

UNION CONVENTION.

IOWA STEPS INTO LINE WITH AN INDEPENDENT TICKET.

An Earnest, Harmonious Convention of the Industrial People of the State.

The Union Industrial convention of Iowa met at the court house in Des Moines, August 14th, with 161 delegates present, representing the Union Labor party, the Farmers' Alliance, the Knights of Labor, the Grange, and the Farmers' League. The convention was called to order at 10 o'clock by Lee Griffith, chairman of the Union Labor state central committee, who, after making a short speech on the present issues of the day and the aims of the union of all industrial forces, called W. H. Robb, of Creston, to the chair as temporary presiding officer. Mr. Robb, knowing the history of the subsidized press reporters to misquote speakers on the reform questions, for the first time in his life had prepared his speech in the form of an essay which he proceeded to read. It was a masterly effort and was greeted with great applause. His address was ordered printed in the reform papers of the state. E. P. Brown, of Neola, was elected temporary secretary, and the following committees were announced:

- Credentials—1. Milo Reno, of Jefferson county. 2. 3. William Bruce, of Buchanan. 4. 5. S. D. Wood, of Linn. 6. Peter Winner, of Appello. 7. John Kent, of Dallas. 8. John McCaffrey, of Union. 9. Frank Ransimer, of Mills. 10. R. S. Benton, of Boone. 11. O. M. Sager, of Plymouth.
- Resolutions and platform.—1. Milo Reno, of Jefferson. 2. 3. Z. P. Rich, of Buchanan. 4. 5. J. B. VanCourt, of Marshall. 6. W. W. Miner, of Monroe. 7. Andrew Hastie, of Warren. 8. Geo. B. Lang, of Wayne. 9. A. F. Webster, of Cass. 10. S. G. Goss, of Monona. 11. Daniel Campbell, of Monona.

Permanent organization—J. B. VanCourt, of Marshall, Chairman; Wm. Blaine, of Marion, R. S. Carter, of Union, F. E. Roe, of Monona, Wm. Horner, of Adair.

Gen. Weaver was then called for and in a short speech assured the convention that the people's movement was everywhere in earnest and was working with bright prospects for success. He said that in Kansas, where he had been making an extended tour, the whole country was awake and the Independent ticket would carry the state ticket and elect every congressman and four-fifths of the legislature next year. Nor is the movement confined to Kansas. Nebraska, Minnesota, Missouri, and other states are alive and the Independents are confident of electing a large majority of their congressional candidates. The tendency throughout the whole country, he said, was not toward the old parties but away from them, and he urged all Independents to go forward, holding their own conventions everywhere in earnest and working with bright prospects for success.

At the close of Gen. Weaver's speech the convention adjourned until one o'clock, to await the reports of committees.

At one o'clock the convention was again called to order, and while waiting the report of the committee on credentials the state central committee was elected, as follows:

- 1st district, Milo Reno, Jefferson.
- 2d district, Justus Durkee, Winthrop.
- 3d district, L. S. Wood, Marion.
- 4th district, C. O. Graves, Ottumwa.
- 5th district, E. H. Gillette, Des Moines.
- 6th district, W. H. Robb, Creston.
- 7th district, Lee Griffith, Atlantic.
- 8th district, W. W. Gray, Lehigh.
- 9th district, A. Westfall, Sargeants Bluffs.

The committee was empowered to fill vacant places. E. H. Gillette was elected chairman.

Hon. Dan Campbell, of Monona county, was called on and made a short speech boiling over with arguments from the standpoint of a life-long farmer and a practical political economist that he is. He said that he had tried for a considerable time to get that if there was any state in the Union where the people should be prosperous, it was Iowa with her broad fertile fields. He was gratified to see so large a gathering of the representatives of the wealth producers, for it was high time for them to be taking action. This nation is the greatest wealth producing country on earth, its increase in the last sixty years amounting to over forty billion of dollars. But what, he asked, is the condition of the wealth producers? The share of the majority of people in this great increase, he apprehended, was represented, like his own, in a mortgage on the home. He showed by the statistics that the more the farmers raised the less debts it would pay, and said the Farmers' Alliance of Monona county which sent him there, was discussing the evils of the present economic system and trying to devise plans by which a larger share of the wealth produced should remain in the hands of the producers. He regarded the situation now as being more critical for the country than when Ft. Sumner was fired upon and urged that the people do something for their own welfare.

J. R. Vereign was called upon. He declined to make a speech, but said that if he were to do so he would make the same kind as he had been making for ten years past. He would talk the same questions and advise the same remedies for existing evils. He said he would a thousand times rather be right than a Democrat. He denounced the stealing of the silver coinage by the congressman from the Seventh district of Iowa, and concluded his remarks with an invitation to visit him in his office in the house on the hill.

The committee on permanent organization reported in favor of making the temporary organization permanent, which report was unanimously adopted. A. H. Wooster, of Monona county, was made assistant secretary. The committee on credentials reported delegates present and entitled to seats in the convention as follows: 103 Union Labor, 25 Farmers' Alliance, 8 Knights of Labor, 1 Grange, 1 Farmers' League. On motion, the committee was ordered to add the names of any other delegates who might present credentials, also to admit delegates present from

counties not represented by regularly elected delegates.

J. B. VanCourt, chairman of the committee on resolutions, reported as follows:

1. We heartily endorse the demands and declarations of principles adopted by the Farmers' and Laborers' Industrial Union of America, at their meeting in St. Louis, on the 6th of December last, and we favor government loans to be made directly to the farmer at a rate of interest not to exceed two percent per annum.

2. We denounce the McKinley tariff bill as grossly unjust to tax payers and promote the Lodge bill as designed to deprive the people everywhere of their lawful right to control the election of their officers; and we demand the immediate destruction of the bill as a bold attempt to destroy the independence of our representatives in congress and to arrogate to himself the control of federal legislation in utter violation of the constitution and the established usage of a century.

3. We denounce the present congress and particularly the Iowa members thereof for defeating the free coinage of silver.

4. We favor the Australian ballot system and demand its adoption in this state and we denounce the late general assembly for withholding it from the people.

5. We demand the immediate passage of a service pension law.

The following nominations were made by acclamation:

For secretary of state, E. P. Brown, of Pottawattamie.

For auditor of state, C. F. Davis, of Davis.

For treasurer of state, A. J. Blakely, of Poweshiek.

For attorney general, T. F. Willis, of Page.

For judge of supreme court, M. B. Jones, of Davis.

For clerk of supreme court, Alf. Wooster, of Boone.

For reporter of supreme court, E. J. Morris, of Mahaska.

For railroad commissioner, J. M. Joseph, of Union.

The ticket being completed the convention joined in a unanimous call for Gen. Weaver, who made a telling speech of about fifteen minutes. He made an additional plank to the platform, which was unanimously adopted, as follows:

7. We demand the election of United States senators by a direct vote of the people, and until the constitution can be amended in this behalf, we favor the nomination of United States senators in state conventions, pledging in the same resolution to support the nominee at the polls to vote for the nominee at the meeting of the legislature.

J. H. Randall, of Ft. Dodge, was called for. He said he did not wish to make a speech, and had only one suggestion to make to the convention, and that was for the people everywhere to get into the field early with their nominations. In this way they would avoid being dictated to by other parties. By taking the lead they could select the right men, then let the other parties come to time. Kansas, he said, moved early and success would crown their efforts. Organize early and nominate men for office, irrespective of party, who will subscribe to reform principles and make the race as an Independent.

The work for which the convention was called having been completed, a vote of thanks was unanimously tendered the county officers and the people for the use of the court house and the convention adjourned.

Republican Authority.

The purification of politics is an iridescent dream. Government is force. Politics is a battle for supremacy. Parties are the armies. The Decalogue and the golden rule have no place in a political campaign. The object is success. To defeat the antagonist and expel the party in power is the purpose. The Republicans and Democrats are as irreconcilably opposed to each other as was Grant and Lee in the Wilderness. They use ballots instead of guns, but the struggle is as unrelenting and desperate. In war it is lawful to deceive the adversary, to hire Hessians, to purchase mercenaries, to mutilate, to destroy. The commander who loses a battle through the activity of his moral nature would be the derision and jest of history. This modern cant about the corruption of politics is fatiguing in the extreme. It proceeds from the tea-custard and syllabub dilettantism, the frivolous and desultory sentimentalism of epichens.—Senator J. Ingalls.

Republican farmers and laborers everywhere, take notice. This is Republican authority. These are words uttered by one of the leading Republican office holders in the United States:

And what does he say?

"The purification of politics is an iridescent dream!"

"The Decalogue and the golden rule have no place in a political campaign."

"This modern cant about the corruption of politics is fatiguing in the extreme. It proceeds from the tea-custard and syllabub dilettantism, the frivolous and desultory sentimentalism of epichens!"

Senator Ingalls speaks with authority. He is a politician of life-long experience, schooled among the sharpest and shrewdest minds that unlimited corporate wealth could command. He speaks from the standpoint of a politician among politicians and it may safely be presumed that he knows just what he is talking about.

Mr. Ingalls tells you just how your interference in politics is received by the party bosses. He tells you that "the purification of politics is an iridescent dream"—that is, rotten to the core, and the purification will never be accomplished. He further tells you that your cant about this same corruption is fatiguing in the extreme to the great army of corporation tools known as politicians; and he uses a whole lot of far-fetched, unheard-of words to express his opinion of people who will dare to find fault with their manner of doing the people's business.

Fellow toolers how do you like it? Are you not proud to be allowed to bow down in worship to the party gods?

The time was when the people owned the wealth of the country, and paupers and millionaires were alike almost unknown. To-day there are hundreds of millionaires, represented by Senator Ingalls and his co-politicians, and thousands of tramps and paupers. Legislation is responsible. These same men that now tell you your "cant" is fatiguing in the extreme have ignored the Decalogue and the golden rule until the wealth of the country is in the hands of the few—put there by law.

Is it not time that you wake up to a realization of your rights and duties?

The views expressed by Senator In-

galls are the views of all politicians who crack the party whip. "It is lawful to deceive the adversary, to hire Hessians, to purchase mercenaries, to mutilate, to destroy."

If after the people have been robbed of their lands, robbed of their money, robbed of their markets; if after they have been placed at the mercy of immortal trusts and pools and made to pay a tribute to foreign capital equal to the entire increase in the nation's wealth, if after the rapid increase on tenancy and three-fourths of all other homes are mortgaged—all caused by politician-made laws—if after all of this the declaration of Senator Ingalls fails to make the people see what is hurting them it certainly seems that nothing short of the gibbet will make them hear.

It will be noticed that Senator Ingalls speaks not for the Republican party alone, but for both old parties. The only hope for the people is independence. They must cease to support for law-makers the party politicians whose only purpose is to "expel the party in power." If this government is ever to be a people's government the people must take hold of it.

All hail to Senator Ingalls for telling the people the truth about corruption in high places. They can now act as they understand.—*Sioux City Liberty Bell.*

The Gold Bug's Law.

The new silver law now seems to be quite satisfactory to the capitalists of the east, who have all along fought silver. It can not be claimed that the prospect of bullion value of silver approaching its coin value is a reason for their content, because when they secure the demonetization of silver a silver dollar will be worth \$1.03. It is not because it provides for the issue of more treasury notes, because they have always stopped to expect the general sentiment of the country for free coinage, making itself heard through organization and threatened insubordination, they feel that they have escaped with little loss. But we are inclined to the belief that they are in good humor because that after a year the coinage of silver dollars is to be stopped, and the amount as may be necessary to redeem treasury notes, and as treasury notes are to be redeemed in gold in the discretion of the secretary, there is not apt to be much silver needed; and because of the fact that the new treasury notes are not to be legal tender where otherwise especially provided in the contract. Here are two points in favor of stopping silver—the holders of funded wealth: First, the gold basis, tying the new money to gold; and as the base is small, they will know the structure cannot be large. Second, the expectations of the legal tender qualities of the new notes. In a large portion of bonds and real-estate mortgages it is provided that interest is to be payable in gold. It may be that at an opportune time they will demand gold, and refuse the new treasury notes; and silver dollars too, for under the re-monetization of the silverlaw of 1878, the legal tender function of the silver dollar is made subject to the same exception.—*Missouri World.*

Humbug Politics.

I recommend the suspension of the compulsory coinage of silver dollars, directed by the law of February 1878.—*Cleveland's Message December 8, 1885.*

"I have seen no reasons to change the views expressed in my last annual message on the subject of this compulsory coinage of silver and I again urge its suspension."—*Cleveland's message, December 6, 1886.*

"We demand the free coinage of silver."—*Iowa Democratic Platform, 1890.*

And yet, immediately after this platform had been adopted, when the portrait of Grover Cleveland was lowered before the gaze of the convention, the very walls of the building trembled from the applause. Comment is unnecessary.

"We favor such legislation as will utilize as money the entire silver product of our mines."—*Iowa Republican Platform, 1890.*

On the very day this platform was adopted every one of the twelve Republican members voted against the free silver coinage bill. A bill has since been passed by these same votes that not only does not provide for free coinage but places the power in the hands of the secretary of the treasury to absolutely demonetize silver.

It is so plain that even he who runs may see it is clear that of humbug politics by both old parties.

The Alliance North and South.

There is something instructive as well as amusing in the effect which is produced on the political elements North and South by the Alliance. In those Southern states which give large majorities to the Alliance, the chief of the Alliance is to disturb and defeat the dominant party. All sorts of ugly things are said about the people who are thus charged with evil intent. It is reported, and on good authority, too, that a large number of Southern congressmen are likely to lose their places by reason of the independent action of the Alliance.

The same condition is reversed in the Northern states where the other party is in the majority. The doctrines of the Alliance and its object are exactly the same in all parts. Naturally where one party is largely in the majority, the Alliance will draw most of its members from that party, and it is because of this act that it has friends and enemies in both great parties.—*Kansas Farmer.*

Prosperous Times.

For the money power. Twenty-five years ago the farmers owned one-half the entire wealth of this country. To-day they own less than 22 percent of it. What does it mean? Ireland is cursed by a landed aristocracy. America is fast coming under the same bane. Class legislation has taken the wealth from the producers. Large landed estates are becoming very common and tenants are increasing on the geometric plan. The wealth has been ruling and the people are becoming ever day less and less able to turn the tide. These are prosperous times for the money loaners and corporations, but death to the interests of the farmers. Shylock's harvest lasteth the year round, while his victims must go in rags and tatters. Wise voters! Noble legislators!

AGRICULTURAL TOPICS.

A FEW SUGGESTIONS FOR OUR RURAL READERS.

Some Information of Value to the Farmer, Stock-Breeder, Bee-Keeper, Housewife and Kitchen-Maid.

THE FARM.

An Oleo Test.

The best and simplest test ever devised for testing oleomargarine was given to the public some years ago by Prof. Thomas Taylor, of the United States Department of Agriculture. The test is very easily applied, and consists in combining the sample with sulphuric acid, in the proportion of one grain of the substance to two drops of the acid.

When pure butter is combined with sulphuric acid in these proportions it changes immediately to an opaque, whitish yellow. Within five minutes a change in color, beginning at the edge, takes place, and it becomes a very pale shade of scarlet. In thirty minutes the color deepens perceptibly.

But fresh oleomargarine, made from beef fat, when treated with sulphuric acid, becomes at first a transparent amber color, and in the course of twenty minutes changes to a deep crimson. When the beef oleo is stale or decomposing it turns under the acid treatment to a dark opaque brown.

Fresh oleo, with a lard basis, when first treated changes quickly to a transparent amber, a shade paler than beef oleo, and in half an hour becomes a deep brown. Butter oleo mixed will show tints in proportion to the quantities of each.

Scab on Sheep.

Mr. Cass, of Kansas, gives the following on this plague of the flock:

Scab is caused by a spider-like parasite called the acarus. It is acarus which produces itch in man and mange in other animals, but the sheep acarus or scab mite will not live long on any other animal. A female acarus will burrow into the skin of a healthy sheep and within ten or twelve days lay eight to fifteen eggs, which are quickly hatched, and the young in turn are laying eggs within the next ten or twelve days, until within three months the increase from one female has, according to reliable authorities, reached the vast number of 1,500,000.

A close observer will detect the first indications of scab in about two weeks after exposure to contagion. One thorough dipping with tobacco and sulphur, or other safe dip, will kill all living scab mites on the sheep. A second dipping ten days later will kill all that were unhatched at the first dipping and leave the flock clean, provided the work has been properly done. Some, to insure success, give a third dipping ten days later. After the first dipping the sheep must be returned to fresh, uninfected yards, pastures, etc., and will again become infected. Frost, only, will effectually cleanse a barn, yard, or pastures from the infection of scab.

The Art of Stacking.

Few understand the art of stacking hay so that rain will not get into the center, says Mr. W. H. Doane in the *Orange and Blue Farmer*. One great enemy to keeping of hay is the wind, especially in Kansas. Many times the farmer gets his hay and grain stacked up in good condition, and along comes a gust of wind and all his labor is swept away, as far as the keeping qualities of his stack is concerned. Enough hay goes to waste every year on many farms to pay for lumber to cover it. In Illinois, years ago, stacks of hay were roofed with three-eighths or five-eighths inch ceiling. They were hip-roofed, making them as solid as light material could make them; then to hold them in place four 4x4 inch posts were set in the ground fourteen feet high, with four plates at the top to hold the posts in position and keep them plumb. The roof was placed in position before the posts were set up, having the corners of the roof to slide up or down on or between the posts. Holes were bored in the posts to put in pins to hold the roof up. When it is time to begin stacking fasten the roof at the top of the posts and begin the stack between the posts. Build to a finish, or in case there is not enough hay, put in what there is, stopping work on the stack for any length of time, take out the pins and lower the roof down upon the hay, leaving the hay level, or nearly so. As the stack settles the roof will follow the hay down and protect it from rain and wind. If I were going to build one I should build it for ricks instead of stacks; it would be cheaper in the long run in cost of lumber and the work generally. Then when you use as covers for hay they could be used for storage of farm tools, wagons or anything that should be housed from sun or rain.

THE GARDEN.

Horticultural Notes.

SEEDS of any hardy flower of which more plants are desired, are better sown as soon as ripe. The young plants which come up will bloom the next year.

WHEN it is observed that trees planted in the spring have trouble in holding the foliage, much of it may be pruned away, or if it is late in the season, the trees and plants are growing is the time to prune them, to make thick bushes of them. It forces out the side branches, giving, perhaps, a half dozen for every one that was there before.

COMMON ashes from the house are excellent to use on heavy soils. Many changes of a beneficial nature have been made by their use. It gives a porosity which it is hard to get in any other way.

CUTTINGS of chrysanthemums rooted in late summer form nice little pot plants for house decoration in early winter. Plants which have been grown since spring are often too large for the purpose.

COMMON poppy seeds sown in half wild places give variety when they grow and flower. They re-sow themselves when once introduced. Several lots of English field poppy seen in situations recently suggest the thought.

CHRYSANTHEMUM multicaule is a recently introduced plant of dwarf habit and bearing buttercup-like flowers. In wet seasons, such as that of last year, the plants rot out badly. Care should be suit it best. It is an annual and forms a low, thick mass of foliage.

AMONG weeping trees destined to become very popular is the Tea's weeping mulberry. There is just enough sweep of the branches as they bend over to give a pretty outline. The long pendulous branches soon reach the ground. They should be had on stems from five to six feet to look the best. A root

covering of manure about the base of trees from which better growth is desired is a great help to them. Rains wash it down to the roots, causing a vigorous growth of branches the following year.

THE ORCHARD.

Fruit Notes.

It seems very nice to tell of having to prop up the limbs of fruit trees to support the crop, but it is evidence of lack of knowledge. Such a tree is overloaded, and is being injured by being permitted to carry so much fruit.

The Sweet Bough and the Yellow Harvest apples are old sorts, but for regularity of bearing they have but few equals. That they are esteemed is attested by their being found in every collection in this part of the country.

MR. WILLARD, of Geneva, N. Y., says that more money is made there from dwarf pears than from standards, and he thinks this to be the case wherever the soil is of a strong clay loam, as it is there. If planted so that roots are emitted from the pear stock they last a generation.

A GREAT many orchardists say that while trees grown in grass are of slower growth than when cultivated, they are almost entirely free of blight. The growth ripens well and is able to resist all fungus attacks. Coolness at the root, which soil produces, is of great benefit to all kinds of fruit trees.

PEAR blight is less abundant in orchards where but fair growth is made than among trees forced along by strong manures. Moderate growth well ripened is the best for pears. For this reason in districts where blight abounds the trees are often grown in sod. There is but little pear blight in Pennsylvania.

The trouble with the White Doyenne pear is not that it will not bear, the fault found with it elsewhere, but that the fruit cracks so badly that not a single perfect fruit can be got from a tree. Any other sort grafted on it does well enough, showing that in some way it is the fruit and not the tree that the fungus attacks which cracks the fruit.

Some laugh at the idea of varieties running out, but there is no doubt that a change of plants is of benefit sometimes. Raspberries and strawberries will fail to give satisfaction at times. If the same kinds are brought from distant parts to replace them they do well enough. The same may be said of potatoes. Good varieties of strawberries will deteriorate after some years, and new seedlings have to be depended on.

THE DAIRY.

Milk for Cheese Factories.

Tin pails only should be used. All milk should be strained immediately after it is drawn.

Until after the eighth milking it should not be offered to a cheese factory. Milk from cows in good health and apparent contentment only should be used.

An abundant supply of cheap, succulent, easily digested, wholesome, nutritious feed should be provided.

Pure cold water should be allowed in quantities limited only by the cow's capacity and desire to drink.

Cows should be milked with dry hands and only after the udders have been washed or brushed clean.

Only pure, clean, honest milk should be offered. Any deviation from that will not always be unpunished.

Milk is better for being kept overnight in small quantities rather than in a large quantity in one vessel.

In warm weather all milk should be cooled to the temperature of the atmosphere after it has been aired, but not before.

Wild leeks and other weeds common in bush pastures give an offensive odor and flavor to the milk of animals which eat them.

Milk stands should be constructed to shade from the sun the cans or vessels containing milk, as well as to shelter them from rains.

All milk should be aired immediately after it has been strained. The treatment is equally beneficial to the evening and to the morning milk.

A box or trough containing salt, to which the cows have access every day, is a requisite indispensable in the profitable keeping of cows.

Cows should be prohibited from drinking stagnant, impure water. The responsibility for the efficacy of that beneficial prohibition rests wholly with the individual farmer.

Milking should be done, and milk should be kept only in a place where the surrounding air is pure. Otherwise the presence of the tainting odors will not be neglected by the milk.

All the vessels used in the handling of milk should be cleaned thoroughly immediately after their use, by washing in tepid or cold water, to which has been added a little soda, and a subsequent scalding with boiling water, will prepare them for ailing, that they may remain perfectly sweet.

THE HOUSEHOLD.

The Care of the Eyes.

Troubles of the eye are very common and numerous, and yet for many of them the simplest remedies can be applied with the most salutary results.

When cinders or other foreign bodies get into the eye, do not drop in a flask of oil, or any other substance, for it does more damage than the cinder. It might be almost as well to get a crowbar at once as to use a key.

The proper way to get a cinder out of the eye is to draw the upper lid down over the lower, utilizing the lashes of the lower as a broom, that it may sweep the surface of the former, and thus get rid of the intruder. Or, gently drawing the lid away from the globe, pass a clean camel's hair brush, or fold of a soft silk handkerchief, two or three times between them. This procedure will in nearly all cases suffice; when it does not, the services of a physician are necessary. It is a remarkable fact that a very minute body will give rise to intense pain, and even after it has been extracted the sensation remains for an hour or more. After the intruder is out, gently bathe the lids every fifteen minutes in cold water till the feeling subsides.

When the eyes itch, or are a little red, bathe them with a weak solution of salt every few hours, a teaspoonful to a glass of cold water.

Should an eye be greatly inflamed and painful, bathing it in hot water will relieve the time being. The eye should be kept perfectly clean, and other discharges gently washed away with lukewarm water. The other eye may be infected by the discharges, so the affected one should be covered by a light bandage. Remember that matters from an inflamed eye are infectious, and a person having sore eyes should have his own towels and wash basin, which

ought not to be used by any other person, lest they, too, contract the disease.

When the eyes stick together in the morning, a little vaseline applied to the edges of the lids before going to bed is better than all the patent eye-salves in existence. Crusts forming on the edges of the lids may be readily removed by gentle friction with the tips of the fingers dipped in warm water.

Advertised nostrums are usually applied without reason, and, like home-made remedies, do more harm than good. A tea leaf poultice applied to the eye by the advice of a friend has often been the cause of a child being educated in the Blind Asylum. The eye is not a ball, "to be drawn out," but it most assuredly will be injured if the poultice be left on long enough.

Of no organ of the human system is the maxim so true as of the eye, that "an ounce of prevention is worth a pound of cure."—*Ladies' Home Journal.*

Hints to Housekeepers.

SOILED clothes should not be allowed to remain in the bedrooms. They taint the air and make it impure.

SPRAINED ankle has been cured in an hour by showering with hot water poured from a height of a few feet.

COMMON washing soda and boiling water should be used to rinse all the waste-pipes at least once every week or ten days.

ALL preparations for waxing floors are heated by setting the kettle containing the mixture into another containing boiling water. By this means the beeswax becomes incorporated with the turpentine and other ingredients. No floor will be "sticky" if the wax is properly rubbed in. The best article for rubbing in oil or wax is a parquet brush, such as are sold by manufacturers of parquet floors, and at large house-furnishing stores.

THE use of the tooth brush in connection with powders, washes, or other treatment of the teeth, should be gentle. Bleeding of the gums is always a danger signal. It shows that the skin has been broken, inviting the absorption into the system of any poisonous or foreign matter which may be present in the mouth. If the gums are very tender, a soft brush should be used, and used very gently, till they have hardened sufficiently to withstand more vigorous treatment. Even then, the liability will be to err on the side of harshness.

THE KITCHEN.

Choice Recipes.

ROLL JELLY CAKE.—Three eggs, one-half cup of white sugar, one and one-half teaspoonsful of baking powder sifted twice with one level cup of sifted flour; bake in a moderately heated oven.

APPLE SNOW.—Bake six good apples, take out the pulp, and when cold beat it thoroughly with the whites of three eggs, and sugar enough to stiffen a little; serve with a boiled custard for sauce.

RICE BREAD.—Two cups milk, two cups boiled rice, one cup white corn meal, three eggs well beaten, two table-spoonsful butter, teaspoonful salt. Bake in a hot oven, in rather shallow pans.

BAKED BANANAS.—Select large, ripe bananas, and bake them in the oven as you would potatoes. When the skin begins to split at the seams they are done. Take them out, and serve one to each person as a vegetable. They should be peeled, and eaten with butter and a little salt.

CREAM PIE.—Line a plate with crust, stir to a cream one-half cup of sugar and one table-spoonful of butter, add two well-beaten eggs, two table-spoonsful of flour and two cups of milk; mix all together well; flavor to suit the taste, pour into the lined plate and bake like a custard pie.

TO MAKE RASPBERRY SALAD.—To a quart of ripe raspberries you need half a pint of currant jelly and a gill of clear syrup, made by dissolving a gill of sugar in a saucenpan with a table-spoonful of hot water; when melted add the currant juice; when cold pour this all over the raspberries, and set on ice till morning.

TOMATO SALAD.—Cut six ripe tomatoes into slices and remove all the seeds; rub a dish with onion and pour into it a mixture of oil and vinegar (in the proportion of two spoonsful of oil to one of vinegar), sprinkle on the tomatoes pepper and salt, and leave them in the dressing two hours. They will then be ready to serve.

LEMON PIE.—Two lemons, juice and grated rind, two cups of white sugar, one cup of cream or rich sweet milk, two table-spoonsful of cornstarch, mixed with the yolks of six eggs; bake in a rich crust. Beat the whites to a stiff froth with eight table-spoonsful of pulverized sugar; spread on the top of the pie and brown; this will make two pies.

GERMAN PUFFS.—One pint of milk, three eggs; a little salt, and flour enough to make a thin