

Plan the Work of Housecleaning

before the time comes, and do many of the lighter tasks before the actual cleaning begins. Put closets and bureau drawers in order, repair and polish furniture and take down and launder the curtains. The actual cleaning of the rooms will seem much easier, and it will be a comfort, when one is tired after the hard work, to know that all the lighter work has been done.

Over-drinking of Iced Water With Meals.

is responsible for much indigestion and consequent injury to the complexion. The woman who flatters herself that she is taking a sensible luncheon when she eats a bowl of soup disproves her claim by diluting the broth with a big glass of iced water. She chills the stomach and arrests the gastric processes all the way through the meal by copious drafts of water cooled by ice.

The Beneficial Effects of Laughter

have been recognized from time immemorial. Rabelais says: "Laughter is man's prerogative." An English humorist writes: "When a man smiles, much more when he laughs, it adds something to this fragment of life." "Cheerfulness nourishes life," runs an Italian proverb.

To Remove Ink Stains

from the fingers use a piece of pumice-stone fashioned for toilet purposes. A slice of lemon is also efficient.

Covering an Invalid's Table With Glass

is an idea worth adopting. The glass should be of rather heavy weight and cut the exact size of the table. If a pretty piece of cretonne is slipped under it the table will be very attractive. But, best of all, the glass will enable you to keep the table clean without any trouble; something not always easy to accomplish when vases of flowers are kept there and medicines measured out.

Keeping the Washstand Neat

is often a problem, especially where there are children in the family, and but one bathroom. A simple expedient is to