

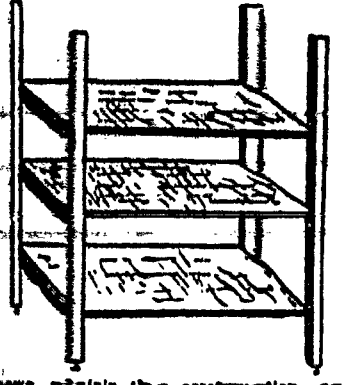
Notes and Comment

Of Interest to Women Readers

DRYING VEGETABLES.

How the Thrifty Housewife May Save Expense of Buying Jars.

To have many home-canned vegetables for winter use, the expense of buying glass jars is quite a tax on the pocketbook...



shows plainly the construction, and of course it can be made any size. The four upright pieces should each have a wire nail driven part way into the bottom to protect the wood from direct contact with the stove...

HOUSEHOLD HINTS.

A bit of rubber rubbed on the hands will remove the stains. Hat plenty of dandelion greens. They are fine tonic. A few drops of ammonia on a dry cloth will clean the rubber rollers of your wash wringer.

How to Make Good Starch.

It is an art to make good starch. To make thick starch use eight times as much water as starch and a quarter teaspoonful of lard, honey or glycerine to one quart of water.

Texas Has Woman Historian.

Mrs. Percy Penzabaker of Austin, Tex., National Assessor of the Federation of Women's Clubs, is passing the spring in New York and Washington gathering impressions on the tariff and other timely topics.

Giving Medicine to Children.

To give a child quinine put white sugar on a spoon, combine on the egg with a toothpick rope the egg around the quinine. When taking medicine...

Of Interest to Women

A Woman's "Gym" Club—Athletic Organization a Success in Kansas City—Has Thirty Classes in Which Nearly Two Hundred Women Take Lessons From Physical Directors.

When the idea of having an athletic club for women was mentioned a year ago no one supposed that such an institution would amount to much. Another day, some said, a society scheme that won't last was the opinion of others.

But the club was organized—the Kansas City Women's Athletic Club—and now, on any night, you may see from twenty-five to thirty women in the gymnasium in the Owen building, on Walnut street if you have the car at privilege.

The club has been a success from the start. Before a month had passed it had outgrown its home in the Owen building, and Mrs. Viola Dale McMurray the founder, was bustling around looking for a larger place.

The club has proved to be a blessing for business women of whom there are many in Kansas City who employ others in public stenography, who own stores, and are in a money way quite independent.

THE STORMY PETREL.

By Winifred Slack.

"I don't know whether the Stormy Petrel flies because there is going to be a storm or whether there is a storm because the Stormy Petrel flies," said an old fisherman to me one day.

Disposing of His Pretensions.

Military Germany versus pugnae Ireland appears in an anecdote related in Everybody's Magazine.

Metal Has New Properties.

When 70 per cent of cerium is alloyed with 30 per cent of iron the metal thus produced possesses the remarkable property of giving off a shower of sparks when struck lightly by a steel wheel.

A Complete Disguise.

Little Jessie was very proud of her new coat and bonnet that her mama had just bought for her. One day, not long afterward, she was going to visit her cousin.

First Aid.

"If you were called upon to deal with a hysterical person," asked the examiner at the emergency class, "what would you do?"

Baby's Stomach, Hands and Feet.

Mother has a tendency to over-dress her baby in summer. If its stomach and bowels are properly protected by a flannel binder, then the less it is hampered the better.

What They Look Like.

The little boy had been given oyster stew for dinner. The oysters were unusually large. After peering intently into the bowl for some time he looked up into his mother's face and said, "I don't like happy-breads."

SPIRAL ARROW HEADS.

Perform Complete Revolution in a Space of 20 Inches.

According to an authority of the National Museum at Washington there have recently been found in New Jersey several chalcid arrow-heads which are so peculiar in form that, if they are genuine relics of Indian times, they seem to indicate that the red men may have sought, in some cases, to give their arrows a twisting motion, like that of a rifle ball.

The arrow-heads in question are cut in a spiral shape, and one of them makes a fifth of a turn in its length of two and one-half inches. Dropped point down in water, it is said it will perform a complete revolution in a space of about 30 inches.

Take Life Like a Man.

It is a pitiable thing to see a young man whining over his lot in life, and cursing indifference and inaction because of hard luck, or some cruel fate which has put stumbling blocks in his way.

Only a Lion-Tamer.

He was a giant of a man, and brought his meek-looking little wife before the magistrate on the charge of cruelty. He described her to the court as being uncontrollable and incorrigible.

Among His Books.

Exactly what it means to be "literary" is an open question. Sometimes it implies that a person writes some times merely that he is a lover of good reading. A new definition is suggested in the following story from the Denver Republican.

That Depends on the Point of View.

An Englishman and an Irishman were overheard discussing Miss Annet Kellermann and her "Diving Venus" act at the Fifth Avenue Theater recently.

"Eleven miles."

"Which coast?" "The English, I think." "Then, begorra, that was close enough."—Success Magazine.

Liquid Powder.

Here is a formula for liquor powder which may be used at night. Be sure to follow the directions carefully.

Skin Too Shiny.

Be careful to rinse the soap well after washing your face. It should be rinsed off in several waters. Then dry your face with a soft towel and apply this simple remedy.

Blackheads.

It takes time and patience to overcome blackheads, but it can be done by scrubbing your face well every day with a complexion brush, in warm water with a pure soap, and rinsing afterward in several clear waters.

Scalp Too Dry.

Here is the formula of a good stimulating unguent for a dry scalp. Massage it into the scalp thoroughly once a day.

Anti-Kink Pomade.

Here is a pomade that will not make the hair permanently straight, but will make it more pliable and easier to arrange.

Enlarged Pores.

One of the simplest and best cures for enlarged pores is to use a scrubbing brush and pure soap. With this treatment the pores are freed from the clogged secretions and gradually become normal.

Helpful Beauty Hints

Strawberry Recipe Good For Red Cheeks—Mouth Wash to Heal Sore Gums—Simple Lotions For The Skin—Anti-Kink Hair Pomade—The Best Cure For Enlarged Pores.

How to Gain Red Cheeks.

Some people are constitutionally pale, and no amount of deep breathing and physical culture exercises, long to enrich the blood, etc., will ever give them red cheeks.

Sore Gums, Etc.

Below is the formula for a mouth wash which will heal the gums. A paste made of powdered pumice stone and peroxide of hydrogen applied with an orange stick will clean off the tartar but if your teeth are really in a poor condition the best plan is to see a dentist at once and not experiment with them yourself.

Cucumber Lotion.

This is a very good time to print the formula for cucumber lotion which is given below. Cucumber lotion No. 1. Expressed juice of cucumbers, 12 pint, deodorized alcohol, 1 1/2 ounces, sweet almond oil, 3 1/2 ounces, shaved cream, 1 dram, blanched almonds, 15-4 drams.

Liquid Powder.

Here is a formula for liquor powder which may be used at night. Be sure to follow the directions carefully.

Skin Too Shiny.

Be careful to rinse the soap well after washing your face. It should be rinsed off in several waters. Then dry your face with a soft towel and apply this simple remedy.

Blackheads.

It takes time and patience to overcome blackheads, but it can be done by scrubbing your face well every day with a complexion brush, in warm water with a pure soap, and rinsing afterward in several clear waters.

Scalp Too Dry.

Here is the formula of a good stimulating unguent for a dry scalp. Massage it into the scalp thoroughly once a day.

Anti-Kink Pomade.

Here is a pomade that will not make the hair permanently straight, but will make it more pliable and easier to arrange.

Enlarged Pores.

One of the simplest and best cures for enlarged pores is to use a scrubbing brush and pure soap. With this treatment the pores are freed from the clogged secretions and gradually become normal.

WAGES ON RUSSIAN FARMS.

Agricultural Laborer Receives Only \$32 a Year and Subsistence.

The extreme poverty and the low standard of living of peasants from whom the agricultural laborers are recruited assure a low level of wages for agricultural labor. The average wages will appear almost incredibly low from an American point of view.

When Greek Meets Greek.

A young Irishman in want of a job wrote to his uncle as follows: "Dear Uncle, if you could see how I am writing you would pity me. Why? Because I have to ask you for a few dollars and do not know how to express myself."

My Dear Jack.

My dear Jack, I have heard your prayer. The message of your letter. Your affectionate uncle.

On Wednesdays in Rome.

On Wednesdays in Rome I like to do many others to go to the "rag sale." It is held by the Jews in their particular quarter of the city.

Weighed in Your Own Scales.

If you impute motives, and pretend to read hearts, others will do the same towards you. A hard and censorious behavior is sure to provoke criticism.

The Weight Man's Woes.

I wouldn't mind this business," said a peddler the man who guesses the weights of people, "if it wasn't for the automobile coats the women wear to hide their figures—how are you to guess a weight unless you see the figure?"

A Solution.

In one of Boston's primary schools the other day the head master of the district presented a problem for the scholars that would require the use of fractions.

Breton-Gaelic Language.

The Breton language is a branch of the Celtic, which, in turn, includes Gaelic. In its original Celtic form it is still spoken in lower Brittany by more than a million people.

Chauvinism.

Chauvinism is an expression originally used to denote an intense admiration for the first Napoleon and his regime, but latterly employed to mean an absurd patriotism and pride in one's own country.

It Quieted Mother.

The house was all paid for Mother was exultant, jubilant, restorative. "Say, mother!" burst out six-year-old Paul eagerly, "print it on your cards, mother, print it on your cards!"

The Trusts' Reverence.

Of one statute all trusts speak with respect, even with reverence. That is the statute of Hallelujah.

HOW TO FIND A BEE TREE.

Method That is Followed With Success By the Expert Hunter.

Some bee hunters simply put out a bit of honeycomb, or even trickles of honey on a clean chip, never recording the pungency of scorched wax, says a contributor to the Country Calendar. And these are apt to mark their bees with sprinkles of flour in order to trace their flight.

Commonly he follows the earliest bee at its first rise.

Commonly he follows the earliest bee at its first rise. If he loses it, he goes back for another. He may wait to see half a dozen take flight from their lines, making up his mind as to the bee tree's probable direction. If all of them take one course, he has plain sailing—it is only a matter of following that course, keeping his eyes and ears close while very wide open.

Paper Mache Stage Food.

Paper mache food won't be seen on the stage this season. Everything—chickens, chops, cutlets, loaves—will be real.

The German War Office has come to the conclusion that the knapsack at present carried by the German soldier is too heavy.

The German War Office has come to the conclusion that the knapsack at present carried by the German soldier is too heavy. The heavy rucksack in use up to the present, is being replaced by another of lighter waterproof canvas, and other reductions in weight are being made.

Cooking utensils.

A heavy musket. An overcoat. Thirty pounds of ammunition. A linen suit. A quantity of underwear. Two pairs of boots. Boot brushes and blacking. Numerous metal tools. A hymn book. A box of trifles.

The Triumph of Irrigation.

In India the irrigation canal has turned millions of acres to fertility and saved tens of thousands of lives which must have succumbed to famine. In the Western States of America vast deserts have been converted into orchards, and the land which would otherwise be dear at \$5 an acre has become worth fifty.

English engineers—Sir C. Scott Moncrieff among them—came from India after the British occupation and have ever since been engaged in some of the greatest irrigation works in the world.

Dietary of Nuts.

A dietary of fruits and nuts has been tested in various experiments at the University of California. These experiments have demonstrated that both fruits and nuts furnish the body with energy, while the nuts yield some fattening material also.

Of one statute all trusts speak with respect, even with reverence.

Of one statute all trusts speak with respect, even with reverence. That is the statute of Hallelujah.