

healthful salts. Even if the animalcules are dead, the dead matter remains. Filtered water will, in a measure, correct this. (2) There are numerous filters on the market. Some are made of the natural stone, and others are made of artificial stone, porous, similar in appearance to sandstone.

Marion.—The best preventive of freckles, it is claimed, is a very thin gauze veil of a light tan color. An orange-color would be more effective but, being so unbecoming, few would wear it. The yellow rays, it is claimed, are non-actinic. Tan is largely yellow in its composition, and does not permit the freckle-making rays to reach the skin.

John L. D.—Coin can be safely sent by mail in this wise: Take a piece of pasteboard the size of your envelope, cut a round hole in it the size of the coin you wish to send, put the coin in the hole and paste paper over it on both sides of the pasteboard. Insert the pasteboard in the envelope, see that the address on the envelope is correct, and it will go all right. Coin cases, ready made, may be had at the postoffice. Only fractions of a dollar are supposed to be sent so, as a silver dollar would be pretty heavy, and paper money is much more convenient.

Mrs. L. S.—This recipe is recommended: For every twenty pounds of beef, take one pint of salt, one teaspoonful of pulverized saltpetre, a quarter of a pound of brown sugar; mix well. Divide this mixture into three equal parts, and rub the beef well with one part each day for three successive days, which will use up all the mixture. Pack in a jar and let lie in the pickle it makes for six days, then hang up and dry.

**Gray Hair**

Hair is rendered thin, brittle and prematurely gray by illness, worry, anxiety, and living in hot, ill-ventilated rooms. Any cause which dries the scalp tends to produce falling, fading hair and the various forms of scalp disease. Hair which shows a tendency to turn prematurely gray should be exposed to the sun and air as much as possible. Our best authorities say that hair which has once turned gray cannot be restored by anything outside of a stain or dye, and once this is begun, the person is a slave to the process, for it requires daily atten-

**RHEUMATISM**

**CURED**

**WITHOUT MEDICINE**

**New External Remedy is Curing**

**Thousands Through Their Feet.**

**We Want the Name of Every**

**Sufferer so We Can Send**

**A \$1 Pair FREE To Try**

Send no money—only your name—send it today. Return mail will bring you a pair of the celebrated **MAGIC FOOT DRAFTS**, which are producing such remarkable cures in all kinds of rheumatism, chronic or acute, no matter where located or how severe. Test the drafts thoroughly when they come, and if you are fully satisfied with the benefit received, you can send us one dollar. If not they cost you nothing. **YOU DECIDE.**

These wonderful little Drafts are producing amazing results, curing cases of 30 and 40 years standing, after a lifetime of suffering. They **DRAW OUT** poisons instead of trying to drive them out, curing rheumatism through the great pores of the feet and the sensitive nerve ganglia there located. Our thousands of letters from cured patients tell a story far more eloquent than any advertisement. Write today for the free Drafts, and our splendid booklet on rheumatism, containing many testimonials and photographs of cured sufferers. **Magic Foot Draft Co., X06 Oliver Bldg., Jackson, Mich.**



tion. Two German physicians claim to have restored gray hair to the original color by giving sulphur and iron internally and shampooing the hair with the yolk of an egg frequently. The yolk of an egg contains iron and sulphur, and the white, a mild alkali, which unite with the oil of the scalp glands to form a lather, and is excellent for an impoverished scalp.—Exchange.

**Floral Notes**

Plants intended for winter blooming should not be allowed to bear flowers during the summer. If allowed to bloom during the summer, they will be so exhausted by the season's work that it will take them all winter to recuperate. Go over the plants you intend for the house, and cut away at least half their branches—shorten them to about half their present length. They will then branch out and become bushy and compact, with many more branches on which to bear flowers. If they are out in the border, pot them not later than July, doing the work carefully so as not to shock them too much by the transplanting. Let them take their own time for getting established, giving them good care meanwhile. When they begin to grow freely, give them moderate applications of some good fertilizer, but do not try to force them by stimulants. Six or seven inch pots are large enough for even large plants, as they should be rather restricted as to root room, if bloom is expected. If buds form, remove them until, at the least, September, but will be better not to allow any buds to become fully developed until December or January, as it is in the latter part of the winter that their bloom will be the most appreciated. This applies to geraniums, principally, and if properly cared for, there is no plant which gives such universal satisfaction as the geranium.

It is never too soon to begin and teach the little child the absolute need of caring for the teeth. Very soft brushes may be bought and the little milk-white teeth be kept like pearls. The neglect of the mouth and teeth is said to be responsible, in a large degree, in many cases for some gum, tonsillitis, and many more or less severe throat troubles. If the teeth are not frequently cleaned, they accumulate tartar, tissue and food, and the germs of disease will find a resting place there to breed and multiply. All disease and decay in the teeth begins from the outside, so their preservation becomes a matter of daily and persistent care.

**Contributed Recipes**

**Raised Biscuit.**—One quart of milk, three-fourths cup of lard, or half and half lard and butter may be used; three-fourths cup of yeast or one cake compressed yeasts, two teaspoonfuls white sugar, one teaspoonful salt, flour to make a soft dough; mix over night, warming the milk slightly and melting the butter; in the morning, roll out into sheets three-fourths of an inch thick; cut into round cakes; set them closely together in a pan; let them rise twenty minutes; bake twenty minutes.

**Corn Cake.**—Sift together two cups of corn meal, and one teaspoonful each of salt and soda; beat three eggs; add two cupfuls of butter milk and two tablespoonfuls of melted lard or butter; stir the liquid into the dry ingredients and pour into a buttered, shallow pan; cut two or three slices of nice, sweet bacon into small squares and sprinkle about over the top of the dough—not too close together. Bake half an hour in moderately hot oven.

**Ham and Asparagus.**—Take equal parts of cooked ham (scraps will do) cut into cubes, and cooked peas or asparagus; for each cupful of the ma-

terial make a sauce of two table-spoonfuls each of butter and flour, a cup of the liquid in which the vegetables were cooked, a teaspoonful of lemon juice with salt and nutmeg to taste. Add two beaten eggs, also the ham and peas or asparagus; turn into a casserole or buttered cups; cover the tops with buttered cracker crumbs, and bake in over to a golden brown. Serve as a luncheon dish or as an entree.

**Strawberry Short Cake.**—Take a coffee-cupful of cream or rich sour milk, beat into it a little salt and a small teaspoonful of soda, and before it stops foaming stir in enough flour to enable you to roll it out; be sure not to get it too stiff. Roll into three circles, spread butter on top of each and place one on top of the other. Bake till well done, then pull the three layers apart, butter one and cover with strawberries previously prepared as follows; into three pints of ripe strawberries mash a cupful and a half of granulated sugar; then butter the second and lay it crust down, over the first; pile more strawberries on the second and cover with the third, on which berries may be piled, or a nice meringue spread, after which heat in the oven a few minutes and serve hot, with or without cream.

**The Clothes Moth**

Very early in the spring the worms, which up to that time have remained torpid, are changed into chrysalids and remain in that state for about three weeks. After that they are transformed into winged moths and during the months of May and June these moths fly about the house in the evening, depositing their eggs in some place favorable for incubation, and then die. Their sole aim is to multiply and replenish the earth. Two weeks after they are deposited, the eggs are hatched, and the young worms begin their work of destruction continuing until winter induces torpidity. With the return of the cold weather, the housewife will find many a drawer or trunk full of woolen clothes, feathers or furs that were packed in the spring in good condition, riddled by the ravages of this detestable little pest.

Experience has shown that the only successful way to combat the pest is by giving the house a thorough cleaning early in the spring, or no later than May or June. The most effective way of rendering a house moth-proof is to give it a thorough and general cleaning each recurring spring, repeating it if possible in the fall. Cleanliness is one of the arch enemies of the moth, and light is another. The moth loves dirt and dark haunts, and shuns the light. All storage rooms and attics should be well ventilated and well lighted. After a thorough cleaning early in the spring garments may be put away for the season with no other precaution than wrapping them securely in stout paper, in order to secure them from the approach of some belated female which is seeking a place to lay her eggs. Everything about the house that might serve for the purpose should be carefully shaken and aired, and if possible exposed to the hot sunshine for several hours. Furs should be given a thorough combing with a fine dressing comb in order to rout any possible torpid worm or eggs; then, after beating and airing, inclose them in a package that will prevent the access of the moths to the garment inside.

There are a number of compounds that may be used if desired. Pulverized camphor gum, or cedar dust, or tobacco leaves, or, in fact, anything that is highly aromatic, may be sprinkled freely among the folds. Printers ink is said to be highly objectionable to moths, and it is recommended that garments be wrapped in newspapers, or paper sacks made of them by past-

ing the printed sheets together. It is claimed to be safe to store blankets in such receptacles provided—always provided—that the blankets are perfectly cleaned before being stored. If all stored articles are scrupulously cleaned, then, and only then, can one be sure that no torpid worms are being housed, ready to eat their way through the fabric. In addition to the newspaper packing, many line the box or trunk in which the garment or article is to be stored with tar-impregnated paper, or other mixtures which are all more or less objectionable on account of the disagreeable odor.—Dr. Reeder, in Inter Ocean.

**Ohio Republican Convention**

The Ohio republican convention met at Columbus on May 24. Governor Herrick was re-nominated by acclamation. Others nominations were: Lieutenant governor, A. L. Harris (by acclamation); Judge of the supreme court, William C. Davis; attorney general, Wade Ellis; state treasurer, W. S. McKinnon; member of the board of public works, William Kirtley. The platform reaffirms the state and national platforms of 1904. The convention also heartily endorsed President Roosevelt for "the enforcement of republican laws against monopolies, combines and trusts in restraint of trade."

**FROM SAME BOX**

**Where the Foods Come From**

"Look here waiter, honest now, don't you dip every one of these flaked breakfast foods out of the same box? "Well yes, boss, we duz, all 'cept Grape-Nuts, cause that don't look like the others and people know 'zactly what Grape-Nuts looks like. But there's 'bout a dozen different ones named on the bill of fare and they are all thin rolled flakes so it don't make any difference which one a man calls for we just take out the order from one box."

This talk led to an investigation. Dozens of factories sprung up about three years ago making various kinds of breakfast foods, seeking to take the business of the original prepared breakfast food—Grape-Nuts. These concerns after a precarious existence, nearly all failed, leaving thousands of boxes of their foods in mills and warehouses. These were in several instances bought up for a song by speculators and sold out to grocers and hotels for little or nothing. The process of working off this old stock has been slow. One will see the names on menus of flaked foods that went out of business a year and a half or two years ago. In a few cases where the abandoned factories have been bought up, there is an effort to resuscitate the defunct, and by copying the style of advertising of Grape-Nuts, seek to influence people to purchase. But the public has been educated to the fact that all these thin flaked foods are simply soaked wheat or oats rolled thin and dried out and packed. They are not prepared like Grape-Nuts, in which the thorough baking and other operations which turn the starch part of the wheat and barley into sugar, occupy many hours and result in a food so digestible that small infants thrive on it, while it also contains the selected elements of Phosphate of Potash and Albumen that unite in the body to produce the soft gray substance in brain and nerve centres. There's a reason for Grape-Nuts, and there have been many imitations, a few of the article itself, but many more of the kind and character of the advertising. Imitators are always counterfeiters and their printed and written statements can not be expected to be different than their goods.

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