

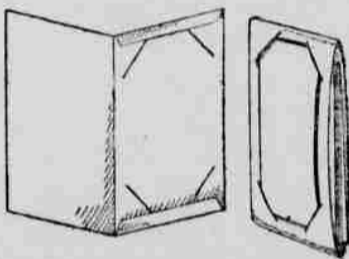
**Inventions and Appliances**

**ONE HAND SHOESTRING.**

**A** SHOESTRING that can be laced with one hand and does not need to be tied has been brought out by an ingenious French inventor. At the lower end this string has a small eyelet which permits the making of a loop through the first eyelet of the shoe. After lacing the shoe to the top and pulling it tight, the upper end is adjusted to the right length by means of a diminutive buckle to which is attached a spring having a ring on the end. The string is fastened by slipping the ring over the topmost hook.

**HOMEMADE LOOSE-LEAF POCKET MEMORANDUM.**

**T**HE little memorandum illustrated herewith is very handy to carry in the coat or vest pocket for taking notes, etc. Loose leaves may be supplied with very little trouble. It con-



The Holder is Made of Heavy Manila Paper and Will Stand Considerable Wear.

sists of a fold of paper, cut as shown and pasted at the ends. The pocket thus formed will easily hold 2 dozen sheets and the slits cut on the outside will admit 8 sheets.

**SAFE HEATER FOR GARAGES.**

**T**HE advent of cold weather brings with it grief for the owner of an auto who has not yet brought himself to see the economy of heating his garage. There has been put on the market recently a safety garage heater which is built on the principle of the miner's lamp, and cannot explode even when gasoline fumes are heavy in the garage. Either artificial or natural gas may be used in this heater, which is only 9 in. wide, 38 in. high and 40 in. long. It is mounted against the wall on brackets, warm air is discharged at the top and the sides do not get hot at all. An auto may be placed right next to it without danger of blistering. A pilot light which never goes out takes care of the heater, and all the garage owner has to do is to turn the gas valve for more heat. It is economical in operation and affords protection from winter troubles, such as frozen radiators and water jackets, gummy oil and starting difficulties.

**STERILE COVER PROTECTS MILK PAIL.**

**K**EEPING the milk pure and uncontaminated from its source is the intent of the invention recently put on the market and illustrated herewith. It is a milk-pail cover of cloth,



with two funnel-shaped metal tips, equipped with small wire hoops to be hung from the fingers of either hand while milking. The cloth cover is clamped on the milk pail with wire clips and tube-like projections from the cover permit free movement of the hands while milking.

**NEW EXERCISING MACHINES.**

**T**WO ingenious exercising machines, both of which are operated after the manner of a bicycle and bring the same muscles into play, have recently been brought out in France. One of these combines exercise with utility,

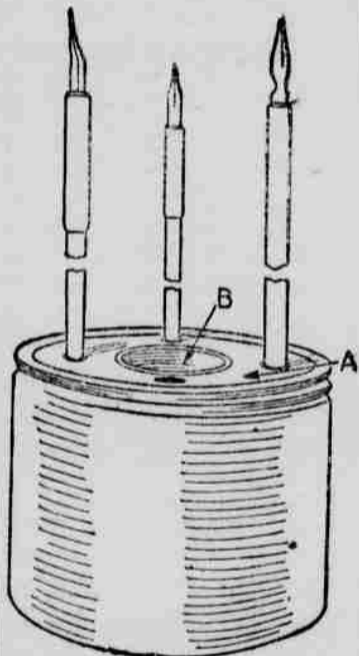
while the other is designed to oppose a definite and uniform resistance to the action of the muscles. In the first machine the flywheel is connected with a small dynamo, so that the user, while getting good exercise out of it, is at the same time storing up electrical energy in a storage battery, which can be used for lighting or other domestic purposes. This machine comes in two types, one having a battery of 12 volts and 12 amperes, and the other, designed for stronger persons, having a battery of 12 volts and 25 amperes. It takes about an hour to charge the battery, which is capable of operating small metallic-filament lamps. By means of a dynamometer connected to the second machine, the exact resistance that is advisable in view of the condition of the muscles and state of health of the user, may be determined, and this machine is to be used for graduated exercise under the instructions of a physician. This machine is also supplied with measuring instruments which record the rate of revolution of the pedals and give full data as to the amount of energy expended by the user.

**BRUSH FOR SOLDERING ACID.**

**A** GOOD brush for applying acid to articles for soldering can be made of a piece of small copper pipe for the brush. To make the brush part take a piece of cardboard about 1 1/2 in. wide, and wind several turns of No. 28 gauge copper wire around it then remove the coil, insert about 1/4 in. of it in the pipe, and flatten the latter to hold the wire. (Clip the ends of the wire, and a brush will be had that ordinary acids will not affect. If only a short piece of pipe is available, it can be used as a ferrule and a handle made of wire or wood.

**INKWELL AND PENHOLDER.**

**A**N EMPTY paste pot with a well in the center makes an excellent inkwell and penholder. Fill the exterior well A with cement or plaster of paris push the number of penholders to be held into the cement



before it sets, moving them about occasionally to prevent the cement from sticking to them and to make the hole a little larger than the holder. The part B is for the ink.

**MANY MODERN FARM HOMES.**

**W**ITH present day inventions it is quite possible and at comparatively small cost for the Farm Home to be made completely modern. Many of the up-to-date farmers are doing this very thing. They are installing a water pressure system, which furnishes water under sufficient pressure to not only supply it to any part of the house or barn where needed, but to be of inestimable service in case of fire.

The air tight tank in which the pressure is stored can be placed anywhere about the premises. A small gasoline engine to furnish the air pressure is all that is needed. Water can be forced from the source of supply fresh and cool to any place desired by this system. It is easy to see what a revolution this means to the farm home to be thus equipped with a bountiful supply of pure fresh water for any purpose and

**Health and Sanitation**

**CLEANLINESS IN SICKROOM.**

**N**EVER leave food in the room, and in serving meals place small portions on the tray. Do not discuss diet with the patient. If frequently-changed traycloths are not convenient, use crepe paper napkins. Cleanliness is an inviolable sickroom rule. Keep the bedding smoothed and the pillows turned without annoying the patient. There is a danger line between restful attention and over-solicitude. Fresh air from all points of the compass is the ideal condition, and keep as close to that as circumstances permit.

**MAN'S FRIEND, THE DOG.**

**T**HE brain of a dog is more like that of a man than that of any other animal, says Dr. S. K. Johnson, head of the New York Veterinary College, and the more he learns about dogs the more he says he is impressed with the belief that we are just beginning to understand them. He even goes so far as to infer that the dogs may have souls. When one considers the remarkable intelligence of the dog the question naturally arises as to why we should deny that they do have a soul. He is the best friend a man can have. He never finds fault with his master and will suffer all the privations of his male companion, and, no matter how badly treated, will welcome his master when the latter returns to his home.

**COTTONSEED AS A FOOD.**

**A**BOUT everything in the vegetable kingdom can be used as a food for man. One after another of the articles that have been deemed only fit for beasts of the field is becoming recognized as fit also for man. Methods of preparation are being constantly developed whereby they are being transformed, the indigestible elements being

eliminated and the digestible retained. One of the latest of these is cottonseed, which government experts have demonstrated can be made palatable when mixed with corn meal or wheat flour. Thus prepared, the combination contains twice as much digestible protein as beef flank, three times as much as eggs and twice as much as mutton.

Cottonseed meal is also very rich in fat, having twice the fuel value of eggs and one-half more than beef loin or mutton. It is thus an excellent meat substitute, as a pound of protein in cottonseed form costs only 5 cents, while in steak form it costs 73 cents, and as eggs \$1.06. The time will come when cottonseed compounds will be retailed in the grocery stores as much as some of the present breakfast foods, and perhaps to a greater extent because of its greater food value.

**A CHEERFUL VISITOR.**

**A** CHEERFUL visitor is a blessing and a speedy flight of any visitor certainly adds brightness to the blessing. Doctors usually sniff at much visiting, and I remember one wise, wonderful physician who fairly growled his "Keep out of the room" orders to all the family and kindly-disposed friends even during convalescence. Deodorize and disinfect the room liberally and plunge all bedding, room utensils, and patient's personal linen into boiling water before washing.

In giving baths, alcohol, toilet vinegars, salt, soda, or some favorite preparation will be agreeable in the bath water. Unless a patient insists avoid a night light in the room. Have one ready for immediate use and convenient. Pure, not too cold, drinking water is a patient's most constant refreshment always.

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