

HOME CIRCLE

THE TONGUE.

"The boneless tongue, so small and weak Can crush and kill," declared the Greek.

"The tongue destroys a greater hurt," The Turk asserts, "than does the sword."

The Persian proverb wisely saith: "A lengthy tongue, an early death."

Or sometimes takes this form instead: "Don't let your tongue cut off your head."

"The tongue can speak a word, whose speed," The Chinese say, "outstrips the steed."

While Arab sages thus impart: "The tongue's great storehouse is the heart."

From Hebrew wit this maxim sprung: "Though feet should slip, ne'er let the tongue."

The sacred writer crowns the whole: "Who keeps his tongue, doth keep his soul."

Count the cups and count the cost. Much is saved by using "Salada" Tea. Sold only in sealed lead packets, never by peddlers or in bulk.

EXTERMINATE THE HOUSE FLY. Screen all food and keep flies away from it.

Keep the streets clean. Keep stable manure, breeding place for flies, in a vault or pit or screened inclosure and sprinkle its surface with chloride of lime.

Quickly cover up food after a meal, and bury or burn table refuse.

Keep damp cloths near meat dishes, milk jugs and other food receptacles. Burn pyrethrum powder in the house. It will kill most of the flies, and those it does not kill will fall stunned when they are swept up and burned.

Sticky fly papers are a second-rate palliative. Remember that the exposure of any kind of refuse near a dwelling furnishes a breeding place for flies, and if food is exposed the flies will deposit germs upon it.

Recognizing the danger of the house fly as a disease-carrying agent, the Chicago department of health is preparing to wage a determined warfare against the pest this summer.

At the outset it is admitted that the surest way to eradicate the evil is to educate the people to a sense of the almost unlimited possibilities possessed by the insect in the contamination of food.

After feeding upon germ-infected filth, the insects transmit the seeds of deadly disease as surely as the pointed arrow of a South American Indian to the unsuspecting victims—who most frequently are children.

Wherever there are flies there is typhoid fever, dysentery, tuberculosis, smallpox, scarlet fever, measles, diphtheria, intestinal diseases in children, and other contagious maladies. Dr. Brehm, writing of the matter, says:

The nature of the musca domestica, commonly called the fly, is such as to make it an object of repugnance to cleanly people. It is bred in all manner of filth, usually table sweepings, or the offal and garbage in our alleys and streets. It feeds upon the decayed substances of garbage heaps. It is a natural disseminator of disease and purveyor of filth.

It is a matter of regret that the flies don't get the typhoid themselves and die from it, but instead they are the most active agents for the dissemination of the disease that is known. A fly will wade about in the germs from typhoid patients and then swim around in milk or walk over jelly or ice cream or sugar or meat or butter, with its mouth and legs smeared with disease germs and filth. Then, true to its familiar habits, it will walk over the face of the nearest human being.

It will wade around in milk that may have come a few minutes before with a certification of absolute purity and inside of two hours there will be enough disease germs in the milk to kill a family.

Suppose there is a case of diphtheria in a large flat building. A child may be infected without the family being aware of the fact. The empty milk bottle from which the child has been fed is placed outside the door. The result is the flies come around and take the germs of the disease into every flat in the building where it can gain entrance.

Not long ago the health department traced the spread of typhoid directly to flies. The disease was brought in milk from a certain farm near Chicago. Investigation was made of the farm, and it became evident that the germs could not have been propagated there, for there was a well 250 feet down and the water was absolutely pure. The dairy was perfectly clean. But in the next farm it was discovered there was a case of typhoid. Germs of the disease had been carried by the flies from this farm to the clean dairy and lodged in the milk. And a great many children died in consequence.

Holloway's Corn Cure is a specific for the removal of corns and warts. We have never heard of its failing to remove even the worst kind.

Water for cooking all vegetables should be boiling.

Too much vinegar is had for any salad and particularly for a delicate fruit salad.

A small piece of charcoal in the water in which any vegetable is cooking prevents the odor from arising.

A successful room must look like it is lived in. Everything must be right, placed and look secure.

Hand embroidery is the latest vogue in towels, even the plainest huckaback towels having a line of embroidery above the hem.

Sweetened custards will not thicken unless the cornstarch or flour is added before the sugar.

White embroidered pillow cases are among the attractive new things. All-over embroidery in delicate spraying design is used with ruffles of plain or hemstitched lawn.

Ornaments and lamps look best when securely placed. A small table is no place for them.

Painted furniture both for house and porch is growing in favor. Gray, olive green and yellow are the colors usually seen.

A new set for window curtains has a woven lace edge. Scrims with floral borders are also in vogue. The demand for stenciled curtains still continues.

A small piece of butter added to macaroni, cereals and peas and beans when cooking will prevent their boiling over.

CAKE HINTS. Use only the best materials. Weigh: don't guess.

Cream, butter and sugar thoroughly beat yolks and whites of eggs separately unless told not to.

Sift the flour several times. Stir in the ingredients lightly after the first hard beating of eggs and sugar.

Be sure the oven is ready. It can wait for the cake better than the other way round.

If the oven is too hot, the cake will burn or crack on the top; if not hot enough, it will not rise.

Always paper the pans. Cut them to fit the pans and grease just the top of paper, not the pan, except on rim.

Have a clean cloth ready to turn the cakes out upon. If they have not been papered and stick, a damp cloth may be held for a minute on the bottom of the pan.

STRETCH YOURSELF. A splendid thing for the body is stretching. When you first wake up in the morning, take a good, long stretch.

Stretch the hands as far out sideways as possible. Then stretch them over the head as far as you can reach, and at the same time stretch the feet downward as far as you can. Raise the feet and stretch upward just as high as you can, and then lower the feet and legs very slowly.

When you get out of bed, raise your arms over your head, and, standing on tiptoe, see how near you can reach the ceiling. Then walk about the room while in this position. Stand on the right foot and stretch the right arm forward and upward as high as you can, while at the same time the left foot is raised from the floor and stretched outward and downward.

This is a fine exercise for the whole body and is especially good for the waist and hips, making them firm and strong. Standing on the left foot this exercise can be reversed.

If you have been sitting in the same position for a long time reading, studying, writing or sewing and the muscles have become tired and cramped, the best thing to do is to get up and stretch. Stretch the arms upwards and outward and forward and backward. Lift the shoulders as high as you can and drop them. Expand the chest and breathe deeply, or, sitting in the chair, stretch the hands upward, lift the feet from the floor and stretch them forward as far as possible, in any way so you give the muscles a good, vigorous stretch.

When one is very tired, there is nothing more restful than stretching the muscles and then relaxing.

Pale, sickly children should use Mother Graves' Worm Exterminator. Worms are one of the principal causes of suffering in children and should be expelled from the system.

STRAWBERRY SHORTCAKE. The real old-fashioned strawberry shortcake may be made with sour cream or rich sour milk and soda, or sweet milk and baking powder.

Sometimes an egg is added and a tablespoonful of sugar, but it is a far cry from the French strawberry shortcake of hotels and restaurants, which is really a cake, either sponge or layer, with whole berries between the layers and thick whipped cream or a meringue on top.

To make the genuine old-fashioned sour milk biscuit shortcake, which is really more tender than that made with sweet milk, put four cups sifted pastry flour in a mixing bowl with a half teaspoonful of salt and mix well.

Add three tablespoonfuls of butter and chop fine, using a silver knife. Dissolve a level teaspoonful of soda in a little hot water and stir into a large cupful of sour cream or rich sour milk. When it stops "putting" add a tablespoonful of sugar and one well beaten egg to the milk and turn into the sifted flour. Mix well together with a spatula or flexible knife, handling as little as possible, then turn out on a floured board.

The dough should be soft enough to roll easily. Divide and roll lightly and quickly into two thin sheets. These may be baked separately in well greased round tins or laid one on top of the other with a thin coating of butter between and baked in one tin. Bake in a very hot oven. When done, separate. Have ready a quart of ripe berries washed, crushed and sugared. This should have been done before beginning the dough, so that the sugar will have time to draw out the rich juice of the berries. Cover the lower half of the shortcake with a thick layer of these berries, place the second cake on top and cover with the rest of the crushed and sweetened berries or large whole ones dusted with powdered sugar. Serve with thick cream or a crushed berry sauce.

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