

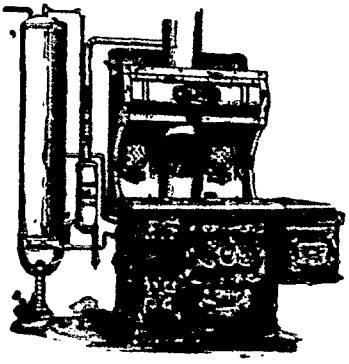
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WATER FOR HEALTH

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 readily 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.

CAUSE OF FINE EMBROIDERY

Future Usefulness and Beauty May Be Marred in First Washing.

No matter how carefully you use them, embroidered pieces will soil and lace pieces grow dingy, and, unless you do them up with exquisite care, become shabby and stringy with the first washing. Many a beautiful bit, for that matter, has been ruined in the pressing that follows hard on the heels of the last stitch of making it.

Anything that is embroidered with silk must never be washed in hot water, for colors have a way of fading (and even of running) and white of deepening to an unspeakable yellow. Of course, pieces embroidered with white cotton or linen thread are exempt from this law. They may be washed with no particular regard for anything except getting them exquisitely clean.

In ironing lay the embroidered piece (which has been washed in a suds a little more than lukewarm) squeezed out between your palms and rinsed thoroughly in cold water) face down upon the cloth, just as it comes out of the rinsing water with the excess moisture squeezed out, but still thoroughly wet. Cover it with a bit of muslin (an oil handkerchief, the bigger the better will do), and with a warm iron it really press it, passing over the piece heavily, but as quickly as possible.

Take off the handkerchief and press over the piece with the iron, pressing lightly this time, except over possible creases and upon heavily padded bits.

If the edges are fringed, brush them out with a small, stiff brush kept just for that purpose, or with one of the little flat wire brushes which makes it look almost like new. With scissors, give the edge an extra pressing, to make them stand out properly.

Be sure to iron until the piece is perfectly dry watching out especially for the heavy heads of flowers, which, unless dried the way through, are apt to spoil the smooth, prettiness of the piece by making them lean around them pucker as though dough dried.

HOME COOKING.

Pineapple Pie.
One good sized pineapple. Take out the core and chop the rest very fine, add 1 cup sugar, 3 eggs, 1 teaspoonful flour, a small piece of butter. Stir all together and bake between two crusts.

Rice Pyramids.
Boil rice as usual and turn in small bowls or cups to cool. Serve upright upside down, heaped with crushed strawberries, sweetened with powdered sugar and a layer of whipped cream on top.

Strawberry Shortcake.
Sift together one and one-half cups of flour, half a cup of cornstarch, four level teaspoonfuls of baking powder and a half a teaspoonful of salt, and work in half a cup of butter. Add milk until a rather soft dough is mixed. Divide the dough in halves, put into two tins and bake separately. Butter the cakes and put together—with strawberries mixed with sugar. Serve with cream.

Strawberry Mousse.
Beat the white of one egg until stiff and gradually beat in half a cup of sugar. Have ready one cupful of fruit juice and pulp and beat with one cup of double cream until solid to the bottom of the bowl. Mix with the egg and sugar, and put into a mold lined with lemon sherbet, cover with sherbet and let stand for several hours packed in salt and ice.

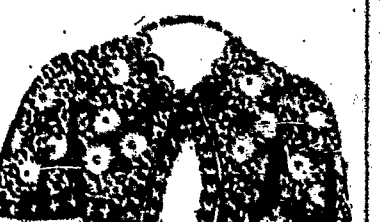
Sweets for Children.
The old theory that sugar is deleterious for children is now exploded, the latest dictum of food specialists being that it is a food especially adapted to children, because of their great activity, says an exchange. The amount of sugar to be given and the form in which it is to be supplied are still questions of much importance. Until a child reaches its second year the natural sugar in the milk supplies all that is necessary, but after that sweets of a wholesome nature eaten at regular meals are considered beneficial. Most people still agree that sugar should not be used with the breakfast mush or porridge or wheat or oatmeal, but is better furnished in simple puddings, custards, cookies, loaf sugar or home made candy. Sweet fruits, such as figs and dates are exceedingly wholesome, and should be freely furnished.

Unnecessary Fats.
There is no foe to domestic peace and comfort like that of fustiness. It arises largely from a lack of system or plan and from too great attention to minor details. Some housekeepers have the habit of stirring up everything at once. They begin their day's work anywhere, without any relation to what is most necessary to be accomplished. They lose sight of the always excellent rule—one thing at a time, and that first which is most important. It is a good plan to sit quietly at the beginning of each day and take a survey of the domestic field. Decide what must be done, and what in case of lack of time or the intervention of other duties may be put off, and then set to work without undue haste to perform necessary duties says the Woman's Life. Learn to do it quietly, without noise. Be careful to take no useless steps. There is a vast amount of strength expended in this way, and nervous energy wasted.

CHARMING LACE JACKETS

Give Distinction and Finish to the Gown.

There is a decided revival of interest in dyed laces and now, and this is an excellent way to use laces that have become soiled and that one has grown tired of in the original color. These come out fresh and new from the hands of the dyer, and are toned to match exactly any material one may wish to use them with. The handomer laces, Irish, Venise and



all the expensive "real" class, one can have perfectly renewed by skillful specialists in this work.

Valenciennes and Cluny hold first place in popular favor for trimming laces for both lingerie gowns and tops, and for all the lightweight silk and silk combination fabrics that are made up in lingerie styles. For colored tops silks have been quite outclassed by all the tribe of silk and cotton fabrics that are bidding for favor at every shop one enters. These, done in lingerie fashion, with shaped emplacements of lace and batiste and braided patterns of German "Val." and Cluny insertion, make fascinating washable waists that are the very "tip of the mode" and especially becoming.

Bridge coats of net and lace do duty for many occasions and assume almost any form one fancies. They fill the place that lingerie waists occupy in day attire, and are similarly used with various skirts, producing effects that are of an elegance quite



disproportionate to their cost in many cases, and afford a field for the use of odds and ends of laces and trimmings that one has accumulated or been tempted into buying at some specially enticing sale-counter.

Selecting Cuts of Beef.
Tip of sirloin for roasts and steaks.
Middle of sirloin for roasts and steaks.
First cut of sirloin for roasts and steaks.
Back of rump for roasts and steaks.
Face of rump for roasts and steaks.
Aitch bone for roasts, stews and soups.
Lower part of round for stews and pies.
Top part of round for roasts and steaks.
Vein piece of round for roasts and steaks.
Poor part of round for stews and beef tea.
Poor part of vein for stews and beef tea.
Shank for soup.
Boneless shank for corning.
Flank with bones for corning.
First cut of ribs for roasting and steaks.
Chuck rib for roasting and steaks.
Neck for stews and soup.
Rattler and for corning and stews.
Second cut rattler and for corning.
Brisket for corning.
Shin for beef tea and soup.
Tail for soups.

Don't Fold Your Arms.
By folding your arms you pull the shoulders forward, flatten the chest and impair deep breathing. The position you hold your body in the most of the time soon becomes its natural position. Continuously folding your arms across the chest will develop a flat chest and a rounded back, just as many another bad habit works harm.

Here are a few hints which you would do well to make habits—keep the back of the neck close to the back of the collar at all possible times. Always carry the chest farther to the front than any other part of the anterior body. Draw the abdomen in and up a hundred times each day. Take a dozen deep slow breaths a dozen times a day. To do these exercises properly dress loosely. You cannot do them properly otherwise.

Rum Butter.
In the north of England, and especially in Cumberland and Lancashire, a large bowl of rum-butter is made before the birth of a child. It is made from brown sugar worked into as much butter as will absorb it, and flavored with rum and nutmeg. The mother of the child is allowed to partake of this dainty, but its chief use is for the entertainment of callers, who drink the health of the new-comer and eat biscuits spread with rum-butter—food and comfort.

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