

THE HOME DOCTOR.

Common cider vinegar is said to be an antidote to carbolic acid poisoning. A flannel cloth wrung out of salt water is an excellent remedy for simple sore throat.

Salt and water is one of the best of remedies for sore eyes, and if applied in time will scatter the inflammation.

An effective remedy for a bone felon is an ounce of asafetida steeped in a pint of hot vinegar, the finger to be dipped in it frequently.

For vitriol burns cover the parts burned with a soft, thick paste of calcined magnesite and water. This relieves the pain very quickly, and there is seldom a scar left after this treatment.

In an emergency to make a compress for a wound, if nothing better is at hand clean tissue paper makes an excellent application. It is much to be preferred to a strip torn from clothing or a soiled handkerchief, which may be the only other choice.

To assuage thirst and cure feverishness apple tea is a notable sick drink. It is made by slicing up raw apples into a jug, filling up the jug with boiling water, as in teamaking, then sweetening to taste. When cold, this apple tea will be found pleasantly tart and refreshing.

The Woman Who Attracts.

The woman who carries herself well is more apt to command respect than the woman who trudges along with her head inclined forward and her shoulders in a stooping position. The possessor of a graceful, erect carriage unconsciously impresses us as having characteristic worth. There are many noble-hearted women who really do themselves injustice by the awkward way they carry themselves. It is hard for others to see beauty and grace of heart in an unlovely outward appearance. It is the exterior charm of the rose that gives fitting expression to its hidden sweetness. Although there are many beautiful women with worthless hearts, still that fact does not weaken the other fact that spiritual nobleness and a fair body are a consistent, harmonious association. Everything that appertains to the elevation of the soul affects for the better the aspect of the body, beautifying and refining it. Just as rare jewels need fitting casings to rest in, so it is only meet that lovely souls should be inclosed in bodies that are beautiful and fair.

The Bath.

There are a good many things that make the "bath a luxury" at small cost if one only knows what they are. A little borax softens the water and makes it velvety. A little ammonia removes the odor of perspiration. A handful of sea salt makes the water rather harsh, but is most invigorating. Bath bags are too cheap to mention if they are homemade. A yard of fine cut cheesecloth will make half a dozen or more. They should be filled with bran, powdered orris root and a few shavings of castile soap. They soften, soap and perfume the water and, used as a wash cloth, leave a delicious sensation. All soap should be carefully rinsed from the body, especially the face, at the end of the bath. If then the face is rubbed all over with the upward, rotary massage motion, with fingers dipped in cold cream, and then wiped with a soft fine cloth, it will leave the skin much improved.

To Wash Rugs.

Light fur rugs can quite easily be cleaned or washed at home. To dry clean well moisten some sawdust with benzoline and rub this well in, changing as it gets soiled, says Home Chat. If washed, make a nice suds with soap jelly and hot water in which you can comfortably bear your hand (a heaped tablespoonful to a gallon and a tea-spoonful of borax). Let it soak in this for half an hour. Souse up and down in this, then wash in a weaker suds with only half quantities of soap and borax and rinse in lukewarm water. Press out as much water as possible or run through a wringer. Shake well and hang in the shade to dry. When half dry, rub well between the hands to soften it and again well shake.

Spots on Carpet.

This recipe is warranted to remove spots from the most delicate carpets without injuring the latter: Make a suds with a good white soap and hot water and add fuller's earth to this until the consistency of thin cream is secured. Have plenty of clean drying cloths, a small scrubbing brush, a large sponge and a pail of fresh water. Put some of the cleansing mixture in a bowl and dip the brush in it. Brush a small piece of the carpet with this, then wash with the sponge and cold water. Dry as much as possible with the sponge and finally rub with dry cloths. Continue this till you are sure that all the carpet is clean. Then let it dry.

Art of Dress.

The art of dress can do wonders for a woman, and those who scoff at their sisters who give so much attention to their personal appearance are making a big mistake, says the Washington Times. It is not necessary to devote one's entire time to dress, but every woman should give it some thought. Don't go into a shop and buy a gown, a hat or even a neck ribbon unless it is becoming to you.

Window Mop.

A good thing to polish windows with is a small hand mop made of scraps of chamisa. Bits no larger than a silver dollar can be used. String them all together on a piece of strong twine and tie into a bunch. When dirty, wash it out, dry and before using rub it soft in your hands. The mop improves with use.

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GUARD AGAINST HEADACHE.

Mr. Adams in His Nightie.

A tiny little uptown girl, whose father and mother attend the Park Congregational Church, is very much interested in her infantile way in the story of Adam and Eve. It happens that the young minister of the church, the Rev. Clinton B. Adams, is a frequent visitor at the little girl's home, and she cannot disassociate the minister from the first tenet of the Garden of Eden—a state of affairs associated in her mind by the similarity of names. The other day she was looking through an illustrated Bible, and came upon a picture of Adam, clad only in a garment of fig leaves. Hiding her face in her hands, modestly she cried: "Oh! look, mamma! Here's Mr. Adams, and he hasn't any nightie on!"

Disposing of Decayed Stuff.

Do not try to dispose of the partially decayed vegetables in the cellar by feeding them to the cows. It is poor economy. They are sure to impart a taint to the milk and to injure the butter. And there is another place where they should not go, and that is to the manure heap, unless it is to be so composted that the vegetables themselves will decay and the fungus or mold that forms during the decay will have been entirely destroyed, but the use of them for feeding milk cows is the most common method of disposing of them, and the very worst method, too.

So Much Like Home.

Three men determined to rob a certain house. So the night decided upon they gathered in front of the building. One of them entered and started up the stairs. A female voice called out from one of the rooms: "You go right down stairs and take those boots off. I'm tired of having to clean up mud and dirt after you come up here with your boots. You march right down and take them off." The burglar turned around, went down the steps and outside to his companions and said: "Boys, I couldn't rob that house it seems too much like home."

Automobile Fire Engines.

Paris now has automobile fire engines which measure six to ten feet, weigh 2½ tons, or, when fully equipped, 6,380 pounds. They start to work instantly. The pump delivers 20 gallons a minute.

The glassmakers of Thelma forty centuries ago possessed the art of staining glass, and they produced the commodity in the utmost profusion.



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Insist on "Abbey's."

PROPER CARE OF CLOTHING

The Way to Have Your Garments Always Looking Fresh.

The well dressed woman is not always the one who has the greatest number of dresses, but the one who is careful with them. Many do not realize the value of a clothesbrush, and their dresses become soiled and shabby after wearing them a few times. The skirt should be carefully brushed every time it is worn and hung up, the shoes wiped off with a soft cloth, the gloves pressed out smoothly and put in a box, the veil and ribbons folded and laid away ready for use when they are needed. Do not crowd the garments into a closet with half a dozen others on one hook. Notice how the ready



THE WAY TO BRUSH A SKIRT.

made skirts and suits are cared for at the dry goods stores then buy a number of coat hangers or have them made at home and hang your dresses in the same way. Each hat should be kept in a separate box, so the trimmings will not be injured by crowding. Damp or mud stained skirts should be hung up where they will dry immediately, then thoroughly brushed and shaken. Keep a cleansing fluid on hand and sponge spots as soon as they are discovered.

It is a good idea to set apart one afternoon each week for mending and repairing. Tiny rents in woolen skirts may be darned with threads drawn out of a piece of the material and hooks, eyes and buttons that have become loosened sewed on. As long as the skirts are worn in sweeping length new bindings will be needed frequently. When the old one is taken off, loosen the material from the lining at the bottom and brush away the dirt that has gathered before the new binding is put on. When a skirt loses its stiffness, dampen the lining and interlining and iron on the wrong side until quite dry. If the skirt becomes too short, make a narrow circular ruffle of the same material or something so nearly like it that the difference will not be noticeable. When it becomes faded or out of style, take it apart and dye it some pretty color or black with liquid dye and make it over for yourself or a little girl. If the material is suitable, cut off until it is the proper length and make a rainy day skirt of it. Many pretty waists have been made from the best parts of old dress skirts.—Up to Date Farming.

To Make a Mop.

I wish to tell how I made my mop. It is my own invention and far superior, I think, to the mops we find in the stores. It has a light wood handle about ten inches long, an inch in diameter at the bottom and a little smaller at the top. Take unbleached muslin or any other suitable cloth and cut four circular pieces about ten inches across. Now cut a circular hole in the middle of the cloth large enough to go over the top and not large enough to slip off; then get a small metal ring from the hardware store just large enough to slip over the cloth and hold it tight on the handle. This mop is easily kept clean and fresh, as the cloth can be removed to be washed and dried or renewed as often as desired. It is convenient to have several sizes for the various uses to which mops are put. Any small boy will be delighted to make these for you by the dozen.—Good Housekeeping.

Miss Ellen Sabin.

Miss Ellen Sabin, president of the Milwaukee University college, is an interesting woman who is said to have made a success of every undertaking that has engaged her attention, whether it be big or little. She was born in Wisconsin and received her early education in district schools, supplementing this training by a course in the University of Wisconsin, from which institution she received the degree of master of arts, and private study. The College Endowment Association of Milwaukee, numbering 600 women members, is deeply interested in the college of which Miss Sabin is president.

Working Aprons.

In well regulated houses the house-maids are supplied with large gingham working aprons that replace or cover the white apron while the work of dusting or cleaning is going on. These aprons are of pink and blue plain gingham, made with a square bib and deep pocket. The skirt is long and full, protecting the dress thoroughly. Some mistresses add to the outfit a dust cap to match.

Skin Tonic.

A good skin tonic is made thus: Two ounces of eau de cologne, an ounce of tincture of camphor, half an ounce of tincture of benzoin. A few drops of this should be added to the water when bathing the face. It is better to rub the face well with the hands rather than employ a sponge.

Flavorings.

Orange and lemon peel, especially the latter, is valuable for flavorings. Peel the fruit thinly, dry the parings slowly in the oven and store in a tin for future use. It will be found useful for cakes, puddings and other dishes and will save more expensive flavorings.

LOSS OF APPETITE



If your stomach is upset or in any way out of order—if food seems distasteful to you—if acidity, burning or fullness of the stomach prevents you from having an appetite—if you wish to eat and eat well—take, before each meal, a wine glassful of

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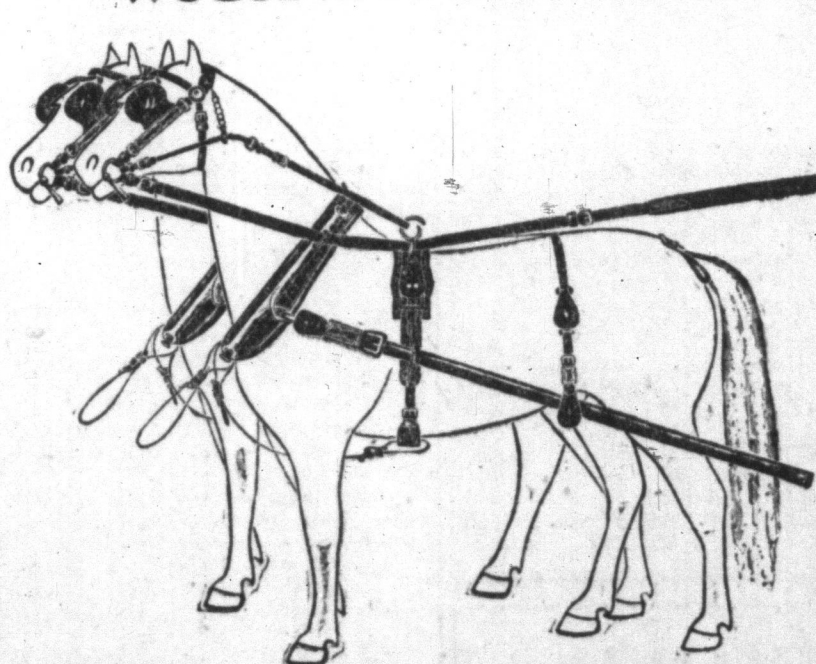
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