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HOW GOSSIP BREAKS UP WOMEN'S CLUBS.

IN the current issue of Farm and Fireside Hilda Richmond writes an article urging the development of clubs among farm women, but she issues the following warning:

"Only one thing is fatal to the happy social life of any country community, and that is gossip. If the ladies cannot find in the wide field of house-keeping, chicken-raising, preserving, care of children, public schools, music, art, reading, public improvements, good government, health, sewing, entertaining, and all other delightful household tasks, enough material to lift the meetings above petty personalities, then the little club, or whatever it is called, is doomed. Whenever gossip is allowed to creep into any organization people will begin to break up into little cliques or circles or groups, and the whole thing fails."

NEW KIND OF HAIRPIN.

EVERY woman knows how troublesome hairpins are—how they slip out when the wearer suddenly moves her head. H. Jacobson of Fort Worth, Texas, has just obtained a pat-



ent for an improved hairpin, shown here. The pin is provided with a pair of springs that grip the hair and make it impossible to jar out the pin.

Summer Hints

FOR bites apply vaseline and burnt alum; lemon juice for bee stings; common bluing for bits of any insect, or vaseline, lard and burnt alum can be applied.

For vaseline stain, soak in cold water for half an hour or longer. Then apply warm water, and finally wash in strong white soap and boiling water. If white goods, put in the sun.

Cream of tartar will remove iron rust. To take iodine stains from linen, make a thick paste of ordinary starch and cover the stains, and then apply heat—either that of the sun or stove. For carbolic acid burn apply vinegar, at once, and then make a poultice of stale bread and vinegar. This holds good for a burn from lye.

For sore feet, three parts salicylic acid powder, ten parts starch pulverized and 89 per cent of pulverized soapstone. Sift into shoes and stockings. For a canker in the mouth, two ounces honey mixed with one-half dram of powdered borax or boric acid powder.

The body requires some protein and fat, and working men can use more than other people; but that does not always mean hot, heavy, meats and gravies. Work in a lot of substitutes these days—peas, beans, cheese and eggs, with nuts, cream and oil in the salad combinations. There are so many ways.

Give the pansies and sweet peas plenty of water, but in the cool of the evening, and be sure the soil is not washed from their roots.

To revive house plants that are drooping, put a tablespoon of ammonia in three quarts of water and sprinkle them freely with the mixture, both plants and soil.

Don't lie awake thinking about the vexing things that happened today and the work in store for tomorrow; sleep will solve the problems better than any amount of night thinking possibly can.

Postage stamps that have stuck together can easily be separated by passing a moderately hot iron over them.

If the night is sultry and the little air stirring seems hot, wet a thin cloth and stretch it across the open window and the air coming through will be cooled.

Fill the house full of cool night and early morning air, then draw the shades on the sunny sides and keep as much of the hot air out as possible.

Fashion Talks By May Manton

A PRACTICAL BATHING SUIT.

HERE IS a bathing suit that is a most excellent one for the purpose, for it can be worn with or without the skirt, and often, when the swimming lesson is in progress or an active bath is to be enjoyed, the skirt is only an impediment. The blouse and bloomers are cut in one and the blouse is made with the kimono sleeves that mean both comfort and simplicity of making and the straight skirt is joined to a belt. Light weight mohair and light weight serge are good materials for girls' suits. There are salt water silks that are good for the purpose and lighter of weight. Which is the best material always depends upon the special conditions. If the bathing hour is to be spent largely in play on the beach, wool of light weight is a good material, since it is apt to prevent chill. In the picture, dark blue mohair is trimmed with salt water satin and with white braid.

For the 8 year size, the suit will require 5½ yds. of material 27, 3½ yds. 36, 2½ yds. 44 in. wide, with ½ yd. 27 in. wide, 5 yds. of braid for the trimming.

The May Manton pattern of the suit 8250 is cut in sizes from 4 to 12 years. Ask your merchant for it.



8250 Girl's Bathing Suit, 4 to 12 Years.

Designed by May Manton.

Necessary Care of Teeth

PERHAPS you think that your teeth are not a conspicuous part of your final make up. If you do, you are very much mistaken. They are most valuable adjuncts to both your beauty and your health. We have seen more than one pretty girl smile, showing a set of ill-kept, yellow teeth, and spoil the whole effect secured by her facial beauty. If your teeth are in bad condition, that means you will have a bad breath, and nothing can be more offensive than this. We would not try to compete with a dentist, but there are lots of things that girls can do at home to prevent this dreaded visit to the dentist. Like everything else important, however, it takes a few moments of your time, now and then.

Mothers should begin with their children when they have their first set of teeth. These should be kept in good condition as long as possible. If the teeth have a tendency to be brittle, be sure that is caused by some internal condition, and your physician should be consulted. Lime water used frequently is about as good a preventive for the breaking of young children's teeth as anything, and can be compounded at home. Put a teaspoonful of clean, un-slacked lime in a pitcher, pouring about two quarts of water over it. Stir this up until it has a milky look, then let it stand until it has settled and becomes quite clear. Pour this water off and refill the pitcher with pure water. Stir thoroughly, let it stand until it has settled again, then pour off that water and use frequently. Give the child two or three tablespoonfuls in milk or water during the day.

Much harm is done by the careless use of highly scented and injurious tooth waters and powders. There are

many proprietary articles that are excellent, but there are just as many that contain acids and gritty substances that are ruinous to the enamel of the teeth. The teeth can be kept perfectly clean by the use of a little precipitated chalk once a day, and warm limewater at night. Listerine and myrrh are harmless and very effective lotions for the teeth, and can be used in place of proprietary articles whose ingredients are a mystery.

If your teeth are set rather far apart, thus allowing particles of food to lodge between them, then use a quill tooth pick or dental floss. Needless to say, this must be done in the privacy of your room and not at the table. If tartar is inclined to form at the root of your teeth, you should use lemons and acid fruits, and occasionally use magnesia. Rinsing the mouth out with a solution of camphor is also beneficial.

A great many foreigners found in the working class of today have exceedingly white teeth, well preserved, and physicians say this is caused by the almost universal use of salt for cleansing teeth. This is not recommended for a twice-a-day method, but by using it two or three times a week great benefit will result. It destroys many deposits that are injurious to the teeth, and gives firmness to the gums.

Let us impress upon you the great necessity of visiting a dentist once every year. If your teeth are apt to decay then go twice a year. The majority of women wait until they have a toothache, then rush to the dentist for help. Many of these trips could be avoided and large bills kept down to a minimum by these semi-annual visits. The dentist sees at once some little decay that is just starting, and which, if

not treated, would mean the entire loss of the tooth. Once your teeth begin to decay, then nothing but the skill of an expert will help you, but the thing to do is to take good care of them, to prevent the decay and keep your breath sweet and fresh. The remedy of all remedies is, of course, cleanliness, and night and morning should see you with teeth well brushed and mouth well rinsed by some harmless lotion.

Recipes

Spinach.

Clean thoroughly, cook for ten minutes in boiling salted water (one cup water to one pound spinach). Drain, chop very fine or run through the meat grinder, add one onion which has been chopped fine. Melt one tablespoon of butter, add one tablespoon flour and one cup of soup stock. Cook until smooth, add one tablespoon of grated cheese, salt and pepper and pour over chopped spinach. Serve with hard cooked eggs.

Green Pea Souffle.

Cook peas about done, have ready a sauce made as follows: Into a skillet put a tablespoon of butter, let melt and stir into a tablespoon of flour, add one cup of milk, and let come to a boil, pour this over the peas and sprinkle the top with browned bread crumbs, and let bake a few minutes.

Green Pea Pudding.

Cook peas tender. To each pint of cooked peas, add a cup of sweet milk, one egg, one teaspoon of sugar, and half a cup of fine bread crumbs. Mix well and bake long enough for the egg to set. Do not let bake too long or the custard part will whey.

Apple Custard Pie.

Grate four apples, add yolk of two eggs, saving the whites for the meringue, one-half cup sugar, two table-spoons of cream, add nutmeg to suit taste. Bake the same as any ordinary custard pie. When done, cover with meringue, made from the whites of the eggs. Put in oven and brown.

Baked Liver.

Few people know how delicious calf's liver is when baked instead of fried. Place whatever quantity you have, in a chunk (not sliced), in a small pan with a little water and a generous lump of butter. Salt this well and baste often. When it is sufficiently done it usually shrinks to about half its original size. When served hot it is delicious, but when served cold and sliced and garnished, it makes a real delicacy for supper. Any bit left over makes a nice addition to the school luncheon.

Baked Pumpkin.

Peel and cut some pumpkin into dice and stew until tender, but not soft. Drain and when cold place in a buttered baking dish, add half a cupful of sugar, a saltspoonful of salt and a tablespoonful of butter. Bake brown.

Apple Cake.

Cream together a half cupful of butter and two cupfuls of sugar and beat into them a half cupful of milk and five whipped eggs. Last of all, add three cupfuls of flour into which have been sifted two small teaspoonfuls of baking powder. Bake in layers. When cold make the filling by heating in a double boiler a cupful of apple sauce, adding sugar to taste, and then beating in gradually the yolks of two eggs and the juice of a lemon. Cook, stirring for a minute, and set aside until cold before spreading on the cake.

Wellesley College Fudge.

Put a pint of cream and two cupfuls of powdered sugar in the chafing dish, and stir gently to avoid scorching until the mixture begins to boil. Then add one-quarter of a pound of unsweetened, grated chocolate. The mixture should just bubble over a very moderate heat for about nine minutes. When sufficiently cooked, add an inch and a half cube of butter, stir vigorously and beat steadily for eight minutes, adding half a pound of fresh marshmallows cut into shreds and a quarter of a pound of chopped pecan meats. Turn into a buttered pan, and as it begins to harden mark into squares.