

to a friction in the American association, the society was reorganized.

There is no nobler woman than Clara Barton, the first president of the American society of the Red Cross. She was born in Massachusetts, about 1826, and when the civil war broke out, she devoted herself to the care of the wounded soldiers on the battlefield, and in 1864, she was given charge of the hospitals at the front of the army of the James. During the war between Germany and France she volunteered in humane and hospital service, for which she was decorated with the Golden Cross of Baden and the Iron Cross of Germany. In 1884 she represented our government at the Red Cross conference in Geneva, Switzerland. She was also delegate to the international peace convention at Geneva, in 1884, and a special commissioner for foreign exhibits at the New Orleans exhibition. She is also the author of a History of the Red Cross, which was published at the government printing office, Washington, D. C.

**Care Of The Teeth.**

A good tooth powder is made of precipitated chalk and orris root in equal parts, flavored with wintergreen, or some agreeable perfume. This does not injure the teeth and lessens the danger of the gums receding; it should be used just before retiring at night; during the day and after meals the teeth should be brushed with clear, tepid water to which a few drops of tincture of myrrh or listrine have been added.

Picking the teeth should not be indulged in, but if done, should be done

**WRONG TRACK**

**Had To Switch.**

Even the most careful person is apt to get on the wrong track regarding food sometimes and has to switch over.

When the right food is selected the host of ails that come from improper food and drink disappear, even where the trouble has been of lifelong standing.

"From a child I was never strong and had a capricious appetite and I was allowed to eat whatever I fancied—rich cake, highly seasoned food, hot biscuit, etc.—so it was not surprising that my digestion was soon out of order and at the age of twenty-three I was on the verge of nervous prostration. I had no appetite and as I had been losing strength (because I didn't get nourishment in my daily food to repair the wear and tear on body and brain) I had no reserve force to fall back on, lost flesh rapidly and no medicine helped me.

"Then it was a wise physician ordered Grape-Nuts and cream and saw to it that I gave this food (new to me) a proper trial and it showed he knew what he was about because I got better by bounds from the very first. That was in the summer and by winter I was in better health than ever before in my life, had gained in flesh and weight and felt like a new person altogether in mind as well as body, all due to nourishing and completely digestible food, Grape-Nuts.

"This happened three years ago and never since then have I had any but perfect health for I stick to my Grape-Nuts food and cream and still think it delicious. I eat it every day. I never tire of this food and can enjoy a saucer of Grape-Nuts and cream when nothing else satisfies my appetite and it's surprising how sustained and strong a small saucerful will make one feel for hours." Name given by Postum Co., Battle Creek, Mich.

True food that carries one along and "there's a reason." Grape-Nuts 10 days proves big things.

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

in private, not at the table. Silk or linen thread used by dentists should be passed through between the teeth to dislodge particles of food; or the bristles of the tooth brush may be forced through the openings. A good wash for the mouth is a solution of salt, not so strong as to be bitter. Salt itself is a good dentifrice, and may be effectively used to remove the daily deposit of tartar on either natural or artificial teeth. A decayed tooth should never be neglected.

In illness, where mucous accumulates and the lips are parched, the mouth should be kept clean and moist by using a solution of water and boric acid, listrine or lemon juice. When the gums are soft, and inclined to bleed easily, a few drops of myrrh added to the water will harden them. Small squares of old linen should be used instead of a brush, in cases of illness, as the cloths can be burned as used; the soft linen can be wound around the tip of a whalebone and tied with a white thread; this makes a pliable cleaner which can be moved to any part of the mouth; lemon juice and water will remove fur from a thickly-coated tongue generally, and every part of the mouth should be cleaned, behind the wisdom teeth, the roof of the mouth and under the tongue. Perfect cleanliness is necessary to beauty, health and sweet breath.

One should find, and then patronize often a good dentist, for neglect of the teeth means disaster to both good health and good looks.

**Right Living.**

All intelligent people agree that plain, simple, natural food is most conducive to the recovery and maintenance of health, but when one comes to the details as to what constitutes plain, simple, natural food, we are at all points of the compass at once. So difficult is it for the majority of people to reason against the current of their appetites that they will not recognize the privations and self-denials so necessary to the restoration and maintenance of their health—the wheaten grits scratch their throats, the beefsteak is too dry to swallow without gravy, soup is not relished without pepper, they cannot work without their strong coffee, and bread is stale and profitless without butter or sauces, etc. Women eat too little—and too much. They will tell you they "have no appetite," and if they do not eat what they like they can eat nothing. So they go on, eating all kinds of indigestible confections, cakes, pie, pickles, etc., eating them at all hours, because "they have no appetite at the table," and must eat when hungry or not at all. If you mention whole-wheat bread to them, they assure you that their digestive organs cannot, for a moment, entertain the idea, and if you express a doubt of the benefit of coffee, they stoutly defend the habit, quoting no end of ancestors who have lived and died by drinking coffee alone. So it is, to the end of the chapter, until one is tempted to give up the charitable effort in despair, and resolve to let them kill themselves in their own way. But the old adage—"Constant dropping will wear away the stone," comes to one, and the really interested philanthropist again takes up the cudgel in defense of the preventive, rather than the cure of disease.

**Recipe for Washing Fluid.**

Two pounds of unslaked lime, four pounds of sal soda, half pound of borax, and one ounce of lump ammonia. (Liquid ammonia may be used instead of the lump, but in that case must not be added to the fluid until the dry ingredients have been dis-

solved and strained, ready to bottle.) Put the lime, sal soda, borax and lump ammonia (if that is used) in a copper vessel or small tub; pour over the ingredients ten quarts of boiling water and cover closely with an old blanket or other thick covering, to retain the steam as much as possible. Stir occasionally with your clothes stick to make sure that the articles are well dissolved, then let stand a half-hour; add ten quarts more of water, allow to settle and pour off into jugs, glass cans, bottles, or any receptacle which can be made practically air-tight. The settlings may be put into old pails or tin cans and used in place of soap for scrubbing floors and woodshed, closets or other woodwork. It is claimed that it does not injure paint or harm colored fabrics.

To use, fill boiler as for boiling clothes, and to this boil water add, when scalding hot, one common teacupful of fluid, stir well and put in your clothes which you have ready to boil, let boil half an hour, take out, rub lightly through one suds, rinse well in one or two waters and hang out. For each additional boiler of clothes, add half a cup only of the fluid, boiling in the same water throughout the washing. Do not let lie in the water, but wash, rinse and hang out rapidly.

**O O**

The following treatment will remove blood stains from fabrics, no matter how old the stain: Fill a pail full of water, blood warm, and dissolve in it two large tablespoonfuls of baking soda. Let the stains remain in this all night, if very bad and of long standing; if fresh, put them to soak a half-hour before you begin the washing. The stains will be much removed, and when washed and dried as usual will not appear.

**A Plant Box.**

We cannot all have a conservatory, and very few can indulge in a plant room, but, at a comparatively small price, one may have a glass plant box in which to grow many coveted things in the way of green house plants. Have a zinc pan, shallow, made by your tinner. Let it be about 25 inches wide by forty inches long, and about six inches in depth. The zinc pan should be set on a frame of the same dimensions as the shallow pan, but deeper by a few inches. A number of holes as large as a dollar should be cut in the bottom of this frame, to admit fresh air into the box-like apartment, and a door cut through the side through which you could put the heating apparatus, which may consist simply of a night lamp. On the top of the zinc frame rests the frame which holds the glass for your "glass-box," and the whole thing, frame, zinc bed and glass frame, need not be higher than sixty or seventy inches. Fill the zinc bed with earth, or sand, and sink the pots in this; only a little water will evaporate, and the plants should be sprayed daily to keep the air moist, and some of the glass panes removed for a short time to give them air. The plants in this box will not be subject to so much change in temperature, will be sheltered from any draft, and the air will be kept warm and moist.

**One Summer Day.**

We can scarcely have too many outings, these hot July days, and there is nothing that appeals so strongly to the tired worker as the thought of a day spent in the woods, or on the banks of some fine stream. In order to enjoy such resting spells to the full, one must dress as simply as possible, and carry as little as may be of the world's worry with him or her.

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The only modern bowl has no contraptions; is as simple, light and easily handled as any woman could wish. The illustration shows it.

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It matters little where one goes, so long as the weather is fine, the company congenial and the luncheon palatable and not burdensome. Unappetizing and jumbled together eatables do not appeal to the appetite, however sharp it may be, and especially is this true of the picnic luncheon, to be eaten under green trees and in hearing of lapping waters, with the dainty green grasses for our carpets and the swaying wild blossoms filling the air with fragrance. It is worth the while to lay aside all care and go out as a little child, into the sweet woodlands, even though it be but a few steps from your own door, and let the outer life into your heart and simply not do—just rest, and, for the moment, "get acquainted with your own soul."

The trouble with most of people is that, when they make up their mind to take an outing, they wear themselves out "getting ready to go," and by the time they are gone they are cross and irritable and wish they had stayed at home. They carry the world's work with them, and fret and chafe all day, expecting and, indeed, looking for "something to happen," which will justify them for their ill-temper. And it is not always the nerve-racked mother that does the worrying, either.

When one goes for an outing, the preparation should not be so elaborate as to wear the nerves out. Common sense people try to carry as little as possible with them in the way of luggage; they select the lightest weight trunks, and carry as few bags and bundles in their hands as possible. And these are they who come home cheered and brightened by the change.

**A NOTRE DAME LADY.**

I will send free, with full instructions, some of this simple preparation for the cure of Leucorrhoea, Ulceration, Displacements, Falling of the Womb, Scanty or Painful Periods, Tumors or Growths, Hot Flashes, Desire to Cry, Creeping feeling up the Spine, Pain in the Back, and all Female Troubles, to all sending address. To mothers of suffering daughters I will explain a successful Home Treatment. If you decide to continue it will only cost about 12 cents a week to guarantee a cure. Tell other sufferers of it, that is all I ask. If you are interested write now and tell your suffering friends of it. Address Mrs. M. Summers, Box 169 Notre Dame, Ind.