

graham bread for white-flour bread. He may also eat bread made of corn meal. Fruit should form a very large and important part of his dietary. Indeed, many a sufferer from this weakness has cured himself by throwing pills to the dogs and substituting for them a diet of prunes or baked apples. Brown bread and molasses are a good food for the constipated, as also are fresh meat, fish, meat broths and soft-boiled or poached eggs. The patient, however, must take considerable exercise. The outdoor kind is the best, but if he is denied this form of exercise he must take it at home in the form of calisthenics. He should drink large quantities of pure water morning and evening, and between meals. The habit of drinking water with meals is the most pernicious, unhygienic habit to which modern civilized humanity is addicted. Nature designed that mastication and salivation should prepare the food for the stomach, after which the gastric juices take hold of it and complete the digestion. Drinking water at the table not only dilutes the gastric juices, thereby impairing their strength, but it tends to keep a person from masticating or salivating the food thoroughly. It would be better for children, who invariably have the habit of eating too rapidly and of washing food down with cold water, if water were entirely banished from the American table. Drink water and plenty of it in the early morning, at night and between meals. Water not only absorbs the noxious poisons in our systems, when drunk between meals, but it enables the kidneys to perform their function of throwing off uric acid, urea, and other noxious substances, which, when not eliminated, cause rheumatism, gout and bilious conditions. As a rule the person who is finally compelled to go to some famous watering-place for treatment could have averted all that expense and trouble by drinking water plentifully and properly at home.—'What to Eat.'

Washing Colored Curtains.

People are afraid to wash colored curtains because they think they will 'run.' A little color may come out, but not much if you do them this way, unless the material is of the very cheapest: To each gallon of water allow a handful of bran. Tie this up loosely in a cloth and boil it in the water. You should allow enough water and bran to provide a washing and a rinsing water. Let the bran actually boil in the water for ten minutes. Then take it out, and into one tub put a level tablespoonful of soap jelly for every gallon of water. Pour half the water on this and half in another tub, without any soap. When the water is cool enough to bear your hand in quite comfortably, put the curtains into the one with the soap in it. Press well down under the water, and leave for ten minutes. Souse up and down till all the dirt seems to be out, and then, without wringing, put into the other bran water. Empty your first tub meanwhile and place it under the cold water tap. Lift the curtains out of the bran water, put them in the cold and, sousing them up and down, let the water run till it looks clear. Then, without wringing, hang on the line, pulling them well into shape. Wringing makes creases that it is almost impossible to afterward remove. When they are about half dry get some one to help you give them a good shaking.

Household Hints.

Bread, if baked five minutes longer than necessary, is dry and insipid. As soon as it does not stick to a knitting needle pressed through the loaf it is done. Remove at once and rub the top crust with butter, then cover with a thick cloth. You will find it delicious and long-keeping. After three days, if a little dry, place it on the toaster three minutes before it is needed. You will be surprised to see how moist it is.

By using the following tests, one may be reasonably sure of getting the proper heat for the various kinds of baking. For sponge cake and pound cake, have heat that will in five minutes turn a piece of white paper yellow. For all other kinds of cut cake, use an oven that will in five minutes turn a piece of white paper dark yellow. For bread and pastries have an

oven that will in five minutes turn a piece of white paper dark brown.

An authority on the chemistry of foods cautions housewives against cooling loaves of bread too rapidly after taking them from the oven. 'Much of the souring of bread,' says Dr. Woods, 'is doubtless due to this lack of care during cooling. Owing to the high water contents and the large amount of nitrogenous substances and su-

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gar which bread contains, it is especially, while warm, a good soil for the development of various kinds of moulds and bacteria. A loaf of bread,' he adds, 'hot from the oven taken into a poorly ventilated room filled with people, will become sour in the course of two or three hours.'

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