

Household Suggestions.

The Spare Room Dresser.

By Mrs. A. M. Reid, Griswold.

The ordinary spare room dresser—you all know it, and shall I add—dread it? For be what it may, a handsome mahogany, or one of stained oak in very modest size, or even a draped packing box with a mirror hung above it—it has one glaring fault, and that is, its overloading. Stuck around the mirror and dangling from its frame are snapshots and Christmas cards, calendars and bits of fancy work, and what not. Take them off, with the exception of, perhaps, one or two which may harmonize with the color scheme of the room, and which will be really decorative. And the top! It is crowded with pin-trays, brushes, perfume bottles, boxes of all kinds—photos., and china—to the guest's utter bewilderment and discomfort, and not intended for his or her use. There is no place to lay more toilet things and then there is the constant terror of smashing some of the household treasures. Remove everything. Put on your daintiest cover and leave a pretty pin-cushion or handy pin tray, and just a hint of decoration and your guest will feel assured that the dresser is for use. Then the drawers—leave at least one empty. A suit case or trunk is an inconvenient place to keep all of one's wearing apparel. If these few simple rules are observed, your guest room will have faithfully served part of its purpose, at any rate.

To Amuse the Children.

There were so many little ones in our home and rainy days were so trying, that we had to invent all sorts of amusements. We made a collection of spools, from the tiny ones that held silk to the great big ones holding carpet thread. These were all strung on strong pieces of twine, a hundred or so on a string, and hung on a nail in the sitting room closet. When it rained, the children would use a large table in the centre of the room, or sit on the floor. They made forts, with white spools behind them for soldiers, large, black ones for cannon, rolling rubber balls to try to demolish one another's strongholds. There were barnyards with paper fences, red spools for cows, black for horses, small white ones for sheep and those bulging out at the sides for pigs. Ten large spools, with a string run through them that had a button tied on the end to keep them from slipping off when laid on their sides and fastened to a big spool standing upright, made a fine train of cars. Piled up high in their little tin and wooden carts, the spools were empty barrels taken to the mill to be filled with flour. Castles of various colors were formed and high church steeples that required the utmost care in balancing the spools. Meat skewers run through a hole in the centre of the spools gave a number of lovely dancing dolls, that with a twirl of the finger and thumb would spin around in a lively fashion. With the small spools, printing letters were made, forming short words, thus teaching the children how to spell while having a nice play. On sun-shiny days when other little ones came in to visit our children, the latter would say, "If it would only rain while you were here, you could play with those lovely spools as we do."

To Press Trousers.

In pressing trousers, to take out the "knees" turn wrong side out, spread flat, moisten the knees thoroughly with a sponge and press each leg carefully with a hot iron. Then turn the garment, fold with long seams on the legs exactly together, cover with a damp towel and press each leg separately, making the folds in front and back which rejoice the eyes of our boys.

Food for the Bird.

Don't feed your bird with celery. A friend of mine did so, and as a consequence her bird came near dying. He likes cabbage, mustard, plantain, chick-

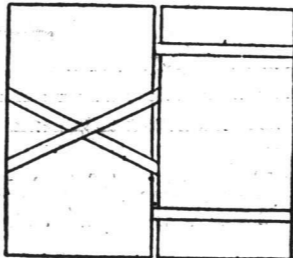
weed and lettuce, all of which are good for him. A bit of apple is also relished.

For a Cough.

I tried a tablespoon of olive oil, with a few drops of vinegar (lemon juice will do), to ease a midnight cough. It acted like a charm when all else had failed.

Useful Cases for Veils, etc.

I own a veil case which is very convenient and dainty. It is made as follows: Cover two pieces of cardboard each nine inches long and five inches wide with linen on one side, and a layer of sheet wadding and silk on the other neatly overhanging together. Lay these two covers side by side, silk uppermost, take two pieces of ribbon, one-half inch wide, and, crossing them



diagonally, join them to the left-hand edges of both covers, about three inches from the ends of the covers. About an inch and a half from the ends join two horizontal pieces of ribbon to both right-hand edges. The ends of the ribbons may be hemmed or tucked in between the outside and the lining, but in order to make good hinges must be sewed over and over to extreme edges only. The case may be opened from either side. By changing the dimensions, handkerchief cases may be made in the same way, and very convenient will be

found a case for turnover collars fourteen or fifteen inches in length.

Good Clothes-Hangers for Summer Cottages

may be made of barrel staves and clothespins. Cut the staves into pieces about twelve inches long, making a hole in the centre, through which to pass a cord by which to hang it up. These make very good hangers for shirtwaists and coats. They may be padded with cotton and covered with colored chintz. Two clothes-pins connected with a string tied to the upper-end of each one will make a good hanger for a pair of trousers. Push the pins over the bottoms of the trousers and hang up by the string.

Shepherds' Pie.—This was the dish Margaret made on washing day, and housecleaning day, and at other times when everybody was busy.

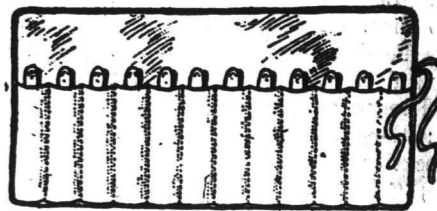
One cup chopped meat. Mix with this one-half teaspoon of salt, one teaspoon of lemon juice, or one-half teaspoon Worcestershire sauce, a little pepper, one teaspoon chopped parsley, one cup boiling water, butter the size of a hickory nut. Stir all well together and put in the frying pan on the back of the stove where it will not burn, and let it cook till it begins to look rather dry. Heat two cups of mashed potatoes with half a cup of milk and half a teaspoon of salt. Butter a baking dish and cover the sides and bottom with a layer of potatoes an inch thick. Put the meat in the centre, cover it all over with the rest of the potatoes and smooth it. Put bits of butter on top and let it brown in a hot oven. A dish of small cucumber pickles or one of chow-chow goes well with this pie.

Chicken Hash.—One cup cold chicken, cut in even pieces, one-half cup chicken soup, or hot water, one teaspoon chopped parsley, one-half teaspoon salt, a little

pepper, butter the size of a hickory nut. Put the soup, or hot water if there is no soup, into the frying pan and mix in the chicken and seasoning and cook and stir it till it is rather dry. Serve on squares of buttered toast, or just as it is, with parsley around it. Make any cold meat into hash in just this way, but have it different every time. Sometimes use a slice of onion chopped fine, or one green pepper chopped after the seeds have been taken out; or put in a cup of stewed tomato and use half as much soup or water; or take a cup of well seasoned peas. Always wet all hash with soup instead of water if possible.

Care of Silver.

In the first place never use pure, white canton flannel, nor wrap silver in white tissue paper, because both are bleached with sulphur and will surely blacken silver. You may use unbleached or get a color. Cut the material so that the pocket will be about one inch shorter than the knife or spoon (then it can be more easily taken out), and with at least four inches to fold over at the top. The case may be finished as desired. Either hem the raw edges and form the pockets with machine stitching or else bind the edges with ribbon and featherstitch the pockets. Roll and tie with tape or ribbons. If one has a quantity of silver to pack



away, it is a great convenience to tie the roll with white tape, on which may be marked with indelible ink the number and kind of its contents. Another case is designed for holding souvenir spoons. This is made from chamois skin, with pocket just deep enough to hold part of the bowl of the spoon. A ribbon, running across the whole case and caught at regular intervals, holds the handles and keeps the spoons in place. On the chamois pocket is marked the place the spoon came from, and perhaps some other brief facts. The deep flap and end pieces fold over and keep the silver secure when rolled to put away.

Standard Flour.

Recently food reformers have been making a renewed outcry against the white loaf, and are demanding a standard for flour as there is for milk; and there is a bewildering contradiction in statements of the opposing sides for and against a standard per cent. As far as I can make the case out clearly, it is thus:—

The reformers desire a guarantee that flour shall contain 80 per cent. of the whole wheat grain. At present our best flour contains only from 70 to 75 per cent. of the berry.

The old millstone milling produced a flour containing from 5 to 8 per cent. more of the whole wheat than does the modern roller mill; but this added percentage of the wheat was chiefly offal, and was responsible for the dark color.

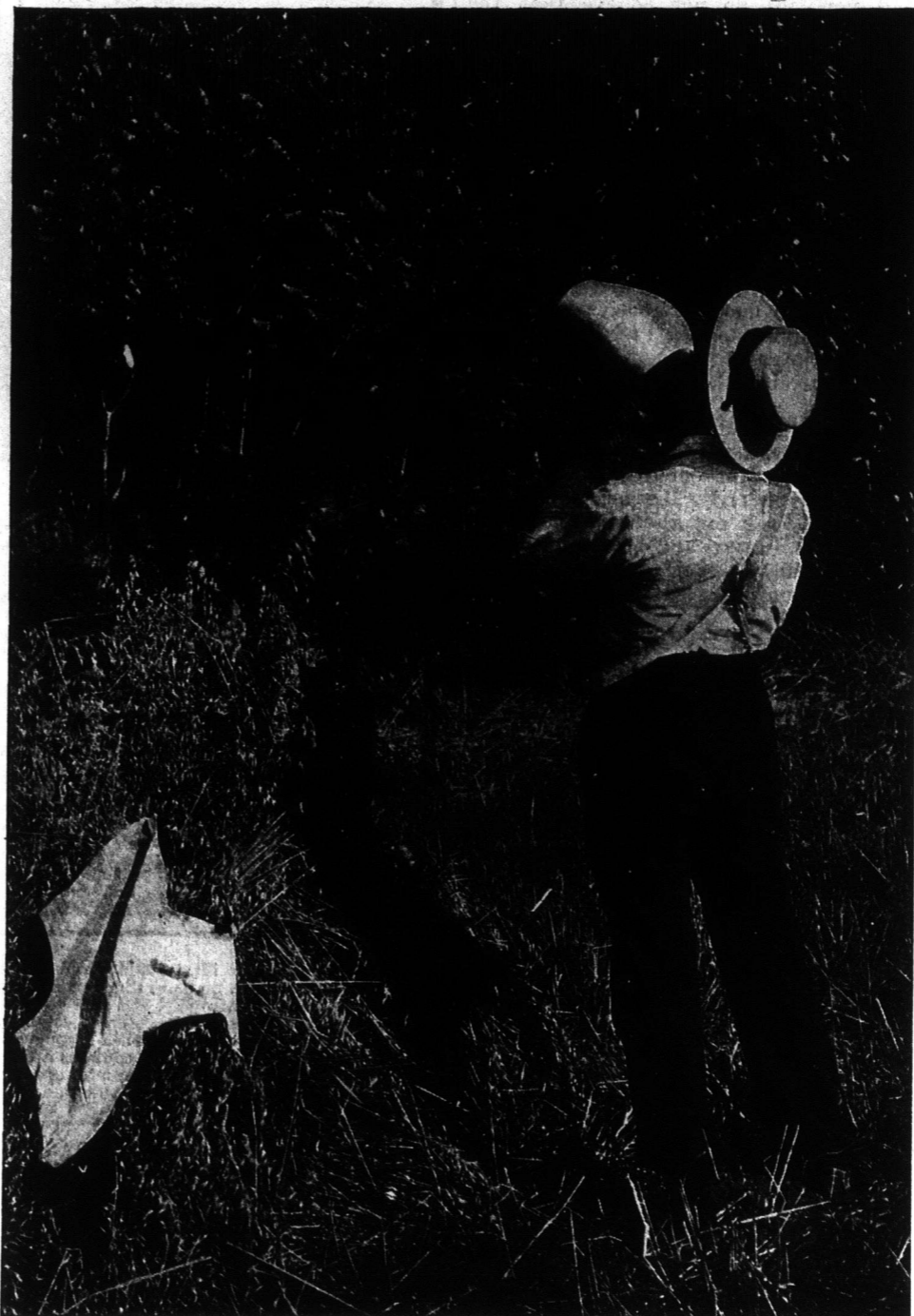
Bran is not digestible by the human stomach, and, therefore, the phosphates it contains are useless to us.

The germ of the wheat is rejected because it contains a substance which prevents the bread keeping sweet.

In the "strong" wheats of Russia and America, the phosphates (which are the valuable part said to be largely lost in modern milling) are chiefly in the grain rather than in the bran, so that the best white flour is more nutritious than wholemeal, because the stomach can extract more from it.

Brown flour is more easily adulterated than white.

A Medical Need Supplied.—When a medicine is found that not only acts upon the stomach, but is so composed that certain ingredients of it pass unaltered through the stomach to find action in the bowels, then there is available a purgative and a cleanser of great effectiveness. Parmele's Vegetable Pills are of this character and are the best of all pills. During the years that they have been in use they have established themselves as no other pill has done.



In the good old Summer Time.