

thick slices. Scald well in strong ginger tea. To every two pounds of fruit take one pound of brown sugar and one pint of good vinegar. Make a syrup of this and drop in the fruit; let it cook until the fruit is perfectly clear; add cinnamon and white ginger, in muslin bags, or scattered whole through the fruit, as for other pickles. Put into stone jars and cover well with the syrup, weighting it down with a plate, and tie up closely. Small whole fruit may be used instead of sliced.

French Pickles

Slice one peck of firm, large green tomatoes and twelve medium-sized onions, and sprinkle over them a teacupful of salt; let stand twenty-four hours. Then drain well, put over the fire in a porcelain-lined kettle and scald in two parts of vinegar and one part water for fifteen minutes; drain again, and put into two quarts of strong vinegar, one pound of sugar, two tablespoonfuls of tumeric, two teaspoonfuls each of cinnamon, cloves, allspice, and black pepper and a quarter of a teaspoonful of red pepper. Cook the mixture all together for half an hour, and then add one-fourth of a pound of mustard that has been mixed smoothly with a little vinegar, and cook five minutes longer.

Putting the Children to Bed

A writer who was very popular in her day under the name of Fanny Fern, gave the following rules for properly putting the little ones to bed: "Not with a reproof for any of the day's sins of omission or commission. Take any other time than bedtime for that. If you ever heard a little creature sighing or sobbing in its sleep, you could never do this. Seal their closing eyelids with a kiss and a blessing. The time will come, all too soon, when they will lay their heads upon their pillows lacking both. Let them at least have this sweet memory of happy childhood, of which no future sorrow or trouble can rob them. Give them their rosy youth; nor need this involve wild license. If you ever met the man or the woman whose eyes have suddenly filled when a little child has crept trustingly to its mother's breast, you may have seen one in whose childhood's home

WELL PEOPLE, TOO

Wise Doctor Gives Postum to Convalescents

A wise doctor tries to give nature its best chance by saving the little strength of the already exhausted patient, and building up wasted energy with simple but powerful nourishment.

"Five years ago," writes a doctor, "I commenced to use Postum in my own family instead of coffee. I was so well pleased with the results that I had two grocers place it in stock, guaranteeing its sale.

"I then commenced to recommend it to my patients in place of coffee, as a nutritious beverage. The consequence is, every store in town is now selling it, as it has become a household necessity in many homes.

"I'm sure I prescribe Postum as often as any one remedy in the Materia Medica—in almost every case of indigestion and nervousness I treat, and with the best results.

"When I once introduce it into a family, it is quite sure to remain. I shall continue to use it and prescribe it in families where I practice.

"In convalescence from pneumonia, typhoid fever and other cases, I give it as a liquid, easily absorbed diet. You may use my letter as a reference any way you see fit." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville" in pkgs. "There's a reason."

'dignity' and severity stood where love and pity should have been. Too much indulgence has ruined thousands of children; too much love, not one."

The Teeth

Do not forget to care for the teeth of the little folks, as well as your own. Teach the children to use a tooth brush among the first lessons of cleanliness. Brushes may be had for five or ten cents each, and each child should have its own; one child should not use the toilet accessories of another, not only for the sake of ownership, but because of hygienic reasons. Mark the little brushes so each will know its own, and insist on the teeth being brushed after eating and on going to bed. A normal solution of salt and water is a good dentifrice; this is a teaspoonful to a pint of water, but half as much water to the salt will be best.

Tartar is an earthy-like incrustation deposited on the teeth from the saliva, and in some conditions of the stomach, it is deposited much faster than in others. If it is neglected, it will collect around the roots of the teeth, doing great injury. It is easily scraped off, but this should be left for the dentist to do, otherwise, the enamel may be injured, causing decay. Many discoloring agencies tend to render the teeth unsightly if neglected, and a visit to the dentist is the only remedy. If the tartar is allowed to accumulate, the gums are apt to become diseased, and to fall away from the teeth, exposing the roots and inducing decay, besides loosening the teeth and making them "sore" to the touch. In such a condition, mastication is almost impossible, and the stomach suffers. Some people are so negligent as to allow such a quantity of tartar to collect that several teeth are literally soldered together, and if one decays, making it necessary to extract it, it is almost, if not quite, impossible to loosen it from the others. Many dentifrices are recommended, but all are not safe to use, while there are many simple home dentifrices, both effectual and safe, as well as inexpensive. A good dentist is as much a necessity in the family as a good physician, while, if care is taken to wash and clean the teeth regularly, the services of the dentist may seldom be needed.

Another thing I must urge upon your attention: That is, a supply of handkerchiefs for the school children. As they are so easily lost it is just as well to make them as to buy them ready made, and much less expensive. A piece of lawn, of the cheap variety, from which the colors may be faded out, answers every purpose, and they may be made as neatly, or even hemstitched, as your time and taste will allow. The little girls can make their own, thus learning to set stitches, and they can make those for their brothers. Do not be too strict about the stitches, but rather teach the girlie to take a pride in her work, leaving it to her own judgment often as to whether the stitches should be taken out and bettered, or left stand as the best she can do. The goods should be soft and absorptive, and should not be carried longer than one day, if at all soiled. In this, too, each child should have its own, for hygienic reasons. Many eye and mouth diseases, as well as nasal affections, may be communicated from one to another through the promiscuous use of one handkerchief.

The First School Days

There is nothing connected with the rearing and training of children which is seemingly so much a matter of indifference as their earliest school days, and the lessons then learned. The first years of a child's school life are the ones which give the trend

to after life and learning. It is the custom to hurry the child to school the day (or before, in some cases) on which it arrives at school age. The innocent young soul, which has heretofore known nothing but mother, and an absolute trust in her, is sent to do battle with from ten to one hundred others, some as pure and innocent, others with knowledge and habits which are worse for the child than mothers can imagine, as this knowledge and practice bring nothing but sorrow and disease; words more vile than the printed page will bear, hints of things which no child should know, are freely taught by one to another at school. Do not think your child will escape; one such dangerous pupil in a school will as surely spread knowledge of evil as he would the seeds of an infectious disease. The tendency of the mind is to wrong, and if we older ones can not resist temptation, what can we expect of minds that have not the help afforded by judgment, observation and experience?—Ex.

The mind of a child of such tender years is not developed sufficiently to justify binding it down to a course of study; it must have occupation, and this can not be furnished constantly at the common school. A hasty lesson, three or four times a day, is all that the busy teacher can give it, and the rest of the time the child must sit still; in active temperaments, the mind works on, and it generally leads the little fingers into mischief. Then, too, the child does not realize why it must go to school; it contrasts this life with the freedom it enjoyed before, and in many cases, a positive dislike, often amounting to absolute hatred, is engendered for the school. In this event, the child does not learn as it should, and by the time

it is old enough to learn rapidly, it breaks away from school altogether.

It is becoming a common opinion that the child should not be confined in the school room until a later age, but, in many instances, if not sent to school, the child spends its time in the street, as all mothers can not give to the little ones the watch-care needed, and, especially in the city and village there is positively no other place where they can spend their time in play or exercise. It is claimed by thoughtful people that, if the children could be kept from school until the age of ten or twelve, the next generation would witness a literary revolution. Regarding such a contingent, something should be devised whereby there might be a suitable work found "for idle hands to do," else, the cure would seem to be worse than the disease, for no intelligent child can be kept from activity in some direction, or from imbibing knowledge of some kind.

For the Hair

For the woman with healthy, pretty blonde hair, a shampoo of rhubarb, honey and wine is recommended. Take an ounce of pure honey the same of rhubarb stalks and three ounces of white wine; put these together and let them stand twenty-four hours where it will keep warm; strain; have the head wet with clean water, rub on the mixture and let it dry; then wash the head in plenty of warm water without any soap.

Cantharides Hair Tonic—One quart of bay rum, one ounce of castor oil and one ounce of tincture of cantharides. Shake up well; apply night and morning to the scalp, rubbing it well in with the finger tips. If the hair is very oily, use only half the quantity of oil.—Specialist.

TRADE IN YOUR
INFERIOR SEPARATORS

Many users who would like to change their inferior machines of various kinds for a new

DE LAVAL CREAM SEPARATOR

do not understand that while such second-hand machines have no salable value the De Laval Company makes very fair "trade" allowances for them, just to get them out of the way and through this illustration of the difference between good and poor separators stop the sale of others like them in the neighborhood. Nobody is defrauded by their re-sale as they are simply "scrapped" at their real value.

Then there are thousands of DE LAVAL users who should know that they may exchange their out-of-date machines of ten to twenty years ago for the very much improved and larger capacity ones of today. These old machines are refinished and sold over again to those who don't think they can afford the price of new ones.

Write in a description of your old machine—name, size, serial number, and date purchased—or else see the nearest DE LAVAL agent about it.

THE DE LAVAL SEPARATOR CO.

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