

touches, unless it has first been mixed with an equal bulk of water. Equal parts of rosewater, lemon juice and glycerine make an excellent combination for softening and whitening the skin. Use after washing, and before the hands are quite dry.

If at all afflicted with superfluous hair on face or arms, do not use vaseline on them; the diluted glycerine will smooth and soften with no bad effects.

L. C.—Beauty specialists, like doctors often disagree regarding the harmlessness of remedies recommended by each other. One specialist will warn you against the toilet pumice for removal of superfluous hair, strongly recommending peroxide of hydrogen and ammonia, or other bleaches, plasters, etc., while close upon their heels will come another, warning you against the uses of the hydrogen, on penalty of ruining the skin. A great many of them, however, recommend the pumice for the face, and the peroxide and ammonia for the neck and arms, to be followed by a good coating of cold cream to cure the "roughness." It will not take a very long use of either in order that you may decide for yourself as to results, when, if not satisfactory, it can be dropped.

"Orange Blossom."—First wash your arms with a strong soap-suds to remove all natural oil; have two tablespoonfuls of the peroxide of hydrogen, with half teaspoonful of aqua ammonia, well shaken to mix. Rub this over the arms thoroughly, and let it dry on. This is said to bleach the hair, weaken its roots and dwarf its growth, but only temporarily. It is also said to make the skin white. If the skin gets rough and "scales," use a good cold cream.

Mrs. M.—I can only "pass on" to you methods and formulas that are endorsed by those who have used them. I am no beauty specialist. I try not to recommend anything that will work harm. The best beauty is the result of good health and cleanliness, inside and out.

M. O. B.—I am assured frequently that enlarged knuckles cannot be reduced. Sometimes rubbing with olive oil, vaseline, or wintergreen may help them, but I can give you no assurance that anything will.

W. E.—Druggists tell me that the use of "fish berries" and whiskey for

the purpose of exterminating vermin in the hair is harmless; but I read the paragraph to which you refer, claiming that it is poisonous to raw places on the scalp. Ask your doctor, or your druggist.

Some Easter Recipes

Drawing Mottoes on Eggs.—Take a quill and use melted lard for ink. The dye takes no effect on the lines or letters traced in grease, and they are consequently left white.

Calico Eggs.—Wrap the eggs carefully and tightly in bits of bright colored calico that you think will fade. Boil for half an hour. Patterns and colors will be transferred to the egg shell.

Coloring with Onion Peel.—The eggs may be wrapped tightly in the peel of red onions, or they may be put into the water with the onion peel and boiled for half an hour.

While the eggs are still hot from boiling, take a little lard on a rag and rub them all over, then polish, and they will have a much better appearance.

The Easter dyes, sold in all stores at five cents the package, give some beautiful colors, and one has only to follow directions on the package.

Egg-Shell Baskets.—Break the shell carefully in the middle; clean and even the edges as smoothly as possible. With a sharp darning needle, make four equi-distant holes in the edges; take the narrowest ribbon that comes, or bright colored cords of wool or silk, and draw through the holes, making small bows or knots on outside of the shell, and fasten with a stitch on top where the ribbon cross. Line the shell with pretty pink cotton, and fill with tiny candies.

Or, take the shell when finished and fill with layers of cotton batting and soak the cotton with water; on top of the wet batting sow rape or mustard or cress seeds; hang in a warm, sunny corner and keep the cotton moist. If this is done a week or ten days before Easter, the little basket will look very pretty with the tiny leaves and tendrils hanging over the edges.

Any fine seed that germinate quickly will answer.

"Ascaris Scabiei"

No one is likely to boast of the possession of the above animalculae, but even the cleanest and most careful sometimes acquire a start of them. The shame does not lie in becoming affected with the disease; it is often innocently contracted. The disgrace lies in keeping the contagion and passing it on to others, and this is due, usually, either to ignorance as to the means of cure, laziness, or neglect to apply the specific with sufficient persistence and vigorous energy.

The "seven-year itch" is caused by little animalculae, the itch mite, burrowing under the skin, irritating it and producing scabiness and intense itching. The parts affected are usually the hands, between the fingers, flexures of the joints, and, in some instances, spreading over the whole body. In persons of vigorous constitution, or unclean habits, they increase rapidly. The disease is communicated through contact with, or by wearing clothing, or handling articles handled by, those afflicted. During the winter season is the most favorable time for the increase, as more clothing is worn, not changed so often, and bathing is neglected. A quarter of a century ago, the decrease was comparatively rare, but physicians tell us it has become quite common over the whole country.

An unailing specific for the destruction of the mites and eradication of the disease is the use of an ointment made of common flour of sulphur rubbed into sufficient clean lard or vaseline to hold it together and to spread it easily. At night, this should be rubbed vigorously into the pores of the skin, all over the body, the person affected standing naked before a hot

fire. Do not be afraid of using too much, or rubbing it in too thoroughly. Then, put on woolen underwear, or sleep between blankets that can be washed later. The next morning, wash the skin thoroughly with plenty of soap, putting on clean clothes. Repeat this anointing and scouring of the person three or four days, in succession, and then wash up all wearing apparel and bed clothing with plenty of hot soap-suds, and you will probably have no further trouble. If you do, use the sulphur freely. All treatment should be local, external. While using the sulphur, be very guarded against taking cold, or getting wet.

Domestic Science

"Woman's Life" says: "Notwithstanding the growing popularity of this branch of study, there are few subjects the name and nature of which are so little understood. To some, it means cookery and laundry lessons; others think 'scraping and saving' would more fitly define it, while dim ideas of so-called menial duties and domestic drudgery float through the brain of others. But these are small nibblings at the outer bark of the truth, which is that domestic economy is a saving knowledge, a knowledge which relates to the intelligent and cultivated knowledge of everything connected with the home.

"It is the science of the home, and pre-eminently a woman's science. It is the woman's work to make the house into a home, and every woman who marries ought to at least know how to do all things necessary to make the home worth having. The husband should earn the money, but the greater part of it has to be spent by the wife in supplying the materials of which the home is constructed and kept up. Hence, it is of the utmost importance that all girls should learn domestic economy, and domestic economy is one of the things that books alone cannot teach us; in addition to natural adaptability, there must be practical experience, and material demonstration of the workings of its rules."

In order to understand where, and to what use his earnings must be applied, and the justice and need of each expenditure, the husband should have a knowledge of the workings of this science; and this knowledge on the husband's part would save many a misunderstanding and unjust accusation of extravagance or wastefulness on the part of the disburser of the joint earnings.

Query Box

Mrs. C. H. P.—You have doubtless received the pictures ere this.

S. J.—For a white-wash that will not rub off, it is recommended that the lime should be slacked with boiling whey instead of water.

Housewife.—Give the hearth two or three coats of enamel, and will only need wiping off with a damp cloth.

M. R.—The leaf lard can be obtained from almost any butcher, and can be fried out with very little trouble.

A. J. D.—Thanks for suggestions. Criticism, even adverse, is sometimes our best medicine; criticism, even of an adverse nature, is not always condemnation. Critics are generally men and women who have to earn their bread by their ability to analyze and review.

J. S.—To make glue that will "keep," break some pieces of glue into a bottle containing whisky enough to cover them, and let stand until dissolved; this can be used at any time, but cold weather may thicken it, when the bottle should be stood in hot water to soften the contents.

M. C. B.—Furniture which has a shellac or varnish finish, whether dull or glossy, must not be cleaned with soap and water. If an oil restorer is necessary, raw linseed oil and raw turpentine in equal parts, well mixed, and applied with a piece of cheese-

cloth, will be of service.

D. R. C.—The word "soluble" means that it can be dissolved in some liquid. If you will ask your druggist how to dissolve the powdered water-glass, he can certainly tell you what medium to use. My impression is that water will do. But druggists are even wiser than editors, about some things.

Henry D.—For the oiled floor, care must be taken to apply but a little at a time, and rub until every particle not absorbed by the wood is removed. It is this surplus which holds the dust and dirt and makes the floor look dirty and dingy. Rub the boards, a small space at a time, as you apply it, as long as the cloth will take up anything, finishing as you go.

C. T. S.—Try soaking the soles of the shoes in hot linseed oil letting the oil come to the top of the sole.

Look at the Label

Does It Tell the Contents of the Food Packages or Cans that Come Into Your Home?

The new national pure food law which went into effect on January first says to every American: "We will compel the manufacturer to tell you what you are eating. If you eat glucose or corn syrup for 'maple syrup,' or cottonseed oil for 'olive oil,' or apple pulp for 'plum preserves,' it will be your own fault." Canned peas which have been labeled "Early June Michigan Peas" and which are nothing but old dried peas soaked in water will have to have the word "Soaked" in front of the title on the label.

When you buy a package of breakfast food or a can of vegetables it will be well to look at the label, for the government says it must tell the truth. It will no doubt interest the readers of this paper to learn that Shredded Wheat Biscuit was one of the few food products manufactured in this country which required no change in label, package or process to comply with the new national pure food law. The package in this case has always told the Truth.

While the new law does not make any requirements as to the cleanliness or sanitary conditions of manufacture, it is well known that Shredded Wheat is the cleanest and purest cereal food, made in the cleanest and most hygienic food factory in the world. This fact is attested by the thousands of visitors who pass through the beautiful factory building at Niagara Falls every year.

Shredded Wheat has the endorsement of all the government food experts not only because it is clean and pure, but because it contains nothing but the whole wheat, cleaned, steam-cooked, shredded and baked. The whole wheat is the most perfect food given to man. For four thousand years it has been the "Staff of Life" of the human race and this is because it contains all the material needed for building and sustaining every part of the perfect human body. In Shredded Whole Wheat all this material is presented in its most easily digested form.

It is impossible by any process that has yet been devised to make corn or oats as digestible or as nutritious as the whole wheat when steam-cooked, shredded and baked. Shredded Wheat not only supplies all the nutrition needed for a healthy body but promotes peristalsis ("bowel exercise") without irritating the intestines—something that cannot be said of oatmeal porridge or corn foods.

A breakfast of Shredded Wheat with hot or cold milk or cream will supply the energy for a whole day's work. It is also delicious for any meal in combination with fruits or creamed vegetables.

Shredded Wheat products are manufactured by the Natural Food Company at Niagara Falls, N. Y. Your grocer sells them.

THE WHOLE FAMILY

What Finds Food for Grown-ups and Children as Well.

Food that can be eaten with relish and benefit by the children as well as the older members of the family, makes a pleasant household commodity.

Such a food is Grape-Nuts. It not only agrees with and builds up children, but older persons who, from bad habits of eating, have become dyspeptics.

A Philadelphia lady, after being benefited herself, persuaded her husband to try Grape-Nuts for stomach trouble. She writes:

"About eight years ago I had a severe attack of congestion of stomach and bowels. From that time on, I had to be very careful about eating, as nearly every kind of food then known to me, seemed to cause pain.

"Four years ago I commenced to use Grape-Nuts. I grew stronger and better and from that time I seldom have been without it; have gained in health and strength and am now heavier than I ever was.

"My husband was also in a bad condition—his stomach became so weak that he could eat hardly anything with comfort. I got him to try Grape-Nuts and he soon found his stomach trouble had disappeared.

"My girl and boy, 3 and 9 years old do not want anything else for breakfast but Grape-Nuts and more healthy children cannot be found." Name given by Postum Co., Battle Creek, Mich. Read the little booklet, "The Road to Wellville," in pkgs. "There's a reason."