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**WATER FOR HEALTH.**  
**WHEN AND HOW TAKEN TO OBTAIN BENEFICIAL RESULTS.**  
**Three Parts Consumed in Twenty-Four Hours—Cases of Kidney Trouble Attributed to Lack of Observing This Caution.**

How and when and where we drink water seems to most of us such an unimportant part of our daily existence that we really give the matter very little thought. It seems so much like something for nothing that we neglect what is really not only a preventive of, but a panacea for, many ills.  
 A beginning of kidney trouble lies in the fact that people, especially women, do not drink enough water. The few general hints I am giving are well worthy of consideration.  
 Try to drink as little water as possible with meals, but take a glassful about half an hour before eating. This rule alone, persisted in day after day and month after month, will improve the general health and the complexion likewise.  
 Water taken with meals should be sipped as well as taken sparingly. Ice water should be taken as seldom as possible, never would be a better rule. And the habit of putting chilled ice in the drinking water is to be avoided, as one never knows what may be taken into the stomach through this medium. The better way is to fill bottles with water and allow them to stand beside ice to chill.  
 Tests which have been made show that one gill of ice water, which means an average tumblerful, poured hastily down the throat reduces the temperature of the stomach so that it takes it more than half an hour to regain the heat it has lost.  
 Cold water, sipped slowly, will quench the thirst and not cause such a result.  
 When in doubt about the purity of the drinking water the following simple test can be made: Pour a pint into a perfectly clean bottle, cork it securely and allow it to stand five or six hours. Instantly on withdrawing the cork smell the contents. If it has an unpleasant odor, beware.  
 The most important things to remember about drinking water are: First, be sure that it is pure, second, drink generously between meals, but sparingly with them; third, avoid chilling the stomach with ice water taken hurriedly and in large quantities.  
 As to hot water, there is no end to the good that may be acquired through this simple remedy. Cold-blooded people, who have little thirst, will do well to make a business of drinking a certain amount of hot water every day throughout the winter season. It lessens the tendency to take cold and improves the circulation. Before going to bed is a good time for this, as it warms up and relaxes the system, thus preparing the way for a good night's sleep.  
 Many cases of indigestion, headache, neuralgia, cold hands and feet can be quickly cured by drinking slowly one or two pints of water so hot that it almost burns the throat.

**Improved Ironing Board.**  
 This ironing board has a special support and has in addition a sleeve board above and parallel with the ironing board, the sleeve being easily attached and detached. The ironing board is of the same size and shape as those in common use, a vertical slot being cut in the head end, through which projects the center leg of the tripod support. Parallel brackets are arranged on the under side of the board upon opposite sides of the vertical slot, which act as braces to keep the board rigid. Recesses at each corner of the head hold the other two legs in position when the board is spread open, the upper ends of the legs being beveled in order to be flush with the top surface of the board. The upper end of the center leg is notched upon the under side to fit into a crosspiece, and the leg, acting as a lever, will be prevented from folding, the board being in this way securely supported. The sleeve board, slotted longitudinally at the rear end, fits over the upper end of the center leg. All the parts are so constructed that the board and the attachments can be folded up and placed in a small space.  
**Simple Headache Remedy.**  
 One way of relieving a headache is to apply a hot water bag to the feet. This draws the blood away from the head and so relieves the pain. In case of an ulcerated tooth, do not apply heat to the face but to the feet instead, and for the same reason it will give relief.

**CABLE MILEAGE OF WORLD.**

England Owns the Most—Germany's Rapid Strides in a Short Time.  
 Altogether Germany has over 18,816 miles of cables, of which, however, only about 3,293 miles are owned by the government. The total cable length of the earth is between 273,402 and 279,616 miles, from which it will be seen that Germany's percentage is, notwithstanding all the progress which has been made in the last year in that direction, very modest. Really only about one-fifth of the total cable lengths is German, while England has more than two-thirds.  
 Not more than two years ago, however, Germany's part was no more than one-twentieth, so it is evident that since that time Germany has made great strides forward. The newly laid cable from Shanghai to Yap is especially remarkable for the reason that a continuous line of cable has been laid around the whole earth which is not English.  
 From Europe to East Asia and to the Chinese coast there are the land telegraphs and sea cables of the Danish Great Norse Telegraph Company. The Atlantic Ocean is traversed not only by the English telegraph lines but also by the American, French and German cables. These are, through the various service lines of the United States, combined with the western coast of America, and from San Francisco the American Pacific cable extends via Guam to the Philippines.  
 In Guam, however, the German-Netherlands cable system branches off to Yap, from which place the new cable has made a new bond of union with the German and Danish lines on the Chinese coast. The cable Shanghai-Yap assures to Germany henceforth a telegraphic union with the Ladrones and Caroline Islands independent of English influence, and these islands are German colonial possessions, besides also the union with the Great Sunda Islands and the important Dutch colonial possessions in Farther India, which are so important also for the German commerce.  
 The Shanghai-Yap cable line has been laid in greater sea depths than any other cable. Up to a few years ago there was no cable in a greater ocean depth than 16,404 feet. The American cable in the Pacific Ocean was in 1903 laid in depths of 20,169 feet. The cable Menado-Yap-Guam which was laid in the year 1905 by the German cable steamer Stephan, surpassed this record, inasmuch as it was obliged to lay this cable in depths of 22,966 feet, and to lay the cable Shanghai-Yap, which work was also the task of the cable steamer Stephan, it was even necessary, in the vicinity of the Liukiu Islands, to reach a depth of 26,246 feet, which is one of the deepest places to be found anywhere in the oceans. The cable was manufactured in Germany by the North German Sea Cable Works, in Nordenham, at the mouth of the Weser.

**BABIES' INDOOR SACQUES.**

Made of Pretty Flannels and Saves His Lordship from Colds.  
 A dainty little jacket is shown in the illustration. The jackets are useful to protect the babies from draughts, which occur even in the most carefully arranged nursery.  
 The sacques are all made of the finest white French flannel and trimmed with a little hand work in fancy stitching or embroidery. Flannel is really the daintiest material for the little sacques and the most durable, although some are made of white silk and lined with thin flannel. There are also sacques in pale blue and pale pink, but these are not in the best taste. White is considered the most correct thing, although if a baby possesses a large wardrobe it is not out of place to



**Collarless jacket with embroidery.**  
 have one or two pale colored sacques among a dozen the rest of which are white.  
 The most beautiful embroidery, although always that which is light in design and simple in effect, is used to ornament some of the little flannel jackets. The embroidery may be all in white, but it is quite in good taste to have pale blue or pale pink used.

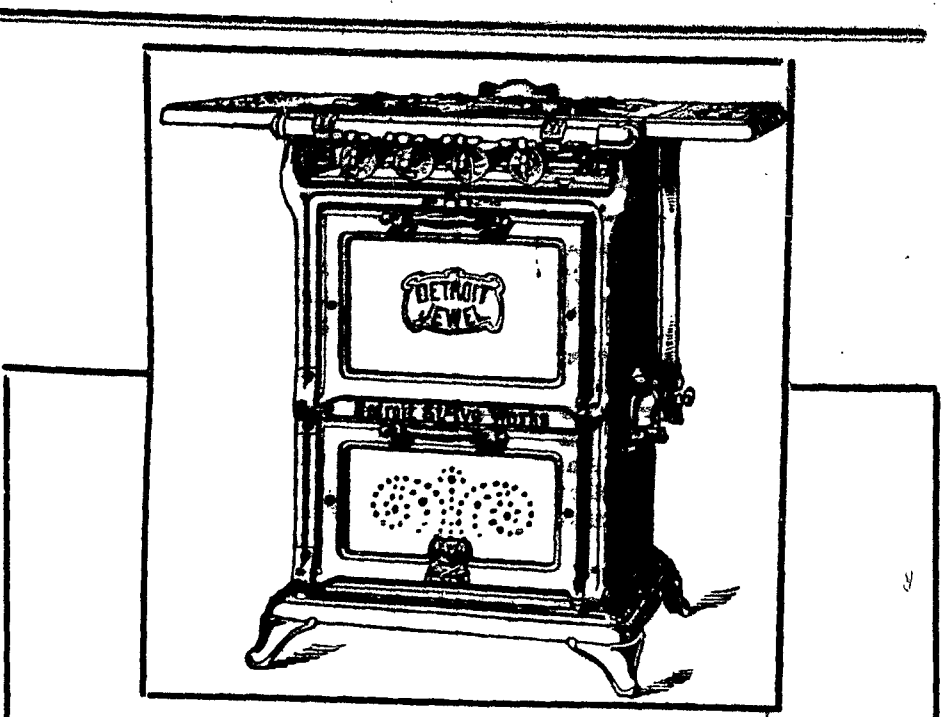
**To Obtain Clear Soups.**  
 A good stock with the right proportion of the different seasonings may be made as follows: Take five or six pounds of beef bones and two pounds of veal bones, and place in a stewpan with cold water enough to cover. Bring this slowly to a boil, removing the scum as it rises, but leaving the fat on the stock. Put into a wire net two carrots, half of a sliced parsnip, a good sized piece of celery, four large or six small onions, into one of which four cloves have been stuck, and a bunch of herbs. Add a good pinch of salt and a sprinkling of pepper, let the stock boil for a moment and then simmer gently, without actually boiling for four hours. Then strain off through a fine sieve and put away to cool in an earthenware dish. When quite cold the fat should be skimmed off.  
 An important point to remember in making this stock is that the vegetables should be removed as soon as they are thoroughly done, for if left in they will absorb the flavor of the soup, leaving it insipid, and another equally important fact is that if the stock boils hard the liquid will evaporate and the portion that remains will be strong and gluey and dark in color.

**HOUSEHOLD SUGGESTIONS.**  
 For grass stains, use alcohol, soaking the discolored place in it.  
 To take off dry paint, soften the spot with vaseline and then rub it with benzine.  
 Cold water will cleanse a fabric from machine oil. It should be removed before it goes to the laundress.  
 A blood stain will yield to a bath in soap and warm water if the blemish be covered with cold raw starch while it is still wet from the bath and the starch be allowed to dry there.  
 If a garment is scorched by a careless laundress, put it where the sun will shine brightly on the spot for several hours.  
 If the table linen has a wine stain, cover the place with salt and turn boiling water through it the same as for fruit stains.  
 Rub lard on a brass or wagon grease stain and then wash it.  
 Port wine will take out sherry stains and sherry will take out port stains.  
 A grease spot on a textile or on leather can usually be taken out by covering the blemish with French chalk on both sides of the material, then protecting it with a clean paper and putting something heavy on the spot. The French chalk should form a thick pad on both sides and should be used generously.



Miss Mary E. Byrd.  
 A well known astronomer, who resigned from the faculty of Smith College, Northampton, Mass., because that college had accepted "tainted money" from Rockefeller and Carnegie.

**Exporting Havana Cigars.**  
 If every man in the United States over twenty-one years of age once in each month smoked a single imported cigar the total number thus represented would be more than the entire cigar exports of the island of Cuba in a year. While Havana cigars—for all Cubans are called Havana—are recognized as the standard of excellence the world over, the total number which Cuba sells abroad each year is very limited in comparison with the number of cigars smoked. According to the Crop Reporter, which is the official publication of our Department of Agriculture, a Cuban authority places the export of cigars from the island in 1905 at 227,038,521, an increase of something more than 9,000,000 over the figures for 1904. Two hundred and twenty-seven million cigars sounds like a good many, but compared with the number of cigars made in our own country the Cuban product is not a little cigarette to an invincible. The entire cigar export of Cuba would not supply the needs of more than 100,000 men who could be classed as hard smokers; that is, those consuming from ten to a dozen cigars in twenty-four hours.—Boston Herald.  
 At Quito, the only city in the world on the line of the equator, the sun sets and rises at 6 o'clock the year round.



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