

ply for one family, whereas, with them undrawn, this meat will be left for the "made-over" dishes the next day.—Good Housekeeping.

"Compulsory Education"

"The boy who is not constructed on the educational basis of the day can not line up with the average boy who jolts along with undisturbed equanimity amid the fads and fancies; to the greater or less discomfort of the teacher, this unclassed boy is an exception to the operative power of the compulsory law. The old saw about taking a horse to water applies to this kind of a boy with equal truth—he may be forced to some educational pump, but, like the quadruped, he can not be made to drink. To escape from enforced schooling the boy sets about making himself such an obstacle in the educational machinery (as it concerns him) that finally he is free to hunt up a job. He gets one, to his delight and to his mother's relief. 'Convict labor is cheaper than child labor,' but there are exceptions which ought to be made in certain cases."—Ex.

This will apply to girls, as well as boys. The child which has to be whipped, scolded and forced into attendance at school rarely makes a friend of the teacher, or is understood by her. The boy who does not like school is not always a dunce. Many of our smartest men were "like that."

For Nasal Catarrh

A reader asks: "What is a nasal douche, how is it used, where obtainable, and what the price?"

A nasal douche is an apparatus, something on the order of the fountain syringe, and is used to project a stream of liquid through the nasal passage to wash out catarrhal matter, and to introduce healing lotions. It can be had of almost any druggist and will cost, according to what kind of a druggist you have, from 25 cents to \$1. There are several kinds. The receptacle for holding the solution may be of rubber, metal, glass or porcelain, with an opening and short tube at the bottom connecting with a piece of rubber tubing, on the other end of which is a hard rubber tin made to fit the nostril. The glass or

COFFEE IMPORTERS

Publish a Book About Coffee

There has been much discussion as to Coffee and Postum lately, so much in fact that some of the coffee importers and roasters have taken to type to promote the sale of their wares and check if possible the rapid growth of the use of Postum Food Coffee.

In the coffee importers' book a chapter is headed "Coffee as a Medicine" and advocates its use as such.

Here is an admission of the truth, most important to all interested.

Every physician knows, and every thoughtful person should know, that habitual use of any "medicine" of the drug-stimulant type of coffee or whiskey quickly causes irritation of the tissues and organs stimulated and finally sets up disease in the great majority of cases if persisted in. It may show in any one of the many organs of the body and in the great majority of cases can be directly traced to coffee in a most unmistakable way by leaving off the active irritant—coffee—and using Postum Food Coffee for a matter of ten days. If the result is relief from nervous trouble, dyspepsia, bowel complaint, heart failure, weak eyes, or any other malady set up by a poisoned nervous system, you have your answer with the accuracy of a demonstration in mathematics.

"There's a reason" for Postum.

porcelain cup is best, as the rubber is apt to crack or harden, and the metal to rust. It can be had in city stores for about 30 cents. Around the top of the cup is a wire with two loops, by one of which the douche is to be hung up above the head, and the other loop holds the rubber tip to prevent the water escaping as it is filled.

For use: Into one quart of tepid water stir one teaspoonful of listerine—less, if the nasal cavity is very raw or sore, as it will smart; fill the cup with this, hang it above the head, and insert the rubber tip in the nostril, letting the medicated water run in at one nostril and out at the other; then refill the cup and wash out the other nostril in the same way, until all the water has been used. Do this every morning. Instead of the listerine, a solution of salt—a teaspoonful to a pint of tepid water—is excellent; or the same of powdered borax. Either is very cleansing and healing. The use of it leaves a very comfortable feeling of cleanliness in the head, and can not help but alleviate catarrhal troubles. A simple, but effective way to use the solutions is to pour a little into the palm of the hand and "sniff" as much as possible up each nostril; but the douche is more thorough.

Inexpensive Heating for Upper Rooms

Not all of us can have "furnace heat," and many of us would not, if we could. But we can all have comfortable rooms at a small cost, with no further expense for fuel. Nearly every large stove dealer carries a stock of radiators (or if not in stock, they can be ordered for you) which are designed for use in an upper room by running the pipe from the stove below up through the floor—after the manner of the old-fashioned "drum." These radiators are made round or square, and look very neat; they are made for use with either hard or soft coal or wood, take up but little room, make no dirt, and consume no fuel. There is no "lugging" fuel up the stairs, or bringing it in from the outside. If used on a base burner—wood or coal—which is kept going all the time, the rooms above are of a pleasant warmth night and day, and the heat can be regulated by letting the window down from the top, according to need. A radiator attached to the kitchen stove below will warm up the room above so that going to bed, or getting up in a cold room will be unheard of. In the spring the radiator can be taken down and stored, while the pipe can go into the flue below in the usual way. These radiators are not a "new fangled" notion, but have been in use, more or less, for many years; yet they are a new idea to many families. They are perfectly safe, so far as danger from fire is concerned. They can be had from reliable department, or mail order houses, at from \$4 to \$6, plus freight charges, and will last for many years. They are made for either hard coal, or wood, or soft coal burners. My experience with them has been entirely satisfactory, and I heartily recommend them. They are fine for children's or invalid's rooms.

Here is a good way to treat some distressing aches: For a headache, wring a towel out of hot water and apply to the nape of the neck. For toothache, wring a woolen cloth out of a hot solution of salt and vinegar and apply to the seat of the pain. Salt and water is good.

Some Good Recipes

Buckwheat Cakes—Warm one pint of sweet milk and one of water (the milk may be cold and the water hot enough to warm it); put half this mixture into a stone crock, add five teacupfuls of buckwheat flour; beat

well until quite smooth; add the rest of the milk and water, stir well, then add a teacupful of lively yeast, or one tablet of compressed yeast. Or, the same ingredients and proportions may be used, except adding two teacupfuls of molasses or brown sugar, and using one quart of warm water instead of milk and water. The molasses or sugar is used to make the cakes crisp and brown quickly on the griddle, instead of having a pale, uncooked appearance. Make the batter at night and let it stand in a moderately warm place to rise over night. If there is acidity engendered, a little soda dissolved in a little warm water should be added to the batter before baking.

Fried Corn Meal Muffins—Mix with one pint of boiling water, one half-pint of sifted cornmeal, half teacupful of salt and one teacupful of sugar. Stir meal into the boiling water as for mush, then set away over night. In the morning add two well-beaten eggs, beat thoroughly into the mash, then wet a spoon in cold milk, take up the mixture and drop by the spoonful into very hot deep fat; fry until brown and serve with sugar or syrup, as liked. In frying any kind of batter, the fat should be very hot—even to smoking a little, but not scorching, in order to at once sear the outside and prevent the absorption of grease. Cooked in this way, the "fried things" are wholesome.

Curing Beef for Drying—To every thirty pounds of beef, one teacupful of saltpeter, one quart of fine salt. Mix with molasses until the color of brown sugar (sorghum is good); rub the pieces of meat with the mixture and let all stick to it that will. Pack in a deep vessel so that the brine may come up over the meat. Let it remain about three days, take out and hang in a suitable place to dry.—Mrs. D.

"Discharging" Old Colors

The Diamond Dye Annual gives the following methods for taking out the old color from goods intended to be dyed: "Unless the old color is well 'discharged,' do not try to dye goods a lighter than the original shade. For taking out the old color, the best bleaching liquid is made by dissolving a quarter of a pound of chloride of lime in one pint of water; and in another pint, dissolve a quarter-pound of bi-carbonate of soda; mix the two liquids, let stand until settled; pour off the clear liquid, strain through a cloth and keep in jars. Wet the goods thoroughly in hot water, take them out, add a portion of the bleaching liquid to the bath, return the goods and work thoroughly ten or twenty minutes, adding more of the bleach if necessary. Rinse thoroughly in several waters to take out all the bleach before attempting to dye the goods.

Query Box

"Kansas"—Glad you approve of my stand, and thank you for the suggestion. The matter has been treated altogether too one-sided heretofore.

E. N.—Try the camphor cold cream recipe given in "The Toilet," for the shrunken hands. Use it freely as directed.

M.—After dinner coffee should be black and strong, and may be served either at the table or in the parlor.

Hattie M.—Hard, callous places on the hands and feet can be softened by bathing in hot water and common baking soda, then rubbed off with a toilet pumice, which will cost you about ten cents at the druggist's.

W. K.—This is, perhaps, what you want: Dissolve one ounce of powdered alum in the water used for rinsing the children's dresses, aprons and petticoats to render them less inflammable.

Sadie—It is according to what the

ink is made of. Some ink stains, while fresh, are readily taken out by soaking in sweet milk, or dipping in hot tallow before washing, while it seems impossible to remove others, leaving an ugly yellow or brown stain.

Theo.—The raisins and currants should be washed and well dried, then sprinkled with flour and stirred until each is coated with it; they will then mix evenly with the dough. Any nuts or fruit not floured will sink to the bottom of the dough.

F. M.—For really good doughnuts, do not mix hurriedly, but take time to work and squeeze the eggs, lard, sugar, etc., backwards and forwards through the fingers until it will be a stiff dough in spite of you. It should be about like biscuit dough. Keep the fat at a regular heat while frying—just hot enough to brown quickly, but not scorch.

"Old Mizzou."—Don't pour coal oil on your kindling, either in the stove or out of it. Sift a pint of ashes of any kind, put into a can and saturate with coal oil. Then, when laying your kindling, put a teacupful of the mixture on your kindling, and you will have no trouble, and no danger of explosion.

THE VALUE OF CHARCOAL

Few People Know How Useful it is in Preserving Health and Beauty

Costs Nothing to Try

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, drinking or after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Charcoal Lozenges; they are composed of the finest powdered Willow charcoal, and other harmless antiseptics in tablet form or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but, on the contrary, great benefit.

A Buffalo physician, in speaking of the benefits of charcoal, says: "I advise Stuart's Charcoal Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat; I also believe the liver is greatly benefited by the daily use of them; they cost but twenty-five cents a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Charcoal Lozenges than in any of the ordinary charcoal tablets."

Send your name and address today for a free trial package and see for yourself. F. A. Stuart Co., 56 Stuart Bldg., Marshall, Mich.