

**Efficient Arrangement of Kitchen Will Eliminate Many Steps for Busy Housewives**

"Woman's work is never done" is an expression which could be banished forever if efficiency were faithfully practiced in the homes, according to Miss Margaret Haggart, professor of domestic science in the Kansas State Agricultural college.

Poor arrangement of utensils in the kitchen is an important cause of waste. Many women double the time of making a cake because they do not group the ingredients all on the table at once. Instead, they cream the butter and sugar, then stop to get the flour or run to the ice chest for a cup of milk.

Only small kitchens can be really efficient. The large kitchen found particularly in the country, necessitates hundreds of extra steps. If stove, sink and table are in the right relation to each other, much energy can be saved. In preparing a meal one should not have to retrace one's steps from sink to table and back again.

To make pancakes for breakfast in the efficient kitchen the housewife takes the materials from the icebox, turns a step to the right where she beats the ingredients on the surface of the cabinet, one more step to the right for the stove. With the last step to the right she lays the cakes on the serving table, and then carries them to the dining room.

Washing dishes becomes an art when labor-saving methods are used, points out Miss Haggart. For a woman five feet two inches tall, the proper height for sink, work table or ironing board is 29 inches.

The ideal arrangement of the sink provides a drain board on each side of the sink. The drainer does away with all wiping of dishes. The glass must be wiped, of course, because hot water cannot be poured on it. Hot water gives to china a polish which will be destroyed if wiped with a cloth.

Energy can be saved if the woman will sit down to work whenever possible. When one stands there is a strain to keep the body erect.

**Life of a Baby Depends On Care and Decent Home Conditions Given Mother**

Reports made by the federal children's bureau show that the chances for life of a baby grow appallingly less as the father's earnings grow smaller. Some of the figures quoted in the report are pathetically eloquent. The report is made upon studies of infant mortality among 13,000 babies in eight American cities, typical industrial cities of the East and middle West.

Here are some of the statistics: One-fourth of all the fathers earned less than \$550 a year. It was found that in such families one baby in every six died. Only about one-eighth of the fathers earned \$1,050 or more, and it appeared that in this class only one baby in sixteen died. It is asserted that the rise of prices and the disorganization of social and industrial life on account of the war accentuate the importance of this persistent relation of income to infant mortality.

The final deduction seems to be embodied in these words: "These studies show that to provide mothers' care and decent home conditions, the fathers must have adequate incomes. In Manchester, N. H., nearly one-fourth of the mothers whose husbands earned less than \$450 a year were gainfully employed; only about a tenth when the husband's wages were \$1,050 or over. The babies of mothers who went out to work died at more than twice the rate of more fortunate children."—Rochester Democrat and Chronicle.

**Proper Clothing Prevents the Ever Obnoxious Colds**

Few are aware of the importance of properly clothing our bodies to prevent taking cold, states a writer in the Christian Herald. There are two points always to be kept in mind when thinking of proper clothing. First, all clothing must be porous, or pervious, and the other is that the extremities should be kept warm.

If we recall the fact that when we live proper lives the skin exudes as much moisture in the 24 hours as the lungs do, and that the lungs and skin eliminate as much moisture as the kidneys, we see how imperative it is that we take proper care of the skin, so that it may perform its natural functions. The wearing of impervious garments prevents the escape of the perspiration and tends to disease.

If we decide to wear only porous clothing, we must exclude furs from our wardrobes; but this would upset the fashions, which would never do. And we wear furs around our necks, just the place where they should never be worn, for the neck never suffers from cold naturally. We constantly neglect the extremities, allowing them to become cold, while we wrap our necks with the skins of animals.

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## SAGE AND SULPHUR DARKENS GRAY HAIR

It's Grandmother's Recipe to Restore Color, Gloss and Attractiveness.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this famous old recipe, improved by the addition of other ingredients, for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, glossy and attractive.

Wyeth's Sage and Sulphur Compound is a delightful toilet requisite for those who desire dark hair and a youthful appearance. It is not intended for the cure, mitigation or prevention of disease.—Adv.

**LISTEN TO THIS!**  
**SAYS CORNS LIFT**  
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You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezone applied directly on a tender, aching corn or callous stops soreness at once and soon the corn or hardened callous loosens so it can be lifted out, root and all, without pain.

A small bottle of freezone costs very little at any drug store, but will positively take off every hard or soft corn or callous. This should be tried as it is inexpensive and is said not to irritate the surrounding skin.

If your druggist hasn't any freezone tell him to get a small bottle for you from his wholesale drug house. It is fine stuff and acts like a charm every time.—Adv.

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**Something Sinister.**

Dr. William H. Crawford, president of Allegheny college, said on his departure to do war work at the front: "Don't ask me for an interview. There is something sinister about an interview. It suggests that I'm never coming back."

"Yes, you make me feel almost as blue as the rich old fellow whose little nephew said:  
"Uncle, will you please make a noise like a frog?"  
"Why, Willie!" said the rich uncle, laughing heartily, "Why on earth do you desire me to make a noise like a frog?"  
"Because," said Willie, "whenever I ask papa to buy me a pony or bicycle or anything, he always says: 'Wait till your uncle croaks.'"—Exchange.

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**A Unique Suggestion.**

A constable in a Vermont town recently rounded up a number of hoboes.

"Come along," he said to them. "You have all got to have a bath."

This announcement was, of course, received with considerable perturbation, especially by the eldest of the men.

"What!" he exclaimed. "A bath! A bath with water?"  
"Sure thing," said the constable.  
"Look here, Mr. Constable," said the apprehensive one. "Couldn't you manage it with one of them vacuum cleaners?"—Case and Comment.

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