

CHILDREN EDUCATION RECREATION

Woman and Her Interests

The TABLE The KITCHEN The GARDEN

PREPARES GIRLS FOR WIFEHOOD.

Institution in Texas Has Plan of Practical Work for Women.

In Texas a school for wives is being successfully conducted. Four hundred young women are enrolled, and the work is appealing to hundreds of other young women who have become interested in the novel idea.

One department of the college is devoted to the preparation of girls for wifehood. They enter at 16 to 18 years old, and are instructed in house-keeping, in physiology and in the business of picking a husband.

The girls are taught that a prospective husband is to be regarded not merely as a mate but as an ancestor of generations yet to be. It follows that so man who is not fit to be an ancestor is fit to be a husband.

This department has existed for only a few years. Up to last October, 29 children had been born to graduates of it. According to general mortality averages, four of these would now be dead.

Women's most important work is the care of children. It is necessary that babies shall be sound and healthy if they are to grow up into happy and useful citizens.

A strong man is likely as not to marry a weak woman. Her very weakness appeals to his strength. But it is otherwise with women.

The college does not teach diseases; it teaches health. Its hospital is not called a hospital, but is known as Hygeia Hall.

FAMILY EXPENSES TOO HIGH.

Food Prices Cut Down Expenditures for Other Things.

How the budget plan of living helps to overcome the increased cost of living is shown in Harper's Bazar for May by Helen Louise Johnson, who writes on "The Gospel of the New Housekeeping."

"It has been determined by studying large numbers of family budgets what percentage of different incomes has to be spent for food, and many different divisions of income have been given in the preceding articles.

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The Real Inspirers of Men.

This is not so much a man's world as it was a century ago—nor as it was yesterday. If there is good to be done, or a message to be delivered, it is driven home through women.

So-called civilization has never before presented the spectacle of women taking the field morally against man.

few refuse. A seer is not required to discern that these few will be the many of tomorrow.

This is not rightly a man's world. Great men are but dreams of women become militant. Women are the real inspirers of men; they ignite every conception.

No man's world will this be, when women, as a whole, will it otherwise. The few women, comparatively, who are standing apart today in the outer darkness of rebellion, must be reckoned with, for their hour has struck, their cause is "in the air."

SUCCESS IN MARRIAGE EASY

Lack of Understanding Cause of Domestic Troubles.

In an article entitled "A Girl and Her Future," in the April Woman's Home Companion, the author says in part:

"One does not wonder so much that there are many unhappy marriages, it is amazing, rather, that there are not more considering how little most of us know about marriage and how little we prepare for it.

"If I were asked for practical suggestions I would say, begin at the beginning. Learn how to do every kind of practical work that is or ever will be required in the average home.

Childish Wit and Wisdom

At a recent public school examination the sentence, "The horse and cow was in the stable," was given, the pupils to correct the sentence and state the reason for such correction.

"The cow and horse was in the stable. (Reason.) Ladies should come first."

John's father is a politician, and he often delights the said father with his precocity. One day the mother, entering the playground, found John receiving condign punishment at the hands of his peers.

"John, what have you been doing?" "Nawthin'. Only playin' politics." "Well, but what did you do to the other children?"

Gordon, 7 years old, was playing bandit, and for some time had been staggering around, as if badly wounded, without actually capitulating to the imaginary bullets of his playmates.

"Gordon, why don't you fall down some time?" "I can't," answered the boy, crossly. "I ain't allowed to. If I had my old pants on I'd have been dead long ago."

HOUSEHOLD NOTES.

Spareribs should be parboiled before roasting. Sponges are great germ collectors and should be scalded frequently.

Creamed cauliflower, served in green shells, is a pretty and tempting dish. It is best to roast or pan chicken with the breast down. It will be more juicy.

The white mayonnaise made by foreign chefs calls for cream and lemon juice to half white of an egg.

Household Helps

Apples and pears should always be wiped with a clean cloth and then rinsed under the tap before using for dessert.

To keep the light of oil lamps clear, the burners should be boiled every month in water with a lump of soda in it.

Always cover newly-baked bread with a clean cloth—preferably an old table cloth to keep it free from germs and dust.

The white of an egg, whipped stiff, with a ripe banana, makes a delicious cream to be eaten on a simple gelatine pudding.

Apples can be stewed with a little left-over canned fruit, such as blackberries, and the result will be a pleasant change.

Sash curtains of Swiss muslin hemmed by hand are less likely to pucker when washed than when run up on the machine.

All the strips of fat left from a steak should be left in a dish and tried out in the oven. They will make excellent fat for frying.

Large patterns in table cloths are less economical than small ones, for the simple reason that the long threads break sooner than the short ones.

In pressing silk or satin, do not use a very hot iron nor dampen them. Lay some clean, dry muslin over the seams and press with a warm iron.

A left-over dab of mashed potatoes can be made into a cupful of good soup with the addition of milk, a bit of butter and some celery salt.

Old rubberized raincoats can be cut up to make cases for rubbers or slippers. Also to cover the clothes basket when laundry is sent away from home.

To clean a cotton rug, lay it on the cement floor of cellar or porch, wet it, sprinkle naphtha soap powder on it and scrub with a clean broom.

It is always better to trim the selvage from material before making into pillow cases. The cases will be much smoother, not wrinkling along the seams.

Wear a sewing apron while ironing and you will always find it possible to do a bit of mending while waiting for the iron to heat.

Left-over pieces of Boston brown bread may be made into a palatable dessert by pouring over them a sauce made of maple sirup and chopped dates and nuts.

Try wiping a greasy frying pan with a piece of newspaper before washing it. Much of the grease will wipe off and can be burned, thereby saving soap and labor.

When sharp knives are kept with other articles in kitchen drawer each blade should be protected with a sheath, which may be easily made from heavy wrapping paper.

Sandwiches prepared in advance of serving time can be kept as fresh as when made by wrapping them in a napkin wrung out of hot water then placing them in a cool place.

During the canning season many women stand for hours stirring the fruit to prevent it from burning. If the preserving kettle is placed in a pan of boiling water it can cook all day without burning.

PNEUMONIA MAY BE PREVENTED.

Simple Precautions Said to be Effective in Checking Disease.

The end of the winter, far from bringing a termination to the danger from pneumonia, in reality marks the beginning of the season when this disease becomes an extremely serious cause of increased mortality.

This is true particularly in large cities. In recent years this increase has become more and more marked and is all the more striking because of the decrease in deaths from other infectious diseases.

Pneumonia has been aptly termed the "Captain of the Men of Death," displacing tuberculosis which for so long occupied that "bad eminence."

The most important problem before the medical profession at present is the reduction of the death-rate from pneumonia. Considering the nature of the disease and the intense strain which it imposes on the heart, it is probable that the only hopeful outlook for any considerable reduction in pneumonia mortality is through the prevention of the disease.

The prospect of a cure for it, in the popular sense of that term, according to the Journal of the American Medical Association, has grown less as we have learned more about the disease.

While pneumonia is most frequent during the colder portion of the year it is not dependent entirely on low temperature. The disease occurs at all seasons and in all climates. It does not work its greatest ravages in the colder climates, but is rather rare in the cold of high altitudes and is almost never known to occur within the Arctic circle.

In spite of all their suffering from cold, Arctic explorers escape this danger. Hence we must assume that cold acts in conjunction with some other factor in the production of the disease. Pneumonia is favored by lack of sunlight and it occurs among those who are much exposed to dust or who have to breathe the emanations from the lungs of other people. It is particularly a disease of city life and crowded living.

pneumonia in the future through prevention. This is of special importance to the individual. The avoidance of pneumonia is largely a question of personal precautions that prevent the development of the disease by lessening the predisposition to it.

Men in middle life, particularly those above 50, must learn during unsettled weather to avoid crowds, especially when fatigued and when they have been for a number of hours without eating.

Late at night, when for any reason a meal has been missed, crowds are dangerous. If this lesson could be generally learned there would be less pneumonia among the well-to-do classes.

The principal danger comes in crowded street cars, which if possible should be avoided at rush hours. It needs to be emphasized that the danger from overcrowding is greatly enhanced by fatigue and going without food.

In a word, the prevention of pneumonia is now much clearer than it was. Like all the other infectious diseases, instead of being a more or less inevitable dis-

pensation it has come to be recognized as due to certain definite factors which can be greatly lessened by public and individual hygienic regulations.

Just Why. "Isn't Alice going to marry Jack, after all?" "Afraid not. She says she hates to give up the \$1.50 shows for the 10-cent moving pictures."

It's a poor rule that won't work both ways in our favor.

Many a man is credited with things that are not to his credit.

Many Delinquent Children. More than 20,000 delinquents, one-fourth of them children, were kept by the probation laws of New York from going to jail during the year ended September 30 last.

That is an increase of nearly one-half over the previous years, and involves 14,687 new cases.

Implacable. "Why are you cheering so enthusiastically?" asked the friend. "The man who got elected wasn't your choice."

"He isn't my choice yet," replied Mr. Growther. "I'm rejoicing because of the trouble I think he has ahead of him."—Washington Star.

More people attend funerals than weddings, because they don't have to give presents.



GARDEN TOOLS OF ALL KINDS

A LITTLE SUNSHINE MAKES THE GRASS GROW RAPIDLY. THEN COMES THE THOUGHT OF A LAWN MOWER TO CUT THE GRASS. WHAT MAKE TO BUY AND WHERE TO BUY IT COMES NEXT. TO THOSE WHO WISH A MOWER OF STERLING QUALITY WE CAN RECOMMEND THE GREAT AMERICAN. WE HAVE SOLD THIS MOWER FOR THE PAST EIGHTEEN YEARS AND IT HAS GIVEN UNIVERSAL SATISFACTION.

HONEYMAN HARDWARE COMPANY FOURTH AND ALDER STREETS

A. L. BARBUR Republican Candidate for Auditor HAS MADE GOOD

His administration has been economical and businesslike. He has introduced many new methods in the Auditor's Department. He has banished the loan shark from the City Hall. He has always been found in his office during working hours.

If reelected, it will be his effort to again apply for financial assistance to put the office on a better business basis