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CHILDREN AND SLEEP

LATE HOURS AND EXCITEMENT DETRIMENTAL TO HEALTH.

Child Should be Trained to Lie as Nearly Straight and Flat as Possible—Afternoon Naps Not to be Encouraged in a Healthy Child.

A prominent physician says that if children are physically well and play out doors all day, when it is dark they will be tired and ready to go to bed, unless unduly excited by promises of amusement.

"Keep your little ones young. Don't overeducate and rob them of their childhood. Let them lead simple lives and be in bed early.

"I believe the amount of sleep necessary to a child from infancy until it is grown up will be regulated without any suggestion of the parents by the little one, if it is in a perfectly normal healthy condition. Watch a robust child. When it is tired and ready to sleep it will frequently lie down when playing as soon as it becomes drowsy and fall asleep.

"A child under two years of age should spend two-thirds of each day sleeping because it needs the rest to be strong and to counterbalance the rapidity of growth. Children over two years, if in good health, usually sleep when exhausted from romping and playing.

"A nap during the day is unnecessary, I think, unless the little one shows signs of being tired and in need of it, and one should not be forced to rest by parents, for the hour spent in sleep when the child needs to be out in the sunshine and fresh air will usually be spent in wakefulness at night.

"When six and eight years of age the retiring hour may be postponed if mothers think it advisable, but I believe a child of fourteen should go to bed early and get up in the early morning as soon as it is light.

"To properly sleep or rest at any time, all clothing should be removed, and loose nightrobes, with no tight bands to retard circulation, should be put on the little ones.

"If necessary for cleanliness sponge the body with lukewarm water before putting the child to bed, but don't put it in a tub, for too much bathing devitalizes the body, and a tub bath taken when the little one gets up in the morning should thoroughly clean the skin.

"The sleeping room should be well ventilated, and the child's bed placed in such a position that it will breathe the fresh air and still not be in a draught."—New York Telegram.

Keep a Button Box.

When replacing the lost buttons of garments it is very important that the new buttons should be of the same size as the old ones.

Careless menders pay no attention to this trifling detail, and the consequence is that buttons that are too small will not remain fastened, and those which are too large tear the buttonholes. A button box for storing reserve buttons should find a place in every mending basket.

In this receptacle should be put all buttons which have been ripped off old garments, as well as any complete set of buttons there may be.

Housekeepers who pick up and put away in its allotted place every button which falls into their hands may save themselves many purchases.

Women's Progress in Japan.

The growth of the women's progress movement in Japan is greatly due to the interest of the empress, who has rendered it valuable assistance and who does everything in her power to improve the condition of women in her domains. One of the first acts in this direction was to repeal the old Japanese law which forbids women to enter upon the stage. All female parts had, until a short time ago, been played by male actors, but the empress, who thought that there was an opportunity for many women to earn an honest living on the stage, caused the mikado to repeal the law. Also for the education of women the empress has done much.

Eating for Health.

Watercress is an excellent blood purifier.

Lettuce has a soothing effect on the nerves, and is excellent for sufferers from insomnia.

Tomatoes are good for a torpid liver, but should be avoided by gouty people.

Celery is a nerve tonic; onions also are a tonic for the nerves.

Spinach has great aperient qualities, and is far better than medicine for sufferers from constipation.

Beetroot is fattening, and good for people who want to put on flesh. So are potatoes.

Parsnips possess the same virtues as sarsaparilla.

The Tabloid Life.

Publishers and booksellers are now grumbling that the public buy few books because they have nowhere to keep them, even small libraries being inconvenient in flats. For the same reason fewer pictures are now bought, and it looks as if in the future people would cease to make collections of books and art treasures.—Lady's Pictorial.

For Burned Saucepan.

Don't scrape a burned saucepan. Fill it with cold water, put in a bit of soda, heat slowly, and let boil gently for some time. Then scrub with a saucepan brush.

WHEN BUYING INSERTION.

Care Needed to Select Finish and Shape That Launder Well.

The material should first be carefully examined and the edges of the scallop inspected, for if the stitching on them is too shallow they will be good for but little use. A scallop in deep points is not satisfactory, for the edges constantly curl and spoil the appearance of the garment.

Blind embroideries, patterned after the French handwork in either nainsook or cambric, wash splendidly, while the sheer designs in "Val." or pompadour, unless dots or balls form a part of the pattern, lose their beauty after the first washing.

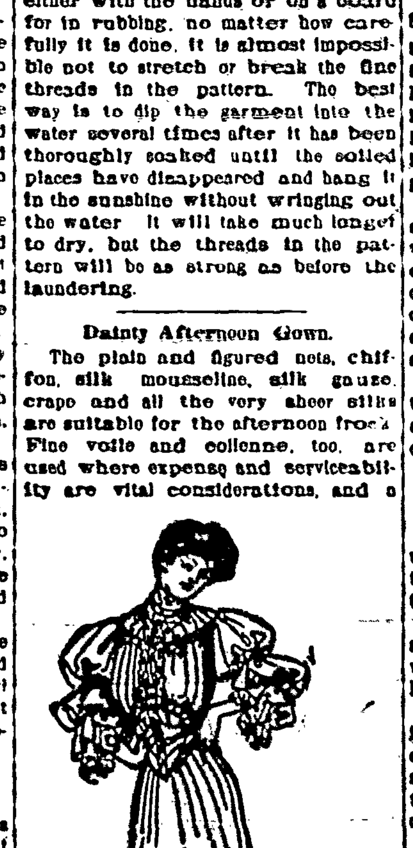
Embroidery insertions should be purchased with even more care as to their durability. An insertion outlined on both sides with a heavy beading is to be preferred for underclothing, for then the material may be cut away close to the beading and whipped to the binding instead of rolling or seaming the edge, but this must not be attempted unless the insertion has the heavy finish.

If "Val." or Swiss insertion is desired be reasonable in treating it. Put it where there will be no strain and it should wear as long as the sheer material of which it is a part.

In washing delicate embroideries and laces it is best not to rub them either with the hands or on a board for in rubbing, no matter how carefully it is done, it is almost impossible not to stretch or break the fine threads in the pattern. The best way is to dip the garment into the water several times after it has been thoroughly soaked until the soiled places have disappeared and hang it in the sunshine without wringing out the water. It will take much longer to dry, but the threads in the pattern will be as strong as before the laundering.

Dainty Afternoon Gown.

The plain and figured nets, chiffon, silk mousseline, silk gauze, crape and all the very sheer silks are suitable for the afternoon frock. Fine voile and eolienne, too, are used where expense and serviceability are vital considerations, and a



A voile frock trimmed with lace.

very simply made frock of sheer white voile with no trimming save nun's plaits on the skirts and with some good lace in guimpe and sleeves, is not only a very serviceable and inexpensive frock, but a very pretty one as well.

Education and Wives.

Lord Chesterfield advised his son to marry a woman who "is wise as well as rich, for," says he, "thou wilt find there is nothing more fulsome than a she fool." In proportion to woman's intelligence and education, man will look upon her as a companion and equal and not as a mere doll or plaything. For the sake of her home as well as for her own uplift and enjoyment, a woman should get every bit of education she possibly can. Ignorance is as great a handicap in the home as it is in the business world. The home presided over by a broad-minded, educated woman, will be well-ordered, systematic, happy and prosperous, as far in advance of the one ruled by a narrow, ignorant mistress, as the business establishment of an up-to-date, intelligent, progressive man will be ahead of that of his dull, ignorant, unprogressive competitor.

Where Ugly Women Draw Prizes.

Germany is ahead in novelties of a charitable nature. In the town of Haschmann prizes are offered yearly for the men who will marry the ugliest and most crippled women, and for the women over forty years who have been jilted at least twice. The money was left by a big financier, who, realizing that beauty is an attraction hard to overcome, made a provision in his will that out of the income of the fund not less than $90 shall go with the ugliest girl in any year, and the cripple shall receive $60. The poor women over forty who have been jilted by a lover receive, when the funds permit, $60 each, but the trustee can vary this amount, and, at his own discretion, offer a larger prize to some one who will marry an unusually ugly girl, or one to whom Nature has been specially unkind.—Tit-Bits.

Gooseberry Fool.

Stew one quart of gooseberries and sweeten to taste. When cold place in a glass dish and cover with whipped cream, which has been sweetened.

AN IMPROVED HOT WATER BAG.

Maintains Uniform Temperature and No Danger of Leakage.

Newest of all the collection of household utilities is the substitute for the old-fashioned hot water bag. This rubber contrivance is of the same shape and size as the regulation bag, only instead of being filled with hot water its contents consist of chemicals which serve as a reservoir for heat which remains at an unvarying temperature for a long

Successor to the hot water bottle.

time. One of the requisites is that the bag must be boiled for a certain length of time which is regulated by its size, and after that it may be kept for weeks and the stored up heat turned on as wanted by a simple process of manipulation.

One advantage this new bag possesses over other sick room conveniences of a similar kind is the elimination of annoyance and discomfort by a deluge of the contents, consequent upon the loosening of the screw cap and the bursting of the seams.

The maintenance of a uniform temperature is another advantage and likewise the regulation of the degree of heat by manipulation.

HEALTH AND BEAUTY.

Don't brush across the teeth, but up and down; the upper teeth from the gums downward and the lower teeth from the gums upward.

Moth patches may be removed by a lotion of salicylic acid and rose water—two ounces of rose water to half a dram of acid.

If you wash your face every day in very hot, not warm, water, using either a complexion brush or a large soft cloth, blackheads may be entirely prevented. Always rinse in cold water.

A pint of rose water, diluted with a tablespoonful of glycerin, forms an excellent preservative for the hands, and will keep them smooth and white if applied each time after washing.

How to Wash Vegetables.

There is a general idea that if soaked in brine all insects are drawn out of cabbage at once.

But experience has taught that salt kills insects, and consequently they often are hidden in the folds of leaves, etc., and frequently boiled and even served in them.

Always use two bowls while preparing vegetables. In one put lukewarm water and a little vinegar and in the other cold water.

Each cabbage is divided into three portions, and washed separately in the warm water. Afterward it is shaken and stood in the cold to get crisp again.

Cauliflowers are placed head downward and left to soak in the cold water for about half an hour or longer if convenient.

Making Wives Happy.

Dr. Edward Brooks, in the Rochester Herald, says: "It seems to me that the way to make a woman happy is to give her all your sympathy and affection. As for overlooking any faults, a man ought not to see any faults in his wife. If it does happen that there are a few very patent ones—and I suppose there are some women who are not exactly angels—a man ought not to see them any more than he sees the spots on the sun when it is shining brilliantly in the heavens; and he ought to remember that no matter what disillusions he may experience after marriage, it was himself who undertook the responsibility of taking to himself a young woman that he promised to love and honor.

Hold Your Head High.

Nobility has difficulty to express itself in a sunken chest.

If the knees are bent and seemingly too weak to support the body, it is easier for them to shake with fear than if they are straight.

Therefore, wives and business girls, stay-at-home misses, and engaged lasses, keep your heads up.

When the chin is raised, the chest high, courage and hope are indicated. The mind follows.

It is true that a woman keeps her head up because she is hopeful; but, even if hope is wanting, lift up the head, and it will come the sooner.

Dandelion Wine.

Steep dandelion flowers in boiling water for five minutes and strain off the liquid, pressing the flowers hard. Sweeten to taste and add brandy in the proportion of a pint to every four gallons of liquid. Put in uncorked bottles and keep in a cool place until fermentation ceases, then draw off and rebottle.

TO DEVELOP THE HIPS

BOTH RARELY SYMMETRICAL—RIGHT USUALLY HIGHER.

Exercises to Stretch Cords and Muscles of Low Side—Straighten and Increase the Spinal Column—Reduce Large Abdomen.

There is scarcely a woman whose figure is exactly even; almost all have one shoulder and hip higher than the other, it being the right usually that is above the level.

A chair and a pole placed slanting is the equipment necessary for some of the exercises. A curtain pole is strong enough, and it should be suspended crossways to slant a little. A top of a door will do for the high end, a headboard may serve for the other, but remember, in using it that it must be grasped at a height that will force one to rise on tiptoes, with the feet swinging clear to the ground. Any chair the top of the back of which is a little above the low hip will do, but be sure that it is heavy enough not to overbalance.

Though the right hip is usually the high one, with some women it is the left. The exercises as given here are for a low left.

Beginning with the pole that is firmly fastened so that it will not fall, put the left hand (as being over the low hip) on the higher level and work up until the tips of the toes only are on the floor. Stand that way while you count ten and then put the hands just a bit higher to raise the feet entirely from the floor and drop immediately to terra firma. At the end of a week one should be able to swing for several seconds. The purpose of this exercise is obviously to stretch the cords and muscles of the low side to bring them to the level of the other.

For the same purpose is the next, in which a chair is used. The top of the back must reach just above the line of the low hip. Place the left leg over the chair back so that the lower part hangs free, raising the left shoulder a trifle at the same time. Bear all the weight of the body over on the left leg, which will force it up at the hip, let it stay so while you count ten and then repeat three times. Later repeat five times, always increasing the weight thrown on as the muscles there grow stronger.

The "windmill" exercise is one of the best straighteners and should be used in this connection. Until the spine is straight a figure cannot be even and the windmill unknots it. If it is the left side that is to be straightened, bend more often to the right than to the left but do it on both sides a little. It is done by bending the body from the waist, letting the right arm reach to the ground as you bend to the right, while the left rises to perpendicular. Reverse, bending the left, and continue. At first you will feel as if every muscle in your body were being jerked and tugged.

Uses of Kerosene.

After handling a paint brush, kerosene will remove the sticky feeling better than anything else.

Ironing is smoother and clothes more glossy if a few drops of kerosene are added to the boiled starch.

An enameled bathtub or one of zinc can be cleaned in a few moments by rubbing with kerosene.

When the kitchen sink is rusty and the set tubs, from neglect, become coated with accumulations of wash waters, rub them over with kerosene.

When a sewing machine runs hard oil it all over with kerosene and then sew awhile, or run the machine without sewing, to allow the oil to reach every crevice. Wipe away all the kerosene and oil again with some good machine oil. The machine will seem like a new one; it will run so much easier.

Women in India.

Women are rapidly forging ahead in conservative old India. Dr. Kugler, an American, who was the first woman physician to practice in the Madras presidency, was recently decorated with the Kaisar-i-Hind medal. Ampthill, in presenting the decoration recalled how Dr. Kugler, in the face of much opposition collected a lakh of rupees (between $25,000 and $30,000) to build a hospital at Guntur for women and children, where more than 7,000 patients are now treated. Mrs. Benson, long active in the National Indian association, was also decorated. About the same time three parsees matriculated at the Grant Medical college in India.

A Use for Baking Powder Cans.

Baking powder or cocoa cans make excellent potato choppers. Place your cold potatoes in the spider and chop fine with one of the empty tins. When the edge becomes dull, discard it for a fresh one. Then turn your potatoes into the serving dish so as to enable you to heat the spider hot, using some scraps of salt pork, before warming the chop potatoes. Let the potatoes crisp on the bottom, turn like an omelet before serving. You can readily see you have saved the bother of washing the chopping tray and knife.

To Clear Bruises.

To prevent the skin discoloring after a blow or fall, take a little starch or arrowroot and merely moisten it with cold water and lay it on the injured part. This should be done immediately, but may be applied some time afterward with effect.

ETIQUETTE OF EATING.

Interesting Hints as to Method of Eating Certain Foods.

Fish knives and forks are almost always provided nowadays, but if they are not laid on the dinner table a silver fork and piece of bread must supply their place. The fork must be held in the right hand and the bread in the left.

Soup should be taken from the side of the spoon as noiselessly as possible.

Certain articles of food are always eaten with the fingers. Olives should be taken from the dish with an olive fork, not lifted from the plate to the lips with the fingers.

Celery should be taken from the dish with the fingers and eaten from the fingers.

Water cress and lettuce are taken and eaten with the fingers. If the lettuce is mixed with oil and vinegar it would, of course, be served with a spoon and fork and eaten with a knife and fork.

Fish is occasionally served with lemon and pancakes are very tasty with lemon juice. The lemon juice should be squeezed over the plate by holding the piece of lemon between the fingers.

Bread passed around should be taken in the fingers.

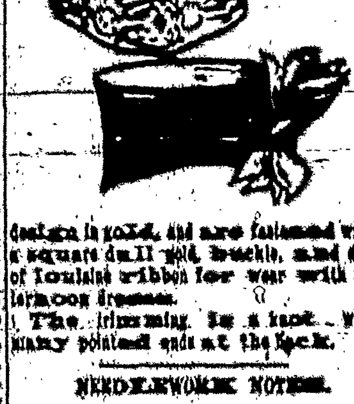
Asparagus may be eaten by taking the white stalk in the fingers. It is always eaten thus when served alone as a separate course.

Sugar must be taken in the fingers if tongs are not provided, though these should always be in the sugar bowl.

Fruit may be eaten with the fingers, but most kinds of fruit are usually taken with a dessert knife and fork. In eating pears, apples, or oranges, it is better to peel them first by placing the fruit on the fork and holding it in the left hand and the knife in the right, and afterwards to cut the fruit in small pieces with the knife.

Belts in Season.

In the illustration is shown a belt of soft kid, which is buckled in the back. These come in green, black or white kid, with a delicate scroll



design in gold, and are fastened with a square dull gold buckle, and are of louisine ribbon for wear with afternoon dresses.

The trimming is a knot with many pointed ends at the back.

NEEDLEWORK NOTES.

Plain India linen is never so satisfactory for a dressy gown. It lacks the shimmer of the small and is not so attractive when laundered.

White Paris muslin and fine batiste are excellent materials for the white dress. Neither one is cheap, but a gown of such quality will serve more than one season.

Never neglect small repairs—a stitch in time saves not only nine but ninety! Don't let buttons hang by their last thread; darn small holes; never wear dirty or tumbled lace; brush off mud and bind frayed skirts.

If pillows are to be made in a hurry, and if no other filling is at hand, newspapers cut into small pieces and crumpled make a filling which is surprisingly good. Of course, this is not advocated if other fillings are at hand, but in an emergency it will do excellently.

New Wrinkle.

In the sheerer fabrics which the dressmaker favors the crepe de chine, cashmere, henrietta and even the chiffon mohair there is a new wrinkle that will appeal tremendously. This is the use of a linen crinoline in which one or two featherbone cords are incased, a featherbone cord that is no bigger and only a trifle stiffer than the usual piping cord. The resiliency of this cording makes for the most graceful "flou" at the foot that can well be imagined, and even the sheer cotton frocks that the younger demoiselles favor can be made to take on an air of Parisian smartness and "up-to-dateness" when this trifling item is deftly included in the scheme of sleeve and skirt construction.

How to Fry Bacon.

The great secret in cooking bacon is to have a clean frying pan.

No pan should be used longer than six months.

Put on the pan and, before putting the bacon in let the pan get quite hot. Cut the bacon in thin slices and turn it as soon as the edges begin to curl. If there is much liquid grease in the pan pour it off, as the bacon will grow sodden if allowed to remain in it.

Have the dish on which the bacon is to be served piping hot and garnished with a little parsley. This will make a very tempting breakfast dish.

Apple Souffle.

Required about half a dozen large apples, stewed to a pulp, with sugar to taste; three yolks of eggs made into a custard, with ... pint of milk, and a little lemon juice. Add the custard to the ... together. When ... jam on top, cover with ... whites of three eggs ... the oven until set.

PROPER CARE OF MATTRESSES.

Best Bedding Requires Making Over Occasionally.

"Air your bedding thoroughly every morning," admonished an experienced housewife to a young housekeeper, "and you'll not only have better health, but the bed will be fresher and more comfortable. In addition to this daily airing put the mattress, pillows, blankets, comforts and pads out in the sunshine at least once a week and let them air for half a day. If possible find time to gently whip the pillows and mattress with a light stick or rug beater, for some dust is bound to collect during a week's usage, and this—which is unhealthy if allowed to accumulate—in time breeds germs, besides taking elasticity from the feathers and making the hair filling in the mattress dull."

Careful women not only daily air all the bedding, but during the weekly sunning the springs are taken out, dusted and wiped off with a damp cloth, and if there are wooden slats under the springs they are washed off in hot suds and put out in the sunshine to dry. The bed is next taken apart and brushed with a stiff whisk broom in the tiny crevices where dust collects, and then wiped off with a damp rag, and either taken outdoors to air or placed near the windows where the sunshine reaches it.

Occasionally even the best of mattresses should be pulled apart and made over by an expert workman and covered with new ticking. Feathers however may be put in new cases at home if a housewife does not think the work of changing, airing and sunning them too hard. They should be taken from the ticking once a year and put in a clean sheet and sunned for four or five days. Care must be taken while changing them or many will be lost. The best way is to take the pillows into a room closed tight and then empty the feathers into clean sheets, tie them up and take them out into the sunshine. Women will save themselves the difficult task of picking small feathers and down from their hair, where it is bound to cling, while they are emptying the cases, if they wrap towels around their heads.

After four days in the hot summer sun the feathers should be elastic and crisp as new, unless they are broken and old, in which case the best thing to do is to buy new ones.

An inexperienced woman should be warned against buying freshly plucked feathers, for they still contain some animal matter in the quills until properly cured, and ... will breed vermin.

FASHION'S MANDATES.

All the purple shades are in high favor.

The tunic overskirt appears on more than one afternoon gown ... is only for the tall woman.

Hair ornaments grow ... larger and more startling than ... Some are gorgeously jeweled.

English embroidery is ... an intolerable despotism. ... escape it.

Everybody in Paris is wearing flowers, either real or artificial, ... the corsage.

The neat of all kinds and of ... colors is making history for ... particularly the charming little ... her coat, which the woman who ... social must look upon in ... abstinence.

It is hinted that the ... one of the winter's millinery ... ites, and fancy how cunning ... look in velvet, with a rich ... two near the front.

For Formal Affairs.

Here is an ideal suggestion for a dressy afternoon gown. The material employed is pale gray ... and the skirt is made with a ... box plait in front and back, ... groups of side plaits over the ...

A decidedly novel and attractive jacket opens on the shoulders and is joined by narrow straps of the material and tiny cut-steel buttons matching those used at the closing-down front. This is worn over a rich blouse of embroidered batiste, whose sleeves are formed of deep flounces of embroidery. The ... little turban is pale gray ... tan, with black velvet band and ... bunch of white tips.

Colors of the Hour.

In colors royal blue is predicted as a leader abroad, while in this country the shade termed inauguration blue is to be a much-used color. Greens in myrtle, reseda, and other dark shades will be fashionable, and browns will fall behind their run of last year, while the dark shades of plum, purple, and kindred hues are being manufactured in quantities.

All these indications from manufacturers show which way the wind will blow.