

# HOME LIFE

## Consumption Cure

An Illinois friend whose wife was very greatly benefited by the following prescription for consumption taken from an English medical journal, sends it to us for publication:

Put one dozen whole lemons in cold water and boil until soft (not too soft); roll and squeeze until the juice and pulp is all extracted; sweeten enough to be palatable. Use as many as a dozen a day. Should they cause pain or looseness of the bowels, lessen the quantity and use five or six a day. By the time you have used five or six dozen you will begin to gain strength and have an appetite. As you get better you need not use so many. Follow these directions and we know you will never regret it if there is any help for you. Keep it up faithfully. We know of two cases where both patients were given up by the physicians and were in the last stages of consumption, yet both were cured by using lemons according to the directions we have given. One lady in particular was bedridden and very low, and had tried everything money could procure, but all in vain. She was persuaded to try lemons, and accordingly she began to use them in February, and in April she weighed 140 pounds. She is a well woman today and likely to live as long as any of us. Do not boil the lemons too

long, as it makes them bitter—just let them come to the boil.

## What the Labels Must Show

The branding of meat products will have to undergo a radical reform, according to rules issued by Secretary Wilson of the department of agriculture. The long established system of deception in pet names of meat products evidently must go. The label must now give the true name of the product, and the true names of the manufacturer and of the place of manufacture must appear if any are given.

Lard must not be labeled leaf lard unless it is what it is represented to be. Pictures cannot be used to deceive; for instance, the picture of a chicken must not appear on a label marking a package that contains pork or veal. Such words as "special," "superior," "fancy," and "selected" no longer go on inferior products. Another branding fraud must cease. Virginia ham, English, Bologna and Frankforter sausage are familiar names placed upon products that never came from the places indicated. Such branding must now be modified by using the word style. For instance, Virginia style ham or Bologna style sausage.

In the case of mixture the fact must appear on label. Sausage, hash and mince tell the story without explanation. Other mixtures must be marked compound. In the case of fats and oils the ingredients must appear. Such names as "Cottolene," "Cottosuet" must be followed by a list of the ingredients. Flour or other cereals may be used in veal, pork or beef loaf or pate, soups or gravies without the fact appearing on the label. In canned products not marked loaf, pate or soup the label must show the presence of flour if it is used.

## Finding a Market for American Teas

After it has been shown to be practicable to grow the tea plant successfully and economically and to manufacture tea leaves into an acceptable product, there still remains the task of getting a place for the new product on the market. In every line of trade matters move along established channels. Even though new lines of movement may be equally advantageous, they are difficult of adoption, because they are new. Any new product must literally "break into" the market. In the performance of this task American tea is now engaged. The chief necessity is that of getting the product before the people and of creating a demand for it under its own name. By any other name it not only smells as sweet, but sells much better—that is to say, by an oriental name—but it seems a sounder policy to sell the product under its own name and connect its quality with the name of American tea. Although this creates some difficulties in the minds of the dealers, last year's crop of nearly six tons has already been largely sold, and advance orders have been placed against the output of the coming season. In order to facilitate the introduction of the product, Dr. Shepard conducts a considerable mail order business. Summerville tea grows well, manufactures well, and promises to sell well. We may therefore look hopefully for success in the experiment of the Ameri-

can Tea Growing company at Tea, S. C., which is now ripening for their harvest, and in the governmental experiment in Texas. The annals of successful tea in this country have so far been annals of "Pinehurst," as Dr. Shepard's estate is called. Reports from the new gardens indicate that they may soon be making similar histories of their own.—From "Tea Culture in the United States," by Rodney H. True, in the American Monthly Review of Reviews for September.

## Cooking Vegetables

Have them fresh as possible. Look them over and wash well, cutting out all decayed or unripe parts. Lay them when peeled in cold water for some time before using. Always let the water boil before putting them in, and continue to boil until done. Turnips should be peeled and boiled from forty minutes to an hour. Beets—Boil from one to two hours, then put in cold water and slip the skin off. Spinach—Boil twenty minutes. Parsnips—Boil from twenty to thirty minutes. Onions—Best boiled in two or three waters, adding milk the last time. String beans should be boiled one and one-half hours. Shell beans should be boiled an hour. Green Corn—Boil from twenty to thirty minutes. Green Peas—Boil twenty minutes; should be boiled in as little water as possible. Asparagus—Same as peas; serve on toast with cream gravy. Cabbage should be boiled from one to two hours in plenty of water; salt while boiling.

## Hints for Stout Women

Don't wear wide belts. Don't wear a tight-fitting coat. Don't wear a sleeve that is full below the elbows. Don't use frills of any kind on a gown if you are stout. Use flat trimmings. Don't wear bow ties. Wear something small and narrow if a tie is required. Don't wear fluffy things about the neck. Let the neck finishing be as flat as possible. The stout woman who dresses to her figure rather than to fashionable models is always more charmingly gowned than she who wears what is fashionable in itself rather than what is suitable.

## Don'ts for Girls and Boys

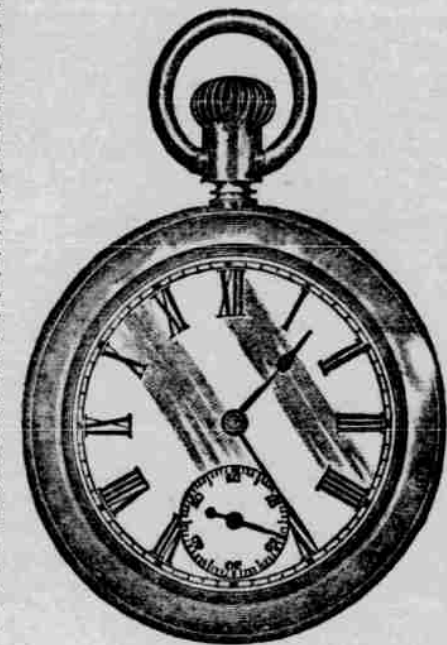
Don't lie. Don't be idle. Don't be rude. Don't be untidy. Don't practice deception. Don't be jealous. Don't be vain. Don't lack pride. Don't be devoid of ambition. Don't be stubborn. Don't try to "show off."

## Spontaneous Cure of Cancer

The fact has come to light within the last few years that an enormous proportion of mankind suffer for a short time from tuberculosis without knowing it, and get well. Post-mortem study of the lungs of people who have died from other causes prove the fact indisputably. For this and other reasons the medical profession are

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