

in from the outside. Once let the vile things get started, and it means work to get them ousted. Race suicide is unknown to the bedbug. I speak from an experience of nearly forty years when I say there is no possible reason why such tenants should be allowed a footing in any ordinarily clean dwelling. If the house, or room, has become infested with the insect, begin right now to oust them. Take everything out of the room that sulphur fumes will injure—silverware, steel (sewing machine), house plants, valuable papers, etc.—and stuff every crack and cranny full of rags or paper, so as to render the room as air-tight as possible, then burn sulphur plentifully in the closed room. The sulphur candle is the cleanest and safest, but also the most expensive; while the ordinary stick brimstone or flour of sulphur is fully as effective, and inexpensive—costing about five cents a pound; two or three pounds of sulphur will be enough for one room.

If the room is large, have three old iron vessels, setting on different sides of the room. If the room is small, one will do. Place damp earth or damp ashes on the bottom of the vessel, setting the pot on a brick, or other non-combustible foundation; then put a shovelful of live coals on the earth, and on this lay a pound of broken brimstone, being careful not to breathe the fumes while watching to see that it starts well, but does not burn too fiercely, and as soon as all is safe, leave the room and close the door, stopping up all cracks from the outside, and leave closed for twenty-four hours.

At the end of that time, have a towel wrung out of water, and keep this over the mouth and nostrils while you go quickly in and throw open the windows, leaving the room to air for several hours. If you have used enough sulphur, and the room was closed tightly, you "will not have lived in vain," but the battle must be carried on with the furniture before you feel that your work is done. Fumigating the room is not necessary unless you are too overstocked with the vermin; but it will do no harm,

#### A WOMAN DOCTOR

Was Quick to See that Coffee Poison Was Doing the Mischief

A lady tells of a bad case of coffee poisoning and tells it in a way so simple and straightforward that literary skill could not improve it.

"I had neuralgic headaches for 12 years," she says, "and have suffered untold agony. When I first began to have them I weighed 140 pounds, but they brought me down to 110. I went to many doctors and they gave me only temporary relief. So I suffered on, till one day in 1904 a woman doctor told me to drink Postum Food Coffee. She said I looked like I was coffee poisoned.

"So I began to drink Postum and I gained 15 pounds in the first few weeks and am still gaining, but not so fast as at first. My headaches began to leave me after I had used Postum about two weeks—long enough I expect to get the coffee poison out of my system.

"Now that a few months have passed since I began to use Postum Food Coffee, I can gladly say that I never know what a neuralgic headache is like any more, and it was nothing but Postum that cured me. Before I used Postum I never went out alone; I would get bewildered and would not know which way to turn. Now I go alone and my head is as clear as a bell. My brain and nerves are stronger than they have been for years." Name given by Postum Co., Battle Creek, Mich.

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

in any event. After thoroughly brushing, washing, or wiping the furniture, fill all holes, cracks or splintered and rough places with putty, hard soap, or soft cement (or fill with thick varnish), and then use the corrosive sublimate. The proportions are, an ounce of corrosive sublimate to a half gallon of wood alcohol; inject into all crevices of either furniture or wood work, and spray the edges of the baseboard, top and bottom, the joints of the bedstead and seams of the mattress. Wash up the floor with hot water into which carbolic acid has been dropped, then close up the room for the day. After this, if you suspect the escape of any of the foes, "look" the beds and bedding over once a week for a while, then once in two weeks; but as you are liable to get a fresh supply at any time, do not relax your vigilance. Wash and sun your bedding often. Remember that the corrosive sublimate and alcohol are poisonous, and make it as you need it; do not invite disaster by keeping it on hand.

#### To Destroy Carpet Bugs

To prevent, before the carpet is put down, scrub the bare floor with water and turpentine—half a pint of turpentine to each pailful of hot water. To destroy, make a solution of one tablespoonful of corrosive sublimate in a quart of hot water, and with this saturate the floors and cracks of walls and closets. Sponge the carpet heavily with a weaker solution of the same, especially about the edges and chimneys.

#### Colors For Brunettes and Sallow Blondes

The real brunette, with dark eyes and hair and plenty of color, has a large choice, except black, which is rarely becoming. Cream, yellow, Indian red, ivory tints, deep and pale blues, cardinal red, all the tans, coral pink, fawn color, putty and terra cotta; old rose and rosepink; all these are becoming, with pale blue, white and pale green for evening.

Where the skin is the texture and hue of the creamy magnolia blossom, the same colors may be worn as the fair brunette, and to them poppy red, India red and the deep, rich crimson, with pale orange, may be added. On the other hand, the brunette who is sallow is like the sallow blonde, certain colors must be entirely omitted. Deep orange, strong browns with gold tints, and the deep tans, and sometimes navy blue with crimson trimmings, are her best choice. And the girl who is decidedly brown, like the nut, must use certain colors that will bring out her coloring best. Warm grays, like the puce; red browns, rose red, nasturtium, ecru, apricot color, peach blossom, amber in its tawny tones and ivory white are all good for her.

For the sallow blonde with her muddy, or at least, not clear skin, all the shades of red, terra cotta, almost without exception may be chosen. Wine, poppy red particularly, cell blue and dull blue, with pale yellow and cream for evening; a sort of reddish yellow, with creamy accessories close to the face, is fine.

Where the hair is neither light nor dark, the eyes sometimes hazel but more often blue, and again gray-blue or gray, attention must be paid to the coloring of the skin; if that is clear pink and white, all the shades of mauve and purple are good, and also the blues with green in them, and the greens with blue lights. If the skin is sallow, such colors are not becoming.

Eyes often show a tinge of green, and where this is noticed, no blues but the darkest are worn; bright reds, if the skin is fair and clear, and darker, rich reds, if otherwise. The pale shades of pink, green, old rose and silver gray are choice for evening wear, but all the putty, or fawns

should be avoided; they partake too much of the actual coloring, and are never becoming.—Sunday Magazine.

#### For Wash Dresses

Wash goods are very apt to shrink on being laundered, and it is very hard to lengthen a skirt of such material satisfactorily, when it becomes too short. A writer in the Housekeeper has this to say: "In making up the skirt, have your hem just four inches deep after hem is stitched; then, two inches from stitching on the right side of hem, fold and stitch a two inch tuck. When finished, the hem, with tuck in it, will be three inches deep. To lengthen, rip out the tuck. In this way, the wear of the edge of the hem comes on the wrong side. Now, if you prefer not to have the stitching show in the tuck, fold back the tuck and stitch through hem just two inches above the edge. After tuck is pressed down it will look like two folds. Always use a tape line, and you will have better results in folding the hem or tuck. Tucked skirts are quite stylish, at present."

#### For a Fruit Scarcity

Our wise ones are predicting a shortage of many fruits for the coming season, and it will be well for the prudent housewife to avail herself of whatever may be had for "putting up," to supply a deficiency. One of our earliest and surest resources is the hardy rhubarb, which rarely, if ever, fails to furnish enough and to spare, if given good culture. This plant may be preserved, jammed, jellied, buttered, or canned, with or without an admixture of other things, and its stalk may be used until quite late in the season, if care is exercised that it be not allowed to get old or hardened. Even though other fruits are abundant, it is often a welcome addition to our table supply, in some one or more of its many ways of being put up.

The trouble with the graham flour of our day is that the inherent dishonesty of the business world permits the millers to simply regrind the hulls and the middlings alone, and these, without the starchy parts of the grain are almost valueless for human food.

#### Query Box

C. S.—Any standard work on physical culture will answer your question. Get it through your book dealer.

Mrs. A. E. T.—Your stove dealer is the proper person to clean your gasoline stove, if it baffles your skill.

C. M.—A boy of nineteen years is too young to think of marrying, even though he may be "able to support a wife" through inherited wealth. Tarry at Jericho, son, until your beard be grown.

Mrs. G. W. H.—You can get the rennet for cheese making in tablet form of your druggist, or he can order it for you. Directions for using will accompany each package.

Annie—Give the paeonies a top dressing of phosphate or bone meal, which florists will sell you, raking it well into the soil. Paeonies require a deep, rich, tenacious soil well drained.

Worried—For the spots made by heated dishes on your dining room table, pour a little wood alcohol on the spot, let stand a minute, then rub with a woolen cloth; if too much alcohol is used, or the spot rubbed too hard, the varnish may disappear.

Sufferer—For the hard corn, take a tiny stick of nitrate of silver, insert in a quill, moisten the end and touch the hardened surface of the corn, being careful not to touch the healthy skin about it, as it will burn it. The stick should not touch the fingers if wet, and the quill will protect them. Touch the corn two or three times a day for a day or two; then soak the

feet in warm water and pick (do not cut) out the corn which will be black where the nitrate has touched it.

Floral—The best way to increase your stock of old-fashioned snowballs is to bend down a young branch or sprout, making a slanting cut half way through on the under side, six or eight inches from the tip end; make a little trench and bury the branch in the soil where the cut is made, allowing the tip end to stick out of the ground. This should be done now. Roots will form by fall, but you must not detach the layer from the parent plant until next spring.

Orange Blossom—One of our girls has just sent us this: "Take one teaspoonful of flour of sulphur, drop on it, stirring with the finger, the juice of a lemon until it forms a thick paste. Rub this on the face (being careful not to get any in the eyes) two or three times a day for a day or two, and the freckles will disappear.

A Regular Reader—Take a small handful of leaves of the garden sage and pour boiling water on it to cover. Steep as you would tea, until the water is dark colored; strain off the water and use it to wet thoroughly the scalp and hair. This, persisted in, once a day, will darken the hair, stop its falling out, and make it soft and glossy, because it is a tonic for the scalp and hair roots. We cannot advise dyeing the hair. We know nothing that will cause hair to grow on bald spots.

## What Can a Girl Do?

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