

gist to put a drop each of all his fragrant oils and a grain of musk together for you, adding two drops of camphor; add these to the jar, and stir the mass well. Keep it covered a week or two, then open for half an hour when required, and the room will be delightfully perfumed. Add more rose petals as you have them, drying before using, and occasionally adding a teaspoonful of orris root or rose sachet powder. It is expensive to prepare a jar in this way, but it will last for years.—Selected.

#### For the Face

If a woman wants a pretty face, she must wash it; not wipe her face and neck with the corner of a wash cloth and then dry it with a towel. Have a pure vegetable oil soap and plenty of warm water. Use the hands and plenty of soap for the face and neck; a bowl full of warm water and two of cold; a soft towel to dry the skin. Take a wash towel, crash or cheese cloth are good, and finish the bath. Any cloth that is used for the bath should be regularly laundered, and all toilet belongings should be kept sweet and clean. After each using, all cloths or towels should be well washed out, rinsed and hung in the sunshine, if possible. Rainwater is the very best water to use for any bath; when rain water can not be had, use the bran bag for softening the water. This is merely a cheese cloth bag of suitable size filled with wheat bran, and can be made at

#### BREAD DYSPEPSIA

##### The Digesting Element Left Out

Bread dyspepsia is common. It affects the bowels because white bread is nearly all starch, and starch is digested in the intestines, not in the stomach proper.

Up under the shell of the wheat berry Nature has provided a curious deposit which is turned into diastase when it is subjected to the saliva and to the pancreatic juices in the human intestines.

This diastase is absolutely necessary to digest starch and turn it into grape-sugar, which is the next form; but that part of the wheat berry makes dark flour, and the modern miller can not readily sell dark flour, so nature's valuable digester is thrown out and the human system must handle the starch as best it can, without the help that Nature intended.

Small wonder that appendicitis, peritonitis, constipation, and all sorts of trouble exist when we go so contrary to Nature's law. The food experts that perfected Grape-Nuts Food, knowing these facts, made use in their experiments of the entire wheat and barley, including all the parts, and subjected them to moisture and long continued warmth, which allows time and the proper conditions for developing the diastase, outside of the human body.

In this way the starchy part is transformed into grape-sugar in a perfectly natural manner, without the use of chemicals or any outside ingredients. The little sparkling crystals of grape-sugar can be seen on the pieces of Grape-Nuts. This food therefore is naturally pre-digested and its use in place of bread will quickly correct the troubles that have been brought about by the too free use of starch in the food, and that is very common in the human race today.

The effect of eating Grape-Nuts ten days or two weeks and the discontinuance of ordinary white bread, is very marked. The user will gain rapidly in strength and physical and mental health.

"There's a reason."

home. Let it soak in the water a little while before using.

#### Woman's Work

The number of school teachers in the United States is more than a half million, of whom nearly four hundred thousand are women. Few realize the enormous power women hold through their majority in the schools. Few stop to consider how public sentiment has gradually placed in feminine hands the larger influence in school affairs. Only four American states have given full suffrage to women, but more than twenty American states have special provisions by which women can vote in school matters. More than half of the states in number and fully two-thirds of the United States in territory give women school suffrage. Canada confers the same privilege, and in other parts of the world the record is even larger. Women in England, Scotland and Ireland, in New Zealand and Australia and in Cape Colony and Tasmania have, through the ballot boxes, their say in the management of schools. In France women teachers vote for members of boards of education; in Sweden and Norway they have school suffrage, and it thus runs until we may say with safety that, with some exceptions, where civilization rules women rule the schools, which, it must be admitted, do more to make civilization than any other agency.—Delineator for May.

#### For Summer Wear

In finishing the backs of skirts of thin fabrics, such as silks, linen or cotton, an inverted plait at the placket hole is undesirable, for the reason that in hooking the material across, the hooks are too heavy for the material and it usually pulls away, showing the fastenings, giving an ugly appearance at this place. For thin materials the fullness should be such as to entirely conceal the placket close without any fastenings.

In summer material, the trimmings run around the skirt, in many cases, with clusters of tucks extending from the top of a deep hem to well above the line of the knee. In cotton gowns, it is best to put the tucks in the material but in a silk or thin woolen skirt which is to be tucked in several clusters, with three to five tucks in a cluster, the skirt should be cut in three sections, and each section put in with a slight fullness under a tuck. In this way, the skirt will fall with increasing fullness toward the lower edge.

The deep tucks on a circular skirt are really formed by hemming the lower edge of circular sections and joining them to one another where the hem is stitched. This sounds complicated, but it is something which a home dressmaker will be wise to take up, as the fashion for the next year will probably necessitate tucking on circular lines. It is a fashion that is coming to supersede the somewhat waning popularity of the perpendicular plait.

The broad collar of lace and embroidery as a separate trimming for waists and blouses is again in vogue, though not the same kind worn a few years ago; the new one is more on the order of a well-shaped yoke with stock collar attached; often times this is combined with a front panel or with bands, in bretelle effect, which join the yoke to a belt of embroidery to match. These collars are deservedly popular for they are the most economical little devices for transforming a simple gown into quite a dressy little affair. Cuffs to match the collar should be worn.—Ladies Home Journal.

#### Serving Cabbage

Drop the prepared cabbage into enough water (boiling) to completely

cover it; if the heads are small, use whole; if large, halve or quarter them. Keep the water boiling briskly for half an hour; then lift into a colander to drain, after which slice finely; season with pepper and salt to taste. While the cabbage is cooking, prepare, in another vessel, a sauce made as follows: One teacupful of vinegar (if very strong, weaken a little with water), add butter the size of a hen's egg; two tablespoonfuls of sugar; bring to a boil, set off the fire and stir in a well beaten egg. Pour this over the cabbage, stirring thoroughly with a fork, and serve hot.

The water in which cabbage is boiled should not be poured into the sink unless you flush the drain at once with some disinfectant, as the odor is so strong and lasting. If you have a garden, the better way is to pour it on the earth. To get the smell out of the kitchen, keep the windows open and roast a few coffee beans on the stove.

#### Query Box

Mrs. F.—Answer by mail, as requested.

Josie D.—See article for The Toilet.

Anna G.—Directions for making rose jar given in another column.

Ella H.—Grey or green nun's veiling may be trimmed with baby Irish lace.

A. R.—Heavy linen may be used for the skirt and pony jacket suits, with cuffs and collar of linen lace.

Ella S.—White serge or mohair sicilian will be very much worn with or without colors. The collar and cuffs may be ornamented with fancy stitching.

Sadie M.—A good hair tonic is made of one quart of bay rum and one ounce each of castor oil and cantharides. Shake well. If the hair is very oily, use but half the amount of oil. Apply night and morning.

Orange Blossom—Darned net is again a very popular form of handwork, and is adaptable for trimming for many articles—handkerchiefs, dresses, underwear, collars, cuffs, curtains, pillow slips, scarfs, etc. It is very easy to do, and the material is inexpensive.

A Mother—For curtains for the windows of the living room, where children play, a straight length of yard-wide muslin reaching to the window sill, with a ruffle at the top above the casing for the pole, will answer; this may be laundered as often as necessary.

Mother's Girl—To cleanse the hands from the stain of soil, rub well with lard when you come in, getting the grease well into the creases and around the nails, then wash well in quite warm water and a good, pure soap, rinsing well with cool to cold water. While still moist after drying, apply a little lemon juice and glycerine (equal parts), rubbing it in well. Clean the finger nails with a wooden tooth pick, rather than a metal instrument.

Hanna J.—In cleaning with turpentine, the resin held in solution by the turpentine frequently remains in the material, after the volatile oil has evaporated, leaving an ugly spot. Alcohol will dissolve the resin and thus remove the stain. The spot should be moistened with the alcohol and allowed to soak for a minute, then sponged with a slightly rubbing motion, using a clean sponge wet with alcohol, then wiping clean and dry in the open air.

H. G.—When the hands have become very much soiled, rub into them thoroughly a good cold cream, or clean lard. This softens the dirt and loosens it from the pores. Then wash them in soft warm water, using pure soap and dry thoroughly on a soft towel. A dish of bran or corn meal should be kept on the wash stand

and the hands well rubbed with it after each washing. Use gloves about the garden work as much as possible.

For trimming, this season, handwork and self-trimming is much in vogue. Ribbons and braids will be used largely, and in many cases, the braiding designs will be carried out in folds or bands of the material, or of silk. The wide bias fold is used with good effect in graduated widths on the bottom of the skirt.

## System Spells Success

A quitter never gets started except down stream. For him a log to drift on and over the falls.

A light-weight can never do anything but paddle a canoe with a pretty girl in it on a backwater. For him stick in the mud on the bank.

A fool you can never count on. He may dive over the falls in despair or rock the canoe, for fun, get tangled in the bow line and drown in shallow water.

But if you are a real man, or a real woman, young or old, there is a secure place for you, on a sincere, serious, systematized sales staff that simply *won't* let you fall out or fail—the sales staff of THE LADIES' HOME JOURNAL and THE SATURDAY EVENING POST.

One man made \$1950, commissions, bonuses and prizes, in three months recently. A woman made \$1810. Neither worked as hard to earn it as most men do to get less.

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Write if you'll let us help you.

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