

pressed from the finest, handpicked fruits. The bottles in which you find it at the grocery stores are known as "French measure" bottles, and hold much less than the American measure. To buy it at the drug stores by the pint is quite as cheap as to buy the so-called pint bottles at the grocery store at a much less figure. A really good article can be had at about 70 cents per pint.

"A. A. B.," who writes a very nice letter, and says some very nice things about the Home Department, forgot to send her address, although she intended to enclose stamped, addressed envelope. Hence, I could not send her the required information, which I shall be glad to do, when I get the address. She says she "will try not to trouble me again," but then, the "crying want" of this column is to get all such "trouble" I can, for what helps one will usually interest another; thus the field for usefulness is increased. My time belongs to our readers, and your "queries" are regarded in the light of a compliment.

I must add a little paragraph of thanks for the many kind things our readers say in their letters to me. Every appreciative word is a pleasant incentive for further effort to please, and I hope you will none of you withhold a word of criticism, or hesitate to "find fault," if things are not right; for "faithful are the wounds of a friend," and your criticisms are all evidences of the interest you take in extending the good influence of the department. Let us hear from you often.

A Good Coffee Fruit Cake.—One-half cupful of brown sugar, one-half cupful of molasses, one-half cupful of butter, one-half cupful of strong, clear

PASSING OF PORRIDGE

Makes way for the Better Food of a Better Day

"Porridge is no longer used for breakfast in my home," writes a loyal Britain from Huntsville, Ont. This was an admission of no small significance to one 'brought up' on the time-honored stand-by.

"One month ago," she continues, "I bought a package of Grape-Nuts food for my husband, who had been an invalid for over a year. He had passed through a severe attack of pneumonia and la grippe combined, and was left in a very bad condition when they passed away.

"I tried everything for his benefit, but nothing seemed to do him any good. Month followed month and he still remained as weak as ever. I was almost discouraged about him when I got the Grape-Nuts, but the result has compensated me for my anxiety.

"In the one month that he has eaten Grape-Nuts he has gained 10 pounds in weight, his strength is rapidly returning to him, and he feels like a new man. Now we all eat Grape-Nuts food, and are the better for it. Our little 5 year old boy, who used to suffer from pains in the stomach after eating the old-fashioned porridge, has no more trouble since he began to use Grape-Nuts, and I have no more doctor's bills to pay for him.

"We use Grape-Nuts with only sweet cream, and find it the most tasty dish in our bill of fare.

"Last Monday I ate 4 teaspoonfuls of Grape-Nuts and cream for breakfast, nothing else, then set to work and got my morning's work done by 9 o'clock, and felt less tired, much stronger than if I had made my breakfast on meat, potatoes, etc., as I used to. I wouldn't be without Grape-Nuts in the house for any money." Name given by Postum Co., Battle Creek, Mich. There's a reason.

Read the little book, "The Road to Wellville," in pkgs.

coffee, two eggs, two full cupfuls of flour with one teaspoonful of baking powder well sifted through it, one small teaspoonful of soda, half teaspoonful each of salt, cinnamon, cloves and ginger. Stir in the last thing three-fourths of a cup of English currants, raisins and shredded citron, which should be well rolled in flour to prevent their sinking to the bottom. Bake in a moderate oven in long bars.

"Home-Made Mince Meat."—Two gallons of apples before chopping, three pounds of well cooked beef and the small amount of stock it is cooked in, one pound of suet; chop, or run through a chopping machine; add two quarts of boiled cider, two pounds of seeded raisins, one pound of currants, one-fourth pound of citron, juice of three oranges and two lemons, two teaspoonfuls each of cloves, cinnamon, nutmeg and salt, three teaspoonfuls of sugar, one and a half cupfuls of molasses. To this mixture add any extras you can spare, such as canned cherries, sweet pickle juice, jelly, etc. Put the whole in a porcelain kettle and bring to a boil; and when boiling hot, seal in glass jars as you would fruit. When wanted to use, thin to the right consistency with sweet cider or water. This will cost about twelve cents a quart, and is highly recommended.

For the Home Dress-Maker

The blouse made with a chemisette is much in favor, and is almost universally becoming.

Yoke waists seem to be gaining in favor; they always add a touch of youthfulness to the figure. Round and square yokes are both seen.

Velvets will be much worn, but the velvets of today have lost much of their old-time heaviness. They come in many colors and designs.

Bodices will be made over tight linings and well boned. The new styles approach the old-time basque, with not a suggestion of the blouse effect. The princess and Directoire styles are the leading ones.

Circular skirts, being so hard to hem nicely, are generally faced; gored or plaited skirts are all finished with a hem of from an inch to an inch and a half in depth.

Gowns for street wear are strikingly plain, with no suggestion of trimming except braids, stitched bands or pipings. Gowns for dressy occasions are lavishly trimmed. Laces, medallions, ribbon embroideries, are all used to trim cuffs, revers, berthas, etc., and buttons are in high favor.

All the colors of plaids are of neutral, or low, soft tones, not at all conspicuous; large plaids and broken lines are the vogue; Heliotrope, amethyst, prune tints, Burgundy red, citron shades, bronzes and greens are very popular, while peacock shades, and combinations of lemon-yellow and gold are liked.

Sleeves all show a tendency to fit snugly below the elbows, puffs, trimmings and fullness are all above the elbow. Elbow sleeves and three-quarter length will be much worn all winter; velvets and even coats of fur are made with elbow sleeves. An under sleeve of some sort, of course, is worn with all garments.

Coats of all lengths and styles are worn, from the natty little Eton to the long coat which entirely covers the skirt, and which may be either tight-fitting, semi-tight, or loose, though the three-quarter length tight-fitting is the most popular. Velvet collars and pipings are used for dressy coats. Braids will be much used this season, both on coats and skirts. Plaids are popular in all goods. Broadcloth is extremely stylish.

Belts are made either piped or embroidered in contrasting colors. Suit belts are cut on the bias, boned to make the center front greater in height than the center back, where

they taper down to an inch or more in width and fasten with a buckle, or with narrow straps trimmed with fancy buckles. These belts should always tone in color with the color of the skirt rather than with that of the waist. Most of the belts, this season, are made of the same material as the skirt, while, though not in the height of fashion, belts like the waist will be worn, as they make the waist appear longer.

To Hang a Skirt

Finish all but the lower edge of the skirt—that is, have the belt on, the hooks and eyes on and have the skirt well pressed; now put the skirt, adjusting it properly at the waist-line. Somebody else must do the rest, for you must stand perfectly erect without changing your position. Let the person who is hanging your skirt take a ruler or a yardstick (any straight, unbending stick will do) and, using it as a measure, stand it on the floor against the skirt, mark with a chalk or pins the point where the upper end of the stick touches the skirt. The skirt should be measured in this way (from the floor) all the way around, the person who is hanging the skirt walking around the wearer so that the position of the skirt will not be changed. When this line is completed (and the points of marking should be very close together), take off the skirt and lay it on a table or the floor, and, again using the measuring stick, mark a line below the other for the lower edge of the skirt, always maintaining exactly the same distance from the first line made. For instance: if the first line is twelve inches from the floor, and you wish to have the skirt clear the floor two inches, mark the lower line ten inches below the first line. Turn up the hem on this line, baste, press and finish any desired way. If the skirt is a plaited one, before trying on, baste each plait into place its entire length and press well, leaving in the bastings until the skirt is hung. After the mark is made at the lower edge, turn up the material for a hem, just as you did the plain skirt, baste and press. Now take out the bastings near the lower edge of the skirt, turn up the hem in the single thickness of the material (according to the fold you have already pressed into the cloth,) stitch the hem, put on the braid, again baste the plaits flat near the foot and press. The braid should be sewed on by hand. Have the braid well shrunken, and allow one-eighth of an inch to show below the hem. Sew on the braid through the center with a loose, running stitch, being careful not to take the stitches through onto the right side of the skirt. Then hem down the top edge of the braid, still being careful that the stitches do not strike through and that the sewing is not tight enough to draw. —Ladies' Home Journal.

An Easy Embroidery

This work is very pretty and showy, and has the appearance of drawn work. For an apron, buy a yard and a quarter of lonsdale cambric and tear off from the sides enough for strings; take the stick from a window shade, or a ruler of about the same width, and lay it across, eight inches from the bottom of the cambric, and draw a line on either side; move the stick up so that the lower edge touches the upper line, and draw again; repeat until the desired width of the open work is obtained.

Now hold the stick upright, starting at one side, and draw in the same manner from top to bottom, forming a number of perfect squares on the lines just drawn. Put the point of your buttonhole shears in the center of each square, and cut almost to the center of each side of the square, only

leaving enough space so there will be no danger of its tearing across. Now turn back the centers to the corners and baste down; by going from right to left, turning down with the left hand and putting the needle in and out once, this can be done quickly. When all are basted, take coarse, stiff net and, allowing an inch at the top and bottom, baste to the wrong side, over the holes that have been cut and basted. Now turn to the right side and sew on the machine, going diagonally from the top down along each edge. If the net draws, put a newspaper under the work; the paper can be torn out when the work is finished. Turn up the hem and finish the apron. The net is inexpensive, and is very wide. Pillow slips, yokes of night dresses, and many other things can be made very pretty in this way at a very small cost. The holes may be cut smaller, if desired by making the lines closer together.

Orderliness

Whether children have the faculty of order well developed naturally, or by cultivation, does not so much matter, so they have it. The acquired faculty is often more valuable than the organic, as by cultivation it has been trained along useful lines, while the natural may have run riot, to its undoing. In order to inculcate habits of orderliness in the minds of children, the lessons should be early begun, and even the untaught mind of the baby can be influenced largely by them. The mother should see that it does not form the habit of scattering its playthings about, leaving them underfoot; it will soon learn to pick them up and restore them to their place when done with them. If books or pictures are given a child, explain to it that they are not to be torn or soiled; that they must not be touched with dirty hands. The little hands and face should be clean when the child is brought to the table, or into the presence of the family, and the child will soon become accustomed to cleanliness, and, if given a wet cloth, will form the habit of washing itself, if the matter is made a frolic of until it understands. Later, it can be readily taught to use the wash basin without unduly slopping itself. The lessons should be persisted in, their scope extended, and thus teach the child to help you preserve order in the home.

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