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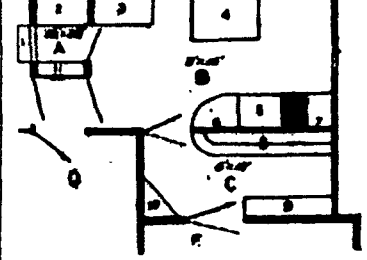
Notes and Comment

Of Interest to Women Readers

A MODEL KITCHEN.

Simple Design That Will Delight the Fastidious.

Here is a plan of a model kitchen (scale 14 in. to 1 ft.). A. Cold pantry, B. Kitchen, C. Butler's pantry, D. Back hall, E. Dining room, F. Window box to be used to keep food material in cold weather, G. Refrigerator with outside door for icing, H. Kitchen cabinet, I. Range, J. Sink with



elves and draining board on either side of door for passage of soiled dishes from pantry into kitchen, K. Floor for clean dishes to be passed over, L. Shelves in pantry, M and N. Shelves with glass doors, O. Shelves in cold pantry.

LITTLE THINGS WORTH KNOWING

Silver polishing is made less laborious if badly tarnished articles are boiled in soda water before whitening is used.

Cracks in the woodwork around sinks may be filled with melted paraffin or bits of wax—articles that are too small to use as lights.

Carpets can be cleaned and colors restored by going over them occasionally with a broom dipped in warm water to which turpentine is added.

Who Says That Fashions Change?



The Men—You are the only woman I have ever loved.
The Girls—Oh, this is so sudden!

To Prevent Inhalation of Dust. If, when you are ready to do your weekly sweeping you will place a small bit of cold cream in each nostril, you will prevent the entrance of dust to the lungs. It is especially bad for the nasal passages and is a frequent cause of catarrh. You will find that the dust will stick to the cold cream and can be easily removed with a handkerchief or a bit of tissue paper. This preventative is also to be recommended when riding in a dusty railroad train, or when going out into the frosty air of zero weather. It will often prevent a hard cold, and will be especially beneficial to all people who suffer from catarrhal or throat affections.

Feminine Nerves.

There are nervous women; there are hypernervous women. But women so nervous that the continual rustle of a silk skirt makes them nervous—no, there are no women so nervous as that.

To Develop the Bust. Bathe the bust with warm water and then massage gently with the following cream:
Lanoline, 3 ounces; cocoa butter, 2 ounces; oil of sweet almonds, 1 ounce.

Helpful Beauty Hints

A Typewriter Tells How She Keeps Erect and Her Neck from Sagging—A Tight Collar Fatal to a Beautiful Throat—Valuable Suggestions By One Who Knows

"How do I keep my back straight and my neck from sagging?" said the woman who spent hours each day at a typewriter. "I write with my chest up and my eyes turned ceilingward. I never allow myself to stoop, sitting well back on my chair to make the erect position possible, and whenever I do not have to look at my copy I throw the neck back.

"When taking dictation it is quite easy to keep the head up and I arrange my notes on a rack on the level with my eyes. Naturally I use the touch system so the keys need not be watched.

"Often, when working in a room by myself I twist my head and take neck-stretching movements while writing to fight off the double chin and sagging throat muscles that are so common for women who sit at a desk or piano much.

"The way I happened to think of combining neck development and work was by watching my grandmother. Her throat is as thin and supple as a girl's though she is nearly 80, and she as none of the sagging and lines that get out of us connect with age.

"She told me that whenever she got a chance during the day, whenever she had to plan any of her work she wanted a minute's rest, she sat with her eyes turned heavenward, her head up and the muscles at the back of the neck contracted.

"Often as she sat there she would massage the throat muscles with the pads of her fingers or draw the palms of her hands alternately from the line of her chin toward her chest. She usually carried a small tube of cold cream in her pocket and would put it out enough on her fingers to keep her skin from getting so dry.

"How did she manage about her collar? She never wore one around her house, but had her morning frocks made with a narrow surplice neck to give freedom and air to the throat. Grandmother never went to a beauty doctor in her life but she agrees with most of them that a tight collar is fatal to a beautiful throat. I can't go collarless in an office but I do it all the while I reach home and always wear a Dutch neck dress in the evening."

Cucumber Milk.

The formula for cucumber cream is as follows:
Oil of sweet almonds, 4 ounces; fresh cucumber juice, 18 ounces; essence of cucumbers, 3 ounces; white castile soap (powdered), 1 1/2 ounces; tincture of benzoin, 3 dram.

To obtain the juice of the cucumbers slice them very thin, skin and all, cover with a very little water and let cook slowly until soft and mushy; press through a fine sieve, then strain through a cheesecloth. To make the essence, take equal parts of pure alcohol and the juice; put the essence and soap in a jar, the larger the better, as the mixture requires much shaking, after the soap is fully dissolved add the cucumber juice. Shake until thoroughly mixed, then pour into a bowl and add the oil and benzoin, stirring until you have a creamy substance. Put into small bottles, tightly corked and keep in a dark place. It does not require a preservative other than the original paste, it is best to use the fresh figs and apricots; if these are not to be had the dried fruit can be used.

Almond Meal.

Almond meal is excellent to use on tender hands, and good preparation may be found already made up. Be sure are directions for making it.

Almond meal, in fine powder, prepared from blanched bitter almonds, after the oil has been extracted, 4 ounces;orris root, in fine powder, 4 ounces; wheat flour, 4 ounces; white castile soap, in fine powder, 1 ounce; borax in fine powder, 1 ounce; oil of bitter almonds, 10 drops; oil of bergamot, 2 drams; tincture of musk, 1 dram. Mix thoroughly, and pass the mixture through a fine sieve.

Tested Recipes.

Antiseptic for the Hair.

Quinine bisulphate, 2 grains; spirit of rosemary, 2 ounces; alcohol, 2 ounces.

Flesh Food.

Lanoline, 2 ounces; almond oil, 4 ounces; white wax, 3 1/2 ounces; glycerine, 1-2 ounce; spermaceti, 3-4 ounce; tincture of benzoin, 30 drops.

Astringent.

Eau de cologne, 1-2 ounce; elderflower water, 6 ounces; powdered alum, 3 grains.

Massage Cream.

Express oil of sweet almonds, 89 minims; fresh cucumber juice, 1 ounce; lanoline, 4 drams; oil of rose, 1 drop.

Melt the oil and lanoline in a double boiler; remove from fire and stir in cucumber juice; before the mixture cools add the perfume; beat until cool.

Slap the Hollow Back.

A gully between the shoulder blades is fatal to beauty. This hollow can sometimes be filled out by a treatment of vigorous slapping with the palm of the hand. This develops the muscles and makes them firm.

OLD TIME SERVANTS

Curious Customs That Once Prevailed in England.

No new thing is the servant problem. Here is an injunction to apprentices issued by the English Court of Common Council in 1527: "You shall constantly and devoutly on your knees, every day, serve God, morning and evening, and endeavor the right practice thereof in your life and conversation. You shall avoid all evil company; and make speedy return when you shall be sent on your master's business. You shall be of fair, gentle and lowly speech, and behavior toward all men. And according to your carriage expect your reward, for good or ill, from God and your friends."

"Menial" was originally applied only to domestic servants to show that they were "intra muros," or between walls, as distinguished from the apprentice, so called from the French "apprentre," to learn. Until the eighteenth century all single men between 15 years old and 60, and all married ones under 30, and all single women between 12 and 49, not having any visible livelihood, were compellable by two justices to go into service.

But at a still earlier date the domestic servant seems generally to have been some relation to the family, showing that service had no contemptible meaning in those days, and explaining, perhaps, why so often in old books and plays the lady's maid or the valet is referred to as their master's "lady" or "gentleman."

Killing a Malay Desperado.

The men sent out by the Kedah authorities to hunt down the Sitalang of robbers, or pirates, succeeded in killing the ringleader. Like many other Malay bad characters, he was popularly supposed to be invulnerable to bullet or spear, says a writer in *Everybody's Magazine*. "Bullet simply bounded off his body like pass off a grumhead, while, when he was thrust at with spears, they either snapped or had their points blunted directly they touched his skin. He would not have been killed at all if one of his pursuers, wiser than the rest of the party and versed in witchcraft, had not thought of the expedient of a spear made from the spike of a sting ray's tail. He was stabbed eventually with this and so killed."

New British Seaport.

Suakin, on the Red sea, has proved in unsatisfactory port and is superseded by a brand-new rival which has been built up out of coral work. An expert said by the Egyptian authorities. The rival is Port Sudan, the steat addition to the cities of the British empire, and an enthusiast says that it is destined to be a place of magnitude and importance when cotton shall have made it the New Orleans of the east. The place has hitherto been called Meris Sheikh Barud. It is about 80 miles south of Suaz and is capable of holding a dozen vessels of moderate size. The entrance is 600 feet across, and the land around is six feet above sea level.

Cannibalism and Witchcraft.

A weird tale of witchcraft comes from the interior of Africa. A recent trial at the Lilongwe court proved that a native woman killed by a lion had been partly eaten by another native who was accused of impersonating the lion. The prisoner confessed freely that he had eaten of the woman's cad body, the excuse being that he had purchased from a "witch doctor" a medicine which enabled him to turn into a lion at will—in other words, to indulge in cannibalism in its lowest form as the mood took him.

Animals as Poachers.

Jackals and hyenas are very fond of "broodtime eggs." The former is the more successful poacher of the two. Natives of Central Africa say that the jackal has sixteen eyes, with one of which he watches the eggs and with the fifteen others he looks out for the crocodile. The hyena, on the other hand, being very greedy, has all his eyes on the eggs, and so often fails a victim to the watchful crocodile. The natives say, too, that the crocodile sometimes knocks its prey off the bank or off the canoe with its tail, and then seizes it with its wide-open jaws.

Lightest European Crown.

The lightest of European crowns is the State crown of Great Britain, which was made for Queen Victoria. Although it weighs only two pounds seven ounces its value is \$200,000. The enormous sapphire came from the signet of Edward the Confessor. It is the Pope's treasure house are two crowns which are valued at \$400,000. One of them was the gift of Napoleon to Pius VII, and contains the largest emerald in the world. The other, the gift of Queen Isabella of Spain to Pius IX, weighs three pounds and is worth \$200,000.

The Japanese Jirikichas.

The Japanese jirikichas were established in Shanghai as public vehicles less than two years ago, and their introduction in various other parts of China is being pushed with characteristic Japanese energy.

It takes a foxy photographer to make some people satisfied with their faces.

If a street car was a chip of wood it would be running over all the faces.

UNKNOWN WHITE RACES

Said to Have Existed in South Africa As a People Partly.

There (doe that in parts of the tropics, amidst the dark-skinned races, there exists unaccountably isolated white tribes bearing a strong resemblance to Europeans. One of these is the "Menial" race, which has long possessed a curious fascination for the Old World. The early adventures in Central and Southern America brought home many tales of extraordinary cities beyond the mountains, and vague stories of a South African 30 or 40 years ago furnished Rider Haggard with a home for one of his best known novels. Yet so strong a hold has the idea gained, that even at the beginning of the twentieth century the possibility of the existence of a genuine white race is not altogether scoffed at. At a less than five years ago that an American officer engaged in operations against the Moros in the Philippines collected apparently substantial evidence relating to a mysterious white tribe in the island of Mindanao. The officer was so impressed that he determined to conduct an exploring party across the center of the island. But apparently the mysterious white folk had vanished, for the vessel upon the present time has heard nothing of the search being crowned with success.

Savings Banks in Mexico.

Savings banks are practically unknown institutions in this city, says the *Mexican Herald*. If a man has a small amount to deposit, with the expectation of being able to add to it from time to time, he will go to a bank and take care of his apparently insignificant sums and pay him interest on the money that is thus gradually accumulated.

As a matter of fact, there are only about two places in the entire city that will show any interest in his small savings, one of these being a little bank for working people, which was organized a couple of years ago, and the other place being the Monte de Piedad, which receives deposits of any amount and pays 6 per cent interest per annum on them. The little savings bank has had a hard struggle to maintain itself. It is a notable fact, however, that the bank in question has few Mexican people as depositors, most of its patrons being Spaniards who are working for wages as grocery clerks and bookkeepers.

The Strategy of War.

Of recent happenings in Russia's Baltic provinces a correspondent writes: "Here is an instance of the daring and resource. One day a revolutionist dressed in the uniform of a policeman rode after sunset into a village where the dragoons were stationed, bringing news that a village ten miles off the post had been looted. The police station and the prisoners were and were prepared to attack a neighboring county seat. The officer at once gave orders to start, the disguised revolutionist offering to be their guide. But, instead of leading them to the village, he led them into a marsh and suddenly disappeared from the eyes of the dragoon. Then, a few minutes later, a murderous fire was opened on them from all sides. Hither and thither they rode, making frantic efforts to get at the unseen enemy or find their way out of the marsh and all the time one middle after another was being emptied. A few only escaped to tell the tale of treachery."

Foreboding of Evil.

Lake Christie is a small body of water in the eastern Transvaal, in connection with which there is an interesting legend. The Boers hold the belief that not until the lake is questioned become dry would they lose their independence. For the first time within British memory the lake, one of the very few fresh-water lakes in South Africa, was perfectly dry during the later stages of the war. After the declaration of peace the lake resumed its normal appearance, although the water was shallower than before. Twice since then—in 1904 and 1905—the bed of the lake has been quite dry.

Leather Burbank's Victims.

Leather Burbank, the California naturalist, has been overrun with visitors during the year 1909, taking much valuable time from his experiments and scientific work, and has had to call a halt. A circular has just been issued by his relatives and friends, calling attention to the annoyance to which he is subjected almost daily, and requesting the discontinuance of visits by the public. In the year 1905 over 6,000 visitors were received on the Burbank grounds at Santa Rosa, and Mr. Burbank was given absolutely no opportunity to rest. A warning sign has been placed on each gate at the residence declaring that any one entering or trespassing on the grounds will be prosecuted.

Dams Stones as Cattle Feed.

According to recent official reports the cattle of Bonvalland are fattened on date stones, and milk animals fed on such a diet are said to produce better and more copious milk than others.

Widening the Kiel Canal.

It is proposed when the bed of the Kiel canal, in Germany, by twenty-two yards and the water surface by fifty yards at an estimated cost of \$20,000,000.

INITIATING THE BOYS

When the Applicant Becomes a Boy, the Applicant Becomes a Boy.

The period of training never before paid in advance. When the recruit has gone through their drill they are taught to believe that they are proof against bullets and sword. It is reported that there are considerable numbers of people who are drawn away. They have by a special plan in which are gradually charmed. "When the drill is ended the recruit gives each of the recruits a ball, which after the pattern said to have been worn by an ancient Roman legionnaire which are ancient night drawings in which the Chinese have used in explicit faith. Also there are some who worked in red and, among others, two diving blocks, which all members in Chinese temple are so familiar with.

Has Makonnen's Present?

It appears that it is the intention of the Abyssinians, when a man makes a present, to suggest what he would like to give him in return, which explains why Ras Makonnen, in sending his son to the United States, was accompanied by a large amount of money and good will towards the American people. I would assume that the return present he is in the hands of the United States Government, but it will be interesting to see how the United States Government handles the rather delicate situation. It has arisen through the gift of a woman's ignorance of western etiquette.—London Graphic.

Training Cats in France.

The cat is the latest member of the animal kingdom to receive an education. France is the country where this idea originated, and the results have been remarkable. The animal trainer in France says that he has been astonished at the intelligence of the cats, in unexpected ways. For instance, he was accustomed to make one stand on her hind legs and having done it he had been taught to do it again. He had been taught to do it again. He had been taught to do it again. He had been taught to do it again. He had been taught to do it again.

Abandonment of Wife.

"Most of the milk sold in London is shocking stuff. The ladies who mean are the biggest losers in the game. The other day I found the milk particularly vile. I called up the milkman and asked him to change about it." He told me that the milkman was very sorry, but he gave me milk out of the wrong can. Further investigation showed that the man had two tins, one of which contained "skim" and the other "whole." I was rather relieved to hear that I was a real shabby, but I explained to the milkman when I told him that in future I should have a special inspector or something of the sort hidden behind the door to see samples of his ware now and then, since then my milk has been very powerfully strong.—Chicago Tribune.

Madrid's Beautiful Palace.

The throne room of the royal palace at Madrid is one of the most magnificent in the world. Decorated in red and gold, it contains rock-crystal chandeliers, colossal looking glasses, the most beautiful tapestries, and priceless porphyry. The walls are painted by Tiepolo with the story of Spain's liberation from the yoke of the Moors, and the paintings of the people who are representative of different costumes of the peninsula. Here the sovereigns of Spain receive on grand occasions, when all the viceroyalties are laid out in state.

Early Days of Paper-Making.

Although the name of the first paper maker and that of the land in which he practiced his art have been lost to history, Egyptian papyrus proved that the art was practiced at least 3,000 years before the time of Christ.—Chicago Tribune.

Costly Crown for the Vatican.

The Pope ordered a crown of gold and jewels to manufacture in the Vatican, with imitation diamonds for the base of the tiara. In the crown of the Vatican, in place of the crown containing gems valued at \$7,500,000, it is to be deposited in the vaults of the Vatican.

Of the Very Latest Type of Steamers.

A curious circumstance in connection with the death of an Indian prince is the fact that the prince's Danish colonel, Christian, was the only one of the party who was not killed. The prince's colonel was the only one of the party who was not killed. The prince's colonel was the only one of the party who was not killed.