CURE FOR HED HANDS CONTRACTOR DEVICE

Spicestion AND SLUBGISH CIR-CULATION ONE CAUSE

Southing External Applications Relieve Roughness-Vigorous Exercise and Proper Food are also Cures.

What a comfort it would be if there were only one remedy for making hands white, but, unfortunately, as that ugly redness may have many causes, various cures are and sluggish circulation, bring this condition quite as often as exposure to cold winds, and that different treatments are needed for relief is obvious.

It really takes but little thought to decide the cause of the trouble, and the cure should be governed accordingly. When st.mach difficulties exist it is obviously the part of wisdom to take to simple food, be sure that the liver performs its sunctions, and to drink plenty of water. Three pints a day, between, not with the meals, are not too much, for thus is the system flushed, and impurities are removed.

If poor circulation is responsible, care should be taken that 'le clothes are not so fight as to interfere with the free coursing of the blood, and much violent exercising must be indulged in. This includes walking, sapidly, not slowly, cliesthenics of the simplest sort, hourework, indeed, whatever will set the blood circulating quickly. If the rednem in caused by carelessness in protecting the hands while at work and when come pot. In the centre is a wire going into the cold, wearing gloves, both indoors and and out, will be a great help to them. Rubber ones one alde of the casing is a resilient put on when any work requiring the plate, to which is hinged a ring, the hands being pisced in w.ter. are a most important protection. An old Lair of her husbald's or prother's same size are employe to support lamb's wool pad will distribute the while sweeping or dusting.

Along with these fundamentals to bring about an improved condition. be it said that external applications will do no harm, and the likelihood cloth and the ring holding the re- ture into the skin. No cloth should is that they will help tromendously to bring about whiteness.

should be put in as a softener. If to be mixed with the liquid. money were no object, olive oil of L'ire quality would be a most excellent substitute for cleansing the hands. More than one application

of oil would simply looser the dirt, minutes after it boils all over. Strain and another would be required to re- and cool. Cover : ottom of ple plate

New Way to Prevent Grounds Silv

ing With Liquids. Heretofore in coffee-making detion used in connection with an or

foction: in a collee making device coffee-maker is made of sheet metal. requirea. For instance, indigestion dropped into the coffee pat, openings and circulation of the water in the



SUPPORTS COFFEE IN POT.

handle for inserting and removing the device from the colles pot. On latter slightly larger than the casing. Two , ieces of cloth of the the coffee. The edges of both are placed under the resilient plate, the time may be kept perfectly clean. lower cloth being laid across the mouth of the casing. The ground it even more positive in its deleter-

maining cleth lowered until it As a rule, neutralizers of water ing. The ring grips both cloths washed and boiled, before drying in springs down over the rib of the casare not sufficiently used. In the firmly. It being impossible to dis- the open air.

case of hard water a little borax place the ground coffee and cause it

HOME COOKINC.

fingers are solled the first nunction 1-2 cup water. Cover ar : cook 10 day nd always hung in the oper air. move the greass. Afterwards a with past"y, shaping high all round careful and thorough wiping with a edge of plate and crimy with fingers.

Washing Tollet Articles So Thur Will Be Free From Gornes.

No woman can look See best, in less her hair, skin and hands are disary coffee pot an open-mouthed property cared for, and to account bag in which the coffee has been plish this the best of comby land pinced, has been necessary. These brushes, 40, are required. In adpocket, are hard to clean and cannot cles; they must be fight in the best be kept in a sanitary condition. An of condition or the result will be un Arkansas man overo.mas these ob satisfactory. For instance, a hair orush should be cleaned that is which he recently designed This washed-once a week, yet frequent is valuable to a roung houseksered cleansing is more the exception than whose income is limited. For with the rule. For washing brushes there are make artistic places of furniture out

in the side, allowing free passage specially prepared powders that of plain white good chairs, libies cleanse the brist as, but I regard &c.

them as a luxury and not a necessity-Quite as good results are obtained by filling a basin hal' full of hot wa ter, making this strong with am monia, then putting the brush-the is, the bristles-down into the bati and lifting ut out quickly half a dox en times, taking care to keep the handle dry. The first plunge loosens the dust and those after bring is out. In three seconds the brush should be clean and very cold water should then be run through the bris ties to rinse and stiffen them. Soat should never be rubbed on a brush.

In drying, the brush should be stood on end, that the water may run of quickly,

Combs should be cleaned in the same manner, and side combineed it ciso.

Always, after ucing a toot brush It should be held under a hot water faucet o ringe thoroughly, and once a day it ought to be plunged late. strong ammonia water to purify thus cleansing it of germa.

The nonchalant manner in which women otherwise particular will wipe their faces with a solled powder Buff or pad is amazing,

A puff should not be used on the powder quite evenly, and a. the same As to wash cloths, a solled one

coffee is then placed on the lower ous effects, because it sends molabe used longer than a week, and

Sponges should never be used except for the bath, an ' are the most unsanitary toilet a licle countananced. Their-capacity for holding impurities is endless. If used, howwould be required; that is, when the " Two cups cranberries, 1 cup sugar, strong atmonia or soda water once a

Suggestions.

To taka out from



Public On & Plas Value

Wand-These Mtains Are Mary in

A knowledge of how to make and

paly faralture stalar and varalabas

For instance inerposalve setten

of ash into a quart of water

with a soft brush, wiping it over im-

When guite dry the-surface may

linseed oil is a good varnish or pol-

To stain a new place of furnitura

la simple work for an amateur, but

success is not so certain when as old chair or table is to be renovaled.

However, doing over an old place

would not be dimoultilt it were un-

derstood that the wood will not take

new stain until all the old yarnish,

The easiest way of retting of the

whatever it may be, is removed,

old finish is to put on a solution of

sal soda, that is as much soda as ban

be discolved in water. With a stiff

sorub brush this light did ould be the

isher.

Apply.

Posts incast (patries 2011) \odot

T PATRICIC in the space of the limit people embodies all these -In Aumantind Constitution to think of and sector of the South of the South of the South of the South of and Chail lore the disriction be stable Costs a soble stample of a period of some and in terrorence when they have he

without virales or solor, may be stained with malogany in several He slone smoor all the Assessed a picture and and bot them eastimaty Christian. While the land of his birth and the piece where your his tifferent shader. Is making dark coloring a half pownd of maddel and two ounces of logwood chips should Sectal remains are still matters of dispute yet his personality stands out before be as rivid and as pold as be boiled gently for an hour in a gal. lon of water. This should then be strained and applied to the wood while Lot. It should be put on Beent Sketched by an artist, Ha Comparts shortcheed by an arctic. His This is evidential quite a reverse are his biography. Unly a par-news of his caliber could append to the benirs, the syst and the bosins of a people such as the trial wave in the Artis, century. He found them makes the system to system in the bosis archait the trial wave in the Artis, century. He found them makes the system to system the bosis archait the trial wave in the artis century. He found them makes are relative social reductioned and the arts of four and alterring the bosister of the bosis and alterring the bosister of the system for the system the arts of four and alterring the bosister of the system for the system of the system of seven and alterring the bosister of the system of the system. The trial wave system of the system of the system. The trial wave system of the trial system of the trial system of the trial system of the system evenly with a lat bunh, The fininh requires a pearl ash solution; that is made by putting two drams This is not applied until the stained wood is ary. For a light shade two ounces of bruised dragom's blood is put into a bottle with a quart of turpenting. The jar is corked and placed in a

Dottle with a guart of blacked in a thanke there. The ities years then or a radiator, to maked in class, the least of each class is back of an analysis in class is least of each class is blacked, and then applied with a brush. atten bes einertitutite Berten auf fint Berten Bert The other mahomany stain is ant to be understood best for those who fich butit with superior funct, which thow something of mining colors. what was not contrain to the gos ed. with beer, this making a light and within his own lifetime a said shade. Then burnt sleams that has been Gronging his courses and demonstrate ground is added in propertion to the set and country the praises of the in the tht wished and put on rather thin. Creator to resound on avery plan grave

where ideas had been adored, on every at misliately with a piece of cloth, or other sort substance All where takes such had been perset in commutation or the spirits of search, sir is been use the mollided by superstition. The university of a superstition to a way some of be olled ar varninged . Cold drawn

to explain, non

This is evidently quite a Millionate, passing who all an

BALLINGS FYARY

Transfer and the Paulotte and

very soft cloth would remove all Fill with the branber jelly after 2 minutes, then hold over the ter is best for putting it on with the stander is a strong it on with the stander is best for putting it on with the stander is best for putting it on with the stander is best for putting it on with the stander is best for putting it on with the stander is best for putting it on with the stander is best for putting it on with the stander is best for putting it on with the stander is best for putting it on with the stander is best for putting it on with the standard is best for putting it on with the standard is best for putting it on with the standard is best for putting it on with the standard is best for putting it on the standard is best for putting i

This kind of treatment is expensive, nowever, and few persons can afford to indulge in it.

Next to that, one would do well to use glycerinated water. This is simply chemically pure glycerine in

A more rapid whitener is chlorilated lime, five grains being dislukewarm, not hot.

Still stronger is a combination of a teaspoonful of muriate of ammonia, a taplespoonful of aromatic vinegar and a quart of water. In this the hands, not merely the fingers should De soaked for ten minutes, morning and night.

Don't You Know-

1. That our finest white bread contains little else but starch, so cces not deserve the name of "staff of life."

2. That flour of good quality clings to the hand, and when pressed dered sugar. lightly remains in shape; it is also «I a cream tint.

3. That a warm cupboard and in which to keep bread.

Dose_

5. That bread loses one-sixth of its weight in the baking. 6. That if bread is covered when

not the crust will not be crisp.

For Tired Feet.

No woman can house teep properly whose feet ache and ache after standing much on them. A sure relief, and often a permanent cure is effected by bathing them just before retiring. Throw a tablespoon of Ep-som salts into a foot tub of as hot water as can be comfortably borne. enough to cover the test to the ankie or well above it; soak feet for fifteen minutes, rub dry with a scarse towel and get into bed at once. Do this every night for a month at least. regularly, and it will do all that is claimed. I have tried it myself and seen others do it, I know whereof I speak.

How to Make Use of Cid Silks.

Take the best parts of an old skirt. make the silk come about 25 inches

trace of oil, and the hands would it is col, than add fancy cuttings kettle norc, so the steam can pass have been cleansed without the skin from pastry to ornament ton. Bake quickly in hot oven.

Gingerbread.

Two oups molasses, 1 mixing spoon of lard, 1 teaspoon of cloves, cinnamon and ginger, and one of salt; the proportion of a tablespoonful to of sour milk (or cold water) and a pint of water, but less sbap will be then sift in \$ 1-. cups of pastry flour and when thoroughly mixed add a good teaspoonful of saleratus dissolved in an ordinary basinful of solved in a little water. Either bake water. The temperature should be in one long pan or of layer cake tins from 20 to 30 minutes.

Delicious Sponge Cake.

Four eggs, break into dish and beat with egg beater until formy; tacup sugar, peat in for good half hour with a wire spoon; teacup flour folded in the last thing, and a a teaspoon varilla. Bake 15 min. Cover all with a muslin cloth wrung utes in a square tin.

Orange Icing.

Grat-d rind 1 orange, 1 tablespoon orange juice, 1 cablespoon lemon juice. Let stand 15 minutes, strain and add yoke of one egg and pow-

To Brighten Gilt Frames

Boil four bruised damp pantry are equally bad places cloves in a pint of water. Add just enough flour of sulpLur to give 4. That a large earthenware it the right golden color. When it crock with a lid is best for that pur- is perfectly cool apply with a soft brush and let it dry. To clear the frames of finspecks a mixture of one pert ammonia to three or four of water is good. Glit frames can be rendered more durable by giving which proposes to support a wonithem a coating with , warm mixture an's back by pressure of two crossed of one part linseed oil and two of straps inside the back of the corturpentina

How to Relieve Choking.

you can will relieve choking much boot straps, yo: the inventor says more rapidly than by being thumped that it not only rests the back but in the back. Very frequently at gives the wearer the yery best new meal time, and when they are at figure" with flat back and slender, play, children get choked while eat- hos. Furthermore that the back ing, and the customary manner of steels can never turn and dig into relieving them is to slap them sharp- the ficsh be the corset faced ever ly in the back. The effect of this is iso tightly. For the sake of sufferto set the obstruction free, so that ing womankind it is to us hoped that 1' can be swallowed. The same thing this back-resting corset may prove to can be brought about by raising the be all that its well known designer left hand of the child as high as claims for it. possible and the relief comes much more rapidly.

Sash Curtain Pretty and Clean, When you get window rods for er of Dresden chins. It fis around either top or bottom, buy a small the brim of the average cup and obon the same lining if good. When can of white gloss paint and a small viates the necessity of sparing one worn too much, buy five cents' worth brush; gives the rods a coat, and hand to hold the strainer while the of cambric for a new skirt. Make a when dry, give them another coat; lid fails of the Dresdon tespot for rume of sateen pleated with a double the more they are done, the better it lack of a third hand to keep it in . one over the other. Place at the makes them. They don't bend so place. Silver is not so beautiful for. bottom of the skirt and stitch several easily, or get out of shape. No mat. the testable as china, and the offrows of machine work where the silk ter tow nice or fine the curtains are, sung beverage tastes better when is joined on the ining. You have they will come off as nicely as they served amid beautiful surroundings. then a nice underskirt at small ez- went on; the paint will not allow, and what could be daintier than a tion to rust.

"ith fingers. soak the spot in oxalic act." for 1 or surface coat. A still scrub brush through the goods.

> No. 2-Mustard plasters made plied. with the white of an egg will not blis-

No. 1-A pinch of salt added to the whites of eggs or cream will make them whip much quicker.

No. 4-Place salt in oven under baking tins to prevent scorching. No. 5-Sprinkle salt over fresh con, before going out. It will keep the fire much longer.

No. 6-Clean window shades by cloth.

Sponging and Proming Cloth.

Lay cloth to be sponged on a table, being sure that it 's perfectly smooth. from hot water. Roll on + stick, carefully allowing no folds in either goods or muslin. Lay away for one hour, press on wrong side with hot iron on a perfectly smooth fronting tablé.

Never rub iron across goods, but always with the threads.

To press seams in heavy cloth, wring cloth from hot water, lay on seen, rub iron over, remove cloth and press until dry by setting the iron on the seam, pressing, then lifting the iron to press the next section, never moving the iron along the seam.

A New Cornet,

A decided novelty is a new corset

sets, the ends of the straps being anchored to the front steels on the jabots, sto, outside. Seems almost like the Raising the left arm as high as proverbial lifting one's self by the

Dresden China, Tea Strainer.

No more attractive detail could be added to the testable th. a the straintable furnished in Dresden!

1 pm ... 640

Then the article must be allowed to dry before the new finish is ap-

Kimono-Brefelles of Lice.

The idea gives opportunity for a number of charming hovelties, and all kinds of hindsome laces are used is foundations with ma much yariety given to the ribbon or all adress expensive incer set with an applique of silver or rold, occasionally mount up smartly is appearance and many women combine the two when weekrubbins over with hot corn meal, ing expensive effects with the least then rub gently with soft dry possible outlay out hand is a start a Certainly there is nothing more appropriate for freshealing up



walst than these little kimono comories, and the Japanese effect can be heightened by the addition of founces of lace for the slow yes Detachable yokes of lass of gaile inset with lace to match the bre tells are very delaty and onn be built upon the regulatos round pai terms which come for the purpose There are so many novelties in the WAY OF ACCOUNTION DOWNLAYS that OD Kings

dry; place pan on the range upress the order water will keep hot, and as you press the order a place from immediately while Papers make

the plains of Royal down the second and the second is beautiful to planet. Could be the second is beautiful to planet. Could be undulating and covered on every side with lovely woods. Before us stands in the sa the hill of Tars. The summit is crown- first take od with a palace of Ireland's king. An in shade we sule: a strange sight presents insit to our view. Ireland's monarch sits on his throne in high council Around hint site the kings and chieftans of the

MAPPY JEINE BOTH AND OF

this four classing Annual State stall - on both sides the the privets, the famous old Drukis of first Wombin. Still in another great semicrone are sented on thrones the abrent mp-striks of ireland, with show white for 5 ing beards, fresh harps belogy them? all hig the morning air with the glockes Developing the straine with the strainer of the strainer with the strainer strainer

way of accessories nowadays that once can almost put a blouse to gether in sections and, indeed it is not a bad idea to have a plain model of soft slik or chiffon which can be "Frenchiffed" at will, as it were. What great measure does he pring? It

An Easy Way to Iros Lines. If you like to have a nice glossy finish on lines asphins, lowels, trav cloths and such small pleces, sim the kings and their people. How ar plece at a time, and iron with good hot iron; this will produce a fine rich gloss and show up the pattern well Keep a pan for the purpose; also a hot needs, and Patrick makes the best botato ricer for small pieces. In this means a big means of his great opporta-way you protect your hands from the mity The Druid prisers had ordered hot water. Press them well and dry; place pan on the range where wills of Meath and Louth in hears a

in and see

