
thickening it with Hour. White sauce,
That is ab-
solutely unnecessary.
putatoes from beeng watery the
should be the milk putatoes from being watery the milk
should be pnt on the stove and
brought to nearly the boiling point before the potatoes, rat in moderate
size pieces, are addo. 0 . Then they
must simmer from 20 minntes to half
hat an hoir, and at the ond of that time
they will have thickes ed the milk to
the proper creamy consistency. The are very simple to prepare, but easily spoiled. By adding a little grated
cheese stirred into tha potatoes with a
little more on top, and putting in a little more on top, and putting in
hot oven to brown they bscome De
monico potatoes, with a distinet flavo of their own, not noticeably of the
cheese, and there is nothing better id the way of potatoes.
Embroidery should always be ironed
Hont the wrong side to bring Al. green vegetables keep their
color better if loiled rapidly and left Eating freely of watercress for sev-
eral consecutive days will remove tartar of long standing from the teeth.
Rub ivory knife handles that hare Rub ivory knife handles that hare
become yellow with age or use with
number 00 sandpaper or fine emery. To prevent the fringe of towels and
doylies from breaking aud wearing off
snap the article when the fringe is snap
damp.
To blanch is to scald with boiling
water so that the skins of fruits, nuts and sweetbreads may je removed with greane ide. is to put the flavoring
A nemke, puddings, sauces, etc., with of cake, puddings, sauces, etc, with
the batter. The butter holds the
flavor better than any other medium. the batter. The butter holds the
flavor better than any other medium.
ing The best eure for fhe diagusting
cockroan is to purchass a poison
phosphorus paste and spread it on
on phosphorus paste and spread it on
bread. This kills them in a few min.
ntes. They go away to die. Five o'clock functions are never
served in the living room or dining served in the living room or dining
room, butin the drawing room -or on
the hospitable veranda, where the tea must be made by the hostess.
Women who are careful of their
When leather footwear have hine linings of
their fine shoes removed as regilarly
as they would the linings of jackets
and as they would the linings of jackets
that have beoome mussy. Any high-
thes


 etter to you in regard to what Lydia
. Pinkham's Vegetable Compound did for me. I wrote you some time ago,
describing my symptoms and asking
your advice, which you very kindyly
gave. I am now healthy and carnot egin to praise your remedy enough.
would say to all suffering womes, Take Mrs. Pinkhams advice, fora wo-
man best.understands a woman's sufferings, and Mrs. Pinkham, from her
vast experience in treating female ills, 1


## BILE BL0AT



Puffs under the eyes; red nose; pimpleblotched, greasy face don't mean hard drinking always as much as it shows that there is
$B I L E$ IN THE BLOOD. It is true, drinking and over-eating overloads the stomach, but failure to assist nature in regularly disposing of the partially digested lumps of food that are dumped into the bowels and allowed to rot there, is what causes all the trouble.
CASCARETS will help nature heip you, and will keep the system from filling with poisons, will clean out the sores that tell of the sys-
tem's rottenness. Bloated by bile the figure tem's rottenness. Bloated by bile the figure
becomes unshapely, the breath foul, ejes and becomes unshapely, the breath foul, eyes and
skin yellow; in fact the whole body kind of skin yellow; in fact the whole boyy kind of
fills up with filth. Every time you neglect to
help nature you lay the foundation for just help nature you lay the foundation or jus
such troubles. CASCAI?ETS will carry the such troubles. CASCATem and will reary the
poisons outt of the syster you natusaily and easily and without be pels and you will fee right, your blood will berich,
a weck and help the liver clean up the bowe
face curred or satisfied you get your money back. Bile bloat is quickly and permanently

ALL .

