



To Soften Hard Water.
 "When water is made hard by carbonate of lime it may be softened by the use of quick-lime, sal-soda or ammonia," writes Maria Parloa in Ladies' Home Journal. "When there is time to allow the water to settle the lime is the best agent. To soften with the lime have the water in a large tank or hogshead. Pour enough water on the quick-lime to slake it. When it falls to powder add enough water to make a thin cream and then stir into the water in the tank. Use one ounce of lime for every forty gallons of water. Do not let any undissolved lime go into the water. Allow the water to stand for twelve hours. For softening with soda, dissolve a pound of sal-soda in one quart of boiling water and when cold bottle it. Add a gill of this liquid soda to about twenty gallons of water. Water that is discolored by the soil, as is so often the case after a heavy rain or when the water pipes are being repaired, should be strained through Canton flannel."

Cottage Pudding.
 Take one tablespoonful of butter, one cup of sugar, one cup of milk, two eggs, one large teaspoonful of baking powder and one and one-half cups of flour; beat butter, sugar and yolks of eggs together until light, add the milk and then the flour, beat well, now beat whites to a stiff froth, and stir them carefully into the pudding, add baking powder, and mix well. Pour into a greased cake pan. Bake three-quarters of an hour, serve hot with lemon sauce. For the lemon sauce use one-half tablespoonful of butter, one-half cup of sugar, two cups of hot water, a pinch of cinnamon and about the same of grated nutmeg, one-half lemon juice and a little rind, and one tablespoonful of flour.

Drawn Butter Sauce.
 Two tablespoonfuls of flour, one-half cup of butter, one pint boiling water and one-half teaspoonful of salt. Mix the butter and flour together until light and creamy, and gradually add the boiling water, stirring constantly. Place the bowl in a saucepan containing boiling water, and stir well until the sauce comes to the boiling point. It should not be allowed to boil, but should be kept at the boiling point until thick enough and then remove at once. Add the salt and serve. The common practice of wetting the flour and then stirring it into the boiling water is most deplorable, as the outcome is a lumpy mass with the butter oftentimes floating on the top.

A Pretty Luncheon Course.
 A pretty course to serve at a luncheon is a salad of tomato jelly. A pint of tomatoes is strained, seasoned with salt and pepper and a teaspoonful of onion juice. Dissolve a quarter of a box of gelatine and add to the tomatoes. Put aside for half an hour, then bring to a boiling point before molding in tiny egg-cups. Make a half pint of mayonnaise dressing, to which a half pint of whipped cream is stirred in just before serving. The molds of jelly are arranged on lettuce leaves on individual platters, the mayonnaise heaped round, the whole sprinkled with finely-chopped parsley.

An Economical Hint.
 How many of you, when called upon to use the whites alone of eggs, ever think of saving the yolks save by dropping them into a dish and setting them away in the refrigerator, where they crust up and are of no earthly value in a very short time? To protect the yolk so that it can be used two or three days after it has been separated from the white drop it into a bowl of water and its freshness will remain a surprising length of time, and it can be used most pleasingly for mayonnaise dressing or the sauce for coldsals, or any other purpose requiring yolks alone.

Cranberry Dumplings.
 Take one quart of flour, one teaspoon salt, two heaping teaspoonfuls baking powder, sift all together; rub in a piece of butter size of an egg, milk enough to make a soft dough; roll out about one-quarter of an inch thick, cut into squares, four by four, in each square put two tablespoonfuls of cranberries and one tablespoonful sugar, wet the edges of the square and pinch together. Bake in a quick oven twenty to thirty minutes. Take some cranberries and make sauce, and put a tablespoonful on the top of each dumpling when ready to serve.

Orange Omelet.
 Beat yolks three eggs till creamy, add three teaspoonfuls powdered sugar, a few grains salt, and three tablespoonfuls orange juice, and a little grated rind. Fold in stiffly beaten whites, and cook in hot buttered omelet pan slowly till well risen and light brown underneath, then dry off the top in the oven. Fold, turn out, sprinkle thickly with powdered sugar, and score it with red hot poker.

Sour Milk Cake.
 Mix one cup of flour, one-half a cup of yellow granulated meal, and one-fourth of a cup of sugar, one-half a teaspoon of soda and mix well. Beat one egg light. Add one cup of sour milk to the flour mixture, then the egg, and one tablespoon of butter, melted and beat thoroughly. Turn at once into a buttered pan and bake about twenty-five minutes in a hot oven.

WOMAN'S REALM

THE AWAY-FROM-HOME GIRL.

WRITE your home letters regularly and keep in touch with your parents and old friends by weekly correspondence," writes Margaret E. Sangster in the Ladies' Home Journal, addressing girls who have gone from home into the world to seek their livelihood. "Never let a Sunday afternoon drift out without your hour spent in an intimate and loving letter to the dear mother. This is a good occupation for Sunday, and I can hardly tell you how minute and confidential and affectionate this writing should be. But there is no need. You know what you like to hear from home, and what mother and father most long for, when your letters come. I follow these letters. Mother is in the kitchen, washing the dishes. She wipes her hands and sits down in the low rocking-chair by the window, where the lilac is beginning to bud. Father stands between the table and the door, waiting to hear what you have said, and aware that he must wait until mother has satisfied her heart with the first reading. Then it will be his turn. To them both you are, and you will always be, just their own little girl, and you can never send them a line which they will not scan with eagerness. So never put off your family at home with a scrappy, hurried scrawl; take time, and tell them everything."

Value of the Disciplined Mind.
 The world needs men and women who are sufficient unto themselves, able to stand alone and make the most of trying and unpleasant conditions. The discipline of the life should be to make our knowledge and resources available for practical use. What matter it that we read every book in the world, and gain all the knowledge that science and art can teach us, if we cannot put this information to use either to the profit of our minds or physical conditions? This greatest use of knowledge and culture is not for money-making, for achieving material success in the struggle for life, but to sweeten and discipline ourselves. The philosopher who has gained the true key to knowledge stands aloof from the thronging crowds of eager money-makers and reputation seekers. He is content to know that the visible attainments of life are not the highest and dearest. Others may strive for them, but he longs for the intellectual pleasures which come only to the disciplined soul. —A. S. Atkinson, M. D., in the Woman's Home Companion.

American Women Honored.
 American women who have been made Ladies of Grace, of the order of St. John of Jerusalem, by King Ed-



MRS. B. L. WEST. Mrs. Corn Wallis West. They received the honors for the work they did toward fitting out the hospital ship Maine, which was sent to South Africa.

Letter Writing.
 Apropos of letter writing, how many women make the mistake of not sufficiently revealing their identity in a business communication. Many feminine correspondents still leave much to be desired in this matter of identity, both as regards clearness and dignity. "M. A. Smith" looks business-like enough, but how is the recipient to know whether it is a man or a woman? A woman in a business letter to an equal should always sign herself in full: "Mary A. Smith," prefixing "Miss" in parentheses if she be a spinster—if a married woman with her husband living, with Mrs. John B. Smith in parentheses below her own name.

A Heroine.
 Miss Hannah B. Richards, the pretty daughter of Farmer Joel Richards, of Thorofare, N. J., is a heroine, of whom all the residents of that little town are justly proud. The distinction thus suddenly thrust upon her came through the capture of a runaway horse in Gloucester, and the saving thereby of the lives of two children. Several men had tried in vain to stop the frightened animal. Miss Richards said: "I don't think I deserve all the praise I am getting, but I couldn't see those children killed, and when the horse turned the corner I just ran out and caught him by the bit and held on until he stopped. I am glad I saved the children."

The Conversational Hop.
 The "conversational hop" is conducted in this way. Distribute among the company cards on which are written twelve subjects for conversation, duly numbered. The men should then choose partners for each subject, put-

ting the lady's name on their cards and theirs on hers at the subject they are to talk on. At a signal given by the hostess the partners take their places, tete-a-tete all through the room; the conversation must be exclusively upon the subject designated upon the cards. When the conversational hop is finished—that is, all the twelve numbers talked out, votes are cast by the ladies for the best conversationalist among the men and by the men for the best among the girls. Prizes are awarded accordingly.



The prevalence of tucks accounts for the great popularity of the yoke. It is a more simple matter arranging the full tucked skirts on a well-fitting, becoming, shaped yoke, than bringing all of the fullness into the waist band and getting the tucks to set in just the approved way over the hips. The becomingness of the yoke is seldom questioned, especially the yoke known as the "tailor shape" that has a decided dip at the back. Even this particular shape has its variations. Sometimes it boasts a triple effect, often it is scattered and more often slashed at the middle.

For women with pretty arms this will be a delightful summer, if those so gifted are inclined to display their physical attractions. In ten new models for summer waists displayed to a class of ambitious seamstresses, not one waist of the ten had long sleeves. All were cut off either just above or just below the elbow and below the cut-off part there was slipped in a big puff of soft goods. This style of sleeves will be almost universal, and this means that, when the warmth of June shall have melted into the torridness of August, the undersleeve will reign supreme.

Bolero jackets, with or without sleeves, of heavy white, black or ecru lace, are worn over velvet, silk or satin waists. For theater wear, the lace designs are sometimes outlined with gold and rows of gold paillettes, or even the entire jacket is made of gold braid and cord, in renaissance pattern. These all-gold jackets appear to the best advantage over waists of velvet of a deep, rich color, or over ivory white satin waists.

Pondus Chat.
 The beautiful women of Marie Antoinette's court are said to have used the most simple toilet preparations for keeping their skins fresh and rosy. Lemons were supposed to be a cure for discolorations of the skin, and were used freely in the bath. Cucumbers and strawberries were also supposed to play an important part in the preservation of beauty. A delightful cucumber cream was made from cucumbers, sweet almond oil, white wax, spermaceti and lanolin. The proportions being four cucumbers, six ounces of sweet almond oil, an ounce of white wax, an ounce of spermaceti and two ounces of lanolin.

Will Cross Ocean Alone.
 Madame Neilson is a name that will be written in large letters on the scroll of fame should she successfully accomplish the feat that she has determined upon—a trip across the sea in an open sailboat. Madame Neilson, who lives in Philadelphia, is generally known as a spiritualist, and she will be unaccompanied on her long age save by the spirit. Her venture is to be made in acceptance of the offer of a prize by Capt. Blackburn, of Gloucester, Mass., to the woman who will make the quickest trip, across the Atlantic to Lisbon, Portugal, in a sailboat, alone. The madame is a quarter-blood Indian.

Bemidies for Cold Sores.
 You can use nothing better for cold sores than pure glycerine; peroxide of hydrogen is also good. Apply with a bit of absorbent cotton the moment the little disgusting blister begins to form, says the Philadelphia Inquirer. You might also try the following—have it prepared by your druggist: Oxide of zinc, 30 grains; cold cream, 1 1/2 ounces.

Patents Granted to Women.
 Since the Patent Office was first established in 1790 only 5,757 patents have been granted to women. There are now granted interesting figures. There have been 415 patents issued to colored men, of whom 28 were granted to one inventor and 22 to another. More than 80 per cent of the patents issued are to citizens of the United States.

A Chinese Proverb.
 "You cannot prevent the birds of sadness from flying over your heads. But you can prevent them from stopping long enough on your shoulders to build their nests in your hair."

Beware of Them

There are two afflictions which perhaps give the most pain and trouble, viz:

Sciatica
 and
Lumbago

Both disable and cripple, but

St. Jacobs Oil
 is their best cure.

Picnicking in Midwinter.
 Do you think you would enjoy a midwinter picnic? The picnickers tramp through the snow at night into the country. A hot brushwood fire behind some windbreak makes everyone comfortable. The last bit of chill is driven from the revelers by steaming coffee, boiled over the embers and drunk from tin cups. The appetite aroused by the tramp and the queer scene, is fed with toasted sandwiches. This comfort and coziness in the midst of glittering ice and snow and frosty air is said to be very enjoyable.—Little Chronicle.

Catarah Cannot be Cured
 with LOCAL APPLICATIONS as they cannot reach the seat of the disease. Catarah is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarah Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarah Cure is not a quick medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarah. Send for testimonials, free. F. J. CHENEY & CO., Props., Toledo, O. Sold by druggists, price 75c.

A Bit of Strategy.
 Chicago Tribune.—Elder Sister—Mr Billmore and you were in the parlor a long time last night, but I don't suppose you used much gas.
 Younger Sister—The reason you didn't see any burning, Emily was because Harold carelessly hung his hat on the door knob.

Spring Cleaning Made Easy.
 Much of the terror of spring cleaning may be avoided by good management. Settled weather should be selected for the work, and everything necessary provided beforehand. Ivory soap will be found best for washing paints, floors and windows; it is harmless, and very effective in making the house clean and fresh. ELIZA R. PARKER.

An Inference.
 Harper's Bazar: The Professor—Yes, a caterpillar is the most voracious living thing. In a month it will eat about 600 times its own weight.
 Dear Mrs. Ernot—Whose boy did you say he was?

Another Sort of Tree.
 "Now, children," said the pretty schoolmarm, after relating the affecting tale of Washington and his little hatchet, "what do you think of this cherry-tree story?"
 "It's a peach!" shouted Billy Barlow.—Puck.

TO CURE A COLD IN ONE DAY
 Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box 25c.

Fish Commission Work.
 "The United States government, through the fish commission, has made possible some fine sport in western streams that were formerly almost entirely without finny inhabitants have been stocked with trout, and amply protected as they are by the law, their number is rapidly multiplying."—Chicago Chronicle.

You Can Get Allen's Foot-Ease FREE.
 Write to-day to Allen S. Olmsted, Le Roy, N. Y., for a FREE sample of Allen's Foot-Ease, a powder to shake into your shoes. It cures tired, sweating, damp, swollen, aching feet. It makes new or tight shoes easy. A certain cure for Corns and Bunions. All druggists and shoe stores sell it. 25c.

A Big Flock of Hawks.
 Farmer boys who like to shoot hawks would have been delighted to have seen the immense flock of hawks that surrounded an Indiana town recently. There must have been 5,000 in the flock, and at least 400 were killed before the birds decided to move on. What they were doing or where they came from were equal mysteries. —Golden Days.

Dyeing is as simple as washing when you use PUTNAM FADELESS DYES.
 Neighborly.
 Husband—Isn't it about time Mrs. Borrone was returning our call?
 Wife—Yes, but if she does return it will be more than she does with the other things she gets from us.—Detroit Free Press.

If You Have Dyspepsia.
 Send no money, but write Dr. Shoop, Racine, Wis., Box 10, for six bottles of Dr. Shoop's Restorative; six boxes paid. If cured, pay \$5.00. If not, it is free.

Hurry the Biggest Mistake.
 The most of our mistakes come from being in a hurry.—Chicago Daily News.

The Vassar college farm now embraces 1,000 acres of land.
 Best Blood Purifier in the world. Recipe \$1.00. To cure Bronchitis, Sore Throat, Hoarseness, Recipe 50c. Cure Sorely Cured, Recipe 50c. 1917 W. 19th St., Chicago.

BEAUTIFUL GOLD TIPPED PEN and Yearly holder, five valuable formulas and gift's Home Magazine all for 25c. Altier Bros., 645 8th Place, Chicago, Ill.

GRAND OFFER. Send 25c and get a book and instructions how to secure a pair of ladies' or misses' \$1.00 shoes for the. Consumers Shoe Co., Toronto, O.

W. L. DOUGLAS
\$3 & \$3.50 SHOES UNION MADE.

The real worth of my \$3.00 and \$3.50 shoes compared with other makes is \$4.00 to \$5.00. My \$4.00 Gilt Edge Line cannot be equaled at any price. Best in the world for comfort. I make and sell more men's fine shoes, Goolary's Well Hand-Sewed Process, than any other manufacturer in the world. I will pay \$1.00 to any one who can prove that my statement is not true.

Take no substitute! Insist on having W. L. Douglas shoes with name and price stamped on bottom. Your dealer should keep them; I give one dealer exclusive sale in each town. If he does not keep them and will not get them for you, order direct from factory, enclosing price and 25c. extra for cartage. Over 1,000,000 satisfied wearers. New York, 233 Spring Street. Vest Order Receipts and enclosures. W. L. DOUGLAS, Brooklyn, Mass.

DO YOU FEEL LIKE THIS?
Pen Picture for Women.
 "I am so nervous, there is not a weak inch in my whole body. I am so weak at my stomach and have indigestion horribly, and palpitation of the heart, and I am losing flesh. This headache and backache nearly kills me, and yesterday I nearly had hysterics; there is a weight in the lower part of my bowels bearing down all the time; and pains in my groins and thighs; I cannot sleep, walk, or sit, and I believe I am diseased all over; no one ever suffered as I do."
 This is a description of thousands of cases which come to Mrs. Pinkham's attention daily. An inflamed and ulcerated condition of the neck of the womb can produce all of these symp-



MRS. JOHN WILLIAMS.
 "I am so nervous, there is not a weak inch in my whole body. I am so weak at my stomach and have indigestion horribly, and palpitation of the heart, and I am losing flesh. This headache and backache nearly kills me, and yesterday I nearly had hysterics; there is a weight in the lower part of my bowels bearing down all the time; and pains in my groins and thighs; I cannot sleep, walk, or sit, and I believe I am diseased all over; no one ever suffered as I do."
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ELY'S CREAM BALM
Cures CATARRH.
 It is placed into the nostrils, spreads over the membrane and is absorbed. Relief is immediate. It is not drying, does not produce sneezing. Druggists, 50 cts. or by mail. ELY BROS., 26 Warren St., N. Y.

Sweet Things.
 "What sweet dears they are," said Blanche to Mildred, referring to a squad of West Point cadets.
 "No doubt they have all qualified ably, had by eating a gallon of molasses," added Mildred, who had been reading the proceedings of the hazing investigation.—Detroit Free Press.

FIT'S Permanently Cured. No pills or medicines after first day's use of Dr. King's Great Nerve Tonic. Send for FREE \$2.00 trial bottle and treatise. DR. R. H. KLINE, Ltd., 314 Arch St., Philadelphia, Pa.

Every day you clean the house you live in, to get rid of the dust and dirt. Your body, the house your soul lives in, also becomes filled with all manner of filth, which should have been removed from day to day. Your body needs daily cleaning inside. If your bowels, your liver, your kidneys are full of putrid filth, and you don't clean them out, you'll be in bad odor with yourself and everybody else.

DON'T USE A HOSE to clean your body inside, but sweet, fragrant, mild but positive and forceful **CASCARETS**, that **WORK WHILE YOU SLEEP**, prepare all the filth collected in your body for removal, and drive it off softly, gently, but none the less surely, leaving your blood pure and nourishing, your stomach and bowels clean and lively, and your liver and kidneys healthy and active. Get a 50-cent box today, a whole month's treatment, and if not satisfied get your money back—but you'll see how the cleaning of your body is

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Cascarets

LIVER TONIC

BEST FOR THE BOWELS

NEVER SOLD IN BULK.

10c. 25c. 50c. ALL DRUGGISTS.

CURE all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headaches, indigestion, pimples, pains after eating, liver trouble, sallow complexion and dizziness. When your bowels don't move regularly you are getting sick. Constipation kills more people than all other diseases together. It is a starter for the chronic ailments and long years of suffering that come afterwards. No matter what ails you, start taking **CASCARETS** today, for you will never get well and be well all the time until you put your bowels right. Take our advice: start with **CASCARETS** today, under an absolute guarantee to cure or money refunded.

GUARANTEED TO CURE! Five years ago the best box of **CASCARETS** was sold. Now it is over 475 million boxes a year, greater than any other medicine in the world. This is absolute proof of great merit, and our best testimonial. We have faith and will sell **CASCARETS** absolutely guaranteed to cure or money refunded. 60-day trial. Two 50c boxes, give them a fair, honest trial, as per simple directions, and if you are not satisfied, after using one box, return the unused 50c box and the empty box to us by mail, or the druggist from whom you purchased it, and get your money back for both boxes. Take our advice—no matter what ails you, get a box of **CASCARETS** today, and you will bless the day you first started the use of **CASCARETS**. Book free by mail. Address: **STEELE'S READY CO., NEW YORK or CHICAGO.**