

"brace up" every time you think of it, and it will soon "do itself."

For the Toilet

"Moth-patches," "liver-spots" are to the fastidious woman what freckles and sunburn are to the young girls fresh from their country outing and ready for the pretty indoor costumes—a source of extreme worry. To the face and hands, the ugly brown spots are staring blemishes, while to the neck and arms, there is usually a dull, muddy, dirty look, giving the appearance of lack of the bath. These spots are usually said, even by physicians, to be from a sluggish liver; but others say they are caused by poor circulation, the tiny blood vessels failing to carry their load of impurities further, and depositing it under the skin, deeper than the freckles of the summer suns. They are very hard to remove, and very apt to return even when once faded out. The skin should be well massaged where the deposits are, so the blood will come to the surface and the skin become reddened. Several things are recommended, but the use must be persisted in, not for a week or a month, but for a long time. The general health must be looked after, first, the circulation made good and the liver kept active. Diet must be corrected, also. Here are a few of the remedies recommended by regular physicians for outward application. The deposit of coloring matter is deep, and the outer skin must be gradually taken off, but not noticeably so. Corrosive sublimate, five grains, to one ounce of rose water, applied only to the spots, night and morning. Corrosive sublimate is deadly poison, taken internally, but for outward application in the proportions given, is harmless. Other formulas call for eight, or ten grains of the corrosive sublimate to five ounces of rose water. Glacial acetic acid, one ounce of the acid to one pint of water (16 ounces), applied to the spots night and morning. If an ounce of glycerine is added to the acetic acid wash, it will not burn the face. It should be used only until the skin is reddened, then cold cream applied. Colorless iodine is also recommended, used in the same way. To make the iodine colorless, add one part pure ammonia to three parts iodine, let stand a day or two, until white and clear. Druggists will label this poison.

Some Easily Made Articles

A combing towel will make a nice present for a friend, and is easily made. Get a large linen towel and cut off one-third of its length; the long piece is hollowed out at the neck and sloped on the shoulders, and the short piece is shaped in the same way to fit the neck and shoulders, but is divided, faced and finished with buttons and button holes to fasten in front. The shoulder seams should be lapped for strength and neatness, and the neck may be finished with a tape binding.

A pretty neck-bow is made of a lace-edged or embroidered handkerchief, which need not be expensive. The handkerchief must be folded in exact quarters, the foldings well creased, and just an inch from the center of the handkerchief, a small eyelet hole is punched. Work around the half of this hole that is nearest the center of the handkerchief, then cut the handkerchief along the crease from the eyelet through to the hem; neatly roll and hem the raw edges, then plait the handkerchief to form a jabot, using the narrow pieces made by the cutting and tie into a square knot, drawing the knot straight and firm. This will be a pretty present for some friend, and may be put into the Christmas box.

A veil sachet would be a pretty gift for a friend in which she could

keep her veil. Take two pieces of the silk, plain or figured, as convenient, measuring ten by fourteen inches; sew the ends and one side together; place inside a layer of cotton batting, leaving a crosswise strip in the middle free for the fold; dust in some favorite sachet powder, slip-stitch the open side and fold crosswise. Across the upper side, from corner to corner fasten a satin ribbon, of harmonious color with the silk, and paint on it the word, "Veil."

It is time one should begin to fill the Christmas box, in order not to be rushed too much when the season comes. Many pretty things in neckwear can be made daintily and cheaply.

Keeping Weevils From Peas and Beans

A Reader asks how he can preserve his crop of beans and peas so the peas especially may not be ruined by weevils. For this purpose, get a pound can of bisulphide of carbon from the druggist. This amount will be sufficient for 1,000 cubic feet of space. If more than needed, get a less amount. Have the beans or peas in jars, boxes, kegs, barrels, or, if a large amount, in tight bins. The smaller receptacles for smaller amounts. Pour into saucers a gill of the liquid to the saucer, and set one on top of the beans or peas, or if in a large bin, several saucers set about. Cover the receptacle closely to make it air-tight as possible. The liquid will evaporate, and the fumes being heavier than the air will settle down through the mass, killing the weevils. Keep closed for thirty-six hours; no fire or flame of any kind should be allowed near it, as it is inflammable, and the gas must not be breathed as it is poisonous. The legumes will not be harmed either for seeding, or for eating.

Requested Recipes

For balsam apple salve, take four or five large balsam apples, fifteen cents worth of castor oil, one inch square of beeswax half an inch thick, resin the size of a pigeon's egg. Boil the balsam apple and castor oil until you can strain it through a fine sieve or thin muslin rag, then, while hot, add the shredded wax and pulverized resin and stir until all are incorporated.

Label Paste—Break up and put five parts of good glue in twenty parts soft water, and let stand for a day; then, when the glue is well softened, add nine parts of rock candy and three parts gum arabic. Stir thoroughly and put into either boxes or wide-mouthed bottles. When wanted, must be made lukewarm, and brushed upon labels, and when moistened will adhere to tin or glass.

Contributed Recipes

We are going to have baked beans today, and although there are but two in family, it is economical to proceed as follows: First, take one quart of dried beans, wash them, and put them in a good big dish and cover plentifully with hard water, for they will swell to about two quarts by morning. Do not let any one delude you into the belief that beans should be cooked in soft water; it is nonsense. How they taste! I ate some once, and never want to any more. Take half a pound of good, fat salt pork, cut into slices, or half a pound of fat fresh pork of the cut the butcher would use to salt down, but fresh pork will necessitate more salt in seasoning than the salt pork. In the morning, put the soaked beans in a kettle with plenty of cold hard water and let the water just get to boiling nicely, then drain off this water and throw it away, put in the pork and about a level tablespoonful of pepper, and fill the kettle again

with cold hard water; then boil hard until the beans begin to pop open, and by this time, the water should be pretty well all evaporated, as the beans must be taken out of the kettle and put into the baking dish; if more salt is needed, now is the time to add it. Bake these until well done, and they are fine.

In case there should be quite a bit of the water still in the kettle, put some stale bread in a tureen and spoon off the liquid, add a little bit of butter and you will have a fine bean soup. After serving beans once, there will be a quantity left; take out about four tablespoonfuls and put into a granite-ware pie pan, pour over them a cupful of sweet milk and warm them up; they are delicious; no pork is added. Or, take a cupful and mash them, cut up a bit of the pork, add, chopped, an onion about the size of an egg, and warm them up by adding a little water and some butter. Or, as beans roll, mash up a pint of beans, and add one tablespoonful of butter, stir in two whole eggs, half a cup of bread crumbs, wrap in greased paper and at serving time bake twenty minutes in a quick oven and serve in slices with or without tomato catsup.—Mrs. W. A. Travis, New York.

"Small Cream Cheese"

This cheese should be made in small quantities, as it does not keep very well, though it can be made in quantities such as are desired. The cream used should be separated from milk by a separator, rather than by skimming. Let the fresh cream stand to thicken in earthen or brownware for three days at a temperature of 60 degrees Fahrenheit, then pour it into a deep linen bag of fine texture, having a draw-string in the top; the bag should be one-third full; then hang from a hook where it will not touch anything, and let drip for two days. Catch the whey in a dish. The cheese press is made of two grooved, hinged boards, the grooves in the upper board running cross-wise, and those in the lower board running lengthwise, so the whey may escape. Have a ledge along the outside edge of the lower board, and a spout to carry off the whey; a light rack should lie within the ledge. Twist the bag as tight and close to the contents as you can, and lay it on the rack, mouth inward; the press should slope downward a little. Shut down the upper board and lay on weights, beginning with two pounds and increase to forty in twenty-four hours. With a wooden knife, broad at the base, tapering to a round point, take out the curd and bread until of a smooth, soft uniform consistency; fit a tin frame of the size needed into a board lined with strips of chemically pure butter-muslin, or pieces of vegetable parchment, and pack the cheese in firmly, folding in the sides and ends of the enveloping material smoothly over it. Lift from the frame, and it is ready for use. This recipe is given by request.

For the Laundry

Linen, especially that which is even slightly starched, should be thoroughly dried before sprinkling, then sprinkled—not lightly, as we sprinkle cotton, but every thread of the linen must be well moistened if we want smooth, glossy linen, then folded down the night before ironing and set in a cool place where it will not mildew. To iron this wet linen will require a very hot iron, and care must be taken to have the iron very clean and smooth, so it will not scorch. The linen must be gone over and over, until thoroughly dried under the iron, no portion of it being left even slightly damp. Garments,

as well as table linen, must be treated in this way, as, if not carefully ironed, the goods will appear rough and wrinkled, and will not stay clean long.

In washing chiffon, unpick the chiffon if it is made up into any article, and remove all threads. Dip it up and down in tepid soapsuds, but do not rub; rinse in the same way in clear, tepid water, then, without wringing or squeezing, let drip a little; then pass through weak gum water; a tablespoonful of ordinary liquid gum mixed in a quarter of a pint of water is sufficient. Squeeze between the hands, pull into its proper dimensions carefully, and roll up in a dry towel for a few minutes while an iron is heating. Press on the wrong side while still damp, and keep the direction of the selvedge.

Flannels for the little folks should be washed in warm suds to which ammonia (teaspoonful to a pailful of water) has been added. Rub lightly between the hands, not on the board, and dip up and down in the suds, squeezing and working with the hands until clean; then squeeze out as much suds as possible (do not wring), rinse in clear water of the same temperature as the suds, then squeeze out again and hang in the shade to dry. Press on the wrong side while still damp.

LOCATED

In Zanesville, Ohio, they tell of a young widow who, in consulting a tombstone maker with reference to a monument for the deceased, ended the discussion with:

"Now, Mr. Jones, all I want to say is, 'To My Husband,' in an appropriate place."

"Very well, ma'am," said the stonecutter.

When the tombstone was put up the widow discovered, to her amazement, that upon it were inscribed these words:

TO MY HUSBAND. IN AN APPROPRIATE PLACE.

—Harper's.

A FOOD DRINK

Which Brings Daily Enjoyment

A lady doctor writes:

"Though busy hourly with my own affairs, I will not deny myself the pleasure of taking a few minutes to tell of my enjoyment daily obtained from my morning cup of Postum. It is a food beverage, not a poison like coffee.

"I began to use Postum eight years ago, not because I wanted to, but because coffee, which I dearly loved, made my nights long weary periods to be dreaded and unfitting me for business during the day.

"On the advice of a friend, I first tried Postum, making it carefully as directed on the package. As I had always used 'cream and no sugar,' I mixed my Postum so. It looked good, was clear and fragrant, and it was a pleasure to see the cream color it as my Kentucky friend always wanted her coffee to look—'like a new saddle.'

"Then I tasted it critically, for I had tried many 'substitutes' for coffee. I was pleased, yes, satisfied, with my Postum in taste and effect, and am yet, being a constant user of it all these years.

"I continually assure my friends and acquaintances that they will like it in place of coffee, and receive benefit from its use. I have gained weight, can sleep sound and am not nervous." "There's a reason."

—Read "The Road to Wellville" in pkgs.

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