

to do so, doors should not be shut. In these days of midnight prowlers, however, one is scarcely safe to sleep with open doors; or, in some localities, with open windows. But wherever possible, the air should be freely admitted.

Do not neglect to sun and air the bedding often, and do not be in a hurry to "make up" the beds of a morning. Teach your family to throw back the covers and shake the pillows, opening doors and windows as soon as practicable, and in this way allow the escape of as much of the impure air as possible. A good plan is to keep a set of night clothes to be worn in the bed, taking off everything worn during the day, and hanging over chairs or rods to thoroughly air and dry during the night.

If possible to do so—and with most of us it can readily be done—take at least a sponge bath, or a "rub down" with a towel, every night before going to bed. Once having established this habit, it will be hard to give it up. Cold water—or the temperature of the room in which it can stand all day—is very refreshing, and the work should be done rapidly, in which case the slight chill of application will be succeeded by a delightful glow of warmth and a feeling of suppleness that nothing else will bring. For a cleansing bath, the water should be warm, and a good soap used, but if possible, a wash-off with cool or vigorous rubbing down with the hand or a dry towel.

Drink plenty of water of the temperature you like best, but let ice water alone in hot weather. It does not allay thirst, and the more one drinks, the more is wanted. Eat nourishing foods in quantities that suit the individual digestion. Some people can not eat vegetables; fruits disagree with others, and many persons thrive best on a meat diet.

**"When Doctors Disagree"**

We are repeatedly warned that only thorough mastication of meats will save us from the horrors of dyspepsia, and lecture after lecture has been hurled at the mothers, warning them of their duty to teach the children to chew their meats to a pulp before swallowing. Now, however, according to newspaper reports, there comes forward no less an authority than Dr. H. W. Wiley, chief chemist of the department of agriculture, and tells us in brief that we must swallow our meats in chunks! Here is the report as given by the Inter-Ocean:

"Mastication has no part in the digestion of meat. There is some reason for believing that chewing will make meat indigestible. The saliva is an alkali. Acids are needed for the conversion of flesh into the elements that nourish the human body.

"Too much chewing may raise the alkalinity of flesh used for food to such an extent as to seriously hamper the work of the stomach, which, alone, has to do with the disposal of animal matter.

"This, in brief, is the gospel of Dr. Harvey W. Wiley, chief chemist of the department of agriculture. His views were called forth by a report by Professor Irving Fisher of Yale on the relative value of animal and vegetable foods.

"Aside from knowledge gained by him as a chemist, Dr. Wiley has noted that the carnivorous animals do not chew their food. They tear it from the bones and swallow it in chunks. Therefore the learned chief chemist holds that if a man can get a chunk of meat down into his stomach, no matter how big it may be, he has done all nature requires of him.

"Mastication is good for the development of the muscles," says Dr. Wiley, "but chewing of meat is unnecessary, if not positively harmful.

With vegetables, however, it is impossible to do too much grinding. Everybody knows, or ought to know, that all the digestion of vegetables is accomplished in the mouth and small intestines. If there is not enough mastication the work can not be done afterward."

**Query Box**

M. S.—Try the soap jelly, as it is easily made and not expensive. Some skins can not bear the use of soap without the dry, drawn feeling. The soap cream is cleansing.

Cassie M.—There is a bath brush with a handle, which will aid you in reaching your back during the bath. A good one will cost you from 75 cents up. Even a "rub down" with a coarse towel will start circulation.

Homeseeker—Try to see the place in all seasons. You can not believe all you hear, or even all you see, if the season is June. Do not buy a home anywhere until you thoroughly investigate conditions. It might be best to rent awhile, rather than buy too hastily.

J. L.—According to census reports, one woman in every five is employed in gainful occupations. It is generally because of having to earn a living for themselves or dependents. Few women work "for the fun of it," or to displace the men. Most of us would prefer to be supported in the home.

Oma S.—The use of olive oil is recommended by some of our best physicians. The oil is a food, and can be used as such with no harmful effects. Honest druggists will sell you the real oil. It will cost about \$1.25 per quart, and a quart will last a long time.

C. T.—Sometimes the remedy is worse than the disease. Any amount of freckles would be preferable to the ruin wrought by the "heretic" method of removal. Corrosive sublimate is a strong poison, and should not be used by inexperienced hands, but is often used on the face with the results you describe. Best let it alone.

Mrs. J. K. B. wishes to know what will remove stains from white linen caused by the red in the embroidery silk spreading when the article was dipped in too warm water. The flowers are not damaged, but the color spread into the cloth. Sometimes repeated washings will take it out. Let us hear from those having had experience, very soon.

L. V. has had the misfortune to spill bluing on a linen centerpiece. Would be glad to know what will remove the coloring. Somebody please tell us soon.

**For the Laundry**

A fine, thin lingerie waist should be ironed wet, without starching, in order to have it look its best. It must be worn over a stiff corset cover to give it a good shape, as heavy starching destroys its daintiness of appearance, making it look like muslin. If starch must be used, only the very finest, and very thinnest should be attempted, and the material ironed smooth without making it stiffer than the new cloth.

For cleaning a light wrap, or head-throw made of ice-wool, cover it with flour and rub carefully until the flour looks dirty; change the flour and repeat until the wool looks clean, then shake well, hang in the wind, and the flour will all fall out of it. If washed in suds made of pure white soap, do not rub, or wring, but squeeze gently in the suds, pressing the wool to dislodge the soil, rinse in slightly blue water, and dry out of doors. The flour is best, if care is taken.

For colored gingham, soak in water in which ox gall is used in proportion of one tablespoonful of ox-gall to one gallon of water, before washing in order to set the colors. Turpentine in the same proportion

may be used. After soaking, wash in warm suds, rinse quickly and dry in the shade, ironing before it gets entirely dry. Hot sunshine will fade colors in cotton goods.

Colored calicoes, or light muslins with designs in colors that are apt to fade, should be washed in bran water, as you would in soap suds, rinsed in clear water and dried. No other starching is necessary. The bran should be boiled in water enough to wash the garment—a half gallon of bran being enough for a dress—boiling the bran for an hour, stirring to prevent burning; strain, and use the water as you would soap suds. The starch water is as cleansing as soap. Colored goods, if soap must be used, should first be soaked in medium strong alum or salt water, then washed in suds; the soap must not be rubbed on the goods. It is best to dry colored goods in the shade, ironing before they are quite dry, using only moderate heat for the ironing. Heat fades delicate colors.

**Oiling a Floor**

One of "Our Girls" writes me: "I got the kitchen floor done in a few days after I received the directions for oiling it, and it has already had a test of its usefulness. I happen to have an old-time cooking pot (for an open fire) which has long legs, and holds about a gallon. This was just the thing to keep the oil hot over the coals, and an agate-ware bucket held the oil. I mixed the coloring matter with it, and by experimenting, found that the hotter the oil, the better it penetrated the wood, so I kept it bubbling hot all the time. The oil must be stirred frequently to keep the ochre from settling to the bottom. Two coats of stain were applied, and the floor will never shrink, swell or splinter. I tried filling the cracks with the paper pulp and paste, but it is too slow work for me, so I will use putty for the rest. The floors that I have not yet oiled are getting worn and splintered, and the boards are shrinking, leaving wide cracks." This friend had been told that she could not oil her floors, as the lumber was of an inferior grade, and the oil would always make it "sticky," so she asked for advice—and followed it. The directions used were printed in the issue of January 18, of this year, and the floors are those of a farm home, used by men and boys.

**Floral Lore**

Do not forget that you will want some chrysanthemums this fall; and if you really do want them, you must plant the seeds this spring, and care for the plants during the summer, potting them at the proper time. The plants can be left to grow and bloom in the garden, and if they are in a situation so they can be sheltered from the cold winds and frost of the late autumn, they make a fine showing with but little trouble. But for the best results, they should be potted as soon as they get large enough in the spring time, and gradually shifted into larger pots as they grow, until as large as you want them. Quite large plants will need ten or twelve inch pots; but nice sized plants can be grown in a six inch size. If grown in pots, the pots may be sunk in the border, and given plenty of water, never letting them dry out entirely. The soil must be rich—garden loam, enriched with old, well-rotted cow manure is about right. If kept growing in the garden, they may be lifted carefully late in the summer, and when the cool nights come, carried into the house for bloom. Coming as they do, after almost everything else is gone, they are well worth the trouble necessary to bring them to perfection. Seeds do not always "come true," and only by buying plants from the parent stock can one be sure.

Dahlia roots should have been start-

ed ere this, indoors; but if this has been neglected, do so at once. Set the whole bunch of roots in the ground, and when the time comes to set them out in the border, the sprouts can be taken with the parent tuber and will make a good plant. Dahlias can also be grown readily from seeds, and these should be planted in boxes indoors as early as possible.

**For the Toilet**

An excellent habit is that of rubbing the entire body with moistened salt when taking a bath. The salt used is just common, coarse, barrel salt, and it should be taken up in the hands, rubbing the body with it while wet, then washing off with tepid water. It brings a glow to the skin, and stirs a lazy circulation into activity. If one has no bath facilities, a "salt rub" with a coarse towel is an excellent thing. For this purpose, take a common, loose-textured turkish towel, and dip it in a saturated solution of salt and water, let it dry, and then, at night, before going to bed, rub the whole body briskly with this dry, salty towel. This towel may be used two or three times, when it should be washed and again saturated with salt, dried, and the rubbing repeated. Do this at least twice a week.

It is claimed that a salt bath is good for the face and hands, but for most of skins, it would seem not to agree. Its use in this way will usually roughen and wrinkle the skin. A little salt in the water, at once washed off with clear, tepid water, and the skin anointed with a simple cold cream, is permissible. One does not care to pickle the face and hands.

Puffiness under the eyes calls for the physician's advice, as it is almost always due to some internal disturbance, some of which are anaemia, sluggish circulation, kidney troubles, lack of sleep or overworked nerves. Very little can be done for it by outward application.

Worry and facial grimaces bring more wrinkles than anything else. The woman who doubts her friends, hates her enemies, covets her neighbor's belongings, and sees only the disagreeable things about her, will have wrinkles, no matter what she may use as an eradicator.

One of the best cosmetics is a right diet. Eat plenty of spinach every day in the year, if you can get it. Spinach is called "the broom of the stomach," but not every one can eat it continuously without getting tired of it. But eat it as often as you can.

**WENT TO TEA**

**And It Wound Her Bobbin**

Tea drinking frequently affects people as badly as coffee. A lady in Salisbury, Md., says that she was compelled to abandon the use of coffee a good many years ago, because it threatened to ruin her health and that she went over to tea drinking, but finally, she had dyspepsia so bad that she had lost twenty-five pounds and no food seemed to agree with her.

She further says: "At this time I was induced to take up the famous food drink, Postum, and was so much pleased with the results that I have never been without it since. I commenced to improve at once, regained my twenty-five pounds of flesh and went some beyond my usual weight.

"I know Postum to be good, pure, and healthful, and there never was an article, and never will be, I believe, that does so surely take the place of coffee, as Postum Food Coffee. The beauty of it all is that it is satisfying and wonderfully nourishing. I feel as if I could not sing its praises too loud." Read "The Road to Wellville," in pkgs. "There's a Reason."