

dried in the shade and, when quite dry, crumbled and packed in air-tight jars. If kept in air-tight receptacles, the dried herbs will keep their strength for a long time—in some kinds, for years. Many of these herbs are perennial, and when once established, will grow without further care; some of them are annuals, and "seed" themselves, so that one sowing is generally all that is needed. Every vegetable garden should have a bed of them for flavoring foods, and often for medicinal purposes. Some of the most effective remedies known are made of the simple herbs that "grandmother used to grow."

#### Teaching the Children to Help

A writer in *Housewife* says: "Many mothers, overworked and longing for relief, do not realize that at hand they have a large reserve force of unskilled, but willing and affectionate labor. The little ones who add so largely to our duties are the very ones who, if directed rightly, will spring to our relief and ease the heat and burden of our day wonderfully. It is the "step, step" about the housework that is so fatiguing; the larger tasks, gone systematically about, are not so exhausting; but the various little, uncounted things which, if not done, show so blackly on a background of otherwise good housekeeping, and the doing or not doing of these are what tries our nerves and our tempers. Without in the least overworking the child, its little hands and feet can yet be made of great help to us, and even a very young child will save many steps if properly set about it. The tiny feet must trot, and they will cross the room many times joyously if the little one can feel that he is working for mamma."

#### Treatment of Finger Nails

It is a very common occurrence to see women take up a sharp penknife to clean their finger nails, or possibly use the sharp point of the scissors for the same purpose. This should never be done by any one who cares to have nice, smooth nails, as the sharp metal injures the skin under the nail, making it ragged and giving it an inflamed appearance, and is bound to scrape the under part of the nail, often causing it to split and break off. Orange sticks are not expensive, and can always be had at the drug stores, and these are the best things that can be used to clean the nails. If the flesh under the nail has become stained from ink, fruit, or otherwise, do not try to scrape it out, but wind a little absorbent cotton around the end of a toothpick, wet it in peroxide of hydrogen and thoroughly moisten the flesh under the nail. The stain will soon disappear. If the cuticle about the nail inclines to get ragged, soak the ends of the fingers in hot olive oil; the oil shrinks the cuticle and keeps it smooth and in place. The hands should be well washed at night before going to bed, and a little cold cream rubbed into them.

The most effective treatment for the complexion begins inside; there is no magic formula for loveliness. Care of the diet and regard for the rules of health are better than a whole drug-shopful of mixtures.

#### Some Homely Conveniences

Boxes—just plain, common boxes that you can get of your merchant for a few cents—can be made ornamental as well as useful for many purposes, by covering with cretonne, or table oil-cloth (white is pretty), denims, or even calico. The lid should be hinged on the box, and a padding of some kind tacked on to it, and over this the covering material. One of these "upholstered" boxes may serve as a receptacle for the table-linen, in the dining room; another in the sitting room may hold papers and periodicals; in the bedroom one is useful for a shoe-box, an-

other for shirt-waists, another for odds and ends that fit in no other place. A box with a hinged lid will hold the treasures of the young child, and keep them out of the way of careless feet. One box may hold the "patch-work," darning materials and bits of worsted for fancy work; another is handy for stowing away the sewing. There is no end to the uses that they may serve, and there are many ways in which they may be made to be very tasteful additions to the furnishings of the various rooms. When one gets tired of them, or wishes to replace them with some piece of furniture, they "fit in" to the kindling pile very kindly, being useful even to the last.

#### Caring for the Lawn

Do not begin to mow the lawn until the new grass has grown to be at least three or four inches high, then do not cut it too closely, as this has a tendency to injure the roots in the early stages of growth. Clipping regularly will incline the plants to "stool," that is, thicken at its crown, until there is such a mass of "stools" from each plant that they run together and form a deep, rich sward. Have the mower sharp, so as to cut the grass clean and evenly. A dull blade gives the grass a bad look, as though it were chewed off. As to how often you should mow the lawn, there is no rule, as some grasses grow much faster than others, but a good rule to follow is to mow it whenever it is an inch or more above the height at which you expect to keep it.

While many people prefer to leave the clippings on the lawn as a mulch for the grass roots, others remove it, as they claim that it gives the lawn an untidy look. This you must decide for yourself. When watering the lawn, give it a thorough soaking, as just a sprinkling will start the roots close to the surface, and, in hot, dry weather, these will burn out, and the grass be much damaged thereby. It is best to water at night, as the ground will then have absorbed the moisture before the sun can dry it up.

#### Javelle Water

This is made by taking four pounds of sal soda (washing soda) and one pound of fresh, stone lime (or one pound can of chloride of lime) and dissolving them in one gallon of boiling water. Let this solution settle, then pour the clear liquid off into bottle, and cork for use. Label. Another gallon of water may be poured on the sediments, boiled up, and then bottled for a scouring fluid to be used on floors, unpainted surfaces, and grease spots. When using the javelle water for the purpose of bleaching white goods of any kind, use one teacupful to a boiler of water; wash out the articles quickly, rinse well, and dry.

Do not forget that, if you want flowers in your garden or yard, during the coming season, now is the time you must be planning for them. If you wish to grow fine asters, give them a deep, rich soil, cultivate well, and when the flower stalks begin to show, mulch the bed with well-rotted stable manure, and if the season should be dry, give them a thorough watering occasionally. Among the finest varieties are the improved peony-flowered Perfection, and the Giant Victoria, the flowers of which are large, free-blooming, and of all colors, shades and variegations.

#### The Summer Kitchen

Where a summer kitchen is provided, the work and comfort, as well as saving of much time, is greatly facilitated by having a gasoline or coal oil stove in addition to the wood or coal range. These are now both cheap and satisfactory, as well as perfectly safe to use with proper precautions. A little one-burner coal oil stove is better than none, and can be obtained for fifty cents to \$1, according to locality.

When going away on a vacation, I have often put one of these little "stoves" in my trunk, and have done regular cooking, water-heating, etc., on it for all purposes during my "light-housekeeping." A larger one, two burners, is much better where one has several to cook for. A meal started on the range in the cool of the morning, can be finished either in the "hay-box," or on one of these little stoves, and a light, warm meal can be served by its help at any hour. Indeed, it is a household necessity, in winter, as well as in summer, with the added convenience that it may be carried wherever needed, if sickness should necessitate the use of hot water at any time, night or day. These little stoves are as safe as any lamp, and must be kept cleaned and filled, just in the same way.

For heavy cooking, where many things must be done at one and the same time, the kitchen range is more convenient, and also, for laundry purposes; but have one of the other stoves, if possible—and it should be more than possible, even with the poorest family, as its use is a great saving of fuel. And I am going to beg of you, again, to try the "hay-box" or, as it is called now, the "cooking chest." A woman should avail herself of every help at hand, and should make her work as light and sanitary as possible. Do not delay the matter until the hot weather and the work enervates you so that you "just cannot think." Be good to yourself, dear woman, and take all the helps you can lay hold on—gas, gasoline, oil, or the hay-box, washing machine, and every other machine that can be used in housewifery.

In the *Delineator* for May, Charlotte Perkins Gilman talks entertainingly on a subject in which all women—and many men—are taking more or less interest—the feasibility of having homes without the burden of housekeeping. She advocates the employment of "plain, common business management, under methods perfectly familiar, whereby we should be able to command far better accommodation, better provisions, and better service for less money." She adds: "There is no 'co-operation' involved; no mingling of families; no enforced association; merely the common patronage of a common supply; just exactly as the same families might patronize a common baker, or go to a common theatre. The thing is done already, though imperfectly and expensively; it can be done better and more cheaply."

#### Query Box

M. M.—In regard to millinery and dressmaking, if you only wish to work for yourself, you could take a correspondence course, but if you expect to fit yourself for wage-earning, and for promotion, you should enter a shop and serve a thorough apprenticeship in practical work.

V. F.—Write to the matron, or superintendent, of the nearest hospital having a training school for nurses, and the information will be sent you. Nearly all large hospitals have such schools, and a small sum is paid the pupils monthly while learning. The work is hard, but if you like it you will not mind.

Josie D.—A complete course in physical culture and elocution occupies two years, and the tuition would cost about \$300. In addition to this, allowance should be made for board, laundry and incidentals. The profession is not crowded, and you could no doubt get a position as teacher when you had finished the course.

"Dolly."—Do not use alcohol and witch hazel on your hair. Wash the scalp twice a month with water in which a teaspoonful of the salts of tartar to a half gallon of warm water has been dissolved, rinse in several

waters, to the last of which add a small pinch of borax, and dry thoroughly. Wet the roots of the hair daily with a solution of bicarbonate of soda (teaspoonful to a pint of water). If used continuously this will lessen the darkening. (2) Peroxide of hydrogen will ruin the hair; it should not be used. It would be wiser for you to attend to the improvement of the gloss and health of the hair, rather than worry over its darkening, which you cannot prevent. You will always regret it if you use "bleaches." (3) Use common vaseline on the eyebrows, rubbing it on with a tiny tooth brush. (4) An excellent thing for the face and hands to soften, bleach and smooth, is glycerine, 2 ounces, rose water 4 ounces, and the expressed juice of one large lemon. Apply after thoroughly washing and drying the skin at night. (5) To restore the auburn tint, you would have to employ a professional, and even then, the result might not be satisfactory.

#### ONE ON ST. PETER

St. Peter settin' at the gate;  
Nigger passin' by—  
St. Peter up and sez to him,  
"How did you come to die?"

"Go ax de man whut helt de gun  
A-pintin' at dat roos';  
Go ax de dog whut helt my foot  
An' wouldn't turn hit loose!"

"And so," St. Peter sez to him,  
"You was kotched in de ac'?"  
Dat nigger turnt an' looked at him  
An' spon's: 'H'it is a fac'!"

"Down in de deep den you mus' go,  
Fer stealin' uf dat hen!"  
The nigger scratch his haid right hard;  
St. Peter had him den!

But 'deck'y liftin' up his arms  
He flop 'em on his sides,  
An' 'zactly like a rooster crow  
Three times out loud he cries.

St. Peter hung his haid wid shame—  
He 'mebered uv his sin—  
An' grabbin' up a great big key,  
He let dat nigger in!  
—New Orleans Picayune.

#### APPENDICITIS

#### Not at all Necessary to Operate in Many Cases.

Automobiles and Appendicitis scare some people before they are hit.

Appendicitis is often caused by too much starch in the bowels. Starch is hard to digest and clogs up the digestive machinery—also tends to form cakes in the cecum. (That's the blind pouch at entrance to the appendix.)

A New Hampshire girl had appendicitis, but lived on milk for awhile—then Grape-Nuts and got well without an operation.

She says: "Five years ago while at school, I suffered terribly with constipation and indigestion." (Too much starch, white bread, potatoes, etc., which she did not digest.)

"Soon after I left school I had an attack of appendicitis and for thirteen weeks lived on milk and water. When I recovered enough to eat solid food there was nothing that would agree with me, until a friend recommended Grape-Nuts.

"When I began to eat Grape-Nuts I weighed 98 pounds, but I soon grew to 115 pounds. The distress after eating left me entirely and now I am like a new person."

(A little Grape-Nuts dissolved in hot water or milk would have been much better for this case than milk alone, for the starchy part of the wheat and barley is changed into a form of digestible sugar in making Grape-Nuts.) Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."