

What Women Like to Know

Spring Topcoat

Stitchery, strapping and novelty but add distinction to this topcoat of



Photo by American Press Association

SMART AND NEW.

Jade green broadcloth. It is worn with a spangled-Russian hat.

Removing Furniture Bruises.
To remove bruises from furniture moisten the part with warm water, double a piece of heavy brown paper five or six times, moisten it thoroughly with warm water and lay it over the bruise. Place a moderately hot iron on the paper until the moisture is evaporated, being careful not to expose the wood to the direct heat of the iron. If the bruise has not disappeared repeat. After two or three applications the bruise will be raised level with the surface.

Treatment For Old Floors.
A common method of treating old floors in bad condition is to use a good floor paint after the floor has been cleaned. A dark color, such as a brown, produced by burned umber, or such neutral colors as will harmonize with the color scheme of the room should be used. It is not advisable to use a cheap varnish, as it is not permanent and will not pay in the long run.

Keep Perishable Food Cool, Clean and Covered
Heat, dirt, improper handling, flies, insects and rats or mice are the great enemies of food.
The moment meat, fish, milk and eggs are allowed to get warm they begin to spoil.
Bacteria and germs multiply rapidly in slightly warm food and quickly make it dangerous or unfit to eat.
Keep perishable foods in the coolest, cleanest place you can provide, preferably in a good refrigerator or ice house, but at any rate in covered vessels suspended in the well or in the coolest clean place in your home or cellar.
Dry cold is a better preservative than damp cold.
The dust particles in the air carry molds and germs.
Meat, fish and milk are ideal breeding grounds for such germs. Keep your food covered so that these bacteria and germs will have as little chance as possible to get on your food.
Ordinary cleanliness demands that flies be kept out of our homes and away from our food.
Health protection makes it essential to banish flies. Keep all food covered, or at least screened from these carriers of deadly disease and filth. Destroy flies by every possible means.
Relief For Rheumatism.
The water in which celery has been boiled is good for any one suffering from rheumatism. Add to it a finely chopped onion, a little pepper and salt and simmer till the onion is soft, then strain. Drink a cupful of it hot before going to bed at night. Just a little milk added to it is an improvement.

ABUSING THE EYES.

Reading While Rocking Is a Mighty Harmful Habit.

A well-known oculist declares that women injure their eyes, sometimes seriously, by swinging back and forth in a rocking chair while reading. This practice is especially injurious when one is reading by an artificial light or by daylight when the sway of the rocker makes shadows come and go on the printed page. Usually as one may think one's book is held, there is bound to be a little unsteadiness of the page as the chair goes forward and back, and the eyes must adjust themselves rapidly to the changing focus.

Every one knows the danger of reading in a fast-moving railroad train, but reading in a fast-moving rocking chair is quite as bad. Women who use a low rocker for sewing seldom sway back and forth much when an important bit of work is in hand. The chair stops, and interest is concentrated on the problem of stitching or hemming, but many a woman will read and rock, rock and read, through a vast expanse of time her chair comes forward the shadow of the lamp shade fringe is cast across the page of her book, this in addition to the continual change of focus made necessary for long suffering eyes.

A rocking chair is not really restful, and most women rock from nervous habit, the more nervous they are the faster they rock. Man really rests and relaxes when he sits down in a deep, rockless arm-chair. Who ever saw a man rocking violently and smoking a cigar at the same time? The woman who can sit perfectly still with folded hands while she reads and spend an hour reading without rocking or swinging one foot with knees crossed will benefit in nerves and in eyes from the resting or the reading. She who rocks and reads will certainly feel eye-strain from the practice sooner or later.

OUR PEARLING INDUSTRY.

Its Wonderful Growth and Its Effect Upon Our Mussel Beds.

In our midwestern states the pearling industry is carried on to even greater extent than it is abroad. Its product amounts to many millions of dollars annually and includes all jewelry worth while and the making of pearl buttons, which is an industry in itself. The business of pearl button making had its beginning in the high tariff imposed on imported buttons by the law of 1890.

On account of the abundance of suitable mussels in the Mississippi river the first factory for the manufacture of pearl buttons from mussel shells was erected at Muscatine Ia, and the industry has grown to such an extent that it now employs nearly 15,000 persons, who turn out approximately 500,000,000 gross of buttons. To produce this amount there were used over 75,000 tons of mussel shells.

The button business has attained large proportions, doing approximately \$10,000,000 worth each year. Although the mussel fishery is comparatively new, probably not more than twenty years old, continued fishing has had a pronounced influence on the productivity of the mussel beds and bids fair to lead to serious consequences.

The principal species of mussel used for button making is generally known as the "black-head." They have the general shape of the common round clam and are characterized by a very thick and heavy shell. They have black or dark brown outside skins and glistening white interiors, this being uniform through the thickness of the shell. Other species are locally prized, but none of them are of little value because of the thickness and brittleness of the shells. Charles A. Sillman in New York Sun.

How to Walk.

There is no virtue in a dawdling saunter. The slow and languid dragging of one foot after the other which some people call walking would tire an athlete. It utterly exhausts a weak person, and that is the reason why so many delicate persons think they can not walk. To derive any benefit from the exercise it is necessary to walk with a light, elastic step which swings the weight of the body so easily from one leg to the other that its weight is not felt and which produces a healthy glow, showing that the sluggish blood is stirred to action in the most remote veins.

Planting Large Trees.

Careful consideration should be given to the planting of large trees and shrubs, as planting of this kind should be permanent. Flower beds may be changed more or less every year, but large shrubs and trees require years to develop fine specimens, so they should not be disturbed or moved after they are once located. New York Sun.

Save the Tooth if Possible.

The motto of many physicians for ordering diseased teeth extracted is meet with outspoken protest from dentists and doctors. They say that teeth should be pulled only when the abscesses at their roots cannot be healed.

True Love.

"She says she would let her husband go hungry before she would cook a meal for him."
"That is what I call true love."
Houston Post
Liberty, when it once begins to take root, is a plant of rapid growth.—Washington.

How to Do Things

Drop a live coal into the water with which you wash a sauceman that has been used for onions. It will quite take the oniony taste away.

Boil very dirty curtains in water to which some bleaching soda has been added. It is wonderful how it gets them back to a good color. Directions for use are printed on the packet in which you buy it.

Make the best parts of worn table cloths into table napkins. If washed at home such napkins will last for months. Don't starch. Iron when rather damp and they will be quite stiff enough.

Add a few drops of lemon juice to any soup or gravy that isn't "tasty" enough. Lemon juice brings out the flavor in a most wonderful way.

Rub flatirons before using on a rag in which a piece of wax candle end has been tied. The wax makes the iron simply slip over whatever is being ironed.

Make a beef-steak pudding with half beef and kidney and half well boiled macaroni or rice. It will be just as nourishing as if you had used all meat.

When cream will not whip add the white of an egg to the contents of the bowl. Let both egg and cream become thoroughly chilled, then try again, and the cream will be found to whip easily.

Iron saucemens should be cleaned as soon as possible after use and if anything greasy has been boiled in them put in some soda and boil this up.

Milk Is an Economical And Nourishing Food

The average person in this country uses only a little more than a half pint of milk daily. This quantity can very profitably be increased when safe milk is available, says the United States department of agriculture. Economy in the diet does not always depend upon limiting the use of certain foods, but sometimes it is a question of actually increasing the use of foods which furnish nutritive material at a relatively low cost.

Many people think of milk only as a beverage, but if they understood that it is in reality a nourishing food they would increase their daily allowance. Milk contains the body building materials (protein and mineral substances, such as lime and phosphorus) and also supplies energy for carrying on the body functions. The following shows the quantities of various foods needed to supply as much protein or energy as a quart of milk.

Protein.—A quart of milk is equal to seven ounces of sirloin steak, or six ounces of round steak, or four and three-tenths of egg, or eight and three-fifths ounces of fowl.

Energy.—A quart of milk is equal to eleven ounces of sirloin steak, or twelve ounces of round steak, or eight and a half eggs, or ten and seven-tenths ounces of fowl.

A table of comparative costs of these foods would show that if milk is selling at 10 cents a quart sirloin steak must sell as low as 27 cents a pound, and eggs at 25 cents a dozen to supply protein at equal cost. It would also show that milk even at 15 cents a quart is a cheap source of energy as compared with sirloin steak and eggs.

Light as Chaff

Always on the Job.
"Now, children, I want to talk to you a few moments about one of the most important oceans in the world," announced the minister to the Sunday school. "What is it that throbs away, never ceasing, whether you wake or sleep, night and day, week in and week out, month in and month out, year in and year out, without any effort on your part, hidden away, as it were, in the depths, unseen by you, throbbing, throbbing rhythmically all your life long?"

During the pause in the effective oratorical delivery a small voice piped forth:
"The gas meter." Country Gentleman

The Stranger Obligated.

A stranger walking along a country road in the suburbs of Dublin met an Irishman who was holding a ram by the horns.
"Will you hold this ram," said the Irishman, "just while I climb over this gate and open it from the other side?"
"Certainly," replied the obliging stranger as he seized the horns.

"Thanks," said the Irishman when he got to the other side of the gate.
"He vicious brute attacked me an hour ago, and I have been struggling to get away ever since. So long as you hold his horns he can't hurt you. Farewell! I hope you'll be as lucky in getting away."

Classified.

"How would you classify a telephone girl?" is hers a business or a profession?"
"Neither; it is a calling."

TO WED A RUSSIAN

Miss Nona McAdoo to Be a Spring Bride.

NURSED WOUNDED SOLDIERS.

It is Not Certain Whether the Great Russian Revolution Will Affect the Status in Washington of This Young Lady's Fiance.

The secretary of the treasury and Mrs. McAdoo have announced the engagement of their daughter, Miss Nona Hazlehurst McAdoo, to Ferdinand de Mohrenschildt, second secretary of the Russian embassy at Washington, Miss.



Photo by American Press Association. MISS NONA McADOO

McAdoo returned to Washington several months ago after a period of nursing in Europe.

Miss McAdoo, who is the eldest unmarried daughter of the secretary of the treasury, made her appearance in society only last winter and has since been among the most feted debutantes in Washington and Baltimore.

For six months Miss McAdoo served as nurse for wounded soldiers in the American ambulance in France, returning home at the end of that time because the work of a nurse was too strenuous for her.

The date of Miss McAdoo's wedding has not yet been announced, nor is it known how the Russian revolution may affect the status in Washington of her fiance.

Mayonnaise Dressing.

To make a good mayonnaise dressing which will keep for a long time take the yolk of an egg, half a pint of salad oil, four tablespoonsful of lemon juice, or vinegar, salt and pepper and paprika.

First see that all the ingredients and utensils to be used are thoroughly cold, as this will render the dressing easier of manipulation.

Break the yolk of the egg into a bowl and add a little of the oil, stirring all the time it is being added, and pouring it in at first drop by drop.

As soon as the dressing shows signs of thickening the oil may be added more rapidly, but at first it must be put in very slowly. Stir either with a fork, spoon or egg beater. The main point is to keep stirring. Add the lemon juice or vinegar slowly, continuing the beating all the time.

It is better not to add the seasoning until the dressing is to be used, as the mayonnaise keeps better without it. In any case even where it is for immediate service be careful not to add the salt until all the other ingredients are added to the egg.

Kitchen Convenience.

The sink outfit is inexpensive but most important. If a kitchen is to be kept tidy the sink must be cleaned often during the day. If you want to give your sink a thorough cleaning a half dozen times a day you should provide the kitchen with scrubbing brush and pail, sink strainer, brush mop, soap dish, soap shaker, bottle cleaning brush, funnel and dishpan.

Among the dishes to be kept near the table are pitchers, tea canister, coffee-pot, potato masher, measuring cups, biscuit cutter, lemon squeezer, rolling pin and chopping bowl. You may provide yourself with all these things and yet waste much time when it comes to the actual cooking and baking.

If your kitchen is large have two tables. One can be wooden, covered with an oilcloth top, and the other you can fold and unfold and move to any part of the room you wish.

Comparative Tables.

8 cups of lard	1 lb.
2 cups of butter	1 lb.
4 cups of pasta or bread flour	1 lb.
2 1/2 cups of whole wheat flour	1 lb.
4 1/2 cups of dry bean	1 lb.
4 1/2 cups of dry corn	1 lb.
2 1/2 cups of oatmeal	1 lb.
2 1/2 cups of cornmeal	1 lb.
1 1/2 cups of rolled oats	1 lb.
2 1/2 cups of instant oatmeal	1 lb.
4 1/2 cups of coffee	1 lb.
2 cups of granulated sugar	1 lb.
2 1/2 cups of powdered sugar	1 lb.
3 1/2 cups of coffee-beans	1 lb.
2 1/2 cups of instant coffee	1 lb.
2 cups of chopped meat	1 lb.
1 1/2 cups of rice	1 lb.
2 cups of raisins (packed)	1 lb.
2 1/2 cups of currants	1 lb.
2 cups of stale bread crumbs	1 lb.
3 large eggs	1 lb.
2 tablespoonfuls of butter	1 oz.
4 tablespoonfuls of flour	1 oz.
6 teaspoonfuls of baking powder	1 oz.

Inspiration Miscellany

Grow, but Don't Swell

It is well for you to have confidence in your ability, but when it reaches the value of "swelled-headedness" your value to yourself or to any one else begins to dwindle.

"Some men grow with responsibility; others merely swell." The man who swells has ceased to grow.

He has reached a place where he thinks he has all the knowledge he needs, and naturally all growth is retarded.

The best way—the most convincing way—to prove one's capability, is by actions, not words.

The fellow who is continually bragging about what he can do is seldom of much account.

It is the man who does things in a quick, intelligent manner who wins.

Such a man will be found at the top because he deserves to be there.

All concerns wait him, because he not only accomplishes much as the result of his concentrated endeavor, but his influence is good on the other employees.

Save the exertion it takes to tell what you can do and use it in performing your tasks. In this way you will get so much consideration eventually that you will not be tempted to brag.

The other fellow will do it for you.—Louisville Herald.

The Battle of Life.

In God's eyes the differences of social position, of intellect, of dress, which different men exhibit and all the other artifices on which they so fondly and vainly pin their pride, must be so small as practically to vanish, and all that should remain is the common fact that here we are, a countless multitude of vessels of life, each of us pent in to peculiar difficulties, with which we must severally struggle by using whatever of fortune and goodness we can summon up.—William James.

Mistakes.

When you make a mistake don't look back at it long. Take the reason of the thing into your own mind, see how similar mistakes can be avoided and then look forward. Mistakes are lessons of wisdom. The past cannot be changed. The future is yet in your power.—White.

PRESENTING THE BEST.

It is seldom that a person appears at his best. He is awkward, uncouth, careless or slothful. For some reason or other he hides or suppresses the graces of which he is capable. If it were not so and every man and woman allowed the divinity within them to shine out society would be a heaven.

One sometimes meets a man or woman who puts her beautiful nature into word and deed, but there are not many such people. There are indeed some whose very presence seems like a blessing.

They turn a dark world into a bright one. There is a harmony in their lives that one lingers long to enjoy.

The good Lord created men to be happier and nobler than they are, and the time it is being added, and pouring it in at first drop by drop.

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Love One Another.

How beautifully it is ordered that, as many thousands work for one, so must every individual bring his labor to make the whole. The highest is not to despise the lowest nor the lowest to envy the highest. Each must live in all and by all. Who will not work neither shall he eat. So God has ordered that men, being in need of each other, should learn to love each other and bear each other's burdens.—G. A. Saffa.

The Greatest Man.

The greatest man is he who chooses the right with invincible resolution, who resists the sorest temptations from within and without, who bears the heaviest burdens cheerfully, who is calmest in storms, most fearless under menace and frowns and whose reliance on truth, on virtue, on God, is most unflinching.—William Eliery Channing.

Hospitality.

Hospitality must be for service and not for show or it pulls down the host. The brave soul rates itself too high to value itself by the splendor of its table and its draperies. It gives what it hath and all it hath, but its own majesty can lend a better grace to banquets and fair water than belongs to grand city feasts.—Emerson.

THE FUTURE.

The worst is yet to come, So wait the doubters plume. Yet further on life's lane "My best I've yet to do."

The worst some always fear Tomorrow holds no cheer, Yet further on life's lane Are joys you shall attain.

A New Bag.

A bag to hold scraps of the children's cloths can be quickly made from a yard square of any desired material. Hem each of the four sides and sew a brass ring at each corner. Hang all four rings on a hook, lay the bag out flat, and you will see at once just what you want without any waste of time.

HER WALKING DRESS.

Do You Wear Your Parasols on Your Frock?



THE LAST WORD.

One of America's best designers puts out this frock of finest quality blue serge cut jumper effect. The front is richly and vividly embroidered with a mass in Chinese pattern. The skirt is made of a heavy silk. The designer conceals the idea, this being in oriental colors.

CHILDREN'S DIET.

How to Give a Youngster the Needed Mineral Salts.

Vegetables and fruit are now considered a necessary part of the diet of the child. The reasons are many, but most of them may be summed up by saying that they furnish material needed to form bone and muscle and to regulate body processes. The mild acids which some of them contain help to prevent constipation, so, too, does the cellulose or fiber, especially when it is raw.

Green vegetables are also a valuable means of introducing into the diet mineral matters, particularly iron, in a form in which the body can utilize them. Even at its prices green vegetables have been shown to be an economical source of iron.

Fresh vegetables and fruits must be prepared with care, for there is danger of transmission of disease by means of foods that are served raw. Most people will agree that apples, pears, etc., as picked from the tree in an orchard are not clean. If they drop to the ground upon clean grass they may still be eaten without much risk, although there would then be more chance for dirt, with its attendant disease producing bacteria.

All fresh fruits and vegetables which come from the market should be thoroughly washed in several waters. Most fruits may be safely dipped in boiling water, and many can be kept there for several seconds without injuring their flavor. This kills many, if not all, of the bacteria and other organisms that are likely to cling to the fruit. A convenient way to do this is to place the fruit in a wire frying basket. Grapes, apples, pears, peaches and plums are not injured by this treatment, and unripe strawberries are often improved by it. Large fruits, such as bananas, apples, oranges and others with unbroken skins, may be safely washed with soap. Dried fruits should be particularly well washed. If they are then put into a warm oven to dry they are likely to absorb the water which clings to them and thus to be softened and improved in taste.

Cleaning White Shoes.

With the approach of summer seasonable shoes become a matter of much consideration to many persons. If white buckskin shoes are worn it would be well to purchase at any drug store a white magnesia ball, then take a piece of cheesecloth, place the ball inside and rub one way until the shoe is covered with the powder. If possible let them stand overnight; then take a clean, stiff brush and rub lightly over the shoes. This will give a clean and neat appearance and will not make them look streaky or stiffen the shoes as liquid polish often does. If this is done before the shoes get too dirty and kept up it will enable you to wear your shoes two seasons instead of one.

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