

powdered orris root. Mix well together, make bags of heavy silk, and lay the bags about among the clothing. Florentine orris root, powdered, is, of itself, an excellent sachet powder. It sells from ten to twenty-five cents per ounce, according to where it is bought.

Individual Belongings

Do not forget that each child should have its own towel, brush and comb, tooth brush, handkerchief, napkin and pillow. Many times this precaution will prevent the spread of contagious disease, which may exist quite unnoticed by the parent until the other children have become infected. Eye troubles, throat troubles, skin diseases, and many other disturbing ailments may in this way be confined to one or more child, and much work and worry be avoided.

For Old Ladies

The Ladies' Home Journal says: "For some unknown reason, by some unwritten law, a separate shirt-waist never looks quite appropriate as a dress-up garment on an elderly woman. For general morning wear at home, the separate shirt-waist of washable material, or lightweight woolen fabric, is a convenience; but for a best dress, an unlined waist, no matter of what material or how trimmed, is never appropriate or becoming for an elderly woman. * * * Most elderly women look best in bodices worn outside the skirt; the belted shirtwaist is trying, although by no means impossible in individual cases. * * * There is one design of bodice which has become classic in style for the elderly woman, and that is the surplice waist; it is adaptable for all sorts of materials, and can be varied so easily by different adjustable chemisettes and collars. With a black gown, you can have a chemisette and collar of transparent black and white lace, or of white muslin with black lace insertion. A chemisette and collar of all-over white Valenciennes lace or net lace, with a narrow, black lace insertion outlining the largest design in the lace is exceedingly pretty. The surplice waist, when forming part of the best dress, is worn outside of the skirt. For a stout, short-waisted figure, the lower edge should be finished with a bias, folded belt; the bodice should be cut short on the hips, round in the back and slightly pointed in the front. The bodice should not be so long over the hips that it breaks the creases.

For the neck, the collar should match the gown. The separate, fancy

A BOY'S BREAKFAST
There's a Natural Food That Makes Its Own Way

There's a boy up in Hoosick Falls, N. Y., who is growing into sturdy manhood on Grape-Nuts breakfasts. It might have been different with him, as his mother explains:

"My 11-year-old boy is large, well developed and active, and has been made so by his fondness for Grape-Nuts food. At five years he was a very nervous child and was subject to frequent attacks of indigestion which used to rob him of his strength and were very troublesome to deal with. He never seemed to care for anything for his breakfast until I tried Grape-Nuts, and I have never had to change from that. He makes his entire breakfast of Grape-Nuts food. It is always relished by him and he says that it satisfies him better than the ordinary kind of a meal.

"Better than all he is no longer troubled with indigestion or nervousness, and has got to be a splendidly developed fellow since he began to use Grape-Nuts food." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs.

stocks are no longer worn by well-dressed women. Small, turn-over collars are used a good deal, and these are always put on over the collar of the gown or shirt-waist. It is a style quite as becoming to a stout person with a short neck as to a woman who can wear high collars. The collar of the same material as the dress, finished at the top edge with a soft ruching or a turn-over collar of linen or organdy, is in far better taste than the most elaborate, separate fancy stock."

Query Box

C. E. H.—Query in regard to newspaper work referred to proper authorities for reply by mail.

Mrs. G. H. W., and Mrs. L. M.—See answer to C. E. H. Letters will be answered by mail.

Velma.—There is nothing better for relaxed muscles of the throat and a tendency to sore throat and colds than to sponge the throat, neck and chest with cold water, every morning.

E. H. D.—For the old piano, have it scraped and give it two coats of a very dark green, or mahogany color paint. If you are not good at fixing over things, let the job out to a professional.

Beth.—All kinds and sizes of buttons are used on cloth and velvet gowns. The new stocks are cut very high; chemisettes are still popular, and undersleeves and chemisettes may be made of lawn or lace, or a combination of both.

Querist.—School education is principally for the purpose of systematically training the mind and memory, and teaching the pupil to use their mental powers. If one has common sense, persistence and determination, along with a moiety of brains in the right place, one can become educated without entering schools.

Mother.—A pretty house-dress may be made with a fitted lining, the back being plain princess, while the front is full, with under-arm and side-back gores, also plain. A cape collar, stock collar, or band can be used, according as you like your neck open or covered. The sleeves may be short-length, or shirt-sleeves or bishop.

F. W.—The best of polish is liable to crack shoe leather. The white of an egg on a flannel cloth is excellent for black shoes; for tan shoes, nothing is better than a banana peel; for white shoes, an occasional scrubbing with warm soap suds, using a small brush, is best, being careful not to wet the soles.

Fannie S.—We are just as glad to help the little lassies as we are to be of service to the big women; so bring your questions right along. If I can not solve your problems, I am pretty sure to know who can. Ask your mamma to get you a Child's History of the country you wish to know about, as the story is too long to tell you in this column. Your book-dealer or librarian can suggest one.

Annie M.—The real name of Cinderella is said to have been Rhodone, and she lived in Egypt over two thousand years ago. It is said that, while bathing in the Nile one day, an eagle carried off her shoe and dropped it at the feet of the king, who was staying at Memphis. He was curious to know whence it came, and on finding the owner of the shoe to be a beautiful girl, made her his queen.

Nellie W.—The elbow sleeve is still very popular, and many handsome dresses are made with them; there are a great many devices on the market for keeping the wrists and arms warm, such as heavily-lined long gloves, deep wristlets, undersleeves and large muffs. The long sleeve is, however, just as popular, and many sensible women of high station in society wear long sleeves. The little Eton jacket may have long or short sleeves. It is still popular.

Housewife.—Common black pepper

is the fruit of the Piper Nigrum. The fruit is about the size of a pea, bright red when ripe; but the berries are gathered when just turning, as they are then the most pungent. As they dry, they become black and wrinkled. White pepper is the seeds of these peppercorns, freed (by soaking in water) of the skin and fleshy part; after this, they are again dried and ground into a grayish white powder. Very white pepper is always adulterated.

Country Shopper.—Unless you are a judge of quality and values, I should advise you to patronize the regular counters, as any honest clerk will tell you that "bargain counter" goods are made for the "bargain counter" trade. There are often a few real bargains, in quality, if you are willing to take out-of-date, or "soiled-by-handling" or "shop-worn" or for some like cause unsalable goods. Often "special sale" goods are of real value and "cut down" price, but it is well to be a judge of even these goods.

Miss Clara Barton

The Woman's Journal tells us: The National First Aid Association of America has been organized by Clara Barton, and incorporated under the laws of the District of Columbia. Miss Barton announces this new work of hers through a beautiful little booklet, on the first page of which she says: "All is well with me. Though the unerring records affirm that on Christmas day, 1821—84 years ago—I commenced this earthly life, still, by the blessing of God, I am strong and well, knowing neither illness nor fatigue, disability nor despondency. * * * You have never known me without work; while able, you never will. It has always been a part of the best religion I had."

And when we look back over the long, beautiful years she has lived, glorified by her courageous persistence in good works, and see her still reaching forth a helping hand, does it not awaken aspirations in our own hearts, inciting us to consecrate our strength to the work of uplifting the bruised and broken that lie all along the roadway of life, pleading with mute lips for the touch of tender hands, the cup of water for parched lips? We may never hear the plaudits of grateful millions, and our names may never be known outside our own limited environments; but if we do the best that is in us to mold our own lives into conformity with the Divine will, making all we can of the material given us, trimming our own small rush-light so its rays may light the pathway for feet stumbling along the rough road of discouragement, who shall say but that we shall be adjudged worthy to stand among the blessed who, having been faithful over a few things, shall be made ruler over many? Do we ever stop to think that these hard trials, this keeping of us down to the despised "small things," is but a trial of our faith—a testing of our fitness for the "greater things" that await the willing and clean hands on the other side? Blessed are they that endure until the end.

Women's Clubs

The Illinois Consumers' league is to unite with the general federation of women's clubs in its crusade for pure food. The uprising of the women of the country in favor of pure food has been likened to that of the insurance companies demanding better conditions.

The women's clubs of California petitioned the legislature to appoint a woman physician at the insane asylum and Miss Dell of Oakland has been appointed third assistant physician at the hospital for the insane at Agnews, Cal. There are 621 men and 434 women in this hospital.

The Women's Improvement and Sanitary league of Columbus, Ind., de-

clares that Columbus is now the cleanest city in the state, thanks to its efforts. Everything that women could do to influence the men to keep the city clean has been done, and the ladies have not yet folded their hands, either.

Rev. Owen R. Lovejoy, secretary of the national child labor committee, said in New York the other day that President Roosevelt was mistaken in promulgating his doctrine of big families among the American family, and referred to the fact that men in factories and at the bench were working today for less than their fathers, made at the same employment, and it costs them more to live.

Mrs. Sarah Platt Decker, general federation president, has been from one end of the country to another during this winter, and has this to say concerning her experiences: "A long journey, but everywhere fine meetings, much enthusiasm, splendid showing of work and plans, and never an unkind word or bit of gossip or an unworthy expression, absence of self-seeking, never a struggle for office, always generosity and loving consideration for others. This testimony will apply to each of the three long journeys taken in the past year, in which twenty-six state federations have been visited. With such results and prospects no wonder the future is of untold promise."—St. Louis Globe-Democrat.

Snappy

"You told me this automobile was a snap," said the purchaser.

"And didn't you find it to be one?" asked the dealer.

"I should say so. Something snapped every five miles."—Chicago Daily News.

Liberal Rewards

No better beginning is offered bright boys and girls or ambitious young men and women than the pleasant occupation, splendid means of developing strength of will and character, opportunity to study human nature and the world of large affairs, and to reap profitable rewards for the agreeable work of selling yearly subscriptions to THE LADIES' HOME JOURNAL and THE SATURDAY EVENING POST.

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