

grains of corrosive sublimate, and fill the bottle with witch hazel. Wash and dry well the hair, then twice a day—night and morning—apply the solution to the scalp, either dropping it on the scalp with a five cent medicine dropper, or applying with a bit of soft cloth, rubbing it in well. A cure may be effected with one bottle, but it may take more. The hair must not be combed with a fine-tooth comb, as this aggravates the disease. Shampoo the hair once or twice a month, with castile soap and warm water. Do not use the egg shampoo until the dandruff is cured.

For the face bleach, here are two formulas. The first is called Dr. Shoemaker's bleach, and is made by dissolving eight grains of bichloride of mercury (corrosive sublimate) in coarse powder in two ounces of witch hazel, the same of rose water and one ounce of soft water. Mop the face with this.

The second is: One pint of fresh rain water, one-fourth ounce corrosive sublimate, one-half ounce of saltpeter; perfume, and apply evenly to the face, neck and arms and let dry. It is well to begin with it diluted one-half. The best bleach, however, is good health, and nothing will take out discoloration so well as keeping the internal organs in a good condition. Face bleaches are often ineffective.

Extermination of Roaches

Answering our call for "roach" remedies, these methods have been sent in, which we gladly pass on, with thanks to the senders:

H. F., Minnesota, sends the following: I have a tried recipe for the destruction of roaches which I know will not fail, and is not a poison. Make a sifted powder of the following ingredients and sprinkle in every crevice where roaches are found: One pound of powdered borax, half a pound of plaster of paris, one-fourth pound of sugar, one-fourth pound of ground cloves. Mix well by sifting.

G. F., New Jersey, says that fumigating with sulphur will exterminate all house pests, roaches, as well as others. This he tried to his satisfaction. For a dish closet, or other closet, fumigate. This he says clears out rats, mice, roaches, black ants, bugs, and any house vermin.

Mrs. R. H. S., New York City; A. H., Ohio; G. L. V., Missouri, and half a dozen others recommend a proprietary powder, the name of which we can not give here.

C. A. H., gives this method for clearing the premises of ants: Bury a glass tumbler to its brim where the ants insist on making a home; the ants will drop into the glass and can not get out, as the inside is wiped dry. They can then be disposed of.

R. W., New York, says: Dissolve in one tablespoonful of water as much tartar emetic as can be taken up on a silver ten cent piece, and place it where the ants will have access to it; replenish the water when necessary. This is a poison, and should be put out of reach of little hands.

There should be persistent use made of any of these destructives, during the season when the pests are troublesome, as a new generation may be hatched out after the first one is destroyed.

Requested Recipes

Mrs. F. C. M. asks for a recipe for old-fashioned sponge cake. Here is mine; it is perfection: Weight of the eggs in sugar and half the weight in flour. Separate the yolks and whites of the eggs and, as no baking powder is used, they must be beaten very light. After beating the yolks and sugar until they froth, and the whites until they stand alone, blend by putting in a little

flour and then a little white, alternately, until all is in the bowl. Flavor—rosewater is the orthodox flavoring for sponge cake, but of course, any liked may be used. Lastly, squeeze in the juice of a lemon, beat quickly and put to bake. Sponge is usually baked in sheets, takes about twenty minutes, but if the whole is baked in a loaf, it will take about forty minutes. I use ten eggs, as they usually weigh one pound.—Mrs. M. (No address given.)

Old Fashioned Sponge Cake—Take five eggs and half a pound of loaf sugar, sifted; break the eggs over the sugar and beat well together with a silver fork for half an hour; previously take the weight of two and one-half eggs in their shells in flour. After you have beaten the eggs and sugar the required time, grate in the yellow rind of one lemon, or use the juice with the rind, as preferred, then stir in the flour a little at a time, beating well until perfectly blended; pour at once on tin sheets, lined with buttered paper, and bake at once in a moderate oven.—Mrs. E. S. M., Missouri.

Sponge Cake—Equal parts of eggs and sugar by weight; half the weight of the eggs in sifted flour. To one pound of eggs, use the grated rind and juice of one large, fresh lemon. Beat the yolks and whites separately, very stiffly, before adding flour to both. Beat until perfectly smooth, with up and down strokes, and bake on sheets of tin immediately, in a quick, but not too hot, oven.—"Lassie M.," St. Louis.

"Old Fashioned Salt Pickles"

Select large, thick-green cucumbers and scrub lightly with a small vegetable brush; cover them with clear cold water, leaving a bit of the stem on, and let stand until the next day, then drain and examine carefully, discarding all that are soft at the ends. Cover the bottom of a wooden cask or large stone jar with a thin layer of common coarse barrel salt, pack the cucumbers on this in layers and cover with a brine strong enough to float an egg. Spread a cloth over the top, tucking it in closely around the edges, and on this place a plate or board with a light weight on top, just heavy enough to keep the pickles well under the

brine; then cover closely with a cloth or lid. Look after them frequently at first, afterwards only occasionally. Wash off the scum which will probably come to the surface, and remove any soft pickles. In removing the cloth to wash them, take hold of each corner and lift out gently so that none of the scum can get back into the cask. When ready to prepare the pickles for the table, wash off thoroughly, take out the desired quantity, return the cloth, board and weight, and cover closely. The brine must at all times cover the pickles in the cask. Cover those taken out with clear cold water and change it often until they are sufficiently freshened, which can be told only by tasting. Boiling water may be used to hasten the freshening. Put the freshened pickles in a granite ware or porcelain-lined kettle and cover with pure cider vinegar, diluted until medium strength. Measure the vinegar, and to each gallon, add eight red peppers and four thin rinds of horseradish root. Heat the pickles slowly to boiling, then remove to a stone jar, and by next day they will be ready for use. The same vinegar may be used a second time, if after straining, sufficient fresh vinegar is added to it to give it the desired strength.—Good Housekeeping. (Requested by H. R., Illinois.)

Some "Beauty" Recipes

A warm bath, a light lunch and a clean mouth are good things to take; they promote sleep, and promise a "clean" tongue in the morning. The juice of a couple of oranges, half a bread fruit, a cup of tea, with dry toast, a sandwich and some light summer beverage, cup hot bouillon, crackers and milk, are all good for these lunches, according to whether they "fit in" with the comfort of the stomach, or not.

A tablespoonful, more or less, of olive oil is also one of the best of "liver correctors," taken morning and evening. This is a food, as well as a medicine, and if not taken to excess, will not harm.

The best thing in the morning, after a cold bath or sponging, is a cup of hot water with a little lemon juice in it; it should precede the breakfast by at least half an hour. It is a comfort to the stomach and

sets the digestive organs in order for the day's work. For anything but the abusive cup of cold water, the stomach will be grateful. If more is needed to induce an appetite, try taking a short walk, inhaling and forcibly exhaling the air through the nostrils—never through the mouth. Another valuable prescription is to eat just a little less than the healthy appetite craves; a short fast will not work harm, now and then.

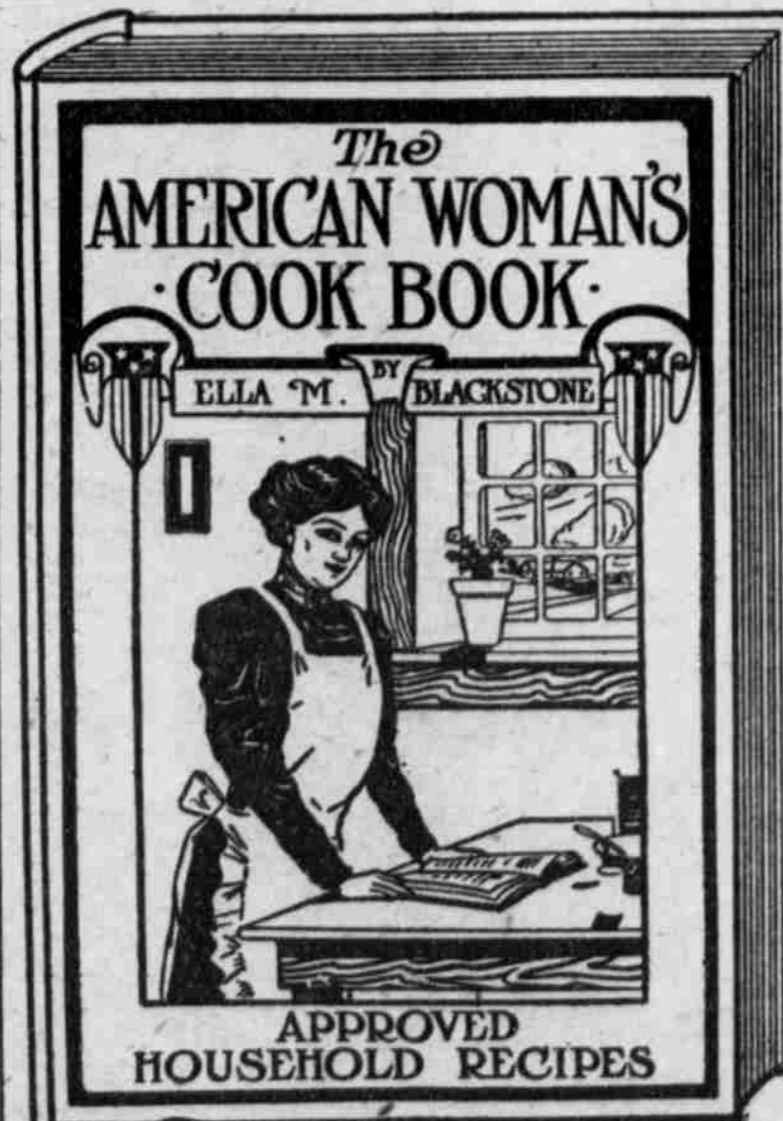
Little Things

Women, as a rule, are careless about the "hang" of their skirts, and it is no unusual thing to see one who is well dressed in every other particular, yet whose dress skirt "sags" out of all reason, and the bottom of whose skirts are uneven, to real untidiness. It is not easy for one woman to even the bottom of her own skirt, and the obliging friend may not always be at hand to undertake the job; and again, if undertaken, so many women make a slipshod job of it. In every home there should be a mirror of sufficient length to admit of the whole skirt-length being shown; a full length mirror would be much better. A mirror on the dresser, which is wide, and tips, is better than nothing.

To prepare soap bark for use, pour a quart of boiling water over the contents of a five-cent package of the bark, and steep gently for two hours, keeping the heat of the water so low that it will not be perceptibly reduced, then strain the liquid through a cheese cloth, and place in an earthen-ware bowl. The material to be sponged should be well dusted and brushed, and the sponging should be given on both sides, then the goods ironed entirely dry.

When cleaning windows, rub the panes with a cloth dipped in a paste of whiting and ammonia, let dry, then polish with a soft cloth. Just wet the whiting enough to make into a paste that can be applied to the glass. This is good for mirrors also.

If ink is spilled on the carpet, spread salt on it, let stay half an hour, then sweep off; repeat, if once is not enough. Wine stains on table linen should be covered with salt immediately, and washed in borax or soda water as soon as possible.



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