

with it, half teaspoonful of cinnamon, half teaspoonful of alspice; mix as all butter cake mixtures, and bake in a loaf or thick layers in a moderate oven.

Cooked Salad Dressing.—The yolks of four eggs or two whole eggs beaten light; pour over them four tablespoonfuls of boiling vinegar, stirring, and cook over hot water until thick, remove from fire and add two tablespoonfuls of butter; season. When ready to serve, thin with cream.

Escalloped Oysters.—One pint of oysters, four tablespoonfuls of oyster liquor, six tablespoonfuls of milk or cream, cupful and a half of bread crumbs, eighth of a cupful of butter melted, salt and pepper to taste. Stir the melted butter into the cream, add the crumbs, and put a thin layer in the bottom of the baking dish, cover with oysters and sprinkle with salt and pepper and part of the milk and oyster liquor, repeat, and cover the top with crumbs and bake thirty minutes in a hot oven. Do not use more than two layers of oysters, else the center layer will be under done, as oysters must not be subjected to prolonged heat. Long cooking makes them tough.

Lobster Farci.—One can of lobster (Block Island), one pint of milk, tablespoonful of butter, two tablespoonfuls of flour, salt and cayenne to taste;

PUTTING IT STRONG

But Doesn't It Look Reasonable?

This may read as though we were putting it a little strong, because it is generally thought by the majority of people that Dyspepsia in its chronic form is incurable or practically so. But we have long since shown that Dyspepsia is curable, nor is it such a difficult matter as at first appears.

The trouble with Dyspeptics is that they are continually dieting, starving themselves or going to the opposite extreme or else deluging the already over burdened stomach with "bitters," "after dinner pills," etc., which invariably increase the difficulty even if in some cases they do give a slight temporary relief. Such treatment of the stomach simply makes matters worse. What the stomach wants is a rest. Now how can the stomach become rested, recuperated and at the same time the body nourished and sustained?

This is a great secret and this is also the secret of the uniform success of Stuart's Dyspepsia Tablets. This is a comparatively new remedy but its success and popularity leave no doubt as to its merit.

The Tablets will digest the food anyway, regardless of condition of stomach. The sufferer from Dyspepsia, according to directions, is to eat an abundance of good, wholesome food and use the tablets before and after each meal and the result will be that the food will be digested no matter how bad your Dyspepsia may be, because, as before stated, the tablets will digest the food even if the stomach is wholly inactive. To illustrate our meaning plainly, if you take 1,800 grains of meat, eggs or ordinary food and place it in a temperature of 98 degrees, and put with it one of Stuart's Dyspepsia Tablets it will digest the meat or eggs almost as perfectly as if the meat was enclosed within the stomach.

The stomach may be ever so weak yet these tablets will perform the work of digestion and the body and brain will be properly nourished and at the same time a radical, lasting cure of Dyspepsia will be made because the much abused stomach will be given, to some extent, a much needed rest. Your druggist will tell you that of all the many remedies advertised to cure Dyspepsia none of them have given so complete and general satisfaction as Stuart's Dyspepsia Tablets, and not least in importance in these hard times is the fact that they are also the cheapest and give the most good for the least money.

melt the butter, add the flour, and when thick and smooth add the lobster, which should have been picked fine, season, put in buttered shells, cover with buttered crumbs and bake till brown.

Tobacco for House Plants

There are many ways in which tobacco may be made use of by the window gardener as well as the owner of a greenhouse. It may be used as snuff, and sprinkled thinly over the plants; or as stems and bits of leaves broken up and scattered about among the pots; or in the form of smoke for fumigation; or it may be steeped in water and used to wash plants with. In all these forms it is a good insecticide for the destruction of plant-lice and other enemies to plant life. Scraps and stems of tobacco as easily procured in country or city, and to make the "tea," one has but to place a handful in some old basin and pour boiling water on it, letting it steep until cool. Dilute to a light brown color with tepid water, and pour enough into some wide-mouth jar or bucket to immerse the top of your plant in; take up the plants, one at a time and hold them, top down, in the water with one hand while with the other hand you wash them clean. If used too strong, tobacco water will curl and brown the leaves of delicate plants, so that any error as to its strength should be on the safe side; rinse any plants so injured in clear tepid water as soon as the injury is noticed. Scale or mealy-bug may be routed with a teaspoonful of fir-tree oil mixed in a pail of water and the plants washed therein.

Floral Notes

As the days lengthen we shall find the bulbs we put away in pots last fall will begin to show life, and we may begin bringing them into the light and warmth. If carried directly into the light and warm air, the flower-stems are apt to stop growing, and will be short, and the flowers misshapen. It is better to bring them to the light in a cool room, until they are growing nicely, and shade them until the stems are of a proper length. This can be done by inverting a flower-pot over them, or setting a hollow paper cone or paste-board cone over the top. If the growth of stem is stopped too soon by warmth and light, the flower-spike sometime goes on blooming before it is scarcely out of the soil. A slight freeze will not hurt the bulb-flowers, if in a cold room; but if frozen, do not bring to the warmth.

For Our Girls

Much confusion appears to exist as to the privileges which may be allowed girls of sixteen or thereabouts. While there are absolute rules which govern social customs in large cities, it is possible that these rules are modified in some small towns; yet there are definite lines of conduct which must regulate in a general way the behavior of all who are growing into young womanhood. In making the effort to observe the best customs a girl will unconsciously acquire refinement in taste and manners, and will learn that certain recognized conventionalities are for her own protection. She will realize, too, that to be modest and maidenly is infinitely more attractive than to be forward and free. Youthfulness of feeling and simplicity of heart are great charms; these qualities belong by right to every young girl, and these she should strive to retain. At eighteen a girl is considered old enough to take her place in social affairs, but not earlier. It can not be expected that inexperienced girls can discriminate in judging character, and many unfortunate marriages result from the carelessness or indifference

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with which parents permit their young daughters, who are mere schoolgirls, to indulge in flirtations which may seem perfectly harmless, and yet which rob a girl of much of the freshness of heart that is so well worth keeping until later years. Young girls can not be too reserved about corresponding with men, exchanging photographs or rings, or being seen in public places with them unless accompanied by an older person. It is well for girls to remember that, while men may like to amuse themselves with those who are jolly, and "free and easy," they prefer the girl who is quiet, dignified and gentle, and not lavish in her companionship. Men like what is difficult to win, not that which may be had for the asking. Every man who is worth thinking of has his ideal of what a wife should be. She may have beauty and cleverness, but these attributes are not essential to happiness; while modesty, truth, kindness and sympathy are among the womanly characteristics which he feels sure a wife should possess, and, above all, she must be one whom every one respects. When a young man undertakes any familiarity with you, placing his arm around you or trying to kiss you, unless he has the right of your affianced husband, be sure that he is not showing you the respect that he would want another man to show his own sister. Until a man has told a young woman that he loves her and wishes her to be his wife, she has certainly the right to repel, with dignity and candor, any advances of this nature. He will respect her the more for doing so.—Selected.

Asbestos

Emma S. asks, "Is there any dress material that is positively fire-proof?" In the Encyclopedia Britannica, mention is made of the fact that gloves, napery, towels, handkerchiefs, and even dresses have been woven of a material called asbestos, and to purify them, they had but to be thrown into the fire. Firemen's garments have been made of it, and it is said to be specially indestructible by fire. Asbestos is a variety of the hornblende family of minerals, and consists of fine crystalline elastic fibres with a silky lustre, varying in color from white to gray and green. Its uses are varied and interesting, and asbestos pads are much used about the kitchen and dining room to protect cooking vessels from the destruction of contact with flame, and on which to set hot dishes to preserve

the polish of the table. The world's supply is, for the most part, obtained from Canada, and the Quebec deposits have, in the past, proven to be the most profitable mineral mined in the province.

Cooking Meats

One signing herself "A Young House-keeper," asks why meats should not be put on in cold water. It depends on what the meat is cooked for, whether the water must be hot or cold, to begin with. When the meat is intended solely for the making of soup or broth, it should be carefully wiped off with a clean cloth and put on to cook in plenty of cold water, bringing it gradually to a boil. Cold water allows the meat to part with its salts, albumen and flavoring matter, soaking these substances out into itself. The albumen rises to the top in a brownish scum, when it begins to boil, and is generally taken off, though some cooks prefer to leave it. The longer the meat is boiled, the better the broth, but the tougher and harder the fibre. One can not have both juicy, fine-flavored meat and rich broth from the same piece of flesh. The poorly-flavored mass of fibre, when removed at the proper time, will contain nearly all the protein, and by proper seasoning, and adding vegetables and a little flavoring matter, such as celery, etc., it can be made into a palatable and fairly nutritious dish, while the water in which it has been boiled may be used as stock for different kinds of soup. Lean, bony pieces are best for this use, with as little fat as possible.

If the meat alone is to be used, it must be put into boiling water, and kept at about boiling point for ten minutes, after which it may not boil so hard, but be kept gently simmering. The boiling water will coagulate the albumen and seal the pores, thus preventing the escape of the juices. The gentle simmering will cook the meat thoroughly and it will be tender, juicy and fine-flavored. The water in which it is boiled should be nearly all gone by the time it is done, and this will make delicious gravy for the meat. Hard boiling for any length of time will cause the meat to be hard and dry. Cooking meats is an art in itself. When the meat is done it should be set off the fire and left to cool in its own juices. If liked, it can be put into a pan and placed in the oven and browned quickly, and it will then be tender and crisp.