

regard to the other, and the idea was that each needed watching.

Mrs. L. B.—Cross-barred muslin, with or without a hemstitched hem, is much used for sash curtains. It is inexpensive, launders well, and is very pretty. Curtains should not reach below the sill. Cretonne, muslin, wash print, fine cheese-cloth, may be used. For the lower rooms, serpentine crepe, denims and bur-lap are used.

"Idaho."—The firm mentioned will doubtless "do as it says," but to insure yourself, you must know just what the meaning of the "saying" is. Most advertisers say, "If not found exactly as described," but your understanding of the description may not be the same as that of the writer of the advertisement. Patronize only well-established firms.

**A Recommended Polish**

A good furniture polish, which gives a soft, oily finish to furniture and wood work, is made of one scant ounce of linseed oil, one full ounce of turpentine, and three-fourths of an ounce of cider vinegar. Shake until it is thoroughly mixed; then rub the furniture with the mixture, doing a little space at a time, and rubbing the polish well in; allow it to stand a short time, then polish well with a soft, dry flannel cloth. In polishing furniture or floors, only a very little of the polish should be applied at one time, and it must be well rubbed in. Here is where so many fail—too much applied at once, and too much space attempted before finishing what is begun.

**The Work Before Us**

One of the things which every girl should learn, is to make her own clothes. I think I have said this before, but it will bear repeating. If they never have to do such work, they can then oversee others. If they have any taste for such work, they should learn to make over old, or to trim the new hats. A look into the windows of the millinery departments, even during the "marked-down" sales, will demonstrate the fact that, while the price of the trimmed hat is high, the materials used in many of them are often of a cheap, showy grade, and unserviceable. If a woman or girl has not the natural ability to make up really good clothes (and not every woman is capable of becoming a good dress-maker or milliner), she should at least have the skill to make her every-day garments. Even where economy is not an object, it is very hard to get a woman who will do

**ROSY AND PLUMP**

**Good Health from Right Food**

"It's not a new food to me," remarked a Virginia man, in speaking of Grape-Nuts.

"About twelve months ago my wife was in very bad health, could not keep anything on her stomach. The doctor recommended milk half water, but it was not sufficiently nourishing.

"A friend of mine told me one day to try Grape-Nuts and cream. The result was really marvelous. My wife soon regained her usual strength and today is as rosy and plump as when a girl of sixteen.

"These are plain facts and nothing I could say in praise of Grape-Nuts would exaggerate in the least, the value of this great food."

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

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

"plain sewing," and when one does consent to do such modest work, it is not always done satisfactorily, either as to fit, or to stitches. Not all mothers are reliable seamstresses, and many of them can not teach the art to their daughters, because they know little themselves; but there are many good seamstresses who would be glad of an apprentice who would take an interest in the work. Ready-made garments are often well worth buying, but if one wants a respectable working dress that does not look like a uniform, "warranted to fit" any figure, she must make it herself. In all large cities, and many large towns, there are schools where sewing, in all its branches is taught, and many very wealthy women make their own clothing through preference.

**Net Footing**

Net footing is, in many cases where it can be used for trimming, preferable to lace, and is quite inexpensive. Footing is really an insertion, with a selvege at each edge, woven in various widths, from one-half inch to four or five inches wide, and in meshes both round and square of varying fineness. It may be used flat, as an insertion, either plain, or run with a coarse thread in darned-net design, or gathered at one edge, as a frill; gathered in the center, it makes a ruche; gathered at both edges, it makes a puff. In the inch-and-a-half width it sells for about five cents a yard at the lace department of dry-goods stores. It was known in our grandmothers' age, but its uses are but recently revived.

**Starting Circulation**

Referring to deep breathing as a remedy for cold feet, a reader sends in the following: "One method is to inhale three or four deep breaths, expand the lungs to their full capacity, holding every time the inhaled air as long as possible, then slowly exhaling it through the nostrils. In doing this, the inflation of the lungs sets the heart into such quick motion that the blood is driven with unusual force along its channels and sent down to the extremities. This radiates a glow down to the toes and finger tips, and sets up a quick re-action against the chill. The whole effect is to stir the blood and set it in motion just as rapid action does." It will not do any harm to try this; it won't cost you anything.

**Timely Recipes**

Fruit Pudding—Drain a quart of any suitable canned fruit through a sieve, and spread the fruit over the bottom of a baking dish. Beat three eggs, without separating, until light; beat into these half a pint of rich, sweet milk, and two ounces of melted butter, and add, beating, one and a half cupfuls of flour with which has been sifted one teaspoonful of baking powder. Mix this until perfectly smooth, as quickly as possible, and pour slowly over the fruit, allowing it to run through the fruit to the bottom of the dish. Bake in a moderate oven for one hour, or until done. When done, loosen from the side of the dish, turn out carefully, bottom-side up, dust thickly with sugar and serve with any desired sauce.

Fowl with Parsnip—Wash, scrape and cut into lengths the desired amount of parsnips; parboil for twenty minutes, or until tender. Prepare a fowl by steaming for an hour, then split open in the back and lay in a dripping pan, skin side up; lay the parsnip around the chicken, salt and pepper to taste, add butter the

size of an egg, in little dibs over the vegetable and fowl, and put on top several slices of nice, fat fresh pork. Put enough water in the pan to prevent burning, and while baking, baste often to keep moist. Bake until both fowl and parsnips are a delicate brown, and serve separately, pouring the gravy over the parsnips.

Beefsteak—Beefsteak for broiling should be cut at least three-quarters of an inch thick, and put over a fire of clear coals. When seared on one side, turn and sear the other. It will still be raw in the middle, but will burn if left longer over the coals. Immediately after the first

browning, the fire must be decreased in heat or the meat must be brought further away, so the steak may be cooked ten or twelve minutes longer without burning; less time will not cook it nicely in the middle. Like baked meat, the surface must be kept moist with hot fat. Before putting the steak over the coals, cover both sides with melted suet, and as it dries, spread with butter or beef fat. Have ready a hot platter, a teaspoonful of water in which the bones cut from the steak have been boiling, salt and pepper to taste, lay the meat on the platter and make gravy of the water, and serve.

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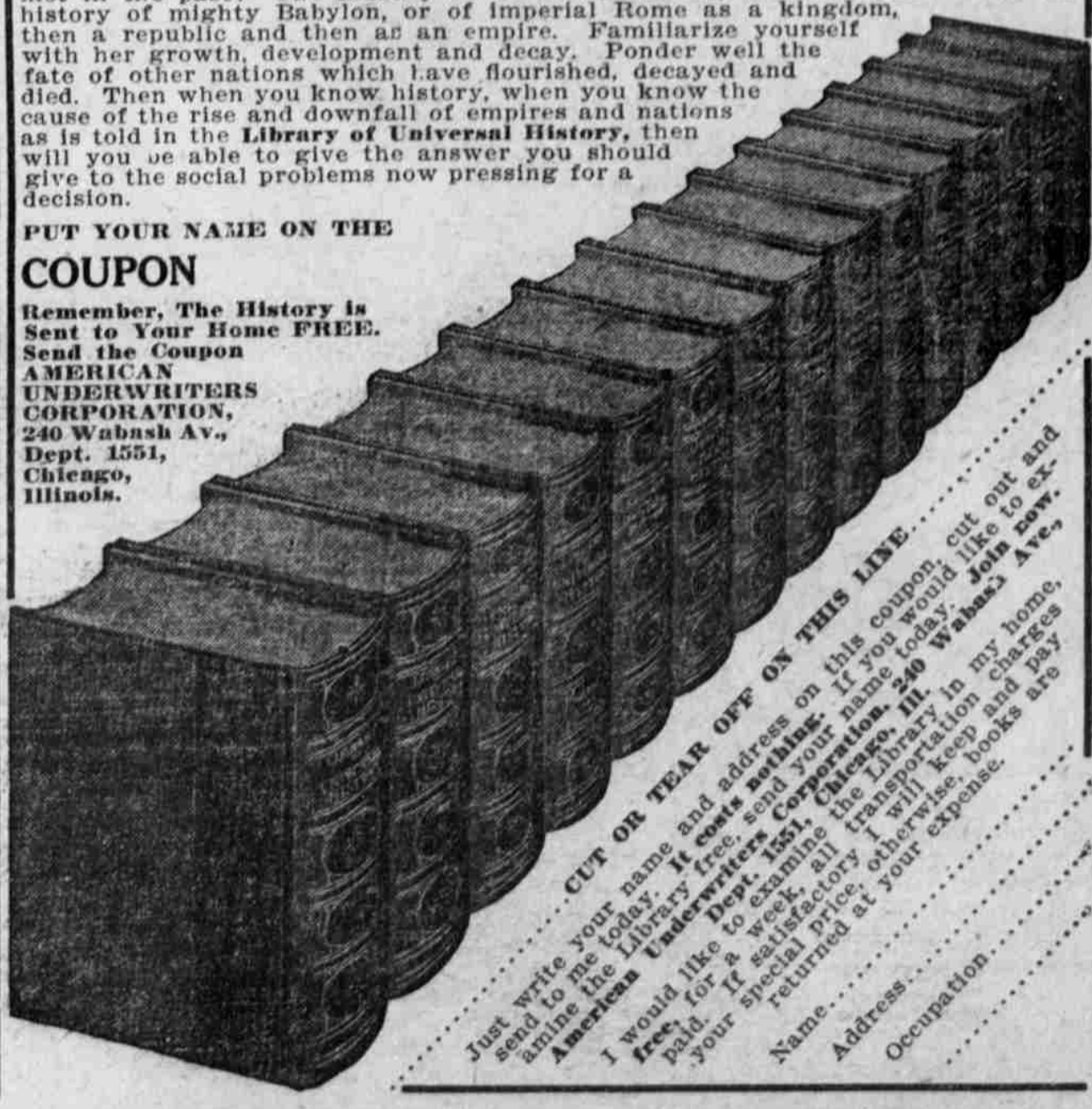
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