

look any better than her surroundings? She loses all heart. Begin now, today, this week, and clean up and beautify the yards.

Planting Time

Don't forget that the peas, flowering or garden, must go into the ground early. The trenches for the peas should be prepared at the earliest possible moment, as soon as the condition of the weather and soil will permit—the earlier, the better, in order that the vines may make a good root-growth while the ground is cool and moist.

Don't neglect to plant plenty of the dear old "grandmother's garden" flowers; and remember the fragrant ones, as well as those for show only. Plant some scented foliage plants. The old lemon verbena is one of the best. Some of our most popular flowering plants of today are the old kinds our mothers loved. These plants "seldom die and never resign" their office of beauty-bearing.

Lettuce is easily started in boxes in the house, or, if there is a furnace in the cellar, with a window in the apartment through which the sun may reach the box part of the day, the boxes may be set there, and when the ground gets in condition to work, the lettuce should be ready to transplant. All hardy vegetables, such as beets, cabbage, radishes, turnips, peppers, etc., can be started in the house with much saving of time.

The common ruffled parsley, used so freely as a garnish for many dishes and as flavoring for others, is easily raised. Seeds should be sown early in boxes in the house, or in the hot bed, or, later, in the open ground. The seeds germinate readily. When fully grown, cold and freezing weather does not harm the parsley, and it can be had green all winter if given a little protection. A sprig of it suits well to put in bouquets, or in the vase. It is useful, ornamental, and easily grown. Do plant a few seeds of it.

For either the flower or vegetable garden, prepare the ground, get good seeds, plant generously to allow for many mishaps, give good cultivation, and you will find yourself well repaid for money, care or exertion. Don't neglect the garden.

Floral Notes

If you can get only one cutting of the water plant called "Parrot's Feather," it should have the roots started, but will do very well without. Put it into a glass of water with about a tablespoonful of soil. At

THE EDITOR

Explains How to Keep Up Mental and Physical Vigor

A New Jersey editor writes:

"A long indulgence in improper food brought on a condition of nervous dyspepsia, nearly three years ago, so severe that I had to quit work entirely. I put myself on a strict regimen of Grape-Nuts food, with plenty of outdoor exercise and in a few months found my stomach so far restored that the process of digestion gave me pleasure instead of distress.

"It also built up my strength so that I was able to resume my business, which is onerous, as I not only edit my own paper but also do a great deal of 'outside' writing."

"I find that the Grape-Nuts diet enables me to write with greater vigor than ever before, and without the feeling of brain-fag with which I used to be troubled. As to bodily vigor—I can and do walk miles every day without fatigue—a few squares used to weary me before I began to live on Grape-Nuts!" Name given by Postum Co., Battle Creek, Mich.

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

first it may seem to wither, but it will soon freshen up, and the tiny white roots will appear. Give it plenty of light, and when it is about three inches long, pinch out the leaf-bud, and it will soon put out branches at each joint. When these are about three inches long, cut off most of them and root them as you did the first, until you have enough to start a hanging basket. The vessel used for the hanging basket must be airtight, though it may be enclosed in any pretty covering one chooses. Fill with water, with a little soil in the bottom, and plant your rooted slips. They will soon grow long and completely cover the sides of the basket, drooping over the sides. The whorls do not get brown unless subjected to more heat than the average living room contains. Late in the spring, if wanted in the yard, or on a veranda, put it in a shallow, cemented pond, or a tub, and with attention to keeping up its water supply, and judicious clipping of its long, straggling branches, it will soon be a large "beauty spot." It can be combined with other aquatic, and is a very desirable plant, requiring little care.

Seedlings.—Do not forget that you can raise your own palm plants, canna roots, dahlias, and many of the pot shrubs, by planting the seeds now; the seeds can be had from any first-class florist, at small cost compared to the cost of the plants themselves. None of these are hard to raise. They should be planted in window boxes, and cared for as you would any plantings, and the young plants will grow finely under the same conditions required by other, commoner plants. Remember, too, that in order to have chrysanthemums next fall, you should start the seeds this spring. You will not regret planting a few of the hardy perennials of various sorts, as, once started, you may have them in abundance for years with but little trouble.

Earning Money

The girl or woman who wishes to earn money for herself, and is a good seamstress, has her opportunity at hand. There are many women who would be glad to hire some one to make children's clothes, help with the dress-making or do the summer sewing, who yet do not feel able to pay a high priced dressmaker for such work by the day, so they have to struggle on alone. If you are handy with your needle and have a little skill in fitting, you can always get work. In the first place, you must be reliable; sew every part of the garment honestly, slighting no seams; nothing is more provoking than to have to do over a lot of sewing after you think the garment is finished and the seamstress gone. You should understand running a sewing machine and using the attachments; to make good buttonholes; to calculate, for much of your work will be making over, and the girl that can make something out of nothing, so to speak, will always be in demand. With the patterns to be had so cheaply now-a-days, you can readily make the plainer garments, and, if you make it a business to sew you will soon accumulate many patterns without buying, as you will readily be allowed to duplicate the patterns your employer buys, and, in many cases, they will be given to you. The common, every-day-wear dresses are generally made at home, and it should not be difficult to please in such work, while a day's mending and darning is often to be had which calls for neatness and skill, but it is not at all difficult to do. Clothing so soon goes "out of style" now, that you will often be called upon to "make over," requiring but a little taste, and such work pays very well. Don't stop your work the minute the clock strikes six if you are in the middle of a seam, or with a button-hole half worked, but finish them before the work is laid down. Don't stop to talk, or to

listen to any one who "drops in," but remember that your business is to do the work you are paid to do. A good plain-sewing seamstress can have all she can do if she attends to her business, keeps her engagements and does her work well.

For the Toilet

For the teeth, a good and harmless dentrifice is composed of two parts powdered orris root and one part each of prepared chalk and castile soap. To clean the teeth, put equal parts of salt and cooking soda in a thin muslin rag and rub the teeth with that. The salt strengthens the gums and the soda is harmless if the mouth is well rinsed after its use.

Scalp massage is now very generally used for the purpose of stimulating the surface and causing the hair to cease to fall. This recipe is recommended for falling hair: Eight ounces of alcohol, half ounce each of glycerine, spirits of lavender and tincture of cantharides; eight grains of sulphate of quinine should be added to this mixture and well shaken, before applying. Rub it well into the scalp.

For brightening switches of false hair, dip them into common ammonia without dilution. Half a pint is enough for this purpose, and the dipping is said to revive it and make the hair look as if just cut from the head.

The best perfume, and that which is most agreeable to nearly all persons, is that which comes from thorough personal cleanliness and a constant use of the bath tub. A clean, healthy person usually has an agreeable aroma peculiar to one's self, and no "perfume" from the drug-store can hope to rival it.

Wrapping the body in a damp sheet, keeping the room warm enough so as not to chill, and having some one administer a gentle rubbing on the outside of the sheet will stimulate the circulation and give the body a warm, healthy glow, and will be highly beneficial to the nerves. Five minutes is long enough to remain in the damp sheet, and may be followed by a gentle rub-down with the salted cloth.

Possibly three-fourths of the skin trouble one hears about come from using highly-scented soap and the strongly alkaline articles. The alkali extracts the natural oil from the skin and leaves it harsh and dry, while the perfume is more likely than not used simply to cover up the poor oils and fats used in the composition of the soap.

Diphtheria

During the prevalence of diphtheria, it is quite as necessary to look after the well ones as those that are ill, says the Medical Magazine. Especially needful does it become, if one is exposed to the disease. The observance of a few precautions in this disease, as well as in others, is of great value to prevent their spreading. These few rules should be observed: Never go into the presence of disease with an empty stomach; eat a good meal, if possible; if not able to do this, drink a cup of coffee, or hot tea, or milk. If nothing more substantial offers, drink copious draughts of water. If a little spirits, or Jamaica ginger can be added to it, all the better. Do not visit the sick when exhausted or over-fatigued. Before going into a room where diphtheria is, gargle the throat with diluted alcohol—one-third alcohol to two-thirds water, or rub up a little sulphur in water with the finger, and gargle with that. All members of the family in the house with a case of diphtheria should gargle the throat three or more times a day with one of these preparations.

Endorsement of Recipe

P. M. L., of Texas, says of the recipe for keeping meats free from skippers, given in our issue of February 16: "The process is a complete success.

I speak from ten years' experience. More than that, after applying the borax, wrap securely in paper, preferably good quality of wrapping paper sufficiently large to cover the flesh may be made of cheese-cloth, or the rest. Then, carefully holding the paper in place, slip into sacks, shank downward, tie sack and hang. Sacks may be made of cheese-cloth, or the fifty-pound flour sacks are all right, if clear of holes." I am assured from other sources, also, of the excellence of the recipe, and I thank all the writers for their kindness.

I have quite a few calls for recipes for keeping meats (in small quantities—say, a "quarter of beef") among the farm families during the warm months when "help" must be fed. Will some one give them?

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