wide. Fabrics which have but one color are worn as well as the splashed, striped and plaided color combinations. Fringes are again very much in style as a trimming, not only in one color, but in shaded effects.

A dress accessory which will give to a plain, home-made gown an air of distinction is an embroidered cloth collar, with cuffs to match. Select ecru cloth, as that will look well with any dark jacket or waist; stitch it with black or dark brown silk; finish both the collar and deep cuffs with a thickly padded button-holed edge, worked in any colored silk you choose.

Coats are made long, rather than the awkward hip-length of the past winter. The jacket and skirt costume seems to enjoy favor, as it is exceptionally convenient for suits that are to be worn to school, or wherever it is necessary to remove the outer wrap and desirable to have a waist that will wash. Such a suit may be worn the year round with washable shirt-waists.

Among the expensive new goods there are always enough of the old stand-bys left to supply our necessities at reasonable prices. The skirts are not so clinging, but they still flare prettily at the foot. Instead of being finished with a simple hem or under-facing, as during the past year, the flare is held in place by a light-weight stiffened facing, and finished on the edge with a braid or bias velveteen. This will greatly lessen the wear about the bottom of the skirt, as the finishing braid or velveteen may be replaced for a few cents and an hour's time.

The old-fashioned, tight-fitting basque is coming in again, and the coat is to be made as if molded to the form. With the newest costumes, two skirts should be provided for the

coat, making one costume do duty for two gowns. One skirt should be of instep length, for traveling, or general wear, lined, bound with braid or velveteen around the bottom, and finished with a little stiffening to give it the correct flare; for more or less formal occasions, with the same coat should be worn a long skirt, touching the ground all around, with a little train at the back. With these skirts should be worn a dressy blouse for the short one and a shirt waist of the heavier new materials for the long one.

"Beauty Hints."

The shoulders should be perfectly flat when standing, but not drawn backward in an exaggerated curve. The chest should be raised high, and never be allowed to become concave. The abdomen should be well drawn in, and the body below the hips thrown well back. The "new figure" is in accord with the laws of grace and hygiene in this matter, and fashion has largely accomplished what volumes of lectures have failed to do.

The thin woman seldom is thirsty, while the stout one constantly craves the liquids which she must deny herself. Water flushes the system and aids in carrying off the waste matter. The body is composed largely of water, most of which passes off in insensible perspiration; to offset this loss, two quarts of water should be taken daily by every human adult, except those who are seeking reduction in weight.

The nightly hot-water face-washing, so strongly advised because triumphant results have followed, should never be omitted until the skin is softened, every pore opened and every gland stimulated to healthful action. Wash the face every night with hot water that has been boiled to soften it; a pinch of borax may be added. Steaming the face is to be commended in case of pimples and blackheads only—never for wrinkles.—Selected.

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.