

tion, will always be among us. It always has been, in some sort, even with the denizens of the cave, or in the seclusion of the forest's shelter.

To suppose the home is in danger because women are growing into a larger mental world and learning to feel a sense of responsibility for the things outside the home, is to base its usefulness upon the weak subjection of women to ancient and outgrown conditions which have no longer cause to exist. There are everywhere "oaks" among women, and "clinging ivies" among men. The idea of a home is, to all women, the most sacred, most to be desired spot in the universe, and it always will be. If all, or the major portion of men, were only capable of making a home for a wife and children, the need for women going into business and politics would never be known. So many men fall, utterly, in either or both the material or the social home-building instinct, that women are being forced out into the work of making up for the lack, and the great world is recovering from the shock; its delicate feelings are no longer disturbed when a respectable, intelligent woman does something that no woman has ever done before, in her efforts to maintain and bring up respectably and intelligently the family that has fallen to her care.—*Woman's Journal.*

#### To Pasteurize Milk

Milk is pasteurized or sterilized for the purpose of killing any germs that may be in the milk, or for keeping it sweet in warm weather. To pasteurize milk, fill small-necked bottles to within one and one-half inches of the top with milk, cork with absorbent cotton; place bottles in steamer over cold water, having the water nearly surrounding the bottles; heat slowly to 160 degrees Fahrenheit in winter, and to 157 degrees in summer; cover the bottles closely with a blanket and keep at the same temperature forty minutes; remove bottles; cool quickly, and put in a cool place. This method is not considered as safe as sterilization.

To sterilize milk, proceed as for pasteurization, only heating the water to boiling point (212 degrees Fahrenheit), and keeping it at that point for one hour. Boiling temperature is the only temperature that will absolutely kill germs so that no spores will develop later.

#### For the Seamstress

The girl who does her own sewing will find the hem-gage a great convenience. It is a little contrivance made of nickel, and will cost about twenty-five cents, and will last a long time, making it possible always to have the hem of one's clothing perfectly even, of whatever width. The gage is marked off in inches, with a slide which has a pointed indicator on the outside edge. In the center of the slide is a little point that goes through the holes of the gage at each eighth of an inch. If you wish to have a two-inch hem finishing the bottom of your skirt, place the gage on the material and move the indicator until it is exactly on the two-inch line; the point of the indicator will mark the two-inch hem.

Do not forget to keep your machine in good order. A neglected machine will soon get to running heavily and spoil both your temper and your work. Push back the head of the machine and apply gasoline, or coal oil freely; this will cut the old, dusty grease, and you must then wipe off all the dirty old oil, cleaning every part of the works in this manner. After the machine is clean, apply the machine oil, and go to work. It keeps a machine looking nice to rub the stand well with a flannel cloth dipped in coal

oil, polishing to remove all surplus grease.

When finishing seams, tucks, pleats, pockets and pocket laps of tailored gowns and garments, use the bar-tack, arrow-head, or crow's foot finish. Mark the length of the tack, which may be anything less than half an inch long; then pass the needle up from beneath at one end, down through the other end, repeating until you have three or four long stitches along the bar. Then, without breaking the thread, begin at one end and cover the bar with short stitches, over and over; it will look like a fine cord if properly done. To make either the arrow-head, or the crow's-foot, mark the outline of the tack with chalk, and fill in the outline with stitches as you would embroidery. Button-hole twist, of the same color of the garment is employed in making the tacks. Keep the stitches very close together, so that a smooth, even effect will be the result.

#### Dry Cleaning for Delicate Fabrics

Every woman knows that gasoline will clean garments made of delicate fabrics, but many of them do not know just how to do it satisfactorily. Scrubbing or rubbing article should be avoided. Place the waist or article to be cleaned in a jar sufficiently large to hold it, and which can be so covered as to prevent the gasoline from evaporating. Cover it with gasoline, and leave it in clean gasoline, and gently rub out any soiled spots remaining. When clean, hang on a line out of doors to dry, and when thoroughly dry, brush with a clean, soft brush. To destroy the odor of the gasoline, when it is thoroughly dry, iron the article with a moderately hot iron, and the heat will kill the scent. Hang the garment in an open room until it is scentless. It is claimed that alcohol will do the work as well, is not inflammable, and the scent is not disagreeable. The gasoline may be used again, for colored articles of a darker shade, or for fuel.

#### "Running Accounts"

Quite a few of our readers, especially those living in large cities, receive through the mails nicely typewritten notes, written on nice paper, with very complimentary wording to the effect that, wishing to make their shopping as easy as possible, and knowing they are, strictly, honorable and prompt in settling their accounts, the firm sending the note will be glad to accommodate them with an open account at their store. Many women accept this service, as by this means they do not have to limit their buying to the contents of their purse at the moment, and it is also very convenient to simply telephone one's wants and have them attended to, money or no money. Not a few of these women take the "account" as a compliment to themselves. But if they would only give the subject a moment's thought, they would know that, before making this offer, the firm had satisfied themselves of the financial standing of those responsible for the debts of their customers, and would send such an offer only where there was a sufficient security back of the one running the bill to make its collection no difficult matter.

#### Neck Wear

Although the stiff, linen collars will be much worn, the soft collars of last season still hold their place because of comfort. In making these collars, the material must be cut straight on the lower edge, but curving a little on the upper edge so the back will be at least a half inch higher than the front. These collars are made separate from the waist, and, if the waist fastens in the back, may be hand-tacked to the neck-band all around, but if the waist

fastens in front, only one side may be tacked to the waist, fastening the other side down with hooks and loops. The collar fastens in the back.

To bone the collars to prevent crumpling, cover the bones with a thickness of muslin, and place on each side of the center-front about three inches apart, sloping toward the back so they form a V; at sides and back, arrange the bones straight up and down. Tiny muslin-covered buttons and button-holed loops which do not extend beyond the edge of the end of the collar makes a neat fastening for these collars. The loops may be made over a leadpencil to keep them the proper size for the buttons.

A good way to use up odds and ends of lace and fine embroidery is to use them for the dainty little bows and jabots to be worn with the collars. These are easily made by any one who can use a needle, and can be readily taken apart and laundered. Dainty neckwear plays so important a part in the appearance of any woman, that one should regard it as a necessity, especially when a supply of it can be so easily and inexpensively made as the fashion now admits of. Plain, hemstitched, or lace-trimmed lawns or muslins make very neat neckwear for everyday wear.

Do not wear trailing skirts on a stormy day, and for the muddy sidewalks, white muslin petticoats are in bad taste. Do not wear gray or navy-blue, if you have a sallow complexion; and rose-pink accessories are not suitable under or over a wrinkled face or neck. If you have a homely neck, stick to the soft collars.

#### Training the Young

Whether indoors, or out, a child should be taught to breathe through the nostrils. The practice of breathing with the mouth wide open gives to the child a silly, stupid look, and may be either simply a habit, or caused by some obstruction of the nasal passage, and in the latter case, the services of a good physician are required. Aside from appearances, drawing the breath through the nostrils, rather than through the mouth, is conducive to health, and is the proper way to breathe, for many reasons.

The habit of deep and right breathing should be insisted upon from early childhood, the earlier the better, and can be easily acquired. If the matter is made of moment. Especially is this of importance with the child of weak lungs or impaired digestion, as, if practiced systematically, the walls of the chest will expand, and will do more to give a free and erect carriage to the young than any other exercise. No regular hour need be observed, but the young should be taught to allow the body to fall into a restful position, at any time and, throwing the shoulders back, and raising the head, holding the chin well in, shut the mouth and draw in the breath slowly while counting twenty, then hold the breath for six counts, and let it slowly exhale. This may be practiced at any time the child thinks of it, or is reminded of it, and the result will show a development very satisfactory within a short time. The child who does this will not contract a slouching, doubled-up habit of body, but will have a graceful, easy carriage, whether sitting, standing, or walking about.

Bending the body over to the right and left alternately, twisting it from side to side, without moving the hips, will develop the abdominal muscles, and stooping to pick something off the floor without bending the knees will strengthen the hip joints and give grace to the carriage when walking. Do not allow the child to "sit on its backbone." Insist on the proper posture whenever seated. No happy child ever "slouches," and we can almost say no slouching child is ever of the happiest. With development of the body will come development of the

mind, and the higher the head is held, the higher the mental and spiritual attitude.

#### Can Children Learn It All?

There are some things I have long wanted to say to the patrons of the public schools. I was once a school-teacher, and let me beg you to listen to the teachers. They ought to know as much as anyone about the conditions of the schools. I am still a school ma'am. At present I am conducting a kindergarten, having as pupils two of the sweetest children on earth. They are making all the noise they can while I write.

We attempt too much in our schools. In our state (Illinois) the pupils are expected to master in eight years our text books on reading, spelling, writing, arithmetic, English grammar, United States history, civics, geography and physiology; also elementary works in ethics, vocal music, drawing, agriculture and domestic science. The last five have been added during the last few years. Each time a new study has been introduced some teachers have rebelled; they have said: "It is impossible for us to teach, and impossible for the students to learn so much in so short a time." And each time the county superintendents and the school boards have answered: "It must be done. Others are teaching these things; we must keep up with the procession." And the teachers, though poorly paid, have done their best. Thousands of them have overworked, hundreds have worried themselves into consumptives' graves. A great many realize that they can not do the work as it should be done, but the pupil must be prepared to pass the examinations at all hazards; so the teachers do what they are required to do, and that is cram, cram, cram! No wonder the children have mental indigestion. It takes time for digestion.

I can see only one remedy for this trouble. It is: Leave some of these studies for the high school. By extending the language work a very little, grammar might be left out of the grades. How much grammar do you remember, anyway? Do you really use one-tenth of what you learned? Advanced geography, also, ought to be placed higher in the course. I do not deny that these studies are important; but in teaching them so early in the course we neglect others which, to the average pupil, are more important.—"Daphne," in Colman's Rural World.

#### DOCTOR TALKS OF FOOD

##### President of Board of Health

"What shall I eat?" is the daily inquiry the physician is met with. I do not hesitate to say that in my judgment, a large percentage of disease is caused by poorly selected and improperly prepared food. My personal experience with the fully-cooked food, known as Grape-Nuts, enables me to speak freely of its merits.

"From overwork, I suffered several years with malnutrition, palpitation of the heart, and loss of sleep. Last summer I was led to experiment personally with the new food, which I used in conjunction with good rich cow's milk. In a short time after I commenced its use, the disagreeable symptoms disappeared, my heart's action became steady and normal, the functions of the stomach were properly carried out and I again slept as soundly and as well as in my youth.

"I look upon Grape-Nuts as a perfect food, and no one can gainsay but that it has a most prominent place in a rational, scientific system of feeding. Any one who uses this food will soon be convinced of the soundness of the principle upon which it is manufactured and may thereby know the facts as to its true worth." Read, "The Road to Wellville," in pkgs. "There's a Reason."