

THE HOME, ITS PROBLEMS AND ITS INTERESTS

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Take Chippewa Indian Blood Purifier. The finest blood purifier and spring tonic. 50c a bottle.
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COOL NURSERIES FOR LITTLE TOTS IN BAD WEATHER

Cheerful Rooms Where Young Children Can Play Without Danger--Simple Furnishings.

Though babies and young children should be kept out of doors every day during the summer months, and for as many hours each day as is possible, there are times when the weather is damp, or mothers are unable to leave their work in the house, and then a bright, well ventilated nursery room is a boon to both infant and parents. The tots will be quite as happy in the house with their toys if they are in a light, cheerful place where they can play without being watched, while their mothers, knowing there is nothing in the nursery for their little ones to fall over except the small playthings, no high chairs to climb on and roll off, no rockers to trip the tiny feet, feel free to finish their work without constantly stopping to amuse the tots and are relieved from tending the babies in chairs, where they usually cry because they want to be on the floor.

Play in One Room.
It is much healthier for the little ones to play in their nursery than to be moved from one room to another while the mothers cook, or clean the rooms, and the prettiest kind of a nursery can be fixed at very little expense if the parents have a little ingenuity and can spare the time from their necessary household duties.

Instead of carpets put a light blue or light green denim, costing 15 or 17 cents a yard, on the floor and then lay blue and white or green and white rugs. If you want to make the floor more attractive. These rugs may be made at home by sewing together the green or blue denim strips and later the white ones, then braiding them into a square or oval mat. Place the mat beside baby's crib and the bareness of the floor is relieved.

For the windows make light white ruffled curtains of dotted Swiss with a deep flounce. Leave the rest of the room empty, except where the crib stands, so the tots can throw around their toys and have plenty of space to run and play in, with no danger of falling over anything and getting badly hurt. Let the little ones keep their toys all over the room when they play, and the mothers, the playthings away in a corner before they go to bed, for in that way they will learn to be orderly and at the same time save the tired mothers the trouble of picking up the toys after they have gone to bed.

HOW STENOGRAPHERS CAN HELP FIGURES AND FINGERS

Girls whose work requires that they shall use typewriting machines many hours of the day do not, as a rule, carry themselves well, nor are their fingers well shaped. Both of these defects are more a result of carelessness or ignorance than anything else, but it is so easy to avoid them that the effort is worth making. It consists in fingering the machine keys properly and sitting correctly. Unless the latter is done not only will shoulders be rounded, but after a few years hips will be larger than they should, for sedentary occupation has a tendency to make women acquire flesh about the waist.

A person should always sit so that the tip of the spine is straight and not bent under. It is as a rule curved, because persons rarely sit way back in a chair. Instead, they are about in the middle of it, and then the shoulders back. This throws the weight of the body on muscles only indirectly connected with the spine and nearer the hips, and the latter grow large. At the same time the spine ceases to be straight, and the result is a poor figure and bad carriage.

Nothing is more important to a woman in any work for which she sits than that she shall be as far on the seat as the chair back will permit. This will bring the tip of the spine into position, and if she stoops then it must be from the shoulders, which is a degree better. Any forward movement, always should be made from the hips. It will, however, be easier to sit erectly when the spine is properly placed, and the round and bent look so commonly seen will be prevented. Every stenographer should have one of those chairs made with a small sliding bar fitted to a curved brace which permits of a support to the back placed in the position most needed. If one of these is not provided by the office in which one works it is worth a girl's buying it. These same chairs, by the way, should be used by all women sewing much, for they are a great assistance in sitting properly. In a correct pose a girl can work longer without fatigue, as the muscles best fitted for support are giving it.

Noticing unglued hands in street cars at this season of the year, it is frequently not difficult to tell a stenographer by the shape of the nails of fore and middle fingers and thumbs. Both are worn down at the side from striking the keys and spacers, and the fingers are also flat at the sides. This is most easily avoided by holding the keys at a little different angle, at which quite a rapid work can be done, but without bad effects. The general inclination seems to be to strike the keys at such an angle that the nails hit. This is a result of curving the fingers too much, for if they are held a little straighter they will be struck by the finger tip without the nail. This is, of course, a saving, and worth practicing to attain.

The way the nails are trimmed will also have something to do with this. If a person has square nails it is a mistake to file them down at the side to make them oval. The result will simply be a general flatness, for unless the flesh at the sides of the finger tips has become broad. Doing this is most common fault of inexperienced manicures and the defect in fingers most often seen if the nails are naturally square trim them on that line, being sure to keep up the corners. Snap the fingers themselves by pinching them at the sides to train them into a tapering shape, which will be greatly helped if the finger tips are soaked five minutes every night in warm almond oil and then bound separately snugly, but not to stop circulation. This persistently done for weeks will accomplish much, but it will take some time.

As no person can keep in good physical condition without some exercise a girl who is chained to a desk all day except at her luncheon hour should take five minutes out of that to use all her muscles and keep her circulation active. One that will be most restful to a stenographer whose wrists and fingers are tired is that of devitalizing her hands and then shaking them violently. De-



CHARMING DEVELOPMENT OF THE SHIRT WAIST SUIT.
The shirt waist suit knows no wane of popularity, and charming conceits in this eminently useful as well as stylish conceit appear almost daily. That illustrated offers some note of novelty, not only in the blouse, but likewise in the very clever arrangement of the skirt panels. The material is a crepe de chine, the one-seam kind, as the shopmen call it, the color white, and the embroideries done in shades of "old" blue. There is a shirring over the shoulders back and front, in the form of a shallow yoke, and the fullness from this is drawn down snugly into the embroidered blue velvet belt. The skirt is shirred to match the waist, and panel effects are introduced alternately high and low, shirred flounces making the extreme of fullness around the foot. The petticoat or drop skirt has a shallow flounce of princess haircloth to afford the required "flou" to the skirt.

DELICIOUS ICED DISHES FOR SUMMER REFRESHMENTS

With the coming of summer, the custom of serving fancy iced beverages is noticeably obtaining favor, and fortunate indeed is the business collector, or society that, while "summer days do last," can proclaim a "cup" that delights the eye as well as the palate, as original with themselves.

With this consideration in view, the following recipes are suggested and will be found to combine superior excellence with the elusive charm of novelty:

Tutti Frutti Cup.
Place in a large mixing bowl a cupful of stoned cherries, cut in halves, one shredded pineapple, a pint of crushed strawberries, and a small glass of barbed sugar. Sprinkle liberally with powdered sugar, add a dusting of grated nutmeg and the grated yellow rind of one orange; place the ingredients directly on the ice for two or three hours to chill and ripen. Boil together in a granite saucepan three cups of granulated sugar and a quart of water for ten minutes; remove from the fire, and when cold stir in half a pint of lime juice and one peeled cucumber cut into dice. When ready to serve dress a block of crystal ice in a large china punch bowl with clusters of large cherries and sprigs of rosemary; blend the two mixtures quickly but thoroughly together, and pour slowly over the ice.

Old Colonial Ginger Cup.
Steep half a pound of sultana raisins and a cupful of currants in one quart of boiling water for half an hour, then strain and when cold add a teaspoonful of almond extract, half a cupful of preserved ginger, the juice of four oranges and two lemons, two cupfuls of powdered sugar, three tablespoonfuls of grated coconut, and half a teaspoonful of ground cinnamon. Place in the ice-box until thoroughly chilled and when ready to serve pour a quart of iced ginger ale, serving in tall crystal glasses, half filled with shaved ice.

Chocolate Parfait Amour.
Place in the double boiler a pint of rich milk and when almost boiling stir in a small cupful of grated chocolate mixed with a little cold milk and five tablespoonfuls of granulated sugar, allowing it to boil until quite thick; remove from the fire and while still warm beat in three stiffly beaten eggs and a scant teaspoonful of vanilla extract. Place on ice until very cold and then stir in lightly a pint of sweetened whipped cream and two cupfuls of finely chopped ice, diluting to the required consistency with Apollinaris water. Serve from a high chocolate pot into tall cups that have been frosted with a vanilla meringue.

Mint Cordial.
Soak a small cupful of bruised mint leaves in the juice of three large oranges and six lemons for half an hour, then add half a pint of sherry wine, a pint of red raspberries, and a quart of thick sugar syrup, made by boiling a quart of water with five cupfuls of sugar for ten minutes; mix thoroughly and place in the ice chest, adding just

before serving a siphon of seltzer. Pour into a high glass tankard, garnishing with a bouquet of fresh mint.

Marmalade Cup.
Dissolve in hot water a pound of fresh marshmallows, adding two cupfuls of cream, half a cupful of orange juice, and a pint of Italian meringue; whip the ingredients until light and creamy and coloring a delicate pink with a few drops of beet juice. Now add slowly in equal quantities lead milk and vichy until of the consistency of thin custard, serving in long-stemmed glasses, dusted lightly with grated nutmeg.

Creamed Coffee Melange.
Prepare two quarts of very strong black coffee, adding seven tablespoonfuls of condensed milk, a small cupful of hot milk and two small cupfuls of sugar; allow it to become very cold and serve as follows: Into a tall chilled glass put two tablespoonfuls of vanilla ice cream, fill with the iced coffee and finish with a tablespoonful of sweetened whipped cream flavored with almond extract. If preferred a small quantity of cognac may be added to the coffee.

Fruit Punch.
For eight quarts take nine lemons and six oranges, slicing them into a large mixing bowl, and pouring over them a quart of weak tea, when quite cold strain and add two cupfuls of sugar, three tablespoonfuls of red currant juice, large cupful of honey, a quart of mixed fruit (berries, currants, and shredded pineapple), a quart of claret wine, and a dash of phosphate. When ready to serve stir in a quart of shaved ice, a pint of Maraschino cherries and a quart of pineapple juice to make the desired quantity. Serve in a large crystal punch bowl, decorating the edge with clusters of currants dipped in pink fondant and festoons of amilax.

Fried Breast of Chicken—Cream Sauce.
Cut the entire breast, including the wings, from a young roasting chicken. Split the breast down through the middle, making two pieces of it; then cut off the tips and middle joint of the wings, leaving the upper part, which is attached to the breast.

In one dish have a well-beaten egg and in another some very fine cracker dust or bread crumbs. Mix with the crumbs a palatable amount of salt and pepper.

Season the chicken breasts with salt and a very little red pepper. In a wide, flaring kettle or deep frying pan over the fire have enough smoking hot fat to swim the chicken breasts in.

Dip the breasts in the beaten egg, so they are thoroughly moistened with it, then roll them in the crumbs; drop them in the hot fat and fry them a rich brown. Do not let them fry too fast. When properly done serve on a hot platter with a rich cream sauce. This is a delicious luncheon dish. Serve green peas and a lettuce salad with it.



FOR COOL SUMMER DAYS,
Quite a necessary adjunct to every woman's wardrobe is a gown of some sort for cool summer days and there is no more attractive and serviceable material than pongee in natural color. In this instance, the design shows the fullness over hips confined in small tucks and five wide circular tucks with the bottom.

The draped bodice has a bib front and rolling collar of Oriental embroidery in light shirring and two narrow ruffles of ecru lace trim across front. A band of brown velvet ribbon joins the front pieces. A straight cuff, edged top and bottom with narrow lace and bordered with brown velvet ribbon serves as a finish to the short sleeves which are tucked over the shoulders.

TO COOK TOMATOES

Tomato Catsup.
Sift a peck of tomatoes and boil them in an earthenware or enamel pan till the juice is extracted and the pulp is dissolved; then strain, first through a colander and then through a hair sieve. Stir into this one tablespoonful each of black pepper, pounded cloves, celery seed tied up in a bit of muslin, three ounces of mustard, one ounce each of salt and powdered mace. Boil this all for five hours, stirring for the last hour. Put in a jar and leave it in the cellar on a stone floor for twelve or fourteen hours; then lift out the celery seed and bottle the pulp, sealing and storing in a cool, dark place.

Jam and Jelly.
Choose perfectly sound, ripe and well-colored tomatoes, quarter, core and peel them, and put them in the preserving pan with an equal weight of loaf sugar; when this jellies on the spoon pour it into pots and paper down at once.

For tomato jelly quarter the fruit and draw it down over a clear fire till all the juice is extracted, then finish off like red currant jelly.

Some housewives allow the grated rind and strained juice of a lemon for every four pounds of tomatoes, while others, again, add a little powdered ginger to the jam; but these additions are quite matters of taste.

THE HUGE VEIL

For Wear in City or Country in Warm Weather.
The all enveloping automobile veil is no longer smart outside of an automobile, but in its place countless yards, apparently, are now draped at random over the fluffly lace or stiffer leghorn hat. In the cars a medium sized maid veil is most fashionable, but for the country wide squares of chiffon are worn, sometimes thrown back over the hat, quite frequently brought down tightly over the shoulders, which is also for driving or tennis to keep the hat firmly in place. The chiffon is also allowed to float down gracefully over the face.

It is hard to combine the practical, serviceable, and beautiful, in a chiffon veil, for the color which is prettiest and most becoming will fade in a distressingly short time, while the dull browns and dark greens, which are alone sensible as protection against sunburn and glare, are seldom becoming, and never attractive with a light and gaily muslin gown. It is well to be provided with one or two veils of each description so that according to the fancy of the moment one may be comfortable or beautiful. These are very simple to make, as they consist of nothing in the world but a large square of chiffon hemmed neatly all around.

With a dark hat for traveling or for the city a chiffon veil should match the shade of the costume, but with gray and the black and white checks and plaids, black veils are always best. The smartest of these chiffon veils are exaggerated long and wide—without being exaggeratedly large—and have a deep hemstitched border. The chenille or velvet dot should not be too large, but almost all the veils have a dot of some kind. Black veils with white dots and white veils with the black are effective, but the white veil must be kept for the country.

Lace veils are always more or less popular, and this year are as much in vogue as ever. This kind is always worn alone; never in combination with either net or chiffon.

The woman or girl who is not blessed with waving locks has indeed a hard time at the seashore, and try as she will it seems well-nigh impossible to keep neat and trim, for no one cares to wear a face veil all summer. A hair net is the only solution to this most harassing problem, and although the net will have a dot of some kind, black veils with white dots and white veils with the black are effective, but the white veil must be kept for the country.

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THE LATEST HOSE

The shops are displaying half and three-quarter length hosiery, white and tan being the favorite colors. Athletic women are said to favor them, but it is doubtful whether they will be adopted by other women than those who cater to ultra whims. Many women follow the caprices of fashion not because they honestly want to, but for fear they would be criticised if they didn't.

Hosiery is seen in all the colors of the rainbow—indeed, some of it is very theatrical looking. In varying shades of light and dark violet, greenest grassy greens, queer blues, old rose, reds, odd grays, are the colors and tints that one would not expect to see in hosiery. Following the fad of colored gloves (a whim must be cultivated) we should really not be surprised. Women are accounting objection to these colors on account of the dye, which leaves an unlovely stain on the skin.

Blue, brown, tan, and black for day wear, white and pale colors for evening are in much better taste than these vivid colors. White low ties also demand white hosiery.

Embroidered monograms are finding particular favor, as they are quite easy to do, and admit of individual treatment. For the woman who does not care to

Wield her embroidery needle, the application of lace yields happy results, and is not as extravagant as it sounds, because you can decorate a pair for 50 cents or \$1. For instance, a plain pair of white or black hosiery thread stockings may be trimmed with lace medallions, arrayed in a row, extending from the instep to several inches above the ankle, making three on each foot. Six lace medallions can readily be picked up for 50 cents or \$1.

Fried Tomatoes.
Tomatoes are so good as a salad that it seems too bad to ever cook them. Still, fried tomatoes are delicious and sometimes may be made to serve in place of a meat dish at luncheon. Slice the tomatoes without peeling into rather thick slices. If the vegetable is over-ripe it will fall to pieces in the pan, so be sure that the slices are firm. Dip them in crumbs, brush with oil and again dip in bread crumbs. Fry in a pomodoro. When done, sprinkle with salt and red pepper.

Strir this quickly and pour the sauce over the tomatoes. It will be thick, like a cream sauce. Season with salt and red pepper.

Tomato Chutney.
Make some perfectly ripe tomatoes all tender, then rub them through a coarse sieve, and to each pound of this pulp allow one full pint of vinegar, one-half ounce of garlic, salt and black pepper and cayenne to taste. Boil till they are all tender, then add the juice of three lemons and again sieve it, adding as you do so a spoonful of anchovy sauce; now boil it all again till it is quite as thick as double cream, and let it stand till cold, when you bottle and cover it down closely. Unless this sauce is cooked seven or eight hours over a slow fire it will not keep.

Jam and Jelly.
Choose perfectly sound, ripe and well-colored tomatoes, quarter, core and peel them, and put them in the preserving pan with an equal weight of loaf sugar; when this jellies on the spoon pour it into pots and paper down at once.

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