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### PLUMBING NEEDS DAILY CLEANING

Ounce of Prevention Is Worth More Than Pound of Cure With Plumbers' Bills.

### HOW TO CARE FOR FIXTURES

Waste Pipes Should Be Flushed Thoroughly to Carry Off Hardened Grease and Accumulation of Miscellaneous Dirt.

(Prepared by the United States Depart-ment of Agriculture.)

Many plumbers' bills would be avoided, the health of the family better safeguarded, and the appearance of the plumbing improved if the following suggestions, made by the home economics office of the United States Dement of Agriculture, were followed.

Wheat bread served three times a partment of Agriculture, were followed by the housewife:

Stoppage in pipes is often due to hardened grease or to an accumulaheating stove, one heavy iron bed and tion of hair and lint. The waste pipes should be flushed thoroughly after using, so that the waste is carried out of the house pipes and the trap left ed rooms, block from car line. Board full of clean water. A trap in a waste pipe is a curved section so ar-E. F. Morearty, Lawyer, 700 Peters ranged that water remains in it and the house. If the water left in the trap is not clean, decomposition may strictly first-class 2122 No. 24th St. take place and odors and gases may come from the impurities in the water For Rent-Nicely furnished rooms Itself. Precautions should be taken to prevent oil and grease from going down the waste pipe from the kitchen sink, because being lighter than water they tend to remain floating on the surface of the water in the tran-

Use of Cleansing Mixtures. Occasionally more than cold, or even hot, water is necessary to clear out the accumulated grease, lint, miscellaneous dirt, and bits of refuse, Wash-



Use Only Fine Scourers on Porcelain Fixtures.

for bathroom pipes, and may be used in the proportion of one part "liquid" soda (made by boiling one pound of water, or one pound of dry soda thorthe kitchen sink may sometimes need a stronger cleanser, even if it is thoroughly cleaned and flushed, after each dishwashing, and for this purpose he used carefully-the hands must be allowed to touch porcelain or porcelain-lined sinks, because it may destroy the glaze. One pound of crystals dissolved in two quarts of water board when finished. should be poured down the drain. About half an hour later the pipe rials use medium-hot irons. Iron all cause of the action that they have upshould be flushed with clear water. these materials on the wrong side, ex- on the human body. Caustic soda, although sometimes recommended, is not desirable, because it | that need a smooth surface to keep is likely to unite with the grease and clean longer. Silks and woolens may form a hard soap, that is difficult to remove from the pipes.

\*Fine scourers may be used on all fixtures. For porcelain and enameled- Department of Agriculture. fron fixtures kerosene and whiting are especially good; the kerosene cuts the grease and the whiting supplies the abrasion. Some of the commercial cleaning preparations used for enameled and porcelain fixtures, contain scourers so gritty that they scratch the surface, and thus make the work of cleaning gradually harder. Nothing coarser than whiting should be al-

Should Be Cleaned Daily. Bathroom fixtures should be cleaned daily. Tubs and bowls should be scrubbed with a fine scourer or with water containing a little kerosene, rinsed with clear hot water and wiped dry. The stains made by water containing an excess of iron may be removed from porcelain or porcelainlined tubs and bowls with oxalic-acid solution, which is a poison and must be entirely washed off. The overflow pipes should be flushed occasionally with hot water, for dirt and grease are

likely to collect and decompose there. The water-closet should be kept scrupulously clean. A daily cleaning is necessary with hot soapsuds or sods solution, and a long-haired brush, and flushed again. Then the seat, the cover, the chain, and the handle should be washed and wiped. All cloths and utensils used in cleaning the bathroom should be scalded and

dried, preferably in the open air. The crust of lime which is some dimes deposited by hard water can be

removed from porcelain and porcelainlined fixtures with hydrochloric acid. This acid is very poisonous and is also injurious to the skin and to many materials, including the metals used in plumbing. It must, therefore, be handled with extreme care. Gloves should be worn when using it. To clean the bowl of a closet, bail out as much water as possible, pour in about a pint of commercial hydrochloric acid (sometimes called muriatic acid), and let this stand for several hours, or until stick. Then flush with a large quan-

tity of water. The water in the tank not enough; more must be poured in by hand in order to dilute the acid and carry it away rapidly. In a porcelain-lined sink or bathtub the acid must not be allowed to stand on the soiled earthenware, because it may get through to the metal underneath and eat that away. It must, therefore, be applied drop by drop to the lime and flushed out with plenty of water as soon as the crust begins to crumble when pressed.

### SUBSTITUTE FLOURS FOR MAKING BREADS

People Tire of Wheat Served Three Times Daily.

Corn Meal, Pecan, Hickory or English Walnuts Cut Into Small Pieces and Other Cereals Are Useful to Break Monotony.

day is apt to grow tiresome if not varied by bread made from other cereals. The following recipes are recommended by the home economics kitchen of the United States Department of Agriculture: Brown Bread.

\$ cupfuls corn meal. 1 teaspoonful salt.
1 cupful flour. 2 cupfuls water.
\$ teaspoonfuls bak- 1 cupful molusses.

ing powder.
Mix the dry ingredients and add the molasses and the water. Pour the mixture into a greased coffee can or steaming tin, steam it for two hours, and then bake in a moderate oven for one-half hour.

Nut Bread.

1 cupful English walnut or pecan or hickory nut meats, cut into small pieces. teaspoonfuls baking powder. teaspoonful salt. cupful milk. 1 egg.

Sift together the flour, the baking powder, the salt, and the sugar, and add the milk, the egg, well beaten, and the nut meats. Place the mixture in a well-buttered pan and let rise for tables are much more valuable than one hour. Bake for three-fourths hour a moderate oven.

Rolled Oats and Wheat Bread. cupfuls liquid & cake yeast.
(milk, water, pota- 1 tablespoonful of to water or a mix-ture of these).

""" cupful freshly 2 teaspoonfuls salt.

""" cupfuls wheat rolled oats.

Make a sponge of all the ingredients except the rolled oats, and let it rise in a warm place until very light. Add the rolled oats, which have been ground fine in the food chopper and measured after grinding. Let the dough rise until it doubles in bulk, then knead and mold it into a loaf, brush with melted fat after it has been placed in a pan, and allow it to double in bulk again. Bake in a hot oven for 11/4 hours.

#### IRONING DRUDGERY REDUCED

Use Clean Smooth Irons and Have Well-Padded Board or Table at Comfortable Height.

Have a clean, well-padded board or table set at comfortable height.

washing soda and one quart of water them occasionally with wax or paraffin amount of roughage, which is best in an old kettle) to twelve parts hot will keep them in good condition. supplied by the coarser vegetable Rusty or dirty irons should be scoured oughly dissolved in three gallons of with sand soap or bath brick, been a growing tendency to reduce boiling water. The drain pipe from washed, wiped dry, heated, waxed and the roughage in cereals and some othrubbed smooth.

smoothly and tightly rolled. Iron fabrics with the lengthwise caustic potash is efficacious, but must thread, if possible, and iron as large the best sources of what, for lack of a space at one time as possible. Most protected and the potash must not be materials look best if ironed thorough-

quickly and that will hang off the

For silks, woolens and colored matecept aprons and children's dresses be froned on the right side if covered with dampened cheesecloth say household specialists of the United States



be eaten after meals.

for cleaning your car.

Never add sugar to waffle batter. Serve with sugar or sirup.

In making a white cake, substitute two egg whites for a yolk.

When washing keep a stiff vegetable brush handy to use on dirty neckbands, wristbands. FISH WITHOUT MOUTH CAUGHT

Peculiar Specimen Found in Missouri Also Noseless, but Weighed Five Pounds.

Kennett, Mo.-Going through life without a mouth or rather with your mouth grown shut would be a sad experience for anybody of the human race, but E. D. Poe, a blacksmith of this city, has just caught a fish that was thusly afflicted. Poe got the unusual specimen of the finny tribe while on an outing at what is known as "Tear Blanket," on the Varney river. It was a five-pound buffalo that had no sign of a mouth.

The fin had the appearance of having had its mouth and nose bitten off up to and just below the eyes, and in the process of healing the wound grew entirely shut. With this excep-tion the fish was a fine specimen and apparently was not handicapped by its strange deformity or affliction. Poe put the fish in a tank of water and it swam around just like any other fish. It seemed to have worked out a scheme of letting water through me set of gills and out the other.

# CHEAP FOR FOOD

Particularly Valuable Are Those Available During Spring and Summer Seasons.

### SMALL PLOT IS SUFFICIENT

Garden Truck as Source of Mineral Matter and Proteins Is Much More Important Than Many People Fully Realize.

(Prepared by the United States Department of Agriculture.) The old adage, "an apple a day

keeps the doctor away," might quite as well have read "a carrot or an onion a day," and probably the result would be about the same as regards reducing the doctor's bill. Vegetables of all kinds are necessary in the diet, but particularly valuable are those available in the spring and summer. say specialists of the United States Department of Agriculture.

Without going into definite figures it may be stated that the food value of vegetables, such as beans, peas, potatoes, sweet corn, beats and carrots, is very high. When considered from the standpoint of the food value of the crop that may be produced on a given area of land, beans, beets and carrots are ahead of almost any other garden crop. One-tenth acre planted entirely to carrots will yield about a ton, and in energy this would be equal to about 370 pounds of average beef. One-tenth acre of beets would also yield about a ton and be equal to 380 pounds of average beef. One-tenth acre of lima beans would yield about 120 pounds of dry beans, equal to about 220 pounds of beef.

As sources of mineral matter and proteins needed by the body, vege-



Vegetables Furnish Considerable Portion of Needed Mineral Substances and Vitamines in Diet. Beside Bulk.

many people realize. Also they supply roughage, which is believed to eep the body in good working orde Use clean smooth irons. Rubbing so developed that they need a certain foods. During recent years there has er foods, and, in order to offset this, Have clothes evenly dampened and an extra effort should be made to supply plenty of vegetables and fruits. In addition, fresh vegetables are among a better name have been called vita-

Nobody has ever been able to stand Iron first the parts that dry out a vitamine up by itself, or a group of them by themselves, so that we could look at them, but it is known that they are present just the same, be-

Eat More Vegetables.

Too much cannot be said in favor of a larger proportion of vegetables In the diet of the American people. The English are considered a nation of meat eaters, but it has been shown that Americans est more meat per capita than do the English. A certain amount of meat in the diet is highly desirable, but this should always be balanced by a sufficient supply of vegetables.

One of the reasons that many people have to a great extent cut yesetables from their diet is that they have been unable to get fresh vegetables and do not relish stale ones. The individual home vegetable garden Try using a long-handled oiled mop planted either in the back yard, or a convenient piece of land, not only solves the problem of supplying the family with vegetables at low cost and in abundance, but guarantees their freshness.

### CARE OF HEATER IN SUMMER Avoid Danger of Just by Cleaning in

Spring and Storing in Thoroughly

Dry Place.

There is danger of rust when a stove or furnace stands unused for some time. Smokepipes should be taken down in the spring, cleaned and stored in a dry place. The doors should be left open to keep the interior dry. A lump of unslaked lime

on the grate will collect the moisture and thus prevent rust, home economic specialists in the United States Department of Agriculture say. Leave the boiler of a steam or hot-water heater filled with water up to the safety valve, during the summer,

Machine Gun Back in 1775? A controversy as to who first invented machine guns is one of the war's aftermaths in France.

Lyon puts forth the claim of a M. du Perron, who, in 1775, is said to have submitted to the young King Louis XVI, a military "orgue" which worked on a crank system and could fire twenty-four bullets "almost simultaneously, and consequently coul. annihilate a whole regiment in a few minutes," according to a contemporary

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