

ing a few small rugs scattered about, is much cooler than a carpeted one, and white curtains, however inexpensive, are better than colored ones. No garbage should be left about the doors; no pieces of food thrown about the yard to attract the swarms of flies. The drains and water-troughs should be kept clean by frequent disinfectings of copperas or lime.

In many parts of the country, gas, gasoline, or coal oil is used as fuel. Gas is preferable for many reasons; but if ordinary care is taken, gasoline is next best, while coal oil is nearly as good, and much safer. If one can supplement these heat-savers with the inexpensive, yet very effective "hay-box," by doing the most of the cooking in the early morning, then consigning the foods to the "hay-box" for a finish, a great deal of prostrating discomfort can be avoided. Those who have tried it are enthusiastic advocates of the "fireless cookery," and it is done by such an inexpensive method, and so effectually done, with much saving of work and watch-care, as well as fuel, that every woman should at least experiment with it.

**Covering for Books**

For the preservation of household books that are used a great deal—such as the Bible, dictionary, recipe books, favorite poems, etc., the covering of which may become worn or soiled by handling, nothing is better than a cloth covering. For the heavy books, heavy materials will be required, but for the lighter kinds, calico, gingham, cambric, or other light material will answer. For books used in the kitchen, table oil cloth is excellent. Get a very light quality.

To make the cover, measure from the edge of one side around the back to the edge of the other side, and for the width, measure from the top to the bottom of the book; allow several inches (two-thirds the width of the book cover) at each end of the length of the cover, to be turned in for pockets into which the book-covers are to be slipped, and an inch across top and bottom for a hem and seams. Turn back the material allowed at each end of the length and fit the cover to the book, pinning, and close the book that the cover may not be too tight. When fitted, remove the cloth and stitch the pockets as pinned, and stitch at top and bottom from one side pocket to the other to strengthen it. Baste or stitch down the raw edge of the pockets; turn right side out and slip onto the book covers. Cut a space in the back, over the title page, and button-hole the edges. These covers may be made very handsome, with the use of silk, satin, or other handsome material, with painted designs or embroidery for ornament.

**Taste in Shirring**

In shirred waists, the gathers may be upon the shoulders, or across the neck only, falling down the middle of the back and front. With most of women, choice of fashions would be nothing but caprice; few women mean anything at all when they choose between fashions, in dress, yet there is an enormous difference in taste. When the gathers are from the neck, a suggestion is given of their being suspended by the neck; but the neck has a nobler duty to perform—that of supporting the head—and should not be degraded into a peg for clothing. Moreover, the gathers falling thence will make a straight line, bisecting the body and causing the head to look as if stuck on a pole.

When, on the other hand, the gathers fall from the shoulders, the eye is referred to the points which perform their rightful functions in sup-

porting them. Also, they take on the subtle forms of the figure as they pass over them, and in their balance tell the eye of the beautiful by-symmetry of the body. The same effect will, of course, be produced by the use of any other ornament in the same position.

It may occur to the reader that the Watteau fold is agreeable, yet it falls directly from the neck; but the Watteau fold does not satisfy the taste unless it proceeds from a yoke. The yoke is a device for transferring weight from the shoulders and dispensing it; it rests upon the shoulders, and in order to seem perfectly to fulfill its use, should have its material laid smooth.

Likewise, one should recognize the superiority in beauty of a vest when its outlines extend to the shoulders, over one whose outlines end abruptly in the neckband. The fault is so common that it must be that the difference is not appreciated, and yet, the person who thus errs would be quick to acknowledge the beauty of the sweeping curve of the front of a Turkish Zouave jacket.

**"Catch-up" Work**

For the woman who "just can not bear to be idle," the making of rugs from cotton, silk or woolen scraps is a simple, convenient and inexpensive pastime. Cut the rags, new or old, half an inch wide, and sew as for a carpet. Then, have a strong steel hook (one can easily be made from an eight-penny nail by filing one end in the shape of a hook, and sharpening the other end and putting the handle on) about five inches long, handle and all. Make a chain one-half as long as you wish the rug, then crochet around the chain, making two stitches at each of the four corners, every round. The stitch used is called the single crochet, made by inserting the hook under one strand of the stitch furthest from you, drawing the thread through, then again through both stitches. This makes the right side of the rug very much resemble the braided one, and if a little care is taken in shading or mixing the colors, the result will be very pleasing. A "store" crochet hook is not strong enough, and the hook used must be grasped like a knife. It is a somewhat awkward process at first, but one soon improves with practice. These rugs may be made as large or as small as one wishes, and will serve various purposes, according to size and material.

**For Luncheon**

The meat loaf can be made in the morning while it is cool, and it is fine for luncheon. Have beef, veal, or whatever you use chopped fine, or run through a chopper—enough to make three pounds. Put into a large bowl, add three tablespoonfuls of cream, half a cupful of crackers or bread crumbs, salt and pepper to taste; if desired, an egg may be used. Mix well and form into a long loaf, put into a buttered baking pan and bake. The meat should be cooked before chopping. It should be baked brown and firm.

**A Cleansing Soap-Cream**

An excellent soap cream to be used where soap is not advisable is made thus: Four ounces of almond oil thoroughly heated in a water-bath (double boiler), six ounces of rose water, in which has been dissolved one dram of borax, one ounce of powdered castile soap; as soon as these ingredients unite, it should be taken from the stove and stirred briskly until nearly cold. Then add four drops each of oils of rose, bergamot, lavender and cloves, beating it thoroughly.

This gives it a rich perfume, but may be omitted, if desired. When finished, the article should be soft, and should make the skin smooth and white.

**Cleaning Skirts**

Serge or cheviot skirts that have been worn until very much soiled should be immersed in a tubful of hot suds that contains one-half cupful of ammonia. Rub lightly on the washboard, rinse in clean ammonia suds (not clear water), and hang up by the band to partially dry. When almost dry, press first on the wrong side, then on the right, using a dry cloth between the iron and the garment for the last ironing.

**Thieves**

An exchange tells us that "the wayside weeds, along the fencerows and in corners, are like a gang of thieves camping there, in wait for the absence of the family watch-care, when they might begin their depredations by sowing their seeds to the winds and thus gaining a foothold on the farm." These wayside weeds may not be regarded as harmful, but they scatter their seeds, year after year, and fill the fields with their kind, to the great detriment of the crops of grains and grasses. This is not only the case in field culture, but the garden suffers from just such thieves. Every weed that is allowed to go to seed through the hot summer months, after the garden is "laid by," is a menace to future fertility and moisture. They should be cut down and burned before the seeds are set, if possible; indeed, the work should be attended to even earlier. As the vegetables are removed, the ground should be "gone over" with the plow and harrow, and some other crop sown to take the place of the invading weeds. Many things may thus be raised, and what to plant in the idle ground will readily occur to the careful husbandman.

**Transplanting Wildlings**

Many persons fail in trying to fill their gardens with wild flowering or foliage plants, because they try to transplant them in the growing season, or even after they have shown themselves in the spring. Very few things will stand this treatment. One should select such as are wanted in the garden, during the summer, and drive a stake down beside the plant to locate it; then, late in the fall, after the growing season is over and the plant dormant, just before the ground freezes, dig the plant up carefully, carrying as much of its native soil with it as possible, and plant where you wish it to establish itself. Try to give it the same conditions as to soil, shade, etc., as it was taken from. A goodly quantity of turf or leaf mould should be placed about it until it gets accustomed to the garden soil. Now is the time to mark many beautiful things. Do not neglect it.

**To Letter-Writers**

A writer in an exchange comments on the carelessness of letter-writers in sending off important documents and correspondence in poorly addressed envelopes, and does not wonder that so many of them reach the dead letter office. He says: "We have typewriters and skilled stenographers, and all kinds of patent machines to make the business of correspondence safe and secure, and we are still careless. We spend days getting up an important document, seal it in an envelope, then address it in such a villainous and slovenly manner that no human being can hope to decipher it. The Dead Letter office report for the past year shows that nearly ten million pieces of mail matter reached it, and the increase over the previous year

was large. In thousands of these pieces, parcels and letters, there was money amounting to many thousands of dollars, and commercial papers worth over a million dollars. Somebody should go to school.

**Query Box**

**A Sufferer**—For the fleas, get a barrel of air-slacked lime and scatter plentifully all through and about the barn, sheds and shelters, and nests of hogs; about the walks and around the house. Repeat every few days for several times, and the fleas will be gone.

**Mrs. L.**—To bleach the straw hat, put a skillet or old kettle in the bottom of a barrel, and into this put some live coals of fire. Dampen the hat with a mixture of corn meal and water (very thin), and hang it on a stick laid across the top of the barrel. Then put a handful of sulphur on the coals, cover the top of the barrel closely with a quilt or piece of old carpet, to keep in the fumes, and let remain for several hours before opening.

**Housewife**—To determine whether tea is pure is the province of the expert alone. The consumer can only suit the taste as to flavor and avoid purchasing a too low-priced article. Importers claim that black tea is the least likely to be adulterated. Tea-siftings and powdered tea are not always safe, though generally very cheap.

**J. F. M.**—Very little injurious adulteration is possible to butter, but it may contain a vicious acid engendered by age; therefore, it is well to avoid "cooking butter." Good brands of condensed milk are to be preferred to inferior fresh milk, both for health's sake, and from the standpoint of economy.

**BACK TO PULPIT**

**What Food Did for a Clergyman**

A minister of Elizabethtown tells how Grape-Nuts food brought him back to his pulpit: "Some five years ago I had an attack of what seemed to be La Grippe which left me in a complete state of collapse and I suffered for some time with nervous prostration. My appetite failed, I lost flesh till I was a mere skeleton, life was a burden to me, I lost interest in everything and almost in everybody, save my precious wife.

"Then on the recommendation of some friends I began to use Grape-Nuts food. At that time I was a miserable skeleton, without appetite and hardly able to walk across the room; had ugly dreams at night, no disposition to entertain or be entertained and began to shun society.

"I finally gave up the regular ministry, indeed, I could not collect my thoughts on any subject, and became almost a hermit. After I had been using the Grape-Nuts food for a short time I discovered that I was taking on new life and my appetite began to improve; I began to sleep better and my weight increased steadily; I had lost some 50 pounds but under the new regime I have regained almost my former weight and have greatly improved in every way.

"I feel that I owe much to Grape-Nuts and can truly recommend the food to all who require a powerful rebuilding agent delicious to taste and always welcome." Name given by Postum Co., Battle Creek, Mich. A true natural road to regain health, or hold it, is by use of a dish of Grape-Nuts and cream morning and night. Or have the food made into some of the many delicious dishes given in the little recipe book found in pkgs.

Ten days' trial of Grape-Nuts helps many. "There's a reason."

Look in pkgs. for a copy of the famous little book, "The Road to Wellville."