

such as trousers, under-coats and vests are usually made of, one can make serviceable wear for the boy still in skirts or Russian blouses; buttoned leggings, gaiters, caps, mittens and hoods for home wear; extra sleeves to be worn under a cape or shawl while out doors; or the nicest looking may be re-modeled into coats, jackets or capes for the larger boys and girls. If possible, this sorting should be done now, before putting away, and you will thus be able to materially cut down expenses when the fall sewing comes before you. Where there are growing children, and the home seamstress is not too full-handed with other duties to make it advisable, these cast-off garments may be made over for the little ones who can wear a garment but one season, anyhow, on account of growth, and the expense money be applied to getting new and better material for the elders. But one must remember that material already thin and weak from wear in one garment is not worth hoarding up for further use, and should be at once consigned to the rag-bag. Where there are several in the family, these "rags" may be cut and sewed for rugs, either woven, plaited, knit or crocheted, and will be found to serve the purpose of such things in bedroom, dining room and kitchen as satisfactorily as more expensive goods.

Food for the Baby

I think it is a great mistake—this wholesale censuring of mothers who do not "nurse" their babies. It is not always a question of "do or don't," but more times than not the mother finds it impossible to do so, in justice either to herself or to baby. A great many mothers who raise their babies "on the bottle," do so because they must, for various reasons affecting either their own or the child's welfare, or oftentimes both. Even where the baby has his natural food, there is need of much thought as to the food the mother eats; the effect of worry or overwork on the milk; the atmosphere she breathes, her surroundings, and the condition of her mental and physical health. A physician, writing of this says: "Do both parents understand that grief, anger or worry poisons the mother's milk and makes it unfit for use? The farmer knows that if the cow is chased or vexed, her milk is affected thereby; does he know that unkind

REPAIRING BRAIN

A Certain Way By Food

Every minister, lawyer, journalist, physician, author or business man is forced under pressure of modern conditions to the active and sometimes over-active use of the brain.

Analysis of the excreta thrown out by the pores shows that brain work breaks down the phosphate of potash, separating it from its heavier companion, albumen, and plain common sense teaches that this elemental principle must be introduced into the body anew each day, if we would replace the loss and rebuild the brain tissue.

We know that the phosphate of potash, as presented in certain field grains, has an affinity for albumen and that is the only way gray matter in the brain can be built. It will not answer to take the crude phosphate of potash of the drug shop, for nature rejects it. The elemental mineral must be presented through food directly from Nature's laboratory.

These facts have been made use of in the manufacture of Grape-Nuts, and any brain worker can prove the value of the proper selection of food by making free use of Grape-Nuts for ten days or two weeks. Sold by grocers everywhere (and in immense quantities). Manufactured by the Postum Co., Battle Creek, Mich.

words spoken to the mother who is nursing his son and heir may poison the little one's food and cause illness, or death? More than one case is on record where anger or great grief has so poisoned the mother's milk that the child has at once been thrown into convulsions, ending in death. As a matter of care of his most valuable stock, it is important for the father to secure as large a degree of happiness as possible to the mother of his child. Labor-saving devices, helpful attentions, loving, patient words, a chance for needful rest for the mother, will all be repaid in greater vigor and beauty of his children.

The manner of feeding babies is important. The baby should not be put down upon its back in cab or crib with its bottle, but should be held as if nursing, and thus take its food in the best position, and also in the loving atmosphere which the mother can create. The baby should not be tossed or jolted after eating, but should lie quiet for at least an hour after eating.—Farm and Home.

To Repair a Damaged Mirror

For the damaged mirror, try this: Put upon a sheet of foil about three drachms of quicksilver to the square foot; rub smartly with a piece of buckskin until the foil becomes brilliant. Lay the glass to be repaired upon a flat table, face downward; place the polished foil upon the damaged portion of the glass; lay a sheet of paper over the foil and place upon it a block of wood or a piece of marble with a perfectly flat surface; put upon it sufficient weight to press it down tight; let it remain in this position for several hours or a day. The foil should adhere perfectly to the glass.

Unruly Children

American Motherhood has this to say:

"It is never wise for the parent to allow himself to be drawn into a contest with a child in attempting to compel him to do something that, from ill-temper or obstinacy, he refuses to do. If the attempt is successful, and the child yields under a moderate coercion, it is well; but there is something mysterious and unaccountable in the strength of the obstinacy sometimes manifested in such cases, and the degree of endurance which it will often inspire, even in children of a tender age. We observe the same inexplicable fixedness sometimes in the lower animals—the horse, for example—which we can not suppose, in his case, that a peculiar combination of intelligence and ill temper which we generally consider the sustaining power of protracted obstinacy on the part of the child. The degree of persistence which is manifested by children in contests of this kind is something wonderful, and can not easily be explained by any ordinary theories in respect to the influence of motives on the human mind. A state of cerebral excitement and exaltation is not unfrequently met with which seems akin to insanity, and instances have been known in which a child has suffered itself to be beaten to death rather than yield obedience to a very simple command. In a vast number of instances the parent, after a protracted contest, gives up in despair, and is compelled to invent some plausible pretext for bringing it to an end.

The way to avoid becoming involved in a contest of this kind is when a child refuses out of obstinacy to do what is required of him, to impose the proper punishment for the refusal, and let that close the transaction. Do not attempt to enforce his compliance by continuing the punishment until he yields. A safer and better plan is to avoid a contest altogether

by considering the offense complete, and the transaction on his part finished by the single act of rebellion against authority; to limit the transaction to the single act of disobedience and rebellion already committed, without giving an opportunity for a repetition of it by renewing the command, and, inflicting the proper punishment, let that end the affair. While children must be governed, and the proper authority over them maintained, it is a great deal better to seek to secure such end by gentle measures, if the parents have, or can acquire, skill to employ them. A serene, cheerful person, an embodiment of reserve power, has no difficulty in controlling angry children, because such presents to their minds an appearance of something more agreeable than anger, thus arousing their desire to emulate, and this desire, opposing itself to the impulse of anger, weakens the force of that emotion. A parental command should seem to have reason in it, and disobedience should bring discomfort because that which was prohibited was harmful in itself.

Fashion Notes

As yet, there seems but little change indicated in the prevailing fashions, as most of them are of such recent creation. The main tendency seems to be the elimination of the waist-line, as the favorite styles are the princess, Empire, Directoire, and if one can wear these styles, she is fortunate. The day of the fitted bodice has arrived, and the extreme dip and much-bloused styles are done away with.

For the skirts, there will be much trimming of braid and embroidery. Wash skirts will be trimmed with either braid or embroidery, especially the white linen suits, which will be much worn. Many plaited or kilted skirts will be seen. Among fabrics, those of soft texture are the most popular, and the variety and beauty of these materials are bewildering. Veilings, cashmeres and Henriettas will be much used for early spring suits.

For street wear, the short, or "Pony" jacket, with straight front and semi-fitted back, will be generally worn, while the little Eton, with closer fitted lines, will be worn with either the princess or the ordinary skirt. A little coat with the peplum, is much liked for undeveloped figures, and shirt-waists also are seen with the peplum in plaited form.

For the growing girl, there is a suggestion of their elder's new models, and loose effects are favorites. The Norfolk suit is a most useful one for general wear. Many of the three-quarter and hip-length coats have belts, while the "Pony" coat promises to be quite a favorite with the young girl.

For the little folks, the sailor suit is popular for girls, and the Russian suits for boys. For the girls, guimpes, as plain or elaborate as desired, give quite a variety to the little wardrobe, and may be fastened down at the waist-line by a tape run in a casing, instead of having to be buttoned to keep them in place. Laces, tucks, embroideries, smocking and ruffles are all to be used on the little garments, and the new materials adapt themselves nicely to the clothing of the young girls and little ones.

Contributed Recipes

Fruit Jelly—Soak one box of gelatin one hour in one pint of cold water; when softened, pour on one pint of boiling water, then put in a quart of fruit—pineapples, canned raspberries, strawberries, peaches, or other fruit may be used. Add half a cup of sugar and one tablespoonful of lemon juice, then pour all in the mold to harden. Serve with whipped cream.

A Nice Dessert—Get a large can of best table peaches and pour off the

juice; lay the pieces on a large glass dish, open side up, and put into each half a teaspoonful of fine sugar; make a nice jelly of amber color, pour over the peaches when it has cooled a little, and set in a cool place until wanted. When serving, put on each portion served a tablespoonful of whipped cream. The jellies in packages come in various colors.

Rhubarb Cake—Equal quantities of stewed rhubarb and sweet cream is the formula for this cake. Line a pie tin with good pastry and spread the mixture thickly over it, then sugar well and cover with a top crust and bake in a moderate oven. Cream is almost as much an essential in good rhubarb as is gelatin. In the case of the dish here mentioned, cream may be served at the table with it. A little gelatin added to the juice just before it is put into the pie will improve it.

Rhubarb Jelly—Use a porcelain kettle as it is thicker than granite, and, as the juice of the plant requires long cooking, it is not so apt to scorch. Select the stalks that have a red skin, and do not peel, as the red is desirable for color. The stalks should be as tender as possible. Cut up and cook in as little water as possible; strain, and then boil the juice down until it will jelly nicely, which may require two or three hours of slow boiling. When nearly done, add an equal amount of sugar, a bit of lemon or orange essence, and let boil a few minutes, then pour into glasses and set away to cool. Equal parts of currant jelly, before cooling, and rhubarb jelly, well mixed, makes a nice dish. When cold, pour over the top a quarter of an inch of melted paraffin.

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As Poor Richard says, or might well have said: "A man does well to lose the 'job' that will ruin him if he keeps it."

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