

the suds have become very much soiled pour off the water and put the garment into another tub of suds, only not quite so much soap, and wash the second time, "sozzling" it up and down and squeezing it with the hands. When thoroughly washed, pour off the water and rinse in several clear, tepid waters, until no more suds is discharged. Gently squeeze out as much of the water as possible with the hands, not wringing it; then lay a clean sheet, or cloth on the grass, or a table, and lay the garment on it, spreading it loosely, but not enough to get it out of shape. If hung on the line, it is apt to "string" and become unshapely. Should be dried in the sunshine.

#### Closing the Fireplace

It will soon be time to shut up the fire place, and the usual way to do this is to stuff paper in the opening of the chimney; but this sometimes results disastrously where other chimneys are still in use, though it prevents the falling of soot on the carpet. The best way is to have a piece of zinc fitted to the opening, and set up with fastenings; but a cheaper way is to make a frame to fit, and on this tack a piece of white oil cloth; this can be adjusted to the opening and a sash curtain covering hung over it; or the oil cloth may have pictures or designs painted on it.

#### Query Box

Mrs. C. D. S. wishes directions for putting up trout in oil. Who can supply the information?

Perplexed—A widow can use either her own Christian name, or the name of her late husband along with her surname.

Alice C.—It is not proper to address a lady as "Mrs. Dr. Green," or "Mrs. Judge B." The title belongs exclusively to the man, never to the wife.

Mrs. S.—A knife should not be used at table where a fork or spoon will serve. Ice cream frozen hard may be served with a fork which is a little smaller than the ordinary table fork.

Reader—Over half the women wage earners in large cities working eight hours or more a day for six days in the week fail to earn as much as six dollars a week, and out of this must come board, room, laundry, carfare, clothing, and the thousand

#### NO WORDS WASTED

#### A Swift Transformation Briefly Described.

About food, the following brief but emphatic letter from a Georgia woman goes straight to the point and is convincing.

"My frequent attacks of indigestion and palpitation of the heart culminated in a sudden and desperate illness, from which I arose enfeebled in mind and body. The doctor advised me to live on cereals, but none of them agreed with me until I tried Grape-Nuts food and Postum.

"The more I used of them the more I felt convinced that they were just what I needed, and in a short time they made a different woman of me. My stomach and heart troubles disappeared as if by magic, and my mind was restored and is as clear as it ever was.

"I gained flesh and strength so rapidly that my friends were astonished. Postum and Grape-Nuts have benefited me so greatly that I am glad to bear this testimony." Name given by Postum Co., Battle Creek, Mich.

"There's a reason," and it is explained in the little book, "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.

other necessities of life. I can not tell you how they do it.

O. G.—The only way to make perfect cake is to have the best of ingredients, and know "just how" to put them together and bake them. Some women can make perfect cake seemingly without trying, while others never can succeed, try as they may.

Mrs. H. W.—For shellac varnish, put shellac into a bottle, any quantity wanted, and pour over this good grain alcohol (90 per cent) enough to cover; put in a warm room, shaking occasionally, and if the shellac is not all dissolved in three or four days, add more alcohol, a little at a time, until all is dissolved. This is an excellent varnish for household uses, and will dry in half an hour after application.

Housewife—If you do not have curtain stretchers, pin a clean sheet over the carpet and stretch the curtain over the sheet, pinning straight and pulling out each scallop; leave in the sun to dry, and they will be "as good as new," with no ironing.

#### Spring Greens

Spinach—If possible have the spinach blanched; but if not, use the best and freshest you can get. Pick the leaves over and wash well, and put on to boil in plenty of boiling salted water; boil about fifteen minutes, drain through a colander and immerse in a pan of cold water. When thoroughly chilled, drain again and chop fine. In this condition it may be kept over night, or for two or three days if kept in a cool place. Put over the fire when wanted and boil until tender, drain any water that may be left on it, season with pepper, butter, salt and serve with a little lemon juice or vinegar.

Mustard Greens—Pick over and wash well about a gallon of mustard leaves; clean six spring onions, tops and all; have three or four small slices of pork side-meat fried rather brown and cut in small pieces. To this hot meat and the two table-spoonfuls of grease that fries out of it add the chopped mustard leaves, and pour over them at once one pint of hot water; cover closely and let boil until tender, then add salt and pepper and when done remove to a dish and serve with vinegar.

Mixed Greens—Where one can have a variety of green things, they may be used mixed. Lettuce, mustard, lamb's quarter, dock, dandelion, young horse-radish leaves, and many other kinds may be cooked together. Use less of those having a strong flavor than of the milder sorts. Cook as the mustard greens. Greens are usually garnished with hard-boiled eggs sliced. Mixed greens are excellent.

#### Pineapple Salad

Pineapples are to be had at all seasons, and a very nice one can be had for fifteen cents. Peel and dig out the eyes, then shred, or tear apart with a silver fork and set on ice for several hours to become soft and juicy. Serve on crisp, tender green lettuce leaves, with French dressing poured over it at the last moment. The juice of the fruit will blend with the dressing, making a mixture that will please almost any palate.

#### Cooking Rhubarb

Old Fashioned Rhubarb Pie—Gather the tender young stalks and wash them clean, then cut into pieces half an inch to three quarters long, and pour over them quickly a quart of boiling water, draining at once. It must not stand in water. Have ready your pie-tin, lined with a nice, short crust, and pile the cut rhubarb in, heaping up a little in the middle, as it will sink down when cooked. For each pie a cupful of white sugar is none too much, and some cooks sift a little flour over the

top; put on a top crust and bake in a moderate oven, cooking just fast enough so the fruit will cook as the crust does. There will be abundance of syrup in the pie, and it must be served quite warm. A cold rhubarb pie is not always at its best.

#### Odds and Ends

Look after the cellar these days, and do not allow rotting fruit or vegetables, mould, or mildew, to pollute the atmosphere. If the cellar is dark and damp and poorly ventilated, fruits and vegetables will decompose rapidly. Boxes of unslaked lime set about in dark corners or damp places will absorb moisture and sweeten the air.

One of the most helpful things,

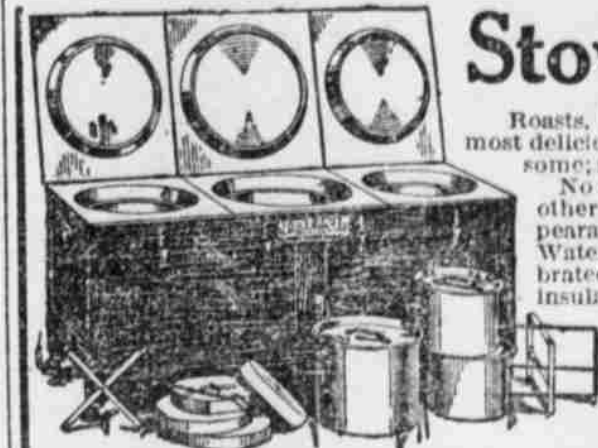
easily made and by no means expensive, is the wall-pocket. It can be made of oil cloth, drilling, duck, or any other material suitable. For the kitchen, the oil cloth is best, and into the pockets can be put bits of string, pieces of oiled paper, wrapping paper, and many other things which are always wanted about the work. A pair of old gloves, or those made of cotton flannel, stuffed into one of the pockets where they can be at once reached, is invaluable for keeping the hands smooth and clean.

#### ON THE TRAIL

"Does your fiance know your age, Lotta?"

"Well—partly."—Fliegende Blaetter.

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