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WIFE SAVERS

By Mrs. Mary Morton

Corduroy is a kind of cotton velvet which may be washed, provided it is not rubbed, squeezed or ironed, says the United States department of agriculture. If it is made up at home, stitch the seams with a loose stitch to prevent puckering when washed. Before laundering babies' coats or other garments, loosen the lining at the bottom to avoid bagging. Use a solution of mild soap, or, for dark colors which may streak or fade, a solution of soap bark. Soase the garment up and down in the soapy water, changing the water as it becomes soiled. Rinse in several clear waters until no more dirt and soap come out. Hang the garment up dripping wet and so that it will dry in the shape in which it is worn. Dry in the wind, if possible. When dry brush briskly to raise the nap.

Prune Bread

Wash to cleanse thoroughly one-half pound of prunes and stone; with a pair of scissors cut into small pieces the size of a raisin. When the bread is ready to go into the pans add the prunes and knead the dough well to distribute the prunes. Then place in pans and proceed as usual.

When you are basting roast beef a tablespoon of brown or white sugar added to the gravy improves the flavor and color. Salt should never be added to stews, soups and boiled meats until after they are cooked. If put in first it toughens the fiber of the meat and takes out the juices.

A good substitute for coffee or cocoa for serving in the evening with sandwiches or cake is a hot fruit punch. It is made as follows: Four lemons, one-half teaspoon each cinnamon and nutmeg, one-quarter teaspoon cloves, one glass or one-half cup raspberry jelly, two oranges, six cups grape juice, two cups hot water. Squeeze juice from lemons. Add sugar, spices and oranges cut in thin slices. Let stand in a warm place for two hours. Heat grape juice, add hot water and jelly and pour over first mixture. Cover and let stand five minutes. Serve at once.

A hot pineapple punch disposes of the pineapple juice left from the canned pineapple. It is made as follows: Two cups strong tea, one-half to three-quarters cup pineapple juice, three-quarters cup orange juice, two cups boiling water, two cups sugar. Make a sirup of the sugar and boiling

water. Add the tea, freshly made and hot, the fruit juices and more hot water if necessary to give the desired strength and sweetness. Serve hot with maraschino cherries.

Potatoes will bake more quickly if boiled in salted water for ten minutes before being put in the oven. The boiling water will heat them through so they cook in a short time.

A very handy kitchen stool may be made by using a discarded adjustable piano stool. It should be painted to match the kitchen colors and then covered with cretonne.

Imagination, psychologists tell us, is one of the most valued qualities of a child's mind. Stimulate it sanely, and you open up a field of development that is tremendously rich in possibilities.

There is no better place to bring about such stimulation than in the nursery, where so much of a child's time is spent at an age when he or she is particularly susceptible to the influence of surroundings. Thus we have the trend toward Mother Goose wall papers, curtains and furniture coverings of figured chintz that feature ducks, rabbits and a host of other nursery characters, flower and bird prints used as pictures.

Date Salad.—To two oranges add one-quarter pound dates (chopped), one-half cup shredded coconut, one-half cup celery, a pinch of salt. Mix well with salad dressing or juice of one-half lemon to which a teaspoon of sugar has been added. Serve on lettuce.

The drier the cheese the better it is for use in cooking.

A speck of cream of tartar added to fudge while cooking will avoid crumbling when whipped later.

When papering a room remember that large patterns and dark patterns will make it appear smaller, while a plain or striped paper, if of a light hue, will give an impression of increased size.

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HOW'S YOUR HEALTH?

By Dr. W. F. Thompson

For a lot of our trouble—
(And this is the truth)
So often is hidden
On the root of a tooth.

When in doubt apply an ice bag.

When a person faints keep the head low and the crowd out.

Dinners served from swelled cans can not be truthfully called a swell feed.

When kittens get in dirty places They lick their paws and wash their faces.

Perhaps, for kittens, that is natty But don't oh mother, don't be catty

Invest one dollar in prevention and you'll save two in doctor bills.

When with a "cold" you sneeze and sniff, don't forget your handkerchief.

Many an angel owes his wings to the misdirected ministrations of some meddlesome friend.

Oh, curse that fellow with his sneeze—
Co-oh-oo-ing fiend who spreads dis-ease!

Spraying microbes—grippal geyser Like some mammoth atomizer.

What shall we say of the food dealer who paints tainted meat with "sulphite" to make it look "as good as new"?

Speaking of food adulteration, a few years ago an investigator grew a fine crop of millet from strawberry seed obtained from a jar of "strawberry" jam.

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