

it rises. When the juice has bubbled briskly for twenty minutes pour in the sugar, let come to a boil, then remove the kettle instantly from the fire. Use a large china cup with which to dip the hot liquid from the kettle, and pour it into glasses, which should be standing on a wet cloth to prevent breakage. A new granite-ware saucepan, holding eight cupfuls of juice with the necessary sugar, makes a convenient utensil; a gas, or blue-flame oil stove is fine for making jelly. Jelly made by this recipe will be as beautiful to the eye as it is good to the taste.

**For The Lunch Basket.**

**Pine-apple Sandwiches.**—One cupful of pine-apple juice and pulp, three-fourths cup of sugar, the juice of a lemon. Cook all together until thick, let cool, and spread on lady-fingers or sponge-drops; press together in pairs.

Hard-boiled eggs, sliced lengthwise and sprinkled with grated cheese, laid between thin slices of well-buttered bread, make nice sandwiches.

Chipped beef, pressed veal loaf, smoked tongue, or canned corn-beef, are nice for picnic purposes.

**Timely Recipes.**

**Bean Pickles.**—Take nice, sound bean-pods, wash and string, leaving them unbroken; put on in boiling water and cook until tender, but not so tender as to break when lifted. Make a brine strong enough to bear up an egg; put the beans in it and weight down under the brine. When wanted for use, soak as other pickles, and cover them in vinegar. When the vinegar is put on them, boil the vinegar,

**TWO STEPS**

The Last One Helps the First.

A sick coffee drinker must take two steps to be rid of his troubles and get strong and well again.

The first is to cut off coffee absolutely.

That removes the destroying element. The next step is to take liquid food (and that is Postum Food Coffee) that has in it the elements nature requires to change the blood corpuscles from pale pink or white to rich red, and good red blood builds good, strong and healthy cells in place of the broken down cells destroyed by coffee. With well boiled Postum Food Coffee to shift to, both these steps are easy and pleasant. The experience of a Georgian proves how important both are:

"From 1872 to the year 1900 my wife and I had both been afflicted with sick or nervous headache and at times we suffered untold agony. We were coffee drinkers and did not know how to get away from it for the habit is hard to quit.

"But in 1900 I read of a case similar to ours where Postum Coffee was used in place of the old coffee and a complete cure resulted, so I concluded to get some and try it.

"The result was, after three days use of Postum in place of the coffee I never had a symptom of the old trouble and in five months I had gained from 145 pounds to 163 pounds.

"My friends asked me almost daily what wrought the change. My answer always is, leaving off coffee and drinking Postum in its place.

"We have many friends who have been benefited by Postum.

"As to whether or not I have stated the facts truthfully I refer you to the Bank of Carrollton or any business firm in that city where I have lived for many years and am well known." Name given by Postum Co., Battle Creek, Mich.

"There's a reason."

Look in each pkg. for the famous little book, "The Road to Wellville."

sugar (if liked) and spices together, and let cool before pouring on the pickles. Beans are nice to put in mixed pickles, with other vegetables.

**Beets in Cream Sauce.**—Wash the beets, but do not cut them or break the roots; cook until they are tender, then drop them into cold water and slip the skin off with the fingers. Do not pierce with a fork or other instrument while boiling, as that will let out the bright color. Cut into dice or slice thinly across the grain, add butter, pepper and salt to taste. A tablespoonful of vinegar added to the dressing improves it. If liked, a little flour may be rubbed up with the butter before it is added to the hot beets, and the dish set back over the fire and tossed up until it begins to boil, when it may be served hot.

**Canning Beans.**—Select fresh, tender beans, string and break into lengths less than an inch long, wash and pack into Mason's glass jars as tight as possible, crowding them down with the handle of a potato masher, or other suitable instrument, until the jar will hold no more. Then pour in cold water, all the jar will hold, being careful to crowd out all the air bubbles; put on the rubbers and caps and screw down the cap until nearly air-tight, but not quite so. Have the boiler ready, with a wooden rack, or a piece of thick cloth in the bottom on which to set the jars, put in all the jars the boiler will hold (on the bottom), and pour cold water into the boiler until the water just reaches the rubbers and edge of the cap, then set on the stove, and let the beans cook four hours after the water begins to boil; draw the boiler from the fire, and when cool enough to admit of handling the jars, comfortably, take them out one by one and screw the lids down tight, stand them on the lid, in order to find if any of them leak, leaving them until the jar cools; if air-tight, wrap them in paper and put them away in a cool, dark place. Under no circumstances should the lid be taken off, no matter how much water in the jar has boiled away. If the jar leaks, hammer down the edge of the cap with a metal knife-handle, or very light, small hammer, over the place of leakage. Peas may be canned in the same way. The vegetables must be packed tight, and cooked for hours.

**For Grape-Juice.**—Wash and stem eight pounds of fresh, sound grapes; add one quart of cold water; set on the stove and bring to a slow boil until tender—a very few minutes; stir and mash with a wooden spoon, turn into a flannel jelly bag and let drip until the juice is all separated from the pulp; then, to every pint of the juice add half a pound of granulated sugar, and boil fifteen minutes. Pour into bottles, cork and seal while hot. This is excellent for cool drinks in the summer.

**Cold Slaw.**

Cook together one-half cup of vinegar, a level tablespoonful of sugar, half level teaspoonful of salt, the same of mustard, and a pinch of pepper. Cream one-quarter cup of butter, one-half level tablespoonful of flour, and pour boiling vinegar over; cook five minutes, add one beaten egg; have ready two cups of shaved red cabbage; pour dressing over and set away to cool. Serve as a salad.

**Query Box.**

(As World's Fair information seems the all-absorbing topic of the querists, I have condensed the information asked for and given it under other headings, hence, have few Queries for the Box.)

OO

Mrs. McK.—Cannot give addresses in this department. You should have enclosed stamped, addressed envelope.

A. M.—A wash that is recommended for retarding the coming of gray hair

is composed of two ounces of bay rum and one-half ounce of sulphur, broken into bits and dropped into the bay rum.

**Isola.**—Drinking large quantities of fresh buttermilk, from one to two quarts or more daily, is recommended for rheumatism. A refreshing drink that will strengthen, is made by filling a quart cup full of fresh, clean bran, pouring in all the water the vessel will hold and let stand for half to three-quarters of an hour, straining off the water and using it to make ordinary lemonade.

**New Cook.**—To marinate meats for salad means to mix thoroughly salt, pepper, oil and vinegar and add to the chopped meats or mixture, letting it stand to ripen, or become well seasoned. Meats, fowl and fish are all used for salads, as are many kinds of vegetables and some kinds of fruits.

**Dollie H.**—Do not waste your time trying to make tomato jelly. It must be made with gelatin, and, unless thoroughly spoiled with other flavors, is a very insipid thing, not worth the trouble. Will give recipes for tomatoes very soon.

**C. A. B.**—By consulting any good florist in your city or vicinity about the Rubber plant, you will get a clearer idea of what you want to know. Any of them will take pleasure in advising you. Or, write to any prominent or reliable florist, and the information will be forthcoming.

**Emma B.**—The word, paeon, means a song of triumph, or joy. The word, peon, means a footman; a person of low rank; a foot soldier in India; a day-laborer; a servant; and, in Mexico, a debtor held by his creditor in a form of qualified servitude.

**Floral Talks.**

Right now is the time to start your winter-garden plants. To have plants that will do well and bloom in the house this winter, one should take young seedlings or rooted slips in early summer, pot them in rather small pots—such as will hold their roots without crowding—and keep them growing thriftily, shifting them into larger pots as growth advances, pinching out all buds and straggling branches to induce stocky growth, keeping free from insects, and encouraging the growth as much as possible, allowing no bloom.

To root soft-wooded plants, such as geraniums, fuchsias, petunias, heliotropes, etc., one should select a thrifty branch, not too soft, else it will rot instead of root; it should neither break nor bend, but should snap off smoothly; trim the larger leaves and cut the stalk smoothly across just below a joint; let the slip be from three to five inches long, though a shorter one will grow, provided the wood is well-grown, but it must snap off smoothly when taken from the parent plant. Take a box about four inches deep, nearly fill it with a mixture of rich garden soil and sand—more soil than sand—water thoroughly, and into this stick your slip, pressing the soil about it, and set it in a warm place—in the sunshine will do, if you are careful to keep the soil in the box wet; if not set in the sunshine, the soil should be only moist. When the slip begins to show leaf-growth, it is generally rooted, and can be transferred to the pot. The slips will generally root if stuck in the soil under the old plants. Many hardwood plants may be slipped in the same way, though these will not snap off smoothly, but must be cut by a sharp knife.

In order to succeed with plants, you must disabuse your mind of the idea of "luck." There is no luck in plant raising, though there is often necessary a great deal of pluck, and close, attentive hard work and intelligent care.

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**A Tribute to Genius**

James Barnes, the correspondent and short story writer, was crossing City Hall park a few days ago, says the New York Times, when he was approached by a torn and tattered derelict, who prefaced a story of hard luck with the touching announcement that he had eaten nothing for three days.

"Well, if that's so," said the author, "come with me. I'm just going to luncheon and we might as well eat together."

In company with his new found companion, Barnes made his way to a Chambers street restaurant, where he ordered a substantial and satisfying meal. When through the waiter brought a check for \$1.50 and Barnes thrust his hand into his trousers pocket only to dig up seven cents. He had never been in that particular restaurant before, and memory of the old adage that "a man's judged by the company he keeps" was not reassuring. So the author turned to his grimy companion:

"See here," he said, "I find I've come away from home without money. Now if you happen to have a dollar and a half in your pockets just pay this bill. Then we'll ride up to my room and I'll pay you back."

The tramp cast one stow, lingering, admiring glance at Barnes.

"Say," he said, "you're the best ever. You're the slickest I ever met." Saying which he dug a grimy hand into his pocket, pulled out several dollars in small change, and paid the check. "It's worth the money," was his parting comment.

Bolivar (Mo.) Herald: The democratic party must stand squarely by its record for bimetalism. We cannot afford to take a backward step on this subject.

**A NOTRE DAME LADY'S APPEAL.**

To all knowing sufferers of rheumatism, whether muscular or of the joints, sciatica, lumbago, backache, pains in the kidneys or neuralgia, pains, to write to her for a home treatment, which has repeatedly cured all of these tortures. She feels it her duty to send it to all sufferers FREE. You cure yourself at home as thousands will testify—no change of climate being necessary. This simple discovery banishes uric acid from the blood, loosens the stiffened joints, purifies the blood, and brightens the eyes, giving elasticity and tone to the whole system. If the above interests you, for proof address Mrs. M. Summers, Box 109, Notre Dame Ind.