

HOME LIFE

WISDOM FOR THE KITCHEN.

The lady in the kitchen will not sacrifice her hands where it is possible to give them protection, and if a trained worker she has many little devices for quick accomplishment, order, and saving herself. Over her sink are half a dozen implements to make dish-washing handy, the small mop for glasses, the larger one for dishes, the little whisk broom for custard kettles or the saucepan in which milk has been scalded, the wire dishcloth for the mush kettle and the glutinous things which in spite of soaking adhere tenaciously. And there are the sand soap and the little match to the vegetable brush, both of which are needed for the iron pan in which there has been both a little frying and a little thickening. To clean the sink there is the common scrubbing brush with flaring bristles to touch the corners—only this is kept half size.

She is not disturbed by what is said in abuse of the mop, but knows that if the much maligned mopstick is furnished with a soft, spongy, half wooden and half cotton cloth that can be easily wrung, it only needs constant cleansing and freshening under the hot water faucet to make it perform wonders

in the way of getting in the corners. She leaves getting down on her knees for people that are better fitted for it and saves her back.

Another strong point of the trained worker is the way she keeps everything, including the floor, clean as she goes along. No dish that she empties of its contents at the range is stacked or put to "soak," but is held under the hot water and the manipulation of the little whisk broom until cleansed while it is still hot. If iron it will dry by its own heat under this treatment and be ready to put away. It takes only a minute, but saves infinite labor after the grease, sugar and meat juices have hardened on.

So deftly does she handle things that she can get a dinner from start to finish and her apron, dress, and hands are as clean and her kitchen as orderly when she is through as when she began.

Household work is not dirty if properly done, and one of the secrets of its not being so is in having the proper things at hand, especially when cooking. The holder and a fresh towel should be attached by tapes to the apron. The hand towel roller should be but a turn from the hot and cold

water. The salt, pepper and flour dredger should be on a little swing within reach of the stove. A round asbestos mat should hang near to slip under thing and a double sized and clean one kept ready to slip under every table dish that has to stand for a few minutes in the oven or back on the stove shelf.

FASHION MINTS

Both big and little hats are seen, but none of medium size.

Velvet ribbons are used to a very great extent at this moment for the trimming of hats, in bows, ruchings and rosettes.

White gloves for day and evening are more than ever the rage, and there is a new shade of very palest lemon kid with black stitching, which is very smart.

The smartest handkerchiefs, for using with tailor-made frocks are of plain white, with a hemstitched border of colored lawn to match the color of the dress; while there is a revival of lace handkerchiefs for evening wear.

Sleeves will be short. They will be made in a thousand ways—of lace frills and ruffles; with cuffs and without—but whatever else they are they will be short.

Many of the newest coats for girls are made in a three-quarter length. Empire shape, with a yoke arranged to give a short-waisted effect, both back and front, and either stitched and strapped, or trimmed with wide silk braid. Below this coat the yoke hangs loosely, both back and front. Other coats, again, are made to fit the figure quite closely, and when these are well cut, so that they give a long-waisted effect, they are very becoming. As a rule, they are finished with quite long basques, reaching almost to the knees. In the case of girls who are still growing, however, a looser style of coat is more sensible, and far more comfortable in every way. The double-breasted reefer coats, with semi-fitting backs, can scarcely be improved upon for a girl's coat and skirt costume, to be worn over a simple flannel blouse, and with a perfectly plain skirt.

TO BE BEAUTIFUL.

Don't eat when tired and don't work when tired. It is a mistake to work when not in a fit condition—bad for the work and worse for you.

After long standing or running about bathe the feet with vinegar and warm water. The effect is wonderfully refreshing.

Don't neglect sleep. You can sleep yourself into good looks. A long nap and a hot bath will make any woman more attractive and lift years from her shoulders.

Don't forget that the nurses of a woman's beauty are seven—fresh air, sunshine, warmth, rest, sleep, food and whatever stirs the blood, be it exercise or enthusiasm.

It is not generally known that the hands depend upon the state of health for beauty quite as much as the complexion, but it is a fact. The hygienic laws recommended for the improvement of the skin will all be found good and necessary for the hands. In addition, a few helps along this line of outside application will be needed, more especially by those who work.

Continued overindulgence in the sweets is quite certain to give rise to a dyspeptic condition and to constipation. Of course, all the cereals contain more or less starch, but wheat rye and barley contain less than most other grains. Starch composes about one-fifth of potatoes, one-half of peas, beans, wheat, rye and oats, and three-fourths of rice and Indian corn.

Newspapers make a light, warm cover when more bedding is needed than can be found at hand. Baste

wide layers together to the required thickness and lay between the other blankets or comfortables. The same idea can be utilized to advantage by keeping the air from creeping up into the baby's sled or carriage. Line the bottom of the vehicle with thick paper, letting it come up well.

HOW TO REST.

Take the advice of Herbert Spencer and rest your head the first. "I always put my head to sleep for an hour a day," said he, when asked how he did so much work. Ruskin said practically the same thing. "I drop

HINTS BY MAY MANTON



5299 Six Gored Skirt, 22 to 30 waist.

Six Gored Skirt With an Applied Box Plait Over Each Seam 5299

The skirts of the season make an interesting study and are graceful and attractive and charming in the extreme. This one gives long slender and becoming lines to the figure while at the same time it is abundantly full. In the illustration it is made of dotted cologne, pale green in color, simply stitched with belding silk, but it will be found desirable for every light weight material, those of the immediate present and also those of the coming warmer weather. The tucks give it sufficient weight to render it desirable for the thinnest and lightest possible stuffs while they also make effective trimming.

The skirt is cut in six gores with a box plait at each seam. The gores are tucked in groups at their upper and lower edges and the box plaits are applied over them from the upper edge to slightly below the hip line and are joined to their edges below that point. The closing is made invisible at the back.

The quantity of material required for the medium size is 17½ yards 21 or 27 or 8 yards 44 inches wide, if material has figure or nap, 11 yards 21, 8 yards 27 or 5½ yards 44 inches wide if it has not.

The pattern 5299 is cut in sizes for a 22, 24, 26, 28 and 30 inch waist measure.

PATTERN COUPON 5299

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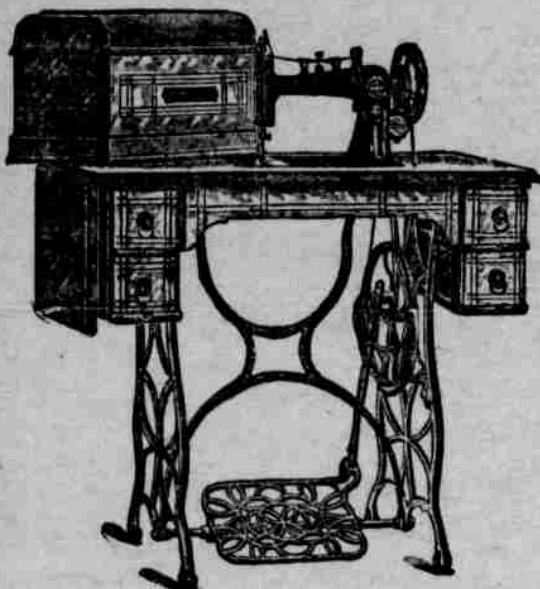
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The Woodwork is of good quality, furnished in oak or walnut. The design is modern, comprising bent cover and skeleton drawer cases. The center drawer is of the sliding pattern, full length and is lined with velvet to receive the various attachments.

The Attachments, supplied without extra charge are made of steel throughout, polished and nickle-plated, and include the following: Ruffler, Tucker, Binder, Braider, Four Hemmers of assorted widths, Quilter, Thread Cutter, Foot Hemmer and Feller.

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