

first privilege of marrying the widow, and until her brother-in-law refused her she could not marry again. Another authority maintains that the throwing of the shoe was a sham assault on the groom, who was supposed to be carrying off the bride.

**Lemon Syrup**

Lemons so soon spoil in warm weather, and they are such a comfort to have when one is thirsty, that it is well to know how to take care of them. Get a dozen lemons and carefully grate the yellow rind, but do not allow any of the white to be used, as this is the bitter part. Squeeze out the juice of the lemon and add the grated rind; let stand several hours. Then take four pounds of sugar with just enough water to boil it smooth; stir in the lemon juice and bottle in small bottles, corking well and dipping the corks in melted wax. This is excellent for lemonade, pies, sauces, etc., and will keep a long time, and bottles, corks and wax may all be used time after time.

**For the Toilet**

Shoulder movements will take the superfluous fat off the back; lift your right shoulder as high as you can, twist it, then lower it. Next move the shoulder in its socket in circular fashion, then lift your right shoulder, describe a circle with your arms, lower your shoulder and let your arms fall to your side. Repeat this half a dozen times.

Vegetarians do not always have fine complexions, and it is not always the meat that is at fault when the skin is cloudy and dingy, and the stomach out of order. The one who has inherited common sense, and knows what foods agree best with her, and has the further sense to take care of herself in every way, is generally the one who is "fair to

**WELL POSTED**

**A California Doctor With 40 Years Experience.**

"In my 40 years' experience as a teacher and practitioner along hygienic lines," says a Los Angeles physician, "I have never found a food to compare with Grape-Nuts for the benefit of the general health of all classes of people.

"I have recommended Grape-Nuts for a number of years to patients with the greatest success and every year's experience makes me more enthusiastic regarding its use.

"I make it a rule to always recommend Grape-Nuts, and Postum in place of coffee, when giving my patients instructions as to diet for I know both Grape-Nuts and Postum can be digested by anyone.

"As for myself, when engaged in much mental work my diet twice a day consists of Grape-Nuts and rich cream. I find it just the thing to build up gray matter and keep the brain in good working order.

"In addition to its wonderful effects as a brain and nerve food Grape-Nuts always keeps the digestive organs in perfect, healthy tone. I carry it with me when I travel, otherwise I am almost certain to have trouble with my stomach." Name given by Postum Co., Battle Creek, Mich.

Strong endorsements like the above from physicians all over the country have stamped Grape-Nuts the most scientific food in the world. "There's a reason."

Look in pkgs. for the famous little book, "The Road to Wellville."

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

look upon." It is generally found that she is one who abstains from eating greasy foods cooked in too much fat, eating too much, or too little; eating starches and sugars to excess, and indulging in other unhealthy habits.

Where soap does not agree with the skin, put one of the tiny bran bags, so often told about in this column, in the wash basin, or pour a little almond meal on the palms before washing; the meal supplies a free lather that is cleansing and soothing. The bran has the same effect. The meal can be made at home by the following formula: Four ounces of sweet almonds reduced to a fine powder; two ounces each of powdered cuttlefish bone and white castile soap, also ground fine, and an ounce of powdered orris root with half a dram of oil of lavender. Mix well, and use a little at a time. This cleansing powder is better than soap.

**Jellies**

**Currant Jelly**—Pick the currants from the stems, and put them into a vessel, then set the vessel into another vessel containing boiling water, or a double boiler may be used. Keep the water boiling until the berries are thoroughly scalded, then slightly mash them and pour into a jelly bag and let hang as long as it will drip, turning the bag now and then to break up the mass of fruit so the juice will drip through. Do not squeeze. Put a pint of sugar to every pint of juice and set to boil over the fire. Have glasses ready, and five minutes' boiling will be sufficient. The pulp may be rubbed through a sieve, sweetened, and cooked a few minutes, stirring constantly until like butter, put into small jars, and use as marmalade.

**Strawberry Jelly**—Hull and put three quarts (after hulling) of strawberries into a crock with two pounds of sugar; mash well, and leave stand for two or three hours, then press the juice from the berries; have dissolved one box of gelatine in half a pint of cold water, and add to the berry juice, mixing thoroughly, and add the juice of one lemon. Strain and pour into a glass dish to harden. Make red raspberry the same as the strawberry jelly.

Currant juice is used with cherry juice, and with raspberries, and is an improvement.

**Household Helps**

Linen taffeta is not only useful in making cushion tops and draperies for the country house, but it is useful to cover old boxes; glove, jewelry, hairpin and handkerchief boxes are made inexpensively and pretty. The domestic taffeta is lighter and easier to paste on the boxes than the more expensive foreign goods.

Linen suits that were laid aside last fall because badly faded can be renewed and freshened by filling a boiler half full of nice, clean hay, pour over it sufficient boiling soft water to cover, and boil an hour or more—two hours is none too long. Then strain through a coarse cloth into a jar or enameled pan large enough to entirely submerge the goods; wash them clean, and wring as dry as possible and put to soak in the hay tea for twenty-four hours, weighting down to keep it under water. It may be left longer, if desired. Rinse well in clean cold water and dry in the shade, and the color will be a nice shade of green linen.

An excellent fluid for cleaning soiled woollens is easily made by taking two ounces of ammonia, one-half ounce of ether, one-half ounce of alcohol, one-half ounce glycerine, one quart of water and one ounce

and half of castile soap shaved fine; let the soap dissolve in a little of the water, then add to the other ingredients. When sponging a whole garment, add a little water to the fluid, and pour out only a little at a time. The garment should be then sponged well with clear water.

In putting rugs away for the summer, be sure to roll them tight, as they are always kept in stores, and stand them on end to make sure nothing will be placed on top of them. Wrap them well with tar paper and put in a dark, dry closet, and make sure before putting away that moth eggs are not already in the nap.

**Alcohol in Beverages**

Any drinks that contain alcohol, even cider, root beer, or domestic cordials, are not only not harmless, but are positively injurious, because

the atom of alcohol, by using the strength of the next minute for the present, leaves the system that minute just that much weaker than it would have been had not the atom of alcohol been taken, the atom of alcohol has not one particle of nutriment, and has only robbed the system of the atom of strength which it borrowed. If anything is added to the summer drink, it should contain some nutriment, so as to strengthen the body for its tasks.

**A FEARFUL REVENGE**

"Don't you think it is dastardly to send a man an infernal machine?" asked Jones, while motoring with Brown.

"Oh, I don't know," replied Brown, as the car gave a dying groan, half-way up the hill. "If I had an enemy, I'd send him this one."—Judge.

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