

sity of again urging you to be good to yourselves and try it. Unfortunately for their own comfort, women do not like to try innovations, even though their practical value is strongly vouched for, and even when persuaded to give the new ideas a trial, are not persistent enough to follow the use of them past the experimental stage. In the April number of Woman's Home Companion we find the following, which is commended to your notice:

"Good, practical chests can be made at home by any one at all familiar with ordinary tools. The last new chest made at the Woman's Home Companion laboratory may serve as a model. Common seven-eighths-inch board, planed on both sides, was used to make a box measuring inside twelve inches each way, with a loose cover. Two strips of "builders' quilt," each twelve inches wide and thirty-six inches long, were laid in the box, one over the other at right angles, fitted snugly to the box, and the ends tacked down to the edge of the box, thus forming a heat-proof lining for the box. A piece twelve inches square was also tacked to the under side of the cover. Two strips of common oil cloth, each twelve inches wide, and thirty-six inches long, were then laid snugly in the box, one over the other at right angles, to protect the lining, and tacked to the edges of the box. A piece thirteen inches square was also stretched tight over the piece of quilt on the under side of the cover, and tacked down, and serving to make a tight joint when the cover is on the box. A piece of the quilt ten inches square was covered with oilcloth, sewed on and used as an additional protection under the cover. For the cooking vessel an enameled kettle having a tight-fitting cover was used the kettle fitting snugly in the

ROMANTIC DEVONSHIRE

The Land Made Famous by Philpotts' Novels

Philpotts has made us familiar with romantic Devonshire, in his fascinating novels, "The River," "Children of the Mist," etc. The characters are very human; the people there drink coffee with the same results as elsewhere. A writer at Rock House, Orchard Hill, Bideford, North Devon, states:

"For 30 years I drank coffee for breakfast and dinner but some 5 years ago I found that it was producing indigestion and heart-burn, and was making me restless at night. These symptoms were followed by brain fag and a sluggish mental condition.

"When I realized this, I made up my mind that to quit drinking coffee and having read of Postum, I concluded to try it. I had it carefully made, according to directions, and found to my agreeable surprise at the end of a week, that I no longer suffered from either indigestion, heart-burn, or brain-fag, and that I could drink it at night and secure restful and refreshing sleep.

"Since that time we have entirely discontinued the use of the old kind of coffee, growing fonder and fonder of Postum as time goes on. My digestive organs certainly do their work much better now than before, a result due to Postum Food Coffee, I am satisfied.

"As a table beverage we find (for all the members of my family use it) that when properly made it is most refreshing and agreeable, of delicious flavor and aroma. Vigilance is, however, necessary to secure this, for unless the servants are watched they are likely to neglect the thorough boiling which it must have in order to extract the goodness from the cereal." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

finished box. The outside of the box was stained green. The chest, aside from the kettle and two hours' work, cost less than one dollar. The meat, vegetables and other things are prepared and placed in the kettle early in the morning before going down town to business (being used by a family of two workers). Each dish is boiled on the gas-stove for fifteen minutes; then the gas is shut off and the kettle packed in the chest, with the pillow of "quilt" tucked over the top, and the cover laid on the box and pressed down by a weight. The rooms are then closed until the return of the family, when the chest is opened, the kettle taken out, the food being at once served hot and well cooked."

In next week's issue I will tell you how one of our readers made one at very little cost, but used with a great deal of comfort.

The Trained Nurse

Unless a woman has a distinct vocation for nursing, and is physically fit for the hard life, she should not attempt hospital training. Next in responsibility to the physician, in the sick room, is the professional trained nurse. Young women of high intelligence and respectability are always eligible but women are seldom admitted under twenty-four years of age. In order to find out what you want to know about the profession, write direct to the matron of the hospital you desire to enter, and she will furnish particulars regarding the rules and regulations, sending papers and forms to be filled in by the applicant for the place. If the answers are satisfactory, the committee will pass her as a suitable candidate, and she must then provide three references—two of them from ladies, and one from a clergyman, attesting to her good character. The training lasts three years; during the first year, she must keep the wards clean, and the teaching will be very much such as a first-class housemaid receives. During the second year, she will have to do the dressing and help with the nursing, and the progress she makes will depend on her own self. The third year will give her much greater responsibility, and she may have sole charge of a ward. In large hospitals, much more is required of the nurses, and they will gain experience more rapidly than in schools where medical students are taught. A small monthly salary is paid her, and her expenses are few. But if she makes good use of her time, when she passes out, she can make good wages. The work is hard, and at times particularly trying, and the strain on the nerves is at all times considerable.

For the Home Seamstress

In cutting out garments, whether from old or new goods, be sure to cut according to the pattern, if you wish a good "hang" to the garment. On all paper patterns there are perforations or other indications which show how the pattern should be laid on the straight thread of the goods, and you should closely read and follow the directions given on the label. The satisfaction of the fit of the garment depends upon the care you give to this.

When finishing the bottom of the skirt, baste the inch-wide braid so it will come one-eighth of an inch below the bottom; hem down the upper edge of the braid, and fasten the lower with a running stitch that will not show through the goods.

To shir with the machine, or make gathers, make the tension of the upper thread quite loose and stitch where you want the gathers to be; fasten one end of the threads securely, and then pull the lower thread and place the gathers where wanted, readjust the tension and stitch as wanted.

To hemstitch on the machine, pull the threads out as wanted; then turn and baste the upper edge of the hem so it will come in the center of the pulled threads; then stitch on the edge

of the hem with a rather loose tension. After stitching, pull the hem down to bottom of the pull threads.

A piece of regular tailor's chalk should be among the belongings of the home seamstress. With it you can mark the seams, basting lines, positions of buttonholes, hooks and eyes, trimmings, and other details, as it gives a smooth, clear line very different from the ordinary crayon or lump chalk, and does not rub off so easily. It can be bought for a few cents of any tailor.

In remodeling silk, or other petticoats that are much worn about the bottom, the removable flounce will be found of great convenience and value. The top portion is usually good, even where the lower edge is hopelessly worn.

For the Laundry

If you use the old-style flat-irons, the holders should be lined with a layer of old, soft leather, such as the top of a worn shoe; this will protect your hand from heat far better than any cloth.

To Wash White Silk Handkerchiefs.—No soap should be rubbed on the silk; no soda should be mixed with the water, and the handkerchiefs must not be boiled. Make a warm, soapy lather with finely shredded white soap, wash the silk with the hands, until clean, then rinse thoroughly in cold water until it is freed from all soap, rinse again in water in which a very little bluing has been dropped, and when most of the water has been squeezed out of the silk, let get nearly dry, then iron with a cloth between the iron and the silk.

It is recommended, when ironing starched clothes, to keep a bit of soap on the table, and to occasionally run the flat-iron over it, then over a bit of paper, and this will prevent the iron sticking, and at the same time give a nice gloss to the clothes.

White silk ties may be cleansed by rubbing them over with French chalk and holding them over the heat. The heat will cause the chalk to absorb any grease, and it can then be shaken out.

A tablespoonful of turpentine in the water intended for boiling the white clothes, will whiten them, remove stains and render the washing much easier. The clothes must, in all cases be well rinsed, in order to remove all traces of soap, as the soap yellows them.

Do not attempt to iron every piece that goes through the wash. Sheets can be folded as taken from the line and laid one on top of the other, if thoroughly dried before taking down, and they will have few creases in them, if hung straight on the line at first. All coarse towels should be hung straight on the line, and when dry, folded and pressed by hand. Knit underwear, and soft linen tablecloths, and many other pieces will look just as well if carefully folded and laid away. Ironing in summertime is usually very uncomfortable work, and should be made as easy as possible.

When the chimney takes fire, throw salt on the fire in the stove and shut off the draft as much as possible. It will then burn out slowly. If oil is spilled and takes fire, throw common flour over the flames, and this will smother without spreading the fire. Salt is also good.

A Good Starch

Mix two tablespoonfuls of laundry starch with a gill of cold water; pour on this one pint of boiling water, stirring all the time; add to that a half teaspoonful of table salt, half teaspoonful of sugar, and a piece of spermaceti about the size of a thumb. Let boil ten minutes, stirring frequently, and keep covered while boiling. Strain through a piece of cheese cloth, and keep covered while

cooling. Have the articles to be starched nearly dry, and dip them into the rather warm starch; slap and strike the articles between the hands, that the starch may be worked into all the threads. Let get thoroughly dry, dampen with cold water, roll up for a while, then iron.

A "Bracer" for Spring

Recovery of Strength Lost in the Enervating Winter Months Demands a Return to a Simple and Natural Diet.

As the swallow flies northward in the spring, so do many deluded persons turn to spring "tonics" to seek the strength that has been lost through the long and enervating months of winter. The habit of course is a pernicious and foolish one. Mental energy and muscular strength cannot be obtained from drugs.

"The road to health" is through balmy air and sunshine, combined with a food that is full of nutriment and easily digested. Balmy air and sunshine alone will not build up tissue broken by exposure or disease, or restore strength to worn out nerves. Eodily vigor and mental vim must come from a food that supplies body-building and brain-making material in its most digestible form.

Such a food is Shredded Whole Wheat. It is made of the whole wheat, cleaned, cooked and drawn into fine, porous shreds and baked. These delicate shreds contain all the nutritive elements in the whole wheat grain and are taken up and assimilated when the stomach rejects all other foods. They contain more nutriment than meat or eggs and are much more easily digested than the mushy porridges which are bolted down without chewing.

That Shredded Wheat has great sustaining powers is proven by the experience of thousands of users and by abundant testimonials. Here is one from a man who gained health and strength from Shredded Wheat and who could not restrain the impulse to write his grateful appreciation:

"Geneseo, Illinois, March 12th.

The Natural Food Company.—Gentlemen: Undoubtedly this will come as a surprise to you as you have not solicited my testimonial, but I feel that I owe you my everlasting gratitude. Last November I weighed 150 pounds, and now after four months' use of Shredded Wheat have gained 20 pounds, now weighing 170 pounds. Previous to my discovery of your product I was hunting some remedy suitable to my supposed ailment. My friends now exclaim, "How fat you are getting," "How well you look." I eat very little meat. My "main" meal is breakfast, as I am employed nights. This meal consists of five Shredded Wheat Biscuit and about one quart of hot milk. I am entirely free from pain or discomfort of any kind. The stomach and digestive organs are seemingly perfect and healthy.

"You may use my name if you wish and I will cheerfully verify the above statement to any one sending stamp for reply." (Signed)

C. L. NORDHAM,

Ticket Agent, C., R. I. & P. Ry. Shredded Wheat, being ready-cooked and ready-to-serve, is a boon to light housekeepers, dwellers in apartments or flats and to all those who are compelled by the emergencies of house-keeping to have at hand a food that is easily and quickly prepared and that is full of nutriment and easily digested. Triscuit, the Shredded Wheat wafer, is the favorite food of campers, picnickers and excursionists on land or on sea. It is delicious as a toast with butter, cheese or marmalades.

Shredded Wheat products are manufactured by the Natural Food Company at Niagara Falls, N. Y. Your grocer sells them.