

cup for cup of sugar and juice; bring to a boil and keep boiling twenty minutes, then bottle and seal. A tablespoonful of this to a glass of iced water or seltzer is very nice. Other small fruit vinegars may be made in the same way.

**Simple Ice Cream**—Scald one quart of fresh milk, but do not boil; beat together three whole eggs and one cupful of sugar; stir the scalding-hot milk slowly into the eggs and sugar, and put into a double boiler, return to the fire and stir constantly while cooking until it feels thick and creamy; it must not boil, or it will curdle. Take from the fire and let cool; flavor with one teaspoonful of vanilla, then when cold, freeze. A little cream instead of all milk will improve the dish. A few berries, or slices of fruit may be put into the custard before freezing, or if thoroughly chilled may be stirred into the frozen cream when the dasher is removed.

**Fruit Ice Cream**—If peaches are used, chop two quarts of peeled peaches very fine and, beginning with a cupful of sugar, add more if liked; stir into the chopped peaches a few drops of extract of almonds, then beat the fruit mixture into a quart of rich cream, turn into the freezer and grind until very stiff, then grind as fast as possible until the dasher refuses to move. Other fruits may be substituted, or canned fruits may be used. The rapid grinding makes the mixture smooth.

**Cretonne and Chintz**

The possibilities of cretonne is only equalled by that of chintz. These materials are so fascinating and so cheap, and come in so many and varied designs, that one finds it hard to make choice. There are fast colors, and colors that fade, either with the light, or in the laundry; so it is best to discriminate. The uses

**SALLOW FACES**

**Often Caused by Tea and Coffee Drinking**

How many persons realize that tea and coffee so disturb digestion that they produce a muddy, yellow complexion?

A ten days' trial of Postum has proven a means, in thousands of cases, of clearing up a bad complexion.

A Washington young lady tells her experience:

"All of us—father, mother, sister and brother—had used tea and coffee for many years until finally we all had stomach troubles more or less.

"We all were sallow and troubled with pimples, breath bad, disagreeable taste in the mouth, and all of us simply so many bundles of nerves.

"We didn't realize that tea and coffee caused the trouble until one day we ran out of coffee and went to borrow some from a neighbor. She gave us some Postum and told us to try that.

"Although we started to make it, we all felt sure we would be sick if we missed our strong coffee, but we tried Postum and were surprised to find it delicious.

"We read the statements on the pkg., got more and in a month and a half you wouldn't have known us. We all were able to digest our food without any trouble, each one's skin became clear, tongues cleaned off, and nerves in fine condition. We never use anything now but Postum. There is nothing like it." 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.

are unlimited, and so decorative that nothing can take its place. A writer on the subject of decorating with chintz and cretonne says, "Buy all you need, and then buy a lot more," for you will always find a use for the odd yards. There is a riot of colors in some of them, while others run to soft, dull tones; when the figures are large and glaring, it is well to use it only for hangings, but for the cottage small figures should be used, and in tones to match whatever furnishings you already have. Imported cretonne costs about seventy-five cents a yard, is fast-colored, except perhaps when exposed to a very strong sunshine. The American cretonne can be had for twenty-five to fifty cents, and answers very well. Grades that are usually satisfactory in the cottage home can be picked up often of good quality and colors that will bear laundering for twelve and one-half cents per yard.

**What You Want to Know**

For insects in the hair of children, get a pint bottle or jar and put into it enough "fish berries" to half fill it; these should be pounded up fine; then pour over them enough whisky to fill the bottle or jar, and set away for two or three days. Then wet the scalp and hair well with the liquor, preferably at night, and wrap the head to keep from soiling the pillow. In the morning wash the hair well in warm water, and the dead lice will fall out. If there are dead nits on the hair, wash the hair with cider, or other good vinegar, which will dissolve the covering of the nits, and they will easily wash out. Unless exposed again, the child should be free of them. Repeat if necessary. The liquor is poisoned by the berries.

**Storing Eggs**

The best way to preserve eggs is to put them in waterglass. Waterglass is a liquid silicate, something like syrup, but gray in color, and can be had at most drug stores. Various proportions of water and the silicate are given, and the quantity will depend on the number of eggs to be put up. The water should be boiled, and when cold, allow one pound of silicate to each gallon of water, stirring well. Pour the cold liquid into a jar or stone vessel and lay the strictly fresh eggs in the jar, gathering every day, having them covered at least one inch deep with the liquid. Strictly fresh eggs will not float. When the jar is full, cover, and keep the liquid well over the eggs until wanted for use.

**Out-Door Nuisances**

If a day or evening is to be spent in the open air where mosquitoes abound, try this: Get ten cents worth of the dried leaves of vervian at any drug store; steep the leaves until a strong tea is made, strain the tea, and rub a little on the hands and face; where the sting or bite has already occurred, use a few drops of a solution of equal parts of ammonia and camphor, or menthol and camphor, to rub the wound. If a toilet vinegar or aromatic spirits have been used, mosquitoes, gnats and small black flies will seldom trouble. Spirits of camphor is said to be good. A freshly pulled onion, cut in half and rubbed on the sting of bee or wasp is usually effective.

**Meaning of "Covers"**

When so many "covers" are mentioned, it means that so many places were laid at table—one for each guest. Each cover should be at least twenty-five inches in length, or side-wise, and at least fifteen in depth; that is, from the center of one plate to the center of the next should be twenty-five inches; this for elbow room for the guest. Knives should

be at the right with the cutting edges turned toward the plate; forks, at the left with the tines of the forks and bowls of spoons turned up. Napkins should be placed at the left of forks; glasses at the tips of knives.

**Odds and Ends**

For the accumulation of paper bags and twine, tack a pocket of cotton or table oil cloth to the back of the pantry door, and they will be at hand when wanted.

To avoid the sticking of the cork in the mucilage or glue bottle, rub the cork all over with lard, or dip in melted paraffin.

Grass stains may be removed from clothing by saturating with molasses or syrup before wetting with soap and water. Automobile grease is

easily taken out of wash material by applying lard generously before wetting. For other goods, try benzine carefully.

For colored goods, dissolve a piece of alum the size of a walnut in every pint of starch, and this will not only make the fabric stiffer, but will brighten the colors.

**The Winter Garden**

It is not yet too late to begin the winter garden. The plants to be encouraged to grow and be kept in shape by judicious pinching and clipping. Many things may be profitably lifted now, if the work is done with care so the plant will not wilt, and as soon as established in the pot, the pot should be plunged in the soil in a suitable place and kept growing for the fall removal to the house.

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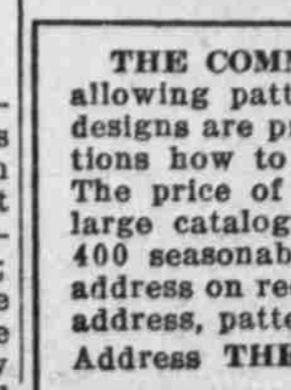
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