

than they deserve, the wife is incapable of simultaneous brilliancy in both roles. The average man takes it as a personal wrong when his wife's hands are reddened and roughened by housework, and is aggrieved when the money he allows her is inadequate for a wardrobe which will compare favorably with those of the wives of his wealthier friends. For many of the derelictions of which the women of today are charged in regard to the home-life, men must be held responsible. Women strive to be what they think men would have them to be, and their increasing desire to shirk the heavier and more wearing duties of the home is due largely to the attitude upon the part of the men toward the effects of those duties upon the physical woman. They realize that, no matter how silken the bands, or however lightly the driving lines are drawn, the marks of the harness will inevitably show, and it is foolish to expect of any woman the time, strength or taste to do equally well and brilliantly the duties of both the kitchen and society. — Chicago Tribune.

The Modern Serial Story

A writer in an exchange says: "We would like to find a little fault with the modern serial story. While it is interesting, and holds a moral, it is too much permeated with expressions relating to the beauty of face, form and attire of the heroine, dealing so much with the foamy, bewitching drapery, the exquisite taste, the graceful folds enhancing the peerless loveliness of the heroine, etc., the wealth which either is, or before the end falls to, the share of the favorites, and the sure, swift punishment, plainness and poverty that overtakes the luckless 'undesirable.' Nearly all the heroines are either very wealthy, or possessed of marvelous beauty, taste and wisdom beyond their years, all of which command influential friends and leads to either inheriting great possessions, or marrying into limitless wealth. How would it have been had she been one of the workers of the world, with something to think of besides the adorning of the body, her mind and muscle devoted to helping the busy throng through some industry by which to earn her bread, where neatness and becomingness of attire only were essential? Too much time and space are devoted to show and display of wealth, and the working class who have all they can do to make even a comfortable living, are troubled, annoyed, unhappy because of these pictures thrust before them on every page, creating a sense of ill-usage, envy and discontent. It is but natural that we should all wish for beautiful things; if our minds were not kept inflamed by such reading many of us would give little thought to the unattainable. As it is, we see the effects of such reading on every hand, in every walk of life. Let the story-writer dwell a little more upon the cultivation of the heart and intellect, the little, every day courtesies that sweeten life, and the beauties of a cheerful, sunny disposition and courageous spirit, teaching a love for the humble things of the home and surroundings of the class that seek relaxation in the reading."

For the Laundry

Since this is a "wash-goods" summer, it is well to know the best methods of laundering delicate colors and fabrics. Many garments may be worn several times before being put in the wash, if care is taken to keep them in good shape by pressing. For a thin dress, which is clean, but rumpled, dampen on the wrong side with a weak solution of gum-arabic and water, using a moistened sponge or soft cloth, and

iron while damp, hanging in the sunshine for a few minutes to complete the drying.

Faded pinks and blues can be retoned by rinsing in water colored to suit with any good ten-cent package dyes, using the proper colors and soft water.

A very little muriatic acid in rinse water is claimed to restore faded blues, and vinegar enough in the rinse water to give it a slightly acid taste is also good for brightening the color.

Red materials and delicate shades of all colors should be ironed on the wrong side with a moderate iron, as heat fades such colors.

White goods that have become yellowed by poor washing or lying too long, can be whitened by boiling a few minutes in quite strong lye water, but must be rinsed through several clear waters in order to remove all lye, using a handful of borax in the last rinse water.

Many delicate colors are best washed in starch water, using no soap, and allowing the water to be but moderately warm. Make the paste or starch as for stiffening, and thin it until about like milk; then wash the goods in this, "sozzling" up and down in the water, and squeezing between the hands until supposed to be clean, then repeating with fresh, clean starch water made still thinner, until the water is no longer discolored. No rinsing is then necessary, and no further starching. Dry in the shade.

On no account use strong alkaline soaps for laundering colored goods. For these, it will pay to make a suds of really good, white soap, and there are several of these on the market at satisfactory prices. Use no soap on the fabric, but wash in suds.

For the Seamstress

Many of the advance fashion plates showing styles for late summer wear show the long sleeves, and authorities on fashion matters state that the day of the short sleeve is drawing to a close. There was little to recommend it, from the first, and many of the more sensible did not adopt it.

The day of the jumper suit seems to be in full-tide, despite the prophecies that it would be short-lived. It is one of the most comfortable and serviceable garments designed for women. They appeal strongly to the woman who has little money to spend on clothing, because she can wear so many different kinds of blouses under them. In many cases, only a guimpe is worn, instead of a full waist. The guimpe, however, must give the impression of being a lingerie waist, and should be made of transparent lace, muslin, net or embroidery.

For cool days, a serge or light cheviot jumper-suit, slipped on over a small guimpe and sleeve below elbow of white muslin is quite as comfortable as a coat suit worn over a thin shirt-waist. In many cases, the jumper is attached to the skirt, which save trouble, and these may be slipped over a guimpe or shirt waist and all fastened down the back.

Narrow ruffings of lace are used a great deal for outlining the collar at the top and bottom, on the lingerie waist, and for edging the cuffs and the plait down the front. The lace should be only about half an inch wide, and usually borders insertion about two inches wide. This trimming can be used on any of the white cotton fabrics.

Lingerie waists of thinnest material button down the back; linen waists and tailored ones are buttoned in front.

Many of the plain-colored lawns are trimmed entirely with narrow ruffles, many of them being but two inches wide. These may be used in

festooned style around the bottom of the skirt. Two rows of festoons are neat, while the hem may be trimmed with two ruffles put on plainly around the bottom of the skirt. For such skirts, a waist should be trimmed with ruffles on both body and sleeves.

For the Garden

Do not neglect to sow some seeds of perennials. Mixed packages of fine assortments can be had for five cents each, or the colors may be had separate. If you have but a small space to devote to such things, the mixed package will answer the purpose. For the busy woman, who must needs neglect her garden work, the perennials are the best, and, once established, they give the greatest satisfaction for the least care of anything grown.

If the seed-bed can be made in a situation where the morning sun can be had with shade from the heat of the afternoon, the seeds will be more certain to do well. A shading of laths is a good thing for the bed, and it should not be allowed to dry out. Before the plants appear, a covering of coarse-meshed old sack-ing, frequently sprinkled and kept moist, will aid the germination.

A very desirable plant is the Platycodon grandiflora, perfectly hardy, showy, long-blooming, with large, graceful blue and white flowers something like the Bell-flower. Once established, they take care of themselves.

The hardy primroses are of the easiest culture, showy, of various colors, fragrant, and beautiful.

The perennial poppies are all that one could wish, and every garden should contain them.

For the little red ants which drive the housewife distracted by their depredations, there is nothing surer than to smear about their runways a little good electric paste. Stuff this into cracks and crevices, and around water pipes, and they will take the hint to leave. Whether it kills, or simply disgusts them, I can not say; but it is effective in routing them. A good strong tea of quassia chips, boiling hot, poured in their holes in the garden and on the lawn, will help to depopulate their haunts. They are especially numerous where old timbers, or pieces of rotten wood are left lying about, and they breed large colonies in the spaces among the timbers of old buildings, or in decaying fence posts.

Some Tested Recipes

Cooking Green Peas—Shell the peas and wash the pods, rejecting any imperfect ones. Cook the peas in the usual way. Put into a kettle with a piece of meat all the clean pods, and cook until perfectly done. Take out the meat, and rub the pods through a colander to separate the husks, and pour this pulp into the water drained from the peas (which should be none too plentiful) and season to taste, thickening with a little beaten egg and flour—enough flour to make the dressing about like cream, and pour this over the peas and meat.

Corn Salad—Grate or cut from the cob of twenty or thirty ears of green corn, all kernels; chop finely one large head of cabbage, three green peppers, four large onions, and thoroughly mix with the corn. To three pints of good vinegar add one box of ground mustard, half teacupful of salt, four cupfuls of brown sugar, and bring to a boil, skimming well. Put in the vegetables and cook until all is of a brownish color, then put in jars and seal while boiling hot.

Green Walnut Pickles—Pick the walnuts while tender enough to pierce with a darning needle, and put

into a strong brine, letting them stand for four days; change the brine once during that time, throwing the brine away. Then rinse off and lay in the sunshine until they become black, turning them frequently in order that all parts may be exposed to the sunshine. Then pack into jars and pour over them a pickle made of the best vinegar and mixed spices (prepared for pickles) all boiled together for ten minutes. The mixed spices should contain pepper, ginger, mace, cloves, mustard seeds, and horse radish, and can be had of the grocer. July is the time to make walnut pickles.

Rhubarb and Apples—Cut up rhubarb, wash, and put over the fire with no added water. Take good, sour apples, pared, quartered and cooked in a very little water. Strain the juice of both and put over the fire to cook fifteen minutes; then add to the boiled juice, three-fourths as much heated sugar as there is juice, by weight, and boil hard for twenty minutes to half an hour; turn into glasses, set in the sun for half a day, and when perfectly cold pour melted paraffine wax over the top to seal.

Remove and burn all diseased leaves on the flowering plant; this is better than to spray with insecticides. Begin in time. Water, hot as the hand can bear, with the addition of some white soap to form a suds, is a fine insecticide for the soft-bodied insects.

Many things must be started this month, in order to have a satisfactory winter garden. Seeds must be sown, or seedlings taken up and potted, slips must be rooted and potted, and soil must be prepared for the boxes and pots to be filled later. Many bulbs must be planted this month and next, if bloom is desired from them next season, while good care must be given to the pot shrubs and potted plants, to keep them growing.

A SMALL SECRET

Couldn't Understand the Taste of his Customers

Two men were discussing the various food products now being supplied in such variety and abundance.

One, a grocer, said, "I frequently try a package or so of any certain article before offering it to my trade, and in that way sometimes form a different idea than my customers have."

For instance, I thought I would try some Postum Food Coffee, to see what reason there was for such a call for it. At breakfast I didn't like it and supper proved the same, so I naturally concluded that my taste was different from that of the customers who bought it right along.

A day or two after, I waited on a lady who was buying a 25c package and told her I couldn't understand how one could fancy the taste of Postum.

"I know just what is the matter," she said, "you put the coffee boiler on the stove for just fifteen minutes, and ten minutes of that time it simmered, and perhaps five minutes it boiled, now if you will have it left to boil full fifteen minutes after it commences to boil, you will find a delicious Java-like beverage, rich in food value of gluten and phosphates, so choice that you will never abandon it, particularly when you see the great gain in health." Well, I took another trial and sure enough I joined the Postum army for good, and life seems worth living since I have gotten rid of my old time stomach and kidney troubles."

Postum is no sort of medicine, but pure liquid food, and this, together with a relief from coffee worked the change. "There's a Reason."

Read "The Road to Wellville," in pkgs.