

then cheese-cloth, costing 3 to 5 cents a yard, doubled, and hemmed to keep it from getting into the rag-bag, will answer for china, and a yard will make two or more. Some "kitchen authorities" advise the use of common unbleached crash, or a cheap grade of towelling, but unless care is taken this soon absorbs any grease that may be in the water, and becomes stiff and discolored. For pots and kettles, and other iron vessels, a wire dish-cloth, costing about 4 cents, made of round rings linked within each other, should be used for first washing, thus removing all remains of food sticking to the bottom and sides, after which the soft cloth can be used for washing and drying.

For glassware, there is a smooth, gray cloth, called glass towelling, and for silver, a soft checked towelling may be used. A towel of good linen should always hang near the kitchen table, on which to wipe or dry the hands of the cook. This should be used by no one else, and should be changed often. China towelling also makes good dish-wash cloths.

All towelling, whether for toilet, bath or kitchen purposes, should be hemmed by hand, and all table linen the same. The kitchen cloths—especially dish-cloths—should always be washed whenever used, and should be dried either in the sunshine or other heat, for sanitary reasons. Few things are more disgusting to the neat housewife than a stiff, greasy wash-cloth, or a soiled, hard-feeling, drying towel.

The Sash Curtain.

Sash curtains may be used at the kitchen windows in the interests of

DOCTOR DID IT

Put on 36 lbs. by Food.

Feed a physician back to health and he gains an experience that he can use to benefit others. For this reason Grape-Nuts food is daily recommended to patients by hundreds of physicians who have cured themselves of stomach trouble. One doctor says:

"Although a physician and trying to aid and assist my fellow beings to enjoy good health it must be admitted I formerly did not enjoy the best of health myself. In January, 1893, I only weighed 119 pounds. At this time I was living in the Ohio valley and began to think I had about seen my best days. One day about 3 years ago I had an opportunity to try Grape-Nuts food for my breakfast. I liked it so well that I ate three teaspoonfuls three times a day and have regularly used it up to the present time, and I now weigh 155, a gain of 36 pounds and enjoy the best of health.

"Not only has Grape-Nuts made this wonderful change in me, but through it I have helped my friends, relatives and patients. The sustaining power of this food is simply wonderful.

"I have one patient who is a section hand on the C. & O. R. R. who eats nothing in the morning but four tablespoonfuls of Grape-Nuts and yet does his very hard work up to luncheon time and enjoys the best of health and strength.

"I could name a great many cases like this and I still prescribe Grape-Nuts in my practice every day." Name given by Postum Co., Battle Creek, Mich.

Ask any physician about the scientific principles on which Grape-Nuts food is made. He'll tell you the principles are perfect.

Then a 10 days' trial proves that the principles are carried out in the food ("all the good of the grains so treated that anyone can digest it all"). Shown in renewed physical strength and brain energy.

"There's a reason." Look in each package for the famous little book, "The Road to Wellville."

privacy, and may be of thick or thin material, as one may choose. Just now the stores are offering remnants of curtain material which are both pretty and inexpensive. If kept clean and fresh through frequent laundering, the material will not matter so much, and one may use quite cheap goods for the purpose; but it should be borne in mind that cheap grades of any fabric are dear in the end, while an ordinarily good grade will both look and appear well. Very light caucoses, percales or lawns, with a small figure on the background, are inexpensive and quite lasting; or a plain lawn may serve.

Sash curtains, wherever used, should be hung on brass rods, as they should not be allowed to "sag" in the middle, for untidy window drapery spoils the effect of the neatest room, while nothing looks "quite so bad" if the window is neat. White curtains soil readily, yet they are easily laundered, and with them the room may always look sweet and clean. If pains were taken to render the kitchen pretty and attractive, fewer women would "just hate housework." Let your curtain be the same size of the sash after it is hemmed at both ends, and if you do not wish to use rods, it may be strung with tape or cord and lightly tacked to the sash, top or bottom, or both.

Hem the drapery at both ends with an inch-wide hem, feather-stitch with silk threads, if you like, or merely machine stitch; or, if the bottom end is left loose, hem-stitch or lace-finish across the bottom. After a double row of stitching across the top to form a casing through which to run the rod, tape or cord, there should still be enough of the hem for a heading, and if the curtain is to be tacked onto the sash, the cord should be run through the casing by which to draw it up to fit the sash.

"Straightening Things."

Indoors, as well as out, the spring fever is developing rapidly, and the bright warm sunshine and smell of the budding trees and sauberry make more glaring the unpleasant things within, and the housewifely fingers "just itch" to get to straightening things. In your renovating, do not forget to add a few conveniences to the kitchen. Remember that you will see far more of that room than any other in the house, unless you are so unfortunate as to have to depend upon hired help in the home, and if you are, you will have to give a good bit of your mental presence to it.

If the kitchen is supplied with the little conveniences in the way of closet room (which can be constructed from the ever-helpful boxes, if in no other way), it may be made very neat and pleasant to look upon, and thus much of the dislike and drudgery of kitchen work be done away with. Pots, pans, and other necessary, but not ornamental adjuncts to the culinary department, should be neatly put away in those receptacles, and will be all the better for being kept out of the dust.

Do not get the new carpet and curtains for the parlor unless you have a satisfactory range or good cook-stove for the kitchen. Don't try to use the old, burnt and enamel-cracked cooking vessels in order to save for the extra picture or rug. The carpets and curtains, rugs and pictures are all very well, and I wish you could have them, but see that the kitchen is well and necessarily furnished first. Do not get cheap things—though cheap ones in careful hands may serve a long time; but the best you can afford is always the cheapest; you won't have to replace them so often.

Don't work in a dark kitchen if it can be helped; light is life, and death is hand-in-hand with darkness. Do not choose dark colors for the painting, and if the walls are to be papered, let it be in some cheerful, light-

giving color. Don't have dark shades to the windows; sash-curtains with no shades is better, but if you must have shades, keep them run up during every minute of the day. Let the sunshine in wherever possible, for sunshine is the most powerful disinfectant known.

If the floor is open with wide cracks between the boards, make a common flour paste, using one pound of flour and a tablespoonful of alum to three quarts of water, and into this paste stir newspaper torn into small pieces until the mixture is thick like putty, and fill the cracks with this while warm. Smooth the filling down even with the boards with an old knife, or other blade, and it will harden like papier mache. This mixture may be used to fill other cracks and openings about the house and furniture, and will be found very satisfactory.

Our Cares.

There are many well-meaning people who have an idea that when they are stumbling along under the heaviest burdens they are pleasing God the most. They forget that the only thing any Christian has a right to do with a care is to give it to Christ, and that in the heart where there is anxiety and worry there is no trust. "Cast thy burden upon the Lord, and He will sustain thee," was put in the Bible on purpose to give every heart-sore pilgrim rest. No question as to the size of the burden—God said give it to the Lord, and when you have done so, leave it in His hands, trusting that all will be well.

Nothing takes the life and heart out of a Christian like staggering along under loads that God never intended he should try even to lift—anxiety about a thousand things that flatten one to the dust if given a thought. If there happens to be plenty in the house today, he worries and loses sleep for fear there will be nothing for tomorrow, or next week. Today, the rosy children play about the house, and he gives way to forebodings that "such things cannot last—something will be sure to happen to them tomorrow." He is afraid to eat of the loaf today, fearing that even the crust shall be wanting for tomorrow. The comfortable garment must be folded away now, lest a greater need for it shall press tomorrow.

O, thou of little faith! Can you not hear the voice of the Father, bidding you to bring all your burdens to him? Can you not trust his love, when he tells you of his care over even the sparrows, than which you are many times more valuable? You have no right to doubt God's word; you have no right to question His wisdom. When our poor-houses begin to be crowded with faithful Christians, it will be time to become anxious for fear that God will forget his own. God has told us, by the lips of His Son, that "according to our faith shall it be done to us," and He has asked us only to trust and believe, and all shall be well with us. Can we not do this?

Sore Throats.

This is the time of year when sore throats are very common, especially among children; and lots of worry might be avoided if mothers knew what to do at once; delays in such cases often prove very serious.

Here are some simple remedies which have been used in hundreds of cases with the best results:

As soon as a child complains of a sore throat give it a good hot foot-bath cools, add more hot water. Conlemonade that he will drink. As the bath cools, add more hot water. Continue this for a half hour or more until all chilliness is gone, and his body feels moist. Then dip the feet for an

Will You Help a Sick Friend?

Get My Book For Him Now.

Which shall I send? Book 1 on Dyspepsia. Book 2 on the Heart. Book 3 on the Kidneys. Book 4 for Women. Book 5 for Men (sealed.) Book 6 on Rheumatism.

Send me no money. Only tell me which book to send. You certainly know of some one who is sick—some sufferer who will be grateful for the help my book offers.

And that book tells of a way to help. Tells of a way so certain that I, as a physician, offer that help on trial. The book tells how for 30 years in hospitals and at bedside I searched for a way to cure deep-seated and difficult diseases. It tells how I perfected my prescription—Dr. Shoop's Restorative. How by scientific experiment I traced out the causes that bring on chronic diseases.

I found invariably that where there was a weakness, the inside nerves were weak. Where there was a lack of vitality that the vital nerves lacked power. Where weak organs were found, I always found weak nerves. Not the nerves commonly thought of, but the vital organs' nerves, the inside—the invisible nerves.

This was a revelation. Then my real success began. Then I combined ingredients that would strengthen, that would vitalize these nerves. That prescription I called a restorative. It is known the world over now as Dr. Shoop's Restorative. After that I did not fail to cure one case in each hundred. In the extremely difficult cases my failures for five years were one in each forty treated. I found cancer incurable. Cancer is for surgery, not medicine.

Then how to get this prescription to sick ones everywhere was my thought. I must announce it in the public press. But, thought I, will they realize the truth of my discovery—the real power of Dr. Shoop's Restorative? Then a way came to me—like an inspiration. "I will offer it to the sick on trial. Then they will know I am sincere."

I wrote a reliable druggist in each city and village in America. They agreed to co-operate with me. Now by any sick one

Dr. Shoop's Restorative

Can be taken on trial. For a full month I will let you use it entirely at my risk.

Send no money. Just write me for the book you need. When I send it I will tell you of a druggist near by who will permit the month's trial. Use the Restorative a month. Then decide. If you say to the druggist "it did not help me," that will relieve you of any expense whatever. He will bill the cost to me.

This is my way of clearing your mind of all doubts as to what Dr. Shoop's Restorative can do. No matter how prejudiced, you cannot dispute this absolute security I offer. You cannot resist an offer like this if you are at all sick.

If you have a weakness, write me. If you can't do things like you used to do them, tell me about it. Write in confidence. As a physician I will tell you a way to help. Get my book now—today.

Address Dr. Shoop, Box 4515, Racine, Wis. Mild cases, not chronic, are often cured with one or two bottles. At druggists.

instant in cold water and rub with a towel until perfectly dry. Put him into a warm bed, and apply a cold compress of ice or snow to the throat. This can best be done by taking a small, soft stocking and putting a piece of ice or a little snow (about the size of a small walnut) in the heel and in the toe, and placing it directly over the tonsils, and wrapping the balance of the stocking snugly around the throat and pinning it. Over this, wrap an old soft napkin or towel so as to exclude the air, and keep the clothes from becoming damp. Change this for fresh ice every half hour, or as soon as it becomes melted. It is best to use two stockings, so that one can be drying while the other is in use.

Several warm injections should be given from a fountain syringe, until the bowels are thoroughly relieved. This will allay the fever and headache.

Should there be any tendency to chilliness, put hot water bags or irons to the feet and back, and occasionally hot fomentations to the throat for fifteen or twenty minutes, in place of the ice.

Use a gargle every half hour of either of the following: A glass of water with a tablespoonful of salt, or a glass of equal parts of vinegar and water, with a teaspoonful of salt.

If these simple remedies are thoroughly applied for a few hours, you will be surprised to see how quickly the fever and inflammation will disappear; and you have thus nipped in the bud what might have been a severe case of tonsillitis, quinsy, or even diphtheria.—Exchange.

AN OLD AND WELL TRIED REMEDY
MRS. WINKLOW'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.