

household, directing others in the housekeeping duties, buying, selling, caring for children, keeping things in order or providing against waste. While still in the home, they should be taught the inner economies, and what is necessary to keep the household machinery well oiled and in good shape. They should be taught to spend money cheerfully, but carefully, and how to get for its expenditure its true value. They should know how to entertain their friends in a manner suitable to their means, without either undue lavishness or niggardly lack. Let them have a knowledge of business, and every woman who has money, either inherited or earned, should know how to keep and care for it, and manage it, just as a man should.

Children's Rights

There is one among the children's rights that is very often not respected by their elders. It is their right to be treated with civility and politeness. They are taught—or have been and ought to be—to be respectful to their parents and teachers and all older people, but the opposite obligation is not often enough insisted upon and practiced. If there be more in older persons to call forth respect (which we doubt), there is also with them, or should be, more capacity for showing respect, more knowledge, judgment and practice in courtesy. Children are quick to follow examples, and to do as they see others do is but natural with the children. The pattern, much to be regretted, is too often but a poor one. Not only are parents remiss in recognizing and granting this right of children, but teachers in our schools have yet to learn much of what they owe to their pupils. In many instances these teachers, who are paid to look after the deportment of the children intrusted to their care, are grossly discourteous, both as to words and manners, and many of them are in no sense fit to have charge of the little ones to whose impressionable minds they show forth the very rudest manners and most discourteous language.

KNOWS NOW

Doctor Was Fooled by His Own Case for a Time

It's easy to understand how ordinary people get fooled by coffee when doctors themselves sometimes forget the facts.

A physician speaks of his own experience:

"I had used coffee for years and really did not exactly believe it was injuring me although I had palpitation of the heart every day.

"Finally one day a severe and almost fatal attack of heart trouble frightened me and I gave up both tea and coffee, using Postum instead and since that time I have had absolutely no heart palpitation except on one or two occasions when I tried a small quantity of coffee which caused severe irritation and proved to me I must let it alone.

"When we began using Postum it seemed weak—that was because we did not make it according to directions—but now we put a little bit of butter in the pot when boiling and allow the Postum to boil full 15 minutes, which gives it the proper rich flavor and the deep brown color.

"I have advised a great many of my friends and patients to leave off coffee and drink Postum, in fact I daily give this advice." Name given by Postum Co., Battle Creek, Mich.

Many thousands of physicians use Postum in place of tea and coffee in their own homes and prescribe it to patients. "There's a reason."

A remarkable little book "The Road to Wellville," can be found in pkgs.

age. They would not dare to talk to the parents and guardians as they do to the children. Many parents who are careful of the manners and speech of their little ones at home are at a loss to understand where their carefully guarded children learn such rudeness of speech and such brusqueness of manner as they sometimes display. This is but another reason why parents and guardians should visit the schools and familiarize themselves with the companionship to which they subject these tender charges, and as to the fitness or unfitness of the teacher for the trust and reliance placed in his or her hands. Teachers are no more faultless than are the pupils they are supposed to train properly, and, being seldom visited by the parents, they are on their best behaviour when "visitors" do appear, and thus the child is more often than not unjustly blamed for offensive manners and speech when they are only "following copy."

For the Hands

This is the season when the farm sister, and many others, spends much time in working about the garden, and the hands more or less show the result. Cold water and coarse soap will ruin any hands, but one must try to get rid of the dirt that works into the pores of the skin. This can be done very effectually by rubbing into the skin a liberal coating of either vaseline or clean lard when one comes indoors, and letting it remain on them for a half hour or more, rubbing each finger and joint downward from the palm. Then put into a basin of warm water a bit of borax the size of a large pea, wet the hands and soap well, rubbing in with the soap a little corn meal, and rubbing it in well before washing off the soap. Rinse in two waters, then dry by rubbing in dry corn meal. After the hands are dry, rub in a very little cold cream, or a little diluted glycerine. Massage the hands thoroughly with this, then rinse in cold water, drying with a soft, warm towel. For cleansing the nails, a soft nail brush should be used, and the cuticle should be carefully pushed away from the base of the nail with a soft, blunt stick. Or the thumb nail of the other hand may be used—pushing, not scraping. Do not use cheap or scented soaps, and laundry soap should be left for the wash tub. Remember that every washing with soap removes the natural oil, which should be restored by rubbing into the skin a little olive oil, almond oil or a plain cold cream.

Requested Recipes

Fruit Punch—Boil two cupfuls of sugar and one of water to a syrup, and add one cupful each of strawberry and pineapple juice, and half a cupful each of lemon and orange juice and juice of sweet cherries. Let stand twenty minutes and strain and chill; sweeten or weaken to taste and serve ice cold. If the juices of preserved fruits have been used, it will need weakening with water or ice.

Fruit Punch—Cover one-fourth box of gelatine with one-fourth cupful of cold water; let stand one-half hour and dissolve over hot water. Make a syrup of two cupfuls of sugar and one cupful of water; take from the fire, add the gelatine and one cupful each of water, strawberry juice and either preserved peaches, cherries, or pineapple, the juice of one orange and one lemon. Turn at once into a freezer, but do not turn the freezer until the punch begins to freeze. Let stand to ripen before serving.

Spiced Cherries—Three cupfuls of stoned cherries, one cupful of vinegar sweetened to taste, one tablespoonful of powdered cinnamon, one dessert-spoonful of ground ginger, one tea-

spoonful of cloves, ground fine. Cook until it reaches the consistency of jam. Keep in glass jars and use with meats the same as catsup or jellies. It is better to get the spices whole, especially cinnamon, and grind for one's self, as this is the only way it can be had unadulterated.

Old-fashioned Virginia Pickled Cherries—Put the Morella cherries in stone jars with their stems on; scald in a kettle some vinegar sweetened and flavored to taste with allspice, mace, cloves, and cinnamon; pour this over the cherries and let stand over night, and the next morning pour off and scald again. After repeating this process nine times, the pickle is ready for use. This is one of the old-time recipes, much liked.

Frosted Cherries—Dip the cherries—with the stems on and, if possible, the green leaves—in the beaten white of an egg first, then in white sugar. Keep on ice, and serve for lunch in a glass bowl garnished with green leaves.

The Refrigerator

A trap for the careless housewife at this season is the refrigerator. It is always a menace in thoughtless or careless hands, because of the habit too often formed of keeping food too long, and the danger increases with the hot, humid, sultry weather of the summer. Once a week, at least, everything should be taken out; make a strong suds of boiling water, soda and ammonia, and go over every inch of the inside surface. Have a pan of clear, hot water, with a few drops of some odorless but powerful disinfectant, and go over the whole with this; see that the drain has a cloth-pushed up through it, using a long wooden skewer; then scald with clear, hot water, dry thoroughly, and set a saucer of crushed charcoal on the shelf. Charcoal is a perfect absorbent, and a refrigerator can be kept sweet if these few precautions are taken. Never set anything hot in the refrigerator, nor leave anything decayed, or soured in it. Always wash off the ice.

Query Box

(Our thanks are due to several friends who have kindly sent us brief sketches of the life and works of Mrs. Elizabeth Aker Allen, whose beautiful poem, "Little Feet," we gave recently, and several other friends have asked that we publish her poem, "Rock Me to Sleep, Mother," which we shall be glad to do in an early issue of the paper.)

Emma S.—Wash your plants which are troubled with the aphid or green fly with a strong suds made of pure soap; let stand a few minutes and then rinse the plant well with clear water.

Annie L.—The best way to clean a lamp chimney is to wipe it out the usual way with a soft cloth dipped in methylated spirits. This cleans it better than washing, with less danger of breakage.

Mrs. L.—One of our friends recommends a strip of clean, white cotton cloth, wet and tightly drawn around both edges of the pie, and pasted together at the ends with flour, for preventing the "running over" of her pies.

Young Hostess—If soup must be served, it may be hot, if the cold will not be acceptable; but iced bouillon is very delicious. It should be made the day before and allowed to jelly, then serve in broken bits in a glass or china cup set in cracked ice. Bouillon should be highly seasoned to be good when served in this way.

E. I.—Many thanks for your kind words. The expressed good will of our readers is quite inspirational, and

incites me to more earnest work in their behalf. The flowers of the lavender plant are the part used. These should be gathered in their early stage and dried in the shade. Our grandmothers often gathered the leaves as well, but the flowers are best.

Sumara.—This is the recipe, I think: Take one quart of boiling water and put into it as much epsom salts as the water will take up while boiling; let cool, and bottle tight for use. Keep handy, and when accident by scalding or burning occurs, saturate cloths in the solution and lay on the burn. Do not remove the cloth, nor let get dry, but pour on the solution as it dries. Keep this up for a few hours, and, unless the burn is a deep one, a speedy cure will be effected. Lime and sweet oil in emulsion is a standard article.

Test Your Strength

You may be "out of a job" and weakly waiting for a new one at the same old thing, wasting your life and energies, when by a simple test of your mental muscles you might show yourself a giant in earning power.

Make a better than merely "good salary." Be your own boss in making it. Take your own time to do it. Stay in if it's a nasty day. Just use common-sense and intelligent industry, and you can make more than, or at least as much as, you ever made, making yearly sales for THE LADIES' HOME JOURNAL and THE SATURDAY EVENING POST.

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