

flavored with lemon and ginger. The tomatoes may be taken from the syrup when boiled until clear looking, placed on dishes and dried, in which form they are called "tomato figs."

#### Cooking Cucumbers

**To Fry**—Take good sized cucumbers, peel and slice lengthwise, drop them into cold water and let lie until crisp; take them out and dry between folds of a clean, soft towel. Mix a little sifted flour with salt and pepper to season, dip the slices in the mixture and fry immediately in plenty of hot fat or oil to a crisp brown; serve hot.

**To Stew**—Pare, lay in ice water for an hour, then slice a quarter of an inch thick. Remove seeds, if too large. Put the pieces into a saucepan with enough boiling water to cover them, stew in covered pan for fifteen minutes, then drain off the water. Take enough water from the boiling teakettle to keep them from burning, season with salt and pepper; add a tablespoonful of butter and stir until the butter is completely melted. Stew again for fifteen minutes, then add a cupful of the richest milk obtainable, thicken with a teaspoonful of flour stirred into a little milk, and let boil up once, remove immediately from the fire and serve hot.

#### Doing Without Flies

One of our readers says: "Tell the housekeepers that a sure way to keep rid of flies, if screens are not to be had, is to keep everything absolutely clean, to leave no food setting about in the house, no scraps scattered about the yard, no garbage can open, no slop pails, no uncovered drains, no tubs of wash water, and no unwashed dishes. Flies get lonesome where there is no filth or uncovered foods. Air the rooms by open windows and doors through the night, where safe to leave them so, and where not, open them up very early in the morning, closing them before the sun gets much above the horizon. Leave the windows open a few inches at top and bottom, and open the transoms. As soon as possible after closing the openings, darken the rooms on the sunny side of the house, and don't let in the light until they are in the shade."—M. C.

#### Spending Money

Those who have not much money to spend may get quite as much comfort out of a little, by spending it in a way to do the most good, as a large sum spent carelessly. Don't buy anything just because somebody tells you it is what you want. Be sure, yourself, that it is. If you can not get just what you want, put what color and joy and hope and comfort you can in your life by buying the next best thing, remembering that, after all the best thing in this world is a healthy, cheerful, optimistic mind, and the ability to make the best of what is within our reach.

#### Contributed Recipes

**Peach Cobbler**—Line a deep baking dish with thick, rich pastry; pare and slice ripe, juicy peaches, sweeten with sugar and season, if liked, with a little cassia or almond extract, though it is good without either. Stew slightly, and put into the lined dish. Cover with a crust of puff paste cut half an inch thick; bake until a nice brown, in a moderate oven. Just before serving, the top crust may be broken and mixed with the fruit. May be served hot or cold, with cream sauce, whipped cream, or hard sauce.

**Escalloped Raw Potatoes**—Wash, pare, and cut into thin long pieces (called lattice slices) four large potatoes; let soak in cold water an hour

or more; drain, and put a layer of potatoes in the bottom of a well-battered earthen pudding dish; sprinkle with salt and pepper, dredge slightly with flour and dot over each layer about a half tablespoonful of butter. A thin layer of bread crumbs may follow. Continue this until all the potatoes are used, then pour slowly over it sufficiently rich sweet milk to bubble up through the potatoes. Cover closely and bake slowly on top of range or in the oven an hour and a half, or until the potatoes are soft and creamy.

**Baked Apples**—Wash and core sour apples sufficient to fill your pan. Be careful to leave the apples whole, scooping out the core with a coring knife. Blend together one-half cup of sugar, teaspoonful of butter, one-fourth teaspoonful of cinnamon, with a little grated lemon rind, for six apples. Fill this into the cavity left by coring, and set the apples in the pan. Cover the bottom of the dish with boiling water, and bake in a hot oven until soft, basting often with the syrup as it forms. Serve hot or cold.

#### To Renovate Ribbons

To renovate ribbons, proceed as follows: With good, pure soap, prepare a basinful of warm suds (a hand bowl will do), and place in it all the ribbons of one color. When they have soaked for fifteen minutes, remove and spread them, piece by piece, on a smooth surface. Then, with a soft brush (an old tooth brush will do), rub until all the streaks and spots disappear. A little cooking soda will help to remove obstinate stains. Rinse out the soap suds in clear warm water. If you desire the ribbons to be as stiff as when new, put a few drops of vinegar in the rinsing water.

Have the ironing board ready, spread the ribbons between two pieces of smooth white cloth with a plain weave and press with a moderately hot iron until thoroughly dry. This method will be found excellent with satin, taffeta, peau de sole, gros-grain, liberty satin, mirror velvet and other ribbons—excepting plain silk velvet; these should be merely dampened—not soaked—and run quickly back and forth over the face of a hot iron (silk side next to the iron) until dry. With a clothes brush, brush up the face of the ribbon gently but thoroughly, and the old velvet ribbon will be restored to its original condition.—The Delineator.

#### Children's Teeth

The little ones should be early taught to care for the teeth, not only on account of the teeth themselves, but because even a child's mouth loses its charm if it is filled with dirty, bad-smelling teeth. A tooth brush costs anywhere from five to fifty cents, and the five cent ones are good enough to begin with. Let each child have its own, and teach it, after every use of the teeth, to brush them with a little salted water, washing out of the mouth all crumbs, or foreign substances. It will pay.

#### An Erroneous Idea Corrected

Referring to an item in the Query Box a few weeks ago, answering a query about the genuineness of "store" honey, our bee-keepers assure me that "there is positively no manufactured comb honey"—that all comb-honey appearing on the market is bee-production. It is a fact that the idea that "machine-made comb" is used, whether by the bees or by men, and filled with some questionable preparation, is prevalent among the consumers, because of the comb-honey with which many are familiar in grocery-store trade, but, for the sake of the bee-keepers, it would be

as well to disabuse the mind of the consumer of an erroneous idea.

#### Query Box

**Mrs. J. B.**—Melted butter can not take the place of olive oil in salad dressing. Heated butter does not digest as readily as olive oil.

**"Beginner"**—Sweet corn should be thrown into boiling water, the water brought to a boiling point again, and the boiling continued rapidly for five minutes, when the corn should be drained and served hot.

**Mysie**—The white enameled bedstead may be renovated at home. Purchase a few cans of white enamel and a good brush, and follow the directions on the can carefully.

**"A Reader"**—The rubber heels applied to shoes act as a cushion and relieve the nervous strain on the back, rendering walking less tiresome. Many pedestrians learned their worth during the world's fair.

**"Querist"**—Wool wadding comes in sheets two yards wide by two and a half long, and costs about two dollars a sheet—perhaps more. It can be had of any large store that deals in such goods. The ventilation is the same as with a blanket. It is light and warm.

**T. C.**—Aluminum ware may be cleaned with fine whiting, or any of the soaps and powders used for silverware. Strong alkalis, or anything that will scratch must not be used. The cleaning substance must be free from any trace of soap or alkali such as is used in the kitchen.

**Mrs. Hattie J.**—This is Mrs. Rorer's method of cooking spinach: Wash thoroughly, throw into a hot kettle entirely without water, stir until wilted, then cook slowly for fifteen minutes, tossing frequently. Chop fine, return to the kettle, add butter, pepper, and salt, and serve, garnished with toast and hard-boiled eggs.

**Troubled Housewife**—This is said to effectually rid a room of flies: Take a teaspoonful of ground (powdered is better) black pepper, one teaspoonful of brown sugar and one of cream; mix well together and place on a plate in the room where flies are troublesome, and they will disappear.

#### For the Laundry

An exchange says: "In order to launder colored goods intelligently, and to insure satisfactory results, one should understand something of the nature of the dyes used. In cotton and linen, the coloring matter does not combine with the fibre of the materials, as it does in silks and woollens, but attaches itself mechanically, as it were, to the threads. For this reason, some cottons 'fade' quickly when brought into contact with soap and water. When the cloth is woven and dyed, different manufacturers use different substances with which to set the dye, or color. In some cases the dye is made insoluble by the use of an alkali, and in others it is an acid with which the material is treated. When the former substance is used, the color will not be neutralized or 'faded' by soap, the alkali in the soap having no effect whatever on the alkali used in the dye. Such colors are commonly known as 'fast,' and the work of the dyer has improved so much in recent years that we rarely have anything but fast colors in wash goods of any value. Sometimes, however, the dye has been treated with an acid, and it is with these cases that the trouble lies, for the acid which has been used to set the dye will be neutralized by any free alkali in the soap, and, as a result, the colors will 'fade' or 'run,' as soon as put into soapy water.

"To test any color, take a small piece of the goods and wash it in cool, soapy water. If the color does not change or weaken, it is safe to conclude that, with careful washing

in soap and water, it will not fade. Should the colors be affected in any way by this test, the dye has been set with an acid medium, and the material must be treated in some way before it can be properly laundered with safety to the coloring. To do this, soak the goods five minutes or more in a solution of salt or white-wine vinegar and water, one table-spoonful of the salt or vinegar to one gallon of water. It is always safe to use salt, even if you do not know the nature of the dye, because salt will always set an acid color, and will not injure an alkaline dye.

"A safe way to wash goods of a delicate or doubtful color is to use thin flour starch instead of soap-suds. This is very cleansing, and after rinsing, the goods will need no more starching, but will be stiff enough for all further purposes. This is the very best way to wash black goods."

#### Potatoes for Cleansing

The following recipe is highly recommended for its excellence in cleansing fabrics without injuring the texture or affecting the color, however delicate: Grate two medium-sized potatoes into a bowl containing one pint of clean cold water; stir well and strain carefully through a sieve or cheese-cloth, allowing the liquid to fall into another vessel containing an additional pint of cold water. Let this settle, and then pour off the water, being careful to allow no "settlings" to go off with the water, and bottle for use. Softly rub the soiled fabric or garment with a sponge dipped in the potato water, after which wash it in clean water, dry carefully and iron.

#### PHYSICIAN SAYS

##### Children Thrive on Grape-Nuts and Cream

A Mass. physician has found a cure for constipation in children—citing fifteen cases—by feeding them Grape-Nuts.

"Some time ago," he writes, "I became interested in your food, Grape-Nuts, as a cure for constipation in children. Having tried it in my own family, I have advised it in fifteen cases in which all suffered with constipation more or less severe. The result has been absolute relief in all.

"I write this that other children may be benefited."

How much better it is thus to bring about a healthy action in the bowels of growing children by natural means, than to feed them with improper food, requiring some kind of cathartic at intervals to overcome constipation.

Grape-Nuts gives energy to the entire nervous system including the nerves that cause the natural contraction and relaxation of the bowel muscles, that propel the food mass along.

It is predigested also, and the blood easily absorbs the food as it goes through the body, storing up vitality and force for the functions of all the organs.

Children especially, should get the right start as to habits of living. They should grow into bright, strong, cheerful men and women. Grape-Nuts solves the question of the start; a wholesome appetite will do the rest.

Children's teeth are benefited by chewing Grape-Nuts, also. Your dentist will tell you that a certain amount of exercise in chewing firm food is necessary to grow strong beautiful teeth.

Teeth need exercise just the same as muscles, if they are to grow strong and firm as nature intended. Grape-Nuts gives the exercise and also gives material from which good teeth are made.

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