

serves them, counteracting the rancid tendencies of the fallow.

The hot applications will have a tendency to shrink the leather, and the shoes should be large enough to allow the shrinkage.

For the little shoes that will get wet, shrink, and harden in drying, giving the little feet much trouble, try applying clear coal oil plentifully with hard rubbing, to the hardened leather, and see how quickly it will soften it.

Some Home Remedies

An old-fashioned cough remedy, made of slippery elm, flax seed and sugar, is here given: Soak a gill of whole flax seeds in half a pint of boiling water; in another dish put a cupful of broken bits of slippery elm, and cover this, also, with boiling water; let each stand for two or three hours, then strain each through a muslin cloth into a sauce pan containing a pound and a half of granulated sugar; squeeze out all the "tea" you can from each of the bags and stir into the sugar until all is melted. Then boil until it turns to candy; after it has cooked ten minutes, add the juice of two lemons to the mixture. When it is cooked sufficiently, pour it out on greased paper, or into a shallow, well greased pan, and mark off into squares before it hardens. Good for the children's "fall coughs."

For the raw, windy days that we shall soon have to endure, try this to keep the face from chapping: Beat well the yolk of one fresh egg and mix thoroughly with a teaspoonful of real "bee" honey; before going out into the wind use a little of it on the face and hands, rubbing it in well. This is one of the best cosmetics for smoothing and healing the skin. After the nightly cleansing of the face, it may be used with excellent effect.

For the nervous headache which leaves you tired, stupid and half asleep, try wrapping the head in a towel wrung out of cold (not only cool, but absolutely cold) water, pulling it well down to the neck, and around the forehead. For brain workers at the desk, it will relieve and brighten the mental faculties as no drugs will, leaving no bad after effects.

If you have contracted the "pill" habit—which is the case with the majority of people, try the water instead, perseveringly, persistently, at least two quarts a day, as you can manage the amount. Many people find it hard to drink water at all, as, temperamentally, they are not bibulous. If the water is brought to the boiling point, then poured over a half cupful of bran or oatmeal (this amount to a quart of water), cooled and strained, it can be more readily taken, as this will relieve it of the flat taste which nearly all heated water has.

The Work-Box

For mending the knees of the ladle's stockings, have the edges of the hole smoothed out nicely, and sew over it neatly a piece of black mosquito-bar, large enough to reach over the thin parts of the edges. Then, with darning cotton or wool of a size, color and quality to match the stocking, darn through the netting, lengthwise and cross-wise. Darn evenly and smoothly.

For neck ruching, get half a yard of white net, which will cost about twenty cents, and cut into widths twice as wide as the ruching is intended to be. Double these strips evenly, and either gather or pleat the raw edges together and sew on a muslin band the desired length for the neck. This amount of net will make about ten ruches which can be laundered as often as desired.

Fillet net embroidered with four-strand mercerized thread makes very

nice collars and cuffs. French and eyelet embroidery are very much used for neckwear, and the work is very easily done at home, a little practice giving skill. These little accessories cost very little made by the tasteful girl or woman are very inexpensive, but if bought ready made are costly and unsatisfactory.

For toilet wash cloths, fine knit underwear, worn thin, makes excellent ones, and so does the white mosquito-bar. Cheese cloth is not so good, being of harder thread. Wash rags should have the edges neatly hemmed, or button-holed, and should be laundered often and kept sweet and clean.

Washing Trousers

A professional cleaner gives this way of washing trousers with satisfactory results: First, shake or brush out all dust and lint, then wash thoroughly in warm (not hot) soap suds, rubbing as little as possible, but pressing and squeezing with the hands. Do not rub soap on any part, except the worst spots, which should be treated before the garment goes into the wash. Rinse through two rinse waters, not wringing, but allowing them to drip as you squeeze them. After the last rinsing, turn wrong side out and hang out of doors in a perfectly shady place, pinning them to the line by the waistband, using enough pins so they may hang naturally without sagging. Watch closely and as fast as the water collects in the hems press it out with a cloth between both hands. Before they get quite dry, carefully press them with a hot flat-iron on the wrong side, afterwards turning them and creasing down the front of each leg. If these directions are followed they will look like new, with no apparent shrinking. Another way of drying them, or rather getting the water out of them preparatory to drying them, is to begin at the bottom of one leg, roll it up, smoothing as you go to avoid wrinkles, and as the cloth is rolled tightly and squeezed between the hands, the water is pressed out. When both legs have been rolled, treat the body in the same way, then hang out to get nearly dry and iron with a hot flat iron, pressing heavily.

The Modern Kitchen

We can not all have a kitchen supplied with every kind of labor-saving machinery, and thousand-and-one inventions which tend to make of cookery a real delight, but there are many ways in which the most common-place kitchen can be made a model of comfort and convenience with a very little money and the use of a few tools. Just set "John" to thinking of the kitchen needs, and see that he is provided with plenty of work to keep him at home occasionally. He'll enjoy it when he sees what a comfort his little kindnesses can be.

Contributed Recipes

Keeping Okra—Gather the okra pods when right for use, and put in layers, sprinkling salt between, in a pail or earthen jar. Keep weighted down, as it makes its own brine. Every three or four weeks change the brine, throwing away the old and putting on new of the same strength. When wanted, soak well in clear water until the salt is out, then cook as fresh.—E. M., Illinois.

Pepper Pickles—Fifteen onions, two dozen sweet peppers, equal numbers of each green and ripe, three strong red peppers, cup and a half of brown sugar, three tablespoonfuls of salt, and two and a half pints of good vinegar. Remove the seeds from the peppers, and put through a vegetable chopper with the onions; cover with boiling water and leave for five or ten minutes, then drain,

and add sugar, salt and vinegar; bring to a brisk boil and seal in glass jars while boiling hot.—Mrs. Julien, Missouri.

Are you thinking of that Christmas box? So many little things can be gotten together during the next few months, and having them on hand will save many a weary hour later on when the work of the season crowds. Many pretty things can be made at odd times, and at little expense. If you have never tried it, just give this method of preparing for the holidays a trial.

Do not put off sending for your spring-blooming bulbs. A few really good ones are far more satisfactory than a larger number of poor, cheap ones. Keep your potted plants growing thriftily, and remember that "Jack Frost" does not notify you of his coming. Have everything ready, so when an extra cool night comes, you can give the plants the light protection that will enable them to bloom on until the real freezes come.

Seasonable Recipes

Grapes are now becoming plentiful, and may be put up in many different ways. For jelly, do not have them very ripe; the color as well as the flavor is better if they are just well turned in ripeness. Stem and lightly cook them, crushing them as they heat; then pour into a jelly bag and when thoroughly drained measure the juice and put to heat; allow to one pint of the juice one pound of sugar, heating the sugar before adding it to the hot juice, then bring to a boil and test with a spoon and a saucer, as it boils down, until it will jell. Some grapes will make jelly much quicker than others. Thoroughly ripe grapes make a thick, dark-looking jelly that granulates. Those just turning have a much finer flavor and a prettier color. The juice should be boiled as little as possible—about twenty minutes.

Unfermented grape juice is made from quite ripe juice, by boiling, straining the juice, and bottling it, boiling hot.

Plum Marmalade—Scald and remove the skin of ripe plums and take out the pits; or, scald the whole plums and when soft, rub through a sieve or colander to remove skin and pits. To each pound of pulp allow one pound of sugar; mix the sugar and pulp and let stand half an hour, then boil twenty minutes, stirring to keep from scorching, then pour into small jars and seal up.

Olive Oil Mayonnaise—Beat in an ice-cold cup or bowl the yolks of two eggs until light and creamy; into this beat one-half teaspoonful of salt, and one-quarter teaspoonful of pepper, and one-half pint of olive oil, dropping as you beat, until the mixture is like thick cream, or honey. Thin with lemon juice to desired consistency.

Pickling Red Cabbage—Select solid cabbage; take off the rough outer leaves and halve without washing, unless very dirty; cut into quarters, then slice into thin strips; into the jar put a layer of cabbage and a sprinkling of salt, adding layers until all the cabbage is used; then cover with vinegar prepared as for pickling onions. Cover and tie down closely.—Mrs. S. L.

Gleanings

A writer in a household magazine tells us that parents are steadily unloading more and more of their old-time duties upon the schools, so that, when the child reaches the age of five or six years, if not earlier, the parents are coming to feel that their duties to their children are slight. Housework of all kinds, darning,

patching, sewing, cooking, gardening, bed-making, washing, ironing, nursing, disinfecting, are all taught now in the schools, being no longer a part of the home education.

In the schools, the grammar school grades are falling more and more to women teachers, and it is claimed that if this continues, the man teacher of children below the teens will soon be as extinct as the dodo. The employment of women as teachers did not become general until after the revolution, and the nineteenth century was well advanced before girls had anything like the advantages for schooling that boys were given. Books had nearly always been considered outside of the feminine sphere from the most ancient times.

When Francoise de Saintonges, in the sixteenth century wished to establish girls' schools in France, she was hooted in the streets, and her father called together four doctors of law to decide whether she was possessed of a devil in planning to teach women.

In our own country, the early school laws did not recognize girls at all, expressly stating that "the word children is to be interpreted to mean boys." Nevertheless, they nearly all somehow learned to read, but scarcely a dozen women could write in 1700, and of those whose names appear in the recorded deeds of the early eighteenth century, less than forty per cent could sign their names; the others simply making their mark. Northampton, Mass., now one of the most famous educational centers, voted in 1788 to be at no expense for the schooling of girls, and they were not admitted to its public schools until 1802.

PUZZLED

Hard Work, Sometimes, to Raise Children

Children's taste is oftentimes more accurate, in selecting the right kind of food to fit the body, than that of adults. Nature works more accurately through the children.

A Brooklyn lady says: "Our little boy had long been troubled with weak digestion. We could never persuade him to take more than one taste of any kind of cereal food. He was a weak little chap and we were puzzled to know what to feed him on."

"One lucky day we tried Grape-Nuts. Well, you never saw a child eat with such a relish, and it did me good to see him. From that day on it seemed as though we could almost see him grow. He would eat Grape-Nuts for breakfast and supper, and I think he would have liked the food for dinner."

"The difference in his appearance is something wonderful."

"My husband had never fancied cereal foods of any kind, but he became very fond of Grape-Nuts and has been much improved in health since using it."

"We are now a healthy family and naturally believe in Grape-Nuts."

"A friend has two children who were formerly afflicted with rickets. I was satisfied that the disease was caused by lack of proper nourishment. They showed it. So I urged her to use Grape-Nuts as an experiment and the result was almost magical."

"They continued the food and today both children are well and strong as any children in this city, and, of course, my friend is a firm believer in Grape-Nuts for she has the evidence before her eyes every day."

Read "The Road to Wellville," found 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.