

necessities, as she too often is, until her own needs are satisfied. From this source, too, she should be allowed to draw for the hiring done of some things she finds it impossible to do herself, and which she could do, better than any one else, but for the time and strength devoted to the garden, poultry and dairy. If this were done, we would see far fewer discouraged, tired-out, run-down women on the farm, and I am glad to know that such is the view of many farm husbands, and I hope more will see the justice of allowing the wife to "own her own."

One Woman's Ways

Mrs. Henderson, wife of the former Missourian, John B. Henderson, believes strongly in vegetarian diet. Mrs. Henderson also opposes the use of alcoholic stimulants, her objections being based upon scientific, rather than moral, grounds. In Washington and St. Louis, Mrs. Henderson was always prominent socially, but she devoted more attention to things intellectual than to the mere pleasures of life. She has written two books on subjects of great interest to the home and its mistress. The Hendersons had become noted dinner-givers, and Mrs. Henderson devoted herself to the study of foods.

As a result she and Mr. Henderson became convinced that the eating of animal flesh was injurious to human health. But Mrs. Henderson did not intend to give up her dinner parties, and she realized that it would be an imposition on her guests to feed them only on grasses and vegetables and fruits that appeared to be exactly what they were. So she set about devising recipes that would enable her to prepare vegetarian dishes in a way that would attract the eye and delight the palate.

It is a great treat to be asked to a vegetarian dinner at Henderson castle. The chef is an Englishman, and a wonder at preparing dishes of things than contain no flesh or other animal ingredients. Washington epicures have admitted that they were completely fooled by the dishes which they ate. One of these was the late Thomas B. Reed of Maine and New York, a man who appreciated the good things of life, and was disappointed if he did not get them. He accepted an invitation to dine with the former senator and Mrs. Henderson, and was warned in advance that he would get nothing to eat except nuts, vegetables and fruits. Mr. Reed was rather alarmed over the prospect and expected to be woefully disappointed, but he found that the warnings were deceptive. There were fish and meat dishes (or what he thought were fish and meat dishes), and he enjoyed the whole dinner. When it was over he learned to his surprise that not a single animal substance had been used in any of the dishes.

When Mrs. Henderson reached the conclusion that everything that contained alcohol was poison the castle cellar was well stocked with expensive wines. What to do with them was a problem, so the stock lay in the cellar for years, and might have been there to this day if the temperance butler of the castle had not secured from Mr. and Mrs. Henderson a promise that his tent of Rechabites might have the use of their spacious grounds for a lawn party. The day was finally set, and when the butler was thanking his mistress, she said: "We might as well clean out the cellar when your friends come." At the word they went into the cellars, and, carrying out the bottles by the armful, proceeded to smash them.—St. Louis Globe Democrat.

Our Boys

The teaching should not be all on the girls' side of the house. There

are lessons the boys should learn, and learn thoroughly. In many homes where the mother is almost a nervous wreck from overwork, the boys are given nothing to do, and run about the streets out of sheer restlessness. They should not be allowed to lie in bed until called for breakfast, but should be among the first out of bed. Teach them that it is but fair to others that they should be made to wait on themselves. Teach them to prepare vegetables, to cook simple foods, to wash dishes, to scour shelves, to black stoves, to make beds and sweep and dust, and put their belongings in order. Teach them that it is as much their duty to keep their rooms tidy as it is for the sister to look after hers. A slovenly, disorderly boy is every bit as bad as a slatternly girl. They should know how to handle a needle and thread; to sew on buttons; to mend rips and tears on the sewing machine; to replace the book taken from the book shelves; to fold and lay in its place the paper they read; to shake the rugs; to dust the furniture and do the "fetch and carry" work that every home must have done. Teach them to be considerate of others, not only as to burden-bearing, but in all work or worry. Boys should be taught to take the part of the weaker ones in all the battles of life. If the mother would begin with the boy when he is still in dresses, allowing him to do little kindnesses and setting him little tasks, thus saving herself many a step, he would hardly be ashamed to help her when he gets older. Compared with mother's weak arms, the boy's strength is magnificent. Do not wait until he is in his teens to begin the lessons, for he will rebel hotly against "girls' work," then, no matter how much you may need him. But teach him that the home is as much his as it is that of his little sister, and that you look to him, even more than her, for its happiness, and, dear mothers, he will seldom fail you.

To make a polish for hard or stained wood floors, take eight ounces of yellow beeswax, two quarts of spirits of turpentine, one quart of venetian turpentine. Cut the wax in small pieces and pour the spirits over it; it will soon dissolve; then bottle. Apply with a flannel or soft cloth, rubbing hard. It will keep floors in excellent condition.

"Easy Washing"

In many of our exchanges we frequently see something under the above heading, but the easy way to wash, no matter what one has in the way of a detergent, is the employment of the washing machine and wringer. There are many excellent makes of the machine now on the market, and while all are good, some are better, with a few as best. With a good machine, the husband or the children can give a great deal of help, and a large washing can be ready for the line in a short time. It is not an unusual thing, either on the farm, in the city or the village, for the husband who has his wife's best interest at heart, to get up on wash-days a little before the regular hour of rising, and give his strength to the laundering which the wife can generally find strength to oversee, whether she is strong or not. With plenty of hot water, good soap and a machine, the finest of clothes, even to laces, can be brought out white and whole and clean; everything except, perhaps, the wristbands, bottoms of skirts, and other places subject to particular conditions, can be rendered perfectly clean without touching with the hands. In many cases, where the father can not, or does not feel inclined to help, the young children can do most all the machine work without unnecessarily fatiguing themselves. Some makes of machine are very easy to

work, even allowing the worker to sit down while manipulating them. With a good machine and wringer, blankets, counterpanes, coverlids, quilts and heavy clothing may be done with no great fatigue. Machinery for the housework is just as necessary, and almost as varied, as that for the field or farm, and will pay for itself in many ways, and it should be one of the not-to-be-done-withouts on every household list. Since it has become so impossible to be sure of laundry help, of even the indifferent class, the washing machine has become a valued addition to the furniture of many homes. A good one should be installed before the piano is bought. The housewife should have the "best on the market," for it is always the cheapest in the long run. The way to make the washing easy is to do it with machinery.

For the Children

A very necessary garment for either the boy or girl is the coverall or romper garment, to be worn over the clothing, which it entirely covers, when the child is at play. Paper patterns may be had, or one at all ingenious in the way of "cutting out" can fashion it from one of the old-fashioned school aprons once worn by the little girls. The garment is fashioned by shoulder and under-arm seams, plain about the body, with the bottom of the garment divided like overalls, with each leg apart quite full, the lower part of each leg drawn in with elastics in a hemcasing. The back opens all the way down, and is closed with buttons and button-holes. The wrists of the sleeve may be drawn in by elastics, or by a band, either slipped over the hand or buttoned. A belt is sometimes worn, but is unnecessary. These little garments may be made of any wash material, and are suitable for either boy or girl.

The pretty, easily-made and laundered garments of our mothers' days are again coming into fashion for the children. The little dress, for girl or boy, made with a long, straight body tucked at the shoulders and with box-plaited straight front and bishop sleeves; the gabrielle or princess form for little girls, closing in the back, with the necessary extra fullness for the back of the skirt portion disposed of in an inverted box plait below the opening in the back; the little yoke apron, the yoke square, round or pointed, supporting the straight front and back which are gathered to it and hang straight and full to the finish of tucks and hem, or plain, or with tiny ruffle, or embroidery finish. We see also the perfectly plain waist, high-neck and long sleeves, with the little straight skirt gathered on to it, with or without trimming of any kind. In these little straight-skirted garments tucks should be introduced near the hem, to allow lengthening the garment in case of shrinkage of material or growth of the child.

Little fancy bonnets and hats, easily made by the home seamstress, are quite popular, and very closely remind one of those we, ourselves, wore in the "days that were."

Query Box

"A Reader"—See "Subscription Bargains" on last page of The Commoner for list of combinations for club. You can find what you want.

Annie S.—Let the medicines go; get a work on physical culture, study and practice its teachings. It beats drug treatment. Eat what you like and what agrees with your digestion.

Thomas S.—Write to the department of agriculture for monthly list of publications. It will be sent you regularly if you ask for it. From this monthly list select what you want.

Busy Bee—You can get a book on smocking and fancy stitching at any store where fancy work is sold; if the book is not kept in stock, you can

learn where to send for it, and its price.

Amateur—For sticking the pictures melt a little French gelatin in a little tin dish on the stove, paste the back of the picture and stick it, being careful to rub out all air bubbles.

Ella M.—Benzine should not be used to clean kid gloves, as it removes the dressing. Dry corn meal will clean light-colored gloves if not too badly soiled. If badly soiled, and the gloves are valuable, send to a professional cleaner.

E. S.—Strained honey is usually a mixture of a little real honey and a good deal of glucose. The inability of most persons to detect adulterations makes it easy for dishonest trades people to palm counterfeits on the public. Even honey "in the comb" is very often the work of human skill rather than that of the industrious little bee.

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