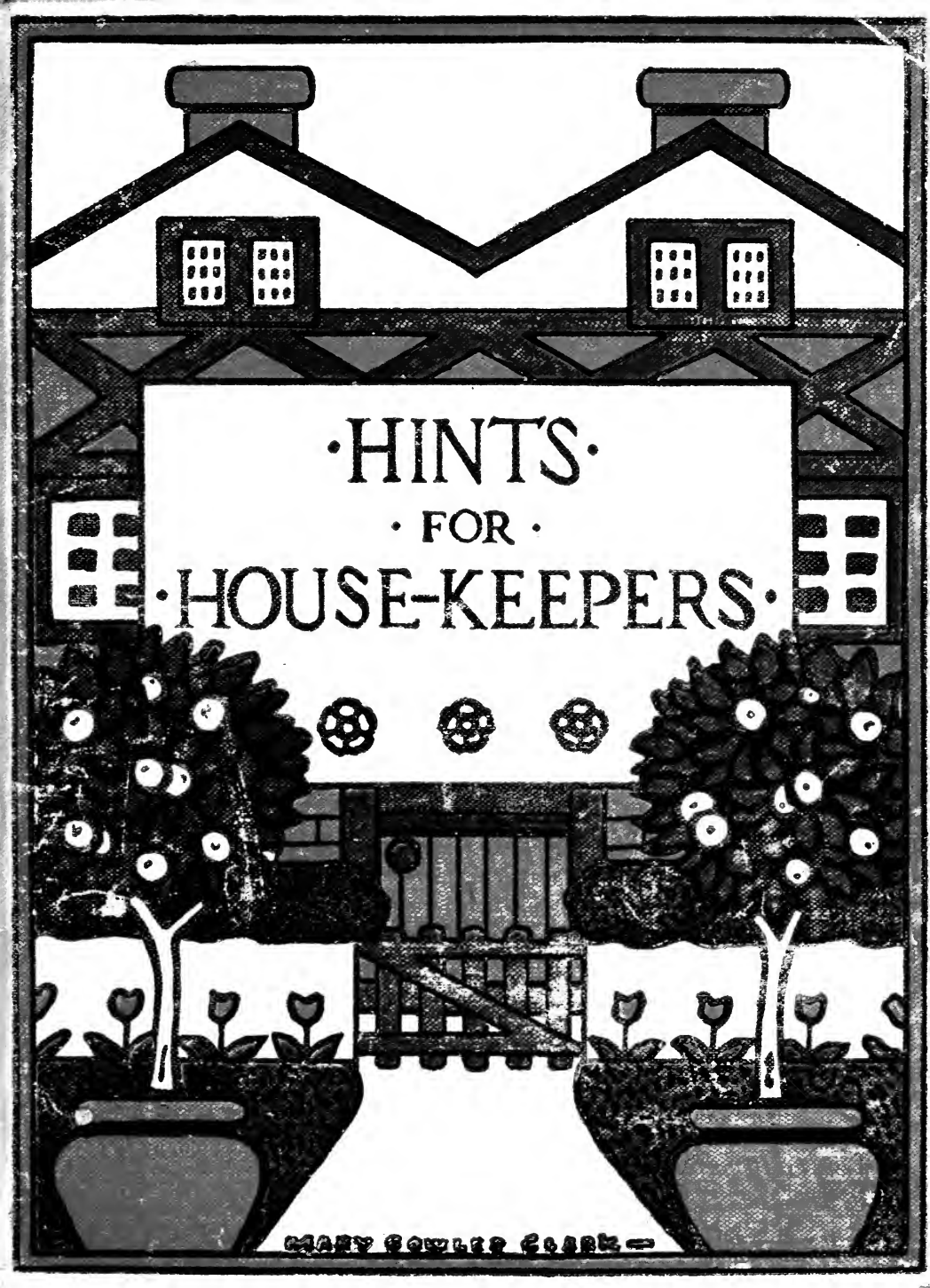
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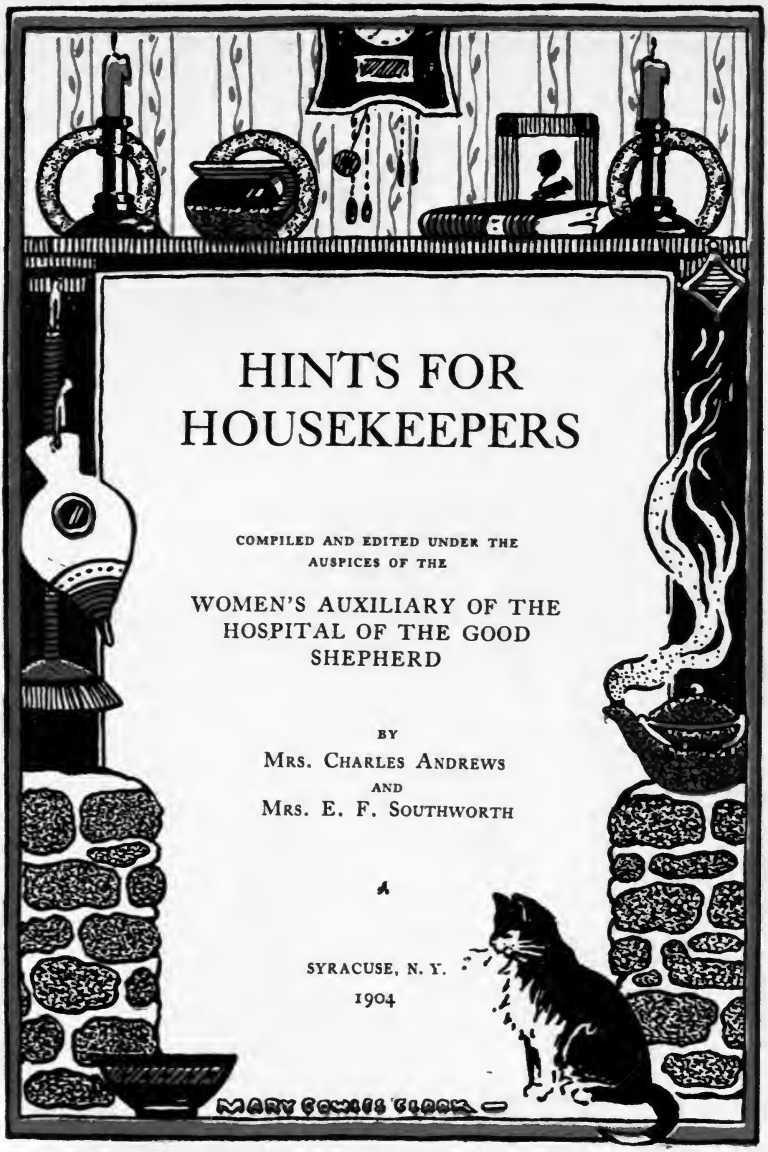

HINTS FOR HOUSEKEEPERS

COMPILED AND EDITED UNDER THE AUSPICES OF THE

WOMEN'S AUXILIARY OF THE HOSPITAL OF THE GOOD SHEPHERD

BY

MRS. CHARLES ANDREWS
AND
MRS. E. F. SOUTHWORTH

SYRACUSE, N. Y.
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MARY COMINS CLOCK

PREFACE

The Women's Auxiliary of the Hospital of the Good Shepherd of Syracuse, have established a free bed, for the use of patients in the Hospital, men or women, who cannot provide for themselves. They are seeking to endow the bed, so as to ensure its maintenance. In aid of this movement, this book, "Hints for Housekeepers," has been compiled and edited, embodying the results of practical experience. It covers a great variety of topics on subjects of every day importance in the management of the household,—and it is believed that the book will be of great value in the family and the home. It has been thought best to issue it at a moderate cost, so as to promote a wide circulation. The Women's Auxiliary confidently present the book to the public, in the belief that its merits justify the undertaking. We are indebted to Mrs. Mary Cowles Clark for the cover and title page designs.

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THE FURNACE

The furnace should be of ample capacity so that it does not have to be forced in the coldest weather.

A large body of coal burning moderately is more economical and gives better results, than a small quantity burning rapidly.

It is better to keep the house warm during the night, than to shut off all the draft and force the furnace in the morning, in the effort to get the house warm before noon. It takes less coal and saves wear and tear on the furnace—to say nothing about comfort.

If the furnace is of proper size, it is usually sufficient to fix the fire twice daily—morning and night—provided enough coal is put on. This is more economical than frequently putting on small quantities.

Do not fill your house with gas, injuring your health and suffering discomfort, in the effort to save a few pounds of coal.

THE RANGE

There is a great difference between the ranges of today and those which were used a generation ago and which had to be "black-leaded" at stated intervals to be kept in order. A great many of the cooking stoves

of to-day with polished tops need only to be washed off with soap and water. Still, the majority in practical use are blackened, or, what is more objectionable, enameled. The last device, enameling, seems to have been invented merely to conceal grease and other stains. Good housekeepers have long ago learned that no stove or gas range can be kept clean, unless it is washed with soap and water and scraped before it is polished. When grease is spilled on the stove and is rubbed off quickly with a hard cotton cloth, it soon disappears, and if the stove is hot it is not necessary to wash it off. A few drops of kerosene put on the cloth will often remove an obstinate grease spot.

It is difficult to get coal that does not clinker. These clinkers may be easily removed by putting an oyster shell occasionally in the stove when the fire is burning brightly. The fumes arising from the oyster shell clean off the bricks.

In all houses the oven should be well scrubbed out after cooking, with hot soda water and soap. Any hard substance which is caked on to the baking sheets should be scraped off with an old knife. It is really very simple to have the oven scrubbed out while it is still hot, after baking a joint, etc., and many disagreeable smells are avoided by this practice. For this purpose a long brush, such as is used to clean carriage wheels, is useful. With it the back wall of an oven can easily be reached and the danger of burnt hands avoided.

When cleaning the bars of a new or rough stove, if

they are first rubbed over with a cloth dipped in vinegar and water the black lead will be found to adhere, and a brilliant polish will be the result.

Cracks in a cooking stove can be satisfactorily filled by a paste made of six parts common wood ashes to one part of table salt, mixed with cold water. Properly mixed, it will prove lasting and will take blacking.

Salt thrown on a coal fire which is low will revive it.

Salt puts out a fire in the chimney.

THE LAUNDRY

THE LAUNDRY

CARE OF THE TUBS

Galvanized iron tubs can be cleansed by scrubbing with hot vinegar and soda, allowing the mixture to remain on for a time, then washing in hot strong soapsuds and wiping dry.

THE CLOTHES WRINGER

Clean the rollers to the clothes wringer with kerosene and be careful to wipe off all superfluous oil from the cogs and crank, that the clothes may not be soiled by oil that has been on the cogs.

STARCH

Hot water starch is very easily made. Mix with enough cold water to make a cream, one tablespoonful of starch, half a teaspoonful of borax and a quarter of a teaspoonful of finely shredded tallow candle or wax. Add enough boiling water to cook the starch, and pour on boiling water, mixing thoroughly till the starch is clear.

Hot starch is very hurtful to delicate colors; make and set aside to become lukewarm before using.

If the starch is mixed with soapy water and a tablespoonful of sugar added, the iron will not stick and the

goods stay stiff longer, since sugar will not absorb moisture so readily as salt, which many use.

LAUNDRY WORK IN WINTER

Laundry work in winter and laundry work in summer are two diametrically different things. In summer, clothes can be bleached on the grass and dried in the warm sunshine, and while they are whiter for being frozen and thawed, there is seldom warmth enough in the depth of winter to thaw them on the line, and if they are handled in the frozen state they are apt to crack. For this reason good housekeepers will not allow fine table linen to be dried out of doors in the winter, even though it may be slightly yellowed by indoor drying.

Fine handkerchiefs are very easily torn, and delicate underwear can be ruined more quickly by being taken from the lines and folded when frozen, than in any other way.

If white cotton garments are much stained, freezing will restore them to their proper color, and if there is time they can be left out on the lines until they freeze hard and thaw out, provided they are not handled in a frozen state, or left to flap about in the wind. Loosely woven materials, like stockinette, may also be left outdoors on the lines until they are dry enough to bring into the house.

A large laundry is a very useful place in winter, as the clothes can be dried there and the danger of freezing avoided. Such a room is also very useful for iron-

ing in hot weather. It should be provided with a laundry stove and the fire kept up until the clothes are dried.

About once a month is often enough to blue clothes in winter, and the old fashioned indigo bag, which costs only a few cents, is the best thing to use at any time.

Put a teaspoonful of borax in your rinsing water. It will whiten the clothes and also remove the yellow cast on garments that have been laid aside for two or three years.

Many excellent housekeepers disagree as to the best method of washing white clothes. Some of them prefer to soak their clothes over night in cold water. Others who are equally good managers, after examining each piece to see if there are any stains or spots that need special attention, plunge them into boiling hot soapsuds and let them stand for several hours, or over night. This latter method seems to draw out the dirt quite thoroughly, as the water itself will attest next morning. The clothes are then lifted out of this water into clean warm water, and the few soiled places that remain are rubbed out and the clothes are put in the boiler to come to the boiling point. If the water is hard, a tablespoonful of washing soda, but no more, should be added to every gallon of water in the boiler, the soda being first dissolved in a little boiling water. If it is put in without dissolving it may eat a hole in the clothes. If the water is soft, a little melted soap should be used instead of soda, and soap should be rubbed over each piece as it is put in the boiler. Very few of the best laundresses boil

their clothes longer than three minutes, just long enough to allow them to be thoroughly scalded. Longer boiling only tends to make white clothes yellow. When the clothes are taken from the boiler the water they were boiled in should be poured over them, and they should be allowed to stand in it several hours, or over night. No one who does this will be troubled with yellow clothes. There is no better way to bleach them in winter.

For washing fine nice flannels, nothing will cause them to look so nice, as borax in the water, a tablespoonful of borax to a pail of water being the right proportion. Always wash a baby's little flannel skirts, shirts, etc., in this.

Ammonia in water keeps flannels soft.

It is much better and easier to scrub soiled flannels with a small brush, than it is to rub them clean on a board. A rather stiff brush about four or five inches long is the best article for this purpose. Scrub the bands and seams, of heavy woolen shirts, as well as those of cotton, in this way. This small brush is excellent in washing corsets, or any heavy pieces that are difficult to rub on a board.

Flannels and woolen stockinette ought to be dried on wooden frames, which any carpenter will make, and which will prevent shrinking. This is because the ultimate fibre of wool is spiral, the drawing up and interlocking of the fibres being what constitutes shrinkage. In underwear factories the garments are always washed

and dried on frames, so that they may be offered soft and unshrunken for sale.

Another way to dry woolens, is to hang the garments on the line dripping wet, without wringing out at all. If dried in this way, the shrinkage will be so slight as to be almost unnoticeable.

SUMMER WASHING

Summer is the season when, more than any other time of the year, the weekly " wash " should be looked over carefully and everything containing a suspicion of fruit stain, be sorted in a separate pile. Especially is this true of table linen. Once a fruit stain is set by suds it is well-nigh hopeless. Boiling water poured from a height through such a spot will remove it. Arrange the cloth containing it over a wide-mouthed bowl, and hold the tea kettle above it as high as possible, pouring slowly. Handkerchiefs at this time of year are apt to become yellow from perspiration. If allowed to soak in a dilution of javelle water for a time, after they are washed, and then rinsed and dried in the sun, their original whiteness will be restored. For stubborn stains of almost any kind, a weak solution of oxalic acid may be used, but this is a last resort, as the acid is apt to weaken the fabric.

All colored garments should be dried in the shade and ironed on the wrong side. Before ironing, the garment should be thoroughly dampened with cold water,

and laid aside for an hour, so that the water may be evenly distributed.

WASHING BLANKETS

Blankets washed in the following way are soft and light as new: dissolve one tablespoonful of pulverized borax and one pint of soft soap; make a strong suds in cold water; put in the blankets and let them remain all night. In the morning work them up and down with the hands and put them into another tub of cold water; rinse them through three waters and hang them up without wringing. When they have hung a little while turn them half round. Choose a sunny day with some breeze.

TO WASH AN EIDERDOWN QUILT

To wash an eiderdown quilt, make a good lather of soap jelly (boiled soap) and warm water, and add to it a little borax or ammonia. Into this put the quilt, and knead it about. Repeat the process in fresh suds if very soiled. Then rinse all the soap out with two or three changes of water, shake and hang out to dry. During the drying and afterwards, shake the quilt well, and it will be as full looking and soft as when new.

WASHING WASH-SILK

In these days when wash-silks are in common use a few words in regard to washing them may be of interest. As silk is an animal fibre, like wool, it cannot be treated in the same way as cotton, which may be subjected to water of all temperatures without injury. Silk should

be washed as rapidly as possible. Examine the articles to be washed and if there are any parts especially soiled, clean them with a little benzine or gasoline, applied with a flannel cloth. Then prepare a soapsuds of lukewarm water and plunge the garments in it, sousing them up and down, and rubbing them thoroughly in this suds. Rinse them in a water a little cooler and then in a third water still a little cooler and so on until the final rinsing water is perfectly cold. Do not blue them. Wring them out as dry as possible with a machine. Lay them in sheets or other heavy cloths, and roll them as hard as you can in firm rolls. Put them away for an hour, and at the end of that time iron them on the wrong side.

HOW TO WASH SILK HANDKERCHIEFS

Silk handkerchiefs should be soaked for a short time in a prepared lather of boiled soap and warm water. They should then be squeezed out with the hands and rinsed in cold water, to which two tablespoonfuls of alcohol are added to every quart, after which they should be squeezed as dry as possible, but not wrung. Finally, they should be laid in cotton, rolled up, and ironed as soon as possible on the wrong side, with a cloth between the iron and the silk.

TO WASH CASHMERE

In washing cashmere or wool goods put a little borax in the water. This will cleanse them much more easily and better, without injury to the colors. Do not rub

them on a board, but use the hands, and throw on a line without wringing. Press them on the wrong side, and they will look almost like new.

TO PREVENT FADING

It is well to remember in treating wash fabrics that alum used in the rinsing water will prevent green from fading; a handful of salt thrown into the rinsing water will set blue; ox gall may be used for gray and brown. For washing tan or brown linen, hay water is good to use. This is made by pouring boiling water over hay.

A little borax put in the water before washing red, or red-bordered tablecloths and napkins, will prevent their fading.

Vinegar will "set" dubious greens and blues in ginghams.

Modern processes have not devised any surer way to wash blue cottons, calicoes, muslins and the like, than the old fashioned practice of soaking them an hour in a pail of water to which a teaspoonful of sugar of lead has been added. Red calicoes may be soaked in strong borax water. The caution must always be repeated that great care should be taken in the use of sugar of lead, which is a virulent poison. The housekeeper herself should use the lead, taking proper care afterwards of the package, rather than trust it in the kitchen pantry.

EGG STAINS

In washing table linen, or any cloth stained with egg, avoid putting it in boiling water, which will set the

stain. Put the cloth in cold water and the stain can be very easily removed. The same rule applies to egg cups and any dishes stained with egg. If they are set with the other china into hot dish-water the stain will harden, and it requires considerable patience to remove it. Egg stains come out easily in cold water.

OIL STAINS

Wash spots on clothing caused by machine oil, with cold rain water and soap. This method may safely be tried when other means would not be advisable, owing to colors running.

GRASS STAINS AND MILDEW

When the children's last summer garments are brought out there will be many stains found upon them, which it is a difficult matter to remove after they have become set in the fabric, but it may be done quite successfully with persistent effort. To take out grass stains, wet the spots, then rub on soft soap and baking soda. To remove mildew, soak the parts that are discolored in a weak solution of chloride of lime. Then place the garments in the sun.

Mildew is the result of carelessness, but is not uncommon in a large household. It will sometimes yield to sunshine and lemon juice, but not always. As a last resort there is the solution of chloride of lime, one tablespoonful in four quarts of cold water. The linen must be thoroughly rinsed in clear water after the mildew

disappears or the threads will weaken under the powerful influence of the chloride.

TEA, COFFEE, COCOA AND CHOCOLATE STAINS

The most common linen stains are those from tea, coffee, cocoa or chocolate. When fresh they will yield to boiling water poured through the stained portion after it has been stretched over a bowl. The kettle should be held high to gain force for the stream, as that materially aids the operation. Old stains should be soaked in cold water before the boiling water treatment.

To remove tea stains pour boiling water over them. If of long standing, soak the linen in a solution of chloride of lime until the stains disappear, and then wash through several clean waters.

FRUIT STAINS

Ordinary fruit stains cannot hold out against boiling water. Obstinate ones require more persuasion. Oxalic acid, three ounces to a pint of water, should be kept on hand for this emergency. It must be plainly labeled and placed where careless hands cannot reach it. The stains are thoroughly wet in the preparation, and then placed over the steam of a boiling kettle, or in the sunshine, until they disappear. They must be watched with careful eye, for the action of the acid must not continue a second, after the spots are gone. An application of ammonia and a thorough rinsing will prevent mischief.

Lemon juice will remove ink, rust and fruit stains. Moisten the stained goods in cold water, lay out in a hot

sun, squeeze a few drops of juice on the stain, let it dry, then repeat the juice and drying until stain is gone. For iron rust and ink stains put a pinch of salt on the wet stain and then apply the juice. Only for uncolored goods.

GENERAL HINTS ON LAUNDRY WORK

Lemon juice will soften the water and render washing less difficult. It also helps to remove dirt and grease —only be careful not to use it on colored clothes.

Unused table linens should be washed at least once a year, thoroughly dried and refolded to prevent yellowing and rotting where the folds are.

Clothes which have been allowed to stand over night in water to which lemon juice has been added will clean with little rubbing.

Kerosene on a cloth will prevent flat-irons from scorching.

Wash materials made up into children's dresses and shirt-waists should, without exception, be shrunk in the material before being cut out and made up, as it will save much trouble when they must be laundered. Nice colored garments should never be put in with the general wash; they must be washed separately and as quickly as possible in a light suds, but soap should never be rubbed directly on the garment to be cleaned.

THE KITCHEN

THE KITCHEN

BEAUTIFYING THE KITCHEN

Why should this much used room not be dainty and well furnished?

One of the oldest traditions of civilization is that the kitchen should be relegated to a place of dishonor at the back of the house, with a vista and aroma of garbage pails through its windows, and " any old thing " in the way of furniture and appointments to heighten the ugly effect. Who ever heard of a special outfit for this despised apartment, or gave its color scheme and decoration a passing thought?

There is one housewife who has realized the artistic possibilities of her kitchen, which is at the back of a rambling old house. It was unpainted, with a hideous brown checkered paper, with no covering on the floor, and with the dreariest of ash-barrel outlooks, when she took it in hand. She painted all the woodwork, which includes a high wainscot, a soft dove gray—a tint that cleans easily and wears well. Above this the walls were scraped and mended, and then the plaster painted a cool salad green of medium tone. Shades of the same color were placed at the windows, and little white muslin sash curtains added a homelike, yet inexpensive, touch. The

barrel and pails in the back yard were banished to the covered cellarway, and the grass and bordering flower beds are always kept trim and neat.

The sink frames, shelves and cupboards for kitchen china and utensils were painted gray, and so were the window boxes, where grow a useful little crop of parsley, mint and other greens. The floor was covered with a white linoleum marked off with green, and the gray-painted tables were covered with the same material, so that they may be cleaned in a trice. In front of the stove and sink are small rag carpets in dull green—a great comfort to the tired-footed worker who must stand in order to stir, or wash dishes. The small pantry, containing more shelves and the ice-box, was treated like the kitchen; and those faithful but unsightly helpers—the carpet sweeper, broom, mop and cleaning pails—were hidden in a corner behind a green and white chintz curtain. A pretty "posterish" calendar was hung under the clock, and her "friend in need," the cook book, was given a slip cover of linoleum like the tables, so it might be kept clean. Whenever she buys kitchen crockery or utensils she sees that they are pretty as well as useful. Little blue and yellow baking dishes in Japanese ware, durable and ridiculously cheap, blue and white German pots and bowls, and aluminum spoons and forks—all find their way into this dainty kitchen.

CHARCOAL AS A PURIFIER

Housekeepers do not use charcoal enough about their

kitchens. A few pieces of charcoal laid in the refrigerator absorb impurities in the air. A bag of powdered charcoal tied around the mouth of the faucet removes impurities in the water as it passes through it. Charcoal used in this way soon becomes foul, and should be frequently replaced by a fresh supply. It is best to burn up charcoal that has been used as a germ trap.

TO CLEANSE THE KITCHEN

For cleaning zinc under the kitchen stove, nothing is equal to spirits of turpentine. Spread the fluid all over the zinc and let it remain for a few minutes. Then take an old soft cloth and go all over it, rubbing every inch thoroughly. Wash up with hot water and soap, and wipe dry.

Vinegar and sugar will make a good stove polish.

The steel of the stove can be made to shine like silver by mixing finely powdered whiting with sweet oil and applying this to the steel. Polish off with a dry cloth and then with dry whiting.

A solution of ammonia cleanses sinks and drain pipes.

When grease is spilled on the kitchen table or floor pour cold water on it at once to prevent it soaking into the wood. It will quickly harden and can be lifted with a knife.

A half ounce of beeswax dissolved in a saucerful of turpentine and applied to the kitchen oil-cloth will improve it wonderfully. Rub in with a piece of flannel and complete the process by the use of dry flannel.

The hot water tank and spigots, should be cleaned periodically with hot vinegar in which salt has been dissolved. If they have been allowed to get very dirty, a scouring of soap and ashes will restore them to brilliancy. After flushing the drains with hot water, a strong solution of sal soda should be sent down. It is not a bad idea to follow this with odorless disinfectants.

CARE OF COOKING UTENSILS

Iron pots should be cleaned with soda with a metal scourer and dish cloths kept for the pots alone. If food adheres to the sides, fill the pots with water and soda and leave them on the range for an hour or so.

Tins should be washed with hot suds as soon as possible after using, and should be scoured once a week with sapolio.

Copper utensils should be cleaned with vinegar and salt rubbed on with flannel, and polished afterward with chamois.

Wooden utensils should always be washed with cold water and sand, and kitchen knives should be cleaned every day with brick.

Kettles which become "furred," i. e., coated on the inside with a hard mineral deposit, should be cleaned by boiling ordinary whiting in them for two hours. If a small piece of marble be kept in the kettle at all times it will very largely prevent the accumulation of the mineral deposit or fur.

Rub roasting pans with newspapers before putting them away, and they will not rust.

HEATING DISHES

Do not warm dishes in the oven. The practice of putting dishes in the oven to warm them for the table is a bad one. The dry heat causes the enamel to crack in time, and then the grease soon penetrates them, to their utter ruination. Put the dishes to be heated in a dish-pan and pour boiling water over them. Let them stand and steam until ready to serve the meal, then wipe with a clean, dry towel.

CARE OF THE BROOM

Brooms should always be hung up, never left standing on the brush end.

If new brooms are thoroughly scalded and dried before being used, their usefulness is greatly prolonged.

It may not be generally known that brooms will wear better and longer if kept clean than if allowed to remain uncleaned throughout their span of existence. Twice a week, at least, a much used broom should be dipped into a kettle of boiling suds, afterwards being rinsed in cold water run from the faucet.

THE REFRIGERATOR

The greatest care should be taken with the refrigerator; it should be thoroughly scrubbed out at least once a week with borax and water, and well aired; and the blanket on the ice dried every day and washed once a week.

Where knobs from coffee pot, teakettle and lids have fallen off, a substitute saving many a burn is easily put in place by a large or medium sized cork on top, into which a slender screw is driven from below.

Dish cloths should be boiled often with a pinch of soda in the water and should be scalded once a day and hung in the sunshine, if possible.

Clean vinegar bottles with crushed egg shells and water.

Jars and bottles that smell of onions will be quite sweet and odorless if left out of doors filled with sand or garden mould.

A new frying pan has an open lip at one side which connects with a lip in the cover. Through this all smoke and odor, it is said, escape into the stove and up the chimney, instead of into the kitchen.

An ingenious housekeeper has devised a towel rack for her kitchen which works with ropes and pulleys. She says that besides finding that the towels dry more rapidly when near the ceiling, where the air is warmer, she is glad of the extra space. This same housekeeper, not having a dark closet in which to store her preserves and jellies, has covered the shelves of her closet with black cotton. She lets the cotton hang over in a curtain, and the light is excluded almost as well as if the place had been built originally for storing purposes.

A paint brush makes a good swab for greasing cake tins. Of course, the butter applied must be melted.

Every mistress who wishes to preserve her kitchen cloths from holes and burns will provide a little holder for the kitchen, and a pot and saucepan holder.

The disagreeable flavor imparted to the contents of new wooden vessels may be avoided by washing them in a soda solution (quarter of a pound to four gallons of water) with a little lime added, and scalding with boiling water.

CULINARY HINTS

CULINARY HINTS

TIME TABLE FOR COOKING MEATS

Baking meats: Beef, sirloin, rare—Eight minutes for each pound.

Beef, sirloin, well done—Ten to fifteen minutes for each pound.

Beef fillet—Twenty-five minutes.

Lamb, well done—Fifteen minutes for each pound.

Mutton, rare—Ten to twelve minutes for each pound.

Mutton, well done—Fifteen to eighteen minutes for each pound.

Pork, well done—Twenty-five to thirty minutes for each pound.

Veal, well done—Eighteen to twenty minutes for each pound.

Chickens weighing from three to five pounds—One to one and a half hours.

Turkeys weighing from nine to twelve pounds—Three to three and a half hours.

Fish of average thickness, weighing from six to eight pounds—One hour.

A TABLE OF WEIGHTS AND MEASURES

4 even teaspoonfuls liquid=1 even tablespoonful.

3 even teaspoonfuls of dry material=1 even tablespoonful.

16 tablespoonfuls liquid=1 cupful.

12 tablespoonfuls dry material=1 cupful.

2 cupfuls=1 pint.

4 cupfuls=1 quart.

2 cupfuls solid butter=1 pound.

4 cupfuls of flour=1 quart or 1 pound.

1 pint milk or water=1 pound.

2 cupfuls granulated sugar=1 pound.

2½ cupfuls powdered sugar=1 pound.

1 dozen eggs should weigh 1½ pounds.

Skim milk is heavier than whole milk, and cream is lighter than either, while pure milk is 3 per cent. heavier than water.

An even or scant teaspoonful means a spoon filled lightly and leveled with a knife to the surface of the spoon, while a heaping spoonful means all the spoon will hold of any sifted material. In using solids, especially butter or lard, a knife should be employed to deftly even off the superfluous amount.

An " even "cupful of anything means a cup full to the brim, so full that only the steadiest hand can carry it without spilling. A " brimming " cup, as its name indicated, is a cup running over. A scant cupful lacks

a quarter or half an inch of reaching to the top of the measure, while a solid cupful is something packed as firmly as is possible.

"Butter the size of an egg" is a very indefinite mode of measurement, and a more satisfactory way of expressing the same amount is to say "a heaping tablespoonful," or one-quarter of a cupful.

A tablespoonful of melted butter means a tablespoonful of butter after melting, while a tablespoonful of butter melted, means a tablespoonful measured before melting.

Sugar, salt, flour, soda, spices and mustard, especially, should always be sifted or stirred up lightly before measuring, as when packed they are compressed to much less than their rightful bulk for measuring.

A TABLE OF PROPORTIONS

Use 1 teaspoonful of soda to 1 cupful of molasses.

1 teaspoonful of soda to 1 pint sour milk.

3 teaspoonfuls baking powder to 1 quart of flour.

½ cupful of yeast or ¼ cake compressed yeast to 1 pint of liquid.

1 teaspoonful extract to 1 loaf of plain cake.

1 teaspoonful salt to 2 quarts of flour.

1 teaspoonful salt to 1 quart of soup.

1 scant cupful of liquid to 1 full cupful of flour for batters.

1 quart of water to each pound of meat and bone for soup stock.

4 peppercorns, 4 cloves, 1 teaspoonful mixed herbs for each quart of water for soup stock.

TEMPERATURE OF OVENS

The proper temperature of the oven for various mixtures often remains a perplexity to the young housewife after other details have been conquered. Here are a few suggestions: a cake which is made with butter needs a moderate oven; a cake made without butter wants a quick oven. For small cakes and cookies the oven should be moderately quick. Cakes that have an admixture of molasses burn more easily than others, and should be watched closely. They require a moderate oven. If the cake browns quickly after going into the oven there is too much heat. Remove the lid from the top of the stove or put into the oven a dish containing cold water.

CONCERNING PIES

Pies will be soggy if set on top of a hot stove after being baked.

Salt in the oven under baking tins will prevent pastry scorching on the bottom.

To prevent pie juice from running out in the oven make a little opening in the upper crust and insert a straw or little roll of white paper perpendicularly. The steam will escape through it as through a chimney and all the juice will be retained in the pie.

In making pies which are to be filled after the crust is baked, line the tins with the paste, fill them with dry

flour and cover with a paper. When they are done, turn out the flour. This will prevent the crust from shrinking and puffing up. The flour can be kept and used again for the same purpose. Some people use dried beans, rice, etc., for the purpose, but they are likely to sink into the crust.

CONCERNING FISH

A little vinegar added to the water in which fish is boiled will make the flesh firmer and whiter.

Salt on the fingers when cleaning fowls, meat or fish will prevent slipping.

To cook fish in water do not boil it. Plunge the fish into the boiling water to sear the surface and retain the juices, then reduce the heat, so as to keep the water below the boiling point—180 degrees Fahrenheit is the desired temperature if one uses a thermometer in cooking.

To cover the pan in which fish is cooking will make the flesh soft.

When it is not convenient to broil fish over an open fire it may be nicely broiled in a very hot oven. Prepare the fish as for the usual method and lay it with the skin down on a piece of oiled paper in a roasting pan. Cook on the upper grate of the oven until browned, first rubbing it with butter and dusting with a little flour.

USEFUL INFORMATION

Firmness and crispness may be restored to soft and flabby tomatoes, lettuce and celery by putting them into

cold water and leaving them in a cool place for half an hour.

Coffee and tea will be found to be greatly improved in flavor if kept in earthenware or china jars instead of tin boxes.

Never keep vinegar or yeast in stone crocks or jars; their acids attack the glazing, which is said to be poisonous. Glass for either is better.

If it is desired to keep cakes moist, put them in a stone jar; if crisp cakes are preferred, use tin as a receptacle.

When green vegetables come they should be put at once in the cellar or into the ice-box. Salads may be wrapped in a damp cloth.

Always keep cheese well covered in a cheese dish or it will become dry and tasteless. If the cheese is wrapped in a cloth moistened with vinegar it will keep beautifully moist and retain its flavor longer.

By soaking nuts over night in cold water the meats can be removed with much greater facility when the nuts are cracked.

When cracked eggs have to be boiled, a little vinegar added to the water will prevent the white from boiling out. The acid coagulates the albumen and stops the leaks. The cracks may also be covered with a bit of paper wet with the exuding albumen. Nothing sticks like white of egg, and not even the boiling water will remove the paper.

Candling eggs is one infallible way to test them. This is done in a dark room with a candle, gas or electric light. When the egg is held close to the light, if fresh, it will appear a pinkish yellow, and if otherwise it will be dotted with opaque spots or be entirely dark.

Nutmegs may be tested by pricking them with a pin. If they are good, the oil will be at once seen to spread round the puncture.

To prevent the eyes from smarting when paring onions, place the onions in a bowl of water and peel them while you hold them in it.

The shells of pineapple cheeses make pretty dishes for the serving of cheese dishes, such as cheese fondu.

A spoon should not be left in a saucepan if you wish the contents to cool quickly, since the spoon carries off heat slowly.

When the fat for deep frying looks muddy while very hot, a handful of crushed egg shells will clarify it.

Salt thrown on a coal fire when broiling steak will prevent blazing from the dripping fat.

All the tedious skimming and straining of soup can be avoided if one takes the precaution to put in a small unpeeled onion at the very start and permit it to remain until one is ready to thicken the soup. When lifted out it will be found that this vegetable has served as a magnet to draw to itself all the floating sediment, leaving the broth as clear as crystal, yet in nowise impairing its nourishing quality.

Should your soup be too salty, add a sliced raw po-

tato and cook a few moments longer, as the potato will absorb the surplus salt.

When shelling peas it is worth while to keep the pods, wash them, boil separately, and rub them through a sieve; the puree will make excellent pea soup with or even without the addition of some fresh peas.

Always keep your celery roots and dry them. They are good for seasoning soups and sauces.

To have celery very crisp but not soggy wash it thoroughly eight or ten hours before using; do not dry, but roll in a towel and put on ice till time to serve.

A good general rule always to remember in the use of gelatines, is to soften the gelatine in cold water, then to dissolve in boiling water. Neglect of either part of the process will cause trouble in making jellies.

After rice or macaroni is cooked, place in a colander and drain off the water, then quickly turn cold water through, and you will find that the stickiness which is so undesirable will be prevented.

Remember that wine increases the taste of salt. For this reason, where wine is used for flavoring, very little salt should be put in until after the wine has been used, when more may be added if necessary.

Cranberries are more tempting if strained before sweetened, made into a jelly and cut into cubes when cold, than in the ordinary form of sauce.

Milk toast is improved by the addition of a little grated cheese just before serving. Grated cheese is also a pleasant addition to a dish of mashed potatoes.

The use of bacon fat when basting, or frying chicken imparts a delicate flavor.

Baked potatoes are much lighter if broken with a fork than a knife, and pricked with a fork before baking.

A tiny pinch of salt to coffee before the boiling water is poured on will accentuate the flavor and aroma.

If the milk used in making baked or boiled custard is scalded and cooled before using, the custard will be smoother.

Salt the steak after broiling.

To prevent flour from lumping, add a little salt before mixing with milk or water.

In opening a bottle of olives, bear in mind that those remaining over will quickly mould and become worthless, unless at once replaced in the liquor in the bottle, and corked. If the liquor gets thrown away by mistake, a fresh brine of salt and water may replace it.

Keep honey in the dark, as the bees do, or you will find that it granulates.

To have fresh water on a picnic, fill a bottle with water; bind it with a wet cloth; place it in the sun and the evaporation from the cloth will greatly cool the water and in a few minutes it will be nearly iced.

If you wish to have hot rolls for breakfast without early rising, put those made the day before, in the oven in a paper bag for a few minutes, before serving.

A FEW RECEIPTS

A FEW RECEIPTS

HAM

There is a delicious, delicate flavor about a properly cooked ham.

Be sure above all things that you are buying a good ham. It must be fat. You cannot expect a thin ham to be well flavored if the juices run out. Therefore a liberal covering of fat is a necessity.

Scrub the ham thoroughly, and soak in cold water for twenty-four hours. Place in a large pot, so that the ham is entirely covered with water. Let it come to a boil slowly, and never more than simmer.

After removing the scum, add seasonings of cloves, bay leaf, pepper corns and chopped onions. It should boil about half an hour for each pound. When done, take from the pot, remove the skin, and roll in bread crumbs and brown sugar. Stick it full of cloves and bake for two hours in a moderate oven.

Before sending to the table make a ruffle of white tissue paper and wrap around the ugly bone.

BACON

There are four points to the secret of having the breakfast bacon delicately brown, dry and crisp—they consist in cutting it thin, having it ice cold when it is put

into the pan, having the pan very hot, but not red hot, and keeping the bacon constantly moving during the cooking.

The bacon should be so chilled that it is firm enough for a keen-edged knife to cut it in wafer-like slices.

The pan should be hot enough to burn the bacon unless it is kept moving.

Not only toss the bacon over and over, but shake the pan rapidly while it is cooking.

It will crisp into rolls in two or three minutes and will then be ready to use as a garnish.

BARLEY GRUEL

To make barley gruel, put one teaspoonful of barley flour into the upper pan of the double boiler and rub to a smooth paste with a little cold water, then stir in one pint of boiling water and boil for twenty minutes. If a double boiler is not used the gruel must be stirred almost constantly to prevent scorching. Add a small pinch of salt, and at feeding time mix equal parts of hot (not boiled) milk and the gruel together.

CABBAGE

In the winter, when vegetables are not very abundant, it will not do to underrate the possibilities of cabbage. That the food value of the cabbage is low and that it is not readily digested by delicate people is undoubtedly true, but a nicely prepared dish often serves a good purpose by merely stimulating the appetite and affording a change of diet. Boil a small cabbage, and

the next day when the last trace of the odor has fled, chop it in small pieces. Salt and pepper, and add a tablespoonful of melted butter. When this has been stirred in put over the fire with half a cupful of milk or cream. When hot stir in two well-beaten eggs and immediately turn into a hot buttered frying pan. Stir with a fork until brown and then heap like an omelet, and when the under surface is well browned, serve on a hot dish with minced parsley.

QUINCE CORDIAL

A quince cordial is something the making of which soon becomes a yearly habit, because one's household has an objection to going without it, once it has known its joys and beauties. Grate the quinces, press out the juice, and to each quart of it add one pint of brandy and as much sugar as you think it requires. If you like you may add spices to this cordial, but they are hardly an improvement. Keep in a jug, shake occasionally, and then after a few weeks it is better to bottle it.

APPLE JELLY

Apple jelly is such an addition to the luncheon table, or to the roast of pork, that it is worth remembering how easily prepared it is in small quantities. Whenever apple pies or apple sauce is made, save the peelings, which, added to a small quantity of cut-up apples, will make a pint or so of delicious fresh jelly.

"COUPE JACQUE"

A " Coupe Jacque " sounds new, at least on this side of the water. It is described as consisting of a lemon ice, with a few delicious fruits, sweetened as in a salad, on top of it, and a dash of cream, flavored with maraschino, on top of that.

CURRY

Excellent curry is made of meat that has been boiled for tea or soup. The fibre of the meat retains a part of the nutriment which the water does not draw out.

SANDWICHES

Chicken Sandwiches—Chop the white meat of cold boiled chicken very fine and mix with it enough highly seasoned mayonnaise to make a paste. Chop very fine a few olives and mix with it. Spread on thin slices of bread.

Egg Sandwiches—Rub the yolks of hard boiled eggs to a cream and season with salt, pepper, a few drops of vinegar and a little minced celery. Anchovy paste creamed can be added to the eggs if the added pungency is desired. This makes a delicious sandwich.

Lettuce Sandwich—Cut the bread very thin and spread thickly with mayonnaise. Lay white crisp lettuce leaves on the dressing. Press the upper slice of bread down on the lettuce, allowing the leaves to come a little beyond the bread. Watercress used in the same way makes a delicate and pungent relish.

Caviare Sandwiches—Take a small box of caviare, turn it into a shallow dish and beat into it alternately, and a little at a time, lemon juice and olive oil. Stir until you have a thick white paste. Spread it on the bread and sprinkle over it just a touch of finely minced olives.

Sardine Sandwiches—Take four large sardines, remove the skin and bones and ,put them into a bowl with one teaspoonful of anchovy paste, the yolk of three hard boiled eggs, two tablespoonfuls of olive oil and the juice of half a lemon. Rub the ingredients into a smooth paste and spread on graham bread.

Egg Sandwich—Chop two hard boiled eggs and six olives very fine; add a sprinkling of paprika and just enough mayonnaise to make a moist paste. Spread on thinly buttered slices of bread, putting two together; then cut diagonally across.

For making sandwiches, bread baked in large-size baking powder cans will be just the right size and free from crusts.

Chopped fruits and nuts are among the nicest of the sweet sandwiches, although the nuts may be mixed with mayonnaise or served with chicken or other meat salads.

Dates, figs and nuts mixed together and chopped make delicious sandwiches. Served with chocolate they are very nice for evening affairs. Lay the mixture between slices of bread or crackers.

SERVING A DINNER AND THE DUTIES OF THE WAITRESS

SERVING A DINNER AND THE DUTIES OF THE WAITRESS

TO SERVE A DINNER

Flowers, even of a simple kind, should always be used on a dinner table. The nasturtium is being grown by florists for the decoration of winter tables. Placed in a glass bowl, on the center of the table, with the nasturtiums trailing from it, is a pretty way to use this flower. Nasturtiums may be grown in the house, if one has warm, sunny rooms.

The dining room should be well aired before a dinner, and 60 degrees Fahrenheit is the proper temperature of the room when a dinner is served. See that hot courses are served as hot as possible, and that salad and other cold courses are properly chilled before they are served.

Eating is raised from the level of " feeding " by the cookery and service of the food.

The ideal dinner has a simple menu and simple decorations, without ostentation or profusion, but with perfect cookery and perfect service.

The formal dinner is the most formal of all social functions. The rules governing it are the most strict and unvarying. You can do all kinds of things with a

luncheon and have all kinds of things to eat. You can not take liberties with a formal dinner.

Never try to serve such a dinner with only one maid, who has already cooked the dinner. If you cannot have outside people come in for the serving, it is better to have the informal little dinner, which, when it is right, is one of the nicest things known.

The little dinner, properly served, is infinitely better than the formal dinner, sloppily served. The reason why we do not have good service is because we live in a perennial and eternal rush, and you cannot have good service when the unexpected guest arrives, unless you have good service every day.

A dinner should never be longer than two hours, and an hour and a half is better.

Dinner invitations should be answered within six hours, and an earlier answer is better.

A wife should not accept a dinner invitation if her husband cannot go; it leaves the hostess under the necessity of providing an unattached man.

Dinner invitations are sent in the third person or a personal note—never by the telephone.

There is nothing so pretty as a round table. Round pine table tops can be procured.

Twenty inches of space should be allowed to each person.

Felt should be placed under the cloth.

Bread should be cut in squares and put in the napkin and the napkin folded so as to show the bread.

No butter appears on the formal dinner table.

The silver should be placed in an exactly straight line with the plate.

Never leave a guest without a plate before him, until the table is cleared for dessert.

The service plate stands at each place and other plates are placed on it.

Use a napkin to remove the crumbs before dessert, not a brush or knife.

The dining room should have light aside from that on the table, but nothing is so unbecoming as light from overhead.

The butler or maid should know how many guests are expected and announce dinner when all have arrived.

At a large dinner the butler or maid gives each man in the dressing room, an envelope containing the name of the woman he is to take out. On the card also is "L." or "R.," indicating that he is on the left or right side of the table, thus preventing confusion.

The hostess should be helped first and the waiter should then proceed to the right. The waiter should set down and take everything away from the right, but present all food from the left—the dish balanced on the left hand.

There are two modes of service—English and a la Russe. The former is where certain viands are served on the table. In service a la Russe everything is divided into portions away from the table, and those portions are

taken to each person by the waiter. This manner of serving is the better.

All men are not good carvers and some men do not like to carve, so that the manner a la Russe can be adopted with pleasure and convenience at the daily dinner table. The portions should be neatly arranged and made inviting to the eye when carved and arranged before bringing to the table.

The water glass stands in front of the plate and is found filled when one comes to the table.

Oysters or clams are found on the plate when the guest is seated.

The soup plate should be only half filled.

THE DUTIES OF THE WAITRESS

She must understand the proper care of dining room, pantry, silver and brass; must learn to carry dishes without thumbs or fingers inside the dishes, and without touching her clothing; she must sharpen carvers, make butter balls, dress salads, make all kinds of sandwiches, simple luncheon and breakfast dishes, coffee, tea, and if the service of wines is required, know how to serve them. She should be held responsible for all china and silver, counting silver every day.

The waitress must always be neatly dressed, which means more than just the outside garments. The hair must be tidy and the nails well cared for. The dress for morning should be of print, with white apron, collar and cuffs, and cap if required; for afternoon, a black dress, collar, cuffs, etc.

HOUSEHOLD HINTS

HOUSEHOLD HINTS

CLEANING WINDOWS

The cleaning of windows may be greatly facilitated by first dusting them with whiting. Sew up some whiting in a small linen bag and rub the whole window and ledges. Rub this off with a rough cloth and polish with chamois. Another plan is to rub the glass with a chamois dampened with whiting, and polish with soft cloths.

Clean the outside of windows in cold weather with kerosene.

Ammonia brightens windows and looking glasses.

If there are paint spots on the glass of the windows, moisten them with turpentine before trying to remove, otherwise the glass will be scratched.

Remove mortar from window glass with hot, strong vinegar.

CARE OF CUT GLASS

Alcohol and water constitute a good washing fluid for fine cut and plate glass. Soaps, cleaning powders and polishing preparations are apt to scratch and dim highly polished surfaces. Only old, soft towels should be used for wiping glass.

A piece of cut glass should never be taken from a china closet or closed cabinet, where it has been in a pro-

tected atmosphere free from drafts, and put immediately in contact with a marble top or other cold substance. If the carafe and tumblers to be used for iced drinks be put into moderately cool water for a time before they are used their safety is insured.

Better than potato parings for cleaning carafes is a potato cut in small dice. Half fill the carafe, pour in a little water and shake in a circular motion very briskly. If the carafe is stained with something besides water, it may be necessary to use an acid, but dangerous or poisonous agents are not advised.

TO BRIGHTEN TABLE SILVER

An excellent silver polish is made by taking a pound of best whiting and five cents' worth of rouge powder, both to be had at any chemist's. Put the whiting on a sheet of brown paper on the table, bruise every particle, and then sprinkle the rouge over. Rub together with a knife till the whole becomes a pale pink powder, which in use and appearance cannot be told from the best plate powder. If the silver is tarnished, use a piece of damp flannel, but under ordinary circumstances use dry and polish with chamois leather.

Silver and electro-plated goods should be wet as little as possible. In washing use good soap only. Never use soap powders.

Another way to clean silver is to wash the silver in strong soapsuds with a dash of ammonia. This will

cleanse it thoroughly; even the filigree will be cleaned and no whiting or polish will be left in.

Silver spoons and forks in daily use may be kept bright by leaving them in strong borax several hours. The water should be boiling when they are put in.

Ammonia in dish water brightens silver.

A little salt rubbed wet on a spoon will remove egg stains. This should be done every time the spoons are used for this purpose, as the stains are much harder to remove if allowed to stand. Whiting mixed with ammonia and water makes a good cleaning preparation for silver. It can be applied in the wet method or the dry, the former being easier and cleaner. To clean silver in the wet method apply the whiting and let it dry. Then wash it off thoroughly in warm, soapy water and polish with chamois skin. Or, instead of washing off the paste, the latter may be wiped off with a dry, soft duster. A plate brush will be necessary to get the dried powder out of the crevices. This method makes a good deal of dust and there is danger of scratching the surface of the plate.

TO CLEAN PEWTER

Fine wood ashes, made into a paste with vinegar and salt, will clean your pewter; or try a solution of oxalic acid, followed by a rub with whiting and water.

FURNITURE AND ITS STAINS

Mahogany furniture should be washed with warm water and soap, then given an application of beeswax

and linseed oil with a soft cloth and polished with chamois to a rich finish.

Four tablespoonfuls of turpentine, four of sweet oil, one of lemon juice and ten drops of ammonia make a fine dressing to restore the polish of old mahogany. It should be shaken thoroughly before using and applied with a soft cloth.

To remove white spots made by water on furniture, rub lightly with spirits of camphor.

A paste of salad oil and salt is said to remove the white marks on polished trays or tables, occasioned by the placing upon them of heated articles. The mixture should be spread lightly over the stain and allowed to remain an hour. It may be then removed with a soft, dry cloth, and the discoloration will vanish with it.

Frequent rubbings with olive oil prevent fine inlaid and mosaic furniture from cracking, and the same remedy is excellent for olive wood boxes and tables.

Cane chair bottoms are improved by thorough soakings in hot water, and a later drying in the sun and air.

Leather chair seats may be cleaned by rubbing with the white of egg.

Brass bedsteads and other lacquered brass furnishings which have lost their lustre may be restored with a lacquer made of one-eighth ounce of powdered gamboge, one ounce of pale shellac, one-fourth ounce of Cape aloes and a pint of alcohol. Put the ingredients into a quart jar, and when they are dissolved strain the fluid through a thin cloth. Before the varnish is applied, the brass

must be perfectly clean and, if possible, warm. A soft varnish brush will answer for the work. If one does not want the labor of applying the lacquer a furniture man can be hired to do it. Even in that case there will be a saving of expense in not sending the articles away for treatment.

For oak furniture or woodwork that needs renewing, take one pint of paraffine oil, one and one-half gills turpentine and three tablespoonfuls each of raw umber and whiting. For antique oak a little lampblack should be added.

Marble tables and mantels which are stained may be cleaned by covering the discolored places with a mixture of whiting and crude potash. Let it remain over night, and then wash off with warm water and a little ammonia. Wipe it dry at once, and polish with a soft cloth or chamois.

To restore lustre to furniture marble, prepare on the stove a composition of white wax and essence of turpentine in equal parts, and when this is cold, rub the parts which lack lustre.

TO CLEAN THE HEARTH

The best way to clean stone or marble hearths, after washing them free from dust with a soft brush and soap and water, is said to be to rub with pumice stone and soap, rinse with cold water, and dry with a soft cloth. This will remove old stains. Obstinate stains or varnish may be removed with alcohol.

CARE OF WOODWORK

All dark paint should be washed with water in which three or four tablespoonfuls of ammonia have been added to a pail of water.

Woodwork that is white or light colored should be carefully dusted before it is washed, and then very little water should be used. Dark wood can be cleaned with a cloth moistened with oil and turpentine or with kerosene.

It does no special harm to use borax or some white soap in washing white paint, in spite of the directions often given to the contrary. It is next to impossible to clean white paint which has not been varnished, without the use of some soap.

Ammonia takes finger marks from paint.

Polished woods should not be cleaned with water unless actually dirty. In that case a sponge should be used, and a speedy polishing with oil and turpentine should follow.

CLEANING HARDWOOD FLOORS

In caring for hardwood floors, water is the worst possible thing to use upon them. Any liquid spilled on a polished floor, unless wiped up at once, leaves a dark, ugly spot, and if there is a scratch there, discolors it permanently.

Sweep daily, and dust with a piece of ingrain carpet under the foot or wrapped about a broom. If there are soiled spots, wipe up with turpentine, but remember, if

the floor is waxed, this will remove the wax, and this must be put on again, being careful not to extend the waxing beyond the original spot. Melt a little beeswax in a cup over the register, or in a hot bath on the back of the range. Apply with a soft cloth and rub hard. You cannot put too much strength into waxing, but if you are polishing furniture or woodwork with pumice stone and oil, or pumice stone and water, rub evenly, with a good many strokes, but do not bear on with much weight.

Once a week all waxed floors should be gone over with a weighted brush. These brushes are a great expense to start with, but pay for themselves in the end. They should always be covered when put away, and kept on the first floor.

POLISHING HARDWOOD FLOORS

To one quart raw linseed oil, add one pint of turpentine and two tablespoonfuls of alcohol. Mix well and bottle. Apply with flannel cloth and rub dry with clean flannel.

A cheap floor stain can be made by dissolving four ounces of permanganate of potash in a pint of water.

RUGS, CARPETS AND MATTINGS

A connoisseur in rugs advises that rugs be washed at least once a year. "Wash some of your treasures," he says, "and you will wonder at their real glory and color." Good soap will do wonders in bringing the original beauty back to a rug, if the cleaner will remem-

ber to stroke the rug softly with the soap while the rug is drying.

When rugs show a decided tendency to curl at the corners, sew an L-shaped piece of buckram to the under side.

A carpet that does not need taking up can be wonderfully freshened by first sweeping it very thoroughly and then going over it with a cloth wrung frequently out of clean water to which has been added a little ammonia. A thorough method of cleaning a carpet, and one which restores its colors to a marked degree, is to first take it up and have it thoroughly beaten, then secure it to a floor with strong tacks at the corners, and scrub it with a new broom dipped into a pail of water with which has been mixed oxgall in proportion of a pint to three gallons of soft water.

To brighten and freshen carpets, sprinkle them with tea leaves or wet papers and sweep thoroughly but lightly. Grease spots may be drawn out by covering the spots with coarse brown, or butcher's, paper, and then passing over them a warm flat-iron. Put a little oxgall in a pan of warm water and with a fresh cloth wrung quite dry, again go over the carpet. To prevent moths under carpets, use coarsely ground black pepper mixed with camphor and strew thickly about the floor.

Remember that a carpet should always be swept the way of the nap. To brush the other way is to brush the dust in. Attend to all stains as soon as possible. If

left, they gradually sink into the carpet and are much more difficult to remove than if done at once.

Salt used in sweeping carpets keeps out moths.

Cloths wrung out of salt water are best for cleaning matting.

A POLISH FOR LINOLEUM

Beeswax and turpentine polish, for linoleum, is hard to beat as far as appearance is concerned, but it has one defect; it causes a slipperiness which may be very dangerous to children and old people. A polish which has no such objection is made of equal parts of linseed oil and vinegar. Apply a little to a flannel cloth, rub it well on the linoleum and polish with a clean, dry cloth.

CARE OF THE WALLS

In cleaning the walls of a room a long handled broom covered with a soft cloth should be used, and where there are spots this should be supplemented with stale bread. The latter should be used carefully, rubbing it in one direction, and discarding it as soon as it is soiled.

Soiled wall paper may be made to look as fresh as new by painstaking use of bread slices. Cut a very stale loaf of bread into slices and go over the paper very lightly, always in a downward direction. Do not clean more than a yard at a time, always working one way and leaving no marks behind.

Mix plaster of paris with vinegar instead of water and you will find it excellent to stop the cracks in the wall.

To clean old paintings, rub lightly with slices of raw potato and afterwards wash with a sponge slightly dampened in soap and water.

To whiten yellowed antique engravings, fumigate with burned sulphur.

Stale bread will clean soiled drawings and photographs.

For cleaning gold frames, beat together 96 drachms of albumen of egg and 32 drachms of javelle water and its equivalent in hypochloride of potassium. With this mixture, wash the frames, using a small paint brush. Afterward apply a coat of the usual gilder's varnish.

Gilt frames may also be cleaned and brightened by rubbing them gently with a soft flannel cloth dipped in the juice of boiled onions.

Gilt frames may be improved or restored by being rubbed with a sponge moistened with turpentine.

Any break or loosening in picture frames should be repaired at once, else the dust and damp will enter and soil the picture, as well as the mat, if there is one. Perfectly clean, dry cloths should be used for dusting gilt frames. If there are spots on frames of the best gilt, they can sometimes be removed by rubbing them with a clean cloth moistened in very weak ammonia water. Cheap frames are seldom improved by anything but a dusting, although chloride of potash or soda mixed with white of egg is said by some to revive their brilliancy.

CARE OF LAMPS

What object of household use causes so much annoyance as the lamp? Yet the most refractory chimney may be controlled with a little intelligent care. Keep all openings in the lamp perfectly clear and free from obstruction, both inside and outside, to insure perfect draught. In cutting the wick remove all the char from it, leaving a thin line of black. Be careful to cut it evenly, slightly rounding it at the corners. It is better to rub the char off with a soft cloth than to cut it with a knife or scissors.

Lamp smoking is stopped by soaking the wick in vinegar.

A lamp wick will give a brighter, stronger flame if the end in the oil is frayed out for an inch.

Never touch the chimney of a lamp with water. A few drops of kerosene oil will remove the smoke and dimness, and a rub with soft flannel or chamois skin will result in a clear polish. Clean every bit of the burner with a rag dipped in kerosene, and polish it dry and bright. Boil very dirty, neglected burners in soda and water. See that the outside of the lamp is dry, clean and perfectly free from oil after being filled. Each day rub off the burned portion of the wick with a duster; do not cut the wick. Do not fill a lamp to the brim.

A teaspoonful of salt in a kerosene lamp makes the oil give a clear, bright light.

TO CLEAN METAL ORNAMENTS

Brassware can be kept bright and fresh by using a

cut lemon. Rub the lemon into all the little interstices and give the article a good polishing. Then wash in clean, warm water and dry with a chamois or a soft piece of Canton flannel.

Oxalic acid is the best agent for cleaning brass andirons, candlesticks, etc., which have suffered from neglect. It is applied with a flannel cloth, and a brisk polishing with chamois follows. A paste made of rottenstone and turpentine is all that is required for polishing brass that simply needs brightening.

Kerosene cleans brass, but it should be wiped afterward with dry whiting.

Vinegar will brighten copper.

Bronzes should be dusted with a soft cloth and then rubbed with a cloth moistened with sweet oil. Then rub with a soft cloth and polish with chamois.

Cleaning of gilt and bronze articles can be done by mixing: 200 drachms of water, 64 drachms of nitric acid, 8 drachms of sulphate of albumen. Rub this on rapidly and lightly with cotton and wash off with liquid ammonia.

SCREEN DOORS AND WINDOWS

Have your door and window screens enameled in the fall before they are stored away. The rust will not corrode them and they will last much longer.

TWO WAYS TO CLEAN A SPONGE

How often do sponges become disagreeable and slimy through being allowed to lie in soapy water. The most

effectual way of cleaning them is to place them in a basin of strong vinegar and water. After soaking for a while, work them well about, and then rinse them in clear, cold water.

To keep a sponge from becoming sour or slimy soak it frequently in strong borax or soda water. After each immersion wring it out thoroughly and afterward hang up to dry in the sunlight.

PLASTER CASTS AND THEIR CARE

Those who have plaster casts that they wish to preserve may protect them from dust by brushing them with a preparation of white wax and white soap, half a tablespoonful of each, boiled with a quart of rain or other soft water. Use when cold, and when they are dried the casts may be wiped with a damp cloth without injury. To harden casts, brush with a strong solution of alum water, and brush with white wax dissolved in turpentine. Put the cast in a warm place to dry after using the latter, and it will have a look not unlike that of old ivory.

To clean plaster of paris ornaments, cover them with a thick coating of starch. Then it may be brushed off and the dirt with it.

MENDING CHINA AND MARBLE

China and porcelain may be neatly and easily mended with a paste composed of oxide of zinc and chloride of zinc. The paste is pure white, and hardens quickly, but

until it is quite set it is better to fasten the parts together by binding round with twine.

Plain white glue, with a small addition of milk, is advised as a simple waterproof cement for marble or porcelain. Plaster of paris or unslacked lime, moistened with white of egg, is also efficacious in such household fractures, while white lead and plain putty, though not so sightly, are a most convenient and reliable means of mending plain crockery.

For mending broken terra cotta or marble, use 4 parts of gum arabic, 3 parts of starch, 1 part of sugar, as much water as is necessary to make a mucilage of this. You can prepare this mucilage in a moderate heat; then place it in a closely sealed bottle. To prevent this mixture becoming altered by contact with the air, apply it with a smooth brush in as small quantities as possible.

A HOME-MADE CEMENT

It is sometimes very convenient to have a cement for India rubber, by means of which a worn spot in the overshoes, or any rubber article, may be repaired without expense or trouble. To make a small quantity of such a cement, sufficient to keep for emergency, purchase five cents' worth of red rubber from some dealer in dentists' supplies. Cut it into bits, put it into a bottle and cover it with chloroform. In about ten minutes it will be dissolved. It should be applied with a brush like a mucilage brush. Do not leave the bottle uncorked for an instant, except while removing the brush, and apply the

cement as rapidly as possible, or it will harden. Where there is a large hole, a piece of what is known as " rubber dam " which may also be purchased from a dealer in dentists' supplies, may be useful. Cut out a piece of this of suitable size, fasten it over the hole with a few stitches, and brush over the rubber with the cement. Care should be taken not to inhale any chloroform, nor to leave this cement where children can get to it.

JAVELLE WATER

To make javelle water, dissolve one-half pound of sal soda in one pint of boiling water, and dissolve one-fourth pound of chloride of lime in one quart of cold water. Pour off the clear liquid from both and mix. Bottle the fluid and keep it in a dark place.

A SIMPLE WAY TO AVOID DUST

Here is a hint in regard to the prevention of dust that is well worth the attention of housekeepers. Dutch artists of old, who had a perfect terror of dust, always chose, if possible, to have their studios in close proximity to a canal. If this was not practicable they got over the difficulty by keeping a large tub of water in their studios, most of the dust flying about the room being caught in this receptacle. The neighborhood of a river, the substitute for the Dutch canal, may not always be desirable at the present time, but a bowl of water, especially in these days when we rejoice in any excuse for multiplying the bric-a-brac in our rooms, is within every one's reach.

USE FOR NEWSPAPERS

Newspapers firmly rolled together, adjusted properly and hung by a string from the center, make a good skirt and coat supporter for one who travels.

Newspapers torn into small pieces, dampened and scattered on the carpets before sweeping keep the dust from rising and help to clean the carpets.

The printing ink on newspapers is an enemy to moths; they may therefore be used to advantage for wrapping material.

As newspapers are invaluable in keeping out air, they may be used as chest protectors, keeping ice when thoroughly wrapped; cool drinks may be kept so, for a long time by this use of the newspaper.

Soft newspaper is excellent too, for polishing windows and mirrors.

TO LOOSEN A GLASS STOPPER

When a glass stopper becomes fixed in a bottle, do not use violent means to extract it, but proceed as follows: take the bottle in your left hand, and hold it horizontally over a basin of water, while with your right hand you pour very hot water over its neck. Heating the neck of the bottle will cause it to expand, and thus the stopper (which remains cold) will become loose and easy to remove. Do not make the mistake of pouring over the stopper, for if you expand that as well as the neck of the bottle, it will remain as fast as ever.

TO SOFTEN WATER

For those who cannot obtain rain water, the following method for making hard water beautifully soft will be found useful. Set a washing tub full of water, into which has been put two pounds of common soda, to stand all night. In the morning pour off the water, leaving the white sediment at the bottom of the tub. The water will be perfectly clear and pure and soft.

CLEANING THE CELLAR

Nothing is more important—perhaps, indeed nothing is so important—in the spring rejuvenations as the cleansing of the cellar. Plenty of light should be turned on so that no particle of decaying organic matter in the way of fruits or vegetables is overlooked. Rat and mouse holes should be filled with chloride of lime. The furnace and coal bins should be thoroughly cleaned out. Generous coatings of whitewash will add to the cleanliness of the place and the safety of the family health. If the cellar is of the modern sort and has a drain pipe in the cement floor, flush it in all its corners with a hose, but see that it is dried thoroughly.

THINGS IT IS WELL TO KNOW

If you happen to break a glass or valuable glass ornament, it can be easily and effectually mended in the following way. Melt a little isinglass in spirits of wine, add a small quantity of water; warm the mixture gently over a moderate fire. When mixed by thoroughly melting, it will form a perfectly transparent glue, which will

unite glass so nicely and firmly that the joint will scarcely be noticed by the most critical eye.

To restore an eiderdown quilt to its original fluffy lightness, hang it out of doors in the sunshine several hours.

A thin paste made of whiting and cold tea is a splendid mixture with which to clean mirrors.

A copper cent rubbed on the window pane will remove paint or plaster specks.

The juice of a lemon squeezed into a sponge will cleanse and sweeten it.

A tablespoonful of turpentine boiled with white clothes will greatly aid the whitening process.

To renew old bedsteads, bureaus, tables or washstands, polish with two ounces of olive oil, two ounces of vinegar and one tablespoonful of gum arabic.

If in covering a kitchen table with oilcloth, a layer of brown paper is put on first, it will prevent the oilcloth cracking and make it wear three times as long.

Salt is the best thing for scouring copper vessels, and a lemon cut in halves and dipped in salt will remove all stains.

Brass Articles.—Brass candle-sticks and ornaments, blackened by neglect, may be cleaned by a little oxalic acid (poison!) rubbed on with flannel and polished with chamois.

Glassware.—Glass vases which are stained can be cleaned, with torn up fragments of wet newspaper shaken around in them. Small tacks and nails are

preferable to shot, which is often used for cleaning decanters. Mirrors can be cleaned with a sponge dipped in alcohol and then dusted over with powdered blue and polished with a soft or silk cloth. A little washing soda should be dissolved in the water with which windows are to be washed.

To Rid Buildings of Rats.—Scatter strong, freshly slacked lime in their runways. A rat will not pass many times over a runway sprinkled with quicklime, as it makes their feet sore and sometimes removes the hair from parts of their bodies where lime comes in contact with it.

To Remove Slugs from Roses and Shrubs.—Kerosene emulsion: Two parts of kerosene oil, one part of slightly soured milk. Stir these until they become a jelly, then add twenty parts of water.

Tobacco solution for roses is made by boiling the leaves or stems of tobacco. The liquid should be made about the strength of weak tea.

A little salt sprinkled on a hot stove will remove any disagreeable odor.

Clothes-pins, boiled a few minutes and quickly dried, once a month, become more durable.

Always oil your wringer. Do not fail to oil your wringer every time you wash. If oiled often, there is less wear on the machinery and less strength is expended by the operator. To clean the rollers, rub them first with a cloth saturated with kerosene oil and follow with

soap and water. Always loosen the rollers before putting the wringer away.

If a cellar has a damp smell, and cannot be thoroughly ventilated, a few trays of charcoal set on the floor and shelves, will make the air pure and sweet.

Old stockings make excellent mop-cloths.

If you put soap on a nail before you drive it, the wood will not split.

Always pour medicines or extracts from the side of the bottle opposite the label, which will then be kept clean and readable.

Wax rubbed on the inside of pillow ticking will prevent the down from sifting through so readily.

Antique brocade often regains some of its lost color if rubbed with a sponge dampened in chloroform. This is a method used by the antiquaries.

Enamel cloth is suggested as a good floor covering for closets, being easily fitted and also easily taken up and relaid.

Old towels may be made to renew their youth, says an economical housewife, by cutting them through the centre and sewing the two outside edges together. The raison d'être of this is that the towels get thin down the centre long before the sides are worn.

Turn your plush lap robe so that the nap runs down. It will then catch on your clothing, and will not be continually slipping away from you on a cold day.

Polished ironwork can be preserved from rust by an inexpensive mixture made of copal varnish mixed with

as much olive oil as will give it a degree of greasiness and afterward adding to this mixture as much spirits of turpentine as of varnish.

Coffee is a fairly good air purifier. A little burned on hot coals will purify a sick room and abolish bad smells. Many physicians think highly of the bracing effects of coffee taken before they visit cases of infectious disease.

A jar of lime on the pantry shelf or on the cellar floor will keep the room dry and the air pure.

When a boy's room is not furnished with a couch, the boy is extremely apt to lie on the bed to read, the chances of his removing his shoes or protecting the white spread before lying down being extremely slender. Rather than indulge in vain remonstrances, banish the white spread altogether, and substitute denim, blue, if it can be made to fit into the color scheme of the room. Have the centre of the spread plain, with a border twelve to eighteen inches deep of figured denim, fleur-de-lis, or something similar. The denim takes on a better color as repeated washings dull its first brightness. It does not easily wrinkle and the comfort of the boys is insured.

It is a good idea to put a little shot in the bottom of tall vases. Then they are not so liable to be knocked over by careless hands.

If a bucket of paint has to be left open, stir it thoroughly, so as to dissolve all the oil, then fill up with

water. When the paint is to be used, pour off the water, and the paint will be as fresh as when first opened.

A feather dipped in oil and applied to creaking hinges and stiff locks and door knobs will work wonders.

Kerosene will remove rust from bolts and bars.

If a picture has been crushed in the mails or in any other way, dampen the creases and press with a warm iron.

Clean white ivory knife handles and white marble with damp salt.

Curtain rods may be passed through the casing of a curtain far more easily, and with less risk of damage to the muslin or lace, if the finger of an old kid glove is slipped over the end of the rod which enters the casing first.

Flatiron holders, if lined with a layer of old soft leather, like the top of a boot, will protect your hand from heat far better than if made in the ordinary way.

Wet umbrellas should be stood on their handles to dry. This allows the water to run out of them instead of into the part where the ribs and the silk meet, thus causing the metal to rust and the silk to rot.

CARE OF BOOKS

CARE OF BOOKS

TO REMOVE INK STAINS

Spirits of salts diluted with six times its bulk of water applied to the spot and after a minute washed off with clear water will remove ink stains.

TO REMOVE GREASE OR WAX SPOTS

Wash the stained places with ether, chloroform or benzine, then place between blotting paper and pass a hot iron over them.

POLISHING OLD BINDINGS

Take the yolk of an egg, beat up with a fork and apply with a sponge, having first cleaned the leather with a dry flannel. When the leather is broken, rubbed or decayed, rub a little paste into the parts to fill up the holes, otherwise the yolk will sink into the cracks and turn them black.

TO KEEP INK FROM FREEZING

Add a few drops of brandy, or other spirits. A little salt will prevent ink from moulding.

TO MAKE OLD WRITING LEGIBLE

In a pint of boiling water put six gall nuts and let it stand for three days. Wash the writing with the mix-

ture to restore the color, and if not strong enough, add more galls.

NOTES

Never destroy an antique binding if in moderate condition. If necessary, repair it carefully.

Do not allow your books to get damp, as they soon mildew.

Do not allow books to be too long in a very warm place.

Repair torn leaves neatly with paste.

Never permit a volume to be cut down in binding. This destroys its proportions and lessens its value.

Pencil notes, in books, may be rendered indelible by washing with a soft sponge dipped in warm milk.

DISINFECTION AND HOUSE PESTS

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DISINFECTING SLEEPING ROOMS

Prof. Koning of Gottingen, in an article on this subject, says that at one time, while he was practicing medicine in Hanau, he suddenly discovered that his bedroom was thickly inhabited by obnoxious insects. A friend assured him that he could easily get rid of the pests, and proceeded to fumigate the apartments with corrosive sublimate. The success of this measure was most gratifying, and when the room was opened the dead bodies of various kinds of insects were seen strewn about the floor. This incident led the professor to hope that the same means would be effectual in destroying the infectious elements of contagious diseases, and a trial in private houses after scarlet fever or measles, and in hospitals after erysipelas or pyaemia, gave most satisfactory results. Since adopting this method he has never seen a second case of a contagious disease which could be attributed to infection remaining in the room in which the patient had been confined. The mode of procedure is very simple. From one and a half to two ounces of corrosive sublimate are put on a plate over a chafing dish, and then the windows and doors of the room are closed. At the expiration of three or four hours the windows are

opened and the apartment is thoroughly aired. The person entering the room should take the precaution to hold a sponge or cloth over the mouth and nose in order not to inhale the vapor. The following day the windows are again closed, and some sulphur is burned in order to neutralize any of the mercurial fumes which may linger about the furniture and other articles. The room should then be again aired and cleaned, when it will be ready for occupancy.

HOUSE PESTS

The last week of February is the proper time to fight house pests, and a thorough examination of beds and carpets and anything in the house that might possibly harbor the eggs of these creatures is necessary before they have a chance to hatch, which they will do if not cleaned out when the warm spring days arrive.

Before the preliminary cleaning is concluded, it is well to take a bowl of mixed turpentine and kerosene, and with a long-handled paint brush go over every crack in the paint and around the edges of the floor. The combination of the two oils seems especially deadly to all animal life, while the odor is quickly dissipated.

THE BUFFALO MOTH

It is in the month of April or late in March that the grubs of the Buffalo moth appear. It is this worm-like grub which eats the carpets, and not the beetle. After the grub turns into the beetle it does not deign to touch wool or carpets of any kind, but feeds on the spirea and

other plants. It has however a remarkable sense of locality, and when it is ready to lay its eggs, comes back unerringly to the spot whence it emerged from the grub state, and even to the very same corner of the room or dark closet, and lays its eggs for a new generation of grubs. The beetle is never found about the house except for the short period when it is laying its eggs. If benzine is poured freely on the edges of the carpets when signs of these moths are present, it will destroy the grub and eggs. It is a good thing to do this at the time of the fall house-cleaning, and repeat the process again in the spring, or at this season before the grub hatches out.

Benzine seems to be about the most effectual thing with which to exterminate these pests. Clean out all the closets and places where woolen clothing is hanging. Air such clothing as is not in use by hanging it on a clothes-line in the open air and sunshine.

THE ORDINARY MOTH

The common house moth is not difficult to exterminate if all the ceilings and walls are well brushed early in the spring before the new generation begins to appear. Air the closets thoroughly and clean the floors with hot water and soap, or if of hard wood, rub them with kerosene.

Cedar oil applied to crevices of trunks and chests is a far better preventative against moths, and certainly less disagreeable, than moth balls.

Laying a carpet down before the room is thoroughly dry after scrubbing, is a frequent cause of moths in carpets. The floor should be absolutely dry before the carpet is relaid and it is a wise precaution to sprinkle a little insect powder between it and the floor. To eradicate moths from carpets, damp heat is best, for thus the eggs are destroyed. Wring a cloth out in hot water, lay it on the carpet and then go over it with a hot iron. Do this on a fine day and afterward keep doors and windows of the room open till the carpet is quite dry.

It is not generally known that strong, sweet odors are as good a preventative of moths as disagreeable odors, for if it were known all the moth exterminators would not smell so unpleasant. When putting away clothing and furs for the summer, they must be well aired, sunned and brushed, to be sure that you do not pack them away with the moth eggs already in them. If this is carefully done, clothes may be put with the following mixture, tied up in muslin bags and pinned to the garments, put inside muffs, in the band boxes, etc.: One ounce each of cloves, mace, carraway seeds, cinnamon, tonquin beans, nutmeg and orris root. Of course, they should all be ground, mixed well and put in small bags containing a tablespoonful each. In this way garments will not only be safe from moths, but will smell sweet when taken out in the autumn.

ROACHES

Oil of peppermint is a strong disinfectant and germicide, and it is said that one part in a hundred thousand of water, kills roaches.

BED-BUGS

Every requirement of comfort and cleanliness naturally protests against bed-bugs, and beds, no matter how apparently free from them, should be carefully examined in the early spring. An excellent precaution is to moisten all parts of bedsteads with kerosene oil, and let them stand open until the oil has evaporated. If this is not effectual paint all parts of the inside of the bedstead with the following solution: Mix an ounce of corrosive sublimate, which is a powerful poison, and an ounce of crude sal-ammoniac with half a pint of alcohol, and add half a pint of turpentine. Shake well before using.

Vermin of no kind will stay upon clothing that is scented with either oil of cloves, oil of cinnamon, anise oil or cedar oil. This is a valuable secret for the traveler, for a small bottle will protect him from the vermin often found in hotel beds. No bed-bug will venture between sheets so scented, and a few drops is all that is required.

MICE

Mice may be driven from their haunts by cayenne pepper. This should be dusted on to shelves, and into cracks and corners.

Camphor in drawers will prevent mice from injuring the contents.

ANTS

An easy way of ridding the house of black ants is to brush all the crevices that are frequented by the tiny pests with alum and water, mixed in the proportion of two pounds of alum to three quarts of water, and applied boiling hot.

Strew the storeroom shelves with a few cloves to drive away the ants.

Sprinkle places infested by ants with borax and you will soon be rid of them.

Fine coal ashes sprinkled about the burrows of ants will send these troublesome little pests to other quarters.

Ants may be routed by drenching their nests with boiling water, saturating them with coal oil or sprinkling about their haunts ashes saturated with kerosene. If the nest cannot be found they can be trapped and killed by placing sweet oil where they can have access to it. They are very fond of it, but it has the effect of closing their spiracles and thus asphyxiates them. Still another plan is to attract them by bits of sponge moistened with sweetened water, then several times a day collect them and destroy by immersion in boiling water.

STAINS

STAINS

TO REMOVE RUST

Iron rust will almost always give way under salt moistened with lemon juice, repeated at intervals. If obstinate, the spots must be subjected to the harsher treatment of muriatic acid.

Muriatic acid will remove iron rust, but care must be taken lest it weaken the fabric that it has touched. An old and tried plan is to have two bowls at hand, one filled with boiling, the other with hot water. Place the cloth containing the spot over the hot water, and touch the spot to be removed with a cork wet with the acid. It will turn a bright yellow, and should be plunged at once into the boiling water, when it will disappear. After all the stains have received this treatment, rinse the cloth in several waters, putting in the second one a tablespoonful of ammonia. This will neutralize any trace of the acid that may remain. At least two other rinsings in clear water should follow.

Rust may be removed from nickel plating by covering the spots with mutton tallow and letting it stand for several days. If this treatment is followed by a rubbing with powdered rottenstone and then by a thorough washing with strong ammonia, succeeded by clear water

and a final polishing with dry whiting, stubborn cases will yield.

To remove rust from steel put the article, if possible, in a dish of kerosene oil or else wrap the steel in a cloth saturated with the oil. Leave it a day or two. Then apply, if the spot is obstinate, salt wet with hot vinegar or scour with brick dust. Rinse thoroughly in hot water and dry with a flannel cloth, giving a last polish with a clean flannel and a little sweet oil.

If an article that has become rusty is soaked in kerosene oil for some time, the rust will become loosened and come off very readily.

PITCH AND TAR STAINS

Tar must be removed as a rule by means of grease, salad oil or tallow being the safest. Then how to get the grease out without injuring the color depends altogether upon the dye. In some cases, getting the bulk out first by ironing over blotting paper, benzine will do the rest; in others soda or ammonia is better; in some it is difficult to name anything that will not start the color. Except with really fast colors, tar is a desperate case.

To remove pitch and tar stains, rub lard on the stain and let it stand for a few hours. Sponge with spirits of turpentine until the stain is removed. If the color of the fabric be changed, sponge it with chloroform and the color will be restored.

Kerosene will sometimes remove tar.

GRASS STAINS

Rub the article stained with alcohol, then wash in clean water.

OIL STAINS

To take out a kerosene spot from woolen fabrics, cover the stain on both sides with French chalk and leave over night. Press between clean blotting paper with a warm iron.

Sewing machine oil stains can be removed by rubbing the stain with sweet oil or lard and letting it stand for several hours. Then wash it in soap and cold water.

For removing oil stains on marble and vegetable fibres, use a solution of caustic potash.

If flour is immediately put on oil spilled where not wanted, in a few hours, if sufficient flour has been used, there will be no trace of it save in the oil-soaked flour, which burns well.

MILDEW

Here is a valuable remedy for mildew: Make a stiff paste of Castile soap, by boiling down shavings of the soap in a little water. Spread a thick layer over the spot and scatter on top some powdered potash. Moisten slightly and bleach on the grass or snow.

INK STAINS

Ink stains on carpets or woolen goods can be removed while they are fresh by taking common baking soda or saleratus, rubbing it well into the spots, and then rinsing with warm water. The same process will re-

move dried ink spots from cotton goods, if the spot has not been wet with water before the saleratus is applied.

Tear blotting paper in pieces and hold the rough edge on the ink when it is freshly spilled, or cover the spot with Indian meal; or the liquid ink may be absorbed by cotton batting. If the ink be spilled on a carpet, cut a lemon in two, remove a part of the rind and rub the lemon on the stain. If the ink-stained article be washed immediately in several waters and then in milk, letting it soak in the milk for several hours, the stain will disappear.

Washing the article immediately in vinegar and water, and then in soap and water is another remedy which will remove all ordinary ink stains. No matter what substance be used to remove ink the stain must be rubbed well. If the article stained be a carpet on the floor use a brush.

Salt put on ink when freshly spilled on a carpet will help in removing the spot.

Ink stains may be removed by a solution of oxalic acid.

FRUIT STAINS

Whiskey applied to fruit stains on table linen will quickly remove the spots.

For fruit stains, wet the article and hold over burning sulphur.

COFFEE AND MILK SPOTS

Glycerine is a capital remover of coffee or milk spots from white goods. Paint the stains with glycerine, then wash out the glycerine with lukewarm rain water.

GREASE STAINS

Candle grease spots are best removed by placing blotting paper next the goods on the side where the grease is, and holding a hot iron close to the surface. If the fabric is ironed the grease will run through to the other side.

Grease spots can be removed with gasoline.

A coating of pipe clay which is allowed to remain all day will remove grease stains from leather.

PAINT

Equal parts of ammonia and spirits of turpentine will take paint out of clothing, no matter how dry or how hard it may be.

Kerosene will remove fresh paint.

MEDICINE STAINS

To remove medicine stains from silver spoons rub the spoons with lemon juice and salt.

SOOT

Salt thrown on soot which has fallen on the carpet will prevent stain.

STAINS ON CHINA

Stains on chinaware are easily removed by rubbing with powdered whiting.

Salt and vinegar will remove stains from discolored teacups.

STAINS ON MARBLE

Spirits of turpentine will clean and polish black marble. For removing stains from white marble nothing is better than a paste made of one-quarter pound of whiting, one-eighth pound of soda and one-eighth pound of laundry soap melted. Boil the mixture until it becomes a paste. Before it is quite cold spread it over the marble and leave it for twenty-four hours. Wash it off in soft water, and dry the marble with a soft cloth.

Another paste that does not need cooking usually answers the same purpose. It is made of one pound of soda and one-half pound each of finely powdered pumice stone and chalk, mixed into a paste with cold water.

CARE OF THE WARDROBE

CARE OF THE WARDROBE

FURS AND THEIR CARE

The secret of the life everlasting in furs is to keep them as free as possible from all contact. After shaking and wiping them dry, if they have been out in the rain or fog, hang them over the back of a chair, and when dry hang up where nothing can touch them. If room is wanting for this, place on a shelf with tissue paper under and over them and between each fold. Furs that have been wet should never be hung in front of a stove or open fire to dry.

Fur, after some years' wear, will look much improved if cleaned with white bran previously heated in the oven. Rub the hot bran well into the fur with a piece of flannel, shake the fur to remove all particles and then brush thoroughly. The fur will clean more easily if the lining and padding are first removed, but such removal is not absolutely needful. The flat oily look which mars the appearance of the neck portion of furs long in use, is mostly, if not wholly, removed by the means of hot bran. Rub the fur the wrong way.

Furs put away well sprinkled with borax and done up air tight will never be troubled with moths.

All furs and winter garments should be thoroughly

brushed and beaten and put away as soon as they are laid aside. This will prevent an increase of work later to rid them of moths and will save them from danger of ruin by the pests.

THE TREATMENT OF JEWELRY

Pearls, it is said, should be enclosed in a box containing a piece of the root of ash, and under these conditions they never lose a jot of their pristine beauty.

Diamonds are easily cleaned by placing them under a tap and allowing a rush of cold water to deluge them. But the expedient savors somewhat of danger, as a stone might easily be loosened in the operation. A better plan, if a more lengthy, is to carefully wash them with a light lather of soap on a soft brush, to wash off the lather with cold water, and polish with chamois leather saturated with eau de Cologne.

Diamond ornaments tied up in a little bag of bran preserve their brilliancy in a wonderful way.

Other precious stones can be well cleaned with cold water and yellow soap. It is advisable to lay them in sawdust rather than to dry them in the ordinary way. If opals have become scratched or spoilt in wear, rub them softly in a moistened wash leather, then polish with precipitated chalk with another piece of leather, and finally wash with rain water and a soft brush.

Gold ornaments should first be placed in cold soapy water, and having been left to soak an hour or two, may be rinsed in clear water. After being dried in a hand-

ful of bran, they should be rubbed with chamois leather.

Nor must silver jewelry be entirely forgotten. Filagree can be restored to its original white beauty by being thoroughly cleansed in strong potash water; then rinse, then immerse in a solution as follows: Salt, one part; alum, one part; saltpeter, two parts; water, four parts. Put your filagree into the mixture and bathe carefully for the space of five minutes. Rinse in cold water, and dry with soft wash leather; or simply wash your ornaments in hot water, and rub with a brush steeped in liquid ammonia and soft soap. Rinse again with boiling water and dry in sawdust. Wrap in tissue paper.

Ivory ornaments, brushes, powder puff-boxes, paper-knives, etc., may be whitened with peroxide of hydrogen, or cleansed with a brush steeped with water to which a good pinch of carbonate of soda has been added. Amber beads improve by being rubbed with precipitated chalk moistened with water, or with olive oil on a soft flannel, and finally polished with cambric. The above recipes hail from Paris.

LACES—OLD AND NEW

Lace is used in such profusion, not only in gowns, but in millinery and household decorations, that the process of home cleaning has become a matter of interest to most women. With plenty of care, patience and time (the first essentials) a good lace that has become soiled may be made to look as well as new.

In washing fine laces, have a strip of flannel, on which to baste the lace, using care to have every point basted down smoothly. Make a strong suds with white soap and water. Dissolve one teaspoonful of borax in half a pint of boiling water and add to it two quarts of the suds. When this liquid is tepid lay the lace in it and let it soak for ten hours or more. Then sop and squeeze the flannel, but do the work carefully and gently; then squeeze out all the suds and drop the flannel in a bowl of hot suds. Work gently in this water. Now rinse in fresh water until the water looks clear. Finally starch and squeeze as dry as possible.

Tack the flannel on a clean board, drawing it very tight in all directions. See that every part of the lace lies smooth and then all the meshes are open. When dry, cut the basting threads and draw them out very gently. The lace may be tinted in the last rinsing water if the dead white is not liked. If the lace is point, or any of the laces with raised designs, it will be necessary to lift the raised work with a small, pointed instrument.

In cleaning common laces, make the suds as for fine laces and let the lace soak in this ten hours or more; then rub gently between the palms of the hands. Wash in a second suds in the same manner, then rinse until the water is clear. If the lace is to be tinted, do it now; then starch. Have a flannel tacked tightly on a board; spread the lace on this and pin to the flannel. Be sure that the lace is drawn out properly, and that each point is fastened to the flannel with a pin. Or, the wet lace

may be drawn out perfectly smooth, covered with a piece of cheesecloth and ironed with a moderately hot iron until quite dry.

To give thread lace a soft, old look, pass it through water that has been slightly " blued " and to which has been added a little black ink—one drop of ink for every half pint of water. For an ecru tint use tea, coffee or saffron. Make the tinting fluid fairly strong and try a corner of the lace in it; if too strong add water. Tea is the most satisfactory agent, but it does not give as yellow a tint as coffee or saffron.

To clean lace with absorbents, mix together equal quantities of cream of tartar, magnesia and powdered French chalk. Spread the lace on a piece of cloth and sprinkle it thickly with the mixture and roll up. Let the lace lie in this for a week or ten days, then shake off the cleaning mixture. With a soft, clean cloth wipe the lace. This method will only answer for laces that are not much soiled.

To dry-clean laces, put the laces in a bowl and cover with naphtha. Let them soak for an hour, then wash by sopping and rubbing between the palms of the hands. Rinse the lace in a second bowl of naphtha, then pull it into shape. The texture of the lace is not changed in the least by this method of cleaning. If the lace needs stiffening dip it in a thin solution of gum arabic, pin it to a covered board and let it dry. There must be neither fire nor light in the room when the lace is being washed with the naphtha, and the windows must be open.

Ammonia is good in washing lace and fine muslin.

Fine old lace which is not too soiled may be cleaned by laying it on a paper thickly sprinkled with flour and magnesia. Cover with another sprinkling of flour and a layer of paper. Leave a few days and then shake the flour from the lace. Do not fold fine lace; lay it on strips of blue tissue paper and roll the lace and paper together.

To clean duchesse, point or any real lace, wash it carefully in tepid water with a fine soap, rinse it and pin it while wet on a board covered with flannel. Never touch it with an iron. Very small pins, and plenty of them, should be employed, and great care should be used to keep the pattern true and even, fastening the various parts in place with the pins. If the lace becomes dry before it is pinned, moisten it with a damp sponge. Let the lace dry thoroughly before removing it. To dry a length of lace, a wooden cylinder is best. By careful handling and keeping the damp portion in a wet napkin while the rest is drying around the wood, it may be made to look as good as new.

HOW TO FRESHEN BLACK LACE WHEN DISCOLORED BY AGE

Black lace or net that has been discolored by age through exposure to the sun may be very much freshened up by the following process: Spread the lace out on a sheet of paper and brush it carefully with a soft brush, then shake it to free it from as much dust as possible.

If it is spotted or stained in any way, rub it gently with a sponge dipped in cold tea, and then allow the lace to soak for at least half an hour in tea prepared in the following manner: Put into a small lined saucepan one teaspoonful of gum arabic, one dessert spoonful of dry tea and a pint of boiling water.

Simmer these slowly over the fire, stirring occasionally until the gum is dissolved and then strain into a basin.

The gum arabic in the tea will give a slight stiffness to the lace. If the lace is made of silk, one teaspoonful of alcohol may be added to the other ingredients, which will help to give the silk a gloss.

After the lace has been soaked in the above preparation for the necessary time, squeeze it gently between the hands and then in the folds of a cloth, or, fold it carefully in a cloth, and put it through the wringer.

Pull out all the points with the fingers, roll the lace in a dry cloth and let it remain at least an hour before ironing. When about to iron spread a sheet of kitchen paper, smooth side uppermost, on a piece of double felt or thick ironing blanket; spread the lace smoothly on the top of this and place another piece of paper, with the glossy side downward, on the top.

If the rough side of the paper is placed next the lace it will peel off in small pieces. Iron the lace carefully on the top of the paper with a cool iron, and when partly finished remove the paper, pull out the points of the lace and then iron again with the paper over.

Never touch the lace with the bare iron, as any glazing would quite spoil its appearance. When quite dry hang up the lace to air. The washing and dressing of lace is certainly a work which requires time and care; it cannot be hurried over, but it is interesting and nothing better repays the time and labor bestowed upon it.

To clean black lace churn it up and down in alcohol till the latter foams; squeeze well and clap it between the hands; pull out the edges carefully and press in sheets of brown paper under a heavy weight till dry. An iron must not be used.

It is claimed that with white flour and bran sifted together lace collars can be easily cleaned. Rub the mixture into the soiled parts and beat out with a stick.

To starch lace mix one teaspoonful of starch with two teaspoonfuls of cold water and pour on this one pint of boiling water. Place on the fire and add one-fourth of a teaspoonful of sugar and one-fourth of a teaspoonful of gum arabic which has been soaked in one tablespoonful of cold water. Boil for five minutes, stirring all the while. Strain through cheesecloth. For laces in which only a suggestion of starch is desired double the quantity of water. For heavy laces that are required to be rather stiff use only half the quantity of water.

Gum arabic starch is made by putting one-fourth of an ounce of the best white gum arabic in a cup or wide-mouthed bottle, with one gill of cold water. Let it soak for two or three hours; then place in a basin of cold water and put on the fire to dissolve. Stir frequently;

strain through cheesecloth. This makes a very stiff starch. For articles that need to be only slightly stiffened a quart of water or even more may be added to the dissolved gum arabic.

TO CLEAN VELVET

Velvet is now so much used that it is convenient to know how to revive and cleanse it. Velvet that has been spotted by stain may be restored by passing the wrong side quickly over a vessel of boiling water, then over a warm iron, which a second person should hold. Another mode is to use a very hot iron covered by a cloth wrung out of hot water. The velvet back may touch the iron in this case, the process being literally a combination of ironing and steaming. For large pieces of velvet a heated brick can be covered and used in the same way. Owing to the greater surface, time is saved. The pile may be brushed up with a soft brush if very badly injured. The first mode is recommended only for slightly damaged velvet. The dust should be brushed or shaken out before resorting to any action of heat, and any grease spots removed by benzine.

GLOVES

Try mending your gloves with fine cotton instead of silk. It will soil in a day and taking the color of the glove, will not be observed, while silk you remember, has a gloss that prevents it from harmonizing with the tone of its surroundings, and attention is constantly being called to the fact that your gloves are mended.

The chamois gloves in white and light shades may be washed in the following manner: Make a lather with Castile soap and warm water, using a spoonful of ammonia to each quart. When the water is tepid put the gloves into it and let them soak for a quarter of an hour, then press them with the hands, but do not wring them. Rinse in fresh cold water with a little ammonia added. Press the gloves in a towel. Dry them in the open air after previously blowing to puff them out.

Suede gloves can be cleaned by rubbing them over with oatmeal.

TO WASH SILK STOCKINGS

Bran water, made by adding four tablespoonfuls of bran to a quart of water, is the best thing in which to wash fine silk stockings. Soap is thought by some housewives to make the silk tender and rotten.

TO POLISH STEEL BUCKLES AND BUTTONS

Cut steel buttons and buckles may be polished with powdered pumice stone slightly moistened and applied with a soft brush or cloth.

TO RELIEVE THE PINCH OF A SHOE

Relief may be quickly had from the pinching of a boot or shoe by expanding the leather with hot water. Moisten a cloth with very hot water, and after wringing, lay it over the offending part while the shoe is on the foot. Rarely is more than one such application required.

RESTORING A WATERPROOF

The following process is said to restore to a waterproof the original softness: Dissolve a teaspoonful of best gray lime in half a pailful of water, wipe the cloak well with a soft cloth wrung loosely out of this mixture, hang to dry and repeat the operation in two hours.

WARDROBE HINTS WORTH KNOWING

If you want your silk skirts to retain their freshness sew loops under the flounces, and hang them upside down when not in use. Hanging in this way, in the opposite direction to that in which they are worn, freshens and makes them stand out and take a new lease of life.

Loops for hanging up garments are always wearing out and breaking, particularly with children's cloaks and coats. To make a serviceable loop cut a strip of kid from an old glove, roll in it a piece of coarse string and sew the edges of kid neatly together. This loop fastened securely to a garment, will stand any amount of pulling without wearing or breaking.

"By hanging a creased cloth jacket or skirt on a line over the bathtub, closing the windows and doors and turning on the hot water till the room is full of steam, I find I can remove the wrinkles from the garments," a clever housekeeper writes to one of the magazines. "The clothes must be left for two hours hanging in the vapor, and then placed in the fresh air to dry. The process is simple and practicable for any one, and better in many cases than pressing."

Do not forget that cupboards and wardrobes where clothes are kept need frequent airing. On a sunny day open the doors and leave them open for several hours. Never put away a dress bodice without first airing it. Attention to little details like this, which keep one's clothes fresh and sweet, is well worth while.

Mud stains on black cloth may be removed by rubbing with a slice of raw potato.

Velvet that is soiled may be thoroughly washed with good soap, quickly rinsed and dried, and when nearly dry pressed under a muslin cloth. If the pressing is done evenly and carefully, a beautiful piece of panne velvet is the result.

Goods that have become faded and discolored are often restored by being packed away in a dark closet or chest, into which no ray of light can penetrate. Two or three layers of tissue paper aid in the process.

Magnesia makes a capital cleanser for delicate, light colored fabrics that have become spotted or stained. Rub the spots on both sides with magnesia, then put the article away, just as it is. When needed, brush off the magnesia, and the dirt will be found to have disappeared.

To clean gold and silver embroidery or braidings, sew them up in a white linen sack and boil them in a quart of water, to which you add 50 grams of white soap and 4 grams of bicarbonate of soda.

The best preparation for cleaning silk consists of grated potato and cold water. Add one large potato,

grated, to one quart of water and allow it to stand a day or two before using. Use only the clear part of the water. Merely dip the soiled silk into it and hang it up to dry.

Borax water is excellent for sponging either silk or wool goods that are not soiled enough to need washing.

In buying crape, it is well to ask for the waterproof and thus avoid anxiety when in the rain, as the ordinary material will spot and lose its crispness when wet. When this does happen, or if the crape has worn rusty looking and shabby, it may be steamed and thus renew its glossy, crisp texture and appearance. This process has been tried and gives the most satisfactory results, and it may be repeated as often as necessary. Rip the hems out of the veil or the trimming to be renovated, and each piece must be flat; brush the dust off with an old piece of silk and pull out all the threads. Then have a clean broom-handle and around this wrap each piece of crape, keeping it smooth until all are on the handle and fastened with small pins; do not pull it very tightly. Keep a wash boiler half full of boiling water and rest the handle across the edges of the boiler so that it may be turned several times during the five hours that the crape is steaming. Then stand the handle up until the crape is perfectly dry. This usually requires ten hours. When unpinned it will be as glossy and crisp as when new, and a pleasure to the economical woman.

Ammonia bleaches yellowed flannels.

CARE OF THE PERSON

CARE OF THE PERSON

ALWAYS BE PRESENTABLE

Do not say that it does not matter how you look around the house, for it does matter a great deal. It matters for the general credit of the establishment; it matters in its example to the children; it matters to the husband and father. It is one of the important duties of every woman to keep herself, and her house, in a condition as presentable as possible, considering her circumstances.

A GOOD COMPLEXION

Here are certain plain, simple hints for the securing or maintenance of a good complexion, which can be carried in mind and practiced by the woman who can afford neither the fees of beauty doctors nor several hours a day for grooming. Wash the face carefully, never with very cold water. At night it should have a warm soap bath to clean it, rinsing the soap off thoroughly, and drying it thoroughly, with an upward movement. Learn always to rub up and never down, to counteract drooping lines and sagging muscles. Take at least one bath a day, rubbing the body vigorously. Remember that hot water is necessary to cleanse, and cold water to invigorate, and set the blood to circulating. Rose water

and elder flower water are beneficial in softening the skin. Lemon whitens the hands. Any good cold cream sold by a reputable house is excellent for the face. It should be rubbed in, not hard, but thoroughly, after a warm bath. A little on the tips of the fingers is sufficient. It softens and freshens the skin. Remember that all rich foods are enemies of a delicate skin. The rose leaf skin of the baby comes from its simple diet. Avoid pastry, pickles and pie. Candy is as bad as anything can be, and makes one fat besides. Tea and coffee are bad, but cocktails are worse. Study the nose of the man who has imbibed for many years and see. Eat fruit and simple food, and drink plenty of water at any time except meal time, especially on getting up in the morning, when it rinses the system of the mucus that has accumulated on the coating of the stomach and other organs during the night. A good complexion comes from the same sources as health—fresh air, exercise, correct food, bathing, sufficient sleep and proper activity of the internal organs.

A prominent beauty expert recommends to women whose skin is fine in texture and easily roughened and irritated, the use of the following wash in place of soap and water on the face: Tincture of myrrh, 5 grams; rose water, 500 grams; tincture of benzoin, 5 grams; tincture of quailaia, sufficient for emulsion. This, he says, should be applied to the face with a piece of fine linen. The face should be dried with a circular, upward movement, with a piece of fine, dry linen.

A beauty expert who actually recommends the use of powder on the face, is something of a rarity, but a prominent complexion specialist, writing in "The Woman's Home Companion," has placed himself on record as advising women to powder even at home. Powder is essential to American women, he thinks, on account of the perpetual changes of climate and the dust and dirt in the atmosphere. Powder should always protect the skin outdoors. To apply properly, first soften the skin by an application of cold cream. Wipe off any that remains on the surface, then apply the powder with a piece of absorbent cotton.

Onions, eaten raw, with bread and butter, make a capital complexion clearer and night cap, especially for the nervous person, who is generally inclined to lie awake o' nights and to wake up at dishearteningly early hours of the morning. Slice the onions thin and sprinkle lightly with salt, to take off the raw, crude taste, and have the bread thin and a good deal of butter. Talking of nervousness, there is no better nerve food than good butter. Cod liver oil, which a few years ago was so extensively prescribed for persons with weak chests or of a nervous tendency, has been largely supplanted by the more palatable and more easily digested butter of common use.

WASH FOR TENDER FEET

A bottle two-thirds full of water. Add one-third of household ammonia.

CARE OF THE HANDS

It is not given to every woman to possess beautiful hands, but it is within the province of almost every one to have well-kept ones. And, after all, what do beautiful hands avail, if they are not well kept?

Tepid water should be used to cleanse the hands and a good Castile soap; a nail brush will clean the nails and gritty fingers better than any file or implement of steel.

Rinse the hands in cool water and dry them thoroughly on a soft towel. If there is an inclination to chapping, keep a mixture of glycerine and rose water on the washstand, and rub a little into the hands while they are still wet.

People with whose skins glycerine does not agree generally find it will work all right if used when the hands are wet; they may be wiped afterward, for the mixture of water with glycerine does away with the stickiness.

An orange wood stick, which costs 5 cents, should be used to keep the flesh pushed away from the base of the nails. Little packages of emeries cost 10 cents each, and these may be used to file the nails into shape.

Before retiring, cleanse the hands thoroughly, rub them with cocoa butter, and then dust them with almond meal. If the hands are not in good condition, loose gloves may be worn in bed, perforated at the palms. White cotton gloves may be used for this purpose and these washed when necessary.

To whiten the hands melt a pound of white Castile

soap over the fire with a little water. When melted, perfume slightly with any one of the extracts, and stir in half a cupful of common oatmeal. Use this preparation when washing your hands and you will be surprised at the improvement in their appearance.

For chapped hands, heat one ounce of cocoa butter and one ounce of sweet almond oil in a double boiler. Stir till thoroughly blended, then add one drachm each of oxide of zinc and of borax, drop by drop. When cool add a few drops of perfume. Rub some of this cream into the hands, then pull on some loose kid gloves. If the finger tips are cut off and a circle cut out of the palm, the results will be happier, as covering the hands tightly tends to make them yellow and ugly.

TO HAVE HEALTHY HAIR

To make the hair glossy and induce a thicker growth brush it vigorously each day for ten minutes.

The following old-fashioned recipe will drive away dandruff: first boil in a stone jar, placed in a pan of hot water, half a pint of rose water and one-fourth ounce of sassafras wood. Let this stand till cold, then add a small wineglass of alcohol and one drachm of pearlash. Apply to the scalp once daily.

That toilet soaps are not good as a shampoo for the hair is the verdict of a hair specialist. "Don't you know," he says, "that soap was first used as a hair bleach? Soap—any kind and the best kind—possesses bleaching qualities still, along with its cleansing prop-

erties, and unless you want your locks to fade and lose their lustre, bleach, in other words, you will eschew toilet soaps in this capacity. Of course, tar soaps and the other soaps that are prepared especially for shampoo purposes are quite a different matter."

A shampoo for oily hair is made by powdering very fine one-fourth of an ounce of camphor and one-half of an ounce of borax, and dissolving them in one pint of boiling water.

A treatment which is recommended for falling hair begins with washing the hair once a week in salt water. After every bath the scalp must be dried with a coarse towel. Then rub into the scalp equal parts of olive oil and bay rum, to which a few drops of tincture of cantharides have been added.

A formula for stopping one's hair from falling, that can be made at home, by simply buying the ingredients and then blending them, is made by taking an ounce of Jamaica bay rum, an ounce and a half of cocoanut oil, two and one-quarter drachms of tincture of nux vomica and twenty drops of oil of bergamot. Use this to massage the scalps with, in a rotary motion, with the tips of the fingers.

A tonic for the hair is made by dissolving one-half ounce of gum camphor and an ounce of borax in a quart of boiling water.

Another recipe prescribes forty-eight grains of resorcin, one-quarter ounce of glycerine, and alcohol to fill a two-ounce bottle. If the hair is oily, use forty grains

of resorcin, half an ounce of water, one ounce each of alcohol and witch hazel. Apply to the scalp every night with a small sponge and gently massage.

PROPER EXERCISE

It is of the utmost importance that a proper amount of exercise should be taken somewhere. It is a good plan to institute a system of bedtime gymnastics, to rest the mind as well as the body and restore normal circulation before going to sleep. At least ten minutes should be given to the movements, and twenty or thirty would be better in most cases. If the movements are gone through at an earlier hour it is imperative that loose clothing be worn, that the breathing may be perfectly free. Each position should be held from three to five pulse beats, and a few minutes should be allowed to pass between the different sets of exercises.

The first thing to be considered is attitude during exercise. The chest should be raised and the hips drawn back, the head erect, chin in, feet at an angle of ninety degrees. If wearied by standing, walking or other active exercise, many of the movements may be made while in a recumbent position. All exercises should be taken slowly, rigidity of muscles is to be avoided and a regular and progressive order must be observed if one is to benefit properly by them. It must be noted that in cases of heart trouble or internal weaknesses a physician should be consulted before entering upon any course of gymnastics.

An effective set of exercises is given by an eminent "physical culturist" as follows:

Stand with the arms bent upward, elbows at waist, finger tips resting on shoulders. Inhale, raising the arms until elbows are level with the shoulders. Lower to first position while exhaling. Repeat ten times, taking care that the elbows are not brought to the front. Inhale through the nose, exhale through the mouth.

Stand with hands on hips, the thumbs backward, and arms in line with the body. Rise slowly on the toes, with feet at an angle of ninety degrees. Hold position in perfect balance, while counting five. Slowly sink to first position. Repeat ten times.

Standing erect, turn the head to left as far as possible, slowly and easily. Face front and turn to right, keeping the head level. Repeat ten times.

Stand with arms stiffly extended, palms touching the body. Turn them until palms are outward, keeping extensor muscles firm. Relax slowly to first position. Repeat eight times.

Stoop to a sitting posture, with knees apart at an angle of ninety degrees, keeping hips firm. Bend forward from waist, holding spine and neck rigid. Repeat eight times.

Lying on the back, with the neck firm, extend the foot in line with the leg, and keeping the knee tense, lift the leg a short distance from the floor. Avoid any strain in lifting, and raise only one leg at a time. Repeat with each five times.

Repeat the first movement ten times to end the exercise.

Beginners in the art of deep breathing are advised not to practice with their arms extended, but to try it lying absolutely on the floor. Any position will do in which the chest is extended, the shoulders kept flat and the head allowed to be free. A position must be taken up before an open window, however, no matter what the weather may be, as any kind of air that is fresh is better than the vitiated atmosphere of a shut up room. That deep breathing—exercising, as it does, muscles which have for years lain dormant—is a terribly exhausting thing at first, is not dwelt upon sufficiently with beginners, nor that it will probably take months of daily practice before the knack will be acquired. One athlete who has written a book on physical culture confesses that it took him a year to master diaphragmic breathing so that he did it automatically. But deep breathing pays for itself as one goes along. Long before the beginner is perfect her chest has begun to grow and her neck hollows to fill up.

Large hips can be reduced by correct exercise. Take the soldier's position, heels together, chest up, chin up, hips back. Raise the hands above the head with the palms out and fingers extended, bringing hands down to the floor without bending the knees. Do this very quickly fifteen or twenty times. Rest for half a minute and repeat. Your hip measure will grow comfortably

less within a fortnight's time. Have the clothing loose and see that the room is properly ventilated.

TWO GOOD DENTIFRICES

An excellent liquid dentifrice can be made by putting into a quart of hot water one teaspoonful each of spirits of camphor and tincture of myrrh and two ounces of borax. Add the borax first. When the water is nearly cold add the other ingredients. Use a wineglassful night and morning in a mug of lukewarm water to brush the teeth.

Camphorated chalk is one of the simple dentifrices that never go out. One can prepare it at home just as well as to pay a druggist to do it. All that is necessary is an ounce of powdered camphor and fifteen ounces of prepared chalk. If it is desired to have the dentifrice foam, add a little powdered Castile soap. Mix thoroughly by sifting through coarse cambric a number of times.

TO CULTIVATE A LOW VOICE

"If the rising generation of American girls is not taught to use the speaking voice properly, we shall develop into a race of unconscious, unintentional shrews. If some rich woman wished to bring upon her head the blessings of posterity, she would endow a chair of voice development which would not necessarily include singing lessons," so said Miss Helen Lord, one of the prima donnas in "The Runaways," as she sat at a table in the centre of a smart restaurant.

" Listen to the penetrating feminine voices all around us, shrilling, almost shrieking in head tones. And I am sure that not one of those women realize that her remarks are being heard all over the room. If she did, she would talk less personal matters. Ride on the elevated trains or on open surface cars, and your head will ache more from the piercing voices of the women around you than from the combined din of train and street. Have you ever had a telephone ring in your ear because the woman at the other end of the wire was using head tones in talking? It is frightful."

" The true root of the evil is that the American woman either can not or will not use her speaking voice properly. Hundreds of dollars to cultivate a singing voice, but not one cent nor a jot of her time to improve her speaking voice! Massage and lessons in physical culture to develop a plump throat, but not five minutes a day to enlarge her chest. And yet a gentle voice is woman's most effective weapon."

" If a woman will stand squarely before her glass, with her shoulders back, her head high, while she slowly inflates and empties her lungs, she will secure excellent chest development. Then let her give the sound of double O (oo) as the lungs are emptied, but in rich, low tones, which she feels come straight from the chest, or, as one woman expressed to me, from the pit of the stomach, and she will have taken the first step in developing a pleasing speaking voice."

" Next let her take the same position and count up to

ten as slowly as possible while emitting one long breath, steadily increasing her chest expansion. Then let her practice her new speaking tone on her family, seeing how deep she can place her voice and yet be heard distinctly by members of the home circle. When on trains or walking on the street let her aim to strike a voice tone below the din, and not above it, so low, in fact, that it rings like a second or alto part in singing. She can then be heard as distinctly as if she tried to shout above the roar of street traffic, and her voice will lose that penetrating, shrill quality which is the hall-mark of the ill-bred woman."

AN EXCELLENT "NIGHT-CAP"

"Did you ever try tomato bouillon as a 'night-cap' or 'pick-me-up' when you're tired to death and couldn't look at a beefsteak or chocolate eclair?" asked a nervous, brisk little woman the other day. "Well, try it, then. I heard my sister-in-law rave over it, so out of curiosity, I had my cook make some tomato puree and flavor it with extract of beef and the proper seasoning. Now I can only say that I am addicted to it. If I have to sit up late to put Alice to bed after a party, I take tomato bouillon. If I have to get up at an unearthly hour to take an early train or see John off, I take tomato bouillon. If I come home worn out from a shopping bout, I drink a cup of my stand-by, and in a few minutes that indescribable sensation of tension that every woman with nerves knows only too well, vanishes. Just try it, my dear, and see if it isn't so."

FOR A HARD CORN

Try a glycerine poultice. To make this, steep a piece of lint in the glycerine, and then lay it on the corn with a piece of oiled silk over, keeping it in place with a narrow bandage. Put this on every night, and by day wear a shoe that does not press on the corn at all. A boracic poultice made and applied in the same way—substituting a solution of boracic acid for the glycerine—is excellent for an inflamed toe joint.

A REMEDY FOR MOTH PATCHES

Iodide of potassium, 2 drachms; glycerine, 1 ounce; rainwater, 1 pint; rum, 1 pint; flour of sulphur, 1 tablespoonful.

WASH FOR SUNBURN

A wash for sunburn is: rose water, one-half pint; simple tincture of benzoin, one ounce; borax, one teaspoonful. Dissolve the borax in the rose water and add the benzoin, shaking well. It should be milky.

REGARDING SOAP

That toilet soaps may be bought in quantity as advantageously as laundry soaps is the opinion of a soap manufacturer. Fine toilet soaps, he says, need drying and ripening, just as much as the coarser varieties of the laundry.

Plainly colored toilet soaps are apt to be purest.

A HOUSEHOLD MEDICINE CHEST AND ITS USES

HOUSEHOLD MEDICINE CHEST

1 PINT BOTTLES OF EACH

Listerine
Witch Hazel
Alcohol
Ammonia
Aqua

½ PINT BOTTLES OF EACH

Glycerine
Whiskey
Tincture of Green Soap
Turpentine
Soap Liniment
Lysol

4 OUNCE BOTTLES

Castor Oil
Aromatic Spts. Ammonia
Spirits of Camphor
Paregoric
Syrup of Ipecac
Essence of Peppermint
Sweet Spirits of Nitre
Jamaica Ginger
Arnica
Sweet Oil
Camphorated Oil
Aromatic Cascara
Viburnum Compound

TABLETS

Migraine, No. 6
Soda Mint
Quinine, 2 gr.
Chlorate of Potash
Calomel, ¼ gr.
Bi-chloride (poison)
Lime Water
Seiler's

POWDERS

Bismuth Subnit.
Soda Bicarb.
Boracic Acid

2 OUNCE BOTTLES

Oil of Cloves
Tincture of Iodine
Flex. Collodion

JARS

Flaxseed
Antiphlogistine

OINTMENTS

Zinc Oxide
Ichthyol (20%)
Vaseline
Cold Cream
Box Mustard Leaves

MATERIALS

Absorbent Cotton, Medicine Dropper, Medicine Measure, Cork-screw, Gauze, 2 small Granite Basins, Applicator, Nail-brush.

(Have the druggist label each bottle and package clearly. Have poison labels put on all poisonous drugs. Never use a bottle or package without carefully seeing that it has the correct label of what you want.

Note.—The wrong drug is often used by carelessly judging of the contents by the size, shape or color of the package, or because it stood in the wrong place. Always read the label.)

USE OF THE MEDICINE CHEST

Lysterine: For a mild antiseptic. To clean cuts, etc. For mouth wash and sore throat, dilute with three quarts of water. For inflamed eyes, use 15 drops to four ounces of water.

Witch Hazel: Apply for sprains, mosquito bites, stomach rash, summer heat.

Brandy-Alcohol-Whiskey: (Stimulants)

Lime Water:	For continuous sour stomach. Add one-half ounce to pint of liquid.
Glycerine:	For constipation, inject one tablespoonful mixed with one gill of water. For sore throat and irritating cough, mix one teaspoonful with one-half glass of sweetened water.
Tinct. of Green Soap:	In hot water to clean sores and for scrubbing the skin.
Aromat. Spts. Ammonia:	Take 15 to 30 drops in half a glass of hot water, for fainting, vomiting and nervousness.
Spts. of Camphor:	For cold in head, take 5 drops on a lump of sugar. Use in place of smelling salts. Good to ward off mosquitoes.
Turpentine:	For cramps in the stomach, apply stupes made by wringing out flannel in hot water and sprinkling the surface with turpentine. Turn cloth as soon as skin is red.
Ammonia:	For fainting, carefully inhale. Apply to mosquito bites, etc.
Soap Liniment:	Apply to bruises and over hard swellings, rheumatic pains and sprains.

Camphorated Oil:	For pain in chest or headache with a cold, apply with rubbing and cover with cloth.
Ichthyol Ointment:	Use for any inflammatory swelling. It will take out inflammation in such swellings as those of the glands of the neck, etc.
Zinc Oxide Oint.:	For abrasions, chafing, cold sores and rashes.
Quinine:	Take a 2-grain tablet three or four times a day. To break up cold, take two or three capsules with a pint of hot drink on going to bed.
Migraine Tablets:	Headache, fever and "grippe." Take one every three hours till relieved.
Cascara:	Laxative.
Viburnum Comp.:	
Soda Bicarb.:	For sour stomach, take a teaspoonful in a glass of water. Sip slowly before meals.
Soda Mint Tablets:	For indigestion, colic and sour stomach, dissolve on tongue.
Chlorate of Potash:	For sores in the mouth, dissolve in hot water, touch sores with it and rinse out mouth. For hoarseness, dissolve slowly on back of tongue every two or three hours.

Collodion:	Paint over sore to protect and make artificial covering.
Tinct. of Iodine:	Dilute in half hot water, and paint for sprains or bruises. Mix 1 part in 400 parts of water for irrigation of abscesses.
Lysol:	Teaspoonful to a quart of water for antiseptic wash.
Bi-chloride Tablets:	One dissolved in a quart of warm water is a strong antiseptic. It is a violent poison, and very dangerous to have with other tablets.
Oil of Cloves:	For tooth-ache, dampen a small piece of cotton and put in cavity of tooth.
Ess. of Peppermint:	For colic of infants, use one drop in two ounces of sweetened water.
Jamaica Ginger:	For stomach ache and cramps with or without diarrhoea.
Sweet Spts. of Nitre:	Five to ten drops three times a day in water, to break up children's cold or fever.
Boracic Acid:	For washing cuts and sores, use ¼ teaspoonful in one ounce of water. For mouth wash, nose wash, and eye wash, use half above strength. For dry wounds, use a powder.

Antiphlogistine:	For bruises and sprains apply hot, on a cloth, spread as thick as a silver dollar.
Flaxseed:	When making poultices of flaxseed, make them large, and as wet as possible, but not so soft as to run.

NOTES

Spoons are inaccurate measures for medicines. Always use medicine glass measures.

Keep moderately small nail-brush clean for scrubbing areas around wounds.

Poisons: When a person has taken a poison, give ipecac immediately to produce vomiting. When the poison is a corrosive, give the white of two or three eggs with the ipecac.

In case of sudden exhaustion, heart failure, etc., place the person on his back and apply external heat.

WEATHER SIGNS

WEATHER SIGNS

A housekeeper is greatly aided in planning her work if she can forecast the weather, and the following proverbs are given to show how one may predict a change in weather by the action of the atmosphere on various things:

When walls are unusually damp, rain is expected.

Horses sweating in the stable is a sign of rain.

Doors and windows are hard to shut in damp weather.

Flies sting and are more troublesome than usual when the humidity increases before rain.

Sailors note the tightening of the cordage on ships as a sign of coming rain.

Sensitive plants contract their leaves and blossoms when the humidity increases.

A piece of seaweed hung up will become damp previous to rain.

A lump of hemp acts as a good hygrometer, and prognosticates rain when it is damp.

Tobacco becomes moist preceding rain.

When rheumatic people complain of more than ordinary pains it will probably rain.

" When the locks turn damp in the scalphouse surely it will rain."—(American Indians.)

If corns, wounds and sores itch or ache more than usual, rain is likely to fall shortly.

When matting on the floor is shrinking, dry weather may be expected. When matting expands, expect wet weather.

Ropes shorten with an increase of humidity.

Ropes being difficult to untwist indicate rain.

Quarries of stone and slate indicate rain by a moist exudation from the stones.

Salt increases in weight before rain.

A farmer's wife says when her cheese salt is soft it will rain, when getting dry, fair weather may be expected.

" If metal plates and dishes sweat it is a sign of bad weather."—(Pliny.)

" Three foggy or misty mornings indicate rain."—(Oregon.)

A rising fog indicates fair weather; if the fog settles down, expect rain.

Fog from seaward, fair weather; fog from landward, rain.—(New England.)

Hoarfrost indicates rain.

Heavy frosts bring heavy rain; no frosts, no rain.—(California.)

The larger the halo about the moon the nearer the rain clouds and the sooner the rain may be expected.

When the perfume of flowers is unusually perceptible, rain may be expected.

When the mountain moss is soft and limpid expect rain. When mountain moss is dry and brittle expect clear weather.

Sunflowers raising their heads indicates rain.

Rainbow in morning, shepherds take warning;
Rainbow at night, shepherds' delight.
Rainbow at night, sailors' delight;
Rainbow in morning, sailors' warning.

Rainbow in morning shows that shower is west of us, and that we will probably get it. Rainbow in the evening shows that shower is east of us and is passing off.

Snakes expose themselves on the approach of rain.

"In dry weather, when creeks and springs that have gone dry become moist, or, as we say, begin to sweat, it indicates approaching rain. Many springs that have gone dry will give a good flow of water just before rain."—(J. E. Walter, Kansas.)

Drains, ditches and dunghills are more offensive before rain.

Plants are also better weather prophets than men. In the following various ways they show their wisdom:

The odor of flowers is more apparent just before a shower (when the air is moist) than at any other time.

Cottonwood and quaking asp trees turn up their leaves before rain.

When the leaves of the sugar maple tree are turned upside down, expect rain.

The convolvulus folds up its petals at the approach of rain.

Before rain leaves of the lime, sycamore, plane and poplar trees shows a great deal more of their under side when trembling in the wind.

Clover leaves turned up so as to show light under side indicate approaching rain.

Corn fodder dry and crisp indicates fair weather, but damp and limp, rain. It is very sensitive to hygrometric changes.

When the pink-eyed pimpernel closes in the daytime it is a sign of rain.

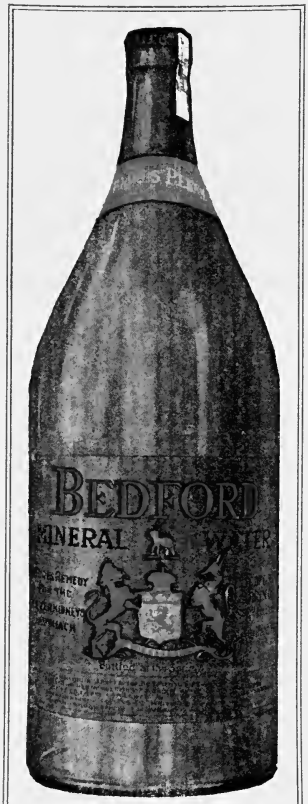
Milkweed closing at night indicates rain.

Mushrooms and toadstools are numerous before rain.

The pitcher plant opens its mouth before rain.

Trees grow dark before a storm.

When the leaves of trees curl, with the wind from the south, it indicates rain.



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