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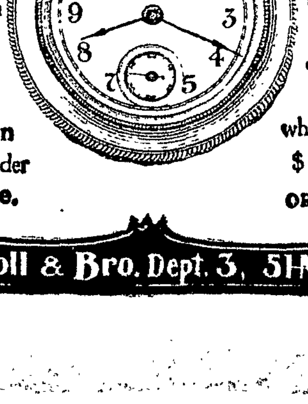

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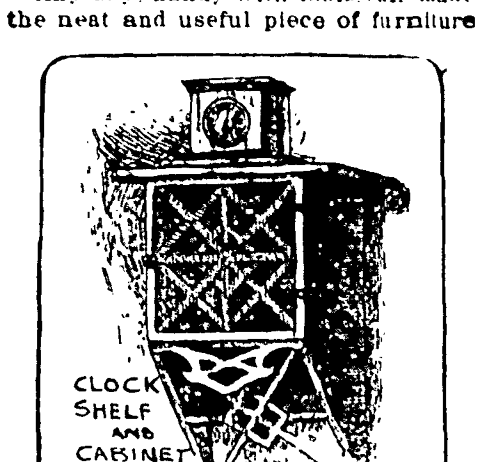
EASY HOUSE-CLEANING.

Many Women Do a Great Deal of Unnecessary Work.

From several years of observation of the different methods employed by women in their annual house cleaning, we are convinced that most of them make themselves a great deal of unnecessary hard work when putting their "houses in order." The usual way is, to go at it as if the fate of the nation depended on having it done at a certain time. "Taking it leisurely," is something they no not seem to think of. "Moving" is always dreaded by the men-folks, and house cleaning, as a general thing, is about as bad. We know one woman who has completely revolutionized the old system. She begins with the closets. She empties one at a time, cleans it and its contents, returns them to it, and goes on to the next, never hurrying the work, and consequently never making herself sick by overdoing, as so many women do every spring. When the closets are in "apple-pie order," she begins with the rooms, taking those up-stairs first, one at a time, and working her way down to the cellar. There is no bustle, no confusion, no "picken-up" meals, and, consequently, no outbreaks of wrath on the part of the men-folks, who would not know that house cleaning was going on if they were not asken to help move heavy furniture out of one room into another now and then, and carry out the carpets, or bring them in after they had been beaten and aired. When the house is cleaned in this leisurely fashion, it is easy to get the men to help put up the shades and curtains, because they do not get "out of sorts" from the general topsy-turvy condition of things. When the work is completed, the woman of the house is not "all used up." She may be tired—without doubt she is—but she soon "rests up," and is "all right again," while in many cases the woman who cleans house in the old fashion, pays for her over zealous ambition by sickness brought on by not "going slow," and working according to her strength

Combined Clock-Shelf and Cabinet.

Any boy, handy with tools can make the neat and useful piece of furniture



represented in our illustration. As will be seen, the shelf is supported by the upright pieces whose lower ends are slanted off from the bottom of the cabinet. A piece is fitted across between them just above where this slant begins, and this forms the bottom of the cabinet, the shelf alone forming the top. Put the uprights, this cross-piece and this shelf together neatly with small nails to make a substantial job of it. Then put some shelves across the enclosed space, and fit a door to the front of it, hanging it on hinges and having a catch on the other side to fasten it shut. The front or door in the illustration, is intended to represent one cut out by a scroll saw to the back of which some bright-colored cloth is tacked, as is generally seen behind the fret work in organs and pianos. An ornamental back piece in scroll-work is also shown below the cabinet. This comes against the wall, and requires no backing of cloth. Such a cabinet is an excellent place in which to keep household remedies, which it is desirable to have always at hand when needed. Make it a rule to have each one returned to this cabinet after using, and insist on having this done, and you will always know just where to look for what is wanted when occasion requires. The uprights can be cut out in scroll work, and backed with cloth, if the maker likes to do that sort of work. If the wood is neatly stained or painted black in imitation of ebony, and the cloth backing is put on neatly, you can make this article quite as ornamental as useful.

Marie Antoinette's Parasol.

A parasol used by Queen Marie Antoinette has recently been sent to a London house to be brought up to date. The stick, which, after the fashion of those primitive sunshades, doubles up, is of ivory, but almost covered with beautifully chased gold, studded with turquoises, pearls and diamonds. The handle, where it joins the stick, represents a tiny gold kennel with a microscopic dog at the far end, and on the top, above the silk, is a carved gold ball surmounted by a flure in classical dress, ball and figure not more than an inch high. The parasol was covered with gobelin blue silk, lined with pink, edged with a frayed-out pinked ruche and a bow outside.

Wrote a Novel a Year.

Miss Rosa Nouchette Carey, the novelist, is at present living at East Putney. She has made a great deal of money from her novels. She is the typical middle aged English spinster. She wears her hair, which is threaded plentifully with white, plainly back from the temples in the fashion of the '60s, and the coiffure is crowned with the inevitable cap. She was the daughter of William Henry Carey, and was educated at a young ladies' institute, St. John's Wood, which in those days was a little different from latter years. She did not commence writing until 1868 and she has turned out a novel a year almost since that time.

BEAUTY OF PERFECT HEALTH.

The Languishing, Die-Away Belle Is Out of Date.

In the olden days to have the blues ("vapors" they called it) and faint on the slightest pretext, was considered a part of every belle's education.

The modern maiden would scorn to faint and she is, when she takes proper care of herself, much too healthy and happy to ever have the blues.

There is one dangerous menace to the health of the average girl which it is in her own power to fight against, and that is the amount of trash she eats.

It is chiefly at luncheon that she makes this mistake, as that is the meal where she is most tempted by pie, sandwiches, cake, etc.

This, of course, applies mostly to the great army of girls who work in offices, factories and shops and are not able to go home in the middle of the day.

They go to quick lunch counters and instead of buying a bowl of nourishing soup, a glass of milk, cereal, or good bread and butter, they make their luncheon off pork and beans, heavy pie, soggy puddings and cake. Nearly every thing costs the same price. So it is not a question of money.

The diet of soup, milk, etc., will make blood and give rosy complexions, bright eyes and a generally healthy appearance.

The pie diet will give pasty, flabby complexions, heavy eyes and last, but not least, will make fat, and not a healthy fat at that.

Now, girls, which would you rather do, sacrifice your love of sweets and be pretty, or go on eating them and be plain?

If I were you I would choose the former and then you will please yourselves and every one else.

I once heard a very attractive young man telling his sister the qualities he would look for in his future wife. "First of all," said he, "she must be healthy and wholesome."

That man was simply expressing the sentiments of hundreds of other men.

Men are afraid to marry a delicate girl. She is apt to develop into a whining, fretful wife and mother, too much interested in her own ailments to pay any attention to husband, children or home.

Some day I hope you will all be happy wives, and so I say to you, eat sensible meals, take all the exercise you can get.

Don't drink strong tea or coffee, both are bad for the complexion. You know my opinion on spirituous liqors, so we won't talk about that.

Men are queer creatures, you know, and while they demand perfect health in a wife they also would like a little beauty thrown in.

So cultivate it with all your might and main and remember that health means happiness and happiness means beauty.—N. Y. Journal.

FACTS ABOUT FOODS.

The dried fruit which looks so fair and seductive goes into the kiln a dirty, discolored mass, and after being subjected to the fumes of sulphur comes out fair to look at, but a menace to health.

Frozen desserts and cooling beverages will be a welcome addition to our bill of fare for some time to come, and so here are a few tried and true recipes for easily prepared dainties.

Paste this in your cook book and you will never be at a loss to know what constitutes a well-balanced meal.

Catsups that are a beautiful, bright red are a delusion and a snare, colored with aniline; they ruin the digestion

Tomatoes that are put up in tin cans are rank poison, slow but sure. Avoid them if you would keep your health.

Tissue and muscle builders—Milk, eggs, lean meats, whole wheat, peas, beans, potatoes, cabbage and onions.

Fat, heat and energy producers—Cream, butter, starch, sugar, honey, fats of meat and vegetable oils.

Blanched almonds and walnuts, tomatoes, juicy fruits, prunes and figs all contain brain food.

Pickles put up in acids and colored with copper are neither wholesome nor healthful.

Brain foods—Fruit, fish, eggs, game, cheese oysters, lobsters and potatoes.

Fruit Gelatine.

Remove the skin from three bananas; slice them; cut into quarters two ounces of candied cherries; cut in halves two oranges crosswise and with a spoon remove the pulp, rejecting the seeds and saving the juice; have soaking one tablespoonful of gelatine in three tablespoonfuls of cold water; add to it half a cupful of sugar and one cupful of boiling water; stir over the fire until the gelatine is dissolved; put the fruit in a mould; pour over the gelatine; stand aside to cool; there should be jelly enough to cover the fruit; when ready to serve turn out on a dish; heap whipped cream around the base.

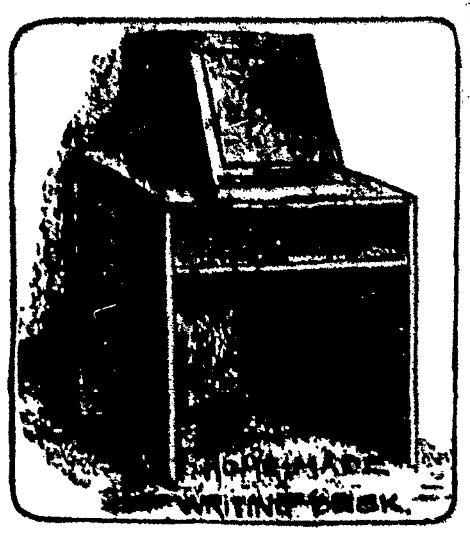
A Blind Musician.

Miss Fanny J. Crosby, the blind hymn writer, recently found the organ she played fifty years ago while an inmate of the New York institute for the blind. Although eighty-four, she still plays with vigor and accuracy. She played this old organ for President Polk, Henry Clay, Martin Tupper, General Scott and other illustrious men. Jenny Lind has also accompanied herself while she sang for the inmates of the institution.

A HOME MADE DESK

How a Useful as well as Ornamental Writing Desk may be Quite Inexpensively made

The accompanying illustration shows a writing desk which may be mounted on a box, or on the stand of an old sewing-machine. The desk consists of a box, wider at the bottom than at the top. This gives the front a backward slant when closed. The front is fitted into the box, and shuts against narrow cleats. At the bottom an iron rod runs through it, or long screws may be inserted from each side. By fastening the front in this way, it can be turned down to make a sloping shelf on which to write. When not in use, it is entirely out of the way, and shuts up the desk.



The desk is arranged with shelves and drawers, to hold stationary, ink, and several books. If mounted on another box, a shelf can be fitted across the top of the lower one, and will be found very convenient. It should be high enough to be out of the way of one's knees. A curtain can be hung across the front to rings which slip on a rod. The boxes may be painted, papered, or covered with the cloth, fastened on with brass-headed tacks. If an old sewing-machine stand is to be had, it will be found most satisfactory

HEALTH AND BEAUTY.

A harmless, inexpensive and yet beneficial powder for profuse perspiration is made from two ounces of cornstarch with one dram each of boracic acid, alum and salicylic acid. Dust this over the skin immediately after bathing.

That Americans as a general thing suffer from living in overheated rooms must be conceded, and perhaps we should be hardier, less liable to colds and maladies which follow in their wake if we believed more firmly in the beneficent effect of open windows.

Many cures for nerves are advised and advertised, but the greatest of these is—common sense. How shall we manage not to be nervous? By proper living, proper working and playing, eating drinking and sleeping; above all, proper thinking and feeling.

Lemon juice in water is an excellent dentrifice. This is about the only simple remedy for removing the tartar, and also valuable for sweetening the breath. Lemon juice and a pinch of salt will remove the most obstinate of stains. Never throw away lemon or orange peel, for these alone will often take away stains without using water.

Scrubbing brushes should always be put away with the bristles downward, otherwise the water will soak into the wooden part and the bristles will become loose.

For corns a homely and useful cure is made by crushing some washing soda and dissolving as much as possible of it in hot water. This may be bottled and kept on the washstand and applied with a little brush.

Mothers really seem to be regaining the mental equipoise essential to fitting the clothing to the season as it were. Everybody knows that light colors repel or rather do not retain heat, as do dark ones, so the children up to about 10 for the boys and "grown up" for the girls are most sensibly dressed in white.

Sufferers from burning, tender feet find great relief from sponging them overnight and morning with vinegar and water. A gill of good vinegar put into a quart bottle and filled up with water makes a useful lotion for the feet and it may be applied with a little sponge kept for the purpose.

A Useful Cement.

A cement which will resist the action of hot or cold water, and which is most useful for mending coarse earthenware and stone jars, stopping cracks and holes in iron and tin kettles and pans, is made by mixing litharge and glycerin to the consistency of thick cream or putty. It is a cement which will mend a large variety of things, but in using it one thing must be remembered—viz., that the article mended must not be used till the cement has had time to dry and harden. This may take a week, or even longer, according to the quantity of cement used.

The Intellectual Girl.

Whether the sweet girl, the cheerful girl or the intellectual girl makes the best wife we cannot say. Better ask some man about that. However, it is safe to make the guess that the girl who possesses all three of these valuable qualities—sweetness, cheerfulness and intellect—is the best girl of all. Such paragons exist, of course. Unless a girl is cheerful she is a depressing comrade; if she is not sweet she is not womanly; if she hasn't intelligence she will soon prove tiresome.—Chicago Record-Herald.

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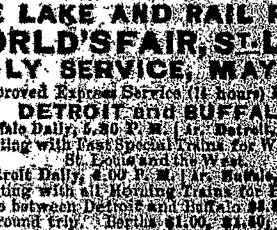

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