

edges of pie crust may be quickly trimmed. In cutting up angelica, citron and other cake trimmings, nothing takes the place of scissors, while for stoning dates and seeding raisins they are invaluable.

When grapefruit or orange are to be served, halved, the pulp may be quickly slipped and the tough membrane loosened. The seeds are easily removed, lessening the work of separating clusters of grapes or raisins. If two pairs can be used, the seeds are removed from the curved, surgical variety, which is better adapted to the preparation of fruit. The children are to use them. The fruit up to chocolate pudding, little squares of cheese-cloth for coffee bags, etc., a blunt point should be provided.

Ordinary rubber bands of great variety and may be supplied at a very small cost. They may be obtained in assorted sizes at 5 cents up per box, and once used the housewife will never be without them. In the preparation of the picnic luncheon they are indispensable. They are used to hold together around sandwiches, cakes and fruit, securing the packages of sugar and salt and other delicacies. They are used to hold the pantry their use is manifold. Cleaned rubber staks may be bunched up by a clumsy hand ready for the ice box, or they may be fastened in bundles by cooking by another, the waxed paper may be secured around bread, the tops of pies, etc. added to the list of uses. Canned, cereal and baby boxes closed and made dustproof, envelopes of cooking paper, paper for napkins and treated paper rolled and kept in small space in nearly every kitchen the rubber band may be secured for the ever-watching housewife.

IDA COSWELL, BAILEY-VALEN.

## STUBBORN

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on the staff of life. Miss Anna of Columbia University, will announce.

His housewife who is satisfied with the methods of work enforced in her home, smiles her contempt of anything new in domestic science, is in danger of losing in the race. There is a little maxim used in many business offices that runs like this: Satisfaction means stagnation. Are you too satisfied?

The People's Institute aims to counteract too much satisfaction. It presents the best way to do things, which is frequently a better way than the one that has been satisfactory to you for years.

Try this page every week. Watch the home improve.

Next week there will be a discussion on the staff of life. Miss Anna Morrow, lecturer on domestic science, of Columbia University, will enlighten readers about the everyday article.