

Perfume Is Easily Made At Home

home. The violets or any other used-are gathered in the morning when they are freshest. The stems are cut off and a layer of blossoms an inch thick is placed

with a layer of fresh, pure leaf lard. Several layers of flowers

After this mixture has stood for wo or three days the jar is set n a pan of hot water until the Violets plus lard equals an ex- it will separate from the flowers. quisite perfume that may be eas- The lard is then drained off and ily and inexpensively made at mixed with an equal part of alcohol. When the lard has solidifled it is skimmed off from the sweet-scented flowers may be alcohol and a fragrant periume is foods. Usually it is given as ear-

Foods to Make Baby Thrive

Beef juice can be one of the lard has melted just enough 30 earliest articles of food, after is no great food value in beet inice, but it is helpful in slightly stimulating a delicate infant or in preparing the way for other ly as five or six months of age. Beef juice must be given at irst in small doses, only one to two teaspoonfuls at a time and diluted with an equal amount of water. This may be gradually worked up to two ounces.

Various Meat Broths are Good Clear broths made from mutton, beef, veal or chicken may be used at the age of ten or eleven months. Two ounces may be giv-

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first course at dinner. The England character by a new auchief thing to remember about thor, Robert L. Duffus. clear broths of this kind is to remove every particle of fat and to cook them thoroughly.

For a child of eight months or so, it is well to thicken the clear broths with rice, barley or arrownourishment is added. At first give only the broth, later straining in a little of the vegetable pulp and cereal.

Foods For Older Children Milk soups and vegetable purees have more food value than the clear broths and are best for older children. The most common of these are cream of spinach, carrots, peas, beans, celery, potato and asparagus. These are the best ones to use for children from two years to ten years age. lins Spillman. After that time cream of corn. cauliflower and tomato may also

be allowed. Another valuable set of soups for growing children are those made from lentils, legume flour and soy beans. One of these soups with bread and butter, a cup of weak cocoa or a glass of milk and a cookie or a small piece of gingerbread make a nourishing and usually well-liked supper for a child of three years to ten years of age. As the child grows older a larger proportion of soup may be given than when he was only three years old.

HOUSEHOLD HINTS

For the housewife, as well a or the efficiency expert in the industrial plant, there is a shortest and best way of doing everything.

The housekeeper is applying his labor-saving principle when she cuts canned pineapples before taking it from the can by placing knife inside the rings of pineapple and cutting through all the slices at once.

If food scorches it should be emptied into a clean pan which should be set in cold water. This will take away any scorched taste. Water ought not to be poured in kettle in which food has just been scorched. Instead the kettle should be set in a pan of cold water for 15 minutes. This will partially loosen the food particles and the utensil may then be put

After taking a cake from the and place on it a folded dish towel which has been wrung out of cold water. This will loosen the cake from the pan.

Egg yolks may be kept for several days by covering them with water, milk, or olive oil. Whites of eggs can be more easily beaten if a pinch of salt is added.

There is little danger of mayonnaise curdling if the salt, pepper, mustard and lemon juice or vinegar are added to the beaten egg yolks before the oil is mixed

Wet newspapers torn up and scattered over a carpet or a bare floor will aid in keeping down

In removing bedclothes from a bed each cover should be removed separately. This does away with lost motion in making up the bed

AT THE LIBRARY

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"The New England History," rom the discovery of the continent by the Northmen, A. D. 985 to the period when the colonials declared their independence, A. D., 1776, an interesting old work published in 1857, written by Charles W. Elliett. The set is resented to the library by Mr. Mark Poulsen.

'Employment Psychology," the nethods of selection, training and rating of employes, by mental and trade tests, by the observation and impression methods discussed in detail by Henry C. Link. The author arrives at a practical combination of employment meth-ods which should interest both employer and employed.

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