

grams each of tincture of benzoin and borax.

For the hands which are constantly engaged in housework, try this: Lemon juice, three ounces; white wine vinegar, three ounces; white brandy, half a pint. Wash the hands well and dry thoroughly, then apply the lotion, letting it dry in.

One of the best and most inexpensive lotions to whiten the hands and prevent chapping, is made of equal parts of glycerine and strained lemon juice. After washing, while the hands are still damp, pour a little of this lotion in the palms, rub well into the hands and wrists and let dry. Keep a small bottle of this on the wash stand.

Floral Notes

The spotted calla bulb should be dried off when the foliage is killed by the frost, or when the foliage has died down in the late fall, placed in a pot or box filled with dry sand, and stored in an airy place where a temperature of 45 degrees is maintained, until time to set it in the border next spring. In some localities—south of Ohio—it is said to stand the winter outside with protection.

The palm, *Lantana Borbonica*, is conceded to be the finest decorative variety known. It is a beautiful plant, with large, deeply divided, fan-shaped leaves, and is of the easiest culture. Palms are now found in almost every home, owing to their decorative value, ease of culture and cheapness.

It is late, now, to pot plants or bulbs with any expectation of bloom before late winter or early spring. To take up plants as late as November, after having served their time during the summer months, is not satisfactory. While the plants may grow and put out luxuriant foliage, there will be no more bud formation. If kept thrifty, they will doubtless bloom in the early spring; but unless given good care, even this will be but scanty. The best now to be done is to take good care of what you now have, and next year begin your window garden preparations with the spring planting. Treat your plants as you would your children—study their wants and needs, and try to supply them.

Placing the Sleeve

One of the most difficult and perplexing things in the making of a waist is the correct placing of the sleeve in the arm's eye. So many times the sleeve will twist at the wrist, or there will be an uncomfortable strain at the shoulder which should never occur if the sleeve were put in correctly.

Place the notch in the top of the sleeve at the shoulder seam, and bring the seam of the sleeve to the notch in the arm's eye of the waist in front. Pin these points first, then pin the plain part of the sleeve smoothly in the arm's eye. Draw the gathers at the top until they fit the remaining space in the arm's eye; distribute the fullness carefully and use all the pins you can; it is better to spend a little time in pinning the sleeve than to be compelled to do the work several times over, if you are careless. Baste the sleeve in the arm's eye after it is well pinned, remove the pins and sew.—*Woman's Home Companion*.

Winter Cookery

About the first thing the average man or child thinks about, as the weather turns cold, is a good, hot meal of victuals. I should like to say the same of the women folks, but it is a fact that women do not pay as much attention to their eating as they should. By the time the meal is planned, the material collected and the cooking done, most of women who

do it all themselves have had enough of it, and find but little relish for the viands, no matter how good they are. Even the planning of a meal detracts from its "goodness," as one knows just what is coming (whether it "comes" in just the shape she ordered it or not), and usually, by the time it reaches the table it has lost its attraction for her.

Marketing does not come "by nature." It is a matter of education, and if the girl is not taught the ins and outs of the market places before marriage, she has many a hard lesson to learn by experience. Its most valuable lessons cannot be learned from the printed page, or entirely from even the best of cook books, or culinary lessons given through the domestic departments of our most reliable magazines. There must be judgment and common sense exercised in all its branches. We are taught that "the best is always the cheapest," and so it is; but we must be wise enough to know what is the best for each use for which it is intended. For instance, in the purchase of meats. The same piece will not do equally as well for boiling and stewing as for broiling and baking. Baking, roasting and broiling are done by dry heat, and for these, select the most choice and tender pieces, while for stewing, boiling and "chopped" dishes, the tough, or inferior pieces are chosen. These latter are in no way really inferior, because of less nourishment or being less palatable, but because the methods of cooking them are more difficult, and, not being in so great demand, the price asked is less than for the first named pieces. In the hands of a skilled cook, the "cheap" pieces are more palatable and nourishing than the high priced meats in the hands of a poor or careless cook. As the cold days come on, when fires are kept going many hours each day, it will be well for the daughters of the house to try their hand at good cooking along inexpensive lines. It is a possibility that every girl may become a wife and mother, and, whether she ever has a home of her own or not, a knowledge of good and skillful cookery along economical lines will always be a good investment of time and attention. Say what one will, the cookery of a family is responsible, not only for the ills, but for the happiness of the whole household. Health of body and mind is the foundation of every success in this world, and while all stomach troubles are not brought on by poorly prepared foods, a great many of them could be prevented in large measure by the serving of wholesome, well-prepared viands.

Soups

In spite of the many scientific theories to the contrary there is little doubt that soup is an ideal stimulant, especially to a jaded appetite. It furnishes that little encouragement which is so often needed by the stomach to prepare it for the reception of the more elaborate dishes that are to follow, by stimulating the gastric juices and starting them into action. By the time the heavier foods have come, therefore, the stomach is in proper condition for the functional work which it is expected to perform. If there is any other way in which these results can be attained, the secret is one that is unknown to the cook. * * * As a matter of fact, the distinct varieties of soup are actually few in number, the infinite variety indicated by the long list of names being due to the custom of recognizing any difference in flavor, however slight it may be, by bestowing upon it a new name. * * * Soups may be divided into exactly three classes: (1) the clear soup; (2) the thick soup; (3) the substantial soup. Each of these classes may be subdivided to meet the requirements of the several kinds of soup which properly belong under the

same general classification. In clear soup, one may have the meat soup—which may be a decoction of beef, veal, mutton (or even pork), of fowl, of game, of turtle or of vegetables. If the decoction of meat be a strong one, it is dignified by the name of consommé; if it is a weaker concoction, it passes under the more simple title of broth. Any of these infusions may be used without alteration, just as they come from the kettle, or an endless variety of soups may be obtained by the addition of different kinds of pastes, vegetables, etc.—*Delineator*.

Hot Fomentations

For the relief of pain, reduction of swellings, and many other remedial purposes, there are few things so good and effectual as hot fomentations. This remedy is usually to be had in all homes, with little delay, very little if any expense, calls for no drugs, and is attended with no bad effects, unless by careless application the patient is scalded. A small bed blanket, not necessarily new, quartered, or a large piece of all-wool flannel, will answer. In many homes there are old, worn blankets useless for bed purposes, which will answer admirably for this. The cloth may be folded into thirds, the end gathered into the hands, and the middle of the cloth, to within a few inches of the hands, dipped in boiling water. To this water salt is often added with good effect. Sometimes, on the advice of the physician, some appropriate medication may be added, but usually the hot water is sufficient. Then quickly twist the wet cloth by turning the ends in opposite directions, wringing as dry as possible; untwist quickly and fold the cloth large enough to cover well the parts to be treated; wrap in a dry piece of flannel, leaving one thickness of the dry between the wet and the skin, to prevent burning, and cover to keep in the steam. In some cases, this must be repeated as often as the flannel begins to cool—not allowing it to get cold, or to chill the patient. When renewing the hot cloth, the parts should be kept covered, not allowing the air to strike it. This treatment should be finished by sponging the parts with a cloth wrung out of cool (not cold) water, or, if the patient can stand it, a cool sponge bath, followed by a drying friction with soft warm towels. This treatment is excellent for soreness or pain in cases of cold on the lungs, acute inflammation of stomach or bowels, or kidneys, backache, pain in the loins, and in many other troubles of the internal organs. In many throat troubles, some headaches, and nerve troubles, this treatment is invaluable. A hot water bath—as hot as can be comfortably borne—is a great relief for tired or over-taxed eyes; to be followed by the cool lavement.

Query Box

M. E. R. tells us that iodine stains can be removed, if fresh, by washing in a solution of salt and water; if old stains, they should be soaked in salt water. Salt water will not fade the goods.

"A Subscriber."—For the work on elocution, the *Speaker*, or *Book of Recitations*, ask your book dealer. He will advise you, and get you what you want. There are many good ones.

H. R.—For a good mouth wash for tender gums, take one dram each of tannin, oak bark and myrrh; mix, and pour over them half a teacupful of boiling water. When cold, strain and bottle. Wash the mouth several times a day with the liquid.

J. D. M.—For constipation, take one-half pound each of seeded raisins and nice figs, and one ounce of senna leaves. Pour over the senna leaves a

little boiling water, pouring it off immediately and throw it away. Chop the senna leaves, raisins and figs quite fine together, then add one pound of light brown sugar, and pour over all one-half pint of boiling water, stirring thoroughly. Line a baking tin with oiled paper and pour the mixture in it to cool. At bed time, eat a piece of this an inch square, and afterwards regulate the amount by the effect of this dose.

S. S.—Common baking soda and fine table salt in equal parts make a good tooth powder. The soda neutralizes the tenderness of the teeth arising from acidity of the stomach, and the salt is both a preservative and healing. Rinse the mouth after using it.

F. M.—Do not whip the child, as the trouble is due to a weakness caused by several things. Every time the child takes cold and can not control her urine, let her eat raisins—five or ten cents worth, and this will do temporary good. There are remedies for the weakness known to your physician.

Housewife—Examine the canned goods, each can separately, and if the sides or ends are "bulged," in the least, reject it, as it denotes fermentation, either present or past, and the contents will be found spoiled. The ends should be "dished" in, or the sides sunken, which indicates a vacuum inside, left when the can is filled, and the outside air pushes the tin in to fill it.

Mrs. J. M. B.—See article "For the Window" in *The Commoner* of September 28. It is rather late to root cuttings now, but if you give them good care they may live, though not grow much or give bloom, through the winter. If you could give the plants a sunny window in a moderately warm room, free from chill or frost, they may do better than in the room where gas is used.

"Worried"—The condition of the hair is very often dependent on the state of health. Improvement of the general health generally improves the hair. Sage tea is a good hair tonic.

IT'S THE FOOD

The True Way to Correct Nervous Troubles

Nervous troubles are more often caused by improper food and indigestion than most people imagine. Even doctors sometimes overlook this fact. A man says:

"Until two years ago waffles and butter with meat and gravy were the main features of my breakfast. Finally dyspepsia came on and I found myself in a bad condition, worse in the morning than any other time. I would have a full, sick feeling in my stomach, with pains in my heart, sides and head.

"At times I would have no appetite for days, then I would feel ravenous, never satisfied when I did eat and so nervous I felt like shrieking at the top of my voice. I lost flesh badly and hardly knew which way to turn until one day I bought a box of Grape-Nuts food to see if I could eat that. I tried it without telling the doctor, and liked it fine; made me feel as if I had something to eat that was satisfying and still I didn't have that heaviness that I had felt after eating any other food.

"I hadn't drank any coffee then in five weeks. I kept on with the Grape-Nuts and in a month and a half I had gained 15 pounds, could eat almost anything I wanted, didn't feel badly after eating and my nervousness was all gone. It's a pleasure to be well again."

Name given by Postum Co., Battle Creek, Mich. Read the book, "The Road to Wellville," in pkgs. There's a reason.