

cold as far north as the middle of Ohio. It is very easy to give the plant protection in the severe weather, if one will but do so. If not, one does not deserve to have fine plants. The hardy June roses bloom but once a year, but bloom abundantly then. The flowers are neither so delicate in petal, nor so delightful in perfume as the teas.

**For Disinfecting Body and Bed Linen**

In cases of contagious fevers, the clothing and bed linen should be thrown at once into a tub of water on being removed from the patient. The perspiration should not be allowed to dry on them. Some carbolic acid should be put into the water, and they should be soaked for several hours, and should be boiled one hour. To one pint of pure carbolic acid put forty pints of water; put the soiled goods in this, and, after they have soaked six hours, have a tub of clean water at hand, lift the clothes from the tub of solution and drop them into the clean water after having wrung out the carbolic solution. Leave them in the clear water for an hour, or, if needed soon again, wring them out immediately, then boil for one hour. This does not discolor the goods, or rot them. If a solution of bichloride of mercury be used, the clothes will be discolored beyond hope of remedy; lime solutions eat into them and cause them to wear out immediately. For other things, such as pans or vessels used about the sick, both lime and mercury are good disinfectants.

Lime should be used freely for all deposits from sick persons, and bichloride of mercury should be used for washing vessels of earthenware and china, but it will corrode any metals. Fumigating with sulphur requires that all metals should be removed from the room, as the fumes will corrode. For these, carbolic acid solution or alcohol may be used as disinfectants.

Lime should be scattered plentifully over the ground where excreta from the sick is thrown. Care should be taken to kill all germs by use of disinfectants, as, whether thrown on the ground or emptied into sewers, they are washed down to escape into rivers or springs, or scattered by rains, and

**DREADED TO EAT**

**A Quaker Couple's Experience.**

How many persons dread to eat their meals, although actually hungry nearly all the time!

Nature never intended this should be so, for we are given a thing called appetite that should guide us as to what the system needs at any time and can digest.

But we get in a hurry, swallow our food very much as we shovel coal into the furnace, and our sense of appetite become unnatural and perverted. Then we eat the wrong kind of food or eat too much, and there you are—indigestion and its accompanying miseries.

A Philadelphia lady said, the other day:

"My husband and I have been sick and nervous for 15 or 20 years from drinking coffee—feverish, indigestion, totally unfit, a good part of the time, for work or pleasure. We actually dreaded to eat our meals.

"We tried doctors and patent medicines that counted up into hundreds of dollars, with little if any benefit.

"Accidentally, a small package of Postum came into my hands. I made some according to directions, with surprising results. We both liked it and have not used any coffee since.

"The dull feeling after meals has left us and we feel better every way. We are so well satisfied with Postum that we recommend it to our friends who have been made sick and nervous and miserable by coffee." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

are thus sent on a further mission of disease or death.

All drains in country places should be disinfected by the use of lime, or other means of purification, whether or not diseases of a contagious nature are present on the premises. One cannot always be sure that such is not the case, and safety lies in precaution.

**Water-Glass—Silicate of Soda**

As the season for a plentiful supply of eggs is near at hand, we are receiving inquiries regarding the "Water-glass" method of preserving them. A number of our readers say their druggist does not know what water-glass is. The International Dictionary defines it as "Soluble glass, water-glass, a silicate of sodium, or potassium, found in commerce as a white, glassy mass, a stony powder, or, dissolved, as a viscous, sirupy liquid." It can, or should be readily ordered through the druggist, and should not be expensive. The method of preparing and using for the preservation of eggs, is as follows: To one pint of the liquid glass (silicate of sodium) add nine pints of water that has been boiled and cooled; put this solution into a stone or earthenware crock or jar that can be kept covered. Every day, as you gather the eggs, drop them at once into the solution until the vessel is sufficiently full, then cover and keep in a cellar or cool room. The eggs must at all times be kept well-covered under the solution. Sometimes the solution may be a little coagulated while in use, but it is not spoiled. The eggs must be at all times perfectly fresh, and put into the solution as fast as gathered. The soluble glass will possibly be more readily obtained in powder or mass, and a pint of the liquid will be equal to about ten ounces of the dry. It should cost about 25 cents a pound.

One of the new models for a skirt has the front breadth reaching the floor; it is handsomely trimmed with lace insertion down the sides. The other gores reach the knee line, and a wide flounce is attached on the bottom. This flounce is headed with lace insertion, and the lower portion has three bands encircling it. This is very becoming to young girls and is a relief from the plainly gored skirts.

Many of the expensive gowns are being made with long sleeves. It will be good news to many to hear that the old story of buttoning the shirt waist in front will be brought out again in the summer fashions. It is not easy to fasten, or to keep fastened, the openings in the back of the garment.

**For the Kitchen**

Do not neglect the dish cloths and towels. In washing these, put a teaspoonful of ammonia in the water, rub the soap on the towels, and put into the water and let stand a half hour or more; then rub them out thoroughly, through two waters, then rinse faithfully, and hang in the air to dry—in the sunshine, if possible. This should be done every time they are used.

If the stove is cracked, make a cement of wood ashes and salt in equal proportions, wetting to a stiff paste with cold water, and fill this into the cracks when the stove is cold. It will soon harden.

When putting the stoves away for the summer, give them a thin coating of three parts lard melted with one part of rosin. This will prevent them from rusting.

For sweetening jars, fill the jars with hot water, and drop into it a teaspoonful of any good soap powder, shake well, and empty the jar, and if not clean and sweet, repeat the filling and put a cloth in it and shake well again. Empty, and rinse thoroughly with clear, cold water.

Anything cooked in a new iron kettle is apt to burn, if not strictly attended to. To prepare the new kettle for use fill it with clean potato peels, boil them for an hour, empty,

and wash the kettle out with hot water, wipe dry, and rub with a little lard; repeat the rubbing with lard at least a half dozen times before using again. In this way rust will be prevented, and the kettle will gradually get smooth inside.

Do not keep bright steel articles in a salty atmosphere, as the moisture the salt draws will cause them to rust, and ruin them. In putting cutlery away, oil and wrap in tissue paper.

It is claimed that chrome cement, made by mixing five parts of gelatine with one part solution of acid chromate of lime, will effectually cement glass or china articles. The broken edges are covered with this, pressed together and exposed to the sunlight until dry. The effect of the sunlight is to render the compound insoluble in even boiling water.

**Some Requested Recipes**

**Brains.**—Take all the fibre from the brains, carefully. Put into cold water to soak for two hours. Drain, and throw them into boiling water with salt to season and a little vinegar—half a teaspoonful; let boil for fifteen minutes, take out and throw them into cold water, drain well, roll in cracker crumbs or corn meal, and fry in medium hot lard. When done, lay them on a white cloth or paper, to drain the grease, and serve hot.

**Brains (2).**—Prepare the brains as above for frying, only, after having been boiled, cut into pieces like oysters, and throw into eggs prepared for omelets. Season with salt and pepper, and cook as any omelet.

**Brains (3).**—Beat the brains nicely, removing all fiber. Add a little thyme, parsley, nutmeg, and a few drops of lemon juice. Mince the yolk of a hard-boiled egg, and mix with the brains; make into cakes and roll in flour, and fry in hot fat.

**Baked Fish.**—Take any kind of nice fish large enough to bake; clean well, and dry with a cloth; fill with a dressing made of four or five hard-boiled eggs chopped fine, bread crumbs, pepper, salt, a little parsley, and tie it up well with cords to keep the dressing in; put it in a baking pan with a teaspoonful of water, and bake. It must be kept moist while baking by frequent basting, and the water must not be allowed to boil away without being replenished with a little boiling water. When well cooked, put on a platter, clip the strings and take them off, and cover the fish with a thick sauce made of four or five hard-boiled eggs, mashed, half a cup of vinegar, tablespoonful of butter, two tablespoonfuls of sugar, pepper and salt to taste, and a few white mustard seeds, which must be cooked until stiff before pouring over the fish. Garnish with the chopped whites of eggs and parsley.

**Massage for Constipation**

Inaction of the bowels is one of the worst things that can befall one. There can be no health, mental or physical, where it is tolerated. It especially affects brain action, and fills the body full of aches and pains. None who suffer from this complaint can "look well," no matter what pains they take as to bleaches, creams, lotions and powders. To feel well is to look well, and this cannot be done so long as one is the victim of constipation. No drugs will cure the complaint. Cathartics are worse than useless, relieving only for the time, only to redouble the difficulty afterwards. There are food cures; but in the matter of foods, what is one man's meat is another's poison, the world over. What will help at one time will hinder at another. In this, as well as in everything else, the cure must be brought about principally through common sense and good judgment by individual application.

Beyond all question, the true cure depends greatly on proper foods, and periodicity of all physical functions, but there are two other means beginning to be fully recognized, by which

much good may be brought about. One of these is the copious drinking of water—warm, hot or cold, as suits the stomach best; but ice-water is an abomination at any time. Eat dry foods, in order to excite the flow of saliva. This may be hard to do at first, but habit is everything. If it takes time, give it time, but do it. An hour after meals—two hours—drink water plentifully, until within an hour of the next meal time. When eating, masticate everything fully.

The stomach often solves the food, and the bowels discharge it, without absorbing any nutriment from it; weak lacteals weaken equally with a weak stomach or liver. Digestion may go on all right, while many of the lacteals may be closed and others sluggish, and thus but little chyle though abundant and good, reaches the blood. Massage, or mechanical bowel motion will naturally promote their functional action. This manipulation always warms the hands and feet.

**A Reasonable Plea For the Stomach**

If Your Stomach is Lacking in Digestive Power, Why Not Help the Stomach Do Its Work—Especially When It Costs Nothing to Try?

Not with drugs, but with a reinforcement of digestive agents, such as are naturally at work in the stomach? Scientific analysis shows that digestion requires pepsin, nitrogenous ferments, and the secretion of hydrochloric acid. When your food fails to digest, it is proof positive that some of these agents are lacking in your digestive apparatus.

Stuart's Dyspepsia Tablets contain nothing but these natural elements necessary to digestion and when placed at work in the weak stomach and small intestines, supply what these organs need. They stimulate the gastric glands and gradually bring the digestive organs back to their normal condition.

Stuart's Dyspepsia Tablets have been subjected to critical chemical tests at home and abroad and are found to contain nothing but natural digestives.

Chemical Laboratory, Telegraphic address, "Diffindo," London. Telephone No. 11029 Central. 20 Cullum St., Fenchurch St., E. C.

London, 9th Aug., 1905.

I have analyzed most carefully a box of Stuart's Dyspepsia Tablets (which I bought myself at a city chemist's shop for the purpose), manufactured by the F. A. Stuart Co., Temple Chambers, London, E. C., and have to report that I cannot find any trace of vegetable or mineral poisons. Knowing the ingredients of the tablets, I am of opinion that they are admirably adaptable for the purpose for which they are intended.

(Signed) John R. Brooke, F. L. C., F. C. S.

There is no secret in the preparation of Stuart's Dyspepsia Tablets. Their composition is commonly known among physicians, as is shown by the recommendations of 40,000 licensed physicians in the United States and Canada. They are the most popular of all remedies for indigestion, dyspepsia, water brash, insomnia, loss of appetite, melancholia, constipation, dysentery and kindred diseases originating from improper dissolution and assimilation of foods, because they are thoroughly reliable and harmless to man or child.

Stuart's Dyspepsia Tablets are at once a safe and a powerful remedy, one grain of these tablets being strong enough (by test) to digest 3,000 grains of steak, eggs and other foods. Stuart's Dyspepsia Tablets will digest your food for you when your stomach can't.

Ask your druggist for a fifty cent package or send to us direct for a free trial sample package and you will be surprised at the result. F. A. Stuart Co., 64 Stuart Bldg., Marshall, Mich.