What Housewives Are Glad to Know

Smart Walking Suit

The handsome suit for street wear is a semi empire model and it is featured in dark green, burgundy, navy blue, taupe, brown or black. The coat is three-quarter length, with panel front

SEMI EMPIRE MODEL.

and back, and the shirred, belted sides extend into large, flat pockets that give the fashionable long, straight hip. The high roll collar is faced with self colored velvet and edged with seal fur. The skirt has pockets to match those on coat. Buttons are of bone, preferably tinted to match. Design by Frank lin Simon & Co., New York city.

Substitutes For Meat That Have Same Food Value

Meat is always high priced and especially so now, says Miss Leonora Richards, assistant in domestic science in the Kansas State Agricultural college. There are many foods which have the same nutritive value as meat, and these may be used as meat substitutes.

Baked beans, cheese fondu, macaroni and cheese, baked rice and cheese, cheese souffle, corn and cheese souffle and rice with lentils may be served as substitutes for meat and are much cheaper in preparation. Eggs are an excellent meat substitute and may be prepared in a variety of ways, but their present high price is prohibitive.

Persons who cannot eat milk or meat should buy the cheaper cuts, such as flank steak, rump and chuck roasts, heart, liver and chuck steak. These cuts contain the same amount of nutriment as the more expensive cuts but are not so tender. In order to make the cheaper cuts of meat palatable they should be cooked slowly at a low temperature. Stewing is preferable. Seasoning with highly flavored vegetables and spices improves the flavor.

Kitchen Wrinkles

When boiling meat start it only at the boiling point, then let it simmer till tender.

When you accidentally spill hot grease on the bare floor dash cold water on it at once. This hardens the grease so that it can be scraped up before much of it soaks into the floor.

Tire Saving Device.

An ingenious device consisting of a magnet carried in front of each of the two forward wheels of an automobile and in close proximity to the ground has just been invented, according to the Popular Science Monthly. It will prevent the puncturing of pneumatic tires by automatically picking up magnetic particles such as chips of metal, tacks, nails and the like.

The magnet is pivoted to the front end of an extending arm attached to the front axle wheel spindle, so that it will swing with the wheel during steering and always remain in front of it.

SATAN IN EDEN.

Long sone, in Eden's bonny yaird
When youthfu lovers first were paird
And all the soul of love they shared,
The raptured hour,
Sweet on the fragrant flowery swaird,
In shady bower,
Then jog, ye auld sneck drawing dog—
Ye cam' to paradise incog
And play'd on man a cursed brogue
(Black be your fa')
And gied the infant warld a shog
Maist rum'd a'.
—Burns.

HOW TO PRESS CLOTHES WITH THE BEST RESULTS.

Good pressing is not only an important part of dressmaking and tailoring, but is also one of the most important features in the care of clothing.

Skirts should be pressed over an ironing board.

The board should not be too heavily padded. The covering should be drawn tightly and should be of a firm, smooth material that will not leave the imprint of the texture or weave.

Darts and curved seams should be pressed over a curved surface such as a tightly padded cushion.

Sleeve seams may be pressed over the handle of a broom after covering it smoothly with cloth.

Use the curved edge of side of the ironing board when pressing open seams. This prevents the edge of the seam being pressed into the garment.

Nearly all pressing is done on the wrong side of the garment.

The seams may be dampened if the material permits. For surface pressing lay over the material a damp cloth and press dry. When pressing on the right side a firm dry cloth is first placed over the garment.

Use a rather heavy iron for pressing.

Press slowly. Lift and place the iron, bearing down heavily.

Always use a sliding motion, as it is apt to stretch the material.

ABOUT ALUMINUM.

Why This Light Metal Alloy Is Just Being Used.

Aluminum, though the most abundant of all metals constituting about 8 per cent of the earth's crust, has only recently come into general use, and a third of a century ago the world's annual production had scarcely reached 100 pounds, at a cost of many dollars a pound. Its extreme lightness, its specific gravity of 2.58 being hardly one third of that of iron, is one of its most valuable properties, though it is very useful on other accounts. Magnesium, also very abundant in nature, even lighter than aluminum, with a specific gravity of only 1.74, is pointed out as the next addition to our common metals, but is still very expensive on account of the war demand and the present unsatisfactory methods of reducing it from its compounds. Its alloys, as strong as soft steel and only 50 per cent as heavy, are expected to come into extensive demand for aeroplanes and dirigibles and even targets to displace the aluminum alloys now used by the thousands of tons annually in the automobile industry. Magnesium is a much stronger deoxidizer than aluminum, and when less than 2 per cent is added to aluminum, nickel, brass, copper, bronze and the like the metal is rendered free from oxide. The strength of [illegible] may be very greatly improved in this manner by the strength [illegible] stock [illegible] use of no blowing. In warfare [illegible] graphy and projectiles magnesium [illegible] use in value as a brilliant [illegible] cheaper [illegible]

How to Manipulate a Tablecloth That Is Too Long For a Short Table.

Sometimes it is necessary to use a tablecloth that is too long for the dining table. Instead of folding it twice at one end, try folding it under in the center so that the outer edge crosses the cloth right at the center, at right angles to the long crease.

This makes it look like another crease, when it has been flattened down as much as possible and the edge that is folded under is not so bulky or noticeable as an end because it has not the hem to make it so.

It leaves the ends as they should be and is more easily concealed by the centerpiece and dishes.

How to Freshen Velvet Without Paying the Price of Good Steaming.

The usual way to steam velvet is over a hot flatiron covered with wet cloth. Another way is to dampen evenly the back of the velvet and use no cloth, or it may be held before the spout of a kettle in the steam. The best way, however, is to put a large wet cloth upon the top of the range or stove that is not hot, but just warm and lay the velvet upon this. In this way the velvet can lie there and steam thoroughly and so get the pile well raised without steaming the hands and face. To steam more slowly and keep the cloth from drying too soon put a stout paper beneath it.

How to Mend a Tablecloth, Sheets and Bedspreads.

"When a tablecloth begins to break or a small hole appears," says a writer in the Farm and Fireside, "cut a piece of white paper somewhat larger than the place to be mended, baste over the hole and stitch on sewing machine lengthwise and crosswise very close and evenly. It will look much better and is easier than darning or patching by hand. Even sheets and pillowcases may be mended [illegible] paper will disappear when washed.

How to Brighten Tan Shoes With a Footboy.

When tan leather or shoes become tarnished, wash them well with warm water and a little soft soap, using a stiff brush for the purpose. This will remove all the dirt and old polish. When thoroughly dry, polish again.

Letters of the Courting Period

By DONALD CHAMBERLIN.

Why it is that a pair of lovers will change their opinion of each other so often, dropping from an infinite height to an infinite depth and rising from a profaned depth to a heavenly height, is one of the many mysteries of love. Ovid wrote of the art of love. He had better have written of the chaos of love. Here are some letters written by one of my grandfathers and one of my grandmothers when they were courting. The first is from grandpa. Just listen to it.

Dearest, Sweetest Matilda—I have but just come to my room from hearing you say that you would be mine, but I cannot refrain from writing you how happy you have made me. I have met many girls, but you are the only angel among them. I am awestruck when I think of my having secured such a prize. I only fear that when you find out how unworthy I am you will cast me off.

My grandfather was in such a flutter that ten minutes after he had left my grandmother to continue on paper the twaddle he had lavished on her in speech he was in his room writing the above effusion. It would seem that these young lovers never can break the steady flow of love that pours from their hearts, and if they succeed in doing so they must needs repair the break in some other form as quickly as they can get an opportunity.

And what possessed the man possessed the woman. Scarcely had grandfather left his mate than she rushed to her escritoire and, sitting down, took pen and paper and continued her own heart outpouring in the following note:

Dearest—I know that I am foolish, but I cannot—though you have not been gone ten minutes—refrain from telling you how infinitely happy you have made me by the honor you have done me. To be loved by such a man is simply ecstasy. How honorable you have been in refraining from telling me you loved me before speaking to papa!

Of course I can't give what must have taken hours to write. Besides, what would be the use? It is all on the same high C key. If he was writing to an angel she was writing to a god. Let us see how the mercury dropped after the first spat.

Dear Miss Marshall—I must say I was surprised at your action this evening. I supposed you were above treating even a coachman, to say nothing of a gentleman, as you treated me. Do you consider what you did ladylike? I confess that if my father had a kitchen maid who would act toward me as you have done I should insist on her discharge.

Note the rapid fall from angel to kitchen maid. And the old duffer—I forgot, my grandfather was then young—considered himself a gentleman. A gentleman to compare his best girl to a kitchen maid! But his act is nothing to compare with hers. It takes a woman to express her opinion of a man when she's mad.

Mr. Winchell—I thought you were a gentleman. That delusion is gone forever. You will always [illegible] strong men were having been [illegible] up in the parlor with [illegible] [illegible] [illegible]