

# HOME LIFE

## SHORT SUGGESTIONS

Milk used instead of water makes puddings and pastry light.

Salt sprinkled on any substance that is burning on a stove will stop the smoke and smell.

When machining hard materials, such as serge or holland, oil the thread. This will prevent it constantly snapping.

Old incandescent gas mantels make a splendid polish for silverware. Crush a little on a soft duster and rub on the silver.

Lemon coffee is delicious. Rub each side of a lump of sugar on the rind of a lemon and pour the coffee in the ordinary way.

To clean zinc dip a piece of flannel in paraffin and with it well rub the zinc, which should then be washed with hot water and soap to remove the smell of the oil and polish with a dry cloth.

## HEALTH AND HYGIENE

"An apple a day keeps the doctor away," is an old saying. See that the

children have more apples and less meat.

Cough syrups are often used indiscreetly. They lull the cough, but mask the symptoms producing the cough.

Pumice stone is useful in removing hairs from the arms.

Lemon juice one part to two of glycerine makes a good lotion for the hands.

When the skin is sallow the system requires acids. In case of plethora and a flushed face alkalies are indicated. Bicarbonate of soda is a representative of alkali.

Pimples indicate derangement of the organs of digestion and elimination. Bathe the face in a solution of epsom salts; also take a teaspoonful of salts before breakfast.

The woman with an irritable throat should secure a dampened sponge over her mouth when obliged to sweep or do dusty work.

One should not forget that "lung



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balsams," etc., owe their efficacy to some sedative contained therein. The action comes through the nervous system. It is injurious to the delicate stomach of a child to compel it to digest a quantity of useless syrup.

Headache tablets should be used in moderation. They have a somewhat damaging effect upon the blood and circulation. They only give temporary relief at best.

The woman who desires to be good-looking should first be healthy. She should strive to be what she wishes to appear and should appear what she wishes to be. It is said to be a psychological fact that a very ambitious person projects an image or ideal of him- or herself and patterns after it.

Aqua ammonia (hartshorn) is a very serviceable household remedy. It is useful for insect stings, slight burns, etc. With equal parts of turpentine it forms a good liniment for rheumatism, sprains, and bruises. Cloths wrung out of diluted ammonia water and placed over the chest are very useful in croupy and asthmatic conditions.

Open the doors occasionally even on cold days. We are inclined to fear freezing.

It should be remembered that the temperature on the floor is considerably lower than four or five feet higher. This is one of the reasons why young children take cold so easily.

Alcohol is the antidote for carbolic acid poisoning. The stomach should also be emptied and protected by white of eggs or other emulsion.

Bathing the neck and chest with cool water is useful for sore throat.

If you think you are too poor and your skin is dry drink water in copious draughts, always between meals.

Water should be given babies regularly the same as taken by adults.

Plants are good for the living room. They absorb poison gases and emit oxygen. We do the reverse. Hence we contribute each to the life of the other.

Recent scientific investigations state that the potato is the most wholesome, nutritious, and useful food we have. Science has a way of finding out things that necessity and common sense long ago taught us.

## PURE AIR A REMEDY

The wonderful tonic of pure air has cured many cases of consumption and prolonged the lives of others so that this dread disease has to a certain extent lost its terrors. A young friend who ten years ago was taken with hemorrhage of the lungs for a time was so seriously ill that little hope of her life was given, but her husband, being a physician, took her at once to Rocky Ford, Colo., and kept her out of doors most of the time, having her sleep on an out door balcony from that time until the present, and she is now a healthy woman; but is not yet and probably never will be able to visit her native state, Iowa, longer than a day or two, as the hemorrhages might return. The only, or, rather, the chief objection to Colo-

## HINTS BY MAY MANTON



6258 Breakfast Kimono, 32 to 42 bust. TUCKED SHIRT WAIST 5218

Such a shirt waist as this one is very generally becoming and is particularly well liked for flannels and other materials of colder weather although it can be utilized for washable ones with perfect success. The yoke is cut on becoming lines and the plain back and tucked fronts combine most satisfactorily while the box plait at the front gives the unbroken line that is always desirable at that point. The sleeves are quite novel with deep cuffs that are tucked diagonally and closed by means of ornamental buttons and loops. In this case dark red French flannel is stitched with belding silk and made over the fitted lining, but all the season's waistings are appropriate and the lining can be used or omitted as individual preference may decide.

The waist consists of the lining, which is closed at the center front, the plain back, the tucked fronts and the yoke. The box plait is quite separate and is attached to the right front edge, the closing being made by means of buttons and button-holes worked through the center. The sleeves are the favorite ones of the season that are full above the cuffs and there is a regulation stock at the neck that can be worn with the little embroidered turn over, as illustrated, or left plain as preferred.

The quantity of material required for the medium size is 4 yards 21, 3 1/4 yards or 2 yards 44 inches wide. The pattern 5218 is cut in sizes for a 32, 34, 36, 38 and 40 inch bust measure.

## PATTERN COUPON—5218

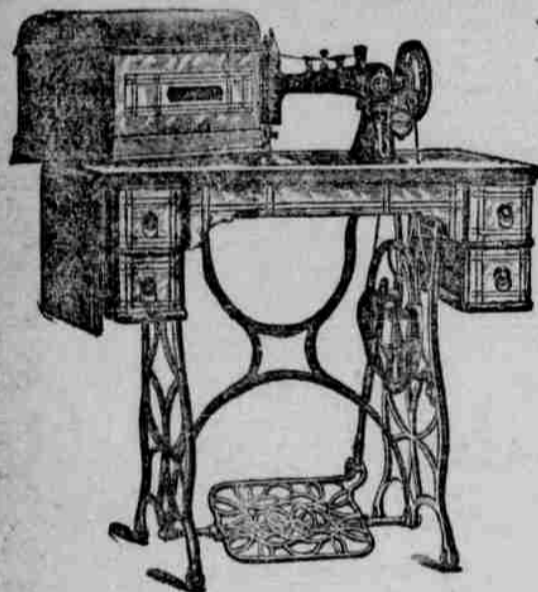
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