

The Home Department

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liquid will not touch the varnish. If the bugs are in the walls, apply wherever they can hide. This is reliable.

Mary B.—As I am not a physician, I cannot presume to prescribe for ailments. The most I can do is to give some simple home remedies.

Louise M.—I should certainly advise the wash goods for every-day wear in dresses and shirtwaists, as one cannot be neat without being clean, and in cities, the dresses and waists become soiled in a very short time; nothing gives such a feeling of comfort as the fresh-laundried, well-made and well-fitting apparel. In offices and for school wear, the corduroys and velvets are very appropriate, and the velvets come in many beautiful colors and designs.

Cake Mixtures.

To thoroughly combine cake mixtures which contain butter, cream the butter and sugar together, beat the eggs together separately, as the rule may require, and add to the creamed butter and sugar with the milk. Sift the flour and baking powder together, then add to the other ingredients, and lastly, having prepared the fruits, nuts or similar ingredients, throw into the mixture.

The more one whips the butter and sugar, the finer the grain of cake. Beat the cake-mixture with long, steady strokes, and always in one direction. To "fold" any ingredient into a mixture means, literally, the same as the definition for the word fold—that is, to double over, to confine in a fold, and this is an entirely different movement from beating or whipping, which are terms commonly given in rules for cake making.

When the yolks and whites of eggs are separated, the whites are whipped

ON A RANCH

Woman Found the Food That Fitted Her

A newspaper woman went out to a Colorado ranch to rest and recuperate and her experience with the food problem is worth recounting.

"The woman at the ranch was pre-eminently the worst housekeeper I have ever known,—poor soul, and poor me!

"I simply had to have food good and plenty of it for I had broken down from overwork and was so weak I could not sit up over one hour at a time. I knew I could not get well unless I secured food I could easily digest and that would supply the greatest amount of nourishment.

"One day I obtained permission to go through the pantry and see what I could find. Among other things I came across a package of Grape-Nuts which I had heard of but never tried. I read the description on the package and became deeply interested so then and there I got a saucer and some cream and tried the famous food.

"It tasted delicious to me and seemed to freshen and strengthen me greatly so I stipulated that Grape-Nuts and cream be provided each day instead of other food and I literally lived on Grape-Nuts and cream for two or three months.

"If you could have seen how fast I got well it would have pleased and surprised you. I am now perfectly well and strong again and know exactly how I got well and that was on Grape-Nuts that furnished me a powerful food I could digest and make use of.

"It seems to me no brain worker can afford to overlook Grape-Nuts after my experience." Name given by Postum Co., Battle Creek, Mich.

Get the miniature book, "The Road to Wellville," in each pkg.

stiff and added last to the mixture, with this "folding in" movement; thus the air bubbles will remain intact, and the cake will be exceptionally light and palatable. In mixing sponge cakes, and those mixtures which do not contain butter, beat the yolks of the eggs and the sugar together, add the stiffly-beaten whites with the flavoring, and lastly, fold in the flour, which has been sifted with the baking powder. — Household Ledger.

The sugar most satisfactory to the ordinary housewife, in baking any but the finest cakes, is the very light grade of brown sugar—just tinged with a yellow color; it is much preferable to the granulated usually employed. It creams more readily, and makes a much finer-grained and lighter cake.

Candied peel, nuts, raisins or currants should be dusted well with flour and added to the cake-dough just before it is poured into the baking pans; otherwise, they may settle to the bottom.

"The Weekly Wash."

Recently, in my hearing, a number of ladies were bewailing the discomforts of the weekly wash-day, whether the work was done by themselves or by a woman hired for the purpose. One of them, turning to me, said: "Do you not find wash-day the hardest day of the week?" I replied, laughingly, that I do not find it particularly hard, whereupon several pairs of astonished eyes were turned upon me, and my complaining sisters asked for the methods by which wash-day is robbed, for me, of its terrors.

Not having any secret methods, I was glad to enlighten them and I hope they have profited by my disclosure. In the first place, I believe that every wife and mother should avail herself of all the mechanical helps she can get about her housework, and I further believe that it is the duty of the husband and father to provide those helps, so far as his means will allow him to, and that his means will allow of it oftener than he is willing to admit, even to himself. The first cost of household machinery is not large, and, with care, these machines will last well on to a lifetime, if of the best quality when purchased. No man of whatever trade will pretend to work without the tools his work calls for, and no man should ask his wife to do with less. Machinery costs less than doctor's fees. One of the prime necessities in any household is a good washing-machine and wringer. Of course, we take it for granted that the wife has a good and satisfactory range for heating purposes, if there is no heating attachment to her machine, in order that there will be no trouble about hot water. The matter of water and fuel must be looked after, as no self-respecting machine will attempt to do the work without these. Having these necessities, the next factor to be considered is the motive power—a sort of domestic storage battery; and this must be supplied by some one besides the wife. Everything should be gotten ready the previous evening; or, better, everything should be kept in readiness at all times. The supply of soap, starch, borax, blueing, sal soda, ammonia, and other laundry necessities, should not be allowed to "run out," while there should be no leaky boilers or tubs. Clothes pins, clothes sticks, large ladles, basket and line, with good stout props for the line, should all be in place, and thus the real work of wash-day will be greatly lessened.

When ready to do the washing, just start things as early as possible; start in time so that the gude mon will have plenty of time to "rub out" on the machine at least the "first suds," which he will be glad to do while you are attending to the breakfast, before he goes to his work,

whatever it may be. If the gude mon is so indifferent to his own interests as to refuse to save you this work, coax the children to do it for you; if there are no children old enough to take the load off of you, it will still be easier for you than breaking yourself in two bending over a wash-board; but I think you can get the gude mon to help you. Husbands are not a bad lot, even though they sometimes don't understand, and are generally ready to "sacrifice" themselves for the general good, if they once see it. In this way, the wife will have little to do except to superintend and oversee, and quite a large wash can be readily got out in two or three hours, and the wife saved that dreadful backache and exhaustion which, more than anything else, upsets the comfort of the family.

Washing, when properly done, is more than the mere question of rubbing the clothes through a lot of hot, soapy water, and can be made really "one of the fine arts," and I confess to a liking to superintend the foamy business, myself, when somebody else "turns the crank." We really enjoy our "wash-day," which, with us, is but a matter of a couple of hours, and I assure you, I never have any of those distressing backaches which were inseparable from the old way. Try the machinery, sisters.

Some Requested Recipes.

Javelle Water.—Take four pounds of sal soda, put it in a porcelain, granite or brass kettle; add four quarts of cold water, let boil until dissolved, then add a ten-cent box of chloride of lime (first mashing the lumps), boil about a minute then remove from the fire and let stand over night, when the lime will have settled. Pour off the clear liquid into jugs and bottles and keep tightly corked. A tablespoonful of javelle water is the amount used for a tub two-thirds full of water; when ready to boil your clothes, have your boiler two-thirds full of water, and into this put two tablespoonfuls of javelle water.

Removing Bones From Fish.—To remove bones from either fresh or salt fish, while raw, take the headless fish in the left hand, split down the back; with the right thumb carefully push the meat from the flesh side of the backbone, then gently force the thumb between the backbone and the skin of the fish from head to tail; now gently pull sidewise, and the ribs adhering to the backbone will come out with it. All the remaining bones can be removed by catching them between the thumb and the sharp blade of a knife. Salt fish will require freshening first.

For Sweeping Without Dust.—Make a warm cleansing suds of rain-water and some good washing powder, and have your broom perfectly clean—or a new one may be used. Dip the broom into the suds, being careful to shake all the water possible out of it before using; then take a width at a time, sweeping with short, quick strokes, and, whenever the broom gathers the dirt for an inch or two on the points of the straws (which it will very soon do), dip it again in the water until clean. As soon as the water looks soiled or black, change to fresh suds and continue sweeping by widths until the carpet has all been gone over, and the colors will look bright and new. One such sweeping, unless the room is much used, will keep the carpet looking fresh and clean for a week.

If one cannot afford a good grade of linoleum or oil-cloth, the next best thing is to have the kitchen floor smoothed, the cracks filled, and the boards well oiled with boiled linseed oil.

Reward of Merit.

A New Catarrh Cure Secures National Popularity in Less Than One Year.

Throughout a great nation of eighty million it is a desperate struggle to secure even a recognition for a new article to say nothing of achiev-



ing popular favor, and yet within one year Stuart's Catarrh Tablets, the new catarrh cure, has met with such success that today it can be found in every drug store throughout the United States and Canada.

To be sure a large amount of advertising was necessary in the first instance to bring the remedy to the attention of the public, but everyone familiar with the subject knows that advertising alone never made any article permanently successful. It must have in addition absolute, undeniable merit, and this the new catarrh cure certainly possesses in a marked degree.

Physicians, who formerly depended upon inhalers, sprays and local washes or ointments, now use Stuart's Catarrh Tablets because, as one of the most prominent stated, these tablets contain in pleasant, convenient form all the really efficient catarrh remedies, such as red gum, blood root and similar antiseptics.

They contain no cocaine nor opiate, and are given to little children with entire safety and benefit.

Dr. J. J. Reitiger, of Covington, Ky., says: "I suffered from catarrh in my head and throat every fall, with stoppage of the nose and irritation in the throat affecting my voice and often extending to the stomach, causing catarrh of the stomach. I bought a fifty-cent package of Stuart's Catarrh Tablets at my druggist's, carried them in my pocket and used them faithfully, and the way in which they cleared my head and throat was certainly remarkable. I had no catarrh last winter and spring and consider myself entirely free from any catarrhal trouble."

Mrs. Jerome Ellison, of Wheeling, W. Va., writes: "I suffered from catarrh nearly my whole life and last winter my two children also suffered from catarrhal colds and sore throat so much they were out of school a large portion of the winter. My brother who was cured of catarrhal deafness by using Stuart's Catarrh Tablets urged me to try them so much that I did so and am truly thankful for what they have done for myself and my children. I always keep a box of the tablets in the house and at the first appearance of a cold or sore throat we nip it in the bud and catarrh is no longer a household affliction with us."

Full sized packages of Stuart's Catarrh Tablets are sold for fifty cents at all druggists.

Send for book on cause and cure of catarrh mailed free. Address, F. A. Stuart Co., Marshall, Mich.