



Economy Hints

A penny saved is a panny earned.— Benjamin Franklin.

How to Halve Household Bills.
There is no one thing alone which stands for economy. One must study the daily needs and be well acquainted with standard prices. There is much truth in the saying, "Where there is a will there is a way."

The cheaper cuts of meat are just as palatable when cooked properly. A tough round steak may be pounded well, sprinkled liberally with flour and seasoned well, after which it is ready for a hot frying pan. When cooked it is deliciously tender. Meat once a day is all that is necessary for any one, especially in summer. Baked macaroni with cheese is a good substitute.

When the oven is on it is well to get as much of the dinner in it as possible so as to save fuel. After the oven is well heated the back burner may be turned off and an even heat remains.

Splendid soups may be made by leftovers. Leftover vegetables with scraps of meat, to which a handful of rice is added, are very nutritious.

This makes a fine soup. Scraps of bread are saved and either ground for bread-making, made into puddings or used for dressings. Plenty of homemade bread is better than too much cake and pastry and is certainly cheaper.

After all, the high cost of living is a matter which can be controlled by the individual. It is not so much the amount eaten as the amount wasted that makes household bills soar so high.

DESTRUCTIVE INSECTS.

How to Battle With Cabbage and Other Plant Lice.

No time should be lost in destroying weeds and insects. It is labor that must not be neglected. Insects are easily controlled if the work is begun in time.

There are two kinds of insects—the biting and the sucking species. To the biting kind belong the Colorado potato (bug) beetle, cutworms, etc., which devour a portion of the plant. The sucking insects belong to the family of plant lice that secure their food from the juice of the plant, sucking it through their slender beaks.

Some internal poison, such as paris green or arsenate of lead, must be used to destroy the biting insects, while a solution that kills by contact, such as kerosene emulsion or tobacco decoction, must be used for the sucking species.

Cabbage and other plant lice are best controlled by spraying with kerosene emulsion, using the 15 per cent solution—a solution containing 15 per cent of kerosene. If the lice are on trees, flowers or rosebushes tobacco decoction may be used with good results. The tobacco decoction is made by taking three pounds of tobacco stems and five gallons of water and boiling for two hours. It is used without diluting, but must not be applied too hot.

If treatment is begun in time plant lice can be controlled. It must be done before the leaves are curled so the spray cannot reach the pests. There should be several sprayings, four or five days apart, as one spraying will not completely do the work. Clean culture is important in fighting these insects, as with many others.

How to Keep Buttons.

Some housewives save all their pill and lozenge boxes to hold small buttons, and they fasten a sample button to the top of each box. This is a good plan, but not quite so good as one big box having compartments. Into one compartment put the pearl buttons, into another put the bone ones, and still another put the cloth covered buttons, and so on. It takes no more time to put a stray button into its proper compartment than to drop it into a box of miscellaneous buttons, and to find the said button when one is in a hurry is hardly a moment's work, which is quite a different proposition from getting it out of a big box filled with all sorts and conditions of buttons.

How to Care For Auto Radiators.

Radiators on old cars, which are not provided with flexible connections to protect them from the effects of frame distortion, frequently can be rendered less prone to spring a leak if a pad of thick rubber matting be inserted between the bottom of the radiator itself and its cradle on the frame. The experiment is easily tried and, whatever its other effect, has the merit of reducing much of the vibration to which the radiator otherwise will be subjected.

How to Darn Table Linen.

Stretch the article smooth and tight in embroidery hoops. Remove the presser foot from the sewing machine. Loosen the tension, slip the hoops under the needle and without turning the hoops sew back and forth until the hole is really filled. Then turn the hoops and proceed in the same manner across the stitching already put in. The result is gratifying.

How to Use Cheesecloth.

Cheesecloth makes good strainers, dust cloths, polishers for furniture or shoes, is excellent to tie over milk crocks and fruit jars and makes dainty curtains and comforters.

HEALTH HINT FOR TODAY.

A Safe Cough Remedy.
A dose of cod liver oil is a very safe remedy for the ordinary cough. Some coughs arise from a little throat irritation and are generally dry and hacking. Relief can be obtained by dissolving some sugar candy in a little lemon juice, and taking occasionally a teaspoonful. For those who are troubled with a tickling cough we would advise them to carry some glycerin lozenges and take one the moment they feel the least irritation.

HEALTH HINT FOR TODAY.

Avoid Sore Throat.
The ailment popularly termed "clergyman's sore throat," due, in many cases, to unwise use of the voice, represents inflammation of the vocal cords, which are folds of membrane contained within the larynx. It is the vibration of these cords, set in operation by currents of air passing from the lungs, which produces the voice. A certain amount of pain and swelling is also associated with troubles of the voice box, this plan in many cases being associated with difficulty in swallowing.

Rest of the voice should be strictly observed, while smoking must be strictly prohibited, seeing that the tobacco vapor is an intense irritant of the throat and adjacent parts. If there is much swelling and pain the application of a sponge wrung out of hot water to the front of the larynx will afford relief. The patient should remain in a room the temperature of which is even, but not of too high a character. The food should consist of liquids, including milk, soups and the like, and small pieces of ice may be sucked if the irritation is of acute character.

HEALTH HINT FOR TODAY.

Exercise.
Exercise favors the growth of bone and muscle. It quickens the elimination of waste products. It accelerates the work of the liver, the lungs, the skin and the kidneys. It makes more active the brain. It brightens the eye, clears the skin and tones up the whole organism. The appetite is made keener, and digestion is aided by a greater appetite for food.

But while exercise is absolutely necessary to health and to a perfect digestion, it does not always achieve this end, as for instance, when it is taken too soon before or after meals. No one should exercise immediately preceding or following a meal, one hour before and two hours after eating being the better time. It is fairly safe, however, to fix the time preceding a meal at one hour, for the stomach is then somewhat empty.

HEALTH HINT FOR TODAY.

To Remove Superfluous Hair.
It is generally conceded that the only way to permanently remove superfluous hairy growths from parts of the body where they should not normally exist and which are a source of embarrassment and annoyance, particularly to a woman, when in an exposed part of the skin, is through electrolysis. But when the hairs are very numerous this process is very slow and tedious and the results usually unsatisfactory. Dr. William A. Pusey gives the following advice in such cases: Clip the hair close to the skin with manicure scissors. He gives it as his opinion that this does not stimulate the growth, as shaving or the use of chemical depilatories is likely to do. If the hairy growth is dark it may be rendered less noticeable by frequent peroxide of hydrogen solution applications, which bleach the hair, keep it dry and have a tendency to diminish the growth.

HEALTH HINT FOR TODAY.

Avoid the High Collar.
A well known doctor quite accidentally discovered that high collars produce nervous headaches among both men and women. He noticed that all his patients who were troubled with headache and giddiness wore a high and rather tight collar, which compressed the neck. When this was removed and not worn for some days the headache disappeared. It is just the same with women who wear high collars, bones or stiff neckbands or the high linen collar. If they are troubled with giddiness and headaches they will probably gain immediate relief by changing to a lower and easier fitting collar.

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