of cinnamon, a level tablespoonful of one level teaspoonful each of cloves pulverized chalk or Spanish whiting. and mace, a grated nutmeg, six bay put them into four small pieces of 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. cool. Next morning lift the fruit with greater thickening properties. a skimmer and put it into stone jars. der to the center.

Query Box

M. M.-Answered you by letter. If paper asked for does not reach you, write me again.

B. D. G .- I have no way of getting the information you ask for concerning white bronze monuments.

E. S. M.—Plums make a nice catsup to use with cold meats. Will give recipe in next issue.

Ella M.-Lavender is not a cosmetic; a few drops in the toilet water is refreshing, however.

J. L.-To make your vinegar sour, put yeast cakes in it. To each five 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 is 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 the goods two hours in a solution of one ounce of sugar of lead to two gallons of water. Let dry, and wash as usual.

Mrs. G .- To clean the brass or copper kettle, scour with a solution of salt and vinegar-as much salt as the vinegar will dissolve; apply with a

HOW MANY OF US?

Fail to Select Food Nature Demands to Ward Off Ailments

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

"After I had run down seriously my attention was called to the necessity of some change in my diet, and I discontinued my ordinary breakfast and began using Grape-Nuts with a good quantity of rich cream.

"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 vigor of body and a poise of mind that amazed me. It was entirely new in my experience.

"My former attacks of indigestion had been accompanied by heat flashes and many times my condition was distressing with blind spells of dizziness, rush of blood to the head and neuralgic 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 regiven by Postum Co., Battle Creek, than the green. Mich.

woolen rag, rubbing vigorously, and allspice and one of ginger (ground), when clean, rinse well and polish with

Anxious Mother-If you had sent leaves. Crush the bay leaves and your address, I could have directed mix them with all the spices; then you where to get the children's magazine, but cannot give addresses here.

Pattle D.-Pastry flour is made of winter wheat, and is deprived of almost every trace of gluten. Two level tablespoonfuls less of bread flour should be used when it is substituted Take from the fire and stand aside to for pastry flour, as bread flour has

L. E.-I can give you a formula for Boil the syrup, pour it over the fruit a skin food preparation that is highly and let it cool. Do this for nine recommended by many specialists, but consecutive mornings, the last morn- I cannot promise that it will do all you ing cooking the fruit until it is ten- require of one. A few applications will do no good. Its use must be persisted in for months, in order to show re-

> S. M.-For smoothing and whitening the hands, take the expressed juice of two large lemons, as much rose water as there is juice, 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 thoroughly 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 horse-radish, four tablespoonfuls of powdered cracker, one-half cupful of cream, one teasponful of powdered sugar, teaspoonful of salt, half teaspoonful of made mustard, and two tablespoonfuls of vinegar. Cook very gently in a hot water bath (double until thoroughly heated through and serve with roast meats.

Mansie.-For cleaning the sink, where soap and hot water fails, put a heaping tablespoonful of concentrated lye 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 stick. Be sure to rinse the sink well 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 city. (2) I cannot recommend any correspondence school, as I know nothing of them. A Chautauqua reading course might be what you want. You 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 of money you have to spend. Any good housekeeper among your acquaintance will help you.

Mrs. G. L.-Every sauce containing butter and flour is made after the same formula. Melt the butter, add the flour and cook to a paste; then add whatever liquor is required-milk, stock, strained tomatoes or creamand 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 matters by fault-finding. Praise what you can, and encourage her with your patient helpfulness. If you can not do this for love of her, do it out of respect for yourself as the "head of the house." A great many young wives are "poor housekeepers" at first. Good housekeeping generally comes by education, not by instinct.

Amasie-A fine quality of black tea is generally advised. In curing green tea, the leaves are steamed as soon as gathered; in the case of black tea, the leaves are allowed to ferment before drying. The result is that the sult of my use of Grape-Nuts." Name black tea contains far less tannin

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the vegetables to a mush, rub through the edges turned in carefully and milk and cream instead of stock for thinning. The thickening (for holding the solids in suspension) in cream 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 hour each night and dusting with a mixture of one part salycilic acid to eight good.

Lizzie L.-A "patch pocket" is a C. D. L.-For vegetable puree, cook shape or size, either lined or unlined, bus Press-Post.

a soup strainer or sieve, and add tacked all around. These pockets stock, as in dried beans or peas. For may be sewed on by machine, or slipcream purees, proceed exactly as for stitched by hand, if the stitches must vegetable purees, using milk, or mixed not show through-as is often the case with capes which are doublefaced cloth. The top opening is finished with a hem, out-faced with emsoups should be made of butter and 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 parts talcum powder, is said to be how his brother went suddenly insane and slashed a customer. The barber explained between strokes that piece of material cut in any desired insanity ran in his family."-Colum-