

Rich Soil First Need of Winter House Plants

This is the season when flowers are being put through a "hardening" process to transfer floral beauty from the outdoor garden to the indoors.

For the last two weeks or so the geraniums, lobelia, lilies, ferns, and other plants that have been in the yard have been developing in specially protected spots to be moved into the living room window boxes.

Of most importance in this transfer is the securing of a rich soil. Plants grown in pots or boxes secure their nourishment from such a small area that the dirt should be the best obtainable as the winter house plant season starts.

Many gardeners find the answer to their soil problems in mixing three parts of loam, one part decomposed organic matter, such as peat moss, composed material or leaf mold, and one part sand or sifted coal ashes. Florists also carry good potting soil for those unable to secure a "home made" mixture.

Little can be judged from the appearance or texture of the soil as to the food value it contains except that the soil should be dark in color and loose enough to encourage root growth. In such cases as those in which used garden soil is taken for the house plants, it is well to add small amounts of commercial plant food. In the potting process the soil can be mixed with the plant food. Successive applications may be made about every six weeks, depending upon the type of fertilizer used.

How Cardui Helps Women

"Mal-nutrition" means that your body is not getting enough to keep it up, so that what it has to do is not done well. You may not be eating enough to keep up the work of the body, or there may be something wrong that keeps you from getting full value from the food you eat.

Because of mal-nutrition, some women have aches and pains every month. Such pains should not be neglected.

Take Cardui to give you a better appetite, to give you more strength from the food you eat—to build up and increase your feeling of well-being. Aches and pains go away as you build up with the help of Cardui.

What the House- wife Should Know

Washing Curtains and Blankets

The first thing to consider in washing a blanket is the color-fastness of the material. Test a corner of the blanket in lukewarm water.

If the material of the blanket is washable shake the blanket to remove all the loose dust and dirt. If there are medicine, iron rust, etc., stains remove these by special methods. It is important to remember that wool needs a little thought and care, if it is to retain its soft, springy nap after washing.

Never use anything but lukewarm water and a pure, neutral soap. Lux is particularly effective for laundering blankets, for it is so pure and mild that no matter how much is used it cannot harm the blanket, and yet it removes the dirt quickly



"HAM AND" OVER THE COUNTER IS O.K. WITH THEM.—Know these boys? They eat, too. Just regular fellows who have not reached the caviar stage yet despite their success. They are, left to right, Herbert, Harry, John and Don, the famous Mills Brothers who recently gave a benefit performance for the Baltimore Y.M.C.A. recently.

and easily even at lukewarm temperatures. Always dry blankets in the shade, away from excessive heat and freezing temperatures—never dry them in the sun.

USE WASHING MACHINE

A washing machine is very help-

ful in washing blankets, but if not convenient, a tub can easily be used.

Dissolve the Lux in lukewarm water. Always have the suds lukewarm. Never put blankets into hot water or hot suds. Two tablespoonfuls or so for a gallon of water are usually enough, except in hard water, but it is essential to use enough Lux to maintain thick, lasting suds throughout the wash. Especially in washing new blankets, which often have an oily finish on the material, it is necessary to use plenty of soap to maintain suds.

When the suds are ready, put in the blanket and begin washing at once, do not soak colored blankets even for a short time. Wash the blankets by squeezing the thick Lux suds through and through the material; do not rub, as this is likely to mat and felt the soft wool fibers. If the blanket is dirty use several fresh Lux suds, for dirty suds do not effectively remove dirt.

When the blanket is clean, thoroughly rinse it in clear, lukewarm water. It is important to remove all traces of dirt and soap, if the blanket is to be bright and new looking.

If a wringer is at hand, put the blanket through this adjusted loosely. If this is not convenient squeeze the water out—do not twist blankets.

Hang the blankets evenly over a line, squaring the corners so that the weight is evenly distributed and the edges are straight. Blankets will dry more quickly if spread between two lines.

Hang striped blankets so that the stripes are up and down, so that if the dye runs it will run onto the stripes not into the background. If the dye is even slightly unfast insert white cloth between the folds, so that one section does not flap onto another. Dry in a good current of air in the shade, if possible, and never expose to the direct rays of the sun, nor excessive heat, nor freezing temperatures.

When the blanket is dry stretch it on a flat surface and carefully brush it with a clean soft bristle brush, in one direction to raise the nap.

Have blankets thoroughly dry before folding, especially if they are to be put away for some months.

In washing blankets in a home washing machine, a lukewarm Lux solution is made in the washer and the machine is operated until a thick layer of suds covers the water line.

The blankets are then put into the washer and enough additional Lux added so that a 1-3 inch layer of suds is maintained throughout the 5-10 minute wash. It is advisable to give blankets a second washing in Lux.

Never drain off the water while the blankets are in the washer since they will catch the dirt as it drains through them.

The three rinses should be in water of the same temperature.

Household Hints

Glass food containers enable the housewife to tell at a glance the state of her supplies.

Tomatoes, used as a vegetable, have about the same health value as oranges and are much cheaper.

Old-fashioned cider is still considered to be one of the very best tooth washes ever discovered.

In order to judge an old chicken from a new one, look at the skin on its feet. The skin on the feet of young chickens is tender and there is little fat, while in old chickens the skin becomes hard and the feet are scaly.

Clear ammonia and soap are better than anything else for removing spots of machine grease from clothing.

BLADDER TROUBLE

If your bladder is irritated, either because your urine is too acid or because inflammation is present, just try Gold Medal Haarlem Oil Capsules. This fine, old preparation has been used for this purpose for 237 years. That its popularity continues is the best proof that it works. But be sure you get GOLD MEDAL. Accept no substitute. 35c & 75c.

GOLD MEDAL HAARLEM OIL CAPSULES



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Anyone can be more beautiful at very little cost. A good start is to use Exelento Quinine Pomade on your hair to make it soft, glossy, and easy to dress in the new styles.

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