

**YOU**  
will never  
**TASTE**  
**Better**  
**Bread**  
than that which any woman  
can make with  
**Yeast**  
**Foam**  
*The Wonderful Yeast*

Yeast Foam is the yeast that raised the First Grand Prize at the St. Louis Exposition and is sold by all grocers at a package—enough for 40 loaves. Send a postal card for our new illustrated book "Good Bread: How to Make It."

**NORTHWESTERN YEAST CO.**  
Chicago, Ill.

ing water over five cents worth of the bark and steep gently for two hours, keeping the heat so low that the water will not be perceptibly diminished, then strain the liquid through a cheese cloth, and keep in an earthenware vessel. The material, meanwhile, should have been ripped apart and brushed and all the stitches picked out of it. Have ready a smooth board or table, lay the pieces of cloth one after another on it and sponge thoroughly on both sides, giving particular attention to soiled spots. After each piece has been sponged, lay it across the end of the table, and when all have been cleaned, rinse thoroughly in clear, clean water, run through a wringer, hang in the shade, and iron on the wrong side when nearly dry.

Silk goods may be purified in the same way, but must not be wrung out or twisted. Lay the silk on the board a second time and dabble it with clear rinsing water. For black silk, some simply wipe off whatever lather forms with another piece of silk. Pin the pieces of silk to a sheet and hang the sheet in the open air to dry. If a perfectly clean pine table can be had for the purpose, rub the silk while wet upon the smooth table top and leave to dry in that position.

**Erasive Fluid**

This preparation is excellent for removing grease spots from furniture coverings, silk and wool garments, carpets, or, indeed, anything that can not be treated by other methods. Benzine or gasoline is liable to form a circle about each spot that will soon become noticeable, but this fluid does not leave a trace, although it takes a longer time to remove the grease than by some other detergent. Place a quart of soft water in a saucepan, and to it add half an ounce of borax and two ounces of finely shredded white Castile soap (the best). Stir until the borax and soap have become dissolved and then pour in a quart of cold water and set away to cool. When it is cold, add half an ounce each of glycerin and ether, cork tightly in a large bottle. Brush the dust out of the article to be cleaned, shake the bottle well, pour a little of

AN OLD AND WELL TRIED REMEDY.  
MRS. WINSLOW'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.

the fluid into a saucer, sponge the spots until they disappear, wipe thoroughly, and place the fabric in the open air to become perfectly dry.

**House Cleaning Hints**

To clean cane-seated chairs, scrub with salty water and dry slowly.

Straw matting should be cleaned by dipping a large, coarse cloth in salty water, wiping thoroughly and drying.

Beat a carpet on the wrong side first, then on the right side. A bundle of tough switches is an excellent carpet beater.

If a carpet begins to show signs of wear, rip the lengths apart and transpose, putting the worn widths on the sides.

In nailing down a carpet, be sure that the floor is perfectly dry, else the tacks may rust and injure the carpet. Tinned tacks are best to use.

To remove fly-specks from gilt frames, wash very gently with warm alcohol (heated by setting in a pan of hot water), letting it dry on.

Coal oil will clean smoked copper, nickel, tin or agate ware, which should afterwards be polished with old paper. To clean the wash pan, nothing is better than a few drops of coal oil.

For brightening grates, fronts, fenders, and similar iron substances, mix well one pint of asphaltum with a gill of turpentine, and apply evenly with a paint brush. This quantity is enough for five grates.

To brighten carpets after beating, wipe all over with a soft cloth dipped in ammonia water—one gill of household ammonia to one gallon of water. Remove spots with ox-gall and water—one pint of ox-gall to three gallons of water. Tar or wax may be removed by rubbing with turpentine.

To clean a soiled carpet, make a suds, cream-like in consistency, of good soap and soft water, and apply with a small scrubbing brush, cleaning only a small space at a time, sponging it off at once with clean cold water and rubbing dry with soft clean cloths. A weak solution of alum or soda is used to revive colors.

A pale pink coloring for walls can be made by dissolving whiting or lime in cold water and adding enough permanganate of potash to give it the desired color. Add a little liquid glue and apply as you would whitewash. A pale yellow can be made with a little yellow ochre, and the laundry blueing bag will give a tint of blue.

**Neglected Babies**

One of my letters reads: "Tell the mothers to take better care of the babies—the little, crawling things, with no language but a cry, and whose little, clutching fingers, clinging to our garments as we hurry about our work, are too often slapped and none too gently torn away from their hold, and they are scolded for doing the only thing possible for them to do. Neglect the older ones, if needs must, but let us be tender and patient with the babies."

Another says: "Do insist on better care being given to the babies. They should be kept clean and sweet, and, if properly attended to, this is not so great a task. The baby should not be allowed to fret and cry because of the uncomfortableness of cold, wet garments which often induce disease and always brings suffering. I have seen babies in the homes of even the well-to-do, where the mother was not obliged to earn wages to help eke out a slender salary, whose sanitary condition was simply disgusting, and whom one scarcely felt justified in holding in her lap, even though protected by a generous apron."

Another: "Try to discourage the habit of putting the baby down anywhere on the cold floor, even if protected by a rug, and expecting it to play contentedly while you work. The floor is the coldest part of the house,

cold and bad air always settling to the bottom, and no child can be comfortable in such a place. A grown person is very sensitive to this layer of cold—then why not the baby? If no better place can be contrived, spread a bit of oil-cloth on the bed, and over this, a folded blanket or quilt, and let the baby revel in the soft warmth and comfort of this play-ground. I have seen little ones whose 'goose-bumped' and mottled flesh has made my heart ache, wet, blue with cold, its little fingers like icicles, trying to play cheerfully despite its evident discomfort; but I have not enjoyed the sight."

Now, dear mothers, ask yourselves if these pictures "hang on your walls," and if they do, banish them at once. No matter who else suffers, take care of the helpless little things that have no way of telling you in words how distressed they are. Be good to the babies.

**Lengthening a Skirt**

One of our girls asks how she can make over a skirt, bought ready made, of good material, that has "sagged" behind and at the sides, while the front has drawn up until too short. Put the skirt on, just as though to be worn; then, standing on a box, chair or table, ask some one to pin or baste the skirt so as to be even in length with the shortest width, all around. Let the pins or basting stitches be quite close together, all around, and when this is done, take the skirt off and cut the widths off at the line of pins or basting threads, being very careful to have the lengths perfectly even. If one has material like the skirt, or something matching in color and texture or even of harmonious color, cut a strip the full width required for the new length, allowing for the seams, and being careful to cut it on the true bias, enough to go around the bottom of the skirt held with a little fullness. Line this strip with a lining of bias crinoline, and baste the crinoline to the goods so it will not slip or stretch. Sew it, holding the bias rather loosely, to the bottom of the skirt; then, with a hot iron and a damp cloth, press out the seam, stretching the bias so it will lie smooth. Face, and finish with a binding of velveteen, as you would any skirt.

Another way, after evening the lengths, is to cut the skirt in two at a depth suitable for trimming and insert a piece that will simulate trimming; but the first is the easiest way.

A good way to use up a plush or velvet cape which has become an eyesore from long familiarity, and can well be spared, is to rip it apart, freshen it, and make it over into one of those useful bolero or blouse jackets. It may be necessary to use some trimming down the front, or for the cuffs, but it can be very prettily and inexpensively done, and will do service in this shape for quite a while.

It should be lined with some pretty, fresh lining, and the trimming around the neck and down the front, as also the cuffs, can be made of some suitable material, covered with handsome lace.

**Steamed Brown Bread**

Take three cupfuls of corn meal and one of rye meal, two-thirds cupful of molasses, cup and a half of sour milk, teaspoonful of soda, and a little salt. Add cold water and stir the whole until the dough is of the right consistency (neither too thick nor too thin, but so it will pour out of the pan easily). Put the dough into a tin pail, or vessel with tight-fitting cover, allowing considerable room in the pail so the bread may rise, then set the pail in a large iron kettle partly full of hot water so that the water will come half-way up the sides of the pail. Cover the kettle tightly and let the bread steam in this for three to four hours, adding hot water

**WHAT SULPHUR DOES**

For the Human Body in Health and Disease.

The mention of sulphur will recall to many of us the early days when our mothers gave us our daily dose of sulphur and molasses every spring and fall.

It was the universal spring and fall "blood purifier," tonic and cure-all, and mind you, this old-fashioned remedy was not without merit.

The idea was good, but the remedy was crude and unpalatable, and a large quantity had to be taken to get any effect.

Nowadays we get all the beneficial effects of sulphur in a palatable, concentrated form, so that a single grain is far more effective than a tablespoonful of the crude sulphur.

In recent years, research and experiment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide) and sold in drug stores under the name of Stuart's Calcium Wafers. They are small chocolate coated pellets and contain the active medicinal principle of sulphur in a highly concentrated, effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health; sulphur acts directly in the liver, and excretory organs and purifies and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and molasses every spring and fall, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and can not compare with the modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the best and most widely used.

They are the natural antidote for liver and kidney troubles and cure constipation and purify the blood in a way that often surprises patient and physician alike.

Dr. R. M. Wilkins while experimenting with sulphur remedies soon found that the sulphur from Calcium was superior to any other form. He says: "For liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples and even deep-seated carbuncles, I have repeatedly seen them dry up and disappear in four or five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafer is a proprietary article, and sold by druggists, and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver and kidney troubles and especially in all forms of skin disease as this remedy."

At any rate people who are tired of pills, cathartics and so-called blood "purifiers," will find in Stuart's Calcium Wafers, a far safer, more palatable and effective preparation.

to the kettle as it steams away, but not allowing it to rise so as to get into the pail where the bread is. The pail should be well greased before the dough is poured in. When done, it can be set in the oven and baked up for breakfast, or sliced and steamed in a steam cooker.



An invaluable aid to  
**Speakers and Singers.**