of cinnamon, a level tablespoonful of allspice and one of ginger (ground) one level teaspoonful each of cloves and mace, a grated nutmeg, six bay leaves. Crush the bay leaves and mix them with all the spices; then put them into four small pleces o cheesecloth and tie them up loosely; boil for a moment the sugar and vinegar, throw in the bags of spices and then the fruit. Soft fruits must remain only a minute over the fire, Take from the fire and stand aside to cool. Next morning lift the fruft with a skimmer and put it into stone fars Boil the syrup, pour it over the fruit and let it cool. Do this for nine consecutive mornings, the last morning cooking the fruit until it is tender to the center.

## Query Box

M. M.-Answered you by letter. paper asked for does not reach you rite me again
B. D. G.-I have no way of getting the information you ask for concernng white bronze monuments
E. S. M.-Plums make a nice catsup o use with cold meats. Will give recipe in next issue.
Ella M.-Lavender is not a cos metic; a few drops in the toilet water is refreshing, however
L.-To make your vinegar sour put yeast cakes in it. To each flve gallons of the vinegar allow one cake of yeast.
Josie-Olive oil soap is the purest vegetable oil soap, but it may not be what you want. It is green and oily. For a shampoo, soften a bar in hot water and bottle. Use as required. Alice G.-The phrase, "nom de plume" is best avoided; pseudonym s the better word to use. Either is used to signify the name used instead of one's own, by writers.
A. W.-To set the blue color, soak he goods two hours in a solution of ne ounce of sugar of lead to two galusual.
Mrs, G.-To clean the brass or copper kettle, scour with a solution of vinegar will dissolve; apply with a

HOW MANY OF US?
Fail to Select Food Nature Demands to Ward Off Allments

A Kentucky lady, speaking about food, says: "I was accustomed to eat ing all kinds of ordinary food until for some reason, indigestion and nervous prostration set in.

After I had run down seriously my attention was called to the necessity of some change in my diet, and I dis continued my ordinary breakfast and began using Grape-Nuts
"In a few days my condition changed in a remarkable way, and I began to have a strength that I had never been possessed of before, a that amazed me. It was entirely new in my experience.

My former attacks of indigestion had been accompanied by heat flashes tressing with blind condls of ciziness rush of blood to the head and neu ralgic pains in the chest.

Since using Grape-Nuts alone for breakfast I have been free from these troubles, except at times when I have indulged in rich, greasy foods in quantity, then I would be warned by a pain under the left shoulder blade, and unless I heeded the warning the old trouble would come back, but when I finally got to know where these troubles originated I returned to my Grape-Nuts, and cream and the pain and disturbance left very quickly

I am now in prime health as a re sult of my use of Grape-Nuts." Name given
Mich.
woolen rag, rubbing vigorously, and wen clean, rinse well and polish with Anxized chalk or Spanish whiting. Anxious mother-If you had sent your address, I could have directed ine, but cannet the children's magaine, but cannot give addresses here
Pattle D.-Pastry flour is made o winter wheat, and is deprived ot most every trace of gluten. Two level ablespoonfuls less of bread flour hould be used when it is substituted for pastry flour, as bread flour has sreater thickening properties.
L. E.-I can give you a formula fo skin food preparation that is highly oannot promise that it weciallists, bu equire of one. A few applicatlon yo do no good. Its use must be persisted in for months, in order to show re sults.
S. M.-For smoothing and whitenin the hands, take the expressed juice of as there is fulce, and twice as much glycerine-that is, as much glycerine as the amount of both water and juice Keep in a bottle on the wash stand and after washing, while the hands are still damp, rub a few drops thorough ly into the skin and let dry on. This will prevent and cure rough or chapped hands.

Anna M.-For the horseradish sauce mix four tablespoonfuls of grated powdered h, lour tablespoonfus cream, one teasponful of powdered sugar, teaspoonful of salt, half tea spoonful of made mustard, and two ablespoonfuls of boiler) in a hot water bath (double brough and serve with roly heated Mansie.-For cleaning the sink, where soap and hot water falls, put a heaping tablespoonful of concentrated ye in a basin, pour boiling water over it to dissolve, and with a little mop give the sink a light rubbing, and the dirt will slip off as by magic. The mop may be a rag tied to the end of a when done.
A Missouri Reader.-I know of no school especially for middle-aged people, but think a person past school age can enter any seminary or college by paying the tuition. In cities there are night schools-perhaps in your own corm (2) I cannot recommen ng of thence school, as 1 know noth ng of them. A Chautauqua reading did not say what line of study you wish to pursue. Will you write me again?
"Ignorance"- I can not give you a list of the kitchen things you will need, knowing nothing of the amount good housekeeper among your a quaintance will help you.
Mrs. G. L.-Every sauce containing butter and flour is made after the same formula. Melt the butter, add he whatever liguor is requirede, then stock, strained tomatoes or -mik, and cook, beating constantly. The result should be a smooth, creamy sauce.
J. H.-If your wife is not a good housekeeper, you will not mend mat ters by fault-finding. Praise what you can, and encourage her with your atient helpfulness, If you can no respect for yourself as the "head of the house." A great many young vives are "poor housekeepers" at irst. Good housekeeping generally omes by education, not by instinct Amasie-A fine quality of black tea is generally advised. In curing green ea, the leaves are steamed as soon as gathered; in the case of black tea; the leaves are allowed to ferment belore drying. - The result is that the black tea containg far less tannin C. D. green
C. D. L.-For vegetable puree, cook

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the vegetables to a mush, rub through a soup strainer or sieve, and add stock, as in dried beans or peas. For cream purees, proceed exactly as for vegetable purees, using milk, or mixed milk and cream instead of stock for thinning. The thickening (for holding soups should be made of butter and flour rubbed to a paste.

Jule"-Offensive perspiration of the feet is often caused by a diseased condition of the sweat glands, and the feet must be washed often: soaking in equal parts of quite warm water and vinegar for half an hou each night and dusting with a mixtur of one part salycilic acid to eight parts talcum powder, is said to be good.
Lizzie L.-A "patch pocket" is a piece of material cut in any desired shape or slze, either lined or unlined, shape or size, either lined or unlined bus Press-Post
the edges turned in carefully and tacked all around. These pockets may be sewed on by machine, or slipstitched by hand, if the stitches must not show through-as is often the case with capes which are double faced cloth. The top opening is fin ished with a hem, out-faced with em broidery, bound with ribbon or braid, or merely turned and machine-stitched
across.

## TALKED SHOP

I spent a pleasant half hour in a barber's chair yesterday.

How was that?"
"Listening to the barber's story of how his brother went suddenly insane and slashed a customer, The barber explained between strokes that insanity ran in his family".-Colum-

