

inflammation before doing anything for the corn, and this can only be done by removing the shoe and replacing it with something easier for a while. After this is done, soak the foot in very hot water at least every other day, and immediately after soaking take a very dull knife, or a nail-cleaner, or even a toilet pumice stone, and peel (do not cut) a little of the top off the corn by careful rubbing or scraping. Continue this treatment until you get down to the little dark spot; then take a dull-pointed instrument and, holding the foot so as to stretch the skin tight over the sore, simply, carefully and patiently dig down until you get this spot out. The skin need not be cut at all, and there should be no bleeding; the process is not so very painful if you have soaked it sufficiently. After you have removed the roughness rub the parts well with a little carbolated vaseline for a few nights, and the foot will be well. Cutting out a corn is a dangerous proceeding, giving but temporary relief. This treatment is given me by a physician. A soft corn may be treated the same as a hard corn. It can be rendered less painful by wearing a layer of absorbent cotton between the toes.

Another cure, which has been tested: When, after the soaking and scraping, the little dark spot is reached, have ready some nitro-muriatic acid, and with a sharp-pointed pine stick, apply a drop to the corn. The surrounding parts should be protected with a tin layer of soda or saleratus; or with a thin piece of leather having a hole cut through large enough to expose the corn. After using the acid in the manner described, apply an adhesive plaster over the parts, and, on removing it a few hours later, the corn should come away with it. If not on the first trial, apply a little more of the acid from time to time until the corn can thus be removed.

If these recipes are not satisfactory in your own case, I have half a dozen more. Do not be afraid to ask for them.

Whole Wheat Bread

For whole wheat bread, take one pint of boiling water poured into one pint of sweet milk; cool the liquid, and when luke-warm, add one cake of compressed yeast dissolved in half a cupful of warm water; add a tablespoonful of salt and enough whole wheat flour to make a batter that will drop easily from a spoon; beat thoroughly five minutes, cover, and stand in a place that is moderately warm for three hours. Enough whole wheat flour to make a dough should be gradually added, and when stiff, knead on your board until the mass is soft and smooth, elastic but not sticky. Make the dough into loaves, put in greased pans, cover, and stand away to rise for one hour, or until ready to put in the oven. The time for baking will vary with the size of your loaves; if long, slim loaves, thirty to forty-five minutes will do; if large square loaves, bake an hour in a moderate oven.

For making with home made yeast, use only good, live yeast. Scald a good half cup of flour and heaping tablespoonful of sugar with the water in which three or four fair-sized potatoes have boiled; it should be of the consistency of batter cakes beaten up right. Then add the smoothly mashed potatoes and water to make it something over a quart. To this lukewarm mixture add the yeast which has previously (at least an hour before) been put to soak, and should now be a foamy mass. Use two-thirds cupful of the lumpy home-made yeast, covered with lukewarm water. After

thoroughly beating in the yeast, set in a warm place over night, and in the morning this should be light and spongy. Add a cup of warm water and sufficient white flour to make a moderately stiff batter, and beat it well. Place in a warm place and in an hour or so the dough should be ready to make out. Add to this sponge a cup of sugar (if liked sweet), a pint of water, salt as desired, and heaping tablespoonful of warm lard for each loaf wanted. Pour this into the bread pan containing several quarts of sifted whole wheat flour; knead to a stiff dough, let rise till light; work down, and when light again, make into loaves. Bake in a moderate oven one hour. Brown bread burns very easily, and needs a moderate, steady fire. Working a great deal of flour into dough and then having it very light before baking makes all bread closer-grained, light, and to use an old expression, it should "cut like velvet." Brown bread is just like any other bread—it requires close attention to details to secure the best results. Mix plenty of common sense and good judgment with your recipes, and you will succeed.

Devonshire Cream

This is a luxury which the farm wife can have to perfection, and it is well worth the trouble of making, especially in time of the soft summer fruits. The recipe given below was given me by a real Devonshire man, but I had learned it from our English neighbors when I was yet a small girl. "Clotted cream and pie-plant pie" was often dealt out to me for keeping the baby quiet while its English mother did her work. To prepare the cream, one must have real, cow's cream—not the imitation to be had by the dweller in the cities.

Have a large round tin pan that will fit into the top of the ordinary stove kettle in such a way that its bottom will be about three inches above the water which must be kept boiling in the pot while the cream is rising. Into this pan, pour three or more quarts of rich, fresh milk and set the pan away, either on ice, or in as cool a place as can be had, and let stand for twelve hours. Then, having the water in your pot boiling hot, set the pan carefully in its top without disturbing the cream. Do not touch the milk; the water must be kept boiling hot all the time until a line of bubbles half an inch wide forms all around the pan of milk; but the milk must not boil. Take the pan off, and set it in a cool place without disturbing or breaking the cream, and when perfectly cold, skim off with a perforated skimmer. The cream may be set on ice until wanted. For pies, fresh fruits, preserves, or jams and jellies, the cream is delicious. After the cream is taken off, the milk may be used for cooking purposes.

Whipped Cream

Cream for whipping must be quite cold. Beat with a Dover's egg beater, or a wire spoon, or a silver fork, and it will foam much faster if the bowl used can be set in cold water. Do not try to beat a large quantity at one time. As it foams, remove the top to another bowl, beating the rest until all is foamed. It should be kept cold.

Reform Demanded

It is claimed that nearly one-quarter of the babies born in civilized countries die before they are one year old; more than one-third are said to die under five years old, and of the remainder, fully one-half fail to reach the age of fifteen years. It is also claimed that of the survivors, a very small percentage have really good health and strong, vigorous constitutions. When one remembers that the mothers who bear and rear them are usually themselves the product of unfavorable conditions, and are suffer-

ing from the mistakes of their parents in the matter of hygiene and broken health-laws, as well as overburdened with the cares of the modern family life, it is not to be greatly wondered at, though reform in some direction is loudly demanded.

IMMORTALITY

Two caterpillars crawling on a leaf,
By some strange accident in contact
came;
Their conversation, passing all belief,
Was that same argument, the very
same,
That has been "proed and conned"
from man to man.
Yea, ever since this wondrous world
began

The ugly creatures,
Deaf and dumb and blind,
Devoid of features
That adorn mankind,
Were vain enough, in dull and wordy
strife,
To speculate upon a future life.

The first was optimistic, full of hope;
The second, quite dyspeptic, seemed
to mope,
Said number one, "I'm sure of our
salvation."
Said number two, "I'm sure of our
damnation;
Our ugly forms alone would seal our
fates
And bar our entrance through the
golden gates.
Suppose that death should take us un-
awares,
How could we climb the golden stairs?
If maidens shun us as they pass us
by,
Would angels bid us welcome in the
sky?

I wonder what great crimes we have
committed,
That leave us so forlorn and so un-
pityed.
Perhaps we've been ungrateful, unfor-
giving;

'Tis plain to me that life's not worth
the living."
"Come, come, cheer up," the jovial
worm replied,
"Let's take a look upon the other
side;

Suppose we can not fly like moths or
millers,
Are we to blame for being cater-
pillars?

Will that same God that doomed us
crawl the earth,
A prey to every bird that's given
birth,
Forgive our captor as he eats and
sings,

And damn poor us because we have
not wings?
If we can't skim the air like owl or
bat,

A worm will turn 'for a' that."
They argued through the summer;
autumn nigh,
The ugly things composed themselves
to die.

And so to make their funeral quite
complete,
Each wrapped him in his little wind-
ing-sheet.

The tangled web encompassed them
full soon,
Each for his coffin made him a cocoon.
All through the winter's chilling blast
they lay

Dead to the world, aye, dead as hu-
man clay.
Lo, spring comes forth with all her
warmth and love;

She brings sweet justice from the
realms above;
She breaks the chrysalis, she resur-
rects the dead;

Two butterflies ascend encircling her
head.
And so this emblem shall forever be
A sign of immortality.

—Joseph Jefferson in New York
Tribune.

THE MENU IN ENGLISH

Mr. Quidsbey, with newly acquired
wealth, found that the chef always
sent up the menu written in his own

language, French, to which the mas-
ter of the household was a stranger.

"I should like to know what I am
eating, for once, Mr. Alfonso," said
Mr. Quidsbey to his chef on one occa-
sion. "Let me have the menu in Eng-
lish today."

"Oui, monsieur," was the reply, "it
ees ver' difficile, but I veel do it so,
if you veel gif me ze dictionairre."

A small but select party came to
dinner that evening, and were met
with the following bill of fare:

- Soups at the tail of the calf.
- Almon in curl papers.
- Chest of mutton to the little peas.
- Potatoes jumped.
- Duck savage at sharp sauce.
- Charlotte at the apples.
- Turkey at the devil.
- Fruits variegated.

Quidsby and Mrs. Quidsbey agreed
afterward that they had ne'er presid-
ed over a more hilarious dinner party.
—London Answers.

CLEARLY HER LEGAL RIGHT

The conductor had accepted half
fare for the urchin, but evidently had
his doubt's, and came back.

"Madam," he said, "how old is that
boy?"

"I refuse to answer, sir," she re-
plied, "on the ground that it might
incriminate me."

After a short but severe mental
struggle the conductor passed on. He
saw that from a legal point of view
she had the bulge on him.—Chicago
Tribune.

FOOD IN SERMONS

**Feed the Dominic Right and the Ser-
mons are Brilliant**

A conscientious, hard-working and
eminently successful clergyman
writes: "I am glad to bear testi-
mony to the pleasure and increased
measure of efficiency and health that
have come to me from adopting Grape-
Nuts food as one of my articles of
diet.

"For several years I was much dis-
tressed during the early part of each
day by indigestion. My breakfast,
usually consisting of oatmeal, milk
and eggs, seemed to turn sour and
failed to digest. After dinner the
headache and other symptoms follow-
ing the breakfast would wear away,
only to return, however, next morn-
ing.

"Having heard of Grape-Nuts food,
I finally concluded to give it a fair
trial. I quit the use of oatmeal and
eggs, and made my breakfast of
Grape-Nuts, cream, toast and Postum.
The result was surprising in improved
health and total absence of the dis-
tress that had, for so long a time, fol-
lowed the morning meal. My diges-
tion became once more satisfactory,
the headaches ceased, and the old
feeling of energy returned. Since that
time, four years ago, I have always
had Grape-Nuts food on my breakfast
table.

"I was delighted to find also that
whereas before I began to use Grape-
Nuts food I was quite nervous and be-
came easily wearied in the work of
preparing sermons and in study, a
marked improvement in this respect
resulted from the change in my diet.
I am convinced that Grape-Nuts food
produced this result and helped me
to a sturdy condition of mental and
physical strength.

"I have known of several persons
who were formerly troubled as I was,
and who have been helped as I have
been, by the use of Grape-Nuts food,
on my recommendation, among whom
may be mentioned the Rev. ———,
now a missionary to China," Name
given by Postum Company, Battle
Creek, Mich.

"There's a reason."
Read the little book, "The Road to
Wellville," in each pkg.

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.