

sufficient to cover the cucumbers. Fill the jars with this hot liquor, fasten as you would other fruit, and stand aside in a cool, dry, dark place for winter use.

**Oiled Cucumber and Onion Pickles.**—Take one hundred medium-sized cucumbers, a teaspoonful of white pepper, a quart of white onions, an ounce of celery seed, two ounces of grated horse radish, a quart of olive oil and two quarts of vinegar. Peel the cucumbers and onions, and cut into very thin slices; put a layer of the cucumbers, then a layer of onions then another layer of cucumbers into a stone jar, and continue until the jar is filled. Cover with cold water and let stand all night. Next morning drain, put them into a porcelain-lined kettle, put over one quart of vinegar and one quart of water; bring to boiling point and stand aside again over night. Drain again, and put the cucumbers and onions in small glass jars for keeping. Mix the horse radish, salt and pepper; add gradually the oil, mixing all the while, then the remaining quart of vinegar; beat all until thick and creamy, and pour this over the cucumbers and onions, seal, and set away for future use.

**Query Box**

S. B.—Cravenette cloth is said to contain no rubber, to have no odor, to be porous to the air, and to be hygienic; to be had by the yard in black and colors.

Troubled.—For keeping the arm-shields clean, immerse two or three times a week in suds in which a little ammonia (teaspoonful to a basin of water) has been poured. Rub together lightly, rinse in cold water and dry in the shade.

Mrs. C. T.—A meringue is made in this way: Beat the whites of the eggs until they are light, but not stiff; add a tablespoon of powdered sugar to each white and beat until fine and stiff. Spread this over the pie, dust thickly with powdered sugar and stand until "set" in a slow oven.

Harriet N.—Unleavened bread is made from flour and water, beaten until light and elastic, rolled thin and baked in a moderate oven. Or, take one quart of milk and water, equal parts, and stir into it enough flour to make a stiff dough; work this until soft and elastic, roll thin and bake in a slow oven.

M. R.—There is no special food that one can eat to build up the brain. That which tends to build up parts of the body will also nourish the brain. Good, wholesome food that is thoroughly masticated, if taken properly, will build up the whole system. Wheat stands at the head of grain as food for human beings.

Mrs. V. C.—For marsh-mallow filling soak a tablespoonful of powdered white gum arabic in two tablespoonfuls of warm water for half an hour; stand it over hot water until it dissolves, stirring carefully. Boil a cupful of sugar and half a cupful of water together until they spin a thread; pour while hot over the whites of two well-beaten eggs, beating continuously; then add the gum arabic and beat all until stiff and cold.

**For Mothers**

A baby should wear a gauze flannel shirt even in a hot climate; this is the thinnest and lightest weight of summer flannel; flannel is more porous than cotton, and absorbs the perspiration, making the skin more comfortable than when the apparently lighter materials are worn next to it.

A fleeced Jersey jacket is a comfortable garment for the baby as the

**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.

days grow cooler. The jacket may be short sleeved, coming well below the waist line, protecting the chest and the important organs in the body which would suffer from cold.

Left handed children should be encouraged. To be able to do things equally well with either hand is a valuable accomplishment in after-life. Cultivate the use of the right hand, but do not neglect the left. A child should be taught to hold a pen or pencil alternately in each hand, and the use of other instruments should be encouraged in the same way.

Two or more children should not be permitted to use the same towel; each child should have a separate one, and one's towel should be regarded as one's personal property as one's tooth brush. Diseases of the eyes and skin are easily communicated by the indiscriminate use of the family towel.

A most delicate and satisfactory perfume to use for baby's belongings is in the form of sachet powder. Wood violet, heliotrope and white rose are the most used. Pieces of cotton batting should be cut to fit the sachet bag and the powder sprinkled on, covering them with a thin layer of the batting, and placing the bags among the clothing and in the toilet basket.

Children's teeth should receive special attention. A spool of dental floss should be kept in a convenient place, and a piece of the silk passed between the teeth after eating. If the first set of teeth are defective or decay quickly, care must be taken that the permanent set is benefited in all ways possible.

**Luncheons and Dinners**

A luncheon differs from a dinner, not in the number of courses, but in the selection of the dishes served at each course. Luncheons are, as a rule, affairs for ladies, and are composed of dishes which may be easily served, and which do not require carving. Chops, croquettes or cutlets, which at dinner would be served as entrees, are main dishes at a luncheon. At either a dinner or a luncheon you may have for first course shellfish, then soup, then a small entree; at a luncheon, another small dish or entree, while at a dinner a joint or roast of some kind is usually served. Both would have a salad and a dessert. The term dinner cannot be used correctly for a meal composed of small dishes.

A company breakfast differs very little from a company luncheon. You may, however, serve fruit first. Following this, serve an entree, a fish cutlet, chicken timbale or fish timbale; or you may have sweetbread patties, or sweetbread cutlets, or creamed sweetbreads. Then have broiled chops or broiled chicken, or, if you have creamed sweetbreads at first, have chicken croquettes and peas. With chips, serve peas and tomato sauce; with broiled chicken, cream sauce, mushrooms and tiny potato balls. The next course may be a salad, mayonnaise of celery or tomato, or a plain lettuce or mixed salad, served with wafers and cheese. Then have ice cream and cakes, or charlotte russe, followed by coffee.

**Stale Bread**

The best of the left-over pieces should be toasted for breakfast, luncheon, or supper; they may be used dry, or made into milk toast. The broken pieces should be dried, rolled and put aside for frying or scalloping purposes. Or they may be soaked in milk, a little sugar added, two eggs allowed to each pint of milk, and a pint of stale bread crumbs, the whole baked in the oven and served as a pudding. Or they may be rolled, sifted and put into a mould and covered with egg and milk, allowing to each pint of crumbs two eggs and a pint of milk, steamed for an hour,

and served with a liquid pudding sauce. For a family of two, half a pint of bread crumbs, one egg and half pint of milk will be quite sufficient.

**Fall Shopping**

These be the days when the busy mothers must "go-a-shopping," and the remnant counter is a favorite haunt for those who have little or growing children to fit out for the fall and winter. Short lengths of many beautiful and expensive goods may now be picked up at much less than the price at which the goods were held in the early season, and for the practical necessity of fall and winter school dresses, there are always the pretty and useful gingham, percales and chambrays. In many of these remnants there will be just enough for the frock or apron, with perhaps a yard or so that can be used in the "make overs," to be had for the same money that a cheap grade of the new goods, just opened, sell for. The shopper should remember that cheap goods do not wear or launder as well as the better quality that may cost a few cents more on the yard. Up to Thanksgiving, and perhaps later, the pretty and most serviceable of the summer clothing may be worn, with the addition of a little heavier underwear and light coat, and while these are still in service, the little winter frocks may be made, ready for putting on when they are needed, and when their newness will be most appreciated. Or, if economy is the object, the clothing to be "handed down" may be made over, brightening them up with a dip into the dye pot, or a touch of harmonious coloring with braid or other trimmings, and these may be worn during the early days of the winter, bringing out the new things later on. It would be well if mothers when going shopping would take their daughters with them. In this way they would learn to "count the cost," and realize how the money goes. They would see how impossible it is to make a five dollar bill pay for a ten dollar dress, and they would find that a penny here, a nickel there, a dime for this, a quarter for that, will soon wear a large hole in a dollar, and that the fullest purse should not be opened too often or too recklessly, else it will grow thin and flabby before the necessities are half met.

**Doileys**

Tatting doileys are beautiful, and peculiarly fitted for use on polished tables. A set well made would be a charming wedding gift to a friend; the plate, dessert and tumbler doilies should be made entirely of tatting, but the center piece, whether round or square, would better have a linen center. This center may or may not be embroidered, or merely finished with hemstitching or drawn work and a deep border of tatting. If embroidered, it should be in white.

A good size for a table set, made of heavy white linen, is a twenty-one inch center-piece, a 12-inch plate doily and a six-inch dessert doily, with a tumbler piece of smaller size. These may be button-holed around the edge with a rather coarse mercerized cotton thread, with or without embroidery otherwise. Table sets of white with a colored out-lining is popular, but the colors must be fast, and warranted to wash.

**Cold Lunches**

The mainstay of all cold lunches must always be sandwiches, and for the making of these the combinations are practically limitless. The bread should always be one day old, at least, and sliced very thin and evenly. The butter must be of the best quality, soft enough to spread without crumbling the loaf, and the slice

should be spread before it is cut from the loaf. The five cent baker's loaf should make eight sandwiches. For lunches, the sandwich should be made the size of the slice, but one made by cutting the loaf diagonally in halves is inviting. Both white and brown breads are suitable for use.

A nice sandwich is made as below: Slice graham bread very thin; spread it thinly with "made" mustard; over this, on one slice, put a layer of cottage or sour milk cheese; on the other side, spread thickly finely-chopped olives mixed with mayonnaise, and place the slices together. For another, slices of rye bread are buttered, spread with mustard, then with cottage cheese, and put the slices together. Many excellent and appetizing fillings may easily be thought out by the home mother, and such lunches are far better than one can buy for twice the money at the cheap eating houses which many men are obliged to patronize because of their limited time at noon.

**Care of Silverware**

When cleaning day comes, dissolve a good soap in boiling water and wash the silver in the suds; rinse in clear hot water, dry, and rub with chamois skin. Moisten pure whiting with alcohol and apply with a soft rag, rub off with another, brush to remove the dust from the chasing, polish with chamois skin, and set away to delight the eye of the beholder. For the many silver conveniences and necessities of the toilet and bedroom, prepared chalk, alcohol or ammonia, a soft flannel rag, a brush and a piece of chamois are the necessary cleansers. A little paste of ammonia or alcohol and chalk applied with the flannel, allowed to dry and brushed out, will work wonders with even bits of chased silver, if followed by a rubbing with chamois skin.

**OUST THE DEMON**

**A Tussle with Coffee**

There is something fairly demoniac in the way coffee sometimes wreaks its fiendish malice on those who use it.

A lady writing from Calif. says:—"My husband and I, both lovers of coffee, suffered for some time from a very annoying form of nervousness, accompanied by most frightful headaches. In my own case there was eventually developed some sort of affection of the nerves leading from the spine to the head.

"I was unable to hold my head up straight, the tension of the nerves drew it to one side, causing me the most intense pain. We got no relief from medicine, and were puzzled as to what caused the trouble, till a friend suggested that possibly the coffee we drank had something to do with it, and advised that we quit it and try Postum Coffee.

"We followed his advice, and from the day that we began to use Postum we both began to improve, and in a very short time both of us were entirely relieved. The nerves became steady once more, the headaches ceased, the muscles in the back of my neck relaxed, my head straightened up and the dreadful pain that had so punished me while I used the old kind of coffee vanished.

"We have never resumed the use of the old coffee, but relish our Postum every day as well as we did the former beverage. And we are delighted to find that we can give it freely to our children also, something we never dared to do with the old kind of coffee." Name given by Postum Co., Battle Creek, Mich.

Postum Coffee contains absolutely no drugs of any kind, but relieves the coffee drinker from the old drug poison.

There's a reason.