

of the ingredients should be baked in a very hot oven. A little experience will give the right skill.

For the spanish bun, which is a dough, not a batter, take six eggs, beaten separately, a pound of butter and one pound of sugar, beating the butter and sugar together to a cream, then adding the beaten yolks of the eggs; measure after sifting a pound of flour, sifting with it two teaspoonfuls of baking powder, and add this to the mixture alternating with the beaten whites. No milk or other liquid is needed. Bake in form of a loaf in a well greased pan.

For cooking evaporated or dried fruits, take the quantity desired and put into a deep vessel, adding barely enough water to cover, and put a light weight on the fruit. Let this stand for half a day, then take out the fruit and put into another vessel; reduce a few pieces of the fruit to a pulp, and add the pulp to the water in which the fruit was soaked, pour over the fruit and serve. A few seeded raisins may be added, if liked. Sweetening is not recommended for sour fruits.

Query Box

(We have several calls for more information regarding the alcohol stove and sad-iron. Will some one who has used them tell us how they are liked, and what the cost of the denatured alcohol?)

L. M.—Cochineal, and the harmless vegetable colorings sold by druggists may be used in coloring candies.

H. L.—It is recommended to dissolve a tablespoonful of powdered alum in a pint of starch for cotton wash goods, as it will brighten the colors.

Annie S.—A "puree" of potatoes means that the vegetable is boiled until soft enough to mash through a colander, then to the pulp are added milk, butter and seasoning to taste, the whole being well heated before serving.

Housewife—One hardly knows what to eat. We are told that eggs are bad for any one subject to rheumatic pains, and that the much lauded dried beans contain a poison that is harmful to any but the most robust system. We know a great many people who can not eat the legumes without experiencing much discomfort.

W. F. T.—It is generally conceded that denatured alcohol, when used as fuel, is reasonably safe, and is not expensive. Prices differ in different localities. Manufacturers offer the stove or iron on trial, "money back if you are not satisfied."

Home-Made Grape-Nuts

Use graham flour; put one yeast cake to soak, or use half a teacupful of sugar, enough graham flour to make like cake-batter, with a pint of lukewarm water; let stand all night. In the morning add a tablespoonful of molasses mixed with a level teaspoonful of soda dissolved in half a cupful of warm water; beat in the graham flour until it is stiff. Pour in pans, let rise until the top cracks open, then bake. When it is a day old, crumble up and put into pans, set in the oven to toast; mash up and put into fruit jars or cans, covering or sealing, and it will cost but a fraction of what the commercial grape-nuts cost, and will be just as nice, and you will be sure you are not eating ground-up corn cobs.—L. L. S.

Some Health Notes

Here are several simple remedies, given by physicians of standing, and persons who have tried them. In any case, the expense is trifling, and the remedies are harmless: For grip, eat of very highly salted food. For a severe sore throat, mix some sugar with the white of an egg, and eat it

freely; the phlegm which obstructs the air passages will be either vomited up, or washed down, and the throat relieved. For goitre, try this: Take a strong brine—strong enough to hold up an egg; wring cloths out of the brine, making the cloth double thickness and long enough to reach half way around the neck on either side. Apply to the throat, cover with a dry towel, and leave over night. Repeat every night for about three weeks, when a cure is supposed to be effected. Another remedy is, use collodion spread on the entire outside of the tumor, painting it on with a small brush, three times a day. The action of the collodion is to mechanically squeeze the blood out of the tumor gradually.

Little Savings

To Mend Rubber or Leather—Dissolve an ounce of gutta percha in half a pound of chloroform. Clean the parts to be cemented; cover each with the solution and let dry for twenty minutes. Then warm each part in the flame of a candle and press firmly together till dry.

Try to remember that burning coal oil must be extinguished with flour, as water thrown on only spreads the flaming oil. Flour thrown by scoopfuls on the flame will at once extinguish it.

Keep a box for the odds and ends. Put into this box any odd bits, such as an extra caster, an odd hinge, wardrobe hook, and the like, and you will find they come handy some time. Keep a few tin cans into which to drop a few nails as you have them, keeping each size separate, and keep a hammer with them. A screw driver and a few screws are good things to have in the kitchen.

Keep a pair of scissors hanging in the kitchen; two pair would be better; one sharp pair for cutting, and an old pair for use about the lamp. Keep a small funnel for use about the lamps.

When buying new things for the kitchen, replace the earthenware and wooden bowls with the new papier mache. These are inexpensive, more cleanly, and unbreakable. When used, wash as other vessels and let dry.

Asbestos is now much used for the protection of tops of furniture on which wet or hot things are to be set. Get a sheet of the asbestos and make all sizes of dolleys, to suit any size dish or vessel, and thus save the looks of your furniture.

For the comfort of the feet in warm weather, bore a small hole on either side of the shoe about one inch from the sole and close to the instep; the holes pump in the air while the wearer is walking, and thus ventilate the shoes. It beats foot-ease powder, or pain. The hole may be bored with an awl.

FACTS FOR WASHINGTON TO PONDER

The Record-Herald has had occasion to warn republican leaders against indulging in futile and vaguely general defenses of the new tariff act, defenses that irritate and embitter without changing a single opinion. It has also reminded Washington of the wisdom of reckoning with facts and putting aside fictions and flattering unctious.

The revived discussion of the Payne-Aldrich style of tariff revision is eliciting some significant and candid comment, which the administration and the congressional leaders can not afford to dismiss lightly. Here, for example, is what a personal friend and strong supporter of President Taft, William R. Nelson, says about the accumulating evidence of "overwhelming opposition" to Cannonism and tariff bourbonism in his thoroughly independent and influential paper, the Kansas City Star, a paper that reflects the sentiment

of the intelligent and earnest citizenship of the southwest:

"Even those who have been best informed as to public sentiment in the west—from the Alleghanies to the Pacific—would hardly have presumed that the republican newspapers of this vast section would have been so decisively against the controlling order of things in the republican party. When it is remembered that many of those who express themselves in favor of Cannon and the new tariff law are influenced by federal appointments, the conclusion must be reached that, so far as newspapers reflect public sentiment, that sentiment is nearly unanimous.

"What is more, this feeling is not local nor sectional. It is nearly as strong in the east as in the west. In its broad application it means that the republican party is suffering a revolt, from which there can be a recovery only through some striking alignment with the people.

"If a presidential election were to be held now there is probably only

one republican who could be elected, and he is out of the country and free from all responsibility for or connection with the tariff betrayal and the restriction of popular representation in congress."

These are the words of a trained and authoritative observer. They are impressive words of soberness and truth, and Washington needs nothing so much as the truth—the facts of the actual situation.

Let there be an end to ill-tempered and worse than unprofitable censuring of republicans and independents who are dissatisfied with the tariff and with the house ways of doing—or not doing—business. The part of duty and wisdom is to face conditions as they are and devote republican energies henceforth to the promotion of the policies which represent progress and embody constructive statesmanship. The "tide of revolt" can not be stemmed by any other means; public sentiment can not be changed in any other way.—Chicago Record-Herald.

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