

several hours to take off the chill; then mix thoroughly with it one and a half teaspoonfuls of salt; dissolve half a yeast cake in half a cupful of warm water, make a well in the flour, pour in the yeast and stir in enough flour to make a stiff batter; scald a pint of milk to boiling point, adding a teaspoonful of sugar and a half teaspoonful of butter; add enough water, which has been boiled, and cooled, to make the milk tepid, then pour it into the flour and yeast by degrees, beating thoroughly with a strong wooden spoon. Do not get the dough too wet; work it with the hands until it no longer sticks to the fingers; spread a clean cloth over it and cover tightly, and set in a warm place to rise over night; early in the morning, work it down and let rise again, then flour the molding board, knead the dough thoroughly—first cutting across it many times with a sharp knife, and afterwards working with the hands. Fill the greased pans half full, cover with a cloth and set to rise; when it is well raised, prick with a fork and bake in a moderate oven.

**Vinegar Biscuit.**—One quart of flour, teaspoonful of butter, dessertspoonful of vinegar and half-teaspoonful of soda; put the soda in the vinegar and stir quickly in the flour; have two eggs beaten light and add to it; make a dough with warm water stiff enough to roll out, cut with a biscuit cutter, one inch thick, and bake in a quick oven.

**Corn Bread.**—Use a coffee cup for measuring. One cup of meal, half a cup of flour, quarter cup of sugar, teaspoonful of salt, small teaspoonful of soda, cup and a half of rich sour milk, one egg well beaten, adding the eggs and milk last. Turn into well-greased pan and bake in moderate oven.

**For The Mis-Shapen Foot**

A reader wishes to know how to reduce the enlargement of the ball-joint of the great toe. I can not say; but relief may be had from the pain by wearing a properly shaped shoe. However, this is a difficult thing to find, as shoes are made to fit the last—not the foot, and Fashion orders it done after designs of her own. If one will insist on having a shoe of proper breadth and length for the normal foot, with no pinching, pointed toes, it will be but a small matter to get relief by the aid of the cobbler without destroying the shoe. Let the shoe be broad across the toes, if possible, for no length will make up for the point into which the toes must be bunched. On putting the shoe on, either yourself or the "shoeman" should cut a slit on the side of the shoe under the enlargement, as close to the sole as possible, and according to the enlargement, longer or shorter—about an inch for a very large joint. Wear the shoe in this condition for a day or two, that the slit may spread as much as necessary for comfort, then take it to the cobbler and get him to set a patch in, not on, the opening, to fit the slit. This can be done without ruining the shoe if the man is skilled at his business, and most shoe houses keep such a man. The cost will be about twenty cents, and the comfort over the joint can not be estimated.

Prevention is better than cure; but to prevent, one must begin with the child's foot. The pointed toes and

**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 169, Notre Dame, Ind.

high heels which have been inflicted upon us for many years past are responsible for the deformity of the majority of feet, and the result of wearing them shows itself, if not in enlarged joints, in soft corns, callouses, ingrowing toe nails, and other serious ailments, the existence of which renders pedestrianism in most cases, simply impossible with any comfort whatever, especially when "breaking" new shoes.

**Query Box**

**Annie F.**—To prevent the stickiness when seeding raisins, rub a little butter on the fingers and knives.

**Mrs. J. H.**—To ease the window sash which shoves up hard, rub a little hard soap on the inner casings. For the bureau drawers, the same.

**M. S.**—A little cheap varnish is better than paste for attaching labels to tin cans, boxes and glass. Everything should be labelled.

**Affie.**—To remove the black spots which attach themselves to doughnuts when frying, drop slices of raw potato into the fat and leave while frying the next relay; repeat, if necessary.

**Mrs. J. B.**—To take the taste of onions or rank, strong vegetables from vessels in which they have been cooked, rub the inside of the vessel with a cloth wet with a strong solution of soda and water, hot; then wash with soap suds and rinse well.

**Querist.**—A teaspoonful of granular phosphate of soda in a tumbler of hot water, drank before breakfast for a few days, is a good blood purifier. This salt agrees with delicate persons and cools the blood, at the same time promoting action of the liver.

**Reader.**—For tired, weak or inflamed eyes, use a wash composed of one pint of boiled water, teaspoonful of refined borax and fifteen drops of spirits of camphor. Drop into the eye with a medicine dropper several times a day. If the eyes trouble at night, use it again.

**M. S.**—See answer to Reader. One grain of boracic acid to tablespoonful of boiled or distilled water is a good wash for weak or inflamed eyes. The trouble is often caused by disorders of the internal organs, and in such cases, constitutional treatment is called for. Nasal catarrh is often the cause.

**Old Reader.**—For rheumatic affections of the arms, use a liniment made as follows: Liniment of chloroform, six drachms; liniment of belladonna, four drachms; liniment of opium, four drachms; compound soap liniment four ounces. Mix, and apply with vigorous rubbing; apply heat and wear flannels.

**Laundress.**—Water which contains the salts of lime, are said to be hard. There are two varieties of hardness. Water, the hardness of which is due to the presence of carbonic acid gas which holds the salts in solution, may be softened by merely boiling, which liberates the gas and allows the salts to be deposited, and it is frequently seen as a crust on teakettles and boilers inside. The other kind of hardness is permanent, and can only be removed by distillation, or process due to chemical action.

**Some Breakfast Dishes**

**Waffles.**—Sift one and three-fourths cups of flour, three teaspoonfuls of baking powder and half a teaspoonful of salt; gradually add one cup of milk, the yolks of two eggs well beaten, one tablespoonful of melted butter and beat smooth; at the last, cut in the whites of the eggs whipped till dry; cook on a hot, well-greased waffle-iron, and do not try to lift a cake from the iron till both sides are done, or it will be heavy.

**Graham Muffins.**—If the graham flour is very coarse, sift through a coarse-

meshed sieve, and set the bran away, using only the finer meal that comes through the sieve. Use one cupful of the flour and one cup of wheat flour, sift together, adding four tablespoonfuls of sugar, one teaspoonful of salt, and four teaspoonfuls of baking powder. Add gradually one cup of milk, one egg and one teaspoonful of melted butter; beat well and pour into hot greased gem pans. Graham gems ought to bake twenty-five minutes.

**Johnny Cake.**—Old-fashioned johnny cake may be made either in gem pans or in a large, shallow pan. One quart of sour milk, three eggs, two tablespoonfuls melted lard, tablespoonful of sugar (if liked), a pinch of salt, handful of wheat flour, and enough corn meal (sifted) to make: (not too thick) batter; add heaping teaspoonful of soda dissolved in a little milk, the last thing, stir thoroughly, and have the oven very hot, and bake in a well-greased shallow pan. A tolerably thin batter makes the best bread. The soda must be used with judgment, as some soda is quite strong, while other is not, and the milk may not be very sour, or it may be quite sour; in either case, the judgment is the best guide.

**Plain Muffins.**—For twelve good-sized muffins, sift one and three-fourths cups of flour, two teaspoonfuls of baking powder, half a teaspoonful of salt. Three teaspoonfuls of sugar, if liked; beat one egg thoroughly and add it with three-quarters of a cup of milk to the dry ingredients and beat hard. At the last moment add one and a half tablespoonfuls of melted butter; drop the batter in hot buttered iron gem-pans and bake in a hot oven for twenty-five minutes.

**The "One Standard" Rule**

Here is an article clipped from a city daily newspaper which it would be well for our mothers and sisters to read—and think about:

"If society looked upon the escapades of young men as it does upon the same escapades of young women, there would be fewer such scandals in the world. I have seen young men who went all the paces of immorality, and when finally caught, society would hold up its hands in holy horror, then begin to pat him on the back and call him 'a good fellow, but a little wild.' But the woman in the case was kicked lower and lower. Now, who is it that pats the young scapegoat on the back and condones his crime while it kicks the woman lower and lower? Is it not the women? They are so forgiving. And they seem to consider that he is not to blame, so very much—the woman in the case led him off. The men don't pass that kind of judgment on them; it is the women—the mothers and sisters of other women. In referring to Eve, I must say, that, if Eve had been capable of looking beneath the surface, she would have known that satan was a "gay deceiver." But if Eve was like the majority of her daughters, she liked him all the better for that."

What do you say, mothers? Do you require a good moral character of the man who visits your daughter? Do you ask for a "clean bill" of moral health in the man to whom you give your child? Is inquiry ever made as to his record in this line or his reputation for purity of character in the day associations of life? Do you wonder at the frequency of divorce, or the necessity for it? Do you think the "divorce question" is the one of greatest importance? Do you not think our ministers might do better to turn their attention to the purification of the lives and characters of our young men than to spend so much time warring on divorce? These are grave matters for thought and "in the beginning" is a good place to begin the "thou shalt not" proceedings.

**STRANGER THAN FICTION**  
**A Remedy Which Has Revolutionized the Treatment of Stomach Troubles**

The remedy is not heralded as a wonderful discovery nor yet a secret patent medicine, neither is it claimed to cure anything except dyspepsia, indigestion and stomach troubles with which nine out of ten suffer.

The remedy is in the form of pleasant tasting tablets or lozenges, containing vegetable and fruit essences, pure aseptic pepsin (government test), golden seal and diastase. The tablets are sold by druggists under the name of Stuart's Dyspepsia Tablets. Many interesting experiments to test the digestive power of Stuart's Tablets show that one grain of the active principle contained in them is sufficient to thoroughly digest 3,000 grains of raw meat, eggs and other wholesome food.

Stuart's Tablets do not act upon the bowels like after dinner pills and cheap cathartics, which simply irritate and inflame the intestines without having any effect whatever in digesting food or curing indigestion.

If the stomach can be rested and assisted in the work of digestion it will very soon recover its normal vigor, as no organ is so much abused and overworked as the stomach.

This is the secret, if there is any secret, of the remarkable success of Stuart's Dyspepsia Tablets, a remedy practically unknown a few years ago and now the most widely known of any treatment for stomach weakness.

This success has been secured entirely upon its merits as a digestive pure and simple because there can be no stomach trouble if the food is promptly digested.

Stuart's Dyspepsia Tablets act entirely on the food eaten, digesting it completely, so that it can be assimilated into blood, nerve and tissue. They cure dyspepsia, water brash, sour stomach, gas and bloating after meals, because they furnish the digestive power which weak stomachs lack and unless that lack is supplied it is useless to attempt to cure by the use of "tonics," "pills," and cathartics which have absolutely no digestive power.

Stuart's Dyspepsia Tablets can be found at all drug stores and the regular use of one or two of them after meals will demonstrate their merit better than any other argument.

**The Dead Summer**

How fair she lies when last we gaze  
Upon her through the purple haze  
Which kindly veils her form when  
Death  
Seals up her eyes and stops her  
breath.  
How fair that life, begun in June,  
With birds and bees and brooks in  
tune,  
Goes out when brilliant Autumn's train  
Announce the opening of her reign.  
Now, when she lieth, faint and still,  
The heat-waves rise from off the hill;  
The milk-weed shows a bursting pod,  
The fence-rows flame with golden-rod,  
The katy-did's harsh rasp is heard  
Contesting for the final word;  
And crickets sing in sad refrain  
And wait with fear the winter's reign.  
—Exchange.

**Why?**

Why do we always talk of putting on our coats and vests, when we always put on first our vest and then our coat?

Why do we refer to the coverings of our feet as shoes and stockings when the stocks are first put on?

Why do we invite people to wipe their feet, when we mean their shoes?

Why in the olden times did a father tell his son he would warm his jacket when every one knew he meant his pantaloons?—Globe-Democrat.