

the canvas, which should have been well washed to take out any starch or stiffening and well dried and stretched tight on a frame before painting.

For clothing, which should be porous enough to permit exhalation of gases from the body, the following is good: Take two and one-half pounds of alum and dissolve this in ten gallons of boiling water; then in a separate vessel, dissolve the same quantity of sugar of lead in ten gallons of water; mix the two solutions; handle the cloth well in this mixture until every part is wet with it, then squeeze and dry it in the air or in a warm room; then wash again in cold water, dry, and it is fit for use. If necessary, the cloth may be dipped twice in the liquid, drying each time, before being washed. Cloth treated in this manner is said to shed water like feathers. This is for outer garments.

The liquid, when the alum and lead solutions are mixed, appears curdled. This is the result of double decomposition, the sulphate of lead, which is an insoluble salt, being formed by the combination. The sulphate of lead is taken up into the fibres of the cloth, and it is unaffected by rain or moisture, yet the cloth is not air-tight.

For hotbed canvas, several coatings of boiled linseed oil, letting each dry before the next is applied, will do good service.

#### Query Box

M. C.—Write to the Bureau of Plant Industry, Washington, D. C., for the information asked in regard

#### SHE QUIT COFFEE

##### And Much Good Came From It

It is hard to believe that coffee will put a person in such a condition as it did a woman of Apple Creek, O. She tells her own story:

"I did not believe coffee caused my trouble, and frequently said I liked it so well I would not quit drinking it, even if it took my life, but I was a miserable sufferer from heart trouble and nervous prostration for four years.

"I was scarcely able to be around at all. Had no energy and did not care for anything. Was emaciated and had a constant pain around my heart until I thought I could not endure it. I felt as though I was liable to die any time.

"Frequently I had nervous chills and the least excitement would drive sleep away, and any little noise would upset me terribly. I was gradually getting worse until finally, one day, it came over me and I asked myself what is the use of being sick all the time and buying medicine so that I could indulge myself in coffee?

"So I thought I would see if I could quit drinking coffee, and got some Postum to help me quit. I made it strictly according to directions and I want to tell you that change was the greatest step in my life. It was easy to quit coffee because I had the Postum which I like better than I liked the old coffee. One by one the old troubles left, until now I am in splendid health, nerves steady, heart all right and the pain all gone. Never have any more nervous chills, don't take any medicine, can do all my housework and have done a great deal besides.

"My sister-in-law, who visited me this summer, had been an invalid for some time, much as I was. I got her to quit coffee and drink Postum. She gained five pounds in three weeks, and I never saw such a change in anyone's health."

"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.

to medicinal plants. I think they can give you the answers.

F. R.—For the hardwood floors, clean by rubbing with a mixture of equal parts of crude oil and turpentine, rubbing the floor well, that no surplus oil is left to gather lint.

Marion—The most pleasing colors for the sunny room are blue, or dull shades of green. Avoid reds and yellows in a sunny room.

Allie W.—For the white marks left on the table by hot dishes, make a soft paste of salt and olive oil, cover the spots, let stand for an hour or two, then polish with a soft, dry cloth.

G. M.—When new boots refuse to take on a polish, try rubbing them with a little lemon juice, let dry, and then polish in the usual way. It is said to polish beautifully under such treatment.

Emma S.—Iron bedsteads may be washed with soap and water and dried, then wiped with a cloth barely moistened with some kind of oil; brass bedsteads, if they are laquered, should be wiped off with a soft dry cloth.

Where brasses are much discolored, an application of salt and vinegar is advisable, having it hot, before applying the usual polishes, as the work of polishing is more quickly performed when the brass is clean. This is not for furniture.

Janet C.—For the heavy, lifeless pillows, hang them on the clothes line during a heavy shower of spring rain, leave on the line, and turn the feathers several times by working with the hands, and when dry they will have new life. They should be allowed to get thoroughly wet through, and thoroughly dried.

Mina T.—If your table is at all presentable, use a center piece and doilies for breakfast and luncheon, even if made of only squares of old table cloth, or coarse cotton. It will wonderfully reduce your laundry work, and the table will always look neat. Squares of table oil cloth may be used for the children.

#### Butter Sauces

Drawn Butter Sauce—Put into a perfectly clean saucepan one-half pint of fresh, sweet milk and set over a moderately hot fire. Put into a pint bowl a heaping tablespoonful of flour, one-fourth pound of sweet butter and a saltspoonful of salt. Work these together smoothly with the back of a spoon, then pour into it, stirring all the time, half a pint of boiling water. When perfectly blended, stir it into the boiling milk; let simmer for five minutes, then put into the sauce pitcher to serve.

Another—One-fourth pound of best fresh butter, cut up, and mixed with about one tablespoonful of flour; put into a porcelain-lined saucepan and pour over it half a teacupful of boiling water; cover the saucepan and set it in a large pan with boiling water; shake the vessel containing the mixture continually, always moving in the same way until it is entirely melted and begins to simmer; then let stand until it boils up, and it is done.

If the butter is put over too hot a fire, it is oily; if the butter and flour are not well blended, the sauce will be lumpy; if too much water, it will be thin and poor; and it must at no time be allowed to scorch. Milk may be used instead of water.

#### Requested Recipes

Floating Island—Bring a quart of milk slowly to a boil in a double boiler and have ready the beaten yolks of five eggs with a cup of granulated sugar; just before the milk comes to the boiling point pour a little over the eggs and sugar stirring all the time, then add at least half of the remaining milk until the mixture is thin enough to pour easily, then put all together and return to the double boiler to thicken,

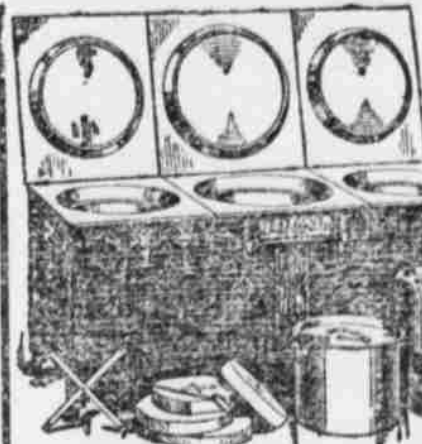
stirring well. As soon as of a creamy consistency, pour into a dish; do not beat the whites until nearly ready to serve, and then whip them very stiff; have an open sauce pan of water at the boiling point; drop the beaten whites in by the spoonful; it will swell and should be left about two minutes to cook a little; lift out each little "island" with a perforated spoon, and place on top of the custard, which should have been flavored to taste while cooking, and cooled. Set the dish in the ice box until ready to serve, placing a tiny bit of crimson jelly on each pile of whites. When serving, with each portion lift one of the little "islands" and place on top of the custard.

Keeping Butter Fresh—Here is a method furnished by one of our buttermakers, who indorses it: Boil together three gallons of water,

half a gallon of salt, two cupfuls of brown sugar, two tablespoonfuls of saltpeter; let boil three hours, cool and strain into a stone jar. As the butter is made, it must be worked free from water or milk, wrapped in clean cloths in one pound packages; sink the butter into the preparation by weights and keep covered with the water. Butter so treated will keep absolutely sweet for a long time. (Mrs. W. R.)

For Coddled Eggs—Have the eggs perfectly fresh and the shells clean. Pour over them water that is boiling rapidly, and immediately draw the pan containing them to a place on the range where the water will just keep at boiling point—no bubbles, for six minutes. The inside will be jellied and even a weak stomach can use them without any bad effects.

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