

quite still. Then perform a sort of circular motion with the face moving in the circle. All these motions must be made slowly at first, and care must be taken not to fatigue the muscles, which will grow stronger with the repetitions. The neck and chest should be bathed with cloths dipped in warm water, dried with gentle friction and massaged with some good skin food, using the soft ends of the fingers in rotary motion. Then, after ten or fifteen minutes massaging, wipe off any oil that is not absorbed, bathe with cold water, and dry with soft, warm clothes without rubbing."

It is hardly worth while to commence such exercises unless you intend keeping them up for some length of time—months. The only way to be supple and graceful is to exercise all the muscles of the body, to be regular with the exercise, and to keep the body well cleansed with regular bathing and intelligent massage.

"The New Woman"

"A Reader" says women should be advised to always be provided with some little "catch-up" work for their odd moments, and evenings, as it seems "so domestic," while the man, coming in from his labors, reads the papers and the children study their lessons around the lamp-lighted table. He says a "man likes to see the little wife's fingers busy fashioning dainty articles for the family wear." He says nothing looks "so lazy as to see the mother of a family sitting in their midst with folded hands."

No! Is it possible! Now I think this reader certainly is "funning," or just sending me "suggestions" for filling my lazy think-box. Surely, he is not in earnest? He is trying to cultivate a sense of humor.

Well, here is what his letter suggested to me: The housewife, if she be the mother of a family, should have the most comfortable chair, in the cosiest corner, the best book, and the best side of the lamp; and she should either read, or sit with her hands folded, as seems best to her; or she should be entertained with the brightest stories of the day's experience by the whole family, the while she is catching every stray hint of character thrown out by the chatter and actions of her young brood—for which "getting acquainted" there is no better time than the evening hour. The girls and boys should "do the dishes," and get things ready for morning; and they will gladly do this, if attention is directed to the fact that this should be mother's rest hour. It may look lazy, but many a woman has killed herself by the "last straw" in the form of "catch-up" jobs, the doing of which lasted many times until long after the family was in bed and asleep. Then, when this busy woman is laid away, one widower chirks up and sets about hunting for "next," and he does not always look in the kitchen for her, either.

The cheapest servant in this world is the wife, and the easiest to get; but wives, nowadays, are studying economy; specializing, she finds, is the order of the day, and she begins to practice what is preached. She begins to economize herself.

Some Home Helps

To color artificial flowers, use stain for burnt wood, dilute with alcohol until the desired shade is obtained, then apply with a brush.

To clean a white felt hat, brush all dust from it, and then rub well with plenty of hot corn meal, using a perfectly clean white cloth, and when clean, brush thoroughly.

A good green ink is made by rubbing three and one-half drams of Prussian blue with three drams of gamboge and two ounces of good mucilage, then add one pint of water, stirring thoroughly.

To give lace a deep cream color, use yellow ochre, one tablespoonful to two

tablespoonfuls of French rice powder; put it in a box or bag with the lace, shake and rub well together, then take out and dust out all the powder that will leave the lace. The powders should be thoroughly well mixed before using.

For a good cement for glass, china, etc., dissolve half an ounce of gum acacia in a wine glass of boiling water; add plaster of paris sufficient to make a thick paste, and apply with a brush to the parts required to be cemented together.

White kid shoes can be cleaned by dipping a perfectly clean white flannel cloth in a little ammonia, and then rubbing the cloth over a cake of pure white soap; after doing this, rub the soiled places gently and they will be white again. As the flannel becomes soiled, change for a clean one.

To clean white plumes, wash through two changes of warm soap suds with your hands, then rinse in lukewarm water to which one tablespoonful of made laundry starch has been added, then draw through thumb and finger and hang out in the sun. When nearly dry, draw the feather through the fingers the wrong way, shake out well, and when dry curl with a silver knife by taking a small bunch at a time, curling under. This is recommended by L. M.

For the Laundry

For laundering silk stockings, soak first in water in which a little borax has been dissolved—just enough to give the slightest "smooth" feeling to the water. Then make a suds of pure white soap, turn the stockings inside out, wash, rinse and hang to dry. For colored stockings, soak in salt water for an hour to prevent colors from "running."

Fine pieces of lace may be washed, stretched on some smooth surface until dry, then placed between the leaves of some large book, a weight put on it, and this will save ironing.

Clothes that have grown yellow with lying long, may be whitened by boiling them in water to which has been added a tablespoonful of the following emulsion to half a boiler of water: Paraffin, lime water and turpentine, mixed in equal parts, well shaken before using. Bottle the mixture for use.

Delicate colors, embroideries, etc., should be washed in bran water, or thin starch, rinsed well, and let get dry; dampen, roll up and iron with a moderately hot iron. A very hot iron will injure colors.

To wash ribbons, great care must be exercised, as they seldom look as well after washing as before. If gasoline will not clean them, place the ribbon on a board and brush gently with a very soft brush dipped in mild soap suds. Rinse the ribbon in the same way, washing the soap out and iron without drying, just as they are taken from the last water.

For House Cleaning

For windows and mirrors—Tie up some finely powdered Spanish whiting, which may be had of any large grocery house for three or four cents a pound, using thin muslin. Dip this into tepid rain water and dab all over the glass; allow this to dry; then, with a piece of old cloth polish until all powder is off. Old soft newspapers, or tissue paper is fine.

For cane-seated chairs—Wash the chairs with a strong solution of borax and soft water, and let get thoroughly dry in the sun to stiffen the cane; then go over the whole surface with a coating of white varnish. Salt water will clean willow furniture, but a mild alkaline suds (borax, or mild soap) is needed to remove the stains of hands and head. When clean, rinse with salt water, dry thoroughly and varnish with white varnish.

Clean matting—Wash with a warm suds of mild soap and borax, scrubbing, if much soiled, with a rather

stiff brush; rinse well with a strong salt water to revive the color, rubbing as dry as possible with pieces of woolen cloth. When dry, go over the matting with a quite thin glue, and let get thoroughly dry before using.

Enamel paint—Enamel paint on furniture or wood work may be satisfactorily cleaned with Spanish whiting. Wring a piece of flannel as dry as possible from clear, warm water; dip into powdered whiting, and rub the paint. Use plenty of whiting, and rinse well with clean water, dry with chamolis skin, or soft, old silk.

Cleaning Rugs

Hang the rugs on the line and whip all the dust out of them. Then scrub with the following mixture: One bar of white soap, shaved; one-half pint of ammonia, three-fourths pound of powdered borax; melt the borax and soap in a quart of hot water, then add the ammonia and a half teacupful of chloroform. Bottle this mixture tightly. When ready to wash the rugs or carpet, have a large pail of warm water, and put several spoonfuls of the mixture in the water—enough to make a thick lather. Scrub a small piece of the rug with the soapy water, and rinse with clean tepid water, rubbing out all water with a dry cloth, changing as the cloth absorbs the water. If very delicate colors are in the rug or carpet, do not use the ammonia. This work must be done carefully.

Some Good Recipes

Chocolate Sponge Cake—Beat the yolks of six eggs with two cupfuls of good sugar; add a little flour gradually until a cupful and a half is used; then stir in half a cupful of grated chocolate and the stiffly beaten whites of the eggs. If preferred, the chocolate can be made into icing and spread between the layers of the cake, and this recipe will make four layers. Cook the chocolate to a smooth mass with the yolk of one egg and sugar to taste, and cool before using. Flavor with extract of vanilla.

"Milk Bread"—Scald two quarts of sweet milk, take from the stove and add five teaspoonfuls of sugar and a heaping tablespoonful of lard or butter; when this gets cold, add a couple of teaspoonfuls of salt, one and a half yeast cakes which have been dissolved in a little warm water, then stir in flour until very thick; let stand over night, then work up with flour, knead and let rise for two hours. Knead again thoroughly, form into loaves and let rise a half hour; bake, and when done rub the crust over lightly with butter to prevent hardening.

For Meat Sandwiches—Rub smooth a quarter of a cupful of mustard with a teaspoonful of olive oil, a teaspoonful of onion juice, a teaspoonful of sugar and one of paprika. Blend thoroughly, then add vinegar to make it the consistency required, then bottle and cork tightly.

Cocanut Loaf Cake—Beat one-quarter pound of butter to a cream; add the yolks of five eggs, beating thoroughly; add gradually while beating one pound of granulated sugar. Add slowly, beating, half a pint of sweet milk. Sift two and one-half cups of flour, two teaspoonfuls of baking powder. Beat the whites of the eggs and fold into the mixture, adding one-half package of shredded cocanut. Bake in loaf.

Inexpensive Home-made Soap

Some of our friends still make soap for their own use, and others would do so, if they knew how. One of our readers sends us a formula for making an inexpensive soap for all household purposes, but not for the toilet. She tells us the outlay for soap is greatly lessened by making it at home. Here is the formula:

After saving all the waste grease possible, make up the deficiency by buying either strong butter, or tal-

low of the butcher, as neither of these is expensive in country places. Cracklings, old meats, etc., cannot be used whole, but the grease can be fried out of the old meats, and the cracklings can be boiled and set to cool, when the grease that rises to the top can be taken off and used. To every five pounds of grease allow one quart of water, in which dissolve one pound can of potash (concentrated lye), and to every forty pounds of grease add one and a half pounds of borax. Dissolve both lye and borax in the water before using. Melt the grease and, if dirty, or full of "crumbs" of meat, strain; then pour all the ingredients together and stir over the fire for twenty minutes to half an hour, then turn into something to cool. Before it gets quite cold, cut into convenient sized bars, and when it is quite cold it will be very hard. This makes a nice, inexpensive white soap for all household purposes. For the laundry, the amount of soap required for the wash should be shaved or broken into a vessel and boiling water poured over it and set on the back of the stove to dissolve, as it does not dissolve fast enough for washing unless this is done. It is claimed that it will not roughen the hands as the ordinary lye soaps will do.

The lye will cost you ten cents per pound can, and the borax from twelve to twenty cents per pound, according to your merchant. The grease will cost whatever the butcher or merchant asks for it; or you may be able to buy it of your neighbors.—V. M.

"Rompers"

These little "play clothes" are worn by both girls and boys, not only out of doors, but while confined to the house during bad weather, and are a great saving for the laundress. The waist portion may be made on the "Mother-Hubbard" style, while the bloomers are full, so that the little girl's skirts can be pushed into the legs. The legs should be closed below the knees with bands and buttons, or by elastics run in the hem. Make them large enough for comfort. Any strong wash goods may be used. One waist portion will outwear two pairs of bloomers.

FRIENDS HELP

St. Paul Park Incident

"After drinking coffee for breakfast I always felt languid and dull, having no ambition to get to my morning duties. Then in about an hour or so a weak, nervous derangement of the heart and stomach would come over me with such force I would frequently have to lie down.

"At other times I had severe headaches; stomach finally became affected and digestion so impaired that I had serious chronic dyspepsia and constipation. A lady, for many years state president of the W. C. T. U., told me she had been greatly benefited by quitting coffee and using Postum Food Coffee; she was troubled for years with asthma. She said it was no cross to quit coffee when she found she could have as delicious an article as Postum.

"Another lady, who had been troubled with chronic dyspepsia for years, found immediate relief on ceasing coffee and beginning Postum twice a day. She was wholly cured. Still another friend told me that Postum Food Coffee was a Godsend to her, her heart trouble having been relieved after leaving off coffee and taking on Postum.

"So many such cases came to my notice that I concluded coffee was the cause of my trouble and I quit and took up Postum. I am more than pleased to say that my days of trouble have disappeared. I am well and happy." "There's a Reason." Read, "The Road to Wellville," 4 pgs.