

brush boxes, and like conveniences, to be hung upon the wall beside the dresser, will be found useful and inexpensive. Scraps of worsted or floss left from the "Christmas present" industry may be used up thus.

**The Baby's Comfort**

A writer in an exchange says most sensibly: "If babies could speak, how many piteous complaints we should hear of the annoyances given them by well-meaning visitors? So many people rush up to an infant, talk nonsense in a loud voice, or cover him with kisses. Sometimes the tiny victim will scream and refuse to be pacified until the mother or nurse rescues him from his tormenters; sometimes he stands it in silence. But very few babies like sudden familiarity from strange persons. By the end of the fourth month they can generally recognize people, and while it is well to accustom them to the sight of strangers, they should not be subjected to the shock of being caught into unfamiliar arms, or shouted at by unfamiliar voices. Do not allow the little baby to be violently tossed into the air in order to make him laugh and crow. Baby is a very delicate creature, and should be handled very delicately and gently. Do not allow "romps" with the baby just before bedtime. His playtime should be just after his morning nap. We are warned that babies should not be kissed on the mouth. Consumption, diphtheria, throat diseases, mouth diseases, and many other dreadful things may be contracted—and frequently are—in this way. It is very hard to resist kissing a baby, but the baby has rights of his own, and his health and happiness are of far greater importance than our pleasure. Be good to the baby.

**"Planked Meats"**

In cooking meats by this method, the housewife has an easy way of

**NEVER TIRES**

**Of the Food That Restored Her to Health**

"My food was killing me and I didn't know the cause," writes a Colorado young lady; "For two years I was thin and sickly, suffering from indigestion and inflammatory rheumatism.

"I had tried different kinds of diet, plain living, and many of the remedies recommended, but got no better.

"Finally, about five weeks ago, mother suggested that I try Grape-Nuts, and I began at once, eating it with a little cream or milk. A change for the better began at once.

"Today I am well and am gaining weight and strength all the time. I've gained ten pounds in the last five weeks and do not suffer any more from indigestion and the rheumatism is all gone.

"I know it is to Grape-Nuts alone that I owe my restored health. I still eat the food twice a day and never tire of it." Name given by Postum Co., Battle Creek, Mich.

The flavor of Grape-Nuts is peculiar to itself. It is neutral, not too sweet and has an agreeable, healthful quality that never grows tiresome.

One of the sources of rheumatism is from overloading the system with acid material, the result of imperfect digestion and assimilation.

As soon as improper food is abandoned and Grape-Nuts is taken regularly, digestion is made strong, the organs do their work of building up good red blood cells and of carrying away the excess of disease-making material from the system.

The result is a certain and steady return to normal health and mental activity. "There's a reason." Read the little book "The Road to Wellville" in pkgs.

cooking, and one that will give to meats and fish the sweet flavor of that cooked over a wood fire. A "truly" plank must be used. These planks are to be found at all house-furnishing stores at a very reasonable price, or one can be made by any one handy with tools and having the desired wood. They are made of hard wood, about two inches, in thickness, and are either grooved, or slightly hollowed (preferably the latter) in the center, to retain the juices. They can be bought with clips or wires with which to fasten the fish or steak, or broad headed tacks may be used. It is not absolutely necessary to tack the meat to the board when it is cooked in the oven, but it is done reminiscent of the days when the board was propped before the open fire and the food tacked to keep it from slipping off the board.

The plank must be set in a hot oven and left to get thoroughly hot before the meat is tacked on it. Until it has been used several times it will need to be brushed with oil or melted butter. When the meat is tacked on, it must be placed in the hot oven and left to cook ten or twelve minutes, then the tacks are taken out, the meat turned, retacked, and returned to the oven for another ten to twenty minutes. The food must be served on the plank, which can rest on a large, napkin-covered platter or tray. It must not be slipped off. A edible garnish that partly hides the edges of the plank is permissible. Fish should be basted frequently during the cooking with a mixture of one-third of a cup of butter, tablespoonful of lemon juice and a dash of cayenne pepper. Steak should be fat enough to need no basting. Lamb or mutton chops may be basted with well seasoned tomato sauce.—Ladies' World.

When a branch of some house plant is broken, but not entirely severed from the plant, straighten it up, holding it in place while a strip of soft, wet cloth is wound firmly about the parts, above and below the break; fasten the broken branch firmly to a stake driven in the dirt near the plant; keep the cloth wet for a few days, and it will heal.

**Baking Powder Ginger-Bread**

For ginger-bread, all the old recipes use soda to combine with the acid in the molasses, this combination creating the gas necessary to the lightness of the mixture. Molasses in cans contains very little acid, if any, since the acid is developed by fermentation which occurs during exposure to the air for some length of time. Furthermore, the modern molasses is very carefully neutralized with soda before it is canned, and is then sterilized and sealed air-tight in sterilized cans. The addition of soda, therefore, to fresh molasses will not give gas necessary for lightness. Hence, the use of baking powder in our modern ginger-bread recipes. If molasses is poured out of the can and left exposed to the air for any length of time, a certain amount of acid may have developed, and then the addition of a small amount of soda—say, half a teaspoonful—is advisable. The following recipe is given by Good Housekeeping as being good:

Mix two-thirds cupful of hot water, half cupful of butter, cupful of molasses, and two well beaten eggs, in the order given; mix together and sift three cupfuls of flour, four teaspoonfuls of baking powder, half a teaspoonful of salt, two teaspoonfuls of cinnamon, one teaspoonful of ginger and one-half teaspoonful of cloves. Add these to the first mixture, beating until smooth. Bake in form of a loaf, or on baking sheets in a moderately hot oven, thirty-five

minutes for a loaf, fifteen to twenty minutes for a sheet.

**Chopping Machines**

Few things are more helpful to the cook than the chopping machine. One large enough for family use can be had for \$1 to \$2. It is best to get a good one, even though small. With one of these machines, there need be no waste of meats, vegetables, fruits, stale breads, or, in fact, any left-overs. Scraps of bread can be crushed, dried and used in making many dishes; fruits for any purpose which requires mincing, vegetables, roots and tops, all kinds of meats and nuts can be run through the chopper with a few turns of the wrist. The parts are not intricate or easily got out of order, and the machine can be easily cleaned. Once having used one, no woman would be willing to do without. It is owing largely to the lack of such little conveniences that the work of housekeeping is regarded as drudgery, for without them, one certainly does have to "drudge."

**Ferns as House Plants**

The deciduous ferns—those that come up in the spring and die down in the fall—are used, as they make a finer and fresher show of fronds. The perennial ferns after having grown all summer will go ragged early in the winter. Early in the spring, as soon as the fern-balls begin to unroll, take them up, roots, ball of earth and all, and pot them in the earthenware pan of your fern dish, or, if you have none, use a six-inch bulb pan. Sink the pan in the soil in the home garden, in a cool, moist, shady place, and keep well watered. Let the ferns grow on during the summer, but when the frosts come in the fall, take up the pan and set in the open where it will get the benefit of hard frosts in order to get the-sap to the roots as soon as possible. As soon as the fronds are dead, cut them all off carefully, in order not to injure the crown. By the first of December, if there has been freezing weather, you may take the pan into the house. Set it in a moist atmosphere of not more than 55 degrees, in a north window or in a location where it will not get much sunshine, and keep it well watered. By so doing you should have a fine fernery for the Christmas table. Use only soil from the woods for the fern-pan, and keep it always moist.—Woman's Home Companion.

If one wishes to have a lovely window garden through the winter, preparations must be made months ahead—in many instances, as above, a whole year's preparation is demanded. But it pays.

An effective window decoration can be had by growing a sweet potato vine. Place the potato in a wide-mouthed jar or bottle with enough water to cover one-third the length of the tuber. Set in a warm, sunny window, and in a short time it will throw out sprouts, each of which should develop a fine vine. There should be three to six vines to each potato, of a dark lustrous green, with crinkled leaves. To get the best effect in a window, place a narrow shelf across near the top of the window frame but far enough down so the jar or bottle will get light. Let the vines hang down, and drape them in any desired way.

**Library Paste**

For the scrap-book, here are two

recipes which are recommended by the senders: Soak one-fourth ounce of gum arabic crystals in two ounces of cold rain water; mix one ounce of rice flour with one-half pint of rain water (first dampen the flour with a little of the cold water and blend until smooth, then pour on the rest of the water boiling hot), stirring; add the gum water and cook for ten minutes, remove from the fire and stir in two drops of clove-oil; keep in a tight jar.

No. 2—Dissolve one ounce of alum in one quart of soft water; add flour to the consistency of cream; stir in one tablespoonful of powdered rosin, two or three drops of clove oil, and boil to a mush, stirring constantly. Put in small jars, and cork tightly, and it will keep indefinitely. For any kind of paste to be kept any length of time, a small quantity should be kept separate from the bulk of it, using until gone, so as not to disturb the rest. For the cooking, a porcelain-lined double boiler is good, as it will not scorch; a small pail or can set in a larger one containing the boiling water will answer if the double boiler is not at hand. The least possible clove oil should be used, as too much oil will break the adhesive strength of the paste.—J. L.

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