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of
Great Value
to
Newly Married People

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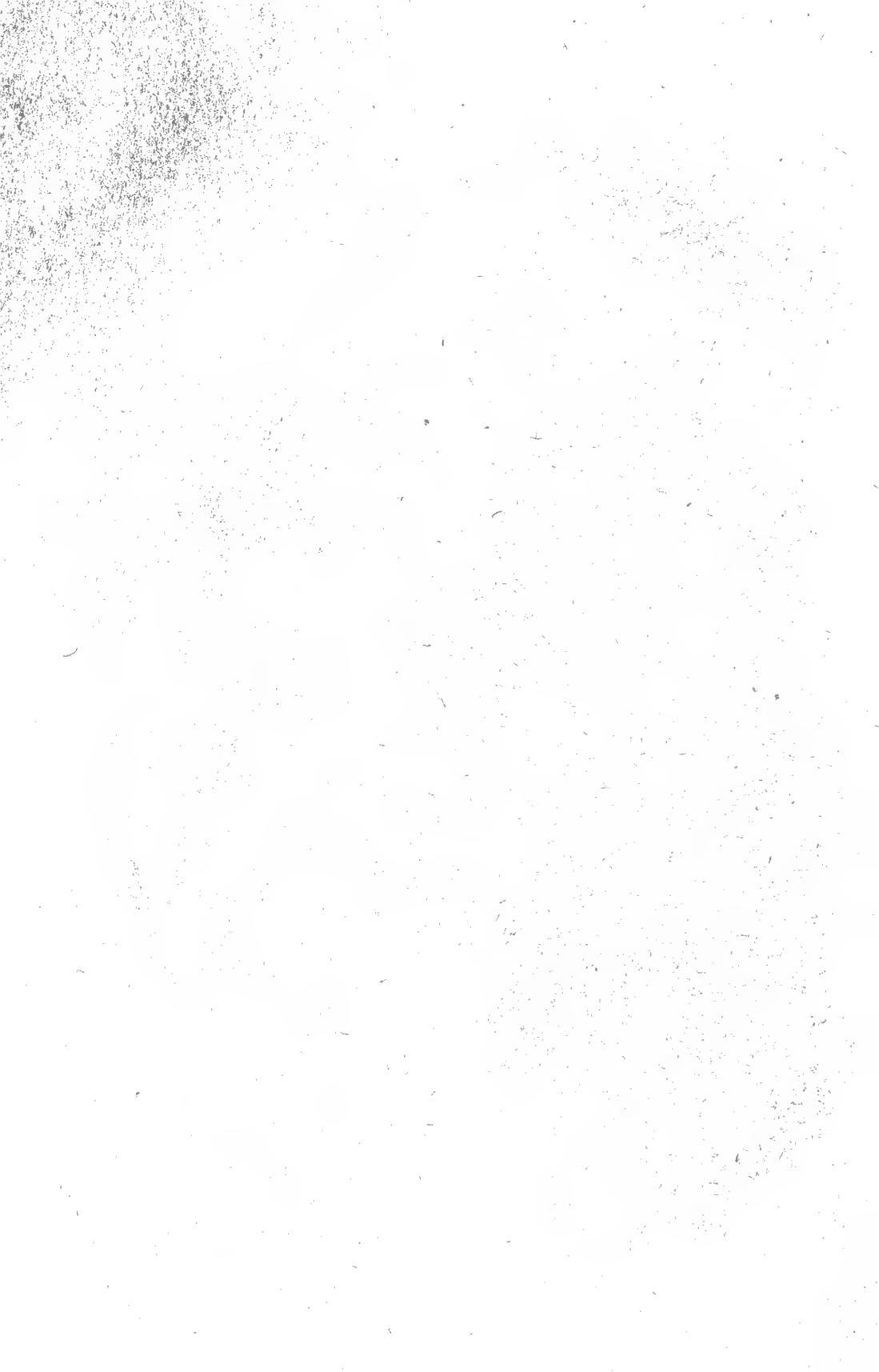
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INFORMATION
OF
GREAT VALUE
TO
NEWLY MARRIED PEOPLE



A carefully compiled and edited collection of such knowledge as is most needed in the homes of the newly married, so indexed as to be readily found when needed

PHILADELPHIA EDITION

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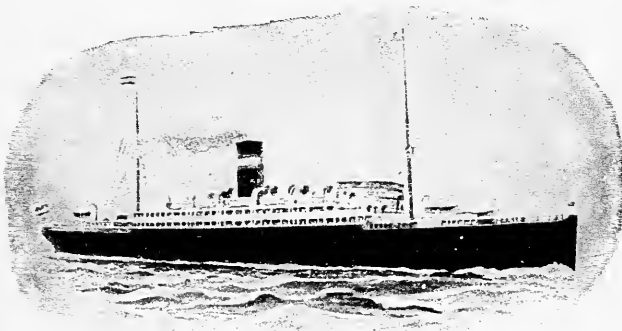
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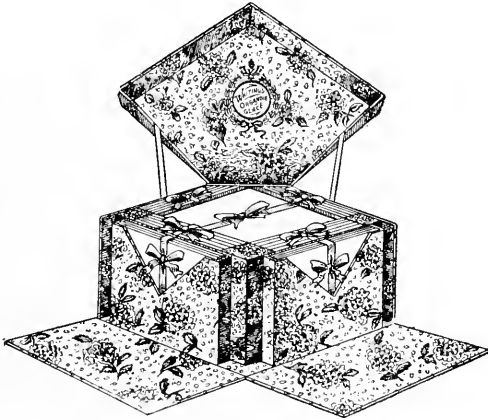
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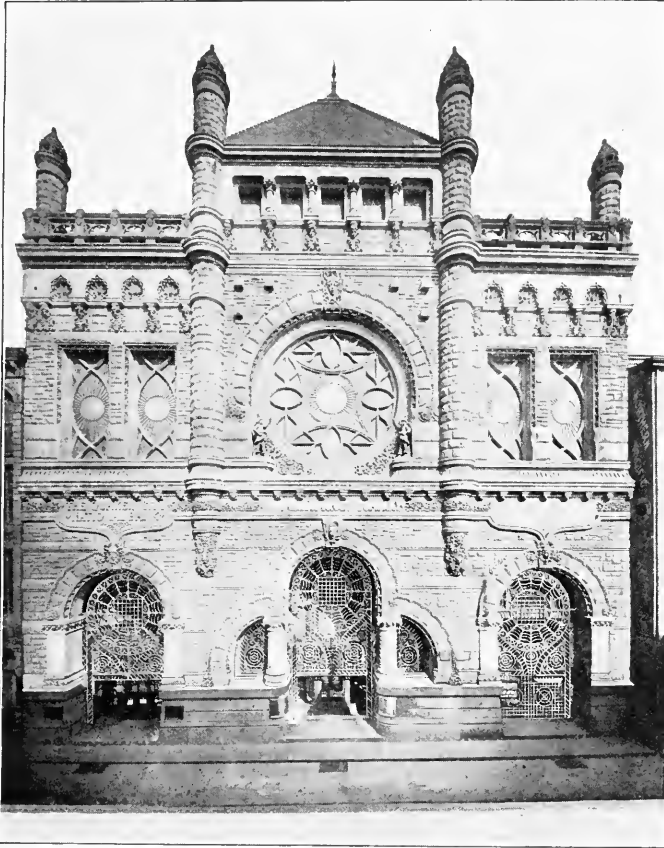
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Births

ANNOUNCEMENTS.

Birth announcements may be printed on four-page baronial (square) stationery, in such form as "Mr. and Mrs. James Robins Blanck announce the birth of their daughter Frances Marie on the Twenty-third of January, Nineteen-nine."

A more popular and attractive way is to have large square visiting cards bearing the names "Mr. and Mrs. James Robins Blanck" for a centre line, with the address at the bottom. Cards about one-sixth the size of these bear the name of the infant in the centre, with the date of birth spelled out in full at the bottom. The two cards are punched in the upper left-hand corner, and tied together with delicate pink or blue baby ribbon, the little card on top. These are mailed out in heavy card envelopes in which they fit snugly.

BIRTH STONES AND THEIR MEANING

MONTH	STONE	DENOTES
January	Garnet	Constancy
February	Amethyst	Temperance
March	Bloodstone	Wisdom
April	Diamond	Innocence
May	Emerald	Fidelity
June	Pearl	Long Life
July	Ruby	Vitality
August	Sardonyx	Fidelity
September	Sapphire	Truth
October	Opal	Hope
November	Topaz	Friendship
December	Turquoise	Prosperity

When You Build, Roof
Your Home with

Pennsyl Old Method



Open Hearth Guaranteed Roofing Plate

Made of the finest *Open Hearth* Steel
and carries an extra heavy coating,
carefully and evenly applied. Every
sheet is carefully assorted, re-squared
and stamped with our name,
brand and thickness.

Used successfully on the finest
homes throughout the
country

Gummey, McFarland & Co.
PHILADELPHIA

Philadelphia Information

POSTAL STATIONS

All of the following receive and forward mail, issue money orders, register mail, and attend to all postal business. All have carriers except those marked with a star:

Stations	Location	Station	Location
CENTRAL,	Ninth and Market sts.	PASCHALL,	6635-37 Woodland ave.
MIDDLE CITY,	1613 Chestnut street	WEST PARK,	S. E. c. 53d & Lansd'e
WEST PHILA,	3110 Market street	Z,	4145 Ridge avenue
C,	1921 Oxford street	MOUNT AIRY,	6658 Germantown av.
NORTH PHILA,	Broad & Glenwood	*BOURSE,	Fourth ab. Chestnut st.
D,	18th and Christian sts.	LOGAN,	1337 Rockland street
E,	Frankford av. & Clementine street	TACONY,	Tulip bel. Longshore st.
FRANKFORD,	4425 Frankford av.	HOLMESBURG,	8056 Frankford av.
GERMANTOWN,	Gtn.& Chelten avs.	TORRESDALE,	Grant av., Torresd'e
CHEST. HILL,	8434 Germantown av.	FOX CHASE,	Fox Chase
MANAYUNK,	4448 Main st., Man'y'k	OLNEY,	Tabor av. & Newtown R.
J,	635 North Nineteenth street	OAK LANE,	Oak Lane
KENSINGTON,	Sepviva & Norris	LAND TITLE,	Land Title Building
KINGSESSING,	Broomall & Balt. av.	*NAVY YARD,	League Island
O,	S. E. cor. 10th & Columbia ave.	BRIDESB'G,S.W. c.	Bridge & Salmon
PASSYUNK,	S. E. cor. 10th & Snyder	*NINETEEN,	S. E. c. Juniper & Mkt.
SOUTHWARK,	1028 S. Tenth st.	*TWENTY-TWO,	Broad St. Station
FAIRHILL,	Hutchinson & Lehigh av.	*FIFTY-SIX,	N. E. c. 12th & Market
NICETOWN,	3633 North Broad st.	BUSTLETON,	Bustleton
L,	Sixth st. & Fairmount avenue	SOMERTON,	Somerton

THEATRES AND AMUSEMENTS.

ADELPHI THEATRE, East side of Broad St. North of Cherry.
ARCH ST. THEATRE (Jewish), North side of Arch St. West of 6th.
BIJOU THEATRE, East side of 8th St. North of Race.
BROAD ST. THEATRE, East side of Broad St. South of Locust.
CASINO, THE, North side of Walnut St. West of 8th.
CHESTNUT ST. OPERA HOUSE, North side of Chestnut St. East of 11th.
CIRCLE THEATRE, 8th St. near Vine.
COLONIAL THEATRE, East side of 15th South of Chestnut.
COLUMBIA THEATRE, 3rd St. near Green.
DIME MUSEUM, N. W. cor. Arch and Ninth Sts.
ELEVENTH ST. OPERA HOUSE, East side of 11th St. South of Market.
EMPIRE THEATRE, 4650 Frankford Ave.
FOREPAUGH'S THEATRE, East side of 8th St. South of Vine.
FORREST THEATRE, S. E. cor. of Sansom and Broad Sts.

BLUMENTHAL'S
Tailor Made, Ready to Wear
CLOTHES



*In Selecting
a
Suit or Overcoat*

You want dressy distinctiveness to appear like yourself, and still be in fashion.

Blumenthal clothes have all the features necessary to make you look as you should—attired in the proper style.

Prices
\$12.50
and upwards

BLUMENTHAL'S
Market and Thirteenth Streets

(ON THE CORNER)

FRANKLIN FIELD (U. of P. grounds), South and 33rd Sts.
 GARRICK THEATRE, South side of Chestnut St. West of Juniper.
 GAYETY THEATRE, East side of 8th St. South of Vine.
 GERMAN THEATRE, Girard Ave. and Franklin St.
 GRAND OPERA HOUSE, S. W. cor. of Montgomery Ave. and Broad St.
 HART'S THEATRE, Norris St. and Frankford Ave.
 HORTICULTURAL HALL, West side of Broad St. South of Locust.
 KEITH'S CHESTNUT ST. THEATRE, 1116 Chestnut St.
 MAJESTIC THEATRE, South side of Vine St. East of 8th and East side of
 8th South of Vine.
 LYRIC THEATRE, N. E. cor. of Cherry and Broad Sts.
 NATIONAL THEATRE, S. W. cor. 10th and Callowhill Sts.
 NEW AUDITORIUM, 745 South 3rd St.
 PARK THEATRE, N. E. cor. Fairmount Ave. and Broad St.
 PENN THEATRE, WILLIAM, N. E. cor. Lancaster and Fairmount Aves.
 PEOPLE'S THEATRE, Kensington Ave. near Cumberland St.
 STANDARD THEATRE, South side of South St. East of 12th.
 TROCADERO THEATRE, North side of Arch St. West of 10th.
 WALNUT ST. THEATRE, N. E. cor. Walnut and 9th Sts.
 PHILADELPHIA BALL PARK, 15th and Huntingdon Sts.
 AMERICAN LEAGUE BALL PARK, 21st and Lehigh Ave.
 WILLOW GROVE PARK, North from N. Broad St. 15 miles from City Hall.
 WOODSIDE PARK, North of West Fairmount Park. (Take Park Trolley.)
 POINT BREEZE RACE TRACK, 38th and Penrose Ferry Ave. (Take Ches-
 ter car starting 3rd and Jackson Sts.)
 PHILADELPHIA DRIVING PARK, 38th and Penrose Ferry Ave. (Take
 Chester car starting 3rd and Jackson Sts.)

POINTS OF INTEREST.

The space from Eleventh to Twelfth and from Chestnut to Market was first chosen by Stephen Girard for his famous college. In the year 1800 here stood an old yellow house surrounded by a peach orchard. After Girard's death it was concluded that the plot of ground was entirely too small, so the larger farm was purchased of Peel at Twenty-first and Ridge Road, where stands the present college, opened 1848.

The old Swedes' Church, with surrounding graveyard, is one of the interesting spots of Philadelphia. It is located in Southwark, in the southeastern portion of Philadelphia, and was the hamlet of the Sven family, of Sweden, who settled here long before the location of Philadelphia was determined. They called the place Wiccaco, which was an old Indian name, meaning "a pleasant place." The first church was built in 1677; the present edifice in 1700, and the parsonage in 1737.

At Ninth and Chestnut Streets stands the beautiful Philadelphia Post Office, which occupies the spot where formerly stood the University of Pennsylvania, as founded by Franklin.

This spot was also made the home of the President in 1800, but before it was finished John Adams came into office and refused to live there. The University now stands at Thirty-fourth and Walnut Streets, having been removed there in 1875.

At the southwest corner Seventh and Market, where the bank now stands, was the house wherein was drafted the Declaration of Independence by Thomas Jefferson.



FURS *of the*
BETTER GRADE

S I E F E R T
The Furrier
1210 WALNUT STREET

Horticultural and Memorial Halls in Fairmount Park are splendidly preserved relics of the Centennial.

The Philadelphia Museum, Thirty-fourth and Vintage Ave. (South St.), covers a space of 84,000 square feet, has the finest commercial and economic library in America—40,000 volumes, an exhibit of the world's raw products; an immense exhibit of utensils, materials and ethnological objects illustrating the lives and conditions of more than fifty different races of savage peoples. More than ten carloads of Philippine materials from the St. Louis Exposition—open daily to the public.

The space occupied from Seventh to Eighth and Walnut to Chestnut was the former site of the famous mansion of Robert Morris, who, after helping the Colonies in the great financial crisis, died in poverty. The great house built there, two stories high, had three sub-cellars. The whole structure was made of the finest marble, with most expensive sculpture and statuary. He was not able to finish the house, and this grand work of folly was taken down piece by piece and sold to other builders. Some of the subterranean passages still exist, they having been so deep as never to have been filled in by after owners. At the corner of Eighth and Chestnut lived Benedict Arnold.

In Franklin Square, bounded by Race and Vine, Sixth and Seventh, on the little eminence toward the north, is the spot where Franklin stood to fly his kite in the interests of electric phenomena.

Just opposite stands the Lutheran Church, wherein were held memorial services for Washington in 1799, at which time Richard Henry Lee, known as "Light Horse Harry," made use of the familiar phrase, "First in war, first in peace and first in the hearts of his countrymen."

At 520 North Seventh Street, in the old house around the corner, lived Edgar Allan Poe during the writing of some of his weird poems.

The first American flag was made by Betsy Ross in the house still standing at 239 Arch Street.

Bartram's Gardens, at Fiftieth and Woodland Avenue, is a most interesting spot.

From the sweet odor arising from a clod of earth, crushing a bunch of English white violets, while Bartram was plowing in England, he was led to study into the history of the violet.

He found this story, that "while Apollo was playing at quoits with his son, one of the quoits accidentally struck the son's head, who fell to the earth dead. Each drop of blood that sank into the ground sprang up a bunch of beautiful, sweet-scented violets." Thus the beauty and fragrance of the violet were bought with the price of blood.

The mythological story so inspired him that he studied other flowers and subsequently became the greatest botanist in the world.

He migrated to Philadelphia and bought the farm on the banks of the Schuylkill. Here he lived in comparative seclusion, planting here and there over his place shrubbery from every part of the globe, many of which trees may be seen at the present time.

The old house still stands, as erected in 1732, and the old wine press and numerous other features of interest add to the pleasure of the student.

Bartram's works are looked upon to-day as standard in our best schools. Christ Church, Second above Market.

The State House at Fifth and Chestnut, also Carpenter's Hall, a short distance below, must, of course, be visited.

FOR
Comfort, Style and Economy



is guaranteed to give entire satisfaction and is sold on its merit. Out of over 200 knitting mills in Philadelphia we have the only plant *originally* equipped to make and sell hosiery direct from "Mill to Wearer."

The Remsen Knit Hosiery is designed to fill the wants of the entire family and is made in all sizes and colors. It is never sold in stores but comes direct from the knitting frames to you.

Send for catalog and let us show you how to cut down your hosiery expense. Write to-day to Dept. N. W.

The Remsen Knitting Mills, Inc.

Front & Clearfield Streets

PHILADELPHIA



Come to us when you need **Gas Lights** Our Assortment is Large

Every known make, and at prices which are just right. We have been in this business 12 years, and are mighty good judges of Gas Lights.—*JUST TRY US*

Ideal Gas Lamp & Mantle Supply Co.

9 So. 5th, (below Market)

104 N. 5th (above Arch)

Fill a Pie with
ATMORE'S
MINCE MEAT

if you want your guests to praise it. Delicate in flavor, rich in substance, clean, pure and fresh.—Ask for it.



TRY ATMORE'S
PLUM PUDDING

The Rush Library at Broad and Christian Streets had its foundation by Dr. Rush and was endowed with about \$2,000,000. This is about the same as the original endowment of Girard College. The present Aldine Hotel was the former home of Madam Rush, in whose honor this library was founded by her husband. It is a beautiful work of art, containing some of the rarest manuscripts, but no fiction, and as a result is little visited by the public to-day.

Interesting modern spots. Cramps' Shipyards, League Island, Baldwin's Locomotive Works, Zoological Gardens, City Hall, new Mint.

NORTH

1 Market, Filbert, Commerce.
100 Arch, Cherry.
200 Race, New, Florist.
300 Vine, Wood.
400 Callowhill, Willow, Noble.
500 Buttonwood, Spring Garden.
600 Green, Mt. Vernon, Wallace.
700 Fairmount ave., Olive.
800 Brown, Parrish, Ogden.
900 Poplar, Laurel, Wildey, George.
1200 Girard ave., Stiles.
1300 Thompson, Seybert.
1400 Master, Sharswood.
1500 Jefferson.
1600 Oxford.
1700 Columbia ave.
1800 Montgomery ave.
1900 Berks.
2000 Norris.
2100 Diamond.
2200 Susquehanna ave.
2300 Dauphin.
2400 York.
2500 Cumberland.
2600 Huntingdon.
2700 Lehigh ave.
2800 Somerset.
2900 Cambria.
3000 Indiana ave.
3100 Clearfield.
3200 Allegheny ave.
3300 Westmoreland.
3400 Ontario.
3500 Tioga.
3600 Venango.
3700 Erie ave.
3800 Butler.
3900 Pike.
4000 Luzerne.
4100 Roxborough.
4200 Juniata.
4300 Bristol.
4400 Cayuga.
4500 Wingohocking.
4600 Courtland.
4700 Wyoming ave.
4800 Louden.
4900 Rockland.
5000 Ruscomb.

SOUTH

1 Market, Ranstead, Ludlow.
100 Chestnut, Sansom, Dock.
200 Walnut, Locust.
300 Spruce, Delancey.
400 Pine.
500 Lombard, Gaskill.
600 South, Kater.
700 Bainbridge, Monroe, Fitzwater.
800 Catharine, Queen.
900 Christian, Montrose.
1000 Carpenter.
1100 Washington ave., Ellsworth.
1200 Federal.
1300 Wharton.
1400 Reed.
1500 Dickinson, Greenwich.
1600 Tasker, Mountain.
1700 Morris, Watkins.
1800 Moore, Sigel.
1900 Mifflin.
2000 McKean.
2100 Snyder ave.
2200 Jackson.
2300 Wolf.
2400 Ritner.
2500 Porter.
2600 Shunk.
2700 Oregon.
2800 Johnston.
2900 Bigler.
3000 Pollock.
3100 Packer.
3200 Curtin.
3300 Geary.
3400 Hartranft.
3500 Hoyt.
3600 Pattison ave.
3700 Beaver ave.
3800 Hastings ave.
Avenue 39 South.
Avenue 40 South.
Avenue 41 South.
Avenue 42 South.
Avenue 43 South.
Avenue 44 South.
Avenue 45 South.
Government ave.
Schuylkill ave.
League Island.

MAIN AVENUES.

The main avenues of Philadelphia are those which cut the gridiron formation of the city on angles. The most important are:

- BALTIMORE**—(In West Philadelphia only). Starting from 39th St. near Pine, it runs southwest to Cobb's Creek. Formerly the "Baltimore Pike."
- FRANKFORD**—Starting from Laurel and Beach Sts., it runs northeast through Kensington, Frankford and Holmesburg to the City Line at Torresdale.
- GERMANTOWN**—Starting from Front and Laurel Sts., it runs northwest through Germantown and Chestnut Hill to City Line.
- GRAY'S FERRY**—Starting from 23d and South Sts., it runs southwest, across the Schuylkill River to Woodland Ave., near 49th St.
- KENSINGTON**—Starting from Front and York Sts., it runs northeast to Frankford Ave., in Frankford.
- LANCASTER**—Starting from Market St., near 32d, it runs northwest to City Line, in Overbrook.
- MOYAMENSING**—Starting from 2d and Christian Sts., it runs southwest to 22d St., near Penrose.
- PASSYUNK**—Starting at 5th and South Sts., it runs southwest to the Schuylkill River.
- RIDGE**—Starting from 9th and Vine Sts., it runs northwest through Falls of Schuylkill, Manayunk and Roxborough, to City Line.
- RISING SUN**—Starting from Broad St., above Westmoreland, it runs northeast to Germantown Ave.
- WOODLAND**—Starting from 32d and Market Sts., it runs southwest to Cobb's Creek.

BRIEF CHRONOLOGICAL HISTORY.

- In 1609, Henry Hudson entered Delaware Bay in the "Half Moon."
- In 1616, Hendrickson sailed up to the mouth of the Schuylkill.
- In 1624, Kornelius Mey built Fort Nassau, where Gloucester now is.
- In 1643, the Swedes built a fort within the present city limits.
- In 1646, the original Swedes' Church was built on Tincinuc Island.
- In 1677, the Swedes built their second church, "Gloria Dei."
- In 1680, King Charles II granted Pennsylvania to William Penn in payment of loans.
- In 1682, William Penn arrived at his colony in the ship "Welcome."
- In 1683, plans were completed for the building of Philadelphia.
Penn's house in Letitia street was built.
First English school founded.
- In 1684, a brick meeting-house was built by the "Quakers."
- In 1689, "William Penn Charter" school was established.
- In 1691, Penn granted the first City Charter.
- In 1695, Christ Church was built.
- In 1700, the first city watchman was appointed.
- In 1701, Penn granted new charter, and Edward Shippen was appointed Mayor.
- In 1713, the first Almshouse was established by Friends.
- In 1718, William Penn died. First fire engine purchased.
- In 1719, the first paving ordinance was passed. First newspaper outside Boston was established.

Exclusive and Up-to-Date

styles for Women and Children at prices that will appeal to all economic pocketbooks. Now is the time when we must measure the thing by its quality first and price afterwards.



For when does it profit us to get something very cheap if it proves to be very, very poor.



Bring us the youngsters.

Toe-Room

The New Hygienic Shoe for Children.

Toe-room shoes for children allow the growing foot of a child ample room for development.

Every parent should look carefully to the proper fitting of the child's feet.

The central location of our shop makes it exceptionally convenient for shoppers.



Tompkins
Shoe Shop
5 MINTARCADE

A wonderful showing of the newest styles in high shoes of all kinds for women and children.

Bell Telephone, Walnut 2946

We invite suggestions for making this book more valuable.

- In 1723, Benjamin Franklin arrived; a seventeen-year-old lad.
- In 1731, Franklin founded the Philadelphia library.
- In 1735, the State House (Independence Hall) was finished and dedicated, and occupied by the Legislature.
- In 1736, the Union Fire Company, first of its kind, was established.
- In 1740, the University of Pennsylvania was founded.
- In 1751, the State House bell (Liberty Bell) was ordered from London. Street lamps were first used.
- In 1762, the first city cleaning act was passed.
- In 1766, the first permanent American theatre, the "Apollo," was opened.
- In 1770, Carpenter's Hall was built.
- In 1773, the ship "Polly" was sent home with her cargo of tea.
- In 1774, a Provincial Assembly of the Colonies was held to consider our liberty. The First Continental Congress was held in Carpenter's Hall. Philadelphia Troop was organized.
- In 1775, the Revolution began, financed by Robert Morris, of Philadelphia, and Washington was made Commander-in-Chief, in the State House. First piano made in this country by Behrent.
- In 1776, Articles of Confederation were prepared by Congress. First American flag was made by Betsy Ross. Declaration of Independence was signed and adopted, read to the people, announced by the ringing of the "Liberty Bell," and the Colonial system ended.
- In 1777, General Howe and the British occupied the city. Battles fought at Germantown and on the Delaware.
- In 1778, the British left the city. Robert Morris founded the Bank of North America.
- In 1781, the Articles of Confederation were finally ratified.
- In 1782, the first Bible printed in America was published here.
- In 1786, the first steamboat in America was run on the Delaware by John Fitch.
- In 1787, a Federal Convention prepared our present Constitution.
- In 1788, Washington's birthday was first celebrated.
- In 1789, the first Congress was held under the Constitution. A new charter was granted to the city, and Samuel Powel elected Mayor.
- In 1790, the United States Government returned to Philadelphia.
- In 1792, the only United States mint was established here.
- In 1794, the first turnpike in America was opened, from Philadelphia to Lancaster.
- In 1796, Select Council was created. First gas-light in America exhibited here.
- In 1801, the city was first supplied with Schuylkill water. The first navy-yard was established here.
- In 1804, a coach route from here to Pittsburg was established.
- In 1805, the first American Academy of Fine Arts was opened.
- In 1808, the first ocean steamboat, the "Phoenix," arrived here.
- In 1809, the first railroad track in the United States was laid at the Bull's Head Tavern.
- In 1816, the city purchased Independence Hall and Liberty Bell.
- In 1829, the name of Centre Square was changed to Penn Square. The corner-stone of the Mint, at Juniper and Chestnut streets, was laid.

START ON TIME

Let us help you by furnishing GOOD Clocks



ALARM CLOCKS

for the servant, from 75c up

BOUDOIR CLOCKS

for Milady, from \$1.00 up

DEN CLOCKS

for Milord, from \$1.00 up

DINING ROOM CLOCKS

from \$5.00 up

CUCKOO CLOCKS

from \$4.75 up

CHIME CLOCKS

from \$20.00 up

HALL CLOCKS

from \$9.75 up

Clocks for every purpose

OUR

PRICES

ARE

ALWAYS

FAIR

BREITINGER'S, 37 and 39 N. 9th St.

Philadelphia's Leading Clock and Watch Store

We invite suggestions for making this book more valuable.

- In 1831, Stephen Girard died, leaving vast sums for an orphans' boys' college.
- In 1832, the first steam locomotive used on the new road to Germantown.
- In 1833, the corner-stone of Girard College was laid.
- In 1835, the Liberty Bell cracked while tolling for the funeral of John Marshall, a great man of Revolutionary times, and last of the associates of Washington and the signers of the Declaration of Independence.
- In 1836, the streets were first lighted by gas.
- In 1846, the Mexican War was financed by a Philadelphia firm.
- In 1848, Girard College was opened.
- In 1850, four hundred buildings in the maritime section were burned. The Women's Medical College of Pennsylvania, the first of its kind, was incorporated.
- In 1854, all the outskirts within Philadelphia County were taken into the city by the Consolidation Act.
- In 1855, first horse car line was established. Fairmount Park was begun.
- In 1856, the Police and Fire Alarm telegraph were first used.
- In 1858, the city bought its first steam fire engine.
- In 1859, the first Zoological Society in America was founded.
- In 1861, President Lincoln raised the "Star-Spangled Banner" over Independence Hall. The Civil War commenced, financed by a Philadelphia firm, Jay Cooke & Co. The Cooper-shop Volunteer Refreshment Stand opened—it fed over 600,000 soldiers.
- In 1862, the Union League Club was organized.
- In 1864, a great Sanitary Fair for the benefit of soldiers, was held and attended by President Lincoln and his wife.
- In 1865, Lincoln's body lay in state in Independence Hall.
- In 1869, the Washington statue (now in City Hall) was erected at Independence Hall by the school children.
- In 1871, the city first operated a paid Fire Department. The present City Hall was commenced.
- In 1876, the greatest fair of the country—the Centennial Exhibition—was held; 275,000 people attended in one day.
- In 1878, the first telephone exchange was established.
- In 1879, the first electric lighting was used.
- In 1884, the new Post Office building was opened.
- In 1885, a new charter for Philadelphia, known as the Bullitt Bill, was approved.
- In 1888, a blizzard of several days' duration, paralyzed the city.
- In 1890, the first Bourse in America, and largest in the world, was opened here.
- In 1892, the first electric street cars were run.
- In 1893, the Reading Railroad opened the largest terminal station in America up to that time.
- In 1895, the city government occupied the new City Hall.
- In 1897, President McKinley unveiled the magnificent Washington monument at the Green Street entrance to Fairmount Park.
- In 1898, the close of the Spanish-American War was celebrated by a three days' jubilee.

Attention!

Save the thousand and one annoyances connected with housekeeping, such as poor light, insufficient heat, etc., by starting housekeeping in an up-to-date, modern housekeeping flat.

Our Housekeeping Flats, located on the N. W. Corner 38th and Chestnut Streets, comprise six rooms, bath and laundry. Heat and hot water supplied. Each flat connected with tower fire escape. Rent as low as \$55 per month. Janitor on premises.

WEIGHTMAN ESTATE

1336 WALNUT ST.

In 1899, the first National Export Exposition was held here. The great clock on City Hall was started.

In 1905, the first subway and elevated railroads were built.

In 1908, hundreds of thousands of people attended the Founder's Week celebration. City furnished with filtered water from the greatest filter in the world.

In 1909, the first aeroplanes were seen here.

PARKS.

FAIRMOUNT PARK.—This is the largest public pleasure ground in any city in the world. It contains about 3500 acres, is eleven and a half miles long and two miles wide, and its outer boundary is nearly forty-four miles long. It contains twenty-seven miles of macadamized drives, about forty-five miles of footwalks, twelve miles of bridle paths, over four miles of the Schuylkill River, and seven and a half miles of Wissahickon creek. It was started in 1812, with five acres, at the site of the present Spring Garden water works. Within its boundaries are Memorial Hall, with its great collection of art and relics; Horticultural Hall, with its magnificent and wonderful collection of growing botanical specimens; the Zoological Gardens, with as fine a collection of natural specimens as may be seen in this country; acres of natural scenery; over six hundred growing species of trees and plants, and most magnificent monuments and statuary. It is absolutely free to all, and is well policed. Springs of excellent water are arranged at convenient points, and every possible comfort is provided for the public. Books of rules and regulations may be secured at the office of the Commissioners in City Hall.

BARTRAM'S GARDEN.—This beautiful park was the home and gardens of the famous botanist whose name it bears. It still contains many interesting specimens placed there by him. It is located on the west bank of the Schuylkill, at Botanic Avenue and South Fifty-fifth Street.

BLACK OAK PARK.—So named from the grand forest trees of this species with which it is liberally covered. It is located between Fifty-first and Fifty-second Streets, between Pine and Larchwood.

BURHOLME PARK.—This is a late addition to the city's system of parks. It is located at Fox Chase, and contains nearly fifty acres.

CENTRAL PARK.—Fifth and Wyoming Streets, is as yet rather undeveloped.

CLARK'S PARK.—This is a made park, in which the trees and shrubbery are all planted. It extends from Baltimore Avenue to Chester Avenue, between Forty-third and Forty-fourth Streets.

DISSTON PARK.—This park is in Tacony, and is bounded by Disston, Keystone, Cottmann and Unruh Streets.

FITLER PARK.—On South Twenty-third Street, between Pine and Panama.

FOTTERALL PARK.—From York to Cumberland Streets, between Eleventh and Twelfth Streets.

GIRARD PARK.—Bounded by Porter and Oregon Streets, Penrose Avenue, Twentieth and Twenty-third Streets.

GORGAS PARK.—From Manayunk Avenue to Ridge Avenue, from Hermitage Street to West of Gates.

HARROWGATE PARK.—Bounded by Kensington Avenue, Jasper Street, Schiller and Tioga Streets.

You Can Make Toast

on a GAS RANGE, GASOLINE or OIL STOVE better than it can be made on a coal stove if you use

The Vulcan Toaster

It is so easy to operate. Place the Vulcan over the flame; wait thirty seconds for the Toaster to heat; put on the bread, and in two minutes four slices are ready to serve.

And, Oh, such toast as it is! Beautifully browned; not a charred spot. The outside crisp and snappy, while the inside is soft, and as sweet as a nut. Why, even the dyspeptic, who hesitates at every mouthful, would make a meal on this toast. But you must have THE VULCAN to make this kind of toast.

When you buy a toaster ask for the VULCAN by name. See that it has the narrow strip of unperforated metal to prevent burning in the centre, and see that the name "VULCAN" is on the top.

If your dealer does not keep the VULCAN, send fifty-cents in stamps to DEPT. N. W., and we will send you a toaster by express, prepaid.

OUR GUARANTEE

Use the VULCAN for ten days. If you are not entirely satisfied at the end of that time we will cheerfully refund your money.

WM. M. CRANE COMPANY

1129 Broadway, New York

Our booklet on Toasters sent for the asking

DRESSMAKING AT HOME

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PENN TREATY PARK.—Where Penn's treaty with the Indians was made. The tree stood until about the beginning of this century. On the West bank of the Delaware River, to Beach Street at East Columbia Avenue.

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INDEPENDENCE SQUARE.—From the old "State House" to Walnut

STENTON PARK.—Between Wyoming Avenue and Courtland Street, from Sixteenth to Seventeenth Streets.

VERNON PARK.—From Germantown Avenue to Greene Street above West Chelten Avenue, in Germantown.

WATERVIEW PARK.—Bounded by Haines, Price and Underhill Streets, and the Chestnut Hill branch of the Reading Railway.

WICCACOE PARK.—From Catharine to Queen Streets, between Leithgow and Lawrence Streets.

WOMRATH PARK.—Between Kensington and Frankford Avenues, from Adams to Womrath.

SQUARES.

ALLEGHENY SQUARE.—East Allegheny Avenue and Belgrade Street.

ATHLETIC SQUARE.—From Master to Jefferson Streets, between Twenty-sixth and Twenty-seventh Streets.

DICKINSON SQUARE.—From Tasker to Morris Streets, between Moyamensing Avenue and Fourth Street.

FAIRHILL SQUARE.—Between Lehigh Avenue and Huntingdon Street, from Lawrence to Fourth Streets.

FOX SQUARE.—Bounded by Tioga Avenue, Gaul Street, Atlantic and Belgrade Streets.

FRANKLIN SQUARE.—From Race to Vine Streets, between Sixth and Franklin Streets.

Street, between Fifth and Sixth Streets, including the original Government buildings.

JEFFERSON SQUARE.—From Washington Avenue to Federal Street, between Third and Fourth Streets.

KNIGHTS' SQUARE.—Between Thirty-third and Thirty-fourth Streets, from Forty-first to Forty-second Avenues.

LOGAN SQUARE.—From Race to Vine Streets, between Eighteenth and Nineteenth Streets.

MCPHERSON SQUARE.—From F to E Streets, between Indiana Avenue and Clearfield Street.

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WESTMORELAND SQUARE.—From Allegheny Avenue to Westmoreland Street, between Fourth and Fifth Streets.

WHARTON SQUARE.—Between Twelfth and Thirteenth Streets, from Reed to Wharton Streets.

CHURCHES

BAPTIST.

Allegheny avenue, Frankford avenue, corner Allegheny avenue.

Alpha, 2443 Mascher.

Angora, Baltimore avenue near Fifty-ninth.

Belmont avenue, Belmont avenue corner Westminster avenue.

Byberry Chapel, Byberry.

Bethany, Fox Chase.

Bethesda, Fifth corner Venango.

Bethlehem, Eighteenth corner York.

Blockley, Fifty-third corner Wyalusing.

Broad street, Broad corner Brown.

Calvary, Seventh corner Snyder avenue.

Chester avenue, Forty-sixth corner Chester avenue.

Chestnut Hill, Germantown avenue corner Bethlehem Pike, Chestnut Hill.

Diamond street, Thirty-first corner Diamond.

Dotterer Memorial, Twenty-fourth corner Dickinson.

East, East Columbia avenue corner Hanover.

East Side, East Chelton avenue corner Boyer Germantown.

Ebenezer (Colored), Mt. Vernon near Broad.

Eden (Colored), Moyamensing avenue corner Sartain.

Eleventh, Twenty-first corner Diamond.

Epiphany, Chestnut corner Thirty-sixth.

Fairhill, Lehigh avenue near Fifth.

Falls of Schuylkill, Queen near Ridge avenue.

Fifth, North Eighteenth corner Spring Garden.

Fiftieth, Susquehanna avenue corner Seventh.

First, Seventeenth corner Sansom.

First African (Colored), Cherry near North Eleventh.

First Bridesburg, Bridesburg.

First Chinese, Watts corner Girard avenue.

First German, Sixth near Poplar.

First Germantown, Price near Germantown avenue, Germantown.

First Lettish, Spruce near Fifth.

First Swedish, Twelfth corner Spring Garden.

Fourth, Fifth corner Buttonwood.

Frankford Avenue, Frankford avenue corner Aramingo.

Frankford First, Paul corner Unity, Frankford.

Galilee (Colored), Mitchell corner Pensdale, Roxborough.

Gethsemane, Eighteenth corner Columbia avenue.

Grace, Berks corner Broad.

Grace (Colored), Sharpnack near Germantown avenue, Germantown.

Hebron, Fifty-sixth corner Vine.

Holmsburg, Frankford avenue near Decatur Holmsburg.

Holy Trinity (Colored), Bainbridge near Eighteenth.

Hungarian Mission, Sixth corner Poplar.

Immanuel, Twenty-third corner Summer.

Italian Mission, 1156 Passyunk avenue.

Lehigh Avenue, Lehigh avenue corner Twelfth.

Logan, Old York Road.

Lower Dublin, Bustleton pike, Bustleton.

Lower Dublin Mission, Sandiford, Bustleton pike.

Macedonia (Colored), Paschall.

Manatawna, Ridge avenue near Roxborough avenue, Roxborough.

Manayunk, Green lane near Silverwood, Manayunk.

Mantua, Fortieth corner Fairmount avenue.

Mariner's Bethel, Front near Christian.

Memorial, Master corner Broad.

Metropolitan (Colored), Twentieth near Tasker.

Monumental (Colored), Forty-first corner Ludlow.

Moore Street, Moore above Front.

Mt. Carmel, Fifty-eighth near Race.

Mt. Vernon, Umbria corner Hermitage, Manayunk.

Mt. Zion (Colored), 5606 Germantown avenue.

Nazarene (Colored), Hunting Park avenue corner Germantown avenue.

New Berean, Sixtieth corner DeLancey.

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 Nicetown, Germantown avenue corner Bruner.
 North, Twenty-third corner Oxford.
 North Frankford, Frankford avenue near Harrison, Frankford.
 North West, Twenty-eighth corner Lehigh avenue.
 Oak Lane, Oak Lane.
 Olivet, Federal corner Sixth.
 Olney, Olney.
 Passyunk, Passyunk avenue near Broad.
 Polish Mission, 923 South Front.
 Providence (Colored), Thirty-seventh near Filbert.
 Richmond, Clifton corner Neff.
 Roxborough, Ridge avenue near Lyceum avenue, Roxborough.
 St. Paul's (Colored), Eighth near Girard avenue.
 Second (Colored), Frankford, Mulberry near Meadow, Frankford.
 Second, Seventh near Girard avenue.
 Second German, Hancock near Dauphin.
 Second Germantown, Germantown avenue corner West Upsal, Germantown.
 Second Nicetown (Colored), Thompson corner McFerran.
 Shiloh (Colored), Lombard near Eleventh.
 South Broad Street, Broad corner Reed.
 Spruce Street, Spruce below Fifth.
 Tabernacle (Colored), Germantown.
 Tacony, Disston corner Hegerman, Tacony.
 Temple, Twenty-second corner Tioga.
 Tenth, Nineteenth corner Master.
 Third, Broad corner Ritner.
 Third German, Dickinson near Sixth.
 Third Germantown, East Wister corner Wakefield, Germantown.
 Thirty-fourth Street, Thirty-fourth corner Haverford.
 Tioga, Broad near Tioga.
 Trinity, Poplar near Twenty-seventh.
 Union (Colored), Twelfth near Bainbridge.
 Wayland Memorial, Fifty-second corner Baltimore avenue.
 Wayne, Wayne corner Queen, Germantown.
 West Girard Avenue, Sixtieth corner Girard avenue.
 White Hall, Tacony near Bridge, Frankford.
 Wissahicken, Terrace near Dawson, Wissahickon.
 Wissinoming, Wissinoming.
 Woodland, Sixtieth near Woodland avenue.
 Wyoming, Second near Wyoming avenue.
 Zion (Colored), Thirteenth near Wallace.

BIBLE CHRISTIANS.

Christ Church, Park avenue near Montgomery avenue.

CHRISTIAN CHURCH.

Disciples of Christ.
 First, Berks near Eleventh.
 Third, Lancaster avenue corner Aspen.
 Kensington, Front near Cambria.
 Sixth, Aspen near Forty-eighth.

CHRISTIAN SCIENCE.

First Church of Christ, Broad corner Spruce.

CHURCH OF GOD.

First, Germantown avenue corner Berks.

CHURCH OF THE BRETHREN.

Dunkards.
 First, Dauphin near Broad.
 Brethren, Tenth near Dauphin.
 Geiger Memorial, Twenty-sixth corner Lehigh avenue.
 Germantown, Germantown avenue near Sharpnack, Germantown.

CHURCH OF THE NEW JERUSALEM.

Swedenborgian.
 First, New Jerusalem, Society of Philadelphia, Chestnut corner Twenty-second.
 Frankford Society of the New Church, Paul corner Unity, Frankford.

CONGREGATIONAL.

Central, Eighteenth corner Green.
 First Germantown, West Seymour corner Merion, Germantown.
 Kensington, C corner East Indiana.
 Midvale, Roberts avenue corner Wissahickon avenue, Falls.
 Park, Thirty-second corner Montgomery avenue.
 Pilgrim, Marlborough corner Belgrade.
 Snyder Avenue, Third corner Snyder avenue.
 Union, 1629 Girard avenue.
 Puritan, Bainbridge near Thirteenth.

ETHICAL CULTURE.

Hall, 124 South Twelfth.
 Society for Ethical Culture, 1415 Locust.

EVANGELICAL.

Immanuel, Fourth near Poplar.
 Ninth Street Church (English), Ninth near York.
 St. John (German), Sixth corner Dauphin.
 St. Paul (German), Germantown avenue near Butler.
 Salem (German), Ninth near Morris.
 Sixth (German), Fifth corner Indiana.

FRIENDS.

Byberry, first and fifth days, 10 A. M.
 Fair Hill, Germantown avenue corner Cambria, first day, 3.30 P. M.
 Frankford, Unity corner Waln, Frankford, first day, 10.30 A. M.
 Girard avenue corner Seventeenth, first day, 10.30 A. M.; third day, 10.30 A. M.
 Green corner Fourth, first and fifth days, 10.30 A. M.
 Race Street Meeting, Race corner Fifteenth, first and fourth days, 10.30 A. M.
 School Street, Germantown, first and fourth days, 10.30 A. M.
 West Philadelphia, Thirty-fifth corner Lancaster avenue, first day, 10.30 A. M.; First-day School, 9.30 A. M.

Friends (Professing Original Principles).
1218 Parrish, first and fourth days, 10.30
A. M.

FRIENDS (ORTHODOX).

Philadelphia Monthly Meeting, southeast cor-
ner Fourth and Arch.

Fourth and Arch, fifth days only, 10.30
A. M.

Forty-second corner Powelton avenue, first
day only, 10.30 A. M.

Northern District, Sixth corner Noble, first
and third days, 10.30 A. M.

Western District, Twelfth near Market, first
and fourth days, 10.30 A. M.; first days, 7.30
P. M.

Frankford Meeting, Orthodox corner Penn,
Frankford, first day, 10 A. M.; fourth day, 7.45
P. M.

Germantown, Germantown avenue corner
Coulter, first day, 10.30 A. M.; 7.45 P. M.
winter; fifth day, 10 A. M.

HEBREW.

Adath Jeshurun, Seventh near Columbia ave-
nue.

Ahaveth Chesed, 322 Bainbridge.

Beth Israel, Eighth near Master.

B'Nai Abraham, Fifth near Lombard.

B'Nai Jacob, 420 Lombard.

B'Nai Reuben, 926 South Sixth.

Chevra Kadisha, 415 North Fourth.

Emmath Israel, Fifth corner Gaskill.

Jewish Foster Home Synagogue, Mill near
Chew, Germantown.

Jewish Hospital Synagogue, Olney avenue
near Old York road.

Keneseth Israel, North Broad near Columbia
avenue.

Kesher Israel, 412 Lombard.

Mikveh Israel, 117 North Seventh.

Rodef Shalom, Broad corner Mount Vernon.

Sons of Halberstam, Sixth near Green.

LATTER-DAY SAINTS.

(Anti-polygamous.)

Reorganized Church of Jesus Christ, North
Howard corner Ontario.

LUTHERAN.

English (General Council).

Advent, Fifth near Cumberland.

Advocate, East Chelton avenue corner An-
derson, Germantown.

Apostles, Park avenue corner Susquehanna
avenue.

Ascension, Germantown.

Atonement, East Montgomery avenue near
Frankford avenue.

Bethlehem, Thirtieth corner Diamond.

Christ, Germantown avenue near Graver's
lane, Chestnut Hill.

Covenant, Sixty-third corner Gray's avenue.

Epiphany, Silverwood corner Green lane,
Manayunk.

Good Shepherd, Sixty-second corner Lancas-
ter avenue.

Holy Communion, Chestnut near Twenty-
first.

Incarnation, Forty-seventh corner Cedar ave-
nue.

Mediator, Twenty-ninth corner Oakdale.

Nativity, Seventeenth corner Tioga.

Our Saviour, Hurley near Allegheny avenue.

Redeemer, Queen near Cresson, Falls.

Resurrection, Fifty-second corner Thompson.

St. James, Nineteenth corner Reed.

St. John, Race near Sixth.

St. Luke, Seventh corner Montgomery ave-
nue.

St. Mark, Spring Garden near Thirteenth.

St. Michael, Germantown avenue corner East
Phil-Ellena, Germantown.

St. Paul, Twenty-second near Columbia ave-
nue.

St. Peter, Reed near Ninth.

St. Stephen, Powelton avenue near Fortieth.
Salem, Harrison corner Cottage, Frankford.
Transfiguration, Lehigh avenue west of
Twelfth.

Trinity, Eighteenth corner Wolf.

Zions, Olney.

Philadelphia City Mission, 362 South St.
Bernard.

German (General Council).

Bethanien, Roxborough.

Christ, Twenty-sixth near Columbia avenue.

Emanuel, Fourth corner Carpenter.

Frieden's, East Clearfield corner Helen.

Grace, Ridge avenue corner Lyceum avenue,
Roxborough.

Holy Cross, Ninth corner Lehigh avenue.

Immanuel, Tackawanna corner Plum, Frank-
ford.

Redeemer, Second south of Tioga.

St. James, Third corner Columbia avenue.

St. Johannes, Fifteenth near Poplar

St. Marcus, Dauphin near Twenty-eighth.

St. Michael, Cumberland corner Trenton ave-
nue.

St. Paul, North American corner Brown.

St. Peter, Forty-second corner Parrish.

St. Thomas, Herman corner Morton, Ger-
mantown.

Tabor, Clinton corner Fisher's lane, Olney.

Tacony.

Trinity, Sixteenth near Tioga.

Zion, Franklin near Race.

Mary J. Drexel Home, 2100 South College
avenue.

Seamen's and Immigrant Mission, 6006 Gi-
rard avenue.

English (General Synod).

All Saints, Germantown avenue corner Ca-
yuga.

Bethany, Twenty-fifth corner Montgomery
avenue.

Beth Eden, Twenty-fourth corner Hunting-
don.

Bethel, Fifth corner Sedgley.

Calvary, Forty-first corner Mantua avenue.

Gethsemane, Sixtieth corner Callowhill.
 Grace, Thirty-fifth corner Spring Garden.
 Immanuel, Fifty-second corner Cedar avenue.

Messiah, Sixteenth corner Jefferson.
 St. Andrew's, Fifth corner Watkins.
 St. Matthew's, Broad corner Mount Vernon.
 Tabernacle, Sixtieth corner Spruce.
 Temple, Fifty-second corner Race.
 The Reformation, Ontario corner Carlisle.
 Trinity, Germantown avenue corner Queen, Germantown.

Superintendent of Missions, Philadelphia Conference of the East Pennsylvania Synod, Rev. S. D. Daugherty, 1424 Arch.

INDEPENDENT LUTHERAN (GERMAN).

St. Paul, Fourth corner Cambridge.

MISSOURI SYNOD (GERMAN).

St. John, Wharton near Sixth.
 St. Matthew's, Eighth corner Cambria.

WISCONSIN SYNOD (GERMAN).

Nazareth, 2963 Richmond.

SWEDISH EVANGELICAL LUTHERAN (GENERAL COUNCIL).

Gustavus Adolphus, McKean corner Mole.
 Zion, Ninth below Buttonwood.

DANISH (GENERAL COUNCIL).

Church of the Advent, Fifth above Cumberland.
 St. Johannes, in Church of the Advent, Fifth corner Cumberland.

NORWEGIAN.

Trinity, 767 South Second.

LETTISH (MISSOURI SYNOD).

St. John, in St. John's German, Wharton near Sixth.

ESTHISH (MISSOURI SYNOD).

St. Peter, in St. John's German, Wharton near Sixth.

POLISH (MISSOURI SYNOD).

In St. John's German, Wharton near Sixth.

LITHUANIAN (MISSOURI SYNOD).

In Emanuel, Fourth corner Carpenter.

MENNONITE.

First, Diamond corner Fifth.
 Germantown, Germantown avenue corner Herman.
 Second, Franklin corner Indiana.
 York Street Mission, Dauphin corner Amber.

Mennonite Brethren in Christ, Germantown avenue above Dauphin.

METHODIST EPISCOPAL

Abigail Vare Memorial, Moyamensing avenue corner Morris.
 Arch Street, Broad corner Arch.
 Asbury, Chestnut near Thirty-third.

Bethany, Eleventh corner Mifflin.
 Bethesda, Venango near Richmond.
 Blue Bell Hill Mission, Wissahickon avenue, Germantown.

Bridesburg, Kirkbride near East Thompson.
 Broad Street, Broad corner Christian.
 Bustleton, Bustleton pike, Bustleton.
 Calvary, Forty-eighth near Baltimore avenue.
 Calvary (colored), Broad above Bainbridge.
 Centenary, Forty-first corner Spring Garden.
 Central Frankford, Orthodox corner Franklin.

Central, Green lane, Roxborough.
 Chelton Avenue, Chelton avenue near Stenton avenue, Germantown.

Chestnut Hill, Germantown avenue near Chestnut Hill avenue.

Christ, Thirty-eighth corner Hamilton.
 Christian Street, Christian near Twenty-fourth.

Church of the Advocate, West Penn corner Morris, Germantown.

Clearview, Seventy-fifth corner Buist avenue.

Columbia avenue, Twenty-fifth corner Columbia avenue.

Cookman, Twelfth corner Lehigh avenue.
 Covenant, Eighteenth corner Spruce.
 Cumberland Street, East Cumberland corner Coral.

East Allegheny Avenue, Allegheny avenue near Frankford avenue.

East Montgomery Avenue, Frankford avenue corner Montgomery avenue.

East Park, Columbia avenue corner Natrona.
 Ebenezer, Fifty-second corner Parrish.
 Ebenezer, Manayunk.

Eden, Lehigh avenue corner North Lawrence.

Eight Street Mission, 242 North Eighth.
 Eighteenth Street, Eighteenth corner Wharton.

Eleventh Street, Eleventh near Washington avenue.

Elmwood, Eighty-fifth near Island road.
 Emmanuel, Twenty-fifth corner Brown.
 Emmanuel, Gates corner Silverwood, Roxborough.

Epworth, Fifty-sixth corner Race.
 Erie Avenue, Fifth corner Erie avenue.
 Fairhill, Fifth corner Clearfield.
 Faith, Twenty-second corner Penrose avenue.
 Falls of Schuylkill, Queen lane corner Krail Falls.

Fern Rock, Nedro corner Park avenue.
 Fifth Street, Fifth near Green.
 First Germantown, Germantown avenue corner High, Germantown.

Fitzwater Street, Fitzwater near Nineteenth.
 Fletcher, Fifty-fourth corner Master.
 Fortieth Street, Fortieth near Walnut.
 Forty-third Street, Forty-third corner Aspen.
 Fox Chase, Station P.

Frankford (Colored).
 Frankford Avenue, Frankford avenue corner Foulkrod, Frankford.

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PHILADELPHIA, PA.

- Front Street, Front corner Laurel.
 Gethsemane, Broad corner Westmoreland.
 Girard Avenue (German), Girard avenue near Twelfth.
 Grace, Broad corner Master.
 Green Street, Green near Tenth.
 Hancock Street, Hancock near Girard avenue.
 Haven (Colored), Twenty-sixth near Jefferson.
 Holmesburg, Frankford avenue.
 Institutional Hall, 785 South Second.
 Janes (Colored), Haines near Cedar, Germantown.
 J. S. J. McConnell Memorial, Eighth corner Porter.
 John Wesley (Colored), 715 North Forty-fifth.
 Kensington, Marlborough corner Richmond.
 Kynett Memorial, 4334 Germantown avenue.
 Lawndale, Lawndale.
 Margaret Bailey Memorial, Huntingdon near Twenty-fourth.
 Mariners' Bethel, Washington avenue corner Moyamensing avenue.
 Memorial, Eighth corner Cumberland.
 Milestown, Old York road near City line.
 Mount Carmel, Germantown avenue near Broad.
 Mount Pleasant Avenue, Germantown.
 Mount Zion, Green lane corner St. David's, Manayunk.
 Nineteenth Street, Nineteenth corner Poplar.
 Norris Square, Mascher near Susquehanna avenue.
 Olivet, Sixty-third corner Gray's avenue.
 Orthodox Street, Frankford, Orthodox corner Tacony.
 Park Avenue, Park avenue corner Norris.
 Paschalville, Woodland avenue corner South Seventieth.
 Pitman, Twenty-third corner Lombard.
 Port Richmond, Neff corner Thompson.
 Providence, Front corner Allegheny avenue.
 Rehoboth, 4231 Paul, Frankford.
 Ridge Avenue, Roxborough, Ridge avenue corner Shawmont.
 St. George's, Fourth near Vine.
 St. James', Tabor road, Olney.
 St. John's, Third near George.
 St. Luke's, Broad corner Jackson.
 St. Mark's, Sixty-first corner Lombard.
 St. Matthew's, Fifty-third corner Chestnut.
 St. Paul's, Catharine near Sixth.
 St. Paul's (Colored), 318 South Seventh.
 St. Stephen's, Germantown avenue near Manheim, Germantown.
 Sanctuary, Twenty-eighth corner Thompson.
 Sarah D. Cooper Memorial, Sixty-third corner Girard avenue.
 Scott, Eighth near Dickinson.
 Seventh Street, Seventh corner Norris.
 Siloam, East Susquehanna avenue near Thompson.
 Simpson Memorial, Kensington avenue near Cambria.
 Snyder Avenue (Tasker), Fifth corner Snyder avenue.
 Somerton, Somerton, Thirty-fifth Ward.
 Spring Garden Street, Twentieth corner Spring Garden.
 Summerfield, 2221 East Dauphin.
 Tabernacle, Eleventh corner Oxford.
 Tacony, Tacony.
 Thirtieth Street, Thirteenth near Vine.
 Tioga, Tioga corner Eighteenth.
 Trinity, Fifteenth corner Mt. Vernon.
 Twelfth Street, Twelfth corner Ogden.
 Twentieth Street, Twentieth corner Jefferson.
 Twenty-ninth Street, Twenty-ninth corner York.
 Twenty-second Street, Twenty-second corner Moore.
 Union, Diamond near Twentieth.
 Wesley, Sepviva near Huntingdon.
 West York Street, Seventeenth corner York.
 Wharton Street.
 Wissahickon, Terrace corner Harvey, Wissahickon.
 Wissinoming, Wissinoming.
 Woodland Avenue, Woodland avenue corner Fiftieth.
 York Street (German), East York near Frankford avenue.
 Zoar (Colored), Melon near Twelfth.
- AFRICAN METHODIST EPISCOPAL.**
 Bethel, Sixth near Pine.
 Allen Chapel, Lombard near Twenty-ninth.
 Bethel, East Rittenhouse corner Morton, Germantown.
 Campbell Chapel, Oxford near Paul, Frankford.
 Disney Mission, Collins near Westmoreland.
 Emanuel, Twenty-fourth corner York.
 Lamott Chapel, City Line and School lane.
 Morris Brown, Ridge avenue near Twenty-fifth.
 Mt. Olive, Clifton near South.
 Mt. Pisgah, Locust near Fortieth.
 Payne Chapel, Twentieth near Mifflin.
 St. John's, Seventy-second corner Greenway avenue.
 Union, Sixteenth near Fairmount avenue.
 Ward Chapel, Forty-sixth near Fairmount avenue.
 Zion Chapel, Seventh near Dickinson.
- AFRICAN METHODIST EPISCOPAL (ZION).**
 Union Mission, 1222 North Eleventh.
 Wesley, Fifteenth corner Lombard.
- FREE METHODIST.**
 First, 2227 Master.
- METHODIST PROTESTANT.**
 St. Luke's, Erie avenue near Broad.
WESLEYAN METHODIST SOCIETY.
 First Chapel, Thompson near Fifty-second.
- MORAVIAN.**
 First, Fairmount avenue near Seventeenth.
 Third, Kensington avenue near Venango.
 Fifth, Germantown avenue near Dauphin.

PRESBYTERIAN

- Arch Street, Arch corner Eighteenth.
 Atonement, Wharton near Broad.
 Baldwin Memorial, Sixtieth corner Walnut.
 Beacon, Cumberland corner Cedar.
 Benson Memorial, Fox Chase.
 Berean (Colored), South College avenue near Nineteenth.
 Bethany, Twenty-second corner Bainbridge.
 Bethel, Nineteenth corner York.
 Bethesda, Frankford avenue corner East Berks.
 Bethlehem, Broad corner Diamond.
 Calvary, Locust near Fifteenth.
 Calvin, Sixtieth corner Master.
 Carmel (German), Nineteenth corner Susquehanna avenue.
 Carmichael, Ann, Memorial, Fifth corner Erie avenue.
 Central, Broad near Fairmount avenue.
 Chambers-Wylie Memorial, Broad near Spruce.
 Church of the Covenant, Chestnut Hill.
 Cohocksink, Columbia avenue corner Franklin.
 Corinthian Avenue (German), Corinthian avenue near Poplar.
 Covenant, Twenty-second near Vine.
 Disston Memorial, Tacony.
 East Park, Thirty-second corner Montgomery avenue.
 Emmanuel, Girard avenue corner Forty-second.
 Evangel, Eighteenth corner Tasker.
 Falls of Schuylkill, Ridge avenue near West School.
 Fifty-seventh and Race.
 First, Locust corner Seventh.
 First African (Colored), Seventeenth corner Fitzwater.
 First Bridesburg, Bridesburg.
 First Chestnut Hill, Rex avenue corner Germantown avenue, Chestnut Hill.
 First Germantown, West Cheltenham avenue near Germantown avenue, Germantown.
 First Holmesburg, Holmesburg avenue corner Decatur, Holmesburg.
 First Italian, Tenth corner Kimball.
 First Kensington, East Girard avenue near East Columbia avenue.
 First Manayunk, Dupont corner High, Manayunk.
 First Northern Liberties, Buttonwood near Sixth.
 Fourth, Forty-seventh corner Kingsessing avenue.
 Frankford, Frankford avenue corner Church, Frankford.
 Gaston, Eleventh corner Lehigh avenue.
 Gethsemane Chapel, South Twenty-eighth corner Porter.
 Grace, Twenty-second corner Federal.
 Green Hill, Girard avenue near Sixteenth.
 Greenwich Street, Greenwich near Moyamensing avenue.
 Harper Memorial, Twenty-ninth corner Susquehanna avenue.
 Hebron Memorial, Twenty-fifth corner Thompson.
 Hermon, Frankford avenue corner Harrison, Frankford.
 Holland Memorial, Broad corner Federal.
 Hope, Thirty-third corner Wharton.
 John Chambers Memorial, Twenty-eighth corner Morris.
 Lawndale.
 Leverington, Ridge avenue corner Leverington, Roxborough.
 Lombard Street Central (Colored), Lombard near Ninth.
 McDowell Memorial, Twenty-first corner Columbia avenue.
 Macalester Memorial, Torresdale.
 Mariners, Front near Pine.
 Market Square, Germantown avenue near Church lane, Germantown.
 Mizpah, Eighth corner Wolf.
 Mount Airy, Germantown avenue corner Mt. Pleasant avenue, Germantown.
 Mutchmore Memorial, Montgomery avenue corner Eighteenth.
 Ninth, Sixteenth corner Sansom.
 North, Broad corner Allegheny avenue.
 North Broad Street, Broad corner Green.
 North Tenth Street, Tenth near Girard avenue.
 Northminster, Thirty-fifth corner Baring.
 Oak Lane.
 Olivet, Twenty-second corner Mt. Vernon.
 Olney.
 Overbrook.
 Oxford, Broad corner Oxford.
 Patterson Memorial, Sixty-third corner Vine.
 Peace (German), Tenth corner Snyder avenue.
 Princeton, Saunders corner Powelton avenue.
 Puritan, Second corner Clearfield.
 Redeemer, Penn corner Chew, Germantown.
 Richmond, Richmond near Ann.
 Roxborough, Ridge avenue corner Port Royal avenue, Roxborough.
 St. Mary Street Mission, 627 Rodman.
 St. Paul, Fiftieth corner Baltimore avenue.
 Scots, Broad corner Castle avenue.
 Second, Twenty-first corner Walnut.
 Second, Germantown, West Tulpehocken corner Greene, Germantown.
 Second Street Mission, Second near Norris.
 Somerville Mission, Germantown.
 South, Third near Federal.
 South Broad Street, Broad near Ritner.
 Southwestern, Twentieth corner Fitzwater.
 Summit, Carpenter corner Greene, Germantown.
 Susquehanna Avenue, Susquehanna avenue corner Marshall.
 Tabernacle, Thirty-seventh corner Chestnut.
 Tabor, Eighteenth corner Christian.
 Temple, Franklin corner Thompson.
 Tennent Memorial, Fifty-second corner Arch.
 Tenth, Spruce corner Seventeenth.

Third (Old Pine Street), Pine near Fourth.
Tioga, Tioga near Sixteenth.
Trinity, Chestnut Hill.
Trinity, Frankford avenue corner Cambria.
Union, Sixty-sixth corner Woodland avenue.
Union Mission Chapel, River road, Shawmont.

Union Tabernacle, York corner Coral.
Wakefield, Germantown avenue near Fisher's lane, Germantown.

Walnut Street, Walnut near Thirty-ninth.
West Green Street, Green corner Nineteenth.
West Hope, Preston corner Aspen.
Westminster, Fifty-seventh corner Woodland avenue.

West Park, Fifty-fourth corner Lansdowne avenue.

West Side, Winona corner Pulaski avenue, Germantown.

Wharton Street, Wharton corner Ninth.
Wissahickon, Ridge avenue corner Manayunk avenue, Wissahickon.

Wissinoming, Wissinoming.
Woodland, Pine corner Forty-second.
Zion (German), Twenty-eighth corner Mt. Pleasant avenue.

UNITED PRESBYTERIAN.

First, Broad corner Lombard.
Second, Race near Sixteenth.
Third, Front near Jefferson.
Fourth, Nineteenth corner Fitzwater.
Fifth, Fifty-sixth corner Wyalusing.
Seventh, Orthodox corner Leiper, Frankford.
Eighth, Christian corner Fifteenth.
Tenth, Thirty-eighth corner Hamilton.
Twelfth, Somerset corner Ruth.
Dales Memorial, Thirty-second corner Cumberland.

Fairhill Mission, Front corner Tioga.
Germantown Mission, Ashmead corner Greene, Germantown.

Norris Square, Susquehanna avenue corner Hancock.

North, Master near Fifteenth.
Oak Park, Fifty-first corner Pine.
South, Seventeenth corner Snyder avenue.
West, Forty-third corner Aspen.

Wharton Square, Twenty-third corner Wharton.

Woodland Mission, 1305 North Frazier.

PROTESTANT EPISCOPAL.

Advent, York avenue near Buttonwood.
Advocate (Memorial), Eighteenth corner Diamond.

All Saints, Twelfth corner Fitzwater.
All Saints, Torresdale, Frankford avenue near Stevenson's lane.

All Souls (for the Deaf), North Franklin corner Green.

Annunciation, Twelfth corner Diamond.
Ascension, Broad near South.
Atonement (Memorial), Forty-seventh corner Kingessing avenue.

Beloved Disciple, Columbia avenue near Twentieth.

Burd Orphan Asylum Chapel, Market near Sixty-third.

Calvary, Manheim corner Pulaski avenue, Germantown.

Calvary Monumental, Forty-first near Brown.
Christ, Second near Market.

Christ, Sixth corner Venango.
Christ, Germantown, West Tulpehocken corner McCallum, Germantown.

Christ Church Chapel, Pine near Twentieth.
Church Home for Children Chapel, Angora.

Covenant, Twenty-seventh corner Girard avenue.
Crucifixion (Colored), Bainbridge near Eighth.

Emmanuel, Marlborough near East Girard avenue.

Emmanuel, Frankford avenue corner Hickory, Holmesburg.

Emmanuelo (Italian Mission), 1024 Christian.
Epiphany, Pelham road, Germantown.

Epiphany Chapel, Seventeenth corner Summer.

Evangelists, Catharine near Seventh.
Gloria Dei (Old Swedes'), Swanson corner Christian.

Good Shepherd, Cumberland near Frankford avenue.

Grace, Twelfth near Arch.
Grace, Mt. Airy avenue, Germantown.

Grace Church Chapel, Girard avenue corner Leidy avenue.

Holy Apostles, Twenty-first corner Christian.
Holy Comforter, Forty-eighth corner Haverford.

Holy Comforter Memorial, Nineteenth corner Titan.

Holy Communion Memorial Chapel, Twenty-seventh corner Wharton.

Holy Innocents, Tyson corner Torresdale avenue, Tacony.

Holy Nativity, Rockledge.
Holy Spirit, Eleventh corner Snyder avenue.

Holy Trinity, Nineteenth corner Walnut.
Holy Trinity Memorial Chapel, Twenty-third corner Spruce.

House of Prayer, Branchtown.
Incarnation, Broad corner Jefferson.

Messiah, Broad corner Federal.
Messiah, East Thompson corner East Huntingdon.

Nativity, Eleventh corner Mt. Vernon.
Prince of Peace Chapel, Twenty-second corner Morris.

Redeemer (Seamen's Mission), Front corner Queen.

Redemption, Twenty-second corner Callowhill.

Resurrection, Broad corner Tioga.
St. Alban, Ridge avenue corner Fairthorne avenue, Roxborough.

St. Andrew's, Eighth near Spruce.
St. Andrew, Thirty-sixth corner Baring.

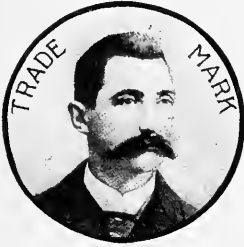
St. Augustine's, Broad corner Diamond.
St. Barnabas, Sixty-fifth corner Hamilton.

St. Barnabas, Third corner Dauphin.

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St. Clement's, Twentieth corner Cherry.

St. David, Dupont opposite Smick, Manayunk.

St. Elizabeth, Sixteenth corner Mifflin.

St. George's, Sixty-first corner Hazel avenue.

St. James, Twenty-second corner Walnut.

St. James, Fifty-second near Master.

St. James, 6901 Woodland avenue.

St. James the Less, Clearfield corner Nicetown lane, Falls.

St. John's, Brown near Third.

St. John Chrysostom, Twenty-eighth corner Susquehanna avenue.

St. John's Free Church, East Elkhart corner Emerald.

St. John the Baptist, West Seymour corner Germantown avenue, Germantown.

St. John the Evangelist, Third corner Reed.

St. Jude's, North Franklin near Brown.

St. Luke's Epiphany, Thirteenth near Spruce.

St. Luke the Beloved Physician (Memorial), Welsh road, Bustleton.

St. Luke, Germantown avenue corner West Coulter, Germantown.

St. Mark's, Locust near Sixteenth.

St. Mark's, Frankford avenue near Unity, Frankford.

St. Martin-in-the-Fields, Willow Grove avenue corner St. Martin's lane, Chestnut Hill.

St. Martin's, Oak Lane.

St. Mary's, Locust near Thirty-ninth.

St. Matthew's, Girard avenue corner Eighteenth.

St. Matthias, Nineteenth corner Wallace.

St. Michael and All Angels' Chapel, Forty-third corner Wallace.

St. Michael's, High near Morton, Germantown.

St. Nathaniel's Mission, East Allegheny avenue corner D.

St. Paul's, Fifteenth corner Porter.

St. Paul's, Chestnut Hill.

St. Paul's (Memorial), Kensington avenue near Buckius, Frankford.

St. Paul, Overbrook.

St. Peters, Third corner Pine.

St. Peter's, Wayne corner Harvey, Germantown.

St. Philip's, Forty-second corner Baltimore avenue.

St. Sauveur (French), Twenty-second corner DeLancey.

St. Simeon, Ninth corner Lehigh avenue.

St. Simon the Cyrenian, Twenty-second corner Reed.

St. Stephen's, Tenth near Chestnut.

St. Stephen's, Bridge corner Melrose, Bridesburg.

St. Stephen's, Terrace corner Hermit, Manayunk.

St. Thomas (Colored), Twelfth near Walnut.

St. Timothy's, Ridge avenue near Shur's lane, Roxborough.

St. Timothy's, Reed near Eighth.

St. Titus' Mission, Eighty-fourth near Tinicum avenue.

The Saviour, Thirty-eighth above Chestnut. Transfiguration, Thirty-fourth corner Woodland avenue.

Trinity, Sixteenth corner Cayuga.

Trinity, Church lane near Oxford road, Oxford Church.

Zion, Eighth corner Columbia avenue.

REFORMED EPISCOPAL.

Atonement, Wayne corner Cheltenham avenue, Germantown.

Christ Memorial, Forty-third corner Chestnut.

Church of the Intercession, Twenty-ninth corner Fletcher.

Emmanuel, East York corner Sepviva.

Grace Chapel, Ridge avenue, Falls.

Mediator, Twenty-second corner Fitzwater.

Our Redeemer, Sixteenth corner Oxford.

Reconciliation, Thirteenth corner Tasker.

St. Luke's, Penn corner Orthodox, Frankford.

St. Paul's, Broad corner Venango.

REFORMED CHURCH IN AMERICA.

DUTCH REFORMED.

First, Fifteenth corner Dauphin.

Second, Seventh near Brown.

Fourth, Manayunk avenue corner Leverington, Roxborough.

Fifth, East Susquehanna avenue near Cedar.

Bethany, Fountain corner Ridge avenue, Roxborough.

South Philadelphia, Nineteenth corner Mifflin.

Talmage Memorial, Pechin corner Rector.

REFORMED CHURCH IN THE UNITED STATES.

(ENGLISH.)

Bethany Tabernacle, Twentieth corner Dauphin.

Bethel, Twenty-first corner Tasker.

Calvary, Twenty-ninth corner Lehigh avenue.

Christ, Green near Sixteenth.

First, Tenth corner Wallace.

Grace, Eleventh corner Huntingdon.

Heidelberg, Nineteenth corner Oxford.

Messiah, Thirteenth corner Wolf.

Palatinate, Fifty-sixth corner Girard avenue.

St. John, Fortieth corner Spring Garden.

Tioga, Park avenue corner Westmoreland.

Trinity, Seventh below Oxford.

(GERMAN.)

Bethlehem, Norris corner Blair.

Emanuel, Thirty-eighth corner Baring.

Emanuel, Bridesburg.

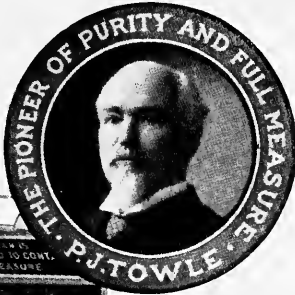
St. John, Frankford avenue corner Ontario.

St. Lucas, Twenty-sixth near Girard avenue.

St. Mark, Fifth near Huntingdon.

St. Matthew, Fifth near Venango.

*The
Man
and*



*The
Can*

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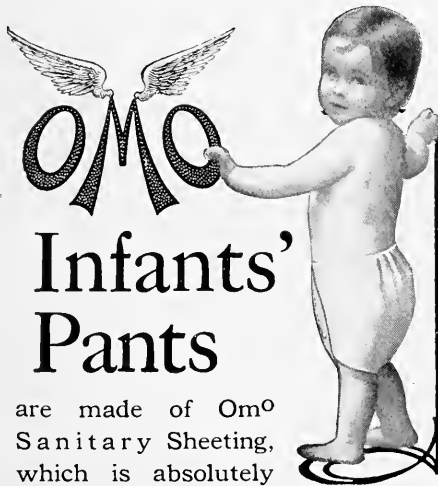
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REFORMED PRESBYTERIAN.

(GERMAN SYNOD.)

First, Nineteenth corner Federal.
Second, Vine corner Twentieth.
Third, Oxford corner Hancock.
Fourth, Nineteenth corner Catharine.
Fifth, Front corner York.

(SYNOD.)

First Church of the Covenanters, Seventeenth corner Bainbridge.
Second, Seventeenth near Race.
Third, Franklin corner Dauphin.
Mission of the Covenant to Israel, 800 South Fifth.

ROMAN CATHOLIC.

Ascension, G corner Westmoreland.
Assumption of the B. V. M., Spring Garden below Twelfth.
Epiphany, The, Eleventh corner Jackson.
Gesu, Eighteenth corner Stiles.
Holy Angels, Seventieth avenue corner York road, Oak Lane.
Holy Cross, Mt. Airy.
Holy Family, 242 Hermitage, Manayunk.
Holy Spirit (United Greek), 1931 West Passyunk avenue.
Holy Trinity (German), Sixth corner Spruce.
Immaculate Conception, Front corner Canal.
Immaculate Conception, Germantown.
Immaculate Heart of Mary Chapel (Little Sisters of the Poor), Eighteenth near Jefferson.
Incarnation, Fifth corner Lindley avenue, Olney.
Maternity of the B. V. M., Bustleton.
Nativity of the B. V. M., Allegheny avenue and Belgrade.
Our Lady Help of Christians, Allegheny avenue corner Gaul.
Our Lady of Good Counsel, Christian near Eighth.
Our Lady of Lourdes, Sixty-third corner Lancaster avenue.
Our Lady of Mercy, Susquehanna avenue corner Broad.
Our Lady of Mt. Carmel, Third corner Wolf.
Our Lady of the Rosary, Sixty-third corner Callowhill.
Our Lady of Victory, Fifty-third corner Vine.
Our Mother of Consolation, Chestnut Hill avenue near Germantown avenue, Chestnut Hill.
Our Mother of Sorrows, Forty-eighth near Lancaster avenue.
Presentation, Cheltenham.
Sacred Heart of Jesus, Third near Reed.
St. Agatha, Thirty-eighth corner Spring Garden.
St. Aloysius, Twenty-sixth corner Tasker.
St. Alphonsus, Fourth corner Reed.
St. Ann, Lehigh avenue corner Memphis.

St. Anthony of Padua, Gray's Ferry avenue corner Fitzwater.

St. Augustine, Fourth corner Vine.
St. Bonaventura, Ninth corner Cambria.
St. Bonifacius, Diamond corner Hancock.
St. Bridget, James Falls.
St. Casimir's (Lithuanian), 333 Wharton.
St. Charles Borromeo, Twentieth corner Christian.
St. Clement, Seventy-first corner Woodland avenue.

St. Columba, Twenty-fourth corner Lehigh avenue.

St. Dominic, Holmesburg.
St. Edward the Confessor, Eighth corner York.

St. Elizabeth, Twenty-third corner Berks.
St. Francis Assisi, Greene corner West Logan, Germantown.

St. Francis de Sales, Forty-seventh corner Springfield avenue.

St. Francis Xavier, Twenty-fourth corner Green.

St. Gabriel, Thirtieth corner Reed.
St. Ignatius, Forty-third corner Wallace.
St. George's Chapel, Richmond corner Venango.

St. Gregory, Fifty-second near Lancaster avenue.

St. James, Thirty-eighth corner Chestnut.
St. Joachim, Frankford.
St. John the Baptist, Rector corner Cresson, Manayunk.

St. John Cantius (Polish), Bridesburg.
St. John the Evangelist, Thirteenth above Chestnut.

St. Josaphat's, Manayunk.
St. Joseph, Willing's alley below Fourth.
St. Laurentius (Polish), Memphis corner East Berks.

St. Leo, Tacony.
St. Louis (German), Twenty-eighth corner Master.

St. Malachy, Eleventh near Master.
St. Maron's Chapel (Syrian), 1005 Ellsworth.
St. Mary, Fourth near Spruce.

St. Mary of the Assumption, B. V. M., Manayunk.

St. Mary Magdalen de Pazzi (Italian), Montrose below Eighth.

St. Michael's, Second corner Jefferson.
St. Michael's Chapel, Torresdale.
St. Monica's, Seventeenth corner Ritner.
Most Blessed Sacrament, Fifty-sixth corner Chester avenue.

St. Patrick, Twentieth near Locust.
St. Paul, Christian above Ninth.
St. Peter, Fifth corner Girard avenue.

St. Peter Claver (Colored), Twelfth corner Lombard.

St. Philip de Neri, Queen above Second.
St. Raphael, Eighty-fifth corner Tincum avenue.

St. Stanislaus (Polish), Fitzwater below Third.

St. Stephen, Broad corner Butler.

St. Teresa, Broad corner Catharine.
St. Thomas Aquinas, Eighteenth corner Morris.

St. Veronica, Sixth corner Tioga.
St. Vincent de Paul's, Price, Germantown.
St. Vincent, Tacony.
Visitation, B. V. M., Lehigh avenue corner B.

Colleges and Seminaries.

St. Joseph's College, Seventeenth corner Stiles.

Augustinian College of St. Thomas of Villa Nova, Delaware County, Pa.

La Salle College, 1240 North Broad.
Roman Catholic High School, Broad corner Vine.

Theological Seminary of St. Charles Borromeo, Overbrook, Pa.

Augustinian Monastery of St. Thomas of Villa Nova, Delaware County, Pa.

St. Vincent's Seminary, East Cheltenham, Germantown.

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Corps No. 3—Main, Manayunk.

Corps No. 4—1938 Germantown avenue.

Corps No. 5—Germantown avenue near Cheltenham avenue.

Corps No. 6—3911 Lancaster avenue.

Corps No. 8—Tenth corner Spring Garden (Swedish).

Corps No. 12—Germantown avenue corner Girard avenue (German).

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Maternity Home.

1602 North Conestoga.

Children's Nursery.

1609 North Conestoga.

Men's Industrial Homes.

No. 1—2134 Market.

No. 2—324 Columbia avenue.

Shelters for Men.

Metropole, Darien corner Vine.

Industrial Stores.

No. 1—2132 Market.

No. 2—320 Columbia avenue.

AMERICAN SALVATION ARMY.

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VOLUNTEERS OF AMERICA.

224 North Ninth.

SEVENTH-DAY ADVENTISTS.

North Church, 1942 North Seventeenth.

West Church, Fifty-first corner Locust.

SPIRITUAL ASSOCIATIONS.

The Philadelphia Spiritualist Society, Kuhnle's Hall, 1722 North Broad.

First Association of Spiritualists, Twelfth corner Thompson.

German Spiritualists' Society, Eleventh corner Girard avenue.

First Christian Spiritual Society, 1843 Germantown avenue.

Second Spiritual Church, Thompson below Front.

MISSIONS.

All Saints' Mission House, Lambert above Cherry.

All-Souls Church for the Deaf, 609 North Franklin.

Baptist City Mission, 1630 Chestnut.

Bedford Street Mission, 619 Kater.

Bethany Mission, 3255 Kensington avenue.

Beth-Eden Mission, 138 Brown.

Bethel Gospel Mission, 504 North Eighth.

Bethel Mission, 227 South Alder.

Bible and Tract Mission, 1032 Poplar.

Brethren In Christ Mission, 309 Norris.

Chinese Mission, 918 Race.

Christian Gospel Mission, 4311 North Eighteenth.

Christian and Missionary Alliance, 560 North Twentieth.

Christian Mission to the Hebrews, 800 South Fifth.

Church of The Hope Mission, 4115 Lancaster avenue.

Dutch Mission, 6435 Second Street pike, Lawndale.

Eighth Street Gospel Mission, 242 North Eighth.

Elmwood Mission, Tincicum Island road near Eighty-fifth.

Episcopal Chapel Mission, Wissinoming.

Fountain of Life Mission, Spring Garden West of Eighth.

Galilee Mission, 821 Vine.

German Lutheran Seamen's Mission, Schuylkill avenue near Magazine lane.

Gospel Herald Mission, Germantown avenue corner Dauphin.

Gospel Missions, 7209 Woodland avenue, 5701 Market and 2740 North Second.

Gospel Ship Mission, 723 Richmond.

Grace African Mission, 1328 North Hancock.

Harvesters Mission, 237 North Ninth.

Helping Hand Mission, 118 Laurel.
 Hermon Mission, Ditman corner Haworth, Frankford.
 Hope Mission, 516 South Seventh.
 Italian Episcopal Mission, 1024 Christian.
 Jewish Bible Mission, 518 South.
 Jewish Bible-shop Window Mission, 340 South Sixth.
 Keswick Wayside Gospel Mission, 228 North Eighth.
 Lighthouse (The), Inc., Lehigh avenue, Mascher to Mutter.
 Little Church in the Alley, 525 South Reese.
 Locust Street Mission, 918 Locust.
 Neighborhood Guild, 618 Addison.
 Pentecostal Mission, 1301 South Twenty-first.
 Philadelphia Episcopal City Mission, 411 Spruce.
 Philadelphia Protestant Episcopal Mission, 225 South Third.
 Pine Street Baptist Mission, 642 Pine.
 Pocono Pines Assembly, city office, 1201 Fidelity Mutual Life Building.
 Sherwood Mission, Fifty-seventh near Baltimore avenue.
 Star Mission, 531 Lombard.
 Tabernacle Mission, 236 South Sixtieth.

UNITARIAN.

First, 2125 Chestnut.
 Second, Greene corner West Cheltenham avenue.
 Spring Garden, Girard avenue near Fifteenth.

UNITED BROTHERS IN CHRIST.

Mount Pisgah, East Cambria corner Kip.
 St. Paul's, Edgemont corner Westmoreland.

UNITED EVANGELICAL.

Bethel, Twelfth near Lehigh avenue.
 Christ, Twelfth corner Oxford.
 Grace, Fifty-fifth corner Thompson.
 Trinity, Duval corner Baynton, Germantown.
 Wayne Junction, Wayne corner Berkley.

UNIVERSALIST.

Church of the Messiah, Broad corner Montgomery avenue.
 Church of the Restoration, Master near Seventeenth.
 Messiah Mission, Broad corner Passyunk avenue.
 All Souls', Forty-seventh corner Larchwood.

HOSPITALS.

American Hospital for Diseases of the Stomach, 1809 Wallace.
 American Oncologic Hospital, 4501 Chestnut.
 Barr Institute, 3332 Chestnut, alcoholic and chronic diseases.
 Charity Hospital, 1731 Vine.
 Chestnut Hill Hospital, 27 West Graver's lane, Chestnut Hill.

Children's Department of Salvation Army Hospital, 1609 North Conestoga.
 Children's Homeopathic Hospital, Franklin corner Thompson.
 Children's Hospital, 207 South Twenty-second.
 Christ Church Hospital, Belmont avenue above the Park.
 Episcopal Hospital, North Front corner Lehigh avenue.
 Frankford Hospital, Frankford avenue corner Wakeling.
 Garretson Hospital, Eighteenth corner Buttenwood.
 German Hospital, Girard avenue and Corinthian avenue.
 Gynecean Hospital, 247 North Eighteenth.
 Hahnemann Hospital, Fifteenth above Race.
 Hahnemann Maternity Hospital, 1713 Vine.
 Hospital of the University of Pennsylvania, 3400 Spruce.
 Howard Hospital and Infirmary for Incurables, Broad corner Catharine.
 Italian Hospital, Seventh corner Christian.
 Jefferson Maternity Hospital, 224 West Washington Square.
 Jefferson Medical College Hospital, 1020 Sanson.
 Jewish Hospital, York road corner Tabor.
 Jewish Maternity Hospital, 534 Spruce.
 Kensington Hospital for Women, 136 Diamond.
 Maternity Hospital, 734 South Tenth.
 Maternity Hospital of the Woman's Medical College, 335 Washington avenue.
 Medico-Chirurgical Hospital, 1725 Cherry.
 Memorial Hospital and House of Mercy of St. Timothy's Church, Ridge and Jamestown avenues, Roxborough.
 Morris Refuge for Homeless and Suffering Animals, office 1242 Lombard.
 Mount Sinai Hospital, 1431 South Fifth.
 Northwestern General Hospital, 2019 North Twenty-second.
 Pennsylvania Hospital, Eighth corner Spruce; visitors admitted from 2 to 4 p. m. on Monday, Wednesday and Friday.
 Pennsylvania Hospital for the Insane, male department, Forty-ninth near Market; female department, Forty-fourth corner Market.
 Philadelphia Charity Hospital, 1731 Vine.
 Philadelphia Hospital, General Insane Department and Almshouse, Thirty-fourth corner Pine.
 Philadelphia Orthopaedic Hospital, Seventeenth corner Summer.
 Phipps, Henry, Institute, 238 Pine.
 Polyclinic Hospital, 1822 Lombard.
 Presbyterian Hospital, Thirty-ninth corner Powelton avenue.
 Price's Hospital, 241 North Eighteenth.
 Prince of Peace Hospital, 1315 North Marshall.
 Roosevelt Hospital (The), 712 North Fifth.

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Rush Hospital for Consumptives, Thirty-third corner Lancaster avenue.

St. Agnes' Hospital, Broad corner Mifflin; under the charge of Sisters of the Third Order of St. Francis of Assissium.

St. Christopher's Hospital for Children, 2600 North Lawrence.

St. Joseph's Hospital, Girard avenue above Sixteenth.

St. Luke's Homeopathic Hospital and Dispensary, 4414 North Broad.

St. Mary's Hospital (Sisters of St. Francis), Frankford road corner Palmer.

St. Timothy's Memorial Hospital and House of Mercy, Roxborough.

Samaritan Hospital, 3403 North Broad.

Stetson Hospital, Fourth below Montgomery avenue.

West Philadelphia General Homeopathic Hospital and Dispensary, 1234 North Fifty-fourth.

West Philadelphia Hospital for Women, 4035 Parrish.

Wills Eye Hospital, Race above Eighteenth.

Women's Homeopathic Association of Pennsylvania Medical, Surgical and Maternity Hospital, Twentieth corner Susquehanna avenue.

Women's Hospital and Dispensary of Philadelphia, North College avenue corner Twenty-second; Alice N. Seabrook, M.D., Chief Resident Physician.

Women's Medical College, Hospital and Dispensary, 1207 South Third.

Women's Southern Homeopathic Hospital, 724 Spruce.



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Department of Home

OWNING.—If the man of the new family feels that he is permanently located in this city, there is no city in the whole country where he can own his own home to better advantage than in this city of homes. First, select the general neighborhood that you want to live in, then select the exact location and buy a lot and have your house built, or select one in process of building rather than one completed. By doing this you can at least have some of the finishing to suit your individual taste.

EXTERIOR.—Be chary of running to extremes in seeking for novelties in the exterior of your house. An odd feature may be attractive at first, but it is very apt to prove unsuitable, and the chances are you will tire of it, when to remove or alter it will be expensive and troublesome. It is better to be conventional in the general outlines than to go too far in an effort to have your house different from any other. It does not follow that no novelty should be permitted. Indeed, you will hardly want your house to be just like your neighbors' dwellings, whether in city or village. You can easily avoid this without adopting a grotesque design or strange ornamentation. In doing this you will escape the error in taste of making your home too conspicuous. There is a becoming modesty in the appearance of a dwelling quite as much as in the dress of a woman.

It costs no more to have your home beautiful, both in the exterior and interior, than to have it ugly. It is not the money spent upon a house that makes it a success. It is the cunning grouping of design, material, and surroundings into one harmonious picture. Far too often the money spent in seeking to make a house handsome is worse than wasted in ornamentation which spoils the beauty of a really good design.

The architect should be an artist as well as a designer.

If your house is meant to be a real home rather than a mere residence, see that it is substantial. Nothing does more to enrich and build up the communities than the love and attachment for the locality of men and women whose early homes were there and who look upon the old homesteads as the most valued of all their possessions. Remember this when you build your house, and do your share toward developing the attachment to locality which is too often missing in the American character.

In the purely commercial view, it pays to build substantial houses. It is a poor investment to put poor material and poor workmanship into a house. If you should desire to sell the property at any time, you will find it hard to get a return of the original cost, or you will have to be content with a smaller increase in value than neighboring, but better built, property shows. If you retain the house, the cost of constant repairs, made necessary by its poor construction, will prove a heavy burden and very soon reach beyond the money it would have cost to have built it in a substantial way. The better built the house the less fuel it will take to heat it in winter and the cooler it will be in summer.



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We invite suggestions for making this book more valuable.

Do not forget, however, that the very best constructed dwelling cannot be long neglected without falling into a bad condition. The wear and tear a house suffers from the elements and its occupants never ceases a moment, and every house must have constant care if it is to be kept in prime condition. Watch the little defects as they appear. If you promptly cure them, the expense will be little or nothing, and you will rarely have any big trouble to meet in the house-repairing line.

INTERIOR DECORATING.—Let the same fear of too much ornamentation govern your ideas of the interior as of the exterior. Let the materials be of the best, and bear in mind that simplicity of details usually gives the truest artistic effects. Reject promptly any proposed oddity, the sole purpose of which is to make a show. If you let freak features into your house, you will likely soon tire of them. If you decide to sell the house, you must find a purchaser of exactly your own taste in such matters, or, perhaps, be unable to dispose of the property at as good a price as if undesired oddity were absent. In planning the interior of your house study well the requirements of your family and try to meet them to the greatest possible extent in the arrangement of rooms, closets, etc. Seek the best arrangement to reduce to a minimum the labor of the housekeeper. Avoid such an arrangement as will require the housewife to run up and down the stairs many times a day in conducting the ordinary duties of the household. Let the kitchen and dining-room be so located with reference to each other that meals may be conveniently served and unnecessary steps avoided. A small mistake of judgment in matters of this sort will often add serious burdens to the home life of wife and mother.

FINISHING.—The finishing and decorating of the home should be, as should all mechanical work, left to those who are especially trained to it. Experience has proven that in most cases there will be greater satisfaction if the owner's general ideas are given to the experienced artisan, and the details left to them to work out. You can only see the sample of paper, moulding, paneling or decoration, while his experience enables him to picture it as it will be when finished, and he can make it meet your ideas better than if you insist on the details. This method is surely safe when the work is given to some one of tried ability and taste.

CELLAR.—Pay particular attention to your cellar. A vast amount of illness has been caused by improperly built cellars, and by improper care of those properly built. Your cellar must, first of all, be dry. Insist upon every precaution being taken by the builder to insure this condition.

Then, see that the cellar has full and free ventilation. If it has windows, let them be so placed that they will admit good, fresh air. If it is windowless, let holes be made in the walls for ventilation. Fit them with gratings to keep out rats, cats, and other animals.

Arrange coal and other fuel bins so that the fuel can be put in with the least labor and time. If the floor is concreted, have a chopping block set in the concrete near the wood bin. You will find it a convenience worth having in splitting kindling wood.

If the house is heated by a furnace or hot-water heater in the cellar, build your vegetable and fruit storage bins, shelves and closets so that their contents may not be harmed by the heat. It is absurd to put away winter supplies where they will be spoiled by the surroundings; yet it is a mistake many householders make. Be careful whence the furnace draws its supply of air. Do not let it be taken from a dark cellar. See that the intake pipe communicates directly with the outside air.



STAIRCASE OF MAIN SHOW ROOM

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HEATING.—There is a wide range of methods of heating the home, from the fireplace to electricity, and almost all of them have at least something to recommend them. Cost, as well as utility, must be considered, as must also the location and surroundings of the house, the accessibility to fuel, the relative costs of the different fuels in the locality, the amount of space to be heated, the window exposure, etc., etc. The installation of a hot-air furnace is less expensive than steam or hot-water systems, but is less effective in keeping an even temperature and takes more fuel. Probably the majority of architects, builders and home owners who have had experience would say that the most economical, sanitary and satisfactory method of heating the home would be by means of an adequate hot-water system. Its installation would be expensive, but the saving in fuel would return the extra cost to you in a few years, to say nothing of greater comfort and less trouble.

CONVERTIBLE ROOM.—A room on the first floor, which can be used on occasions as a bedroom, is not found in the majority of houses, but it is desirable in all. Such a room will often be found a great convenience in a case of sudden illness in the family, or when an invalid or an aged person, who would find going up stairs a task, is a guest. This room may be furnished with a folding bed, and when not occupied as a bedroom it can be used as a sewing or sitting room, or study room for the children.

SICK ROOM.—The advantages of having a room which can be easily isolated from the rest of the house in case of the appearance of a contagious disease are so great that you should provide for such a room in planning your home. This room should be in the upper part of the house, with a southern exposure, if possible. It should be well lighted, but the windows should have dark shades, so that sunlight can be shut out if need be. Special care should be taken to have the room well ventilated.

This "hospital room" should be provided with hot and cold water facilities, if you can do so, and a bath and toilet room should be convenient. In whatever way the house is heated the room should have a fireplace and grate. A grate fire is often the most desirable for heating a sick room, and it is a very important factor in proper ventilation. It goes without saying that the "hospital room" need not be reserved exclusively for use in cases of contagious or other diseases. It ought to be one of the most bright and cheerful rooms in the house—too pleasant to be reserved for sickness. But it should be so arranged that it can be quickly transformed into a "hospital room" when the emergency arises.

Build all bedrooms as large as the size of your house will permit. The evils of sleeping in small and unnecessarily "stuffy" bedrooms are many. It is better to sacrifice some other room than to cramp the space of your bedrooms. Above all, have no dark bedrooms. Indeed, there should be no dark room of any kind. Bedrooms, especially, should be open to the germ-killing and health-giving rays of the sun every day.

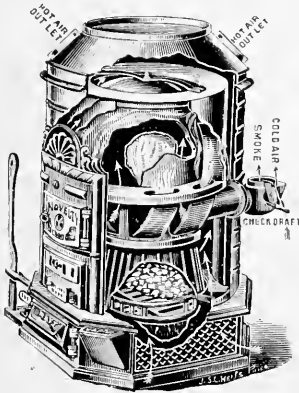
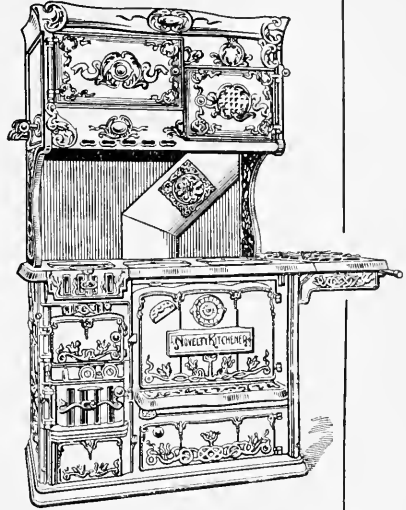
See that your plans and specifications call for "deadening" all the floors and the principal partitions in your house. It is annoying, unpleasant, and (in the case of illness) sometimes dangerous when floors and partitions are so constructed that the footfalls of a person walking on the floor above or his voice in an adjoining room can be plainly heard. The extra cost of providing against this is insignificant, while the resultant benefit and satisfaction are great.

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PLUMBING.—No single feature of your house should receive more careful attention than the plumbing. No matter how anxiously you may have to count every dollar your home costs, do not “skimp” in the plumbing work. “The best is the cheapest” applies to nothing more truly than to the sanitary appliances of your home. Do not let dollars count as against the health of your family.

No family is safe if its home is contaminated with bad air from sewer or waste pipe. One imperfect joint, one improperly placed trap, one minute defect in a small pipe, may bring illness to every member of the household. Sewer gas is a most insidious enemy. It is silent, persistent and deadly. Its mischief is often wrought before its presence is suspected. Perfect plumbing is the one only way to ward off its attacks.

Insist upon having the best material in all your plumbing arrangements, and that every appliance used be of the latest and most approved pattern. These will be of no value, however, without good workmanship. See to it that no part of the work of installing pipes and fixtures is slighted. Let the pipes be arranged, as far as the plan of the house will permit, so that they can be easily reached when repairs are necessary.

It is a wise precaution to have all the plumbing tested at least once a year. Rats and mice, the “settling” of the house, or even the shaking it may receive from a severe gale, may affect the pipes, and the slightest defect should be attended to at once.

BUILDING AND LOAN ASSOCIATIONS.—Building and loan associations are a highly important factor in the building of American homes. While the first known association of the kind was organized in Frankford, Pa., near Philadelphia, in 1831, the real growth and extension of the system has been almost wholly in recent years. By far the larger number of associations now in existence are less than twenty-five years old. How rapid and wonderful their growth has been is shown by the fact that the number in operation in 1900 was 5,485, with an aggregate membership of 1,512,685. These had assets reaching the enormous total of \$581,866,170. These figures will have materially increased at the time of publishing this book.

Exactly how many homes have been built by the means of these organizations cannot be told. The most reliable estimates, made by officers of the United States League of Building and Loan Associations, place the number at 661,325 in the eighteen years from 1883 to 1900, both inclusive. If each of these homes should be allowed a ground frontage of thirty feet, and all were placed side by side in a line, the great row of dwellings would extend from Bangor, Me., to San Francisco, Cal., and one hundred and fifty-four miles on toward Hawaii. These figures take no account of the so-called “natural” associations, which are not regarded as true home builders, and, indeed, are repudiated by most of the local associations.

It is a conservative estimate that 90 per cent. of these homes would not have been built without the help of the building and loan associations. In this fact lies the secret of their great value to the nation. Every new home established adds something to the material and moral welfare of the community and nation. More than half a million new homes in less than twenty years means an advance in the well-being of, at the very least, three million men, women and children, thus adding to their value to the State, both in increasing its wealth and in tending to make them better citizens.

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INSURANCE PROTECTION.

TITLE.—With city property, at least, no home should be purchased without title insurance. This, like all other insurance, is very inexpensive when compared with the protection it gives. Before a title insurance company will pass the title, all obstructions must be removed, and if any are so obscure that they miss the scrutiny of the examiners, the loss, if any, is payable by the insurance company.

FIRE.—The cost of this protection is so very low that we do not hesitate to state that anyone who owns a home, or even those who own only the furnishings, are neglecting an imperative duty unless they secure it. No insurance can be taken to make money by. It is only intended to help bear the loss, and many a family would have been bankrupt if the insurance money had not given them a new start. To expedite settlements in case of loss, everyone should keep an inventory of all their goods, noting the time purchased and the cost. These figures will be asked for in case of a fire, and memory is never entirely dependable, and may cause serious delay or contests. Many persons have the erroneous idea that fire insurance protects only in case of total destruction. This is not so, as any loss by accidental fire is payable by the insurance company.

LIFE.—Every married man owes it to his wife to protect her from the loss she will suffer in the event of his death by the removal of his earnings. This is especially true of those buying a home. If the home is not paid for in full, enough life insurance should be carried to clear it in case of the husband's death, and if it is clear, the money coming in will enable her to keep it, in many cases where she otherwise would be compelled to sacrifice it. There are many forms of this valuable protection, and for the young married man we would recommend that he secure some of those which bring the burden of payments during the years of his greatest earning capacity and leaving his declining years protected, but free from outlay.

ACCIDENT.—While accidents are comparatively few, and a person may pay premiums for years without receiving any back, it must be kept in mind that the amount of money received in almost any one accident will probably repay all the outlay in premiums for many years.

OTHER.—We consider all insurance protection in the light of money well invested. Your plate glass may be protected, you may be insured against burglars, your health may be insured, and anything particularly valuable may be protected.

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Department of Cooking and Foods

APPLES.

BAKED.—Wipe and core without peeling. Place in baking pan and stuff cores with sugar, and spices if desired. Cover the bottom of the pan with water. Bake until soft, basting often with syrup from pan.

FRIED.—Clean and core firm cooking apples; cut in slices a quarter inch thick, across the core. Have the fat hot; brown and turn. Sprinkle sugar on the brown side. This will melt by the time the other side is brown.

FRITTERS.—Dissolve one teaspoonful of salaratus in a pint of sour milk, add three beaten eggs, and enough flour to make soft batter; pare and core six apples and chop or grind, and mix in. Fry like doughnuts.

SAUCE.—Use rather tart apples, pare and slice, place in water to cover; cook until tender, sweeten to taste, and beat or mash all lumps.

WATER.—An excellent, mildly purgative food drink is made as follows: Pare, core and slice juicy apples; add enough lemon rind to flavor; add teaspoonful of sugar for each apple; place in jug and add a cup of boiling water for each apple. Strain after cooling.

ASPARAGUS.

This garden vegetable is a very strong purgative for the kidneys. Cut off all dry ends and peel off the tough outer skin from the bottom of the stem. Put in lukewarm salted water and boil quickly. When tender, serve hot, with pepper and drawn butter.

ARTICHOKES.

PICKLED.—These garden tubers are very delicious according to those who are in the habit of eating them, but are hard to get, as they are not common in market. Scrub thoroughly with stiff brush and parboil until half soft. Drain, and put into jar or crock. Cover with warm vinegar and add spices to suit taste. Add one tablespoonful of salt for each half-pint of vinegar.

BAKING TIMETABLE—VEGETABLES.

Beans, dried	5 to 7 hours
Potatoes	40 to 50 minutes
Sweet Potatoes	30 to 40 minutes
Squash	30 to 40 minutes
Tomatoes	20 to 30 minutes

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BOILING TIMETABLE—VEGETABLES.

Asparagus	20 to 30 minutes
Beans, shelled green	60 to 90 minutes
Beans, string	60 to 90 minutes
Beets	2 to 3 hours
Cabbage	40 to 60 minutes
Carrots	30 to 45 minutes
Cauliflower	20 to 30 minutes
Corn, on cob	10 to 15 minutes
Kale	60 to 90 minutes
Onions	40 to 60 minutes
Parsnips	30 to 45 minutes
Peas	30 to 45 minutes
Potatoes	20 to 35 minutes
Sweet Potatoes	20 to 30 minutes
Spinach ..	30 to 45 minutes

BISCUIT.

Take two cups of flour, one teaspoonful of salt, three teaspoonfuls of baking powder, two tablespoons of butter, lard or cottolene, enough milk to make soft dough. Sift the dry parts together, add shortening and mix; then add milk gradually, work into dough, roll out to about a quarter-inch thick, place in floured baking pan, brush over with milk, and bake in hot oven from ten to fifteen minutes.

BEEF.

BOILED.—The less expensive cuts may be used for this purpose. Cut in pieces of not over a half-pound each, season to taste and boil slowly for two hours or more, keeping the meat covered with water. Carrots, potatoes or dumplings may be boiled at the same time.

CROQUETTES.—Take cuttings or left-over of steak or roasts; grind or mince; add beaten egg to make an adhesive paste; season to taste; flavor with thyme, sage or parsley; shape into cones; roll in egg and cracker dust, and fry in pan of hot grease. Serve with green peas, garnished with parsley sprays.

ESSENCE.—Take lean, juicy meat; mince or grind and place in jar. Set jar in stew pan of cold water and boil slowly for three or four hours. Press and strain the meat before cooling and season highly.

LOAF.—An excellent method of using surplus meat is as follows: Take half cooked meat and half raw; mince or grind; mix egg until it holds together; make into loaf; coat the top with egg for browning; bake in slow oven for about a half-hour.

POT ROAST.—Take rump, round or rolled shoulder; sprinkle with salt and pepper, place in pot with an inch or two of water and a tablespoonful of vinegar. Boil until nearly dry. If not done to suit, add a cupful of hot water and boil down again. When done allow to boil dry, and turn as browned. Meat cooked in this way should not wait on table, as it loses its deliciousness when cool.

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ROAST.—The best roasting pieces are the ribs or saddle, the top of the sirloin or the top round. Wash and trim carefully, and rub pepper and salt into the surface. Place in roasting pan and cook in hot oven from fifteen to twenty minutes for each pound. Baste often with the drippings, and when the outside is well browned, reduce the heat. Add hot water if the fat burns. When done serve hot. The brown juices in the pan make excellent gravy. Add flour and hot water and season.

SCRAPED.—Take lean beef and scrape with dull knife. Press the pulp through a coarse sieve. Mix with beef tea or essence to make a very strong food.

STEAK, BROILED.—Broiling steak should be cut at least an inch thick. Wipe with damp cloth and place in greased broiler with outside of cut nearest the handle. Broil over clear coals, turning continuously for a few minutes and then slower until browned. Rare steak will be cooked properly in five to eight minutes, and twelve to fifteen minutes will broil well through. Place on a hot platter, spread with butter and sprinkle with salt and pepper.

STEW, WITH DUMPLINGS.—The upper part of the shin, with bone, makes excellent stew. Cut the meat in one to two-inch pieces, wipe with damp cloth and sprinkle with flour and salt. Brown the meat in a frying pan with a little fat. Place in kettle with cracked or sawed bone, add salt, pepper and bay leaf, and the essence from the frying pan. Cover with water and boil for five minutes, then cook slowly on back of stove for two hours. Add peeled onions, carrots, turnips and potatoes cut in half-inch cubes, and cook for another hour. Take one pint of flour, three teaspoonfuls of baking powder, one teaspoonful of salt, one teaspoonful of shortening; add milk to make a soft dough, mix and roll out and cut into dumplings. Drop into stew and cook ten minutes longer.

TEA.—Cut lean, juicy meat in small pieces and cover with cold water for an hour. Then simmer slowly for three or four hours in covered pan; add plenty of salt and a little pepper. Strain off the juice, avoiding all particles of meat. If too thick, thin with hot water.

BREAD.

BOSTON BROWN.—Take one cup of yellow corn meal, one cup of rye meal, one cup of Graham flour, one tablespoonful of soda, same of salt, three-quarters cup of molasses, two cups of thick, sour milk or buttermilk. Mix and sift dry ingredients, add molasses and milk; mix and beat well, and pour into well-greased pail. Cover the pail and place in a kettle of water half way up. Cover all and steam for three hours, adding water as it boils away. Then open the pail and dry the top of the loaf in the oven.

CORN.—Take a pint of corn meal, shortening about the size of an egg, one teaspoonful of salt, one tablespoonful of cream of tartar, one beaten egg, one teaspoonful of dissolved soda, and milk enough to make heavy batter. Mix thoroughly and bake in greased pan in hot oven for about a half-hour. If buttermilk is used, do not use cream of tartar.

GINGER BREAD.—Mix two pounds of flour and a half ounce carbonate of magnesia, then add a large cup of molasses, half a pound of pow-

dered sugar, three tablespoonfuls of melted butter and two drachms tartaric acid solution. Make a stiff paste and add a teaspoonful each grated nutmeg and cinnamon. Mix well, let stand for an hour, and bake slowly.

GRAHAM.—Take one pint milk, one pint water, a half-cup of molasses, one tablespoonful salt, one-half yeast cake, one quart white flour and three pints graham flour. Scald the milk and add the water, molasses and salt. Cool and add dissolved yeast cake, and mix well with both flours. Let rise, beat and place in greased pans. Baking will increase the size of loaf to almost double.

HEALTH.—Take one pint each, milk and water, one tablespoonful salt, a half-cup sugar, one-half yeast cake, five cups whole wheat flour, about three cups white flour. Mix and beat instead of kneading. When risen, beat out air, pour into greased pans, and when risen to nearly double size, bake for an hour in hot oven.

RYE.—Make same as Health bread, substituting rye flour for whole wheat flour.

STALE.—No particle of bread should be wasted except scraps of pieces partly eaten. Crusts should be well dried and grated, or rolled into crumbs for use in frying chops, cutlets, oysters, eggplant, etc. Stale bread should be saved and used in bread puddings, which are economical and delicious. (See puddings.)

WHITE.—Take one quart warm water (or milk), about five quarts flour, one cup yeast. Mix yeast and liquid with enough of the flour to make a wet dough, and set to rise in cool place in summer and warm in winter. When risen to double the original size, add remaining flour and mould into loaves, kneading thoroughly. Place in greased pans and set to rise again, then bake in hot oven for about three-quarters of an hour. When baked take out of pans and wrap in clean cloth until cold. For those who like the taste, one cup of either cream mashed potatoes or corn meal will help to keep bread moist for a day or two longer.

WHOLE WHEAT.—See Health bread.

BEANS.

BAKED.—Pick over and wash one quart navy or pea beans, cover with cold water and set to soak over night. Next day, drain and boil slowly until soft but not bursting. Then drain off and put in bean-pot or crock. Scald and scrape a half-pound of pork and cut in half-inch strips. Cover the pork in the beans. Mix one tablespoonful of salt, a half-tablespoonful of mustard, one-third cup of molasses and two cups of hot water, and pour over beans. Cover and bake slowly for seven or eight hours. Add water if needed. Uncover and place pork on top until brown. Beans will be whiter if sugar is used instead of molasses.

BOILED.—Pick over and wash the beans, drain, and soak over night. Drain off and boil slowly until soft enough to pierce with a pin. Add very thin slices of pork, salt and celery seed. Keep covered with water and leave on back of stove for two hours. When dished, add butter and dashes of pepper.

LIMA.—Shell, wash and boil in water just covering the beans for one hour. Add salt when half done. When dished add butter and pepper

STRING.—Carefully remove all strings and cut or break in one-inch lengths. Use little water, and serve with the beans. Season the same as Lima beans. A piece of fat pork cooked with the beans will take the place of butter and will be less expensive.

BEETS.

BOILED.—Wash the beets, but do not pare them. Boil for two or three hours. Drain and put in cold water while hot, to loosen skins. Peel and cut in cross slices about one-eighth to one-quarter inch thick. Season to taste.

BUTTERED.—Take boiled beets sliced, place a tablespoonful of butter to each pint of beet slices and put in oven in serving dish until butter is melted through.

PICKLED.—Take boiled beets, sliced, place in layers in crock or jar, with bay leaves, cloves and cinnamon sprinkled between layers. Cover with vinegar and let stand for three or four days.

BUCKWHEAT CAKES.

Sift together two cups of buckwheat flour, one cup of white flour, one teaspoonful of salt, three teaspoonfuls of baking powder, and one table-spoonful of sugar. Beat one egg and mix with two cups of sweet milk, and add this to the dry mixture, beating well and keeping the batter free from lumps. Melt one tablespoonful of shortening and stir into batter. Drop on greased griddle by spoonfuls, and when brown under and bubbly on top, turn over and brown other side. Serve hot, with butter, sugar, molasses or maple syrup.

CAKE.

BRIDE.—Take one pound of butter, ten ounces brown and same of granulated sugar, ten well-beaten, good-sized eggs, three pounds of cleaned and chopped raisins, three pounds well-cleaned currants, two pounds preserved citron, cut fine, twenty ounces sifted flour, one teaspoonful mace, two nutmegs and a half-pint sherry wine with ten drops of oil of lemon in it. Soften the butter and stir to a cream, add the sugar and stir until light. Add the beaten yolks of the eggs. Beat the whites to a froth and add. Stir in the flour, then the spices, then the fruit, and last the citron. Bake in plain round tins, greased with butter, until a piece of straw will come out clean. Buttered paper in the pan will often enable you to bake a cake more thoroughly without burning the outside.

CHOCOLATE.—Rub four tablespoonfuls of butter into two cups of sugar, beat whites and yolks of four eggs separately and add. Pour in one cup of sweet milk, and stir in three cups of flour into which one teaspoonful of cream of tartar has been sifted. Melt a half-teaspoonful of soda in hot water and add. Bake in buttered jelly cake or pie tins. Fill between the

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Philadelphia, Pa.

BOTH PHONES

ESTABLISHED 1872

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layers with a filling made as follows: Beat the whites of two eggs to a froth, beat in one cup of powdered sugar; make a paste of a quarter-pound cooking chocolate and a tablespoonful of cream, and add. Spread on when cake is cold, and sprinkle more powdered sugar on top to make smooth icing.

COCOANUT.—Mix one quart of flour, one pound of granulated sugar, three beaten eggs, one pint of milk, a quarter-pound of butter, three teaspoonfuls of baking powder, a little salt, and a half-pound of fresh cocoanut, grated. Mix thoroughly and bake in moderate oven.

DUTCH.—Take three pounds of flour, one pound of sugar, half pound each of butter, lard and raisins, one pound of well-cleaned currants, a quarter-pound of citron, three beaten eggs, one teaspoonful of cinnamon, a grated nutmeg, one quart of new milk and two cups of yeast. Mix well with part of flour and set a sponge. Add remaining flour and bake in moderately hot oven.

FRUIT CAKE.—Take two cups of butter, three cups of granulated sugar, one cup of milk, seven eggs, three teaspoonfuls of baking powder, one teaspoonful of salt, three teaspoonfuls of cinnamon and half a nutmeg. Mix well and stir in six cups of flour until the dough is fairly firm. Then stir in one pound of cleaned raisins, half a pound of sliced citron, half a pound of currants and a half-pound of minced figs. Wine, brandy or whisky may be added if desired. Bake in buttered pans two to three inches deep for two hours in a slow oven.

JELLY.—Soften a pound of butter and stir to a cream, add one pound of granulated sugar, the yolks of ten eggs, and twelve ounces of sifted flour. Beat whites of eggs to a froth and add. Bake in buttered plates, and when cool spread jelly between each layer.

MARBLE.—Soften and beat to a cream four tablespoonfuls of butter. Work in one cup of sugar. Mix two and a half teaspoonfuls of baking powder with two cups of flour and sift in. Beat yolks of two eggs and mix with one cupful of milk, stir this in and add a half-teaspoonful extract of vanilla. Last add whites of eggs beaten stiff. Beat well and divide into two even parts. Color one part by mixing one teaspoonful of melted chocolate or cocoa. Mix the light and dark when putting in pan. Bake for a half-hour in shallow, greased and floured pans.

ORANGE.—Bake layers as for chocolate cake and fill with the following: Mix two-thirds cup of sugar with one-eighth teaspoonful salt, two and a half tablespoonfuls flour, grated rinds and juice of two oranges, juice of one-half lemon. Beat one egg slightly and add. Cook over hot fire fifteen minutes, stirring continuously. Add butter when taken from fire, and stir often while cooling. Spread between layers just before serving, and sprinkle pulverized sugar on top.

POUND CAKE.—Soften one pound of butter, add one pound of sugar and beat creamy. Add ten well-beaten eggs, and mix thoroughly. Add one pound of flour and mix until smooth. Flavor according to taste. Bake in buttered pans, in medium hot oven.

RAISIN.—Soften a half-pound butter and beat to light cream with one pound of powdered sugar. Add one teaspoonful of cream of tartar in one pound of flour, one cup of sweet milk, five whites and five yolks of eggs beaten

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separately. Then add a half-teaspoonful soda dissolved in hot water and one teaspoonful of mixed cloves, nutmeg and cinnamon. Just before baking, add one pound seeded and cut raisins, and beat very hard. Bake in small loaves, in moderate oven.

SUGAR.—Beat whites and yolks of seven eggs separately. Beat well together and mix in one pound of powdered sugar and a half-pound melted butter. Sift in enough flour to roll out to a half-inch thick and cut into cakes. Bake in lightly greased pans, in hot oven.

SPONGE.—Mix six beaten yolks, one cup of sifted flour, one and a half cups of granulated sugar and one teaspoonful baking powder. Add the beaten whites, juice of one lemon and yeast. Stir as little as possible to have it smooth. Bake in thin layers in hot oven. Buttered white paper in the pans is advisable, to prevent burning and sticking.

CANDY.

CHOCOLATE ALMONDS.—Blanch the almonds by pouring boiling water over them. Let stand for a few minutes, then roast. Take half a pound of sweet vanilla chocolate or pure cocoa powder and add two tablespoonfuls boiling water. Place chocolate in saucepan in hot water and when melted add an even tablespoonful of butter. Mix well and add water or cocoa until it just runs smoothly. Dip the roasted almonds in the coating and drop on waxed paper.

CREAM CHOCOLATE CAMELS.—Mix half a pint of granulated sugar, same of molasses, same of thick cream, one tablespoonful butter and a quarter-pound cooking chocolate or cocoa powder in an enameled saucepan. Cook until it will harden in ice water, stirring often. Pour into buttered tins until almost an inch thick. When nearly cold, cut in squares. Keep cool until hardened.

CHOCOLATE FRUIT FUDGE.—Make like other fudge. After removing from fire, but before pouring out, add two chopped figs, an ounce of raisins, half a cup of English walnuts and one teaspoonful vanilla. Mix thoroughly through, and then pour out to cool.

CHOCOLATE MACAROONS.—Beat the whites of seven eggs to a paste, add ten ounces of pulverized sugar, a half-pound of grated almonds and a tablespoonful of pure cocoa powder. Lay out on round wax papers, press a blanched almond on the top of each and bake in a moderate oven.

FONDANT.—Cover a pound of granulated sugar with water and allow to stand for half an hour. Add a pinch of cream of tartar and stir over the fire until sugar is dissolved. Then boil very slowly until a little dropped into cold water will become workable, like putty. Turn out on a cold platter and work until creamy. If brittle, it is too much cooked and must have water added and be boiled a little more. Keep several hours before using. This makes a wholesome body for home-made candies and may be worked about nuts, grapes or fruits, or coated with chocolate.

RAW FONDANT.—Mix pulverized sugar with beaten white of egg and water, and work to the proper constituency.

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CREAM DATES.—Split the dates and remove the pits. Insert raw fondant and close again. Rinse in cold water to remove stickiness.

COCOANUT CANDY.—Put the milk of one cocoanut into two pounds of sugar and bring to a boil. Then add the grated meat of the cocoanut and cook until the particles are tender. Pour into buttered pans, and cut in squares before it hardens.

BUTTER SCOTCH.—Boil one cupful each of sugar, butter and molasses until it hardens when dropped into cold water. Pour in buttered pans, not over a quarter of an inch thick, and mark in small squares.

HOME-MADE WHITE MOLASSES.—For Candy Pulls. Take three pounds of granulated sugar, and two quarts of clear golden syrup. Boil in copper or porcelain pot until a drop in cold water will become brittle. Then pour into greased platter, and when cool enough to handle, pull over hook until it strings smoothly, is light and airy, and glistens like polished silver. Flour the hands from time to time to prevent sticking. When well pulled, roll in three-quarter-inch rope and cut in one or two-inch lengths.

CHOCOLATE FUDGE.—Mix two cups of granulated sugar, one tablespoonful of butter, one-half cup of rich new milk or cream and a half-cup of powdered cocoa or a little more grated cooking chocolate. Place in smooth saucepan and heat to the boiling point, stirring occasionally until the sugar is melted. Cook without stirring for seven to ten minutes. Tried in water, it will make a soft ball when done. When cooked, add vanilla or other flavor and beat until creamy. Then pour into greased pans, and score the top in one-inch squares.

CABBAGE.

Wash and cut all the course stalks from each outside leaf; cut the cabbage in quarters and boil for a half hour, or until tender. Drain and serve as nearly whole as possible. Corned beef or ham, when cooked with it, give it a delicious flavor. Serve with vinegar or a vegetable sauce.

CATSUPS.

COLD.—Boil a half-peck of tomatoes and drain four hours. Mix the following with the tomato pulp: One cup of grated horseradish, one-half cup of white mustard seed, same of black mustard seed, one cup of sugar, half-cup of salt, two tablespoonfuls of celery seed, two tablespoonfuls of black pepper, same of cinnamon, half-tablespoonful of red pepper, one tablespoonful of ground cloves and one quart of vinegar. Mix very thoroughly. If too hot to suit taste, add more tomatoes.

GRAPE.—Rub one gallon ripe concord grapes through strainer. Add one tablespoonful each of cloves, cinnamon and allspice, a half-teaspoonful red pepper and one pint of vinegar. Boil for about thirty minutes, stirring often; cool and bottle. If grapes are hard, parboil until soft.

TOMATO.—Take a half-bushel ripe tomatoes, wash, cut in pieces and boil until soft. When cool enough to handle, rub through strainer. Add to the strained pulp one cup of salt, one cup of ground cloves, one cup of ground allspice, and one quart of pure cider vinegar. Boil for one hour, stirring often; cool and bottle. If too thick, thin with vinegar.

CARROTS.

BOILED.—Wash carrots and scrape or scrub with stiff brush. Cut in halves if small, or quarters if large. Boil until soft in salted water. Drain well, cut in thin slices or small cubes, sprinkle with pepper and salt, and spread with butter or white sauce.

CARVING.

FISH.—Any fish large enough to make more than one portion may be carved to advantage, so that most of the bones may be removed without serious waste, and the guests served with a more inviting dish. Lay the fish on the side and cut through close to the back bone. Remove the spine and trim out the small bones at the root of the back fins. This leaves the two halves with no bones in them except the ribs. Cut to size and serve.

MEAT.—To treat this subject in full and in a scientific manner would take a whole book, and all we can do here is to give a few general hints. Common sense and sharp tools will usually insure creditable carving. A great deal depends on the persons served and the kind of meat. Steaks should be carved in long strips. Roasts should be sliced thin and as nearly directly across the grain of the meat as possible. Boiled meats are usually too soft to carve well, and should be rather pulled apart, but no piece should be served in which the grain of the meat is over an inch long. Where possible, all bone should be removed.

POULTRY.—Roast poultry is much more easily carved since the advent of the poultry shears. First remove the wings and the legs and thighs. This leaves the body of the fowl so that it may be turned in any position to afford the best slicing. A lighter carver may be used than for meat, but a dull knife is apt to mean disaster.

CAULIFLOWER.

BOILED.—Select clean, firm heads and cut away all the leaves. Pull the flowers off in pieces and boil in salted water until soft. Drain, dish and spread with butter or cream sauce.

BAKED.—Clean and boil until tender. Break and lay a layer in the bottom of a dish. Cover with butter, bread crumbs and a little grated cheese. Then add other layers treated in this way until the dish is full. Cover top well with crumbs and bake to a rich brown.

CELERY.

This excellent vegetable should be cleaned very thoroughly. The best way to do this is to remove all leaves, and scrub the stalks lengthwise with a stiff brush. Cut in half-inch to inch lengths, boil until tender, drain and serve in drawn butter.

CEREALS.

These foods are cheap, easy to prepare, and very rich in nutrition. Although manufacturers are placing on the market many partly cooked

cereals, they should be well cooked on account of their starchy nature. The water should be boiling and well salted, and the cereal stirred in with a fork until thick, keeping in mind the fact that it will thicken more while cooking and cooling. Boil for five minutes and then cover and steam slowly for fifteen minutes to half an hour. Stir occasionally to prevent sticking.

CHEESE, COTTAGE.

Do not throw away sour milk. Set it above the stove or in a warm place until the curds and whey separate. Pour into cheese-cloth bag, drain until fairly dry, mix with cream, pepper and plenty of salt. If liked best dry, use no cream, season with sage, work in salt and butter and serve in individual platters.

CHOPS.

These pieces of meat come to the housekeeper in size for cooking, and should be carefully cleaned by close trimming and careful wiping with a damp cloth. Great care should be used to avoid under-cooking, which is a common failing, especially where breaded. Veal and pork chops are positively unwholesome unless cooked through, and often cause bowel trouble. Where chops are rich in natural fats, the juices should be drained off and used for gravy.

CHOWDER.

CLAM.—Take one quart of clams, add one cup cold water; lift clams out separately, rinsing each in the juice. Cut two ounces of salt pork in small pieces and try out in frying pan. Peel, chop and fry one good-sized onion in the pork fat until brown. Pare and chop five potatoes, chop the hard part of the clams, and place in pot with onions, pork fat, clam juice and three cups of boiling water. Boil until potatoes are nearly soft, add the soft part of clams, one heaping teaspoonful of salt, pepper to taste, and one tablespoonful of butter. Cook again for five minutes and add one quart of hot milk. Pour this in large dish in which about ten soda crackers have been softened in cold milk.

FISH.—Chop two pounds of fresh fish, four potatoes, one large onion, and five or six ounces of salt pork or bacon. Try out fat and treat onions as in clam chowder. Pour the fat into saucepan, put in layer of fish. Salt and pepper to taste. Repeat layers until all in. Cover with water and boil for a half hour. Add butter, and serve like clam chowder.

CLAMS.

DEVILED.—Heat and skim the juice of twenty-five clams. Rub a teaspoonful each of flour and butter together until creamy. Melt this with the juice and stir until like a gruel. Chop the clams and throw out the gristle. Add this to gruel and cook five minutes, stirring continuously. Season highly with salt, pepper, sage and parsley. Fill into clean shells, dip in bread crumbs and bake in hot oven twenty minutes.

STEWED.—Drain off the juice and heat slowly in pan. Add pepper and butter, and cream. Stew until hot and add the clams. Cook for about three minutes, remove and serve at once.

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COCOA.

Take one small teaspoonful cocoa powder, and mix well with one and a half teaspoonfuls of granulated sugar. Add enough cream to make a smooth paste and add hot milk. The richest drink is made in individual cups as above. Cocoa is a particularly rich, invigorating and healthful food drink.

CODFISH.

SALT.—Soak over night in cold water, drain and cover with warm water. When cold, drain again, cover with warm water and allow to simmer for two hours. Remove bones and skin and serve in individual dishes with boiled potato, both covered with drawn butter.

CAKES.—Take equal parts of mashed potato and shredded fish, add a little cream; work into small cakes and float in hot lard until brown. Drain and serve hot, with horseradish and parsley.

COFFEE.

EFFECTS.—Coffee is a mild brain stimulant and an aid to digestion, provided it is used in moderation, and not too strong. It should not be given to growing children unless very weak. Its effects are cheering, strengthening and invigorating, and yet it is a thing to be careful of, for an excess of its effects is bad in many ways.

FLAVOR.—High-grade blends of coffee make excellent flavoring, and are very tasty. It can be used to good advantage in cakes, ice cream, corn starch, biscuit, gelatines, etc., etc. To make the flavoring, pulverized coffee should be steeped for about one hour and then boiled for about one minute. Cool and then strain.

HEALTH.—An excellent health coffee may be made by taking equal parts of wheat, rye, barley and sweet potatoes cut into quarter-inch cubes. Place these in a dry roasting pan and parch in the oven, stirring often to prevent charring. Grind and make like coffee.

COOKING RECIPES.

See Index of Information to locate the desired recipe in the Department of Cooking and Foods.

COLD DRINKS.

Iced drinks should be used in moderation. They are so tempting in hot weather that we are apt to use too much and chill the stomach so that it does not perform its proper functions. Acid drinks are more satisfying to the thirst than sweet. Iced tea should be served with lemon.

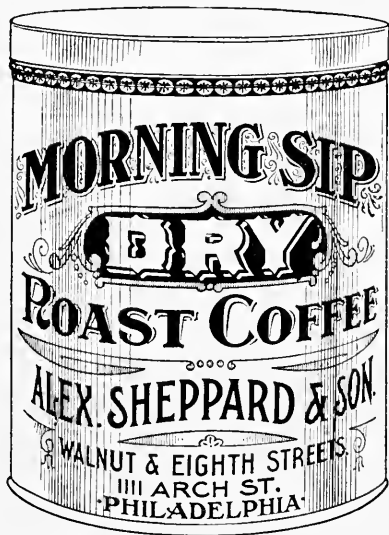
MINT WATER.—Take one pint of brook-mint leaves, wash well, put a layer in a quart jar and cover with sugar; repeat the layers until all in, and cover with apple vinegar. Allow this to stand for at least two weeks, until the juice becomes a syrup. When a year old, it is better than when fresh. One tablespoonful in a glass of water makes a satisfying beverage.

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CORN.

BAKED.—Grate or cut one dozen ears of corn, or take two cans of fine cut corn, add three beaten eggs, two cups of rich milk, one teaspoonful of salt, one teaspoonful of sugar and a quarter-pound cheese, grated. Mix well together and place in baking crock or dish, sprinkling the top with cheese and black pepper and spreading on butter. Bake in hot oven for three-quarters of an hour.

BOILED.—Husk, trim and remove all the silk from the ears and wash in cold water. Drop into boiling water in which has been placed one teaspoonful each of vinegar and salt for each dozen ears. Boil ten to fifteen minutes, or until tender.

ROASTED.—Remove all husks but the two inside layers. Pull these out and trim and silk. Pull husks over and roast in hot oven for ten minutes, or until grains begin to shrivel. Spread with salt, pepper and butter and keep in warm place for five minutes. Serve with husks on to keep moist until eaten.

CUSTARDS.

APPLE.—Take sour apples; peel, wash, cover and cook in little water until tender. Place in deep baking dish, cover with plain custard, and bake for a half hour in slow oven.

COCOANUT.—Add two ounces of fresh grated cocoanut, or twice as much shredded cocoanut to the plain custard, before baking.

PLAIN.—Take one quart of rich milk, eight well-beaten eggs, a little salt, six ounces of sugar, vanilla or flavor to taste, fill in cups, and bake in hot oven until crust is rich brown.

DANDELIONS.

GREENS.—Wash through several waters to remove every particle of dirt and grit. Boil for an hour with salt pork, in water to cover. One-quarter as much of both young plantain and curly dock will make the greens sweeter and richer. When done, drain and add salt, pepper and butter.

WINE.—Pour three quarts of boiling water over two quarts cleaned blossoms. Let stand for sixty hours, strain and add two teaspoonfuls of dry yeast and one cup of granulated sugar. Flavor with wintergreen, orange or lemon.

DATES.

This fruit is fast coming to its proper place as a food of recognized high value and excellent effect upon the digestive organs. While a very rich food, it is rather soothing and healing to the digestive tract, and aids in purifying the blood. Dates are cheap enough to be enjoyed by all and can be used, chopped, with any cereal. They also make an excellent pure confection by cutting lengthwise, removing the stone and filling the centre with nuts. Then press back to original shape and roll in powdered sugar.

DESSERTS.

See the following, in this department:—Cakes, Custards, Fruits, Gelatines, Ice Cream, Ices, Jellies, Junket, Pies and Puddings.

DRESSINGS.

CAPER SAUCE.—Pound a tablespoonful of fresh-boiled shrimps and a tablespoonful of capers; knead together three ounces of butter and a tablespoonful of baked flour and stir them into one-third of a pint of boiling water; add the pounded capers and shrimps, and a dessertspoonful of whole capers; boil for ten minutes and serve.

CELERY SAUCE.—Cut some celery into quarter-inch lengths; fry it in butter until it begins to be tender, add a teaspoonful of flour, which may be permitted to brown, and a half-pint of good broth or beef-gravy; season with cayenne or black pepper, or other seasoning, as desired.

DRAWN BUTTER.—Rub two teaspoonfuls of flour into one-quarter pound of butter; add five tablespoonfuls of cold water, or the water any vegetable, such as asparagus, has been cooked in; let it simmer until smooth. If for fish, chopped boiled eggs and capers may be added. If for boiled fowl, oysters may be put in while it is melting, and cooked through while it is simmering.

PARSLEY SAUCE.—Wash a bunch of parsley in salted water; dip it twice into boiling water, and chop the leaves fine; knead a quarter pound of butter with a tablespoonful of baked flour, and stir in a third of a pint of water that a fowl has been cooked in; let it simmer five minutes; stir in a dessertspoonful of chopped parsley; serve with fowl or fish. If with boiled fish, use the water the fish has been boiled in.

MAYONNAISE SAUCE.—Take one yolk of a raw egg, some salt, pepper and a little raw mustard, mix these together with fork in large plate; add salad oil slowly, and guide the quantity used by the taste; mix by stirring one way until quite thick and smooth; then add vinegar enough to thin it a little, if there is any difficulty in getting the oil to mix. Add a few drops of vinegar from time to time and keep stirring.

MINT SAUCE.—Look over and strip off the leaves of mint; then cut them as fine as possible with a sharp knife; use only the tender tips. To a cupful of chopped mint allow an equal quantity of sugar and half a cup of good vinegar. It should stand at least an hour before using.

SALAD DRESSING.—Boil three fresh eggs for ten minutes; when cold, rub the yolks to a paste with a little pepper and salt, a teaspoonful of mustard, and a little sugar; mix in the beaten yolk of one egg; add by degrees four tablespoonfuls of salad oil; then, drop by drop, one and a half tablespoonfuls of vinegar; serve at once.

DRINKS.

APPLE WATER.—See under “Apples” in this department.

BARLEY WATER.—Wash one-eighth pound of pearl barley in three or four waters. Then add two quarts of boiling water, and boil half away. Drain, flavor with grated or sliced lemon peel and juice of an orange, and sweeten to taste.

CRANBERRY TEA.—Wash and scald ripe cranberries, and let stand two hours. Strain, flavor with orange or lemon, and sweeten to taste.

EGGNOG.—Beat an egg until light, add one teaspoonful of sugar, a little salt, and a half-cup of milk. Flavor with rum or brandy, mix well and serve in cups.

FLAXSEED TEA.—Wash two ounces of flaxseed with cold water, add the grated peel of one lemon, and one quart of water. Keep hot, but not boiling, for two hours. Strain and sweeten to taste.

FRUIT PUNCH.—Grate or slice thin one lemon peel, add one cup of sugar and two cups of water. Boil for ten minutes. Cool and add a half-cup of cold tea, juice of four oranges and five lemons. Strain and dilute to taste. Berries may be used in place of orange juice by washing, sprinkling with sugar and squeezing out the juice through a cheese-cloth bag.

MINT WATER.—See under "Cold Drinks" in this department.

EDIBLE MUSHROOMS.

While we should not, in the slightest degree, detract from the danger that lies in gathering mushrooms by those who are not very well acquainted with them, we want our readers to know that a fear of the deadly kinds will deprive them of many enjoyable feasts. There are dozens of the fungi that have been proven in late years to be edible and delicious that were considered poisonous a few years ago. Any one who is fond of mushrooms can procure good books on the subject, and be able by their guidance to secure for themselves many a delicious dish. Those who have studied carefully can find edible mushrooms right in the cities.

EGGS.

BOILED.—Place the eggs in water already boiling, and boil three minutes if wanted soft, or five minutes if wanted hard. Eggs boiled for twenty minutes are very easily digested, even by invalids.

CREAMED EGGS.—Beat an egg slightly and add salt, pepper and a quarter cup of rich milk. Melt a teaspoonful of butter in saucepan over hot water, add the egg mixture and stir continuously until creamy. Remove before it starts to curdle.

GRIDDLED.—Heat and grease griddle as for griddle cakes. Slip eggs on and leave until lightly browned on under sides and whites firm. Season while first side is browning, turn over and brown other side.

MULLED.—Beat an egg lightly in a bowl. Boil one and a half cups of milk, sweeten and pour on the egg. Cut a slice of toast into small squares and drop in. Season to taste.

OMELET.—Add four well-beaten eggs to one pint of new milk. Season and add one cup of smooth flour. Put equal parts of butter and lard in hot frying pan, stir in the egg mixture until thick, and bake to a light brown. Omelet must be eaten as soon as cooked to be at its best.

POACHED.—Break the eggs carefully and drop, singly, into pan of hot, salted water. Dip the water over them while cooking. When whites are firm take up with skimmer, drain and serve on buttered toast. Season to taste.

SCALLOPED.—Boil five or six eggs hard, chop and mix with white sauce. Butter a pan and sprinkle with bread crumbs. Then add a layer of egg, then bread crumbs, and so on until all in. Cover with crumbs and bake to an even light brown.

SCRAMBLED.—Beat eggs slightly, add pepper, salt and a little chopped parsley, if desired, and enough milk to make thin. Pour into hot buttered

frying pan and cook quickly, stirring continuously until firm, but light and soft. Serve hot, on buttered toast or slices of stale bread spread with olive oil.

EGG PLANT.

BAKED.—Peel the egg plant and cut out a piece from the top; dig out the centre, thus removing the seeds; fill the cavity with a dressing like that for ducks, and replace the top piece; bake an hour, basting with a spoonful of butter melted in a cup of hot water, and dredging with flour after each basting. It should be served as soon as possible after it is prepared.

FRIED.—Pare and slice crosswise in quarter-inch slices. Dip alternately in bread crumbs and egg batter as in frying oysters. Fry in butter and ham or bacon fat.

EGG PLANT FRITTERS.—Peel the egg plant and take out the seeds; boil it in well-salted water for an hour, mash fine and press all the water off through a coarse cloth, and mix in a fritter batter and fry.

FATS.

EFFECTS.—The effects of fats on the human system are to produce fat without strength, to produce heat, and to enrich the fatty corpuscles of the blood. An excess of fats is apt to cause sores from the effects on the blood. More fat may be used in cold weather than in warm, and more may be eaten by persons whose daily life is active and outdoors, without injurious effect.

COOKING.—The fat used in cooking is largely a matter of taste, although some fats will cook better than others in certain dishes. For frying, lard, cottolene, olive oil, pork fat, ham fat and bacon are all claimed as favorites by certain persons, and, if not used to excess, are not injurious.

FILLINGS.

For cakes see under "Cakes" in this department.

FISH.

BAKED.—Clean and wipe three pounds of fish, cut four gashes on each side, stuff, sew, rub over with salt and flour, tie fish in shape, place upright on narrow strips of cloth in a dripping pan, put strips of fat salt pork in gashes, and bake in hot oven from thirty-five to forty-five minutes, basting frequently with a little butter melted in hot water. If oily fish, like mackerel or bluefish, no pork will be needed. Serve fish with drawn butter or Holland sauce. To remove the fish from the pan lift it by the strips of cloth and place on a hot platter. Take out strips of cloth, pork and strings. To carve the fish cut along the backbone, then cut down at right angles with it, drawing the fish away from the bone. Raise bone to reach the stuffing. The skeleton should be left whole on the platter.

BOILED FISH.—Clean the fish, tie up in a piece of cloth, put in boiling salted water, to which has been added a little vinegar or lemon juice, and cook slowly till flesh leaves the bone, which will require ten to fifteen minutes per pound. Thick pieces take a longer time to cook than thin ones. Drain, take off the skin, place fish on a hot platter and serve with drawn butter or Holland sauce.

BROILED.—Clean and wipe the fish as clean as possible, sprinkle with salt and pepper, place in a well greased broiler and broil for about fifteen minutes. The slices of fish should be turned over often, but a whole fish should have the flesh side broiled first and then turned for the skin side to broil just long enough to become brown and crisp.

FRIED.—Oily fish like salmon, mackerel or bluefish should never be fried. Cod should be cleaned, skinned, boned and cut in small pieces one inch thick. Sprinkle with salt and pepper, dip in cornmeal and fry in a frying pan in hot salt pork fat till the fish is browned nicely on both sides. In turning the fish be careful not to break it.

STUFFED.—Take one cup of breadcrumbs, one tablespoonful each of melted butter and chopped parsley, a half tablespoonful of salt, quarter as much pepper and one-third cup skimmed milk. Mix well together into thick mass. Clean and trim fish carefully, fill with the above, rub with butter and bake for fifteen minutes in hot oven.

FOODS.

CHILDREN.—See Department of Children.

INFANTS.—See Department of Children (Infants' Section).

INVALIDS.—Foods for the sick should be cooked and served in very clean pans and dishes, which should be sterilized occasionally. It should be served in small quantities, and made as attractive as possible. Never allow dirty dishes or remnants of food to remain in the room, and never allow remnants to be used by others. What foods they shall or shall not eat must be determined by the doctor or nurse, and is too exhaustive a subject to be treated here.

NATURAL.—Possibly one of the greatest evils of our eating in these days is the small amount of natural foods used compared with cooked and highly flavored and seasoned foods. The average person would be in better health if they ate a larger proportion of raw fruits, such vegetables as are edible when raw, the peelings or skins of fruit and vegetables, nuts, dates, figs, grain, etc., etc. Man's anatomy shows that nature intended that the greater part of his food should be vegetables, but at the same time prepared him to use a certain percentage of meat. Where possible to secure it fresh and pure, milk should be one of the large factors of our diet.

PREPARATION.—Soups and broths: Where economy of nutriment is an important object to be attained, it is probable that the production of broths and soups, from vegetables and meat in combination, affords many and great advantages. In making nutritious broths, a fair allowance of meat, if intended to be eaten with the soup, should be cut into small pieces. In any case, the meat should be put in cold water, but should not be boiled, except when the vegetables are cooked in the same utensil, a temperature of about 150 degrees Fahrenheit being quite sufficient.

If the meat is plunged into hot or boiling water at the outset, the external layer of albumen is coagulated, and the juices are prevented from escaping.

BOILED MEAT.—In boiling meat, on the other hand, when the object is to retain as much as possible of the soluble juices in the meat, the piece ought to be of good size, and it should at once be put into boiling water, to

coagulate the outside albumen. After being kept boiling for about five minutes the saucepan should be placed aside, and the temperature allowed to lower gradually; or it may be lowered by the addition of three pints cold water to each gallon of boiling water.

BOILED FISH.—In boiling fish, the addition of salt makes the flesh firmer and more retentive of the flavor.

GREEN VEGETABLES.—In cooking green vegetables, they should be carefully washed in cold water, but not allowed to remain in it, then put into boiling water and cooked quickly. Potatoes should be boiled in their skins, and after boiling for about five minutes most of the water should be poured off, and then the potatoes should be steamed.

ROASTED MEAT.—In roasting meat, the joint should be placed at first before a brisk, hot fire, with a view, as in boiling, to coagulate the outside albumen, and then the roasting may be done more slowly.

STEWED MEAT.—Stewing has this advantage over dry-baking: that there is no risk of charring, and the meat is rendered juicy and tender. Tough and strong-flavored meats are, perhaps, best cooked in this way, because they can be rendered very palatable and digestible by the addition of vegetables and seasoning.

FRIED MEAT.—Frying is even worse than baking, unless very carefully done; broiling on the gridiron is an excellent way of cooking chops, steaks, kidneys and small dishes of fish or fowl.

PRESERVED.—There are many good ways of preserving vegetable foods, but all animal foods, such as milk, meat, fish, shellfish, etc., should not be eaten unless fresh enough to be fit without any artificial aid. Putrid meat and sour milk may be doctored in a way to make it usable, but all such should be carefully avoided.

Why is Food Required?

USE.—The question seems almost absurd, so familiar is the fact; and yet the answer to it involves one of the grandest chapters in the history of science. In its simplest form it may be given in three words: It is Fuel. We require food frequently, for just the very reason that a fire needs coal frequently, and a lamp needs oil. Our lungs contain oxygen, and this oxygen combines with, or burns, the muscles or other organs of our bodies just as it does the coal in a fire. About 30 ounces of oxygen a day are thus consumed, requiring about 12 ounces of carbon to replace the waste, or, say 3 pounds of bread. The heat produced in a man's body in the course of a day is considerable in quantity, though not very intense in quality. Taking the average, it is enough to raise five and a half gallons of water from freezing point to boiling point, and this is about the heat that would be given off during the burning of a pound of coal. All this heat comes from slow wasting or burning of the substance of the body, so that it is evident that, if we did not make up for this constant loss by eating food, our organs would soon be wasted away and consumed.

VALUE.—Young meat is less valuable than older, because it taxes the digestion more. Beef is at its best for food when the animal is about six years old, and mutton three. Meat has its greatest food value in the female animal, and in the autumn, after the summer's good feeding. Mutton is more easily

digested than beef. Pork is rich and hard to digest, and should not be eaten in summer. Venison is digestible, but too rich for some persons. Bacon is the only cured meat made more digestible by the process. Bones contain great nourishment. Cook the bones with the meat. If hollow, break or saw, so the marrow will cook into the meat. The white meat of fish is very digestible, more so than the red. Cod is the hardest of the white fish to digest, but contains much nutriment. Raw oysters digest themselves, furnish good nourishment, soothe the digestive organs and make blood fast. Eggs are more beneficial when eaten raw, and next best when boiled slightly or for a long time. Soups are very valuable foods, the combinations of meat and vegetable being most complete. The starchy foods are the most valuable of the vegetables. Light bread is rich in food value and easy to digest. Heavy bread, crackers, dough and macaroni are harder. Oatmeal is rich, but does not agree with some persons. Barley is excellent. Rye is strengthening and digestible. Rice is very rich in starch, and is a safe and valuable food. Buckwheat is rich in carbon and should be used with wheat or rye.

Beans and peas are nutritious, but should be well cooked and chewed. Nuts are very rich foods, but somewhat hard to digest. Plums are too acid for most stomachs. Potatoes are rich in starch, and easy to digest, if light and mealy. New potatoes are harder to digest than older ones. Cabbage, cauliflower, etc., are attractive and wholesome foods, but contain a great amount of sulphur and are hard to digest. Pears are easier to digest, but less nutritious than apples. Bananas are rich in nitrogen, and are good food. Vinegar, seasoning and combinations with such articles are hard to digest. They stimulate the digestive organs. Coffee and tea are excellent stimulants, nerve tonics and exhilarators, but should be used in moderation, and not at all by growing children.

FRUITS.

CANNED.—Pare, core and trim the fruit and add enough sugar for present eating, not over four pounds to the bushel. Let stand until sugar dissolves. Heat to boil, and boil a quarter to half hour. Heat the cans or jars in warm water, fill with the fruit while hot and seal airtight.

COOKED.—Fruits should only be cooked in order to preserve them so that we may have the use of them at other times than the natural season of perfection. See "Raw."

PRESERVED.—Prepare the fruit, and add one pound of sugar for each pound of prepared fruit. Cook together until the fruit is done soft, but still retains its shape, and put up hot in heated cans or jars, which must be sealed to keep the air out.

RAW.—Nature prepared fruits as a natural food for man, and they are safe, wholesome foods unless there is something wrong with us. If a person is in a condition of excessive acids, fruit containing acids should be avoided at such time.

For a person in normal health, nature sets before him certain fruits in certain seasons, and each has a beneficial action on his health. Fruits should, of course, be well cleaned, and any foreign substance removed, but they are better unpeeled. Indigestible seeds, pits, stones, etc., should be removed.

VALUE.—See "Value" under "Foods."

GAME.

HINTS.—The average city residents have little or no occasion to cook game, so we will not go into the subject in great detail, but will say that the treatment of game fowls is much the same as common poultry, and game meats much like common meats. Care must be taken in some cases to remove a surplus of "wild" taste. In selecting game fowl in market, the same indications show young birds as in domestic fowl.

BIRDS.—Small birds should be washed and dried, and then broiled or roasted until done, and served with cranberries or currant jelly.

QUAIL ON TOAST.—Clean well, but do not remove the head or feet. Cross the feet over the breast and twist the neck around wing to side of breast. Baste with butter, and sprinkle with flour when nearly done, and baste until browned. Place toast on serving plate and pour drippings over it, and serve birds on it. Use beef gravy as sauce. Other game birds may be served the same way.

ROAST WILD DUCK.—Clean thoroughly and stuff with poultry filling. Roast for a half hour and make gravy in pan. Serve with cranberries or currant jelly. If the duck is of a variety that feeds partially or entirely on fish, soak over night in strong, salty water.

GREENS.—See "Greens" under "Dandelion" in this department. All other greens are treated in about the same manner. If the leaves are soft and wilted, place in very cold water for a half hour before cooking, after washing in many waters to remove all dirt and grit.

GRIDDLE CAKES

Take one and a half pints of milk and add the well-beaten yolks of six eggs and a little salt. Mix in slowly a half pound sifted flour and a tablespoonful of butter melted. Then add the whites of the eggs, beaten to a froth, making a batter as thick as rich cream. Have the griddle good and hot, grease with the fatty side of a piece of ham skin and dip batter on a spoonful at a time. When brown below and full of bubbles on top, turn over and brown other side. Serve with jelly, molasses, butter or maple syrup.

GRUELS.

BEEF.—Stew the juices out of beef as for beef tea, and stir in flour until thick and smooth. Add equal parts rice, water and milk until as thick as rich cream. Salt to taste.

CORNMEAL.—A good gruel can be made by mixing a dessertspoonful of corn flour, which has first been blended with cold water, into a half pint of hot water; stir this on fire for ten minutes, sweeten with moist sugar, flavor with nutmeg or tablespoonful of wine.

OATMEAL.—Pour a pint of boiling water into a saucepan; into this stir a couple of tablespoonfuls of oatmeal until quite smooth; this should boil well for ten or fifteen minutes; season with salt, then strain through a strainer, and add sugar. This is a soothing and nutritive food, holding a totally different position, on account of the nitrogenous matter present from the farinaceous preparations. Milk may be used instead of water.

RICE GRUEL.—Take two ounces of rice, a quarter of an ounce of cinnamon, and two quarts of water; boil for forty minutes; then add a tablespoonful of orange marmalade.

HAM.

BAKED.—Soak young ham in cold water for an hour. Wipe off and place in earthen baking pan. Cover over with crust, and bake for an hour in slow oven. It will be juicy and have an excellent flavor.

BROILED.—Freshen thin slices of ham by placing in cold water for a half hour. Drain dry and broil for five minutes over clear fire. Cut to serving size and place a poached egg on each piece.

FRIED.—Freshen by soaking in cold water. Wipe off, trim off skin, score the fat edge, and fry in hot pan until fat is crisp. Thin slices fry very quickly. Overcooking causes toughness.

HASH.

DRY.—Take twice as much cold mashed or minced potato as minced cooked meat; add salt and pepper, to taste, and two tablespoonfuls butter or drippings for each cupful meat. Add one quarter as much warm water as meat and mix thoroughly. Grease frying pan and lay in even layer. Place over fire until bottom is browned; fold and turn out on hot platter. Carve down in slices.

MINCED.—Prepare ingredients as for dry hash. Add two chopped, hard-boiled eggs for each cup of meat, and use one cup of milk or oatmeal water and one cup of gravy instead of a quarter cup of water. Place over fire and stir until it boils. Pour over slices of toast on hot platter, and sprinkle with chopped parsley and celery leaves.

STEWED.—Cut left-overs of meats into quarter to half-inch pieces. Add twice as much same size pieces of raw potato, and an equal amount like pieces of stale bread. Chop an onion and add one teaspoonful for each cup of meat. Add one cup of water, one cup of gravy and a teaspoonful of butter for each cup of milk. Place over fire and stew for twenty minutes.

HERRING.

FRESH.—These fish, when taken in the spring, are a very rich and excellent food, enriching the blood very rapidly, and stimulating the nervous system and its organs. They should be used soon after being caught, and should be cleaned and placed on ice as soon as procured. They spoil in a few hours, and are then very injurious. They boil very quickly in seasoned water and vinegar, and make a very tempting dish when covered with egg sauce.

HORSE RADISH.

Newly-grated horse raddish is an appetizing condiment to those who like it, and is useful as a stimulant to the digestive organs and the kidneys. Taken freely it will loosen a cold in the head and decrease hoarseness.

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HOT FOODS.

Hot foods stimulate the digestive secretions of the stomach, and their heat is taken up by the blood, causing a feeling of warmth in the body. If not too hot, and used in moderation they are good, but we should not forget that foods that heat the body by digestion are best for us. Too hot or too continual warm foods deprive the organs of the chance to work naturally, and eventually injure them. More warm food may be taken without harm in cold weather than in hot, as the system then appropriates the heat quickly.

ICE CREAM.

CHEAP.—Dissolve a half-pound cornstarch in one quart milk. Add five quarts milk, sweeten and flavor highly, and freeze.

COFFEE.—Take a tablespoonful of pulverized coffee for each quart liquid to be frozen. Put on stove in covered pot and steep without boiling, in a cup of water to each spoonful, for a full hour. Strain and cool, and use for flavoring.

OTHER FLAVORS.—The ice cream is made the same for all flavors, which may be any of the berries, either juice or crushed, fruit or nut. In using nuts as a flavor, they should be ground fine.

RICH.—Take one quart of sweet cream, one quart of rich milk, one pound of sugar, and flavor to taste. This cream is so rich that less flavoring is needed than in poorer cream. Dissolve the sugar before freezing.

ICES.

LEMON.—Make a pint of thick syrup by melting sugar in water, add half a pint each lemon juice and water and a little grated lemon peel. Let stand for half an hour, strain and freeze. Mix a little sugar in the beaten whites of two eggs and mix in when ice begins to set.

ORANGE.—Make same as lemon ice, but use less sugar, according to sweetness of oranges.

RASPBERRY.—Clean and crush one pint of berries and strain through cheesecloth bag. Add one pint strong sugar syrup, juice of one lemon, one pound of sugar and a half a pint of water. Mix well and freeze.

ICINGS.

CHOCOLATE.—Take three tablespoonfuls of hot water, mix in three teaspoonfuls of cocoa until smooth. Gradually stir in pulverized sugar until thick enough to spread. Spread while cake is warm.

PLAIN.—Make same as chocolate, using two tablespoonfuls of water and a few drops of vanilla before stirring in sugar.

SUGAR.—This icing is used on very rich cakes and on wedding cake. Mix one ounce of fine starch with one pound of pulverized sugar, and sift carefully. Beat the whites of two eggs very light, and stir in the sugar and starch a little at a time. When all beaten in, flavor with almond and beat again. Spread while cake is hot, and it will harden quickly.



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IRISH MOSS.

Macerate an ounce of the moss in cold water for fifteen minutes. Drain and boil in two quarts of water for fifteen minutes. Just before removing, add grated peel and juice of orange or lemon to taste. Strain and drink as a tea. To make a jelly, use three times as much moss. This hardens, when cold, into a very rich jelly food.

JELLIES.

CHICKEN.—Carefully clean and pound a young chicken, bones and all. Cover with cold water and let simmer slowly until meat falls apart and half the water is cooked away. Strain and wash through colander and then strain through cloth. Season to taste and cook slowly again for ten minutes. Skim when cold and place on ice. Serve sliced cold, or in sandwiches.

CURRANT AND OTHER BERRIES.—Place the berries in preserving kettle and stir gently while cooking until soft and juicy. Strain through fine sieve, without pressure, and the juice through a jelly bag. Weigh and boil hard for fifteen minutes. For each pound of juice, stir in a half-pound of sugar while off the fire until dissolved. Boil fast again for ten minutes and pour into hot glasses. Skim from time to time during cooking, to make clear.

EXTRACT.—Boil a quarter ounce powdered alum in a pint of water for a couple of minutes, add four pounds of pulverized sugar, boil for five minutes and add a one-ounce bottle extract of lemon, vanilla, strawberry, etc. This makes an excellent and very good substitute when fruit cannot be had.

FRUIT.—Squeeze out the juice of the fruit raw, or cook slightly and squeeze through jelly bag. For each pound of juice, add a pound of sugar, and boil until stiffens when a little is taken out on a cold plate.

LEMON.—Soak half a box of gelatine in a cup of cold water. Wash and pare the yellow of the peel of one lemon very thin. Put the peel in a quart of hot water in a saucepan. Boil for two minutes and pour hot over the gelatine. Add one and a half cups sugar and the juice of five lemons. Strain and pour into cold, wet dish.

LINSEED.—Take a half pound linseed to three pints cold water. Let simmer for two hours, and strain through jelly bag. Sweeten and flavor to taste with lemon juice. This food is very soothing to the intestines and is much recommended for invalids.

JUNKET.

Heat one quart of milk lukewarm, add half a cup of sugar and half a teaspoonful of vanilla. Dissolve one junket tablet in a tablespoonful of warm water, mix in one tablespoonful of liquid rennet and add to milk. Mix well, pour into cups and set to cool. Before serving, grate nutmegs over the tops. This is an easily assimilated food.

LUNCHEONS.

Luncheons should be the housewife's laboratory. As a rule there are few at home then, and those that eat less than the rest of the family. We could give endless sample menus, but we think this should be the chance for

experimenting. Hundreds of dainty luncheon dishes can be made of the surplus of the food from other meals. These may be made into different combinations and the wife, by experimenting, develop a lot of dishes that are all her own.

MACARONI.

Macaroni, noodles, spaghetti, etc., are made by moulding a stiff paste of wheat flour and water into tubes or sticks, and drying thoroughly. It is an excellent, inexpensive and nutritious food, especially when baked with cheese. It should be broken up and soaked in cold water for several hours, then boiled in salted water and meat broth until thoroughly swollen. Then place in well-greased pan with grated cheese and bake in quick oven until top is a golden brown.

MACKEREL.

BAKED FRESH.—Clean, trim and split the fish, sprinkle with salt and pepper and dot over with butter. Place in greased pan, pour over one cup milk and bake for half hour. Place on hot platter and use milk from pan for sauce.

SALT.—Wash the fish through several waters to remove all loose salt, and soak in a lot of water over night. Wash through two or three waters in the morning and parboil in frying pan for ten minutes. Drain, sprinkle with pepper and spread with butter.

MEALS.

KEEPING.—The keeping of meals is a matter for which no set rules can be made, but one which every housewife must study out and arrange to suit the conditions in her individual case. In the cities there are probably very few households where the entire family can sit down and eat all together at a set time. It then becomes very necessary to devise ways and means for keeping the meals in attractive and palatable condition. Experience only can teach how to do this, but it is well worth considerable trouble, both in credit for the housewife and pleasure for others, and also in economy.

PREPARATION.—The preparation and serving of meals is one of the main branches of that home-making which places woman on her throne as queen of the home. The young woman who forms partnership in matrimony without learning the art of making a home attractive stands in great danger of seeing the lover disappear in the husband, while she who studies the noble and honorable art of home-making and family catering has much more assurance of a permanent lover and happiness. Do not let the fatal and foolish idea take hold of you that cooking or serving meals is menial or degrading. It is woman's greatest and most honorable place, and deep in the affections and minds of sensible men the good housewife is honored and loved with a love that will remain through life. Learn the taste of those whom it is your pleasure to prepare for, and in a thousand ways you can make home too attractive to stay away from, and the meals too good to miss. This can be done by the poorest persons, for more can be accomplished by study and a little work than by the lavish use of money. The same dish may be prepared a dozen times, but each may be a new and pleasant surprise by changing the cooking, serving or garnishing. The table may be laid differently and adorned with different styles continually.

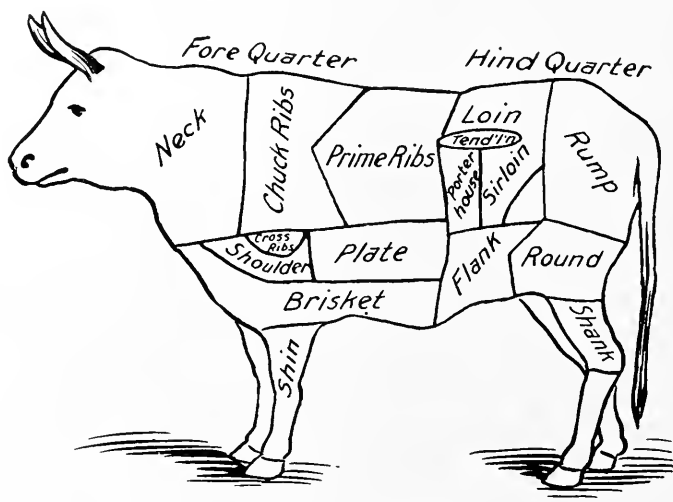
MEATS.

BEEF A LA MODE.—Line a round of beef with slices of fat bacon dipped in vinegar; roll it up with chopped seasoning of cloves, sage, parsley, thyme, pepper and green onions; bind close and put it in a kettle; then cook slowly for ten or twelve hours, turn when half done, thicken with a heaping tablespoonful of flour added when the fluid is reduced one-half.

BEEF CROQUETTES.—See “Beef” in this department.

BEEF STEW.—See “Beef” in this Department.

BOILED LEG MUTTON.—Cut off the shank and trim the knuckle; boil three hours; when this is partly cooked add a little salt. Serve with sauce, and preferably cut cold; save the water for stock, boiling up the shank, well cracked, and the knuckle. Mashed turnips are usually served with it.

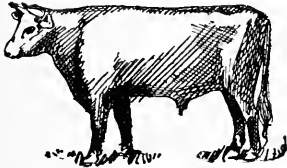


BROILED COLD MEATS.—Cut the cold meat into slices and place them on the gridiron, properly cleansed, and rubbed over with a little butter; put into a hot dish a piece of butter the size of a walnut, and a teaspoonful of catsup; melt together, and lay the meat from the gridiron on the gravy made by these ingredients as soon as it is done.

CORNED BEEF AND CABBAGE.—Wash, and if very salt, soak in cold water for an hour, a piece of corned beef weighing five or six pounds. Put in a kettle with cold water to cover, place on stove, heat slowly, skimming off scum as it rises to the top of the water. Cook meat slowly for three or four hours, or till very tender. Take out the meat, and in the liquor cook the cabbage and some potatoes that have been washed and pared. If beets are to be used, cook them in boiling water in a kettle by themselves. When cabbage and potatoes are tender take out with a skimmer and serve with the meat. Save the liquor, cover, and use the fat that rises to the top in warming up hash. Any fat not used in cooking should be saved for soapmaking.

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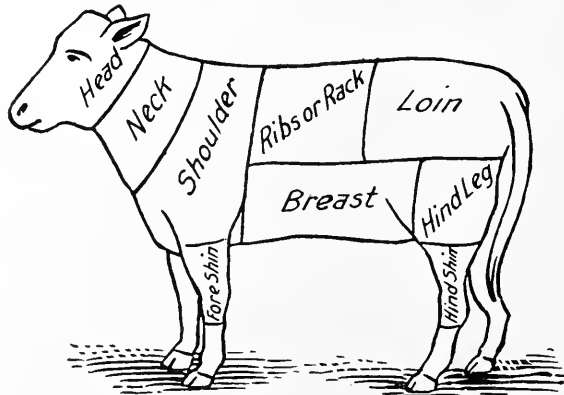


We invite suggestions for making this book more valuable.

DRIED BEEF.—Slice the dried beef fine and stew it in a little water until tender; beat up an egg with a little flour; add a lump of butter to the beef, stir in the egg and flour, and serve on toasted bread. Milk may be used instead of water.

IRISH STEW.—Either beef or mutton may be used; cut it into pieces about an inch square and cover with cold water. Allow to two pints of meat, two onions, eight good-sized potatoes, two teaspoonfuls of salt and a half teaspoonful of pepper. Cover and cook for two hours, skimming as it boils up; thicken the gravy with flour, stirred smooth. Serve hot.

KIDNEYS.—Skin and parboil some sheep's kidneys, cut them in slices, and fry them in butter for a few minutes, with pepper and salt to taste; mix a tablespoonful of flour with a piece of butter in a saucepan, stir until it begins to color, then add a teacupful of good gravy and the same quantity of sherry; let this boil for five minutes, then add to the kidneys, with a small quantity of parsley finely minced; make them very hot, but do not boil, and serve.



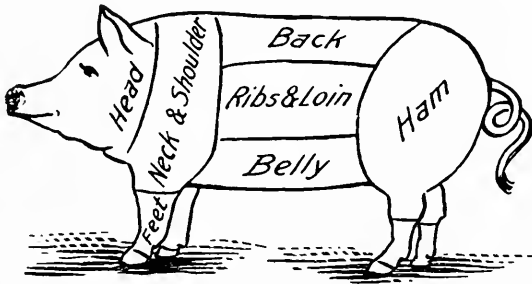
MEAT PIE.—Clean two pounds of raw meat; cut in inch pieces and place in layers in pudding pan. Mix four tablespoonfuls of flour, one of salt, and one-eighth of pepper, and sprinkle each layer. Add two cups of boiling water, cover and cook in a slow oven about three hours, until meat is cooked, but not falling apart. Add water if necessary. Cover closely with a quarter-inch crust-dough made of two cups of flour, one tablespoonful of salt, three of butter or lard, three and a half of baking powder, and milk enough to moisten. Cut hole in centre to let steam out, and bake in hot oven for twenty minutes. Odds and ends of cooked meat, dampened with gravy, may be used instead of raw meat, but need not cook so long before baking. Inch pieces of potatoes may be used, if desired.

ROAST BEEF.—See "Beef" in this department.

ROAST MUTTON.—A nice shoulder or chime is generally used for roasting. It is best to wash mutton in cold or lukewarm water and dry it with a clean cloth. Place in a dripping-pan in a hot oven, with a little water; after searing the surface, top and bottom, cook moderately in a steady heat; it requires a little basting; roast fifteen minutes for each pound of the meat. A

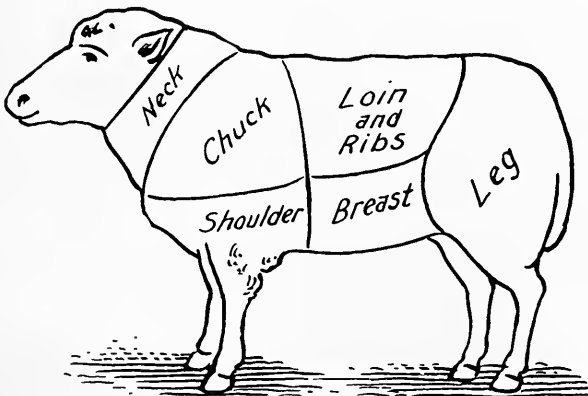
shoulder is nice when boned and filled with bread filling, seasoned with thyme, salt and pepper. This gives a delicious flavor to the meat. If gravy is needed make it in the same way as beef gravy.

ROAST PORK.—Bone a shoulder, as in mutton; fill if preferred, substituting sage or sweet marjoram for the thyme. Onion may also be used if the flavor is liked. Make gravy as for beef. The spare ribs, leg and loin are all



delicious when roasted and cut cold. A young pig three or four weeks old can be roasted whole. It should be roasted slowly, and requires long cooking.

ROAST VEAL.—Take out the bone of a fillet of veal, and prepare a filling of bread, thyme, pepper and salt, and fill with it the cavity (onion can be used also in the dressing), then roast in moderately hot oven, as veal takes long and slow cooking. When cooked to nice brown remove. It should be



basted while cooking. If gravy is desired make it in the same way as beef gravy. Veal is so dry that a moist dressing is best. The shoulder, loin, knuckle and breast may be roasted the same way.

ROLLED FLANK.—Remove skin and extra fat from three pounds of flank. Make a stuffing with one cup of crumbs, two tablespoonfuls chopped salt pork, or a little melted butter, one-half teaspoonful of salt, one teaspoonful

of sage and a little pepper, mixed with enough milk or water to moisten. Spread it over the meat, roll up, tying or sewing it to keep in the stuffing, and cook like a pot roast, using more water.

STEAK.—See "Beef" in this department.

STEWED LIVER.—Cut one pound of liver in one-inch blocks, pour boiling water over it, let stand three or four minutes, drain, put in saucepan with slice of onion, one teaspoonful of salt, one-eighth teaspoonful of pepper, one tablespoonful of catsup and one quart boiling water. Cover tightly and cook slowly till liver is tender. Then melt two tablespoonfuls of butter in another saucepan and cook in it two and one-half tablespoonfuls of flour; till flour and butter are brown, add gradually the gravy from the liver, stirring until thick and smooth. Place the liver in a hot dish and pour the browned gravy over it.

SWEETBREADS.—Parboil the sweetbreads, cut them in slices and dip them in eggs well-beaten, then into cracker dust or bread crumbs; fry until brown; season with pepper, salt, chopped parsley, and the grated yellow rind of one lemon. They are served with melted butter or mushroom catsup. They may be garnished with bacon, fried in thin slices.

TRIPE.—Boil the tripe tender, wipe it dry and dip it in a batter made of eggs, flour and milk; fry until brown; season with salt, garnish with parsley. It may be boiled and cut into small pieces and covered with a jelly made by boiling a few cloves in vinegar.

VEAL CUTLETS.—Take the cutlets—those from the leg are best—and cut them in pieces as near one size as possible; dip them in well-beaten egg, and then into cracker dust and fry slowly to a golden brown. If the veal is tough, parboil it for ten or fifteen minutes; dry before frying.

VEAL PATTIES.—Chop up the veal and some ham, using one-third ham to two-thirds veal; add powdered crackers wet with gravy or hot milk, two tablespoonfuls of butter, and one beaten egg; season well and bake in patty pans; if eaten hot (and most people like them better hot) line the pans with puff paste and send them to the table.

VEAL POT PIE.—Cut two pounds neck or lower part of leg in small pieces and brown in frying pan with pork fat or drippings. Season and cook like beef stew. Then cover with crust as for meat pie and bake until crust is done, in hot oven.

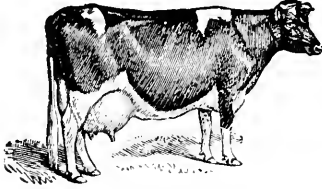
MILK.

KEEPING.—Milk should be kept cold all the time in order to keep it perfectly sweet, but even if this is done there will be times when it will begin to turn before used. Milk sours very quickly during thunder storms. We do not advise the use of any preservative, but milk which has just begun to turn may be used by stirring in carefully a little saleratus and sugar. It will not restore the exact natural taste, but will make the milk fit to use.

MODIFIED.—Mix milk, cream, water, limewater and sugar in such proportions as the age and strength of the person require, or the needs of the case demand. Modified milk is used mostly for infants and invalids.

PORRIDGE.—Mix two tablespoonfuls of flour with a teaspoonful of salt and a little cold milk. Stir this into one quart of boiling milk and add an ounce of raisins. Boil half an hour, strain and serve with grated nutmeg.

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PURITY.—Milk has been proven one of the greatest carriers of disease germs, and many diseases of the cow are transferrable to persons. It is therefore necessary to be very careful in selecting the source of supply. It is advisable to strain milk through a fine cloth, not that this will remove the germs, but it will remove some, and also foreign matter to which the germs may adhere.

TOAST.—Boil a cup of sweet milk and season with salt and pepper. Pour over two slices of buttered toast in a soup dish.

MUFFINS.

Mix one quart of milk, one slightly beaten egg, one tablespoonful butter, two teaspoonfuls of lard, a half cup of yeast and enough flour to make a fairly stiff batter. Set to rise over night, and bake in morning in greased muffin rings.

MUTTON.

See "Meats" in this Department.

OMELETS.

EGG.—See "Eggs" in this Department.

HAM.—Beat four eggs very light, chop boiled or fried ham enough to flavor, season to taste, add a little chopped parsley, fry in buttered pan until brown and fold over.

OYSTER.—Make same as ham, using parboiled oysters and celery in place of ham and parsley.

ONIONS.

BOILED.—Peel and soak in cold water for ten minutes. Boil for ten minutes in salted water and drain. Boil again until tender. Drain and rinse in boiling water. Serve hot, with salt, pepper and butter, or white sauce.

FRIED.—Peel, rinse and parboil onions for five minutes. Slice thinly, crosswise, and fry in ham or bacon fat until brown. Add ham gravy, if desired.

GRUEL.—Slice and boil in gruel water until tender. Add oatmeal, mixed smooth in cold water and a little butter. Boil for five minutes and strain.

MEDICAL VALUE.—No other vegetable furnishes the number of ready remedies for home use that this common one does, and its liberal use is highly recommended. Boiled and eaten freely, it will cure constipation. The gruel is a mild laxative. Sliced and sprinkled with sugar, a syrup is made which is a relief for croup, given a teaspoonful every fifteen minutes. Burns and scalds are quickly relieved with onion juice squeezed into sugar.

ORANGEADE.

Take a cup of boiling water and stir in the juice of one orange, the grated peel of a half orange, and sugar enough to make a syrup. Cool and add water until it suits the taste.

OYSTERS.

BAKED.—Scrub the shells very clean with stiff brush. Rinse well and place in clean baking pan and bake until shells open. Take out of shells and place on toast. Take juice from pan, add salt, pepper and butter and dip over oysters and toast.

BROTH.—Take a pint of oysters and add half as much milk and the same of water. Cook very slowly in saucepan for fifteen minutes. Season to taste and strain before serving.

FRIED.—Drain the juice off the oysters. Beat up fresh eggs and add some of the juice. Dip the oysters in cracker dust and then in the egg alternately several times. Have a frying pan half full of what fat you choose, olive oil, lard, butter or cottolene, and fry them swimming until a yellow brown. Garnish with scullions or parsley.

ROAST.—Drain the oysters and place in dry saucepan. Shake pan slightly while cooking until edges shrivel. Season with salt, pepper and butter and place on buttered toast. Sprinkle with chopped parsley.

SCALLOPED.—Drain one pint oysters and strain half a cup of the juice. Melt two tablespoonfuls of butter and mix with cup and a half of bread crumbs, and the strained juice. Put a layer of this in a greased baking dish and cover with a layer of oysters. Season well with salt and pepper. Fill the dish with alternate layers, having crumbs on top. Pour in the rest of the juice, and bake in hot oven for half hour, or until top crumbs are crisp and brown.

STEWED.—Drain off the liquor, strain and simmer until right hot. Then add rich milk or cream and when hot again pour in oysters. Remove immediately and pour into hot dish. Add salt, pepper and lumps of butter. Serve at once.

PARSLEY.

This is one of the best garnishes and flavoring herbs we have. It is inexpensive, its taste is very much appreciated by those who have learned to use it, and it is easy to procure at almost any time of the year. Its appearance on or about foods makes them very attractive.

PARSNIPS.

These vegetables have a soothing effect on the stomach. They should be washed, scraped and boiled until tender. Serve small ones whole, or large ones quartered, seasoned with salt and pepper and with melted butter or olive oil over them. To fry, slice the boiled parsnips about a half-inch thick and brown both sides in butter.

PIES.

This form of a dessert is one of the most indigestible, and should not be used to any great extent, and what are used should not be rich.

CRUST.—A very tasty and yet not rich crust may be made as follows, this being enough for the double crust of one pie. Sift together one and a quarter cups of flour, one teaspoonful of salt, and one-eighth teaspoonful of baking powder. Rub in one-third cup of lard or cottoline and mix in enough water to make stiff dough. Knead well and roll out to fit plate.

FILLINGS.—The crust of pies should be baked quickly, and this gives the filling little time to cook. Care should therefore be used to precook any kind of filling so that it will be thoroughly done by the time the crust is well baked.

PORK.

See "Foods" and "Meats" in this Department.

PORRIDGE.

MILK.—Mix a tablespoonful of flour with a little cold water and put into one cup of warm milk. Boil for seven or eight minutes, stirring continuously. Season with salt, and strain if lumpy. Sweeten if desired. This may be given for diarrhoea, as its action in such cases is mild.

POTATOES.

BAKED.—Wash the potatoes carefully and bake in the skins. It will take an hour to bake large ones. They should be eaten with salt the moment they are done. They may be peeled and baked with meat of any kind, and are delicious in this way. They should be basted once or twice with the drippings. Sweet potatoes may be roasted the same way.

CAKES.—Take some mashed potatoes and mix a little flour with them; then make them into little patties and fry them, with little grease, over a hot fire until they are brown.

CHIPS.—Wash and peel the potatoes, and cut them into thin shavings; have ready boiling fat, and drop them into it; when done to a light brown drain them over or before the fire, and sprinkle fine salt over them; keep them crisp and serve hot.

CREAMED.—Put two ounces of butter into a saucepan with a dessert-spoonful of flour, and some parsley and scullions, both chopped fine; salt and pepper to taste; mix together and add a little cream, and set on fire, stirring constantly until it boils; cut cold boiled potatoes into slices and put them into the saucepan with the mixture; boil again, and serve very hot.

FRIED RAW.—Peel and slice the potatoes into very thin slices; put them in cold water for a little while; dry with towel, and put them into frying pan with a little butter or lard, salt and pepper; cover down, and every little while turn them; when they are tender and a nice rich brown they are done. The grease should be drained from them when sent to the table.

LYONNAISE.—Slice six cold boiled potatoes, chop up very fine an onion and a little parsley, enough to fill a teaspoon; put a tablespoonful of butter into a frying pan, and fry the onion to a light brown; then add the potatoes, and fry them also to a light brown, turning them often; put them in a hot dish and stir in the parsley, and pour over them any butter that may be left in the pan. Potatoes prepared in this way are liked by almost everyone.

MASHED.—Boil the potatoes, after peeling them and taking out the spots; let them lie a while in cold water; then put them on the stove in a saucepan with lukewarm water; when dry and mealy drain off the water and mash them fine with a potato masher; add a small bit of butter, a little milk, and salt to taste; then beat to a foam with a fork; heap lightly in a dish, and serve at once.

POULTRY.

CHICKEN.—Conditions are rapidly forming by which the price of meats are becoming high, and more chickens are being raised than ever before. These are bringing this kind of poultry more prominently into the market as a staple, at a price that makes its use more general.

DUCK.—Both domestic and wild ducks are excellent foods, but will never be the popular food that chickens are, because there is less meat and more bone. They are more expensive, harder to cook, and have a high percentage of fat.

FRIED.—Dress and carve in the size pieces desired. Parboil for half an hour, or until tender but firm. Take from water on fork, allowing to drain, and place hot in frying pan with plenty of grease. Fry until brown, turning often. Make gravy of the frying juices and the parboiling water, thickened with flour and well seasoned. Wild ducks and guineas should be soaked in cold water before parboiling. In frying ducks or geese, less lard will be needed.

GOOSE.—This fowl is even more greasy in composition than duck. In filling for roasting, a dryer filling should be used. The flesh is not properly flavored if the fatty parts are removed, but with the fat it is so rich that few people care for it often. Wild goose has less fat and a stronger flavor than tame.

GUINEA.—This fowl is rapidly coming to the front as a substitute for game. The flesh is very dark and highly flavored, and it is much easier to find them in market than a few years ago, and the price is more reasonable. For those who do not care for a strong flavor, but like a gamy taste, this is very pleasing if soaked in cold water before cooking.

ROAST.—Clean, wash and dry the fowl, and rub the inside with dry salt. Stuff with crumbled and broken bread, seasoned with salt, pepper and thyme. Sew up, cross the legs and tie the wings against body. Place in roasting pan with a little water and roast in moderate oven, basting frequently until tender and brown. Chop the liver, heart and gizzard, boil and thicken with flour. Place this in the pan after fowl has been removed, and cook into gravy. Cranberries, and onions boiled in milk go well with roast poultry.

SELECTING.—Chicken is good any time in the year, but the other poultry is much better in cold weather. Young poultry can be told by smooth, soft feet, small, soft combs or wattles, plump breast, soft and flexible end of the breast bone, and pin feathers in soft, moist skin. Long hairs indicate old birds. Stale poultry may be detected by darkened flesh, dark combs or wattles, and sunken, dull eyes.

STEWED.—Slice a half-pound of bacon and a piece of veal and place in large pot half full of water. Add three sprigs of parsley, two of thyme, seven or eight small onions, one carrot cut in pieces, two or three cloves, and then the cleaned and carved fowl. Cover closely and cook without boiling for two or three hours, or until the meat begins to fall apart. Just before serving, add inch-square pieces of toast.

VALUE AS FOOD.—All poultry is a muscle-building and strength-producing food. It is a lighter and more digestible meat than beef, mutton or

pork, the white meat of chicken being particularly easy to digest. Poultry should be very thoroughly cooked, not only because more digestible, but because thorough cooking draws much good from the bones.

PUDDINGS.

BREAD.—Take one quart milk, add one cup of sugar, three well-beaten eggs, grated nutmeg and salt. Parboil a half-cup raisins and add. Then place in baking dish and float on top as many slices of buttered stale bread as possible. Bake until bread is browned.

CHARLOTTE RUSSE.—Take sponge layer cake and cut to fit bottom and sides of mould. Whip rich cream thoroughly and add beaten whites of eggs, about three to a pint of cream. Beat until stiff. Fill the cake cup and place on ice to set.

CORNSTARCH.—Sweeten two quarts of milk with a cup of sugar. Boil in double boiler and add four tablespoonfuls cornstarch wet with milk. Stir often to avoid lumps, and after cooking a few minutes, add three well-beaten eggs and cook until it sets. Stir in vanilla flavoring, cover with meringue and brown in oven.

CREAM CHOCOLATE.—Mix a half-cup sugar, three tablespoonfuls cornstarch, two of cocoa and half a teaspoonful of salt in half a cup of milk. Add two cups of scalded milk and cook over water for twenty minutes, stirring continuously. When done set in cold water to cool, flavor with a half-teaspoonful of vanilla, stirring often to keep skin from forming. Pour in deep dish, cover and keep cool until ready to serve.

HASTY.—Stir one cup of yellow corn meal into three and a half cups boiling water with half a tablespoonful of salt in it. Stir all the time and cook for twenty minutes. Eat hot, with milk, molasses, jellies or fruit juices.

PLAIN PLUM.—Mix in the order given, two cups flour, four teaspoonfuls baking powder, one of salt, a half of cinnamon, a quarter of cloves, some grated nutmeg, two-thirds of a cup of sugar, two well-beaten eggs, one cup of rich milk, two tablespoonfuls melted butter and a half-cup of raisins, seeded, washed, cut in half and rolled in flour. Stir well together and place in greased pail that will hold half as much more. Cover and place in water half-way up. Cover the larger kettle and boil continuously for at least two hours. Serve hot, with hard or lemon sauce.

RICE.—Put a cup of washed rice in a pudding pan with two quarts of rich milk. Add a half-cup of sugar, a pinch of salt and liberal grated nutmeg. Bake in moderate oven, stirring down the top skin and the rice up from the bottom several times. When rice is tender and milk boiled half away, add a little butter and brown again, and set to cool. Serve cold.

SAGO.—Soak two tablespoonfuls sago in a little hot milk in covered dish until soft. Add grated nutmeg or lemon peel, sweeten to taste and beat in a well-beaten egg. Pour into cups and cook in boiling water a few minutes.

SNOW.—Soak a quarter box of gelatine in a quarter cup of cold water, add one cup of boiling water, three-quarters cup sugar, a quarter cup of lemon juice and stir until gelatine is dissolved. Then add three well-beaten whites of eggs and beat all together with beater until stiff enough to hold shape. Pour into cold, wet bowl. Serve with soft custard made of egg yolks and cornstarch.

TAPIOCA.—Wash the tapioca and soak in milk on back of stove for two hours. Beat the yolks of three eggs and mix with one cup of sugar, a little salt and a tablespoonful of butter, melted. Stir well into milk and cover with meringue of the whites of eggs and sugar beaten together. Bake in pudding dish in slow oven until top is brown.

TAPIOCA BLANC MANGE.—Soak a half-pound of tapioca in a pint of milk until soft. Boil until tender and sweeten to taste. Shape in a mould while cooling, turn out on small, deep platter, pour cream around and dot over with jelly.

PUMPKINS.

This common and inexpensive vegetable is seldom liked in its natural state, but is very popular for pies when highly spiced and flavored. It is also used cut in inch pieces, highly flavored and served with carrots and parsnips in cream gravy.

PUREE.

Chop the meat and simmer in saucepan until cooked apart. Then rub through sieve or coarse cloth. If necessary, add a little warm water or milk to make it go through the sieve. Season with salt, pepper, and mashed parsley. Thin with rice water and serve as soup, or spread on buttered dry toast. Chicken and veal are most used for making puree, and in this condition are very easily digested.

RADISH.

This vegetable has a strong action on the kidneys, and its use in cases of Bright's disease is said to be beneficial. It is rather indigestible at best, and is especially so when old, dry and pithy.

RAREBIT.

Melt one teaspoonful of butter in saucepan, stir in three teaspoonfuls of flour mixed with a quarter teaspoonful each salt and mustard and a little red pepper, until smooth. Cool and stir in a quarter cup of rich milk. Cook again until mixture boils; stirring constantly. Then place over hot water, add three-quarters cup of grated cheese and cook and stir until cheese melts. Add one beaten egg and cook without boiling until mixture thickens. Spread over toasted stale bread and serve hot.

REFRESHMENTS.

In the serving of refreshments to company, the housewife has the opportunity of displaying her fine skill as a hostess, and we wish to impress upon young housekeepers that the cost of what is served has much less to do with her success than the manner of serving. Anticipating the tastes of the guests under the existing conditions is a fine art. One kind of entertainment will make a certain class of refreshment desirable that at another time would be inappropriate. If the evening has been spent in sitting still, something light and tasty will be most appreciated, while if there has been dancing or active games, more solid foods with cold dishes and plenty to drink will be more appreciated. If the company is too large to seat, or it is desired not to place them at table, such refreshments should be served as will cause them least

inconvenience or dirt, and everything should be prepared for eating as nearly as can be. Slightly lowered lights and low music make an attractive accompaniment to evening refreshments. If anything of a sticky nature has been served, finger bowls and napkins should be passed, or some provision made for their comfort in this way.

RICE.

See "Food Value" in this Department.

ROASTS.

See "Meats" in this Department.

SALADS.

CELERY.—Clean celery and cut across in one-eighth-inch sections and add a few of the yellow leaves chopped fine. Take an equal amount of cold boiled potato, quarter, and slice quarters crosswise same thickness as celery. Mix together with a little chopped parsley and scullions. Mix enough salad dressing in it to make it keep shape and mould on platter, sprinkling top with chopped parsley.

CHICKEN SALAD.—Make the same as celery, using chopped roast chicken in place of potato, adding a tablespoonful of celery seed for each quart of salad, and dotting the mould with cranberry jam instead of sprinkling it with parsley.

CRAB.—Make like chicken, substituting picked crab meat for chicken, and garnishing with sprays of parsley.

DRESSINGS.—See "Dressings" in this Department.

LOBSTER.—Boil the lobster for a half-hour; when it is cold take it from the shell, being careful to take out the vein in the back. To two large heads of salad allow six pounds of lobster, one cup of melted butter, two tablespoonfuls of mustard mixed with a little vinegar and salt and pepper to taste; chop them up together and spread on a flat dish, then thicken, stir it constantly, and when it has become cold spread it over with lobster dressing. The sauce may be served separately.

POTATO.—Slice some fresh boiled or cold potatoes, dress them with oil, vinegar, salt and pepper, precisely like any other salad, adding a little onion and parsley chopped fine. Use cream or melted butter if oil is not liked

WATER CRESS.—Wash the cress and drain it well. Chop a green onion, two radishes, one teaspoonful of grated horseradish and a few leaves of lettuce; season with a little salt and pepper, and plenty of oil and vinegar. This makes a crisp, delightful salad for table use.

SAUCES.

See "Dressings" in this Department.

SEASONING.

In the proper seasoning of foods lies a large part of the success of good cooking. Many housewives whose cooking is really done excellently lose the credit they would have if they seasoned their foods before or during the cook-

ing instead of afterward. Of course, the individual tastes of those for whom the food is prepared must be taken into consideration, and as seasoning is an active stimulant of the digestive organs, it must be used with care. It is easy to acquire the taste for seasoning to such an extent that food cannot be enjoyed unless seasoned to the point that overstimulates and wears out the glands that secrete the digestive juices.

SHELLFISH.

See "Clams" and "Oysters" in this Department.

SMOKED FOODS.

Foods prepared in this way will keep indefinitely and are strong foods in that none of the strength or flavor has been cooked out. They are, however, rather indigestible, and should be cooked, or very well chewed and eaten slowly. The meat of pigs is one of the most common smoked foods, and should always be cooked before eating, as it is apt to be more or less infected with a very small worm which will remain indefinitely in smoked meat, but which is destroyed by application of extreme heat. Smoked fish may be prepared in many attractive and tasty ways and are wholesome, strengthening and inexpensive foods.

SOUPS.

BARLEY.—In four quarts of water put two pounds of pieces of meat, a quarter of a pound of pearl barley, four chopped onions, salt and pepper, with a little parsley; let the whole simmer for three hours or more. This makes a very nutritious soup.

BEAN SOUP.—Soak one and a half cups of dried beans overnight or for several hours in water to cover. Drain and put into a stewpan or kettle with two quarts of cold water, one small sliced onion and one small stalk of celery. Cook slowly for several hours, or till beans are very soft, adding more water as it boils away. Rub through a strainer, return to the kettle and when soup boils add seasoning, such as one-half teaspoonful of celery salt, one tablespoonful of salt, one-eighth teaspoonful of pepper, and thicken with three and one-half teaspoonfuls of flour mixed with a little cold water.

BEEF SOUP.—Prepare the extract, add a glass of boiled milk, slightly thickened with flour (see that there are no lumps in it). Flavor with extract of celery.

CHICKEN.—Take a chicken weighing about three pounds. Cut it into small pieces. Add two quarts of water, and a cup of rice, and boil one hour. Add about one tablespoonful of chopped parsley, one onion and a small carrot in very thin slices. Boil the giblets separately, and make a gravy by adding a half-cup of water, one tablespoonful of flour, and the giblets chopped fine. Serve the gravy separately.

CREAM OF TOMATO.—Take one-half can of hot strained tomato, or one and a half cans fresh stewed and strained tomato. Scald one quart of milk and thicken with four tablespoonfuls of flour mixed with a pint of water in which carrots were cooked. Mix and cook over hot water twenty minutes, stirring constantly at first. Add three tablespoonfuls of butter, one-half tablespoonful of salt, and one-eighth teaspoonful of pepper. Strain and serve.

LENTIL SOUP.—Wash and soak one cup of lentils; make like split pea soup. Put in two quarts of cold water, one-half small onion, three cups hot milk, two tablespoonfuls butter, two and a half tablespoonfuls of flour, one-half tablespoonful of salt, one-half teaspoonful of celery seed, and one-eighth of a teaspoonful of pepper.

MULLIGATAWNY.—This Indian dish is admired by many. The meat may be either veal, rabbit or fowl. Get a knuckle of veal; have the bones cracked in two or three pieces; put it into a stewpan, cover it with water, and, when it is rather more than half done, cut off as much meat as you wish for the soup and boil the bones and the remainder of the meat well down to make stock soup. Let this stand until cold and then remove the fat. Cut the meat into small pieces and fry them in butter with four onions sliced and floured, two dessertspoonfuls of curry powder, a little cayenne pepper and salt; put these into stewpan; add the stock gravy with three or four cloves and a good tablespoonful of lemon juice; let the whole simmer for an hour and serve with plain boiled rice in a separate dish.

MUTTON.—Select a nice shoulder of mutton and boil in two quarts of lukewarm water. When the meat is half-cooked add herbs tied in a coarse cloth; then add one pared turnip and some celery cut into small pieces; one carrot cut fine, one leek. When all is almost done, add two potatoes cut fine, and noodles or rivels, vermicelli or macaroni. Noodles are made nicely by breaking one egg into a cup of flour salted to taste, and mixing to a paste that can be rolled out very thin, and then placing before the fire until it is dry enough to cut into long strips. When tomatoes are liked, two raw ones, or half a can of canned ones, add very much, indeed, to the flavor and give it a much richer color.

OYSTER SOUP.—Drain the liquor from fifty fresh oysters, and heat it slowly in a porcelain kettle; then heat two quarts of milk in a double boiler until it boils; let the liquor of the oysters boil, and put in the oysters as soon as boiled; add the milk at once and remove from the hot fire. Season with six whole-pod peppers, a little salt and butter. If the oysters are salts, care should be taken that the milk does not curdle.

OKRA.—To five quarts of water and a shin of beef add four dozen okras, sliced thin, and a few tomatoes; boil from six to seven hours and add salt and pepper to taste.

POTATO.—Wash and pare three medium-sized potatoes. Cook in a pint of boiling salted water until tender, drain and mash in the kettle in which they were cooked, add hot water, one-half tablespoonful of salt, one-eighth teaspoonful of pepper and one-half teaspoonful of celery salt. Scald one pint of milk and while scalding cook one slice of onion in it. Take out onion and add scalded milk to the soup. Mix two tablespoonfuls of flour with a little cold water and stir into the boiling soup. Let all boil for three or four minutes, stirring all the time. Add one-half tablespoonful of butter just before taking from the fire.

SNAPPER.—Make, according to the quantity of snapper, a good stock from knuckles of veal and shins of beef. Kill and bleed the snapper and remove the entrails. Take out the meat and eggs (if any), break the shells in pieces and put in the stock to boil. Then put in the snapper meat, and, when cooked, take it out, cut it in small pieces and set aside until wanted. Now add to the stock, tomatoes, onions in slices, and all kinds of sweet herbs. Boil well



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and strain off the stock, thicken with brown flour and season well with salt and pepper. If there are no eggs in the snapper add chicken eggs, a little flour and milk or water. When all is done flavor with brandy or Madeira wine.

SPLIT PEA.—Boil one pint of peas in three quarts of water till they become broken to bits; add any vegetable that is liked one hour before the soup is to be served. The best peas require three and a half hours to cook them, One tablespoonful of olive oil will improve the soup.

VEGETABLE.—Select a nice fresh soup bone, have it partly cracked or broken, put the meat into cold water about four hours before dinner and heat slowly; skim as soon as ready; add barley, keep the pot closely covered, and stew slowly for an hour. Prepare the vegetables, which will be four white potatoes sliced, a little cabbage, one carrot sliced fine, two turnips, one leek, and one stalk of celery cut fine; add rice, noodles or vermicelli. The potatoes and all but rice should be added last, when used. Corn cut from the ear and green peas can be used to suit the taste.

VERMICELLI.—Take a shin of veal and put it in four quarts of water, adding one onion or leek, two carrots, two white turnips, and a little salt. Boil this three hours; add two cups of vermicelli, and boil it for an hour and a half longer. When ready for the table remove the bone. The vegetables may also be taken out and the broth served clear.

SPINNACH.

Pick off the stem of each leaf and use none that is old or yellow. Wash in several waters and put in water to cover. Add a teaspoonful of salt for each quarter-peck of spinach, and boil for fifteen minutes. Drain, rinse with hot water, dish and serve with butter, vinegar and sliced hard-boiled egg.

SQUASH.

Peel, remove seeds and core and cut into one-inch pieces. Boil until tender in salted water with a little piece of fat pork. When tender, drain thoroughly and mash through collander. Stir in a little butter and pepper and serve hot.

STEAK.

See under "Beef" in this Department.

STEWES.

See under "Meats" and "Oysters" in this Department.

SUCCOTASH.

Cut grain from the cobs of half a dozen ears of corn and cook a little while; then add a pint of lima beans (which are best), or any green bean, and boil an hour in a quart of boiling water, with a little salt and pepper; let the water boil away until only a little remains; then add some milk, season with butter and serve in a hot dish.

TEA.

Tea drinking is an acquired habit, and the blend liked is governed by what the person has become accustomed to. For this reason it is not abso-

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lutely necessary to use a high-priced tea, but, as a rule, the higher priced tea has a finer flavor, and is little more expensive, as less is needed. To prepare tea, boil the water violently, throw in the tea leaves and remove at once. Allow the leaves to steep for five minutes before serving.

TOMATOES.

BAKED AND STUFFED.—Select firm, ripe tomatoes and cut off a thin slice from the stem end; remove the core and fill them with an onion chopped fine, a small piece of butter, pepper, salt, and a teaspoonful of cracker dust, or bread crumbs; arrange them in a baking pan; add a little water, and bake in a slow oven; serve them hot, in the pan or a warm dish.

STEWED.—Scald some firm tomatoes and peel off the skin; place in a stewpan and cook slowly with a little water; when tender whip them fine, and season with butter, salt and pepper, and a little flour or cornstarch thickening. Serve while hot.

TURNIPS.

Wash and pare and cut in pieces. Then boil in salted water until tender. Drain well and mash and beat thoroughly. Beat in butter and salt and dot over with pepper after dishing up.

VEAL.

See under "Meats" in this Department.

WATER.

Liquids taken into the stomach are very quickly assimilated by the system, and for that reason are very quick transporters of disease germs. Perhaps more disease is taken into the system by water than any other means, and it is therefore very necessary to secure pure water for drinking. Water for cooking should also be pure, but as the cooking purifies to a great extent, it is not so immensely important as for drinking. City water supplies are bound to be more or less polluted, and drinking water should be boiled or distilled to be perfectly safe. House water stills and filters may be procured, which will furnish pure water for drinking and cooking at a very moderate cost.

WHEAT.

This great staple food source has many uses, and is excellent if properly prepared. The entire grain is a more complete food than flour, and may be served in many attractive forms. An excellent breakfast dish may be made by soaking selected and cleaned whole grains overnight. In the morning they will be swollen. Boil for half an hour in salted water and serve hot with sugar and cream. When the wheat gets cold it may be sliced down like mush and fried in butter or olive oil.

ACQUAINTANCESHIP

If the same care as is used in making and maintaining social friends was used in the selection of business houses, we could feel assured of having you listed among our patron-friends.

It is well worth your while to get acquainted with us.

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Department of Education and Training

ADULTS.

TRAINING.—The training of ourselves and of each other never ceases, and especially at present there should be no let-up to self-improvement. Many a man, and woman, too, has been born into a poor family and been compelled to work and miss the school training that others have received. This does not in any way prevent them from securing it later in life, and they will be better for having to work harder to get it. Some of our very prominent men and women had little or no chance for education or improvement until they married, and many a man did not feel the need of it until he married and could not do all he would like to for his loved ones. There are really excellent night schools, business colleges and correspondent schools, where persons who are really anxious to acquire it may receive training for general improvement, or for some specific work. The writer has seen happy homes of young married couples where the evenings were spent in studying by correspondence. For married people, this is perhaps the most desirable method of adult training, as it does not necessitate absence from home, or loss of time from earning the daily bread. The man who spends his leisure hours in technical training along the lines of his chosen field of work, and secures employment in the practical part, perfects himself in both branches, and soon finds himself well up toward the "head-o'-the-heap."

BOYS.

TRAINING.—Whether the training of the boy should be most by the mother or father is a subject that has strong supporters on both sides, but it is so much influenced by the conditions that no decision could be arrived at that would be wise in every case. In our opinion, the safest plan to apply on the average is for the mother to have the actual training, under the advice of the father, but, in any event, there must be absolute confidence and freedom between all three. The father knows the feelings, temptations, trials and joys of boyhood, but he is away so much that he cannot keep in as close touch as the mother can, whose love and care will discern what may not be told her. It is natural for boys to be more active and full of life than girls, and those whose natural bent is allowed full sway except such restraint as will prevent them from acquiring bad habits will be the happiest boys, and the best and most successful men. Too great restraint makes boys deceitful, effeminate and backward. Upon those at home rests the inculcating of a sense of honor. Our public schools may show the boys some ways of being honest enough to keep out of jail, but they do nothing toward the moulding of character. Never promise a boy anything unless you keep your promise. Be a comrade to him. Enter fully into his undertakings and encourage him. Keep him clean and healthy. Give him something definite to do, so that he may learn responsibility. Try to patiently explain what puzzles him, even if you are compelled to study

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We invite suggestions for making this book more valuable.

it up for yourself. Confide in him, but make sure that he understands WHY you want him to do what you are asking. Reward him occasionally when particularly successful and punish him in some way when radically wrong. Have his close friends and associates come freely to the house and study them. Find out from others how he does when out of your sight. Defend him in his right, but never uphold him if wrong. Be sure your judgment is correct, for injustice is blasting to boyhood. Cherish, love and care for him, but do not pet him too much, for he feels that you consider him a child. To make a boy feel manly is to make him manly.

HABITS.—The particular habits that a boy is liable to get into are induced by his surroundings, examples set him, his companions, his inherited tendencies and the influence of those he admires or looks up to. It is ten times easier to PREVENT than to CURE habits, and for this reason we cannot urge too strongly upon parents the great importance of establishing from the very first a confidence and comradeship with the boys that will prevent them from hiding anything. Then the ever-watchfulness of the parents sees the tendency before it has become a fixed habit. Prevent them from acquiring the habits of selfishness, rudeness, uncleanness, deceit, lying, and immoral practices. These names sound harsh, but they are the extremes of the fixed habits. Every one of them starts in a way that is not at all horrible. When you find that a boy has a tendency toward a certain habit, do not go at him as though he were a hardened criminal, for he probably does not realize the importance of avoiding it, or has been led to do what he did by natural exuberance of spirits or in the excitement of the moment. Reason with him, show him why he is wrong, and be sure he understands you. Boys should never be punished unless you are convinced that the motive is wrong. Never punish a boy while you are angry, for if he is naturally manly, the first impulse will be to defend himself, and then you are really forcing him into the habit of impudence or are smothering his manliness. Explain freely to your boy the uses and abuses of all his organs, to help him avoid the awful habit of secret practices. Much may be done to prevent this by keeping his mind engaged on wholesome subjects, and by dieting him without his knowledge. These habits are so serious, both morally and physically, that we strongly advise parents who cannot control their boys in this respect to place them under the care of a physician.

CHILDREN.

See Department of "Children."

GIRLS.

INSTRUCTION AND TRAINING.—Unlike the boys, there is no room for argument as to which of the parents is more responsible for the moulding of a girl's character. This does not in any way mean that the father should lack interest or care in the girls, but when you see a well-behaved, good girl, you instinctively give the credit to the mother, and with the opposite kind you blame her. Girls are naturally of a more dependent disposition than boys, and should receive more affection. They are usually more nervous and should be dealt with less rigidly. As in case with the boys, they should have something definite to do, and learn to assume responsibility. The so-called "higher education" of young women is an excellent thing, and should be pursued as far as

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SECOND: To instruct our students efficiently, and to inspire them with a desire for clean lives, noble ambitions and good citizenship, and also to obtain positions for those who graduate, and thus give them a start in business life. Our efforts, however, do not end here, but extend to the placing of old graduates in better and more lucrative positions.

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possible, but we wish to say very strongly that **WOMAN'S GREATEST WORK IN THE WORLD IS IN THE HOME**. Here her education will be of no avail if she has sacrificed her health to it, or has neglected to train herself in the great art of home-making. It is not wrong or immodest for a girl to anticipate marriage, for that is her natural destiny, and the mother who helps her prepare herself to make married life happy is doing better for her than putting dollars in bank. Teach the girls to do everything that has to be done in a house, no matter whether you are rich or poor, for all may be compelled to do it some time, or at least must be able to direct others to do it properly. Because parents are well off is no reason for neglecting household training, for, since the days of "Mother Eve," women have followed their hearts in choosing a mate for life, and love may select for them a poor man, on whom they would be an insupportable burden if helpless in household affairs. Every girl should receive all the learning that her health will allow her, in addition to her home training, but of what value is her learning if she breaks her health? During the period when the girl is entering physical womanhood the strain upon her is severe, and doctors are coming more and more to realize that a year's rest from school at that age is more than paid for by the bettered physical condition. Every girl should acquire what she can of a business education, for it will enable her to better deserve the confidence of her husband, and be able to help, advise and comfort him in his business affairs. Encourage the girls in outdoor exercise and sports. It is seldom that a "tomboy" retains any roughness after growing to womanhood. Allow her perfect freedom, under your guidance, with proper boy friends, but teach her to repel all freedom of both action and language. Meet her friends, be one of her comrades, love her, confide in her, and teach her that whether right or wrong you will always carefully consider her affairs, and that your judgment will be best and kindly.

HABITS.—We do not like to think of girls having the more serious of the bad habits, and, as a rule, they have less of them, probably on account of the more consistent association with the mother. Probably one of the most common bad habits among girls is that of exaggeration of speech. This may be innocent enough at the start, but very quickly leads to lying. Many times a day perhaps you hear girls use such expressions as "dearest thing I ever saw," "never saw anything like it in my life," "everybody is wearing this" and numerous other superlative expressions which must be untrue, for there can be but one superlative. Girls who get into the habit of using such expressions quickly lose the definite value of truth, and their statements become less valuable. Another bad habit among girls is that of improper eating. They neglect proper foods, and want to be constantly nibbling at some dainty or highly-flavored stuff, and this develops the detestable chewing-gum habit. This gum has a use, medicinally, but the habit of chewing it incessantly is abominable. The same tendency that makes girls extravagant in expressions tends toward making them extravagant in all things. It is almost universal with girls to imitate in styles of clothing those with whom they associate, and this often leads them into expense beyond the means of their parents. Teach them to be satisfied with their lot. Those who are trained to do and be satisfied with what they have can always appreciate more, but those who are dissatisfied with what is proper for them will never be satisfied with anything they have. Girls are of a sensitive physique, and this in some cases leads them into neglect of the body. Even more so with girls than with boys must the mother enjoy the full confidence of the child to avoid immoral tendencies. The apparently harmless flirting of girls may lead to very embarrassing predicaments, if not

worse. Make friends with her boy friends, keep eternal watch over her without making it objectionable; reason with her, but be firm. The gallantry of the present day forbids a man from too strenuously opposing a lady, and this often leads them to presume upon their rights and tends them toward the habits of domineering and inconsiderateness. Prevent them from becoming the slaves of fashion, either in dress or in habits. A well-trained, naturally good girl is one of the most admirable things on earth, and a monument to those responsible for her, and a bad girl is adjudged even worse than a bad boy.

INFANTS

See "Infants" in the Department of Children.

Introduction

to

Department of Health and Hygiene

In this work we do not undertake to give such information as will make the consultation of a physician unnecessary, although in some minor cases it may do so.

Our greatest object is to give advice that will give temporary relief to suffering, take the first step in the right direction, and make the work of the doctor easier and quicker.

In cases where poisons or strong drugs are suggested, we urge the greatest care. Great care should also be used in labeling such remedies plainly and keeping them out of the reach of children.

This being a book for city folks, a physician may be summoned very quickly in case of need.

Department of Health and Hygiene

ACCIDENTS.

BLEEDING.—Loss of blood may result from external injury, or from disease, but in either case it should be promptly attended to, as it results in great weakness. Bleeding internally or from the nose slightly is not necessarily serious, and is in many cases nature doctoring itself in this manner, as there are certain troubles where loss of blood is beneficial. In cases of repeated or continued bleeding, a physician should be consulted. Bleeding from the lungs usually indicates consumption or like causes. Bleeding from the stomach indicates ulcers there, while passing blood in the stools may indicate ulcers on the bowels, or piles. In accidents or severe bleeding, knowledge and quick action are necessary. The treatments we give here are merely temporary measures while the doctor is coming. In severe bleeding from the lungs, apply cold, wet towels, or cracked ice in cloth to the back and chest, and let the patient inhale the fumes of turpentine from soaked cotton. In profuse bleeding from the stomach, give tannin in water and have the patient suck ice. If from the bowels, apply cold externally, and inject ice water. If from the nose, apply cold to back of the neck, and inhale turpentine. Where severe bleeding comes from a wound, it is very essential to check it at once. This can only be done by applying pressure to the vein or artery above the wound. A man's pocket handkerchief, folded to about an inch and a half square, makes a good pad. Apply pressure by the hand above the wound, and when the vein or artery is located by a cessation of bleeding, apply the pad and bandage very tightly. In many cases it is necessary to use a tourniquet or stick under the strap or bandage, twisting it and increasing the pressure until the bleeding ceases.

When the flow is practically or entirely stopped, apply a very clean pad and bandage to the wound until medical aid may be had. For bleeding from the forehead or scalp, apply pressure on the temples. For the face, apply it on the back point of the jaw bone. For the neck or head, at the centre of the throat, taking care to avoid the windpipe. For the upper arm, just above the biceps muscles, in front. For the hand, right above the elbow, or on both sides the inside wrist. For the leg, as close to the body as possible, applying a large pad to the front of the leg near the inside. For the shin and foot, just above the knee. For the top of the foot, on the top of the instep, and for the sole of the foot, just below the ankle bones. Do not apply any drugs, powders or lotions to the cut, simply stop the blood until the doctor comes.

BROKEN BONES.—When bones are broken a temporary splint should be made, the limb should be gently but firmly pulled out if the broken ends have become overlapped by pressure, and the injured limb fastened firmly to the splint to prevent further damage by motion. If possible, the patient should be kept perfectly still, even after a splint is applied, for the muscles about the

wound are very sensitive and active, and any motion causes irritation that delays healing and often has serious consequences. If the patient must be taken away for treatment, prevent all possible motion by binding the corresponding limb, viz., if a finger, bind the entire arm; if an arm, bind both; if a leg, bind both. If the skin is torn and the bone protruding, wash the end of the bone and the wound immediately in a warm, strong solution of peroxide of hydrogen. Then draw the limb carefully to position, apply pad and bandage to stop bleeding, and bind firmly to splint.

To prevent the parts becoming seriously diseased, all haste must be made for medical aid in cases where the skin is burst or the muscles badly torn by the broken bone.

BURNS.—The pain from these wounds is very severe, and they are dangerous if extensive. If a person's clothing takes fire they, or someone, should endeavor to smother it out by wrapping something around them and rolling over and over quickly. Woolen articles serve this purpose best, such as shawls, blankets, rugs or carpets. Then water should be poured liberally over the patient. If very badly burned, a few drops of laudanum or a hypodermic should be administered to prevent further damage by the struggles of the sufferer, or greater shock to the nerves by the intense pain. Temporary relief may be had by bathing the patient in sweet oil and wrapping in a sheet. As a local treatment for slight burns, including sunburn, apply rags wet with a strong solution of baking soda. If the burns are severe, cleanse well with peroxide of hydrogen, and then with a salt solution. If blistered, puncture with antiseptic needle. After cleansing, apply boric acid powder and cover with absorbent cotton. Carbolyzed sweet oil may also be used.

CUTS.—Where not serious enough to require a doctor, cleanse the wound thoroughly with solution of hydrogen peroxide, removing all foreign matter very carefully. Then rinse many times with warm salt solution and bandage so that the sides of the cut are pressed tightly together. After twenty-four hours, wash surface with salt solution, apply vaseline to the scar and re-bandage.

DROWNING.—In rescuing drowning persons, avoid the fatal death grip. Seize them from behind if possible, by hair or collar. It has been necessary in some cases for the rescuer to strike a severe blow and render the victim unconscious. As soon as a place of safety is reached, remove everything binding from the neck, lay the person on the stomach over a barrel, log or such, force open the mouth and pull out the tongue with a dry cloth. Then exert pressure on the back to expel water and mucus from mouth and throat and as much from lungs as possible. Then lay on the back with blanket, coat or roll of something under the shoulders, grasp the arms at the elbows and raise above the head until they almost meet. Hold in this position for three seconds, then place the arms close to the sides, pressing the elbows tightly against the lower chest. These motions cause artificial breathing, and should be made about fifteen times each minute. If not successful at once, move the arms more rapidly until the patient breathes naturally, and then slower and slower until they become conscious. Persons have been revived in this way who have been in the water for nearly half an hour, and who showed no sign of life for the first fifteen minutes of treatment. As soon as the patient becomes conscious, administer stimulants, wrap in dry, warm blankets or clothing, feed hot gruels and broths, and keep quiet for a few hours.

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FIRE.—See "Burns" and "To Prevent Fire."

NEED OF POLICE—See Index.

SPRAIN.—These injuries are often more serious than at first appear, sometimes being more so than broken bones. The patient should keep perfectly quiet, and if the sprain is in the ankle it should be elevated above the hip. Ice water should be applied on tight bandages, and the affected part kept as cold as possible. If very much swollen and black, apply leeches. Alcohol and water is very cooling and beneficial for sprains.

SUNSTROKE.—Place the victim in cool, shaded place or darkened room, and apply first hot and then cold alternately to the forehead and base of the brain or back of the neck. Place the feet in warm mustard water, and apply mustard plaster to the abdomen and calves of the legs. If unconscious, stimulants may be administered by injection, if conscious, in slight doses by the mouth.

ADULTS' DIET.

This subject is too large a one to be treated here, and one that should be taken up with your doctor if the dieting is for the purpose of affecting any disease. There are certain conditions, however, that may be corrected or produced by dieting. Persons whose daily lives are spent indoors should avoid stimulants and heavy foods. Stout persons should avoid fatty and starchy foods, while thin persons should use them. Acids and sour things reduce fat and thin the blood. More people suffer from over-eating than from the opposite. This they may do and still not eat much, for the foods they choose may be too rich and strong for their work to use up.

ANTIDOTES FOR POISONS.

Persons may be seriously poisoned and not have swallowed the poison, as many may be taken through the skin, inhaled in the breath or injected by bites, stings or wounds. Nature makes strenuous efforts to drive poison from the system, and if swallowed it usually shows itself soon by extreme pain, vomiting and purging. It is also indicated by convulsions, paralysis, delirium or drowsiness. If poison is suspected get a doctor at once, as some of them act fatally in a very short time.

In the meantime, some of the following treatments may save life or ease suffering. Act quickly: a poor remedy immediately is better than a good one later on. First get rid of the poison by causing hard vomiting and severe purging. Do this whether the patient is already doing so or not. In cases already throwing off the poison, salt and lukewarm water are emetics. Mix a half-cup of salt in a pint of lukewarm water. Give the patient all this and as much more warm water as they can force down. In cases where this fails to cause free vomiting, dissolve a tablespoonful of mustard in a pint of warm water and administer like the salt. Extreme vomiting is often very weakening, and should be followed with small and frequent doses of stimulants. After the stomach is entirely empty, give milk, eggs beaten in milk, or sweet oil. In cases where the cause of the trouble is known, antidotes may be given to neutralize the effects of the poison as follows:

AQUA FORTIS.—Give magnesia or soap, dissolved in water; every two minutes. Get a doctor.

ARSENIC.—Give prompt emetic of mustard and salt, tablespoonful of each. Follow with sweet oil, butter or milk. Call a doctor at once.

BEDBUG POISON.—Give milk or white of eggs in large quantities. Send for a doctor.

BELLADONNA.—Give an active emetic, then stimulate. Call a physician.

BLUE VITRIOL.—Make prompt use of magnesia, soap, chalk or lime water. Afterward mucilage water or milk. Send for the doctor.

CARBOLIC ACID.—Give flour and water, or other glutinous drinks. Get doctor at once.

CAUSTIC POTASH.—Drink freely of water with vinegar or lemon juice in it. Send for the doctor.

CHLORAL HYDRATE.—Put cold water on the head and face; make artificial respiration and use galvanic battery. Hurry for physician.

CHLOROFORM.—Give emetic of teaspoonful of mustard in warm water. Follow with stimulating treatment. Send for doctor immediately.

COBALT.—Give prompt emetic of soap and mucilaginous drinks. Get a doctor.

COPPERAS.—Give prompt emetic of soap or mucilaginous drinks. Call the doctor.

GAS.—Remove patient to air, use artificial respiration, apply heat to extremities. Send for doctor.

IODINE.—Give starch, flour or arrowroot, mixed with water. Doctor at once.

LAUDANUM.—Strong coffee, followed by ground mustard or grease in warm water to produce vomiting; keep in motion. Hurry for physician.

LEAD.—Give prompt mustard or salt emetic, then castor oil; apply heat to bowels. Send for a doctor right away.

LYE.—Give vinegar or oil. Call a physician.

MERCURY.—Give white of eggs freely; afterwards evacuate; mild drinks. Hurry the doctor.

MORPHINE.—Give strong coffee, followed by ground mustard or grease in warm water to produce vomiting; keep in motion. Get doctor at once.

MURIATIC ACID.—Give magnesia or soap dissolved in water, every two minutes. Send for the doctor immediately.

NITRATE OF SILVER.—Give common salt in water, freely. Send for doctor.

NUX VOMICA.—Give emetic of mustard in warm water. Call a physician.

OIL OF VITRIOL.—Make prompt use of magnesia, soap, chalk or lime water. Afterward mucilage water or milk. Get physician at once.

OPIUM.—Give strong coffee, followed by ground mustard or grease in warm water to produce vomiting; keep in motion. Hurry for physician.

OXALIC ACID.—Give magnesia or soap dissolved in water, every two minutes. Call the doctor.

PARIS GREEN.—Give prompt emetic of mustard and salt, teaspoonful of each. Follow with sweet oil, butter or milk. Call a doctor at once.

PRUSSIC ACID.—Give coffee in plenty and quickly; smell spirits of ammonia, camphor or vinegar, pour water on head and back. Death generally ensues so quickly that there is no time for emetics. Rush for the doctor.

SNAKE BITES.—Tie band around limb above bite; suck out venom with mouth; cauterize wound; give strong stimulants. See doctor at once.

STINGS.—Apply salt water, or sweet oil, or fresh mould. Always take out the sting of a bee. If serious, see a physician.

STRYCHNIA.—Give emetic of mustard in warm water. Hurry for the doctor.

SUGAR OF LEAD.—Give milk or white of eggs in large quantities. Get a doctor.

SULPHURIC ACID.—Make prompt use of magnesia, soap, chalk or lime water. Afterward mucilage water or milk. Get physician at once.

TOADSTOOLS.—Evacuate stomach and bowels; give Epsom salts; stimulate. Get a doctor quickly.

TOBACCO.—Encourage vomiting with salt and mustard water, then stimulate with spirits of ammonia or whiskey and water. See a physician.

BLEEDING.

See "Accidents."

BROKEN BONES.

See "Accidents."

BURNS.

See "Accidents."

CLOTHING.

ADULTS.—Popular clamor for existing styles, especially in America, is largely responsible for some forms of clothing that are positively detrimental to health. This usually takes the form of improper protection against the elements, or an improper binding of the muscles or organs. Tight lacing of the body should be avoided, and experience has proven that women may attain and retain a beautiful shape without stays or corsets by careful living and proper physical exercise. Tight shoes cause diseases of the feet, lack of circulation, and by causing the wearer to walk unnaturally and with muscles strained, may cause trouble in other parts of the body. Fresh air should be allowed free access to our skin often, taking care to prevent colds. Persons leading an inactive life are particularly subject to changes of the weather, and should change the weight of their clothing accordingly.

CHILDREN.—See "Department of Children."

INVALIDS.—Persons in poor health have not the natural stamina for resisting the elements that healthy persons have, and should therefore be clothed with much more care. Few invalids suffer with much fever, and as a

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BOTH PHONES

rule are cold, and need considerable clothing. Others perspire freely from weakness. In any event, wool is adjudged the best clothing, both for underwear, outside garments and wraps.

MEN'S WEAR.—While there may be many cases where cost is a strong factor, this is one particular kind of clothing where quality and care are particularly valuable. As men's wear we do not mean outer clothing, but rather such goods as are often classed as furnishings. It is so easy for manufacturers and dealers to break into this line of goods, that many take advantage of the comparatively small cost of each article to offer to the buying public unworthy or imperfect goods. The most economical way is to select a reliable house, pay a fair price for good articles, and then by care to make them last long enough to be less expensive in the end than cheaper and inferior goods. Underclothing and hosiery should be washed often, and it will not be necessary to wash them hard enough to wear them out. Keeping the articles in place and order will lengthen their life, and in the dozens of ways that will suggest themselves, a little care and trouble will do more than money paid out continually for new goods.

COMPLEXION.

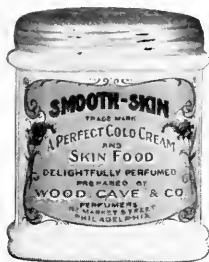
The complexion is the most important item in what goes to make beauty in woman, and it is her duty to treasure it and care for it. By this is not meant to use any artificial means, such as paint or powder, for these do not deceive anyone, lower the wearer in the opinion of thinking people, and ruin what beauty nature has given the skin. A beautiful complexion will atone for features that are far from perfect, but the loveliest form and features are marred by a poor complexion. Evident health and cleanliness are the two great items in making a beautiful skin. This means a great deal to the busy housewife, and yet it can be done if she wants to badly enough, and will repay her many times. The hair should be healthy, clean, natural and well kept. The general physical condition must be brought and kept up to the highest standard. Careful selections of foods are very important. Many a woman sacrifices her beauty to her appetite by eating hot bread, cakes, rich foods, pastry and candies. These must be used very moderately, if at all, by the woman who is to be beautiful. Drink lots of the purest water you can secure. Flush the system with it. Exercise regularly. Many busy women claim that they get enough exercise at their work, but this is not the kind that helps.

Exercise for health must be taken especially for that purpose. Probably walking is the best. Prepare for it by removing corsets or any binding clothing, and dress in short skirt, heavy shoes and such light clothing that you would be cool unless walking. Then walk briskly, if only for fifteen minutes, in the locality where the purest air may be found that is convenient, and when you return, sponge off with warm water and good soap, and then with cold water followed by hard rubbing. Above all, do not neglect the care of your face and hands. These parts, being exposed to the constant soil of the city air become dirtier than any other part. Cold water and soap will not properly remove this coating. Rub some good cream into the skin with an upward circular motion and rub off with turkish towel. Then bathe the face carefully with warm water and good soap, using a soft wash rag. After that wash with cold water to close the pores and rub in a little flesh food. Manicure the nails carefully and keep the hands as much protected from dirt as possible.

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Smooth-Skin is delightfully perfumed, the fragrant odor being absorbed and retained by the body for a long time after it is used. It therefore imparts to the person that subtle charm of daintiness which appeals to the senses like the fragrance of flowers, and is so exhilarating and refreshing to persons of refinement.

Gentlemen will find Smooth-Skin a luxury if used after shaving, as it will keep the skin soft and smooth.

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Remember that Smooth-Skin is non-greasy; that it is the ideal Skin Food; that it is perfectly harmless; that it removes wrinkles; that it protects the skin in all kinds of weather; that it does not promote the growth of hair; and that it beautifies the complexion and removes all blemishes, freckles, etc.

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Apply a small quantity in the axillæ or arm-pits, and between the toes, just after the bath.

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DIET.

IN SICKNESS.—The dieting of the patient should be entirely left to the physician who knows the needs of the individual under the existing conditions. It need not cause worry if practically no food is given during the first two or three days, especially in fever diseases, as a person's vitality usually will sustain them without damage for that length of time. Where the illness continues, nourishment should be given, even though the patient has no desire for it, for the fatality is largely from exhaustion, which may be prevented by proper nourishment.

TO DECREASE WEIGHT.—Dieting to decrease weight does not mean simply to lose flesh. This could be accomplished by starving. Successful dieting of this kind should remove surplus fats and harden the muscles so that no USELESS flesh is carried. This can best be accomplished if the dieting is accompanied by proper physical exercise. Drink a great deal of water, flushing the bowels often, and keep them moving freely by eating fruits, and foods of an acid nature. Eat less than is customary of strong foods, such as steaks, fish-foods, nuts, etc. Avoid fat meats, gravy, sweets, pastry and starchy foods, such as potatoes. If possible, eat whole-wheat bread, cereals and skimmed milk. Careful dieting and exercise will reduce weight and increase strength at the same time. In addition to outdoor exercise, special exercises of the abdomen and body should be taken to reduce internal fat. Frequent hot or steam baths followed by cold, and hard rubbing, will aid in producing the desired effect.

TO INCREASE WEIGHT.—Eat plentifully of strong, rich foods and exercise regularly and violently enough to create an appetite. Drink plenty of rich milk and eat plenty of rice, oats, bread and butter, meats, oils, potatoes and appetite-producing condiments. Avoid worry and nervousness, and be cheerful and happy. This treatment will add healthy weight evenly, and not simply put on fat in certain places.

TO PRODUCE STRENGTH.—The treatment given for dieting for increased weight will also produce strength, but in training for strength without weight, the starchy foods should be greatly reduced, meals should be frequent, regular and small. Meats should be mostly lean and rare. Condiments and stimulants should be dropped entirely, and physical exercise and cold bathing increased. Regular hours of rest, and plenty of sleep are necessary. Food should be well chewed.

DISEASES

ABSCESS.—Apply equal parts rosin and sugar for several days, if not broken then, apply hot flaxseed meal poultices every hour until broken.

AGUE.—Dose with quinine as much as patient can take. Remain in even temperature. Drink hot drinks. Mix equal parts of turpentine and chloroform, and apply to spine from shoulder down, and across the small of the back.

ALCOHOLISM.—This awful disease is the result of indulging the appetite for strong drink which grows into the worst physical curse known, for it not only ruins the health, but it degrades the character, destroys genius, engenders selfishness and brutality, ruins social standing, dulls the conscience and destroys the will, leaving its victim a most pitiable object. Employers are fast coming to realize the commercial value of temperance, and many of them,

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even saloonkeepers, will not employ a drinking man. More can be accomplished in fighting this terrible curse by religious and moral influence than in any other way, but these may be aided by medical treatment. Those whose systems are saturated with alcohol will often suffer severe physical ills after its use is discontinued, for the system is not receiving its usual amount of stimulant, and must outgrow its diseased condition before it can resume its normal functions. Where the victim is suffering from recent excesses, give a strong emetic and follow with active purgative. This will remove the unabsorbed alcohol. Give three drops tincture nux vomica in teaspoonful of compound tincture cinchona every three hours.

ANEMIA.—This is caused by loss of or impoverished blood, and takes the form of general weakness, dizziness, and languidness. The patient should be fed on gruels, broth and other strengthening and easily digested foods, and the body should be sponged morning and evening with a solution of rock salt and whiskey. Give four grains reduced iron and a half a grain quinine three or four times daily.

APOPLEXY.—This disease comes on quickly or in "strokes" in its best known form. The neck should be freed from any binding cloths, and cups or leeches quickly applied to the back of the neck. This will help to remove the excess of clotted blood which has caused the trouble. The head should be kept raised and cool. Injections or laxatives should be used until bowels are empty.

APPENDICITIS.—For this very serious and often fatal disease, most doctors use the knife, generally to good effect, but many also prefer cure by absorption. A physician should be procured at once, as every moment counts in the race for life. Put fifteen drops of turpentine on a woolen rag, wring out of hot water and apply to sore spot very hot. When relieved cover bowels with cloth wrung out of kerosene oil. The liver should be kept active.

ASTHMA.—Make strong solution of saltpetre, saturate pieces of blotting paper and dry them. When a paroxysm is felt ignite a piece of the paper and inhale the smoke. This acts most quickly, alleviating distressing symptoms and shortens the paroxysm.

BALDNESS.—To prevent baldness and to secure the remaining hair, dissolve an ounce of powdered quinine in a quart of whiskey and rub well into the scalp every other night before retiring. From six to fifteen applications will usually stop falling hair.

Baldness can hardly be regarded as a disease; but undoubtedly it is a source of much discomfort, not to say annoyance, to many people. It is difficult to say from what it arises. It has been thought to be due to the custom of wearing smoking caps or tightly fitting hats; but this is a theory as difficult to prove as to disprove. People who are bald are naturally very liable to colds in the head, with all their attendant disadvantages. There are many widely advertised remedies; but it cannot be said for most of them that the results experienced are equal to those promised. A safe application is pure terebene, which should be rubbed into the scalp night and morning.

BEDSORES.—Bedsores are apt to be a source of great trouble and danger to those confined to bed for any length of time as a result of illness or accident. From pressure on the part, the skin loses its vitality and gives rise to an ulcer, which goes on increasing in size and depth day by day. The strength of the patient, already undermined by disease, is rapidly exhausted,

and the prospects of recovery are materially diminished. When a person is likely to be long confined to bed a water-pillow should be provided from the very first. A feather bed is always out of the question, and can only do harm. Before the skin is broken it is a good plan to rub the part night and morning with strong spirits, such as brandy, but when once a sore is formed this is impossible, and it is safer to rely on a dusting powder applied lightly once or twice a day. Powdered starch and oxide of zinc is a good dusting powder.

BILIOUSNESS.—This trouble is usually due to congestion of the liver, and is shown by coated tongue, lack of appetite, bad breath and constipation. A listlessness and general depression is felt. Small doses of calomel and strong purgatives should be taken. Drink plenty of water and aperient waters, and avoid rich foods and stimulants.

BLEEDING.—See "Accidents."

BOILS.—The best way of managing a boil is to poultice it with flaxseed or bread and milk containing laudanum to ease the pain. If the boil is small, the poultice may be spread upon a piece of oiled silk, which prevents it from becoming dry, and held in place by a bandage, or by a square piece of linen upon each corner of which has been daubed a little spot of adhesive plaster, the stick of plaster being melted in the flame of a candle for the purpose. This holds a dressing of any kind on a broad, flat surface of the body, as, for instance, the skin of the back, very satisfactorily.

When the boil softens in the centre, and the fluctuation of matter can be detected, or its yellowish color can be seen under the skin, some twenty-four hours of suffering may be saved by having it lanced, and the pain of the cut may be abolished by freezing the surface with ether spray, or by stroking it with a little bag containing a mixture of ice and salt. In certain cases it is important to lance a boil early, so as to prevent the burrowing of the pus toward some important structure, but ordinarily, if the sufferer dreads the knife, there is no actual necessity for using it, and the boil may safely be left to break of its own accord, under the poultice, one, two or three days later than the time when it is ripe for lancing.

BROKEN BONES.—See "Accidents."

BRONCHITIS.—Bronchitis occurs in two forms, the acute and the chronic. Acute bronchitis is always dangerous, especially in the case of children, and necessitates the immediate attendance of a doctor. Chronic bronchitis, although less dangerous, is of much longer duration and may persist for years. It occurs chiefly in middle-aged people, both men and women. It attacks them only during the winter months. The symptoms usually are cough, which is worse in the morning; expectoration, which is very profuse; and shortness of breath on exertion, which is always very distressing. One of the best remedies is chloride of ammonia tabloids, each containing three grains. Tar is another good remedy. It may be used either in the form of tar water, or in the form of tar tabloids. Pure terebene has long had a reputation for the relief of the cough and shortness of breath caused by this complaint. The pure terebene may be taken internally or it may be inhaled from a pocket handkerchief.

BRUISES.—Apply cloths dipped in cold water to injured parts, and bathe with tincture of arnica. If severe, causing fever, give aconite. A tincture half glycerine and half cayenne pepper will remove discoloration.

BUNIONS.—These troublesome growths are usually incurable, but may be relieved by painting with iodine twice a day. Or, mix a teaspoonful salicylic acid with two tablespoonfuls of lard and apply morning and night, covering with adhesive plaster.

BURNS—See “Accidents.”

CARBUNCLE.—Carbuncles chiefly differ from boils in the large area involved in the inflammation, from which a core of dead connective tissue, called a “slough,” several inches in diameter, may come away. Carbuncles are apt to come on the nape of the neck, and on the back, but may appear on any part of the body. A large carbuncle will sometimes keep a patient in bed for a month or six weeks, and the pain and exhausting discharge wears out the strength so much that it may cause death. Use poultices of flaxseed meal, bread and milk, powdered slippery elm bark, or of yeast. Give anodynes to relieve pain; and six grains of quinine daily, with other tonics to support the strength. Early and free incisions into the inflamed tissue, made after freezing the part, are probably of great service.

CHAPPED HANDS OR FACE.—Make a lotion of ten drops tincture benzoin, a half drachm rose water, two drachms alcohol and one ounce of glycerine. Wash the chapped surfaces with warm water and soap, dry thoroughly and rub the lotion in lightly on retiring.

CHILBLAINS.—Chilblains occur most frequently in young girls who have a weak circulation, as evidenced by the cold hands and cold feet, especially in the morning before breakfast. They are usually worse in the winter, and not infrequently are more painful in damp weather. They may be treated by local applications, such as lanoline, or lanoline cream, but the tendency of their recurrence will not be eradicated until constitutional treatment is resorted to. Tonics such as quinine should be given freely. Beef, iron and wine is a most useful remedy, and the best plan is to give half a wineglass twice a day. When this preparation has been taken for three or four weeks, quinine may be substituted for a week or two, and then another trial be made of the wine. This course of treatment should be kept up with very little intermission for at least six months.

CHOLERA INFANTUM.—See “Department of Children.”

COLD IN THE HEAD.—The symptoms of a cold in the head are, usually, running from the eyes and nose, accompanied by sneezing, headache, depression, and, perhaps, loss of appetite and constipation. The condition may pass away without active treatment. One of the best remedies for cutting short an attack is menthol snuff, which is supplied in a little snuff-box, so as to be readily available for use. Frequently the internal administration of iodide of potassium does good.

COLIC.—See “Department of Children.”

CONSTIPATION.—The treatment given for this disease in the “Department of Children” may be applied to adults, but usually in stronger form. When constipation threatens to become chronic it is wise to consult your doctor, for early treatment lessens suffering and accomplishes more.

CONSUMPTION.—This is to-day one of the most fearful diseases known, as it claims more victims each year than any other. Its early growth is so insidious and so much resembles common colds that few people give it proper attention until it has gained such headway that it cannot be overcome.

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San-KNIT-ary products are the only purely hygienic and sanitary towels and wash cloths. The only absolutely non-linting towels. They never become mildewed, stale or sour, do not require ironing, are put up and sold in sealed, germ-proof packets **ONLY**, and are ready to use without first washing.

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There is no doubt that CONSUMPTION IS CONTAGIOUS, and is gaining rapidly. The only hope of the world being rid of this awful scourge is to arouse the public to their danger and get them into a crusade against it that will popularize right methods of living, proper ventilation, proper exercise and immediate treatment of suspects and at least partial isolation of diagnosed cases.

CONSUMPTION IS CURABLE, at least in its earlier stages, and any suspicion of its presence should be run out until it is proven whether the disease is present or not. When you consider that after the disease reaches a certain stage it is equal to a death sentence, there should be no trifling with it. There have been some well authenticated cases of cures, even in the later stages, and in "hasty" or "galloping" consumption, but they are very rare. DO NOT NEGLECT COLDS, as these are in most cases the seed from which the dread disease grows. It is now the generally accepted theory that consumption is a germ disease, that the germs are extremely prolific, and that we are constantly taking them into our system. As long as we are healthy and strong, nature's own police force keeps them from doing harm, but when these guards of our body are weakened by disease, the germs make progress. While you may apparently recover fully, the colony of germs is there, and gains a little every time you are ill or out of condition, and finally wins the mastery. This may take only a month or two, or it may take years, but the result is eventually the same. More can be done by PREVENTING CONSUMPTION than by curing it, and this can only be done by keeping strong and well enough to resist the ever-present germs. Pure air, pure water, regular bowels, good food, proper exercise, regular habits, and absence of alcohol, all in their proper place, time and proportion, will keep a person in such physical condition that the disease cannot get a serious hold on the system. Sleeping in the open air or open rooms, plenty of eggs and milk, regular, easy outdoor exercises and non-alcoholic stimulants are all good treatments if commenced soon enough.

CONVULSIONS.—See "Department of Children."

CORNS.—Corns are similar to warts in their structure, except that they have a much thicker layer of epidermis over their surface. They are almost always produced by the pressure of tight shoes, and may be avoided by caution in this respect. They can be prevented from giving much trouble by carefully trimming out the centre of the corn at short intervals, or by wearing one of the various forms of perforated corn plasters in common use. In cutting corns, the incision should never go through the epidermis to cause bleeding, as dangerous inflammation may result. Often filing a groove across the top of a corn answers every purpose, and is not attended with any risk.

COUGH.—The following four remedies for coughs and colds have proven successful in many cases. If one does not give relief, try another, but do not neglect yourself, for in these common and often unnoticed diseases lies the root of consumption. Three grains of camphor on sugar, taken every two hours, and inhalation of spirits of camphor every half-hour quickly relieves; or, flaxseed tea, made in the proportion of one ounce of grains of flaxseed to a pint and a half of water, boiled down to a pint, with the addition of a little lemon peel, a wineglassful taken every two or three hours, is a most excellent remedy; or, an infusion of boneset tea, made with two ounces of boneset, boiled in a pint of water and given in tablespoonful doses every three hours, speedily breaks up a cold; or, the juice of one lemon sweetened to taste, to which has

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been added a teaspoonful of sweet spirits of nitre, is decidedly effective. Dose: Half-teaspoonful every two or three hours.

CRAMPS.—Make mustard poultice, with white of egg instead of water, apply it to bowels, and give a tablespoonful of blackberry tea, made from the root, every fifteen or twenty minutes until relieved.

CROUP.—See "Department of Children."

CUTS.—See "Accidents."

DANDRUFF.—Dandruff is a scurfy or scaly condition of the scalp, which occurs in the course of many diseases of the scalp, such as eczema and ringworm. It cannot be regarded as a disease itself, but is simply an indication of some unhealthy condition. It is a source of annoyance to the individual who suffers from it, chiefly from the fact that the minute white particles come off on the coat or dress, and attract attention. It is not very difficult to cure, and a few applications of lanoline cream night and morning will usually effect the desired object. Hazeline, mixed with an equal quantity of eau de Cologne, may also be used to advantage. The head and hair should be washed once a week with lanoline soap and water, but it is not advisable to use cosmetics. The general condition of the health may be improved by a course of extract of malt or some other similar remedy.

DEAFNESS.—Deafness, when due to disease of the internal ear, is a condition which medicines are powerless to alleviate. When, however, it is associated with some obstruction in the external passages, such as may be produced by an accumulation of wax, syringing may afford prompt relief. Syringing, to be of any avail, must be performed thoroughly, soap and hot water being used for the purpose. When the deafness is due to perforation or collapse of the tympanic membrane, an artificial ear-drum may be resorted to with good results. These ear-drums are sold in boxes containing a probe and forceps for their introduction. After a few lessons from an expert the sufferer soon learns how to use them. They materially improve the hearing powers, as they serve to convey the waves of sound to the internal structures. When in use they are invisible.

In cases of throat deafness much benefit may be derived from the systematic employment of the chloride of ammonium inhaler. If there seems to be reason to suppose that the deafness is due to or is associated with a condition of general debility, a course of hypophosphites may prove beneficial.

DIABETES.—There are two kinds of diabetes, one in which there is sugar in the urine, and another in which urine is passed in very large quantities, but is free from the presence of sugar, or of any other abnormal constituent. The form or variety known technically as diabetes mellitus is not only the more common but the more important. It attacks men more frequently than women. The onset of the disease is often curious. A man finds his health and strength are failing him without any appreciable reason, and on consulting a physician his urine is found to be highly concentrated, and to contain a large percentage of sugar. One of the most constant symptoms of the disease is extreme muscular weakness. There is an enormous increase in appetite, so that the patient is not only always eating, but always feels hungry. Another important symptom is excessive thirst, so that the patient may drink twenty pints of water in twenty-four hours. The bowels are constantly confined, the skin is dry and parched, boils are all over the body and a carbuncle often develops on the nape of the neck. As the disease develops the lungs become affected with chronic consumption. Diabetes is a disease of most seri-

ous import, but a great deal may be done by judicious dieting. Almost all kinds of animal foods, flesh, fish and fowl may be eaten. All articles of food containing even a trace of starch or sugar must be carefully avoided; bread, for example, contains starch and must not be eaten. Potatoes also contain starch.

DIARRHOEA.—See “Department of Children.”

DIPHTHERIA.—See “Department of Children.”

DROPSY.—By the term dropsy is meant the accumulation of fluid under the skin, or in one of the large cavities of the body, such as the abdomen or thorax. It is not to be regarded as a disease in itself, but simply as a symptom or indication of the existence of some deep-seated morbid condition; for example, it is one of the commonest symptoms of Bright's disease of the kidneys, and is often associated with heart disease, especially in young people. It is not infrequently the immediate cause of death in people who indulge too freely in alcoholic beverages. It is impossible to lay down any general rules with regard to treatment, as that will of necessity depend on the condition from which the dropsy arises.

DROWNING.—See “Accidents.”

DYSENTERY.—Dysentery is due in some cases to exposure to cold, but a much more common cause is bad drinking water. Sometimes it is associated with an attack of ague, and the two combined constitute a grave and serious illness. It usually comes on suddenly, one of the prominent symptoms being diarrhoea, accompanied with griping and straining. The motions generally contain blood in large quantities, a circumstance which readily distinguishes it from the common or summer diarrhoea. The best remedy is ipecacuanha tabloids in large doses, or, if this is not to be obtained, opium. People who reside in tropical climates where dysentery is prevalent would do well to provide themselves with a good medicine chest fitted with medicines selected by a physician.

DIZZINESS.—The treatment for this trouble depends on its cause, but usually the administration of a laxative, cooling the head and warming the feet, and a heart stimulant, will cause the condition to pass away without damage.

EARACHE.—This very annoying and extremely painful disease can often be relieved by applying croton oil liniment to the back of the ear, and dropping into the ear five drops of sweet oil and two of laudanum. If earache does not respond to this treatment it is probable that it is the result of some other trouble, and the doctor should be consulted.

EPILEPSY.—The causes of this strange disease are but imperfectly understood, and no infallible remedy has yet been discovered. Total abstinence from rich and animal food, with hygienic modes of living, constitute the best defense of an epileptic patient. When adults are laboring under the paroxysm little in general can be or ought to be done, except bringing the patient into fresh air, taking off what may be around the neck, and baring the chest, together with the more imperative duty of preventing the patient from doing himself any injury. If the paroxysm be prolonged, the application of cold to the head may be of some service. The inhalation of ammonia or chloroform has been found useful.

FAINTING.—Fainting spells or fits are usually an affection of no consequence, but sometimes it is an index of a diseased heart. Generally, a recovery from a swoon is rapid if the patient is laid flat upon the ground, without

any pillow, the clothing loosened from the neck. A little cold water sprinkled into the face and the application of volatile substances to the nostrils are all that will be required during the fit. If recovery is delayed a turpentine injection, or one containing a little whiskey and water should be administered, and the electro-magnetic current may be transmitted through the walls of the chest to stimulate the failing powers of the lungs and heart.

FEVER—SCARLET.—See "Department of Children."

FEVER—TYPHOID.—This disease under modern treatment does not claim as high a percentage of deaths as it did a few years back. It is probable that no city can entirely eradicate it. Like consumption germs, the germ of this disease is about us and in us all the time, and gains headway whenever our system becomes weakened. Typhoid can be transmitted from one person to another by contact or direct exposure to the stools or clothing of the invalid, but seldom is carried through the air. The causes of this disease are bad sewage, water and milk, ices and salads, and certain vegetables, particularly celery. Typhoid is a disease of the stomach and bowels, of an ulcerous nature, and is seldom fatal in itself. It and the necessary treatment are very weakening, and complete prostration sometimes occurs. The early progress of the disease is gradual. The sufferer feels faint and weak, tired and listless, loses appetite and suffers from headache and restlessness. The fever gains headway steadily, and the ulcers form on the intestines, causing rose-colored spots to appear on the abdomen in about a week, from the irritation on the walls covering the diseased parts. Diarrhoea is a usual accompaniment, and the fever is worse at night. The moment this disease is suspected a diagnosis should be made by a physician, so that the treatment may be started early.

FITS.—See "Apoplexy," "Epilepsy," "Convulsions" and "Fainting."

FLAT FOOT.—A flat foot is often the starting point of corns, bunions, pains in the legs, varicose veins, and all kinds of complaints. It begins usually from standing too many hours at a time, especially when a weight of any kind is carried. This accounts for the frequency with which it is found in nurse-maids and errand boys, and even waiters, especially when they are debilitated from other causes or are not of a robust constitution. When the arch of the foot is completely broken down, as is sometimes the case, it is almost impossible to do much good if the patient, from the nature of his occupation, is compelled to carry heavy weights. The first requisite is rest, and the second some mechanical means of supporting the foot. A pad of cork should be introduced into the sole of the shoe, and should be increased in size as the restoration of the natural shape of the foot progresses. Concurrently with this the general state of health must be improved by the administration of iron, extract of malt, hypophosphites and other tonics. Although walking exercise is not admissible, the sufferer should spend as much as possible of his time in the open air, preferably by the seaside. In the case of children we often find weak ankles associated with flat foot, and the best remedy for this is the use of well-made shoes. One of the greatest difficulties that parents have to contend with in these cases is that the majority of shoe-makers will not make shoes to fit the feet, but prefer pressing the toes together until the feet have to fit the shoes. This is the cause of much of the discomfort about the feet from which children commonly suffer. It is impossible to walk or run with comfort unless the shoes fit well.

FROST-BITE.—Frost-bite is by no means common, and even in the coldest climates, people soon learn to take precautions, and by means of furs

and appropriate clothing generally manage to defy the most severe cold. Chilblains are in reality of much more common occurrence. The portion of the body most likely to suffer from the effects of exposure to a low temperature are the tips of the fingers, the tip of the nose, and the lobe of the ears. It is not uncommon for the nose to get frost-bitten without the person who is attacked knowing anything about it unless his attention is called to the circumstance by a companion. The explanation is that the cold dulls the sensation before attacking the deeper tissues. The directions usually given are to take a handful of snow and to rub the frost-bite vigorously until circulation is restored. It would never do to apply anything warm or to take the sufferer into a warm room. Very often people, without being actually frost-bitten, get numb and stupid from the effects of intense cold, and if allowed to have their own way they rapidly drift into a condition of unconsciousness from which it is impossible to rouse them. It is well known to all Arctic travellers that alcohol lowers the temperature of the body and is the very worst thing to take.

GOUT.—Gout is a painful disease, affecting principally the fibrous tissues about the smaller joints and intimately connected with an excess of uric acid and its compounds in the blood. The symptoms of gout are: uneasiness, indigestion, loss of appetite, nausea and vomiting, biliary derangement, dull pains or numbness in parts affected, often with feverish symptoms; but in some cases, on the contrary, the disease comes on in the midst of apparent health and well-being. It sometimes comes on at night while asleep. All this is accompanied later by urinary sediment, extreme tenderness, restlessness, involuntary muscular contractions, sleeplessness and perspiration. The affected joint is swollen, red and hot. When gout becomes chronic the attacks are more irregular, less severe, but more frequent and sudden, leaving one joint for another. Toward the end of the spell chalk-like deposits are thrown out above the joint in some, but not in all cases. High living, with indolent habits, generates gout. Even excess of animal food, with scanty exercise, has been known to produce it. Strong wines and malt liquors increase the tendency; weak wines do not seem to have the same effect. The small joints are more apt to be affected in gout. The heart is seldom attacked and the stomach is spasmodically affected with symptoms. In gout, uric acid is in excess in the blood. Almost every drastic purgative, diuretic, tonic and narcotic has been pressed into service, either for external or internal use. During the attack colchicum and the alkalies are the remedies. Wine of the root of colchicum may be given in ten-or-twenty-drop doses several times daily. Stop the treatment when relief is obtained. Carbonate of potassium, ten to thirty grains at once, with half drachm doses of rochelle salts will be important in addition. Mustard plasters to the chest and back will be important, and the feet may be placed in hot mustard water. Regulation of the diet is of primary importance, but it should not be too low. Nourishment must be full while the digestive power is economizing, and positive stimulation avoided. Avoiding exposure to dampness, cold, and fatigue of body and mind are absolutely necessary as aids in the treatment of this disease. Change of air, traveling, and mineral waters are generally useful during the intervals between the paroxysms. Alkaline springs and baths have an especial reputation as prophylactics against gout.

GUMBOIL.—This is sometimes followed by ulceration, which may be hard to heal unless the whole cause of the difficulty is removed, which can now be accomplished under nitrous oxide gas so quickly, painlessly and safely,

that no time should be lost in resorting to it. One extremely skillful operator in Philadelphia has now administered the gas for operations on the teeth in many thousand cases without a single fatal result.

HEADACHE.—A pain in the head may be produced by a great number of causes. It may be neuralgic in character or it may result from dyspepsia, and inactive condition of the liver, or constipation. It may be situated at the back of the eyes, at the top of the head, over the eyes or at the back of the head. The pain may be of a dull, aching character, it may be throbbing or it may be acute, just as though a nail were being driven through the skull. Sometimes it is limited to one side, but this is not a common form. It may be attended with other symptoms, such as giddiness, nausea and retching. There may be an inability to face the light, and little dark spots may be seen floating in front of the eyes. Stooping makes it worse, and not uncommonly it is relieved by lying down in a darkened room. It may be almost constant or continuous, or it may come on in distinct paroxysms. In the form which is known as sick headache, the stomach is so irritable that no food is retained for days. Even when the acute attack passes away the patient is left in a condition of prostration from which he recovers with extreme slowness. Headache of all kinds is most likely to occur in the case of those who lead a sedentary life, such as bank clerks, governesses and seamstresses. To people unaccustomed to an active life a long railway journey often acts as the exciting cause, while others suffer from it from sitting in a hot, stuffy room, or after a visit to a theatre or other place of amusement. Errors of diet may be regarded as another exciting cause, although they are probably less potent than defective ventilation. Minute work, such as sewing, etching, and even piano playing, will often bring on an attack; in fact, anything which tries the eyes seems to be prejudicial. It may be that in many of these cases the eyes themselves require attention, and that relief would be obtained by wearing suitable glasses, selected under the care of an ophthalmic surgeon. Finally, it is an undoubted fact that headache of all kinds is not infrequently associated with decayed teeth. With regard to treatment, there are various plans which deserve consideration; thus, when the pain is of a throbbing or congestive character, relief is often experienced by plunging the head into a basin of cold water. Other people find that the best way of cutting short an attack is the application over the painful spot of a stick or cone of menthol, or even a few drops of oil of peppermint. A strong cup of coffee often proves successful. In all cases of headache, it is essential that the bowels should be kept thoroughly opened. This is best accomplished by taking a dose of aperient mineral water in the morning before breakfast.

HEARTBURN.—Heartburn is a form of indigestion, and is due to acidity. An irregular form of fermentation takes place in the stomach, resulting in the formation of acids. The symptoms of which the patient complains are, in addition to a burning pain in the stomach, flatulence, nausea, the regurgitation of food into the mouth, headache and constipation. For immediate relief there is nothing better than the occasional use of a soda-mint tabloid, whilst to obtain permanent relief it is desirable that the patient should take pepsin with his meals, or should have his food predigested by means of Zymine powders. Another good remedy for heartburn, and one which rarely fails three times a day immediately after meals. In the same way a good deal of benefit is often derived from taking the same dose of glycerine of borax in water; in fact, any substance possessing mild antiseptic properties is effica-



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cious. At the same time that these remedies are resorted to, attention must be paid to diet, and it is essential that sweet substances of all kinds should be avoided.

HEAT STROKE.—See "Sunstroke."

HICCOUGH.—Hiccough is due to spasmodic contraction of the diaphragm, and is usually the result of flatulence or indigestion. It is not uncommonly obstinate, and in hysterical girls may persist for days, to the great inconvenience, not only of the sufferer, but of her friends. A good remedy is a soda-mint tabloid every ten minutes; but not uncommonly tincture of capsicum proves still more efficacious. Amongst other useful remedies may be mentioned bromide of potassium, bromide of sodium, and strong tincture of ginger. When the symptoms are urgent, more benefit is sometimes obtained from remedies which are inhaled than from those which are taken by the stomach. Amongst the best remedies to employ in this way are eucalyptus and pure terebene; the vapor which is given off is taken by a long, deep breath into the lungs. Sometimes the relief afforded by this simple mode of procedure is immediate and the hiccough at once ceases. To prevent a recurrence of the condition the patient should be given a good purge. With respect to diet, it is always a good plan to avoid tea, and to take as little in the way of green vegetables as possible. As a substitute for ordinary bread, use brown bread, wholemeal bread, toast, or dry biscuits. Some people use charcoal biscuits, but they are unpleasant to take.

HYSTERIA.—From its occurrence nearly always in females and from a supposition of its originating in some affection of the womb, this name has been given to a variable disorder of which the main characteristic is morbid excitability of the whole nervous system. Retention of urine, cough, aphonia, and so forth, are often produced by this. Simulation of other diseases, indeed, the assumption of severe functional disorders of different organs, is a common trait of hysteria. Catalepsy or trance is a condition allied to hysteria in some respects, in which the whole frame lies prostrate and helpless, or that a limb, if lifted up, falls back as if it were relaxed and dead, while the consciousness of the person affected may be retained without the sensitiveness to physical pain. This curious state of existence is not well understood, and in our present ignorance of its nature the chief importance lies in its being distinguished from death early enough to prevent that most horrible of all misfortunes, being buried alive. A tonic regimen is usually demanded for hysteria, such as iron and cod-liver oil. Bromide of potassium is sometimes quite useful. For a paroxysm of "hysterics" asafetida is safe and proper. Exercise in open air is also very important. Avoid all excitements. Cold bathing, especially the shower baths or sea bathing, when followed by reaction, will do good.

INDIGESTION.—Indigestion is one of the most distressing complaints from which it falls to the lot of man to suffer. It occurs both in men and women, and amongst all classes of society. When once established, it is eradicated with the utmost difficulty, and may persist for years. The symptoms from which the patient usually suffers are pain in the chest after meals, marked depression of spirits, an inaptitude for exertion, flatulence, headache and constipation. The pain in the chest may come on immediately after the meal, or not until some time after. Sometimes, in addition to these symptoms there is a constant regurgitation of fluid into the mouth, usually of an intensely acid character. Spitting of blood is not a symptom of this complaint, and should it occur it may be taken as an indication that ulceration of the stomach

exists as a complication. With regard to treatment, have all foods "peptonized." This is a very simple process, which, after a little practice, can be performed without the slightest difficulty. Take the case of milk, for example: all that is necessary is to dilute it with one quarter of water, add peptonizing tablet, and allow it to stand in a warm place for about fifteen minutes, when it is ready for use. A very slight modification of this plan suffices for other articles of diet, so that without much difficulty everything may be taken peptonized. An excellent combination for dyspeptic subjects is a half-tumblerful of peptonized milk with a teaspoonful of beef juice. If the prominent symptom of the complaint is acidity, there is nothing better than a soda-mint or bi-carbonate of soda tabloid, taken from time to time. This treatment, although beneficial, will not always effect a cure. When constipation is a prominent factor, a dose of aperient mineral water the first thing in the morning will be found more useful than anything. It must be remembered, that in order to digest food it must be masticated, and mixed with a due proportion of saliva. For the efficient performance of this act there must be teeth, and teeth, not only in one, but in both jaws. It is not a pleasing thing to have to wear false teeth, but it is better to have false teeth than no teeth at all. They are by no means difficult to keep in order, and if they are light, and fit well, they are not inconvenient to wear.

INFLUENZA.—Influenza, or La Grippe, is a very contagious disease, appearing at odd intervals without apparent cause, usually in cold weather. It starts very quickly, and is in full force in about four days. In the early stages it is often taken for a cold, the patient sneezing, having headache, pains all over the body and eyes watering. There is sometimes a very weakening cough, and in some cases complete mental and physical prostration that is very stubborn. This is probably the most typical symptom. In some cases the stomach is affected, and loss of appetite and vomiting are prominent. If possible, the patient should be isolated and disinfectants used. More progress will be made if the patient remains in bed. Warm baths will reduce the aching. Keep the bowels open, give fever-reducing medicine, use plenty of liquids and force the feeding. Recovery usually takes several days, but if the treatment brings no response, see a doctor, as complications often follow.

ITCH.—The itch is a parasitic skin disease, due to the presence of the itchmite. At one time it was extremely common, but is now comparatively rare. It attacks the hands and feet chiefly, and rarely or never the face. It gives rise to a good deal of discomfort and irritation, and keeps the sufferer awake at night. It is distinctly contagious, and is readily conveyed from one person to another by the simple process of shaking hands. The itching which it gives rise to is beneficial, for it serves to impress very emphatically on the patient the necessity for adopting curative measures. The complaint is by no means difficult of recognition, for the intense itching between the fingers and toes is sufficiently characteristic, and admits of no doubt as to its nature. It is apt to be obstinate; but simple cases are readily cured by the application of an ointment composed of equal parts of sulphur and lanoline or lard. Should this fail to produce the desired effect in a couple of days, the patient should take a sulphur bath. If these measures taken conjointly should fail to effect a cure, a systematic course of treatment is called for, and the patient should, without delay, obtain medical treatment. This is necessary, because it is not improbable that it will spread through the entire family. An attack of the itch may be followed by eczema, and this is sometimes more obstinate and difficult to cure than the original disease itself. It is a mistake to use very

strong applications, and when inflammation has set in, soothing dusting-powders, oxide of zinc, etc., will be found beneficial.

JAUNDICE.—This disease may be regarded as an indication of the existence of some disturbance of the liver. It is a condition which is by no means difficult of recognition, for not only are the skin and the whites of the eye yellow, but the urine is high-colored, and the motions are practically white. The patient suffers from intense depression of spirits, and is sick after any attempt at taking solid food. The condition is the result of obstruction of the bile duct, the immediate exciting cause being exposure to cold or some similar cause. People who have suffered from it once are very liable to future attacks. It is not a dangerous complaint, but it may last three weeks or a month, and during that time the patient will have to keep his room, if not actually to bed. Should the complaint not take its departure in that time it is to be feared that it is associated with some more serious organic disease, such as cancer. The ordinary cases of jaundice are best treated by absolute rest, a diet consisting of milk and soda water, and the administration from time to time of large doses of some saline aperient. Jaundice, however, is so likely to be attended with complications of a serious nature that the attendance of a doctor is absolutely necessary. Should the patient, in the course of his illness, be seized with an attack of acute pain in the stomach, he is probably passing a gall-stone. He should be given a tumblerful of hot water, in which a dose of essence of peppermint has been dissolved, and a large linseed-meal poultice should be applied to the abdomen. Retching is not an uncommon symptom, and may cause the patient intense distress. It may be necessary to give morphia, and the doctor in attendance on the case should be sent for without a moment's delay.

LIVER COMPLAINT.—This disease is hard to diagnose, and is most often caused by alcoholism. The presence of indigestion, jaundice and dropsy, with coated tongue and bitter taste in the mouth, and acrid eruptions are indications. The proper secretions of the liver are stopped, and the bile taken up by the blood. Biliousness, constipation and pain in the right side follow. The first thing to be done is to purge the bowels thoroughly, eat regularly, and drink aperient waters. This treatment should be kept up for several days, and if not successful a physician should be called on to prescribe a remedy that will cause the liver to become active again. Inactivity of the liver deprives the patient of ambition and mentality, and causes a moroseness that is dangerous, and complications may follow if a diseased liver is neglected.

LUMBAGO.—Lumbago is a form of muscular rheumatism, which attacks the muscles of the back. It has only one symptom, and that is pain. It is often the result to exposure to cold, but may be produced by severe or unaccustomed exercise, such as the first day's shooting or riding. It is more likely to attack middle-aged men and women than young people. The patient, as a rule, has no difficulty in stooping down, but finds it almost impossible to straighten himself again. With regard to treatment, liniments are useful, those usually employed being the liniments of acconite, belladonna, and chloroform, either alone or mixed. Of local applications one of the best is a menthol plaster, a piece measuring six inches by four being applied firmly over the regions of the loins. It sometimes produces a good deal of tingling and smarting, but it does good. Turpentine is another good application, and is sprinkled on a fold of flannel wrung out of hot water and applied to the painful part. A full length hot bath, containing a little eucalyptia or pure terebene, often affords almost instantaneous relief. Of internal remedies the

best is iodide of potassium, but when the patient is gouty greater reliance may be placed on tabloids of guaiacum and sulphur. When, on the contrary, there is rheumatic tendency, salicylate of sodium does more good. Many obstinate cases of lumbago are undoubtedly kept up by constipation, and a compound cathartic tabloid at bedtime is often followed by prompt relief.

MUMPS.—See “Department of Children.”

NAUSEA.—This trouble and its treatment are discussed in the “Department of Children,” and the same is true in adult cases with allowance made for difference in age, size and strength.

NERVOUSNESS.—Nervousness can hardly be regarded as a disease, but undoubtedly it is the cause of much discomfort and unhappiness to many young people. It is a condition almost impossible to define, but everyone knows what is meant by the term. As people grow older they grow out of it. One of the best means of curing nervousness is to lead an active life and to go as much as possible into society. Young girls are much less nervous than they were formerly, simply because they go in largely for athletics and life as rationally as their brothers do. The young and delicate lady of thirty years ago is now rarely met with, except in remote country districts. When a young man is subject to fits of nervousness, the best thing he can do is to join a club of some kind, where he will be brought in contact with other men of his own age and position in society. The worst of nervousness is that it is apt, as the patient grows older, to degenerate into hypochondriasis. In this condition the victim imagines himself to be a prey to all kinds of diseases, and spends much unnecessary time in consulting doctors and taking medicines.

NEURALGIA.—The pain may occur in any part of the body; but the commonest variety is that which attacks the face. Neuralgia is met with most commonly in the weak and debilitated. It is often associated with, and possibly dependent on, anaemia; but often the pain is due to irritation of decayed teeth or of their stumps. The pain of neuralgia is usually very acute, and may keep the sufferer awake night after night. When attacks of neuralgia about the head are of prolonged duration, and of frequent recurrence, the hair comes off in patches or loses its original color. It is not uncommon for the patient, as the result of persistent pain, to look worn and worried, and very often there is a considerable loss of flesh. The treatment of neuralgia is a subject which requires a great deal of careful consideration. Much may be done by hygienic means and the administration of medicine. An abundance of fresh air, systematic physical exercise, plenty of sleep, a good supply of wholesome nourishment, and the absence of monotony as regards occupation, are essential factors in the treatment of this disease. Many patients who are neuralgic have a deep-rooted objection to taking fat, and they should be given either cod-liver oil, or, what is better, malt extract with cod-liver oil, three times a day for many months in succession. When the neuralgia depends on the presence of an old attack of ague, a five-grain tabloid of bisulphate of quinine should be taken three times a day. Even when the neuralgia does not depend on the ague this mode of treatment may prove successful. When the disease is associated with anaemia, iron is the appropriate remedy. When other remedies have failed, chloride of ammonium may be resorted to with a fair expectation of success. Electricity sometimes does good; but it is likely to succeed only when applied by a physician having a good anatomical knowledge of the structures involved.

OBESITY.—This condition is met with most frequently among those of a phlegmatic or lymphatic temperament, and is not common in those of an

active and energetic frame of mind. Corpulence is undoubtedly, in many cases, the result of excessive indulgence in animal food, and those who are addicted to the pleasures of the table have to recognize the fact that they are not unattended with certain unpleasant consequences. Amongst people who increase rapidly in size may be mentioned those who are addicted to the use of alcoholic beverages in large quantities, and it is a common remark that beer produces fat much more rapidly than wine or spirits. It is difficult to distinguish the point at which obesity ceases to be a natural condition, and is to be regarded as a disease.

A table of what the patient may eat and what he must avoid is drawn up, and to this he has strictly to adhere. The basis of these tables and systems is pretty much the same, the patient being required to limit the amount of fluid taken, and to abstain, as far as possible, from all articles containing sugar, starch and fats.

There is often a rapid reduction in weight, but not uncommonly this is obtained at the cost of strength. A system of dietetics of this description is not applicable to every case, and it would be a great mistake to follow it implicitly, unless under medical advice. From time to time various special remedies have been vaunted for the cure of obesity without restrictions of diet. One of the most nutritious of these, on being analyzed, was found to consist of nothing more than common seaweed. Saccharine does not come within this category, and is not used to cure corpulence, but simply as a substitute for sugar. Saccharine is now extensively used, and many people with a tendency to obesity or diabetes find it a good plan to carry in the pocket a vial of saccharine tabloids, so that they are immediately available for use in tea, coffee or any other beverage that may require sweetening.

A remedy which is said to be extremely efficacious in the treatment of obesity is "Hashra tea," a combination of various roots, leaves and other vegetables possessing tonic and other laxative properties. In cases of obesity associated with a gout, tinct. guaiacum and sulphur will be found useful, and in all cases a dose of aperient mineral water, taken the first thing in the morning, before breakfast, cannot fail to exert a beneficial effect. With regard to climate, people with a tendency to become fat usually find that their health is better in a dry, high, bracing district than in one in which the air is humid.

PILES.—Hemorrhoids or piles are exceedingly common and troublesome complaints, consisting of little tumors, which form at the edge or just inside the rectum, and give rise to intense suffering, especially when the bowels are evacuated. There are three varieties—external, internal and mixed. Their production is favored by constipation, sedentary habits, hard seats and some forms of liver complaint. The inflammatory enlargement is tender and inflamed. The external variety do not bleed. Very often their surface, which in the internal variety is composed of the distended mucous membrane, exudes blood, in which case they are called bleeding piles. When seated outside the margin of the rectum they are not so apt to bleed, and receive the name of blind piles. They may generally be prevented from developing by proper attention to the bowels, non-stimulating diet and rest, and, whilst small, an ointment of ten grains of extract of belladonna, thirty grains of tannin, and twenty grains of powdered opium in an ounce of simple ointment, will usually relieve them.

PLEURISY.—In ordinary cases the treatment is simple. The patient should be put to bed in a warm room. Apply flannels wrung out of hot water or mustard plasters over the seat of pain in the side. If necessary, to remove

the pain, a few drops of laudanum may be sprinkled on the plaster before applying. Give plenty of hot composition tea, or tea made from pleurisy root; apply hot bricks to the extremities, and get up a good perspiration. A good dose of salts is generally needed and should be given, say a tablespoonful. If there seems to be much effusion of water into the pleural cavity, give cathartic pills.

PNEUMONIA.—This is the medical name for inflammation of the lungs. It attacks young men and women often when apparently in the midst of robust health. The onset is usually quite sudden, the first indication of anything wrong being the occurrence of a shivering fit. This may come on without any assignable cause, or may be traceable to some particular exposure to cold or wet. It, in many cases, has resulted from sleeping in wet sheets, while it may be due to sitting on damp grass or getting wet through. The initial attack of shivering is followed by a high fever, and by high temperature, quick pulse, hot skin and flushed face. Very soon there is a pain in the side, which is greatly intensified by drawing a deep breath, or even by moving. After a while the cough develops, and, when it is accompanied by thick expectoration, there is no longer any room for doubt as to the nature of the illness. The prostration is usually very great, so that the patient is quite unable to take any steps for his own protection and is entirely dependent on others. The bowels, as a rule, are confined, but there may be diarrhoea. An acute attack of pneumonia may be secondary to some other disease, such as typhoid fever. Pneumonia is not a complaint which admits of being dealt with by domestic remedies, and the sooner the services of a skilled physician are secured the better for the welfare of the patient.

QUINSY.—This is a very painful local disease of the throat, attacking young and middle-aged persons. Exposure to cold or wet will cause it. The patient usually suffers from fever, loss of strength, earache and a swelling of the throat that causes difficulty in breathing and swallowing. This swelling sometimes suppurates and breaks, and sometimes disappears in a few days. The best that can be done is to prevent swelling and suppuration. Spray the throat with peroxide of hydrogen and keep hot poultices constantly on the throat and under the chin and ears. By this means the disease can generally be cut short, but if it progresses to suppuration the attendance of a physician is required. Poultices made from hops are generally as good as anything. The application of fat pork, sprinkled with pepper, has also been recommended, but the poultice always gives the best results. The bowels must be kept open, and for this purpose Epsom salts are generally used.

RASHES.—The appearance of a "rash" on the skin, as distinguished from an eruption, may be taken as an indication that the patient is suffering from one of the specific fevers, such as measles or small-pox, and a doctor should be seen at once to diagnose the trouble. It takes a good deal of experience to distinguish one rash from another with absolute certainty. Sometimes it is quite easy and presents no difficulty; but at others it is almost impossible to give a definite opinion. Those who have had most experience in these matters are the first to recognize the difficulties which present themselves. There are several points to note about a rash. Amongst the most important are the day of the illness on which it first appeared, the situation or part of the body on which it was first seen, the color, the shape of the spots or patches, the variations they undergo, and, lastly, the duration. The general symptoms from which the patient suffers will often form a better guide to the nature of the illness than the rash itself.

RINGWORM.—Ringworm is a disease of the hair and of the hair follicles, which derives its name from the fact that it spreads in the form of a ring. It is not due to the presence of a worm, however, but of a vegetable fungus known as the *Trichophyton*. This fungus is simply a plant, which grows and propagates much as other plants do. It flourishes best on the heads of children of delicate constitution, and thrives badly when the scalp is healthy and well nourished. It is sometimes communicated from children to adults; but when the soil is incongenial it rarely makes much progress, and is soon eradicated. The mere fact of the existence of ringworm in an individual may be regarded as conclusive proof that the general state of the health is not what it should be. Ringworm of the scalp is recognized by loss of hair in circular patches, which soon become scaly. After a time the disease spreads all over the head, and may even attack the body. The worst feature about it is its contagiousness, and if it breaks out in a school it is by no means an easy thing to contend with, so that either isolation of the pupils has to be resorted to or the school has to be closed. Schoolmasters are often strangely ignorant of the very elements of the science of hygiene, so that if they sustain pecuniary loss they have, as a rule, only themselves to blame. One of the commonest faults is the neglect of the simple precaution of seeing that towels and brushes and combs do not become common property. One of the most useful applications in cases of ringworm is lanoline ointment, which should be rubbed into the head night and morning. It is a good plan to paint the patches from time to time with tincture of iodine. An old remedy used in the country, which consists of powdered sulphur mixed with lard to the consistency of an ointment, often effects a cure when iodine fails. It must be remembered, however, that no local application will effect a cure unless the condition of the general health is improved. The child should be placed without delay on a course of extract of malt and cod liver oil, and this should be kept up without intermission for weeks at a time. The occasional administration of iron will also exert a beneficial effect.

SEA-SICKNESS.—Some people are peculiarly susceptible to sea-sickness and suffer from it on the slightest provocation. As a rule, women suffer more than men. The symptoms, as everyone knows, are extremely distressing. Although it may persist for many days it is not as a rule dangerous, and the majority of travelers soon get over their unpleasant experience. All kinds of remedies have been tried from time to time, and a reliable remedy is bromide of potassium—fifteen grains should be taken at a dose, preferable before going on board. It should be dissolved in water, and the solution sweetened to taste. If there is any objection to the use of bromide of potassium, bromide of sodium may be substituted. Many people place more reliance on a glass or two of good dry champagne than on medicine proper, and thousands depend on sucking lemons.

SPASMS.—See in "Department of Children."

SPRAIN.—See "Accidents."

SUNSTROKE.—See "Accidents."

TOOTHACHE.—A most painful affection caused by cold or decay of teeth affecting the nerve which supplies the same. Almost immediate relief can be obtained by making pressure upon the root of the nerve just below the temple, opposite the centre of the ear. Quick relief is also obtained by placing a drop or two of oil of cloves upon a small piece of cotton and introducing it into the cavity of the affected tooth. The parts should be kept warm either by application or a poultice with a little laudanum, or by means of a water-bag.

TUMORS.—Tumors are of various kinds and descriptions, and occur in all parts of the body. It is just as well to understand at the outset that the word "tumor," if unqualified, conveys no meaning, and certainly no information as to the severity of the disease. For example, a little mass of fat not bigger than a nut is a tumor, but no one supposes that it is likely to increase in size or do any harm. On the other hand, there are malignant tumors and ovarian tumors, which involve a serious operation and speedily cause death if not removed. Even tumors of the same part are not always of the same kind. For example, there are simple tumors of the breast and there are tumors which are of the nature of cancer, and they are very different in their course and danger to health. Tumors of the breast have always been the happy hunting ground of unscrupulous quacks, who prey on the fears of unhappy women. They take advantage of the fact that many so-called tumors are innocent in character and display a tendency to get well by themselves. By positively asserting that every case is a cancer they get a sufficient number of so-called "cures" to act as advertisements and bring other people. There is only one course open to a person who is supposed to have a tumor, and that is to go without delay to a good surgeon.

VARICOSE VEINS.—Varicose or enlarged veins are common in middle-aged people, and are practically confined to the legs. In women they are the result of frequent pregnancies or of much standing. It is a recognized fact that women are capable of much less "standing about" than are men. It would be almost impossible for a woman to do the work of a car conductor, simply because she could not keep on her feet for the requisite number of hours. There is no difficulty in recognizing the existence of varicose veins, for they stand out as deep-blue congested lines, showing the course of the blood-vessels. They are not only unsightly, but they give rise to a pain and a feeling of weight and discomfort which is hard to bear. If relief is not afforded they go on getting bigger and bigger until the skin over them gets thin and attenuated. The parts are badly nourished, and ultimately an ulcer forms, which is difficult to heal. There is another danger, and that is from the accidental rupture of one of these big veins. If it breaks the loss of blood is profuse, and the patient may die from the hemorrhage. A great deal may be done in the way of treatment, especially in the early stages. The bowels should be carefully regulated, so as to avoid the risks of constipation. An elastic stocking should be worn. The patient should sit down when possible, to avoid the strain of standing about, and should take a teaspoonful of hazeline in a wine glass of water three times a day. By the adoption of these measures a cure may be effected, but progress will be slow, and will probably take weeks or even months before any great improvement is noticed. Should these steps fail, a surgical operation will have to be resorted to, in order to get rid of the difficulty. It is not a serious operation, but at the same time it is not unattended with risks, and it will have to be performed by a good surgeon. It means confinement to bed for some days at least, but it is worth the trouble and inconvenience for the sake of the relief which is afforded.

WARTS.—Take a little nitric acid in a glass-stoppered bottle and add one-half as much water, making the acid two-thirds normal strength. Apply by means of a little piece of wood, such as a match stick, taking care to have the stick merely wet and not with a drop adhering. Hold it on the top of wart until there is a slight burning sensation. Do not apply enough acid to cause active burning. Repeat this process daily, and patiently. In the course of a week or more the wart will be gone. Be careful not to let the acid touch any

healthy surface, and do not try to do the work all at once. Avoid making a sore, even if it takes two or three weeks to destroy the wart.

WHOOPING COUGH.—See “Department of Children.”

WORMS.—See “Department of Children.”

WOUNDS.—See “Accidents.”

EXERCISES.

Exercising the muscles is absolutely essential to life, and the more carefully it is done the better effect it will have. By carefully studying the subject such exercise may be taken as will bring about nearly any desired effect upon the system, especially if done in conjunction with proper dieting and perhaps some medical aid to overcome an existing condition. Exercise, by the contraction and expansion of the muscles, forces the blood to the surface and also back to the heart, thus aiding that organ. At the same time it stimulates breathing and purifies the blood that is rapidly being forced through the lungs. This in turn stimulates the entire body and all the organs, and you are improving in health. Appetite is increased, and the newly-vitalized organs are better fitted to digest your food. A lack of exercise means just the opposite of all the above benefits, and must eventually lead to ruined health.

FEMALE.—It is difficult and inadvisable to try to make any set rule of exercise for women, as such exercise as greatly benefits some will be attended by adverse results in others. While some women seem to be able to take any exercise common to men without doing themselves any harm, they should bear in mind that they are of a different build, and their physical destiny is vastly different. If a girl is hearty and well, and exercises freely when young, she may keep it up all her life without damage, but one who is not used to it should commence carefully, selecting such exercises as are most beneficial while least apt to be injurious, and using them moderately. Women should not stand about unnecessarily. Walking does not do as much harm as standing. Avoid useless running up and down stairs. Take exercises without corsets, and strengthen the back so that you are not dependent upon any stay, although you may desire to wear them at times. Be sure that you have the purest air possible when exercising. Outdoor exercise is most beneficial, whether walking or playing games. If done for health particularly, keep the fact in mind and keep the shoulders back, stand erect, breathe deeply, exercise all muscles freely and do not overtax your strength. The exercise a woman gets while at work is not necessarily beneficial, for it seldom brings many of the muscles into play and the proper air is almost impossible. For those who cannot get out of doors at the proper times, a very simple method of exercising for fifteen minutes each day will bring astonishing results. Rise early in the morning and remove all clothing so that the air may have free access to the skin. See that the air is fresh and as cool as possible, opening the windows, unless very cold or stormy. Then go through such motions as will exercise all the muscles, not violently and quickly, but slowly, using your strength to keep the muscles rigid. Increase the speed gradually so that when you finish you will be warm, and breathing freely. Rub down quickly with a coarse towel before dressing.

MALE.—As a class, men get better exercise at their work than women, but even a man who is working at physical labor may be compelled to take certain exercises in order to keep his development balanced and his health

A MAN

may be dishonest and live a hundred years, but a dishonest

BUSINESS

would not last a hundred days.

Nearly all the individual enterprises represented in this book have been favorably known for many years.

The others are of the same character, but of a younger generation.

Honesty and fair dealing have obtained this grand result, a

PERFECT BUSINESS REPUTATION

proper. For men whose positions are sedentary and inactive, a great deal can be accomplished by following the same treatment as given for women. Man should have more strength and animal spirits than woman, and his exercising should be harder. Exercising until thoroughly tired will seldom harm a man unless he is suffering from a depressing disease. Where possible, men should take part in some sort of athletic sports, or at least persevere in frequent walks.

INDOOR.—While outdoor exercise is more to be desired, there are many persons whose time is so taken up during the hours of the day that they cannot obtain it. There are times, too, when the state of health or the weather make it advisable to remain indoors. There are many excellent gymnasiums where perfect indoor exercise may be had, and those who do not care to be away from home or spend the money, may apply the same training in their own homes at little cost after they have learned it. Perseverance, persistence and regularity must be practiced to get the most good of it. In home exercising be sure that the air is purified, for the activity causes the system to absorb rapidly, whether it be purity or poison. Frequent bathing and the absence of alcoholic beverages are great aids in procuring the greatest good from exercise.

OUTDOOR.—This is the great, life-giving, health-creating, pleasure-making, correct method of exercise, and it is hard to imagine a case where a person could have too much of it. If nothing in the shape of games or sports are indulged in, walking with shoulders thrown back and head erect will bring into play almost every muscle of the body, especially if the walk is through the country where there are rough places, fences and up and down grades. All binding clothing should be left off, and persons should dress lightly, so that when they are exercising they will not be uncomfortable, or suffer from reaction. Running, jumping, skating, horse-back riding; in fact, all outdoor exercises are beneficial and should be encouraged, but if you find that a certain exercise aggravates some weakness, it must give way to some other form.

FEMALE BEAUTY.

FACE.—See "Complexion."

FORM.—We have stated that it is the duty of woman to preserve her beauty of face, and it is much more important that she attain and retain a beautiful form. Not merely or primarily for the sake of appearances, but because nature intended her to have a beautiful form, and if she is in proper health it will be so. Therefore it is safe to say that unless a woman is physically defective she is not in good health unless her form is good. The first requisite of a perfect form is good health, and this can only be obtained by diligent exercise, careful diet and constant care.

The matter of dressing is also one of great importance, but we wish to emphasize the fact that **NO WOMAN SHOULD MAKE HER FORM WITH HER CLOTHING**, but should attain the best form possible and then clothe it to the best advantage. A woman may be a little stout or a little thin, and without reduction by pressure or adding artificially, may dress so that her form is very attractive if she studies the art. There is a terrible tendency among women to maltreat their forms, in an effort to become the abject slaves of a cruel, heartless and destructive mistress called "Fashion," who jumps from one extreme of torture to the other without any apparent reason than a desire to destroy the God-given beauty of the female form. Follow her, if you desire, so long as her dictates do not injure your health, and then rebel against injustice, as did our forefathers against an unjust monarch.

Does the Married Woman neglect herself?

You have heard the talk about married women neglecting their personal appearance. The statement is so often made that it is frequently taken for gospel truth.

But it is seldom true. With a full wardrobe when she is married, and so many things she would like to buy for her home Mrs. Newlywed may possibly content herself with fewer new gowns. But if she is wise she can keep all her gowns shapely—simply by wearing the right corsets.

With the figure molded comfortably into the new slender lines, with the correct carriage and grace which Rutter Corsets impart, she looks "always the bride." Rutter Corsets reduce hips and abdomen 7 to 12 inches for women inclined to stoutness; and add grace to any figure. They come both in front and back lace models, the latter starting upwards from \$1.50. To prove their comfort and their style I shall demonstrate them free, any day, at my West Philadelphia branch, 5141 Market Street.

GERTRUDE L. RUTTER

FRECKLES.

TO REMOVE.—Try the following: Bichloride of mercury two grammes, sulphate of zinc four grammes, spirits of camphor five grammes, distilled water one hundred and fifty grammes. Dilute with three parts of water and apply to the spots with a piece of soft linen at night. Label the bottle plainly with red ink, as bichloride of mercury is a poison and should be handled discreetly. It will not injure the face in the least when used as here directed.

HAIR.

CARE.—To preserve the hair the scalp should be kept thick and movable. Massaging will help to do this as will also much brushing. Keep the scalp clean; it cannot be washed too often, as dirt and germs collect here more readily than in any other part of the body. Frequent shampooing with pure castile soap is very beneficial. If there is much dandruff, rub in the yolk of an egg very thoroughly before washing with the soap. Brush the hair frequently and until the scalp feels flushed and warm. Never use a comb with rough teeth, and never use a fine comb for cleaning, but wash or brush out the dandruff to be removed. Crimping and curling the hair certainly does great damage to it, and those who do this, do so at the price of premature loss or baldness. Women usually preserve the color of the hair longer than men, and light hair falls out sooner, but turns gray later than dark. Illness or anxiety are often the cause of gray hairs even early in life. The hair is naturally of an oily nature, and where sickness or other cause has deprived it of this, some such grease as vaseline or mixtures should be applied. Scalp diseases should be treated by a physician, and each person may by watchfulness and care preserve the quantity, color and appearance of the hair and do much toward keeping it in a healthy condition.

REMOVING.—Pulling out surplus hair or hair on the face is very foolish as well as dangerous. It causes the hair to grow again more rapidly, and each succeeding growth will be coarser. It also roughens the skin, and leaves small open pores that may become infected with disease or matter that will poison the blood. There are numerous chemical preparations on the market for this purpose, few of which may be used without danger. Probably the safest method is by the use of the electric needle in the hands of an expert. This is a very painful operation, and expensive, too, and it should not be done except by some one with knowledge and experience.

HEALTH.

The greatest treasure given to the human being is health. This would probably be the verdict of nine out of every ten persons. It might seem that life or love could be considered greater, but neither may be properly enjoyed without health. There are few persons so badly treated by nature or heritage that they may not attain comparatively perfect health if they are willing to pay the price. There's the difficulty. We all want perfect health, but are not willing to pay the price. And yet the price may not be a penny of money, in fact, it may mean, and usually does, more money for us along with the health, and yet we are not willing to pay the price. The price of perfect health is eternal vigilance and sacrifice. We may be willing to pay away vast sums of money to doctors, but refuse to sacrifice the indulgence of an appetite or a habit. It is safe to say that two-thirds of the sickness of the human race

could be prevented by those who are the sufferers, and half of the other third could be prevented by others than those who are ill. This is particularly noticeable in cases of alcoholism, where the appetite masters the will and sacrifices the health of the drinker and also the comfort and health of those dependent upon him and those who come in contact with him. Probably more health is sacrificed to the appetite for food than there is for drink. It does not become so apparent, and its growth is so gradual that it is too late to prevent it before you are aware of its presence. Probably less than one per cent. of the population of the world refrain from eating everything that they know is not good for them. In some it does not ruin the health, but merely causes discomfort. Again thousands, especially women, knowingly sacrifice their health on the altar of fashion, and so down the line of human appetites, desires and habits, each one claims its victim who, knowingly or ignorantly, sacrifice their great birthright, gift of health. To some men, tobacco is a serious poison, and they know it, but still refuse to give up the use of it. Others sacrifice their health to lack of sanitation or bodily cleanliness, others to sexual abuses, some to indolence, and still others to some other health-destroying evil that appeals particularly to them.

HERBS OF MEDICAL VALUE

Those living in the city have practically no use for many plants and herbs, roots and barks which are so valuable for home remedies, but there are some of the more common vegetable products that have such great household value as remedies that we give here a few of them and some of their uses.

BEAN.—Frequent poultices of soft-boiled navy beans applied to parts affected with erysipelas in its early stages have made many cures.

BEET.—A syrup made from the boiled-down juice of the common beet is excellent for gravel, and will also aid delayed menstruation.

CELERY.—Eating freely of this vegetable and drinking the water in which it has been boiled until soft is a great aid in soothing and curing rheumatism.

CRANBERRY.—Poultices made of pounded cranberries afford great relief when applied to piles. Eating them freely will also help. A tablespoonful daily of concentrated extract of cranberry is excellent for hysteria.

DANDELION.—The wine of this plant, described in the "Department of Cooking and Foods" is an excellent blood-purifying spring drink.

LEMON.—The juice of this fruit is a common remedy for scurvy, and is used largely to allay thirst in fever cases. It is claimed by some physicians to be excellent for rheumatism and gout, and mixed with onion juice and molasses is an old-fashioned remedy for coughs and colds. It is very useful in taking away disagreeable tastes of medicines.

ONION.—Hardly any plant furnishes more or better home remedies than the onion. Cooked as a sauce and eaten freely it is a cure for constipation. Cut into slices and sprinkled with sugar, a syrup is formed which is excellent in croup, the dose being a teaspoonful every fifteen or twenty minutes, till relief is had. A crushed onion poultice will extract the heat and pain of a burn or scald. The squeezed juice of the onion, mixed with sugar, and given in teaspoonful doses every three or four hours is highly recommended as a cure for bronchitis.

PARSLEY.—A decoction of parsley is used to increase the secretion of urine in dropsical cases.

PEPPER.—Red pepper makes an excellent gargle in scarlet fever, by mixing half a teaspoonful with a tablespoonful of salt in a pint of water and adding a cup of vinegar. A tea made of red pepper pods has often been very effective in cases of la grippe.

PINEAPPLE.—The juice of this fruit, taken in tablespoonful doses every three hours and used as a gargle brings great relief in diphtheria.

PUMPKINS.—The seeds of pumpkin afford a well-recognized remedy for worms, retention of urine and inflammation of the bladder and bowels. Oil of the seeds operates as a speedy diuretic in doses of from six to ten drops four or five times a day. If a tea of the seeds be used as a diuretic it may be drunk freely at intervals of two or three hours. Pumpkin seeds are highly recommended for the destruction and removal of tape worms. The seeds should be peeled and beaten in with sugar till a paste is formed. Then dilute with milk and drink freely, always on an empty stomach. In the course of a few hours the patient should take an active cathartic for the removal of the tape worm, composed of a tablespoonful of castor oil and the same quantity of turpentine. The drug stores now furnish a fluid extract of pumpkin seeds for the destruction of tape worm, the dose being from a half to a whole tablespoonful every three or four hours, followed, as before mentioned, by a large dose of castor oil and turpentine.

RADISH.—Frequent eating of these vegetables is claimed by some doctors to be excellent in case of Bright's disease.

TOMATO.—The tomato remedy for cholera infantum meets with much favor by those who have tried it. It is prepared by adding sugar to peeled ripe tomatoes, crushed. The dose is a teaspoonful every half hour until relieved; then continue with like doses every two or three hours till a permanent cure is effected. Some remarkable cures are mentioned in connection with this simple remedy.

INVALIDS.

CARE.—Give the patient as large and as sunny a room as possible. It is better that there be no carpet on the floor. Remove dust from furniture with a damp cloth, and wipe floor with a damp cloth instead of sweeping it. Have bed so placed that door and windows can be opened without placing patient in a draught. Keep the room thoroughly aired by occasionally opening the windows at the top and bottom. Before doing this, put a blanket over the patient's body and head to prevent taking cold, and do not remove the blanket until the room is warm again. See that the bed linen is kept clean, and under sheet drawn tightly to avoid wrinkles. In cases of fever, allow patient to have cold water, other cool and refreshing drinks and cracked ice. Keep all drinks carefully covered. Give a sponge bath every day if the doctor permits. Be especially careful that food for the sick is cooked and served in very clean pans and dishes, and that all dishes used by the patient are thoroughly cleansed before being used by anyone else. Prepare and give food in very small quantities, and serve it on the prettiest dishes in the house. Never leave food, fruit or dirty dishes standing in the sick room, and never allow food or drink that has been left by the patient

to be taken by others. Keep the house as quiet as possible. Never slam doors or windows, and do not speak in a loud voice, nor whisper in the room, but speak in gentle tones.

NURSING.

SCIENCE.—Value. There is no room to doubt that faithful, intelligent and efficient care of the sick is often responsible in large measure for recovery from attacks of severe illness and that the ministrations of the well-qualified nurse are second only in importance to skillful medical attendance. In fact, there are diseases in which good nursing is more essential to the welfare of the patient than medicines, and in which these would be of little avail, unless accompanied by conscientious services of this character.

The nurse is the physician's assistant, and he often depends, in forming his estimate of the condition and needs of his patient, largely upon the observation and judgment of the one who is in constant attendance on the case, who sees the changes which occur at different times of day or night, who notes the effects of this remedy or of that food, and who makes to him reports based upon what transpires during his absence.

Thus he often gains valuable suggestions regarding the course and management of the case from what, to the inexperienced and untrained, might be considered a trivial symptom or a circumstance not worth repeating.

It is not the office of the nurse to discriminate between the important and unimportant features of a case, but to endeavor to give the medical attendant a faithful picture of the case as she has seen it, leaving it for him to weigh the evidence given, to form a just estimate of its value. On his departure the responsibility for the execution of his orders devolves upon her and until his return it is she who assumes control of the case and gives directions.

The science of nursing is its theory—the mastery of its technical details—the knowledge of the subject which is acquired by observation, study and experience. This embraces information on such matters as the care of the patient, including moving, bathing, dressing, and attending to his wants and comfort; such details as relate particularly to the management of the case, as taking temperature, pulse and respiration, observing symptoms, administering medicines and applying external agents; the preparation and giving of food and drink; the care of the room, attention to the room, including its general cleanliness, order, disinfection, heat and ventilation; and the care of the bed, etc.

ART.—The art of nursing, on the contrary, is its practice—the mode of application of the details learned. For a proper exercise of the art, there should be not merely a knowledge of the science, but certain natural physical and mental endowments. Like the poet, she who would successfully engage in the art of nursing, must be born, not made. As in every line of employment, there are in this those who do not possess the requisite qualifications, and it is not infrequently the case that nursing devolves upon friends or relatives of the sick, who assume the duties, not because of any special fitness for the work, but because of sentiment or necessity. A brief consideration will be given to what some of these qualifications are, as a guide to those seeking such information.

QUALIFICATIONS. DISPOSITION.—Lamentable failure will inevitably attend the efforts of any one attempting to nurse, if she has not a

suitable disposition. The qualities which constitute an ideal disposition for a nurse unfortunately are rarely all found in one person. It will nevertheless be useful to consider some of the most important of them.

AMIABILITY.—Essentially the product of a benevolent nature, this is a trait of prime importance. A spontaneous flow of kind acts and considerate attentions should characterize a nurse; whereas, irritability of the temper and thoughtless and inconsiderate acts are so inexcusable as to at once disqualify her for her work. Therefore, she must naturally be kind in thought, word and deed.

SYMPATHY.—Sympathy with a patient's distress, without weak sentimentality is an outgrowth of this attitude of mind, which is of value to the nurse and of benefit to the patient, if not too freely exercised.

CHEERFULNESS.—A bright and sunny disposition not only brings life, hope and cheer into the sick room, and thus aids in the favorable progress of the case, but sheds its influence through the entire household, lightening the burden of trouble from those who are in distress. The sick room is not the place for a gloomy or morose person.

UNSELFISHNESS.—Disregard for personal comfort and convenience, and untiring devotion to the interests of the patient are demanded of the nurse. Hers should be largely a labor of love, in conformity with which she should be willing to sacrifice herself in behalf of her patient.

CALMNESS.—A nurse with an excitable temperament, who is upset by trivial circumstances, and who even in an extremity exhibits lack of composure, will not tend to tranquilize a patient who is already in the state of nervous irritability. Cool judgment, calm demeanor, and, when not accompanied by hesitancy, deliberate action, will tend to inspire confidence in her intelligence and proficiency, a fact of no little importance in serious illness.

PATIENCE.—The trying circumstances incident to the sick room and the exacting requirements of the patient, often call for the exercise of the most unbounded patience. Those who are ordinarily thoughtful and considerate are frequently, when sick, unreasonable in the extreme, and their demands for attentions, which are often unnecessary, become most exasperating.

FIRMNESS.—It is desirable for the nurse to be sufficiently resolute to secure compliance with her instructions, but it is not needful to maintain, as is often done, a dogged and uncompromising attitude, and to be immovable to appeal in non-essentials. Arbitrary refusal in such matters creates antagonism on the part of the patient, which more than counter-balances what has been gained by the nurse and which materially lessens her influence and usefulness.

TACT.—Not only in these matters, but in her general deportment in the sick room is there opportunity for the exercise of tact. To divert the patient from an undesirable train of thought without making it apparent; to be discreet about the subject of conversation, neither unbosoming all her family affairs nor detailing the histories of all her previous cases; to avoid either depressing, exciting, tiresome or otherwise objectionable topics when reading; to regulate the matter of visitors without giving offense; in these and in manifold ways are shown the importance of having good, sound common sense, a quality unfortunately far too rare among those who engage in this art.

OBSERVATION.—The nurse should be a careful observer, able to notice differences in the condition of the patient, and to recognize at least in a measure the meaning of symptoms which she sees. Frequently it is left to her judgment to give more or less of medicine prescribed, or to change one remedy for another, according to the condition of the patient, and a failure to correctly observe and properly interpret what is seen will work to the detriment of the patient.

PHYSICAL SOUNDNESS.—The strain, physical and nervous, caused by untiring vigilance, loss of sleep, irregular meals, confinement to the sick room, and anxiety, are such as to make essential to the nurse an exceptionally sound, healthy body, endowed with the power of endurance. In addition there should be good vision, good hearing and good sense of smell, all of these faculties being called into frequent requisition.

CONDUCT.—Granted that a nurse has enough qualifications to make her an efficient nurse, there are still some details pertaining to her personal conduct in the sick room, and which are largely under her control, the observance or neglect of which will often make the difference between her being acceptable or not to her patients. Some of these are quite essential, while others may appear to be of little consequence, yet to those suffering from severe illness they are no trifles; mole-hills appear as mountains, and the insignificant become matters of great moment, and these very trifles often have much to do with the comfort and peace of mind of the one under the nurse's care.

Reference is had to such matters as dress, personal appearance and habits, movements, manner of speaking, touch, etc.

CLOTHING.—The outer clothing of the nurse should be of plain, modest color and preferably of wash material, an indispensable requirement in infectious cases. Starched clothing should not be so stiff as to make a constant rustling with every movement. The shoes should be noiseless.

SPEECH.—The nurse should endeavor to speak distinctly and evenly, though never abruptly nor in loud and rasping tones. Equally objectionable is it to whisper, as this almost invariably is annoying to the patient if he is awake.

The voice should be cheerful and reassuring and calculated to inspire with hope and confidence. Very many questions of the patient must be answered adroitly, yet in such a manner as not to convey the impression that attempts are being made to conceal from him what he desires to know.

TOUCH.—The hands should be always warm, smooth and scrupulously clean and nails well-trimmed. A combination of gentleness and firmness is to be desired in handling and moving the patient, efforts of this sort being steady and deliberate, not sudden and jerking.

APPEARANCE.—General neatness of the hair and person should be strictly regarded. She who is careless of her appearance and tidiness will presumably be equally so of the one under her charge.

MANNER.—If a nurse is lacking in the ability to make herself acceptable to her patient she is confronted by an insuperable obstacle to success. This will depend almost wholly on her deportment in the sick room. An awkward, boisterous, bustling nurse will not compare favorably with one who quietly and unobtrusively accomplishes her task without confusion and noise. Nor, on the other hand, will the nurse who stealthily creeps around on tip-toe be likely to prove acceptable to her patient.

STUDY OF DISPOSITION.—A studious observance of the patient's disposition and a readily ascertainable knowledge of his likes and dislikes will soon enable the nurse to anticipate his wants, to scrupulously avoid that which is likely to annoy and secure for him that which will give comfort and pleasure or bring repose of body or mind. It is this considerateness for the wishes and feelings of the patient which so often constitutes the difference between success and failure, and the lack of which to a sensitive nature is a constant source of irritation and annoyance.

WHAT A NURSE SHOULD AVOID.—A nurse should not forget that a person's progress toward recovery is retarded by such practices as the following: To rock incessantly in a squeaky chair; to sit and constantly tap with the foot or fingers; to noisily prepare for bed in the room after the patient is ready to sleep; to so time the administration of food and medicine, where this can be avoided, as to disturb the patient just as he is settled comfortably for a nap; to be continually asking whether he would like something done for him; to make unnecessary noise with dishes or papers; to allow the light to shine uncomfortably in his eyes; to hurry him with his meals; to shake his bed, etc.

SLEEP.

CONDITIONS.—In order to aid nature in this, her great free and natural physician, sleeping apartments should always be well ventilated to allow a constant changing of the air. A small opening of the windows, top and bottom, will give the desired result. Have the bed as comfortable as possible, and use only enough covers to protect from discomfort by cold. Never cover warm enough to cause perspiration, unless to relieve fever. Sleep with the head of the bed to the east if possible, but do not place it so the light from the windows will shine directly in the eyes of the sleeper. Remove all pets, fish, cut flowers or other unhealthy surroundings before retiring.

HOURS.—The hours of sleep required can best be told by the individual. Some need more than others, both from constitutional causes and from the effects of hours of employment. Habits may incapacitate a person for judging the necessary amount of sleep required to such an extent that they may injure their health by too little or too much. Growing children, and persons of very active brain, require a lot of sleep. Children from four to twelve years of age should have nine hours a day unless they awaken naturally. Give the subject some thought and make your own observations, and you will soon find how much is best for you. Physical condition also alters the amount of sleep needed, and in a weakened condition nature will call for more hours of relaxation in which to do her rebuilding work.

POSITION.—The most approved position for sleeping is stretched out fairly straight on the right side. This prevents the weight of the body from restricting the action of the heart. Avoid raising the arms above the head or sleeping tightly "curled up." Sleeping on the back causes snoring and dryness of the throat, and also induces dreams. The head should rest on something soft enough to shape itself in some degrees to the head, and should be level or slightly raised, never on a high pile of pillows.

VALUE.—Wholesome sleep is one of the great points of health. Nature then sets to work to repair the damage done during the day, and works with

greater knowledge and surer methods than the best doctor. After a night of proper sleep, a person should awaken rested, clear of brain and full of ambition, unless they are sick.

SLEEPLESSNESS.—This is usually caused by an excess amount of blood in the head, on account of poor circulation. Unless chronic, or caused by illness, it can often be cured by a cold bath, short, strenuous exercise, or brisk rubbing and chafing of the body and limbs. These will help to restore the circulation of the blood and relieve the pressure on the brain, and should be done just before retiring. Where these fail to have the desired effect, some cases will be relieved by drinking warm hop tea on retiring, and sleeping on a pillow filled with hops.

TEETH.

CARE.—Attention to the teeth should begin early in life, even during the period of first teeth. Decay of the "milk" teeth should be prevented and filling is just as important as with the permanent set. The temporary teeth must be removed in due time if they do not fall out themselves and the permanent ones must be trained to fill their places. The teeth should be cleaned five times a day—morning, bedtime and after each meal. A soft brush is better than a stiff one so as not to wound the gums. The best dentifrice is water; but sometimes a little prepared chalk or white castile soap may be used. The too frequent use of powders containing cuttlefish bone or charcoal will injure the enamel of the teeth. When the gums are tender and tend to bleed add a few drops of tincture of myrrh to the water. It is a good rule to visit the dentist once each season to find out the exact condition of these important organs. Never lose a tooth if art can save it. The shape of the jaw and face is altered by the removal of teeth. When, by reason of a collection of tartar on the teeth a powder is desired for its removal, your dentist will recommend a good one.

VENTILATION.

The great remedy against impure air is proper ventilation. By experiment and calculation it is found that, in order to keep up the admitted standard of purity, it is requisite that three thousand cubic feet of perfectly pure air should flow into a room hourly for every grown person in it. Of course, an equal amount of more or less vitiated air must escape in order for the pure air to take its place. If there be lights in the room, more pure air is needed. The ordinary gas light consumes the oxygen of about twenty-five cubic feet hourly, and produces nearly as much carbonic acid gas as ten men would produce in the same space of time. Sick people, especially those with lung diseases and putrid fevers, should have a very great amount of fresh air. A great majority of deaths are due to the fact that people do not get enough fresh air. Warm air is lighter than cold air and tends to escape at the upper part of the room, while its place is supplied by cold air which flows in at the lower part of the room. In all sleeping rooms and rooms that are occupied a great deal during the day, the windows should be opened both at the top and bottom, more or less, according to the weather, and also according to the size of the room; more for large rooms and less for small rooms.

WOUNDS.

See "Accidents."

WRINKLES.

PREVENTING.—See “Complexion.”

REMOVING.—There are a number of good ways of removing wrinkles, but the first of all of these must be, of course, health. No method can remove wrinkles if they come from frowning and worrying, unless the cause is removed. So, be well and happy, and then if you have wrinkles that you don't want, use a good face cream and massage faithfully morning and night with a circular or diagonal motion. Also rub along both sides of the wrinkle whenever you think of it during the day. Much may be accomplished also by placing adhesive plaster over the wrinkles in such a way that the wrinkle cannot be formed while it is on. Thoughtfulness will enable you to keep your face free from wrinkles, and no one would ever have them if they gave the necessary care and thought to their prevention.

Department of Housekeeping

BEDS.

CARE.—No housewife in a large city has any insurance against the intrusion of unwelcome company in her beds, and this will cause her more care in the keeping of them than anything else. In the matter of health, the care of the beds is of great importance. Every bed should have all covers removed when vacated, and hung to air before open windows. The mattresses should be aired and then turned over and the other side aired before making the bed. Reversing the mattresses daily will make the bed more healthy and comfortable, and will lengthen the life of the mattress. In making beds, always pull the covers firmly and smoothly over the mattress. If they have become wrinkled during the night, tuck them tightly under the mattress, leaving the outside cover only to drape the sides. Do not allow damp air to come in contact with bed clothing or beds. A healthy bed should be dry and sweet.

BUGS.—It is a hundred times more easy to prevent these intruders than to get rid of them when established, and this can only be accomplished by constant watchfulness. Bugs may be brought into the home from stores, railway stations, offices, and especially street cars, and some are carried from house to house by bats, mice, sparrows or chimney birds. Some women have an idea that it looks disgraceful to have evidences of bug powder or preventives about, but we do not consider it so, and advise everyone to take such precautions, because they are liable to be brought to her house, and the safest way to protect herself is to give them an unpleasant reception. For use about the beds, persian insect powder or like, blown into the cracks and crevices occasionally, will usually prevent their remaining. There are many liquid preparations on the market that are effective, but care must be used in selecting them, as some are injurious to fabric and wall paper, and others will cause rust to any metal. A mixture of equal parts turpentine and ten per cent. solution of carbolic acid applied to the cracks of the floor and bottom of the surbases will prevent them from remaining there.

CLEANING.—This is a weak point with many housekeepers. Even some who are very particular about the bed clothing neglect the bed itself. The bed is exposed to the exhalations from body and lungs, and should be wiped off frequently with a damp cloth. For those who use powder as a preventive, we wish to state that the virtue of the powder is gone in about a week, and at least once a week the bed should be thoroughly dusted in all parts before being wiped off. This may be done largely with a duster or brush, but the little powder-gun, empty, is a very great assistant in blowing the dust from otherwise inaccessible places. Blow the dust out of the hidden places lightly, so that it will not fly about and deposit its load of germs all over the room.

CLOTHING.—This matter is, of course, largely governed by choice and finance, but there is one very important point about it that should be taken

into consideration, and that is that nature makes the body throw off the impurities while we sleep. This is done through the breath and also the pores of the skin, and is accompanied by more or less dampness. If this dampness is so closely covered in that it cannot escape it saturates the clothing and some of it gets back into the system. Much ill-health is caused by too much bed clothing. Mattresses should be used rather than feathers or soft bedding, and just enough clothing used to keep the sleepers warm. Never allow the bed clothes to cover the face.

BEDROOMS.

CARE.—If you value health, be just as particular about the care of your bedrooms as you are of your parlor. Cleanliness is absolutely essential. All dust should be carefully removed and the rooms should be made as attractive and cheerful as possible. The surroundings where we fall asleep undoubtedly have an influence on our rest, and the first impression on awakening may affect the entire day. Bedroom decorations should be simple, and only such as can be readily cleaned. Growing plants in bedrooms will absorb the human poisons, while cut flowers will throw off poisons that are injurious to persons. It is best not to have plants of any kind in a bedroom. Bedroom vessels should never remain uncovered.

VENTILATION.—This runs close to cleanliness in importance in the matter of healthy bedrooms. Every bedroom should be thoroughly aired after the sleepers have arisen, probably for an hour or two, according to the condition of the weather, and should be well aired again before retiring. In fair weather you cannot have too much fresh air if there are no direct drafts allowed to reach the sleepers. In cold weather shut off all heat, close the door, and raise the window three or four inches from the bottom, and lower six inches from the top. If there are two windows, raise one and lower the other. This will cause a mild circulation that will completely change the air in the room every hour. There are certain weather conditions when this method of ventilation must be modified. If the wind is blowing directly into the windows, place something before the opening to deflect the draft, and reduce the openings until no strong current of air is felt when in bed. On heavy, misty nights, when dampness enters, very little ventilation is advisable, as the dampness is objectionable, and more or less of the ventilation will occur from the imperfections about the windows. These regulations must, of course, be altered to suit persons of delicate health, invalids, and those especially susceptible to colds. If a number of persons have been sitting in the room during the evening, or if there has been any smoking, or other vitiating influence, the room should be thoroughly aired before retiring.

CARPETS.

CARE.—The first essential in the care of carpets is cleanliness. Nothing wears a carpet quicker than dirt at the bottom of the nap, which acts as a grind whenever it is stepped on. Carpets should be laid only on dry floors, or the tacks will rust and injure it, and the under part may become affected by mildew. See that the parts most used are on a perfectly smooth surface. This may be done by padding the rough places with carpet lining or spread papers. If a certain part is exposed to much more wear than others, lay it so that it may be turned often, thus causing it to wear more evenly. Do not allow heavy furniture to set in one spot long enough to crush the nap of the carpet.



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CLEANING.—Many housekeepers use damp tea leaves when sweeping, but in the summer they can do better by using freshly-cut grass. It will not stain, as tea leaves sometimes do, and leaves the carpet looking fresh and bright. In sweeping carpet, sweep with the nap, not against it, and always draw the broom rather than push it before you. This saves carpet and broom, too. The regular carpet sweeping should be light but insistent, with a whisking motion, and the carpets should be thoroughly cleaned occasionally, even if not taken up. This can be done by repeated hard sweepings, followed by careful wiping of the surface with cloths wrung out of cold water or some restoring mixture. In these days of modern devices, however, carpet cleaning may be accomplished in a more sanitary and much easier way with the vacuum cleaners. These suck the dirt out of the nap and prevent it from flying about the room, are labor-saving, and do away with the wear of hard sweeping. These devices are now reasonably cheap, and may be secured to work by electricity, foot or hand power. Carpets which have been taken up are best cleaned by compressed air. There are establishments in the city using this process, and it is with satisfaction that the housewife sees her carpets come back to her perfectly clean, to be laid on her well-cleaned floors. In this process the carpets are laid singly over a wire screen and the compressed air forced through them. This drives all the dust out of them without wear, and a suction fan carries it away so that the dust and germs are destroyed. Valuable Oriental rugs that must not be beaten or swept hard may be thoroughly cleaned in this manner without danger.

RESTORING.—One of the best mixtures for cleaning and restoring the colors of carpets is an ounce of beef-gall in a pail of cold water. Clean the carpet thoroughly, and wipe the surface hard with clothes wrung out of the gall water. This will make a slight foam, which should be wiped off with damp cloths in fresh cold water. After the carpet is wiped, air well until the carpet is perfectly dry. Stained or particularly dirty spots should be cleaned with a stronger solution of gall. A little alum dissolved in the cleaning water will also help to restore the colors.

CELLARS.

The care of this part of the house is often neglected by otherwise excellent housekeepers, and yet this is one of the most important parts of the house, especially if the house is heated by hot air. The natural course of air in a house is upward, and this gives us one of our greatest sources of air from the cellar. If this is germ- or dust-laden or impure, such conditions are bound to exist throughout the entire house. Anyone may easily demonstrate this by placing in the cellar something with a strong odor, and they will find that in a very short time it is noticeable all over the house. Then, too, at least part of the food supply is apt to come from the cellar and should not be exposed to contamination. If there is a hot-air heater in the cellar, the rising heat forces a draft to be taken in about the heater, commonly near the floor. For this reason, cold-air ducts are run out through a window and connected with the base of the heaters. Cellars should be kept clean, and should be well-aired often, and exposed to direct sunlight as much as possible. Damp or wet cellars are a constant menace to the health of all in the house, for germs breed rapidly in damp, stagnant air, and poisonous gases are formed under the same conditions. Ashes may be prevented from falling about by taking up carefully and then covering or sprinkling quickly. Do not allow material to accumulate in

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such manner that it cannot be readily cleaned, and clean walls and ceilings often, as well as the floor. Whitewash is a natural antidote for all the evils of the cellar, and in cellars where ideal conditions are impossible, frequent whitewashing is a great help. The top of the heater and the upper sides of the heater pipes are notorious dust collectors that often escape the eye of the cleanser. Be careful to allow no decaying matter, either animal or vegetable, to remain in the cellar. Coal should be sprinkled occasionally, to prevent the dust from rising.

CHINA.

The higher grades of this ware are sometimes as valuable as cut glass, and often more susceptible to spoilage. Great care should be taken to avoid chipping or "spalling" off of the enamel by sudden changes of temperature. Fine china should be washed in warm water and then placed in clean warm water and heated gradually to the scalding point and allowed to cool slowly. If very dirty, so that scouring is necessary, use fullers earth powdered very fine, and sifted. Fine, thin china when extremely cold or hot will break from a very slight shock.

CLOTHING.

CARE.—The life of articles of clothing may be materially lengthened by care, and it is an important item of personal economy. The habit may be hard to acquire unless started early in life, but when once you get into the habit of caring for your clothing systematically you will find it is not much trouble, and does not take much time compared with the results achieved. Smaller articles which are kept in drawers should be kept neatly folded and ready to get at. If they are allowed to get tumbled, creases form and time is lost. When clothing is removed it should be brushed and shaken, and hung to air in such a way that no damage can be done it by creasing. After airing, if it is not to be worn again soon, put it away carefully, so that the shape of the garment may be preserved and no strain or wear come on the fabric. Clothing that is kept clean will far outlast that which is not.

CLEANING.—A volume could be written on this subject to cover in detail all materials for clothing, so we will only endeavor to give some brief general hints, covering as broad a field as possible. All clothing should be kept free from dust or dry dirt all the time, and this should be done first of all if the garment is to be cleaned. After this is done, if there are grease-spots, paint, varnish or smears, take two ounces of household ammonia, a quart of soft water and a teaspoonful of saltpetre, mix well together, and dissolve in it an ounce of free-lathering soap, scraped fine. This will dissolve in from two to five hours, according to the soap, if shaken occasionally. This mixture will quickly remove almost any spots a person is liable to get on their clothes. Lay the garment out smooth, single thickness if possible, on top of a smooth, dry cloth. Apply the mixture on a rag or scrub brush, and repeat two or three times. Rub the wet spots as dry as possible and press with a hot iron. A teacupful of this mixture and a tablespoonful of beef-gall in a gallon of water may be used for thoroughly cleaning outer-garments, as it will remove all grease and dirt without injury to the fabric, and will brighten and restore the colors. One teaspoonful of beef-gall and a quarter pound of extract of log-wood in a gallon of water will clean and restore colors in silks, woolens and

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cotton goods without injury, and is especially good for "scouring" men's wear. Soiled or faded ties, ribbons and dress goods may be made almost equal to new in this way.

CUT GLASS.

The handling of this beautiful household ornament and utility should be practically the same as prescribed for fine china under the heading "China" in this department.

DAMPNESS.

Especially in small rooms or closets, the bad effects of dampness may be overcome to a great degree by placing a saucer or two of quicklime in it. This will not only absorb the dampness, but will disinfect the place. As the lime becomes "air-slacked," renew it.

DECORATIONS.

GENERAL.—The evidence of taste in decorating the home is not shown by any great display of expenditure. Some persons can spend money lavishly and still have their home poorly furnished and decorated, while others, who study effects and use taste, will have the "house beautiful" at very slight cost. Nevertheless, money to spend for this purpose will always be a great help, and the wise housewife will arrange to suit her pocketbook. The furnishings of a house are no small part of the decorations, as are also the wall coverings. As many of our readers will live in rented homes, where they cannot control the wall decorations, they must make a compromise, and do the best they can under the circumstances. The suggestions we will give will be based upon your being able to control the furnishings and decorations entirely, with a limited amount of money to spend on them.

PARLOR.—The parlor should be furnished plainly and richly. If the room is small, use as small furniture as possible, but not of a light bric-a-brac type. Have it strong and plain and rich. Unless the room is dark, use darker colors than in the rest of the house, as the richest effects are produced in heavy colors. Avoid useless bric-a-brac and ornaments, and have the pictures few and good, and framed in plain, rich, dark frames, except oil paintings, which should be framed in gold. Aim to have the carpet correspond with the paper and furniture, and light the room from a drop light on the table, covered by a shade that harmonizes with the room and lights the lower part highly, but leaves the upper part in reflected light. This gives the room a cozy appearance. On festive occasions, by lighting completely, the effect is more brilliant. Do not use large patterns of carpet or paper in small rooms.

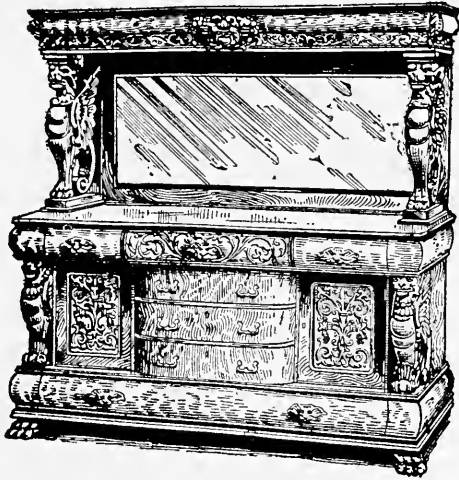
DINING-ROOM.—Massive furniture is out of place in the dining-room. It should be of medium weight, strong and plain. Very delightful effects can be produced with strong colors in carpet and paper base, with broad plate rail at the top of base, and lighter paper above. If possible, light the room at night from a large dome over the centre of the table. Always keep in mind the fact that it is here we go to appease the appetite, and the decoration of the room has a strong influence on the impression the meal makes upon those who are gathered at the table. The pictures should be of cheerful and appetizing subjects, bright colors, and lightly framed. Do everything possible to give the room an appearance of spotless cleanliness.

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—home does not consist of four walls

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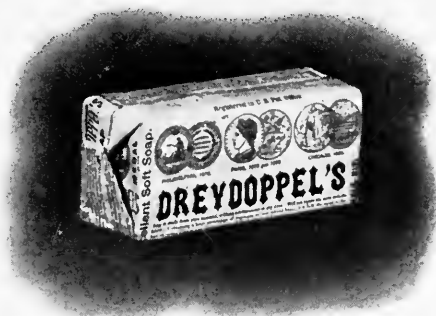
KITCHEN.—Pure decorations are less important here than in any other part of the house. It must be kept in mind by the housewife that the more pleasant the room is, the more pleasant will be her duties if she does her own work, and the less trouble she will have in securing good servants. In furnishing the kitchen, usefulness should be the first requisite, but the surroundings should be made as attractive as possible. There are certain plants that will thrive in a kitchen window unless it is too near the stove, and there may be a few wall decorations. A good clock is an absolute necessity, and an attractive calendar should always be in sight. The numerous little conveniences about the room should be made so that they decorate.

SITTING-ROOM.—The sitting-room or library should be furnished with the heaviest and easiest furniture in the house, for it is here we go for rest or pastime, and everything should be suggestive of comfort. Here should be the rich, deep colors and the careful lighting, with bright carpet and pictures that carry out the idea of comfortable living. Plain and roomy furniture always has a comfortable and inviting appearance. The light should be so arranged that all may have good illumination of their work, but the glare of direct light should never be directly in the eyes. The ornaments should be souvenirs of travel or hunt, busts of authors, or like, plain, rich and few. Here should be the household pets, such as birds or fish. A great deal may be accomplished toward the decoration of this room by the tasty arrangement of books in their cases, and a careful selection of just what ones to place on the table to produce the "comfy" appearance.

BEDROOMS.—In this part of the house, if any, the bric-a-brac and fancy things that appeal to the ladies may be tolerated, but they must bear in mind that the more they place about the walls or room, the more there is to harbor dust and germs to endanger their health, and the more work they have in cleaning the room. Every woman likes to have her bureau or dresser well appointed with dainty toilet articles, but they should be moved and cleaned daily. Bedroom furniture should be of the lighter build, and light in color, too, if possible, as it is here that we seek repose, and our minds should be impressed with a light and airy impression that will drive away thoughts of care or work, and secure us refreshing slumber. The carpets and wall coverings should be light and delicate, such as a mild floral design. Where rooms communicate, carpet them the same if possible, and see that paper and furniture harmonize with the floor covering. The pictures should be lightly and brightly framed, and be of such subjects as induce rest or appeal personally to the occupant. Likenesses of dear friends or favorites are always wise decorations for bedrooms. Here should be the house plants that the tenant has under their especial care. Very pleasing effects may be made with novel draperies at the doors and windows.

DISH-WASHING.

Scrape the food from the dishes, collect each kind and put in a pile by itself. Have a pan of hot, soapy water, wash glasses first, cups and saucers next, and then silver. Rinse each dish in clean, hot water, drain, and wipe on clean, dry cloths. Wash, rinse, drain and wipe plates and the dirtier dishes. Wipe out very greasy pots and pans with soft paper, before washing, and always wash them in very hot, soapy water. Wipe frying pans and kettles with dishcloth wrung dry; further dry by placing them on the stove shelf. All cooking dishes should be put to soak in cold water immediately after using.



DEAR MADAM :

The entrance into married life and going to housekeeping brings with it new duties and problems.

One of the problems you will be called on to solve is :

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which is made from pure material, without adulterations of any kind. Will not injure the most delicate fabric. Containing a large percentage of vegetable oil and refined borax, it is fully the equal of the best imported Castile Soap and possesses all the washing and cleansing properties of the celebrated French and German Soaps. Can be used in hard or salt water, although soft water is preferable.

Woolens, if washed with Dreydoppel Soap, will not shrink. It is specially adapted for washing fine goods, such as Muslins, Cashmeres, Flannels, Crochet work, Baby Linen, etc.

It will remove stains of all kinds. It brings linen, etc., beautifully white and makes fast colors look like new. It cannot fail to give satisfaction.

Five Grand Prizes at as many World's Fairs attest its merit.

Forty-three years of continuous use add strength to our claim on your attention. Please note its lasting quality.

See that each bar has the fac-simile of this signature,

Buy none without this protection.

Wishing you happiness and success, and hoping to have you as one of our many patrons, we beg to remain,

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N. B.—Dreydoppel Soap Wrappers redeemed for presents. Write for catalogue.

We invite suggestions for making this book more valuable.

Never put handles of steel knives into the water, but wash with the dish-cloth. The handle of an egg-beater should never be put into water, as washing the oil out of the gears causes the beater to turn hard. Wash, rinse and hang to dry all dish towels every time they are used.

DRESSMAKING.

If you are going to have a dressmaker at the house, be sure that all is in readiness for her so that no time will be lost in waiting for supplies or going out to get them. See that the machine is in good order, that you have all necessary buttons, linings, and trimmings, and that there are suitable needles, thread, etc., ready and convenient.

What might be called "store sewing" has made much of what women used to sew so cheap that the housewife does far less nowadays than she did a few years back, but there is so much that can and should be done in this line that she who is untrained in the art of needlework is sadly lacking in household ability. The woman who can make her own dresses can have twice as many on the same amount of money as one who must always pay a dressmaker, and she can, by alterations and her own ingenuity, have the equivalent of three or four times as many. Time and trouble as well as money are saved by knowledge of the use of needle and thread. You do the work at your own convenience, repairs and alterations are made at practically no outlay, and garments are repaired and used that would be thrown away if a bill for repairing had to be incurred. To the busy housewife who does other work about her home, sitting down to sew will act as a change and rest, and it is always a useful pastime and part of the natural sphere of the "queen of home." There is a daintiness and distinction about hand sewing that separates its wearer from the great mass of women of a city and gives her an air of distinction.

A famous writer has said: "Have a work-basket, no matter how plain it may be, as a receptacle for spools of thread and silk, thimble, large cutting scissors, and a small, pointed pair for ripping; a measuring tape, piece of bees-wax, needles of various sizes, a little muslin bag for buttons, and a second one for hooks and eyes off the cards. Linen, cotton and silk threads all have their use; so do twist and the cheap basting cotton, which need never be very coarse.

"For sewing on buttons, hooks and eyes, etc., twenty to forty thread is generally used, while fifty to eighty are the most used numbers on sewing machines.

"Select a needle according to the fabric to be sewed, and err on the side of fineness. Thread the needle with the end of the cotton or silk coming first from the spool. Make a small knot at the end of the thread, which should be about a yard in length. Sewing a seam is the first thing taught and requires backstitching, running, or overcasting. The latter is used with two selvedge edges, which should be basted evenly, using inch-long stitches with an equal space between. Then hold the work with the left hand and oversew the edges, going but two or three threads below the edge and inserting the needle diagonally, pointing to the left, with the stitches close, but not touching over the top. Backstitching is one stitch forward and the next one back, so as to form a continual row of neat even stitches. 'Running' is done evenly by counting the threads, as a stitch of five over the needle, then five under, and so on, with an occasional back stitch to keep the seam firmly in place.

"'Felling' is hemming down an edge after seaming two edges together, leaving one above the other. Turn this down narrowly, pressing it with the

fingers, and then give a second turning, which should be basted down. Finish by hemming the edge. 'Facing' is done by sewing a strip along the edge, turning it up and hemming down the remaining edge. To bind with a braid, the two edges of the latter are placed one on either side of the article to be bound, and then backstitched carefully in position.

"To make a hem necessitates two turnings, as a raw edge is not hemmed. To measure a hem or tuck, take a piece of cardboard and mark off the correct width; by placing this against the material and marking the latter with a pin the correct turning is easily given. When the hem is basted place the needle in the single fabric at the doubled edge so that it takes a diagonal slant to the left and upward, coming out just above the doubled edge; then repeat, putting the needle a trifle in advance and beneath where it came out, thus leaving diagonal stitches on each side of the sewing. A French hem is done by turning and basting the entire hem as usual, and then turning back this hem to the right side of the work and hemming as usual.

"A rolled hem is usually found on ruffles. The edge is rolled between the left thumb and forefinger until the raw edge is completely hidden, and then hemmed.

"Even gathers show a running stitch of the same size on both sides of the work as for narrow ruffling; the back of a skirt, though, will be gathered with the upper stitch twice as long as the under stitch. All gathers should have two rows of gathering threads, as this makes them set more evenly, whether they are an inch or a sixteenth of an inch apart; in each row the stitches must be the same in position and size. To gauge or stroke gathers, pull all of the fabric gathered up on a thread in a small space and fasten the thread over a pin; hold these firmly with the left hand and stroke down lightly the material beneath each stitch with a needle. This gives a beautiful evenness, as each stitch is stroked and moved along until done, when the thread is loosened and the gathers stitched in place.

"Shirring is simply several rows of gathering which are confined to a narrow space.

"Puffing is formed by gathering and then sewing the lower row close up to the upper one, so as to form a puff between. In puffs and gathered ruffles made of thin materials a length once and a half as long as the space to be covered is allowed, while for silk or a heavier fabric once and a third is sufficient. Both of these quantities may be applied to lace, and it is commonly known that bias-cut ruffle, puff, or flounce of any kind sets better when gathered than a straight one, neither does it take as much material.

"To whip on lace, basting is not necessary, as it will be well to have the slight fullness arising from holding the lace toward you. The whipping is simply overcasting the edge of a hem and the lace together.

"Cording is a bias strip with a soft cord along the centre held by basting stitches until applied as a finish, when the close stitching is done close up to the cord. Piping is done in the same way, leaving the cord out.

"On woolen goods use letter D silk twist for working buttonholes, and numbers forty or fifty thread on muslin, and sixty or even finer on thin cotton materials. Do not cut a buttonhole close to the edge; between a quarter and eighth of an inch is the usual allowance of the material between the end of the buttonhole and the edge of the fabric. Unless you are a practiced cutter you can hardly make a hole straight without the regular button hole scissors. Cut a hole that is a tight fit for the buttons, as working enlarges it.

"After cutting run a fine cotton thread all around the hole to keep it in

shape, and in working take the stitches from you. Commence at one end, and let each stitch touch. Put the needle in the wrong side and bring it out right side of a sixteenth of an inch below the edge of the hole; as the thread is drawn up put the needle back in the loop, which gives the buttonhole edge a durable and ornamental finish. As the ends are rounded spread the stitches a trifle, and when done rub with a thimble on the wrong side to flatten the work.

"Eyelets are worked in shirts, shirt-waists, evening bodices when laced in the back, etc., and are made like a buttonhole, except that they are round. Anyone able to embroider should make nice, even buttonholes, yet few women turn out really perfect examples. Experience and practice will accomplish much, and I advise working one each day until a perfect buttonhole is made.

"The stitches variously known as herring-bone, feather, rail, cat, and coral are all first cousins, and are generally used on infants' wear, lingerie, children's guimpes, etc.

"Smocking is beautiful handwork for yokes of children's frocks, blouses, dressing-sacques, and tea gowns, and is easy to accomplish. Smocking consists of laying small plaits by careful measurement, and then catching the edge of every two together with three overstitches, forming a tiny knot; then passing to the third plait, which is caught to the second one of the first two, leaving long, loose threads of silk beneath to secure the elastic appearance.

"The next row of knots or catches fastens every alternate plait, thus forming a kind of honey-comb cell. The knots are often of a contrasting color of silk.

"If a button has a metal shank, a hole must be pierced in the goods in which to run the shank; run a cord through and sew both cord and shank in place. If the button has holes to be sewed through, remember that the thread must not be pulled so tightly that the goods will be puckered beneath. Cross the threads as they come through the holes so that they form an X on the outside of the button, using heavy thread like linen twist or silk twist. On a properly-made coat or jacket the buttons are sewed on before the lining is hemmed down. Small, braid-covered buttons require short stitches loosely drawn and tightly fastened."

Neglect of the sewing machine is responsible for a deal of trouble to seamstresses, and the turning out of much unsatisfactory work. Every part of the machine should be kept thoroughly clean. See that it is well covered whenever the room is swept and at all times when not in use. Only the best quality of oil should be used, and it is well to apply the oil several hours before you sew. Then if the machine is wiped with a clean cloth just before using it there will be no oil to soil the garment you are making.

DUST.

DANGER.—The greatest danger from dust lies in the fact that it is almost universally accompanied by disease germs in large quantities, which are apt to become transferred to our bodies directly, or to our clothing or food, eventually securing a foothold in our system. This is especially so in cases of contagious or epidemic diseases. Poisons are often transferred in dust. Dust and dirt are always inviting to vermin and pests, as well as disease germs.

PREVENTING.—In winter there is no greater cause of dust in the house than the cellar, as described under "Cellar" in this Department, for there



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are kept the dirtier things of the house, and the ashes from the heater. This dust is sucked up by the hot air and distributed throughout the house. In summer the open windows are the greatest dust producers, and little can be done to prevent its entrance. Good screens will keep out a lot of dust, as well as insects. In sweeping, care should be taken to prevent the dust from rising. This can be done with damp tea leaves or sawdust, or with fresh-cut grass.

REMOVING.—Dusting should be done only when there is a strong draught to the outside going through the room, and should be done with a brush before sweeping, and with a rag afterward. The dust rag should always be shaken outside. Clothes should be brushed and dusted outside as much as possible. Where it can be afforded, a vacuum duster should be used. Dust and sweepings of city houses should be burned or deposited so they will go into the sewage, as it is almost impossible to take them far enough away to prevent them from getting back or into someone's house. It is not possible to prevent all dust and dirt from getting into the home, so the best thing to do is to keep it removed in the most sanitary way.

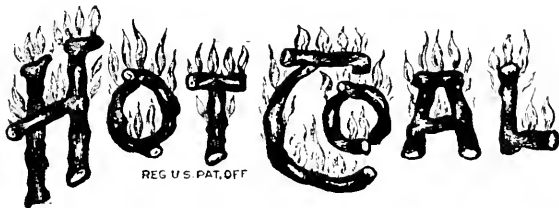
ECONOMIES.

BUYING.—The home-maker who has studied her art will find that she can buy far less expensive material, whether foods, furnishings or clothing, if she has learned how to use them to the best advantage. She who must be careful of her pennies will often find that she can save by going to a little trouble in hunting out the proper persons to buy from, always keeping in mind the fact that in most instances "the best is the cheapest." This applies especially to articles of a more permanent nature, such as furnishings, clothing, and so forth; but is often equally true of foods, on account of the smaller waste in the higher priced articles. While the securing of bargains should not be overlooked, the general buying is most economically done by selecting reliable individual dealers who come to know your wants and who treat you well and deal with you on a high-grade business basis.

FURNISHING.—The greatest economy in furnishing is to avoid overdoing it. Buy only what you have actual use for as utility or ornament. Overfurnishing spoils the effect in your home, is a useless waste of money, and makes so much more work to be done in keeping it clean. Purchase only such articles as are suitable to your station in life, but have them good, for good material is always economical, and a little of it makes a better appearance than a lot that is inferior.

HEATING.—"Don't Waste" should be your motto if you wish to heat economically. To avoid waste means that you must see that your fire is kept clean, the heater or stove and all its pipes and parts are kept clean and in good order, that your fire is kept burning evenly, and that you study out the best fuel for your particular use and purchase it to the best advantage. If the heating apparatus is not in good order the heat will waste in the cellar, walls and chimney. If the fire is not kept burning evenly the house will become overheated, and be opened to reduce the heat. Then it becomes chilled and must be heated again. The house should be carefully ventilated, but common sense will tell anyone that you cannot heat a house well if windows are left wide open. Heat rises, and if the air that feeds the heater is fresh, it will work to the top of the house or room, where there should be a

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small opening through which it can escape so slowly that there will not be a rush of air through the house. Fire that is on top of dead ashes may burn, but it will not throw off near the heat that it will when clear below. It is very essential to have the water pan in the heater kept full, or a pan of water on the stove, as dry heat will not carry well, while damp heat may be delivered to a distant point. The matter of fuel depends upon the particular house and particular heater or stove that it is wanted for, and also on the price of the different fuels in your locality. Old papers, boxes and baskets, and scraps of wood, if saved during the summer, may be used to heat the house on the first cool days, and delay the starting of the winter fire. Try different sizes of coal, or a mixture of coal and coke, and decide which is the best. If the man is away all day, the larger sizes of hard coal will keep well and save the constant attention during the day that is necessary when small coal or coke are used. Gas and oil stoves are often economical where a limited space is all that heat is needed in.

LIGHTING.—The saving of a few cents at the expense of eyesight is the poorest kind of an attempt at economy, and we therefore say that the first principle of economy in lighting is to have GOOD light. That does not necessarily mean a bright light, but one suitable for the work in hand. For reading or sewing the light should be bright and steady and shine on your book or work from over the left shoulder, so that the eyes are shaded from the direct rays. General illumination and light for meals may be softened by pretty shades and a decreased consumption of oil or gas or electricity. Light for writing should be like that for reading, provided it is not strong enough or in such position to cause a glare on the paper. Probably most of our readers will use more gas than any other illuminant, and we wish to impress upon them the economy of using some sort of burner which has a mantle. These burners give brighter and steadier light, and save their cost in gas in a very short time. Adjust them so that the mantle is all white when lit and there is no roar of gas. Probably the most common cause of waste is the allowing lights to burn which are not needed. Do not go out of the room and leave the light burning brightly. It is easy to acquire the habit of saving light, and then you are on the safe side.

LIVING.—The truest economy of living is not so much in doing without as it is in avoiding waste in what you have. This is another one of the thousand ways in which the good housewife proves herself entitled to the name, and is another cause for constant care and watchfulness. She must study to buy for the table so that no good food is wasted; she must see that clothing is kept in such condition that it looks and wears best; she must see that all the household furniture and furnishings are kept in good order, and that each part of the plan of home management dovetails in with all the rest. Throughout this entire book will be found helpful hints for economy in the household without the sacrifice of comfort, and the housewife can always devise special ways that fit her own case.

ENTERTAINING.

The proper entertainment of guests can only be determined by conditions. The treatment of a neighbor making a formal call will naturally be different from that of a relative on a visit, and the good judgment and natural tact of host or hostess must be relied upon. The most attractive hosts are those who are good listeners, allowing the guest to do most of the talking, but

deftly finding subjects that are interesting to them and keeping the conversation confined to them. Minister to the bodily comfort of your guests, and subserve your pleasure to theirs. "Small-talk" is sometimes necessary, but if possible guide the conversation onto current topics or some subject which will be interesting and improving. Such treatment will make your visitor hate to go, and will give them the impression that you are an excellent host, and a person of great judgment and high education, though you have done nothing but carefully guide the conversation. If refreshments are used at all, make them seem incidental. To make them prominent is considered vulgar. Whispering, muffled talk, or sly, knowing glances make the guests infer that they are the subject, or the communication would be open. This immediately makes them suspicious and the situation uncomfortable for them.

FIRE

TO PREVENT.—See Index.

IN CASE OF.—See Index.

FOR COOKING.—In Philadelphia there are very few houses which do not have gas in them, and this means of cooking is rapidly and deservedly becoming more and more used. This is particularly so since such improved and convenient and cheap gas ranges have come into the market. They are cheaper in fuel, too, where there is comparatively little cooking to do, as there is absolutely no expense except while actually cooking. Many housewives claim, however, that you cannot get the same results with certain dishes that can be had by using coal, and it is probable that most women can roast and bake better with coal, while for boiling or frying the gas range is considered better. In either case, both the fire and the stove should be kept clean. In a coal range, the soot and ashes should be removed frequently from above and below the oven, as heat for baking or roasting most foods should be severe and dry.

FOR HEATING.—See "Heating" under the heading "Economies," in this Department.

FLOORS.

If the floors, or any part of them, are not to be covered, a little work at first will save a great deal of work later. First sweep the part which is to remain uncovered, and then scrub well. After it is thoroughly clean and dry, fill the cracks with putty of about the same color as the floor, or a little darker. Then get a wood filler and coat well once or twice until the pores of the wood are filled. After this is well dried, apply some liquid floor stain of the desired color. Unless the stain contains some hard gloss coating, a coat of shellack or spar varnish should be added. Floors treated in this way may be wiped up with a damp cloth very quickly and easily. If the floor is of hardwood, take out stains, if any, with ammonia, fill all parts bleached and coat with floor polish two or three coats. Then take pumice stone and oil and rub over the surface lightly. This may be kept in good condition by occasionally rubbing with furniture polish. The subject of carpets has been discussed under its own heading, but much may be said in favor of oil-cloth, linoleum and mattings. The better grades of linoleum wear very well and are excellent for kitchens or places that should be scrubbed often. Mattings collect less dust and are easy to clean. They make very desirable floor-coverings for bedrooms, with rugs over them, and are cool and refreshing in summer.

FLOWERS.

Cut flowers should not be allowed to remain in bedrooms at night, as they throw off injurious gases. The condition of flowers may be kept up by cutting off the ends of the stems and changing the water frequently. Flowers with a heavy, pungent odor should not be kept in a sick room, as they are often oppressive to the patient. Cut flowers may be kept fresh and odorous for several days by wrapping the stems in a thin fringe of cotton batting that has been dipped in salt water and then rolling them in a strip of tinfoil. When not being worn, keep them with the stems in a glass of salt water in a cool room and cover the blossoms with tissue or oiled paper. Water in which mignonette has been placed should be changed often, for it quickly becomes foul. Do not mix heliotropes with other cut flowers in water. They decay very quickly and will harm the other blossoms. Cut flowers that have become wilted may be refreshed by clipping the ends and dipping the stems into hot water for a few minutes and then into cold.

GAMES.

In the best and happiest homes games and pastimes have their place. There can be no doubt that men and women are helped to happier and better lives by home amusements. The children who are permitted and encouraged to enjoy healthy and innocent games at home cling closer to their homes. They are not tempted to go elsewhere for the amusement for which Nature has given them the desire.

The danger in driving children away from home for amusement is particularly great in the case of boys. For boys whose home life represses every buoyant feeling and desire for fun and romping, the forces of evil are ever lying in wait. There are pitfalls and traps enough for boys at the best. Do not help to put them in the way of these perils by refusing them amusements at home.

Parents, too, are better for joining in their children's games and pastimes. It lightens their cares; it helps to keep their brains clear for the larger duties of life, and tends to keep them young. Above all, participation in your children's sports keeps you in that close and intimate touch with their lives, their thoughts, and their aspirations in which the truest family relations are found, and to attain which far too many parents fail. You do not want your children to grow away from you. Do what you can to prevent this by giving them amusements at home and sharing the pleasure with them. Keep the home pastimes within proper bounds. Because these amusements are desirable and good, they must not be permitted to fill up an undue share of the home life. Every member of the family, young or old, should have duties to perform for himself and others, and with these the games must not be allowed to interfere. Studies must not be neglected for sports. Not until the day's lessons are learned and the day's duties done should the games appear.

Other things being equal, outdoor games are preferable to indoor sports for their wider exercise in fresher air, but these are often out of the question, and, of course, are not to be thought of in the long evenings of winter. It is well not to entirely forget exercise in making up a program for an evening's games, but it need not be of the violent or too noisy kind. The familiar games of blind man's bluff, bean bags, battledoor and shuttlecock, parlor ring toss, grace hoops, and parlor tenpins are excellent for children and grown folks who

have had little exercise. They give mind and body mild but stimulating and healthful activity, and are helpful after a rainy day which has kept everybody indoors.

There are many pleasant home games in which parents and children may join, and which cannot be obtained at the toy stores. Some of them are given herewith:

JENKINS UP.

Divide the players into equal sides and seat them on opposite sides of a large table—the dining table is generally the best. One side takes a silver quarter or other coin, and all the players on that side hold their hands out of sight under the table. While the leader of the other side slowly counts ten the first side players pass the coin quickly back and forth from hand to hand under the table, until at the end of the count the signal, "Jenkins says hands up," is given. Then all hands on the first side must be raised with fingers tightly closed and elbows resting on the table. Of course, one of the players will have the coin in his hand, but he must not betray the fact. At the signal from the opposite side, "Hands down," all drop their hands to the table, opening the fingers so that the hands rest flatly on their palms. The second side must now find the hand under which the coin is concealed. They agree upon a hand they believe does not conceal a coin, one hand at a time, until the coin is revealed, the object of the second side being to have the hand covering the coin the last one left upon the table. When the coin is revealed it is passed to the other side, which conceals it as the first one has done, and so on. The hands on the table when the coin is found count one each against the side which is hunting for it. The side loses which first has fifty hands scored against it. Each player keeps special watch on the player opposite, so as to catch any sign he may betray of having the coin.

"IT."

One of the players is sent out of the room, and the others place their chairs in a circle and agree that "It" shall be his or her left-hand neighbor. The outside player is then called in, and it is his duty to guess what "It" is. Stepping into the circle, he asks one of the players some questions about "It" which can and must be answered "Yes" or "No," and the player questioned must have his left-hand neighbor in mind when he answers. Questions are asked in turn of each player, going to the left around the circle. The questions and categorical answers are sure to make a lot of fun from the start, and are to be kept up until the one in the centre guesses what "It" is.

CHARACTERISTICS.

Write on slips of paper seven or eight questions, the answers to which, if truthfully given, should tend to bring out the player's characteristics. For example: "What is your favorite book?" "What is your idea of happiness?" "What do you think of matrimony?" Each player writes an answer to each of the questions. The answers are then read without giving the writer's name. The one who rightly guesses from the answers who wrote the larger number wins the game.

EYES AND NOSE.

Hang up in the doorway a sheet or large piece of paper and cut in it two holes for the eyes and one hole for the nose. Let one-half of the players be in front of the sheet and the others behind it. Each of the latter players steps up

and looks through the eyeholes, letting the nose appear through the hole cut for it. Those in front of the sheet are to guess who it is whose eyes and nose they see, being allowed one minute for observation. Then the players change sides, and those who first posed become the guessers. The side making the larger number of correct guesses is the winner.

A variation of eyes and nose game is to place a lamp so that it casts shadows of the players' profiles or hands or entire heads, those in front to guess whom the shadows represent.

MIXED FLOWERS.

Select the name of ten well-known flowers and mix up the letters in each name, as "negumiar" for geranium, "sanpy" for pansy, etc. Write these mixed names on slips of paper, one for each player, and allow so many minutes to sort out and write the correct names of the flowers. The winner is the one having the longest correct list at the end of the contest.

MEMORY.

Place on a table in a room from which the players are excluded a collection of all sorts of things, small and large, and having no relation to each other. Call in the players, one at a time, and allow each one minute to look at the things on the table, without touching them. After all have seen the table distribute paper and pencils and allow five or ten minutes for the players to write down what they saw on the table. The one writing the longest correct list wins the game.

FIVE SENSES.

This is an enlargement of the memory game. Arrange one table as for Memory, and cover it with a cloth. On another table place various articles under a sheet, and on a third table tiny portions of articles to be eaten or drank. On still another table put various articles having more or less characteristic odors, such as vinegar, coffee, cologne, etc. These tables represent the senses of sight, touch, taste, and smell. The cloth is lifted from the first, and the players are allowed two minutes to look at the articles, as in the Memory game. On the second table the players have two minutes in which to feel of the objects under the covering. At the third table a taste of each article is taken, and at the fourth table one good "sniff" of each article. Then a person behind a screen strikes twice on each of various musical instruments, dishes, glasses and other articles which have distinctive tones. After this the players are given slips of paper and pencils and allowed ten or fifteen minutes to write out what they saw, felt, tasted, smelled, and heard. The longest correct list, counting all senses, wins the game.

CANDLE DUEL.

Blindfold two players, but have the handkerchiefs thin enough so that the wearers can see the glimmer of a lighted candle, which must be carried in the left hand, while the right hand must be held behind the back. Turn the lights low and let the contestants try to blow out each other's candle. The first one succeeding is the winner. Only the larger children or adults should try this game, for it is too much like "playing with fire" for the little ones.

HUNT THE PENNY.

With a sharp knife "nick" a copper cent so that a tiny point will stick up from its face. Press this against the dark wood of any article of furniture,

mantlepiece, or the like, in plain sight, and then call in the player to find it. Like the white paper around the candle, it is not so easy as one might think to find.

GEOGRAPHY.

Two persons must be in the secret to play this game. One of them is sent out of the room, and the others choose the name of some city or State, river or mountain. The outsider is then called in, and the second player who understands the game asks him questions as to what has been chosen. Suppose it is Chicago. "Is it New York?" the player will ask, and the answer will be "No" very promptly. "Is it Buffalo?" "No" will be the answer. "Is it Chicago?" and, to the astonishment of the others, the answer will be "Yes" at once. The explanation is that just before asking the question which will give the right name the questioner mentions an animal. In this case "Buffalo" gave the outsider notice that the next name mentioned would be the chosen one.

GLOVES.

CLEANING.—Rub with very slightly dampened bread crumbs. If not effectual, scrape upon them dry fullers earth, or French chalk, when on the hands, and rub them quickly together in all directions. Do this several times. Or put gloves of a light color on the hands, and wash the hands in a basin of spirits of hartshorn. Some gloves may be washed in a strong lather made of white soap and warm water, or milk, or wash with rice pulp. Or sponge them well with turpentine.

HOUSEKEEPING ADVANTAGES.

The greatest advantage to be derived from housekeeping is the privacy and home life that is not possible in any other condition of living. If it is in any way possible all the newly-married people should keep house, at least for the first few years. It is the family community that teaches the sacred ties of home which engender a home love that nothing can destroy, and which will withstand all the temptations and allurements of the world. To those who work together in establishing and keeping their home, it becomes dearer and dearer as the years roll by and is to all of the family the grandest and most attractive place in the world. There may be circumstances where it cannot be done, but where it is possible we strongly advise the young folks to start their own home, even if it must be done in a very modest way. In fact, the happiest homes are usually those which started with little and have been gradually equipped and perfected by the labors and love and co-working of man and wife together. In far the majority of cases it is advisable to be alone, no matter how dear the parents of either may be, for some slight discord will almost invariably creep in and lead to less pleasant relations than if each were masters and mistresses of their own domicile. Then, too, it brings out the individuality and initiative of the young people and keeps them from always depending on someone else. The economy of housekeeping depends on many things. For those of true economical nature it is cheaper than boarding, but for those who are not willing to do the best they can with what they have, and be contented, or those who must attempt to equal others more fortunate than themselves in the matter of wealth, it had best not be undertaken. One of the greatest canker sores in the American home today is the tendency to ape those who are better off. The Sheriff gets a lot of his work from this source, and happiness is de-

stroyed by it whenever it gets hold of a victim. Those whose approbation is worth having will always have respect for people who make no pretenses, but live happily within their means, while they have contempt for those who try to make themselves appear to be what they are not. Some people think they can deceive others by appearances, but they seldom do. Keep your home neat and tidy, and always improve it so that as you become better off you naturally drift into your rightful place in the higher walks of life and look down upon those who tried to accomplish the climb by masquerading. For the training of children, housekeeping is the only proper atmosphere, as there they are under your own influence, instead of being affected by strangers of varying type. Do more than keep house, make a home, be kind, courteous and generous in the home, and always do your best there, for the opinion of strangers should be of less consequence to you than the opinion of those you love.

HOUSEKEEPING HINTS.

TO CLEAN GILT FRAMES.—When the gilt frames of pictures or looking glasses, or the gilt mouldings of rooms have dirt specks upon them, from flies or other causes, they can be cleaned with the white of an egg gently rubbed on with a camel's-hair pencil.

TO CLEAN HAIR BRUSHES.—Dissolve a piece of soda in some hot water, allowing a piece the size of a walnut to a quart of water; put the water into a basin, and, after combing out the hair from the brushes, dip them, bristles downward, into the water and out again, keeping the backs and handles as free from water as possible. Repeat this until the bristles look clean; then rinse the brushes in a little cold water; shake them well, and wipe the handles and backs with a towel, but not the bristles, and set the brushes to dry in the sun, or near the fire. Wiping the bristles of a brush makes them soft, as does also the use of soap.

TO CLEAN JEWELRY.—Mix and keep corked, aqua ammonia, 1 oz., and one-eighth of an ounce of prepared chalk.

To use for rings, or other smooth-surfaced jewelry, wet a bit of cloth with the compound, after having shaken it, and rub the article thoroughly; then polish by rubbing with a silk handkerchief or piece of soft buckskin. For articles which are rough-surfaced, use a suitable brush. It is applicable for gold, silver, brass, britannia, plated goods, etc.

TO CLEAN LEATHER.—Uncolored leather may be cleaned by applying a solution of oxalic acid with a sponge. Dissolve in warm water.

TO CLEAN MARBLE.—Use three ounces of pearl ash, one pound of whiting, and three pints of water well mixed together, and boil for ten minutes; rub it well over the marble and let it remain twenty-four hours; then rub it off, and dry with clean cloth.

TO DRIVE MOTHS FROM FURNITURE.—Moths may be exterminated or driven from upholstered work by sprinkling it with benzine. The benzine is put in a large watering-pot, such as is used for sprinkling house plants; it does not spot the most delicate silk, and the unpleasant odor passes off in an hour or two in the air. Care must be used not to carry on this work near a fire or flame, as the vapor of benzine is very inflammable. It is said that a little spirits of turpentine added to the water with which floors are washed will prevent the ravages of moths.

TO MAKE HOUSEHOLD CEMENT.—A durable cement is made by burning oyster shells and pulverizing the lime from them very fine; then mixing it with white of egg to a thick paste and applying it to the china or glass, and securing the pieces together until dry. When it is dry, it takes a very long soaking for it to become soft again. Common lime will do, but it is not so good; either should be fresh burned, and only mix what is needed, for when once dry you cannot soften it.

TO MAKE MUCILAGE.—An excellent mucilage may be made by taking one ounce of gum arabic, as much corrosive sublimate as will lay on a silver ten-cent piece; put it into a jar and pour over it one quart of cold, soft water; let it stand twenty-four hours, then stir, and it is ready for use, and it will keep as long a time as is desired.

TO MAKE SILVER POLISH.—Cream of tartar, two ounces; prepared chalk, two ounces; pulverized alum, one ounce. Water sufficient to make a paste. Apply with soft cloth, allow to dry and polish with flannel.

TO PREVENT RUST.—Melt and strain, while hot, two ounces of tallow and one ounce of resin.

Apply a light coat of this and you can lay away any articles not in constant use for any length of time, such as knives and forks, or mechanics' tools which are being laid by, or much exposed. But for axes or other new tools, which are exposed to the air before sold, you will find the following varnish preferable:

One gallon of best alcohol, two pounds of gum sandarach, one-half pound of gum mastic. Place all in a tin can which admits of being corked; cork it tight, and shake it frequently, occasionally placing the can in hot water. When dissolved it is ready for use.

TO PURIFY SINKS AND DRAINS.—To one pound of common copers add one gallon of boiling water, and use when dissolved. The copers is deadly poison and should always be carefully labeled if kept on hand. This is one of the best possible cleaners of pipes and drains.

TO PURIFY WATER.—Put into it powdered charcoal, then filter through a compressed sponge, and it will become perfectly sweet, however impure previously.

Water may be filtered and purified by means of a deep flower pot, with a compressed sponge in the hole at the bottom. Put over the sponge an inch thick of pebbles, next an inch of coarse sand, next a layer of charcoal, and over again pebbles. The water will filter pure and clear through the hole into another vessel.

TO REMOVE IRON RUST.—Try salts of lemon. Buy it from your druggist and keep it out of the children's way. Wet the stains, rub in the salts of lemon and lay goods in the hot sun. If the first application does not entirely remove the iron mold, renew it, always leaving in the sunlight for some time.

TO REMOVE MILDEW.—Soap the linen previously wetted, and apply salt and lemon juice to both sides, or apply finely powdered pipe clay, or fuller's earth, or finely powdered chalk. Expose it for several hours to the atmosphere.

TO REMOVE ODORS.—Sprinkle chloride of lime, or burnt coffee is a good disinfectant, and it is very agreeable. For water closets, night chairs,

etc., chloride of lime and even common lime should be used. Or one ounce of sugar of lead, one ounce of aqua fortis, in nearly one quart of water. This is effectual to cleanse utensils from bad odors. Or charcoal powder and camphor dissolved, the articles well-rinsed with the composition.

TO REMOVE STAINS.—If you have been picking or handling any acid fruit, and have stained your hands, wash them in clean water, wipe them lightly, and while they are still moist, strike a match and shut your hands around it so as to catch the smoke and the stains will disappear. Before fruit juice dries, it can often be removed by cold water, using a sponge and towel if necessary. Rubbing the fingers with the inside of the parings of apples will remove most of the stain caused by paring. If you have stained your muslin or gingham dress or your white pants with berries, before wetting them with anything else, pour boiling water through the stains and they will disappear. Ink, also, if washed out or sopped up from the carpet immediately when it is spilled, can be almost entirely removed. Ink spots on floors can be extracted by scouring with sand, wetted in oil of vitriol and water. When the ink is removed, rinse with strong pearl ash water.

TO REMOVE TIGHT RING.—Envelop the finger in a length of flat rubber braid, beginning at the tip of the finger and laying it on closely and tightly, so as to exert its elastic force gradually and gently upon the tissues. When the binding is completed, the hand should be held up and in a few minutes the swelling will be perceptibly diminished. The braid is then taken off and immediately reapplied in the same manner, when, after another five minutes, the finger, if again rapidly uncovered, will be small enough for the ring to be removed with ease.

TO CLEAN GREASY TIN OR IRON.—Pour a few drops of ammonia into every greasy roasting pan after half filling the pan with warm water. A bottle of ammonia should always be kept on hand near the sink for such uses; never allow the pans to stand and dry, for it doubles the labor of washing, but pour in water and use the ammonia, and the work is half done.

HOUSE PLANTS.

No room in the house should be without its flower or growing plant. They do as much as any other thing to brighten the home and its surroundings. And there is not a home in the land so poor that it cannot have a flower or plant. A great deal of useful information may be had from books on floriculture, but an ounce of practical experience with the growing flowers in the house and garden is worth several pounds of book instruction. Each plant and flower has its own peculiarities, and must be carefully studied. Of two flowers of the same family one will thrive best in the hottest sun, and the other needs only half as much bright light. One will need a great deal of water and the other only a little. If raised in the house, one will require a small, but deep pot and the other a broad and shallow one. Success in flower growing depends upon finding out what treatment your plants call for and seeing that they get it.

While all flowers and plants need air and light, there are numerous handsome varieties which do not demand strong sunlight, and it is not necessary to confine your indoor plants to rooms open to the sun. You may have as attractive an indoor garden around a sunless window as where the sun shines brightly. The length and width of boxes for a window garden must depend



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upon the size of the window. Let them be as long and as wide as the sill will allow. They should be from eight to ten inches deep. Shallow boxes do not give root room for deep-growing plants. Consult your own taste as to the material for the boxes, remembering that flowers will flourish as luxuriantly in a box made out of cheap pine boards as in a costly box of hard wood or tile. Many florists consider wooden boxes preferable. Bore small holes in the ends, near the bottom, for drainage purposes. If of wood, paint the boxes to harmonize with the woodwork and wall covering of the room. Elaborate decoration is not necessary. It will be covered up by the much prettier decoration of the plants themselves.

Do not fasten flower boxes to window or wall. Let them rest on the sill and firm brackets or stands. You should be able to easily lift and turn them or shift their position to another window. Many persons do not plant flowers directly in the boxes, but keep them in pots set in the boxes. This enables an easy arrangement of flowers or plants whenever desirable, and permits turning any one without all the others in the box. Most flowering plants grown in the house need to be turned occasionally to insure symmetrical growth. In reaching toward the light they will grow out of shape if left too long in one position.

All flowers planted in the same box must have practically the same treatment, no matter what may be best for each individual plant. In watering, especially, all must share alike, though one plant may not need nearly as much moisture as its neighbor. Where pots are used this difficulty is entirely avoided. Let the soil for all your plants be rich and light. Bonemeal makes an excellent fertilizer for poor soil in boxes or pots. The earth should not harden into cakes after watering. If it does, put in enough coarse sand to lighten it. The bottom of the box should have a layer of coarsely-broken charcoal to serve as a foundation for the soil and to assist in drainage.

If you decide to plant in boxes, be careful to select for each box such varieties as require about the same condition of soil, light, and moisture. Plants calling for strong sunlight should not be placed in the same box with those thriving best in half-light, nor should flowers requiring a great deal of water be in the same box with those needing a dry soil.

The box on the window-sill is the simplest form of the indoor flower garden. It is the foundation for a floral bower that may be arranged in the countless number of pretty and effective designs, just as your taste and fancy may dictate. Brackets and swinging shelves on each side of the window may carry flowers, plants, or vines trained in any way you wish. Trellis work may be carried all around the window, on either side, or simply overhead, rounded, pointed, arched, and squared, covered with running vines. Hanging baskets may be suspended from top or sides to help complete a charming floral picture. If the window is large, a shelf for plants may be run across the centre, from side to side, without shutting out too much light. One of the greatest pleasures in raising flowers in the house is in designing artistic window gardens and in arranging each plant so that it shall do its full share in adding to the beauty of the whole. Individual taste, too, must select the flowers, plants, and vines to be used. Sun-loving plants cannot be expected to do well in windows where the sun does not enter, nor can flowers which droop in bright sunlight be successfully used if placed where the sun pours upon them. If your indoor garden is in a window having a southern exposure, roses, geraniums, heliotropes, fuchsias, and similar flowers will rarely fail to give good results. In general, all high-colored flowers are suitable for a sunny window garden.

For a garden in a shady window primroses, hyacinths, calla lilies, white azaleas, and begonias are some of the flowers most likely to be successful. Nearly all varieties of ferns thrive in a sunless window, and most of the palms and common rubber plants do well in such a garden.

Nasturtium, asparagus, and smilax are effective running vines for window gardens. Beautiful borders for window boxes can be had by planting sweet alyssum and mignonette. Acorns planted in wet moss in a shallow dish are very decorative. They need plenty of warmth and grow very rapidly.

Saxifrage, moneymusk, and othonna are excellent plants for hanging baskets. A coarse sponge, dampened and sprinkled thickly with flax, mustard, or clover seed, will become a very pretty hanging garden if suspended by a string in the window.

Bulbs for flowers for the winter window garden should be planted in September or early in October. This will bring them into blossom for the Christmas holidays. The Easter lily and the freesia should be potted in August. See that the soil is rich. Give it a thorough watering after planting the bulb, and set the pot away in a dark closet or in a dark place in the cellar, and let it alone for six or eight weeks, except to give it a little water if the room in which it is kept is very dry. The bulb must be thoroughly rooted before the plant is brought to the light. Freesias, hyacinths, narcissus, and daffodils are easy bulbs to grow.

Plants raised from seed are likely to be fully as vigorous as those from cuttings, and are much more likely to be free from disease. Some of the best flowers for the home in winter, raised from seed, are the sweet alyssum, mignonette, dianthus, stocks, and primrose. Flowers from cuttings that may be best raised for the winter window garden are verbenas, carnations, geraniums, roses, heliotropes, lantanas, ageratums, and coleus. To root these plants place the tender ends of the branches in sand and keep the sand well moistened. After they have rooted cut the tips and place the new plant in a pot filled with good, rich soil. As the plants grow keep them well pruned back to give them shapely forms and induce a strong new growth.

In a general way what has been said of the indoor garden applies equally to the outdoor window garden—the only outdoor garden that many dwellers in the city can have. There is the same opportunity for the judicious selection of plants and flowers, with a much longer list of flowers in summer than in winter from which to make your choice, and the same chance for plain or elaborate designs, with the window box as the base.

In most large cities the great majority of dwellings have only small back yards available for flower-raising, and these are often so very small that there is really no room for a flower bed. Yet even in these restricted spaces a little care and ingenuity will bring about astonishing results. A small tub containing some quick-growing vine placed on top of the post which holds up the clothes-line will turn the post into a thing of beauty. Running vines planted at the foot of a post will add to its attractiveness. Tall flowers, like hollyhocks and sunflowers, can be planted close to the fence, where they will please the eye without taking up needed room. Barrel hoops may be fastened to the fence in such a way as to make, when covered with vines, a canopy under which a seat may be placed in pleasant weather. By planting tall flowers near the fence, medium growers just in front of these, and smaller plants in front of the latter, you can get the effect of a large surface of flowers with only a few inches of actual space taken up in the yard.

Scores of other effective ways of utilizing the small back yards in beautifying your surroundings will be sure to suggest themselves if you will give the matter a little study. Do not neglect the back yard. The view from the rear windows of a home in a city block is not apt to be inviting at its best. You can do much to make it attractive by making a garden of your back yard, and in thus giving pleasure to yourself you are also giving pleasure to your neighbors whose windows look out on your yard. Often, too, your back yard garden will induce your neighbors to improve their yards, so that the whole interior of a block may be made beautiful and the pleasures of home life enhanced.

One of the most frequent causes of failure in raising flowers in the home is improper watering of the plants. The most common mistake is to give too little water. While plants differ greatly in the amount of moisture they require, it is easier to give them too little than too much. It is not enough to merely moisten the surface of soil in box or pot. The earth should be saturated all through, so that the lowest root of the plant may get its share. Do not let the soil harden or "cake" after watering. It should be kept loose. If the plant is one having a mass of roots, run a stiff wire through the earth two or three times before watering, so as to form little channels for the water to penetrate the mass. Do not try to water plants by putting water in saucers to be drawn up from the bottom of the pot. The plant will get very little of it, for most of the water will evaporate. Do not water the roots alone. The leaves of a plant and the petals of a flower need water as much as the roots. Dust and dirt clog the pores of leaves and prevent the plant from getting the most good from the air and moisture. Sprinkle the leaves and petals well every time you water the plant. The under side of leaves should also be occasionally moistened. This can be done with a gardener's syringe. In the case of plants with large leaves it will pay to lightly wash the leaves with a wet sponge. In watering house plants use water of the same temperature as the room in which they are kept. Rain water is the best. Spring water should not be used unless it has been exposed to the sun several days in shallow vessels.

IRONING.

PREPARING STARCH.—Take two tablespoonfuls of starch dissolved in as much water; add a gill of cold water; then add one pint of boiling water, and boil it half an hour, adding a small piece of spermaceti, sugar or salt, strain, etc. Thin it with water.

STARCHING.—Muslins look well when starched, dried while the starch is hot, then folded in a damp cloth till they become quite damp before ironing them.

SPRINKLING.—Clothes should be sprinkled with clear water, and laid in separate piles; one of flannels, one of colored, one of common and one of fine articles.

FOLDING.—Fold the fine articles and roll them in a towel, and then fold the rest, turning them all right side outward. Lay the colored articles separate from the rest. They should not remain damp long, as the colors might be injured. Sheets and table linen should be shaken and folded.

IRONING.—In ironing a shirt, first do the back, then the sleeves, then the collar and bosom and then the front. Iron calicoes generally on the right side, as they thus keep clean for a longer time. In ironing a dress, first do the waist, then the sleeves, then the skirt, unless a skirt-board be used. Silk



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should be ironed on the wrong side, when quite damp, with an iron which is not very hot; light colors are apt to change and fade. In ironing velvet, turn up the face of the iron, and after dampening the wrong side of the velvet, draw it over the face of the iron, holding it straight; always iron lace and needlework on the wrong side, and carry them away as soon as they are dry.

KITCHEN.

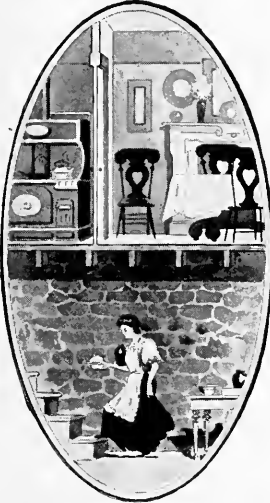
CARE.—This important duty should never be left entirely to the help. We have heard women boast that they never went near their kitchen, and have seen the kitchens and realized that if they did go into them they would not care to eat what came out of them. If you hire help, keep a watchful eye over the condition and care of the kitchen, and if you do your own work, do not spare any time or trouble necessary to keep it in perfect condition. In the kitchen someone must spend a large portion of their time, and it should be as pleasant a room as possible. It should be particularly clean, for here our food is prepared and all its ingredients are exposed to any dirt or germs which may be around. The room should be particularly well ventilated, so that the air may be kept pure and fresh and no odors allowed to pass through the house. It should be ventilated in a scientific manner so that no chilling drafts strike on the stove or the food in process of cooking. Kitchen walls should be wiped down frequently, as the grease and steam that is necessarily in the air forms a coating on the walls that collects dust and germs.

DEVICES.—So much of the household work is done in the kitchen that it should be equipped with all the sanitary and labor-saving devices possible. This does not necessarily mean any great outlay of money, as much can be made by any one a little handy with tools. There should be a draining board attached to the sink, with grooves in it leading to the sink. This may be made of any kind of wood or metal and covered with oil-cloth, but is better made of maple and attached in such a way that it may be readily removed and scrubbed. There are many kitchen tables and cabinets on the market, which come fitted with numerous slides, drawers and compartments, but these may be replaced by making additional sub-divisions of what furniture you have. One of the most useful articles of kitchen furniture is a single table covered with zinc and with a turned-up edge three-quarters of an inch high. On this may be done all work that causes any slop or wet, and it may be wiped up and kept clean very easily. The equipment of the kitchen in utensils is dependent on the purse and requirements of the individual, but do not buy a lot of things that you will seldom need, for they must be constantly cleaned. Aluminum cooking utensils are very convenient, and save time in cooking. They cost more in the first place, but usually outlast the others if well cared for. Enough equipment should be bought or made to have a definite place for everything, and it should be kept there. Have a plenty of clean covers so that foods need not be long exposed.

REFERENCE.—Every kitchen should be equipped with a good clock, a calendar and a sand-glass for timing short cooking. This book should always be kept ready to your hand, as you will find after using it a while that there will be dozens of times during a day that you will find the information of value, and you can turn to it in a minute, while months were consumed in getting it in form for you. Good, complete cook books are also useful to those who work by such guides, but we strongly advise the housewives to develop originality in her food preparations and make viands of her own.

The Imperial Kitchen Elevator

was planned with one object in view: that of cutting down the hard, wearisome, never-ending daily labor of the housewife.

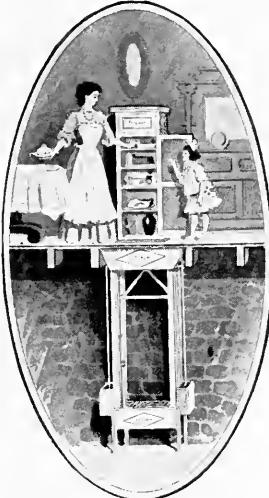


The Old Way

You know the feeling of depression, the utter weariness, the back-ache, the premature old age, and even serious illness which may be laid directly to the cellar stairs.

The average housewife, in preparing the meals of a single year, walks 61 miles—mainly up and down stairs. The time she spends in doing it is over 5 weeks out of the 52. She carries in her hands over 7 tons, and makes from 6,000 to 10,000 trips to the cellar every year.

THE Imperial Kitchen Elevator is an invention which enables you to remove your refrigerator, kitchen cabinet, cupboard and breadbox out of your crowded kitchen. It enables you to keep them and their contents in the coolness of the cellar, and have them all right back in the kitchen in an instant. Ice bills are cut in half; fruits are preserved from decay, and all other foods kept from spoiling both during the hot days of summer and in the winter heat of the kitchen.



The Imperial Way

Everything for the preparation of the meal is kept in *one place*. A touch of a push button, and the place comes to you; no steps whatever, no cellar stairs to climb. A gentle push sends the elevator and its contents out of the kitchen during the heat of cooking and out of the way during the cleaning up. If your ice-box or cupboard is in the cellar, the Imperial Kitchen Elevator cuts out your many weary journeys down and up the cellar stairs.

The Imperial Kitchen Elevator is a space-saver, a time-saver; an additional servant in the house.

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Do not confuse an Imperial Kitchen Elevator with a dumbwaiter. Its construction is as different as its purpose. Both travel from floor to floor, but all resemblance stops there. There is no complicated mechanism to get out of order about the Imperial. Nothing to prevent its smooth working all the time—it never sticks or jams. It is out of sight and out of mind until wanted. Any handy man can install it in any home.

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LIBRARY.

An easy and common mistake is to **START** the library wrong. No matter how small the start, the books should be only good ones both in subject and author, and also in binding and print. No more books should be bought than you have proper facilities for taking care of. Of course, there will be certain young couples whose interests centre in particular subjects, and this will be plainly shown in their library, but generally speaking, the library should cover as broad a field as possible so that the education you get from them will be general and well balanced. Good fiction has great value and is interesting, and a certain portion of it should be in the library, but it should not exclude others that are just as important. You should have some history, particularly of your own country. Some histories are just as fascinating as fiction. Biographies of great men are very instructive as to customs and manners of the times in which they lived. Stories of travel, adventure, exploration and geographical research that are interesting as well as instructive should be included. Poetry should also have its place, for though not so popular now as it was a few years ago, it is the great refiner of language and expression and thought. Read only the poems of master poets if limited to a few. Books of science should not be neglected, and a good dictionary and encyclopedia should be on hand for reference when questions come up on which information is lacking. Whatever your selection or the quantity of books you may have, never forget that **NO UNUSED BOOK IS VALUABLE**, for it is only by absorbing the knowledge that we gain from reading, and applying it in our lives, that they are of any service to us.

MATCHES.

These always useful articles are extremely cheap, and unless your home is equipped with gas lighters or electricity, they should be in an accessible place in every room. Care must be taken, however, to make them inaccessible to children and also to mice or rats. Match safes hung on a wall away from anything on which mice can travel, and high enough to be out of the reach of children, will be, indeed, what their name says. Safety matches are better for household use, for, while short and quick-burning, they burn long enough to answer for most purposes.

MATTING.

This style of floor-covering is cheaper, cooler and cleaner than carpet, but naturally does not wear so well. Being of an open texture, it must be taken up frequently, and the floor under it well cleaned.

MOTHS.

Take one ounce of Tonquin beans, caraway seed, cloves, mace, nutmeg, cinnamon, well ground; add six ounces of Florentine orris root; mix well, and put in bags among your clothes.

MUSIC IN THE HOME.

This is one of the great home-making influences, and should be encouraged, as, unless abused, its influence is decidedly for good. Good music appeals to and brings out the artistic and finer characteristics of our nature, it is cheerful and inspiring, it is restful and soothing, and its expense is usually returned with big interest in the influence it brings into the home. It helps to make the

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home more attractive for the ladies as well as the men and children. What prettier sight than a happy family having a little concert of their own, with each taking some part, even if unimportant! Popular music is usually catchy and inspiring, and is of good value when cares bear you down and some reaction is necessary to restore your natural balance, but this should not be allowed to exclude the masters or the classic, which appeal more to the sentiments and deeper feelings. Vocal music may always be had, and is the natural method of showing joy. Instrumental music is to be encouraged, too, for it adds greatly to the value of the vocal when rendered together, and may be had when voices are out of order, or singers are tired. Some persons cannot render music, but all enjoy it, and players seldom find it an effort, but usually restful.

OIL CLOTH.

We should never forget that this is merely cloth that has been filled, painted and varnished, and that it must have the same care and treatment as any other painted surface. Heat will blister it, acid will ruin it, sharp bending will break it, and liquids that will remove paint will remove it. Do not scrub it too frequently with strong soap and hot water. Never use benzine, gasoline, alcohol or naphtha to clean it; never allow wet soap to stand on it. The proper way to clean it is to wash the dirt off with cool, soft water and then rub and polish it with a woolen cloth.

OLEOMARGARINE.

The greatest objection to this product is the deception practiced in selling it as butter, for in itself it is not bad tasting or injurious. It is made under license and inspection, and is usually pure and wholesome, and very useful and economical as a substitute for butter in cooking. If you are suspicious that it is being sold you as butter, melt a little of it in a saucer, and, while in an oily state, set fire to it and then blow it out quickly. If it is butter it will exude the odor of butter while cooking, but if oleo it will smell like a tallow candle which has just been blown out.

PAINT CLEANING.

Use little water at once; keep it warm and clean by changing it often. A flannel cloth takes off fly specks better than cotton. Soap will remove the paint, so use but little of it. Cold tea is the best liquid for cleaning varnished paint, window panes and mirrors. A saucer of wood ashes should always be standing at hand to clean unvarnished paint that has become badly smoked; it is better than soap. Never put soap upon glass unless it can be thoroughly rinsed off, which can never be done to window glass. Wash off the specks with warm tea, and rub the panes dry; then make a paste of whiting and water, and put a little in the centre of each pane. Take a dry cloth and rub it all over the glass; then rub it off with a chamois skin or flannel, and your glasses will shine like crystal.

PANTRY.

Not all houses are equipped with a separate room designated by this name, but in every home there must be some place that is used as such. This is where the food supply is kept, and the refrigerator is located here. Perfect cleanliness is the great thing here. Not only must all foreign matter, dust and

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dirt be removed, but no spoiled or spoiling foodstuffs should be allowed to remain. When portions of food are left over place them in another dish of suitable size, as the scattered portions become bad very quickly. Keep all foods cool, and unless perfectly dry, keep them covered. If supplies are purchased in quantity and used slowly, move what is on hand occasionally, so that dust cannot accumulate. See that there is good ventilation. The refrigerator calls for especial care, as here are the foods which spoil first and evaporate most readily. Dry, unslacked lime in saucers is an excellent purifier of such places. Wipe off the outside of jars, cans and jugs occasionally with a cloth dampened in a mild solution of limewater, or chlorides. Never allow brooms, mops, clothing, dusters, or any articles exposed to contamination to remain in the same place as your foods. Keep the pantry as dry as possible.

PARLOR.

The old-fashioned parlor, with its closed and dignified air, is fast giving way to a cheerful living-room style which is more sensible, more economical, and more healthy. When room is scarce, none should be wasted, and there should be no unused rooms to be cared for.

Nowadays, the guest who is shown into a formal parlor feels ill at ease, while the living room gives forth a cheerful welcome. For the average person, this room should contain the piano, and be the music room. The furnishings and decorations have been briefly discussed under the heading "Decorations" in this department.

PETS.

BIRDS IN THE HOME.—First in the list of song birds for pets in the home stands the canary. Few pets give more pleasure than this sweet singer. Canaries are at home in a cage, and the pleasure of listening to their song is not marred by the thought that they are pining for freedom.

Most of the canaries sold in this country come from Germany or England. Much the larger number are bred in the Hartz Mountains in Germany. The English canary has the advantage of the German bird in size and bright color, but its song is louder and harsher, and the variety of its notes less than in the German bird.

The St. Andreasberg canary, so-called because it is bred in the village of St. Andreasberg, in the Hartz Mountains, is generally regarded as the best singer. Great care is taken in mating birds of good voices only and in the training of voices. The musical education of the canary begins when he has finished his first molting, or when about twelve weeks old. With others of his age the bird is placed in a room out of hearing of all other singing canaries. In the ceiling of this room is a small opening, and in the room above is kept a fine European nightingale or skylark, or some other excellent whistling bird. From this unseen instructor the young canaries learn their beautiful bell notes, trills, flute notes, water notes, and shakes.

A bird which gives promise of an unusually fine voice may be placed in a separate room for special instruction. He can be taught to whistle a song. The trainer whistles a song over and over for an hour at a time, three times a day, until the bird has mastered the notes.

Unpainted cages are best for canaries or any other house birds. A bird will be sure to peck at every place that offers a hold for his bill, and it takes very little paint to poison him. Whether your bird's cage is of wood or metal,

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give special attention to keeping it clean. It is almost impossible to have a healthy bird in a dirty cage. Keep fine loose gravel on the floor of the cage. If the floor is metal let the gravel lie on paper, so that the bird's feet may be kept from metal. Perches should be frequently washed, and carefully dried before they are replaced in the cage.

Be careful about hanging your canary in or too near a window. He is very sensitive to drafts and will catch cold from a draft so slight you cannot feel it. Sunshine is not only unnecessary to a canary, but it is generally injurious. The bird may be placed in the sun's rays for a few minutes—ten or fifteen—after he has taken his bath, but that is quite enough. If the cage is in a strong light, such as it gets in a window, the bird will spend too much of his time hopping about, and his song will lose its soft and most pleasing notes, his voice becoming shrill and loud. Avoid giving your bird too much food. A good-sized teaspoonful of the mixed seed each day is enough, provided the food cup is so placed that the canary can reach all that is in it. If more seed than he can eat is furnished, the bird will pick out only the canary seed and leave the rape. If he is allowed to do this long, his voice and song will be spoiled. If your bird persists in eating only the canary seed, put in more rape and less canary seed. If necessary, give him rape seed only for a short time.

Feed the canary a small piece of hard-boiled egg (yolk and white grated together) twice a week. This may be given each day while the bird is molting. A cuttle bone should always be kept in the cage, and it should be replaced with a fresh bone three times a year.

Like the seed cup, the water cup should be cleaned every day and fresh water supplied for the bird.

The canary's bed time is at dusk. His cage should then be covered and placed in a dark room. Paper is the best covering, but in using cloth or paper see that it is so arranged around the bottom of the cage that there are no upward draughts.

Do not hang your canary so near the ceiling that it must breathe the bad air which collects there. Take him out of the room when it is being swept. The dust which he must otherwise breathe is bad for his voice. Sixty-five degrees, or a little higher, is the best temperature for canaries.

Many of the canary's most dangerous diseases are due to colds. Hence the stress that has been laid upon the necessity for avoiding draughts. When a canary has caught cold his body puffs up and his breathing becomes labored, while his appetite is much more than normal. On the first appearance of these signs give the bird a paste made of one-third hard-boiled egg (both yolk and white) grated together with a liberal pinch of red pepper and two or three drops of olive oil. Put two drops of alcohol in the drinking water. A piece of fat salt pork, raw, should be hung in the cage. If the cold does not yield readily to this treatment, it is best to consult a bird dealer. Never neglect the cold. Treat asthma as you do the cold, but cut the salt pork into very fine pieces and sprinkle it with red pepper. Give the bird a little bread soaked in warm milk, and put only rape seed in the food cup.

Loss of voice is usually the result of a cold, and is treated in the same way as a cold. Sometimes it is due to oversinging. In that case let a very small piece of rock candy be dissolved in the drinking water, feed the bird the egg, pepper, and oil paste, and cover the cage to keep him from trying to sing. Too much food, especially too much rich food, often causes epilepsy or fits. A sudden fright or hanging in the hot sun, sometimes has the same results.

Let the bird have fresh air and sprinkle cold water on his head. If the fits are due to the heat, let the canary breathe smelling salts and sprinkle his head.

Close confinement in a small cage, or in a dirty cage of any size, will cause cramps. Put the canary in a larger or clean cage. Hold his legs in warm water, and put two drops of laudanum in his drinking water. Dirty cages will cause sore feet. Soak the feet in warm water, wipe dry, and rub them gently with glycerine.

When the nails on your canary's feet grow long and interfere with his walking they should be trimmed. By holding the bird up to the light the vein in each nail can be seen. Cut the nail with a sharp knife or scissors, taking great care not to cut as far back as the vein. The beak may also become overgrown and need to be trimmed. It is wiser to take the bird to a dealer for this operation. This caution applies also to broken legs. Do not try to set your bird's broken leg at home.

No matter how clean you keep the canary's cage, it will occasionally become infested with little red insects which are almost too small to be seen with the naked eye. These insects irritate the bird, and, if left alone, will destroy his health. If your bird persistently scratches and pecks at his feathers and body, especially after settling upon his perch for the night, look for the little red pests. Give the bird a thorough dusting with insect powder, rubbing it through his feathers with your fingers to make sure that it reaches every part of his body. If the cage is of metal, unscrew the hollow top, fill it with the powder, and replace it. If the cage is wooden, put the canary into another one and give the wooden cage a thorough washing with suds made from carbolic soap. Let it be well dried before it is again used.

Another simple method of ridding the bird of insects is to substitute for the ordinary perch a hollow reed with two or three notches cut in the center on one side. The perch will be found filled with the insects in the morning, and they can be shaken out into the fire. Keep this up three or four days and all the insects will be caught. The perch should be occasionally dipped into boiling water to destroy any insects that were not shaken out.

Still another effective remedy for these insects is to put under each wing of the bird a mere trace (less than half a drop) of kerosene oil. This should be repeated in ten days.

What has been said about canaries and the treatment of their diseases will apply generally to other birds usually kept in the home whose principal food is seeds. Among these are the linnet, bullfinch, goldfinch, chaffinch, and the parouquet.

The mocking bird, which is a favorite in many homes, requires careful and constant attention. He should have a large cage, and it should be kept very clean and well supplied with gravel. Prepared food obtained from your bird dealer is better for the mocking bird than any food you can prepare at home. Flies, grasshoppers, spiders, and other insects should be gathered at the proper seasons and hung in paper bags to dry. Feed these to the bird in winter, first softening them by pouring boiling water over them. Meal worms are also a delicacy for mocking birds, but they make rich food and should be given sparingly. Give your mocking bird a bath each day.

Parrots need large cages or stands. The best food for a parrot is a mixture of equal parts of hemp, rice, cracked corn, and sun-flower seeds. He should have a small piece of cuttle bone each day. Fresh fruit may be given in limited quantities, but you can tell only by experience what kinds will be best for your bird. Never give your parrot meat or greasy food of any kind.

He will often relish a cracker or piece of bread soaked in coffee. Let the parrot have plenty of sand daily for his dry bath. Water baths should be given to him only once or twice a week. Use from a pint to a quart of water in which has been dissolved about a teaspoonful of borax, and spray the bird thoroughly with an atomizer.

CATS.—There is no more common or useful house pet than a cat. While they are mostly a lady's pet, they usually show affection toward anyone who treats them well. Cats are seldom of a bad disposition, are not often seriously sick, and are very valuable as a preventive of rats and mice. Even though a cat does not catch these pests, its presence usually keeps them away. Cats are extremely affectionate, and become much liked by the members of the household. They are inexpensive to keep, some of them securing their own food almost entirely. These animals are by far the most graceful of the house pets and some of them are of very pretty colors. Angora cats are seldom good catchers of rats and mice, but when well cared for are very beautiful. There is an old common saying, although not well proven, that "tortoise shell" cats are the best ratters and mousers. Cats are naturally very clean in their habits, and the youngest kitten may be easily house-broken by simply showing it a few times where it can find a box of sawdust, sand, earth or ashes.

DOGS.—The intelligence and fidelity of dogs is truly wonderful, and they have been well named "man's best animal friend." A good dog is always a valuable addition to the household, and few of them have bad dispositions unless caused by ill-treatment or constant teasing. Once a dog becomes truly attached to a person, it seems that no amount of cruelty can break their affection, and they will stick to their master until death. Although dogs thrive better where they can run freely on open ground, with care they may be kept in good condition in the city. Here they cannot find their natural remedies as in the country, and their ailments should be treated before they become serious or chronic. Never abuse a dog or punish him unless you are sure he knows what the punishment is for. Dogs should be washed once a week in hot weather, and as often as necessary in winter. Winter washing should be done with temperate water and the dog kept in a warm room until perfectly dry. Keep him free from fleas, and the loose hairs brushed out of his coat. This will add to the dog's comfort, and yours, too, for both get about the house if neglected, and both are hard to remove. Make your dog work for his food, give him plenty of bones, but if he is sick tempt him with food. He will not eat it if it is not good for him. Provide shelter from heat and storm, do not allow manure to accumulate, and see that plentiful exercise is provided. In training a dog, be patient, for while they are very intelligent, they are not human, and it may take a long time to make them understand just what you want them to do. Do not give the dog sweets, and feed as little grease as possible. Feed a mixed diet of raw meat, cooked meats, cooked vegetables, and dog biscuit, but never feed the same thing constantly, and do not feed more than twice a day. Hot food is unnatural, and should not be given to dogs, but it can be slightly warm in very cold weather. If the dog is suffering from diarrhoea, do not feed meats, but use starchy foods, such as boiled rice or barley. Flour and water gruel flavored with a very little cooked meat will often cure the complaint.

FISH.—These graceful creatures sweeping about in the water are a never-ending source of enjoyment, and to watch them is very restful to the tired toilers of the household. Goldfish are by far the most satisfactory fish

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to keep in a home aquarium. They are hardy, will stand considerable handling, require little food, and will live many years with proper care. They have been known to live fifty years.

The aquarium for goldfish or any other fish should be square or oblong. The globes in which the fish are usually sold so distort the appearance of the fish that their true size and movements can be seen only from above.

Cover the bottom of your aquarium with clean sand or pebbles to the depth of about two inches. Two or three small aquatic plants, such as are found in nearby creek or pond, should be placed on the gravel and weighted with pebbles so that they will retain their position until they have taken root. Then pour in clear, fresh water very slowly and carefully, so that the sand or gravel are not disturbed. Fill the tank to about two inches from the top. Drop into the water a few snails, such as are found in any pond. They are the best scavengers known for an aquarium, and are of great service in consuming decaying vegetation. This done, the aquarium is ready for the fish. Do not over-feed your goldfish. A bit of toasted bread, which has been kept a long time and is perfectly dry when dropped into the water, or soda cracker are good foods. Feed about twice a week. In small aquariums, where the fish are crowded or large, the water should be changed often. In large aquariums, kept in well-ventilated rooms, the water requires changing less often, and may go for months by simply adding an amount equal to what has evaporated. When bubbles collect around the sides of the aquarium it is a sign that the water needs to be changed. Take care not to frighten your goldfish. The aquarium should be kept in the quietest part of the room, and it should always have fresh air. Drop into the water once in a while a small pinch of salt. It helps to sweeten and clarify the water.

A disease which often attacks goldfish is a parasitic fungus or phlegm, due to the deposit of a micro-organism, which appears upon the fins and gills and soon spreads over the head and body and kills the fish. This disease is probably caused by impure water, but when it appears, changing the water does not cure it. It may often be cured by plunging the fish into strong brine, or by washing it quickly and lightly with kerosene.

PICTURES.

See under the different rooms treated under the heading "Decorations" in this Department.

ROACH EXTERMINATOR.

Borax is one of the best exterminators. It should be pulverized and sprinkled around the infested places. Red lead made into a paste with flour and brown sugar and spread on small pieces of card distributed at night about infested places is also good.

STOVES.

COAL.—There are comparatively few city houses where coal stoves are used for heating at the present time, but a few words on the care of them may be of value. Keep the fire clear, and ashes removed. If the ashes are allowed to pile up to the grate it is apt to burn it out. Keep the stove well polished; it adds to the appearance and keeps dirt from accumulating. Never allow the stove to get so hot that it will warp, and never allow a hot stove to cool too quickly. In checking the fire, see that the drafts are so arranged that no

coal gas can escape. Always have a pan of fresh water on the stove or near it, as it moistens the heat and makes it carry better. Protect any nearby wood-work from blistering or burning by sheets of metal.

COOKING.—The same general rules apply to Cooking stoves that we have given for heating stoves, but in addition, the fire must be kept clear all around so that oven and water-back may heat properly, and the dust and ashes must be frequently removed from above and below the oven. Wash the upper parts of the stove or range occasionally with lye water or ammonia water. This will prevent the greasy steam from coating it, and make it easier to polish. If possible arrange a hood over it connected with the chimney, so that the odors may not go through the house. There must be a damper in this pipe, however, or under certain conditions of the wind there will be no draft through the fire. Study the particular stove or range that you are working with so that you may learn to get the best use of it.

ELECTRIC.—In these days electricity is gradually being used for everything, and those who have electricity in the house can secure both cooking and heating stoves as well as irons, chafing dishes, stew pans, etc., using electric heat instead of fuel. While this is more expensive now than the other methods, it has the advantage of less danger from fire, and of being absolutely clean. For light cooking or a small amount of heat, the expense is not worthy of consideration, while the comfort and convenience are very desirable.

GAS.—The gas stove seems to become more and more popular, both for cooking and for certain classes of heating. This is no doubt due to the constant perfecting and improving of the stoves. Gas, at the rate we pay for it in Philadelphia, is not an expensive fuel when it is considered that there is no consumption except while it is actually being used. Gas heaters will make a cold room comfortable in a few minutes, and may then be turned down very low, or out entirely. If water is placed on them, the heat is not unhealthy, and there is no bother, dirt or ashes. The gas ranges of today are wonderful creations of utility for the busy women of the home. Safety has been the greatest consideration with designers and manufacturers, and now the gas range is as safe as the coal range. They also are equipped with ovens that may be slow or hot as desired, warming ovens, iron racks and lots of other desirable features. The cost of these ranges is low compared to their cost a few years ago, and compared with even good cooking stoves using coal, and they may be taken along like the rest of the furniture in case of a removal. The gas company will run the pipes and connect these ranges free of charge for the consumer.

SWEEPING.

APPLIANCES.—Sweeping need not be the hard manual labor it was a few years ago, thanks to the modern appliances in this line. Last and perhaps greatest among these is the vacuum cleaner which has been described under "Carpets." These may be had at almost any price, and are worked by hand, foot, water and electric power. They are very sanitary, as no dust is allowed to fly about, but is gathered in such shape that it may be readily burned. The long-handled bristle brush is a labor-saver for smooth surfaces and raises less dust, while sweeping cleaner, than a broom. Cheap dustpans are now made so that it is not necessary to stoop to take up the dust, and numerous preparations may be had that allay the dust while sweeping.

EASY.—While the above appliances save much of the labor of sweeping, more may be saved by properly handling the sweeping instruments. If a broom, it should be started back of where you are standing, and **DRAWN**, not pushed forward, past the feet to a position as far forward as may be reached without doubling the straws over. Press firmly down on the broom while making the sweep, but do not bear hard enough to bend more than the mere tips of the straws. If the bristle brush is used, very little pressure is necessary, as the weight of the brush is usually sufficient to make it sweep clean, and it may be pushed forward or drawn, as a person may desire.

DUSTLESS.—See about Vacuum Cleaners under “Carpets” and “Sweeping Appliances.”

TABLE.

DECORATIONS.—The decoration of the tables depends on the tastes of the individuals and the material at hand, but with some care and trouble, and little or no expense, all the tables in the house may be made attractive. Never allow the tables to become “catch-alls” for everything that somebody wants to be rid of. On the other hand, do not give them a stiff and stately appearance that makes them look like ornaments rather than like utilities. The selection of articles to be placed on tables and the ordinary artistic way of placing them call for a home art that few men have, and even some women lack.

DINING-ROOM.—This table calls for and deserves more attention than any other in the house. The placing of the dishes, glasses, silverware, salts and peppers, cruets, and the dishes of food, is in itself a matter of decoration, and adds or detracts from the appearance according to how it is done. There are dozens of ways of folding napkins for decorations, and there are flowers that may be tastily arranged. Fruit is a very easy source of decoration, as in individual pieces, baskets or mounds it may be made to look attractive. The peel of oranges may be cut and turned back to resemble water lilies, bananas may be calla lilies, apples may be polished and turned so that their best coloring shows. Paper napkins may be used a thousand ways for decoration. Everything about the table should be clean and sparkling. See also “Dining-room Decoration.”

KITCHEN.—See “Kitchen Devices.”

LIBRARY.—The most important feature of the table in the library, sitting-room or living-room should be its light, for it is here the family gathers to read and converse, and those who read or sew should have light, while those talking may be in subdued or reflected light which is easy on the eyes. Don't forget that visitors will judge your tastes by what they see on this table. Only the best books and the current magazines should be kept there unless in use at the time. If a cover is used, have it of mild colors. Dark ones absorb too much light, while white makes a glare and soils quickly.

PARLOR.—This should be the plainest table in the house. If you have a fine hardwood table, use a centerpiece, but do not cover it entirely. Have a nice, fancy-shaded drop light on it if possible, but very little else. One or two well-bound standard books of masters in prose or poem, or perhaps a small card tray would be enough. Do not allow odds and ends to gather here, as it is one of the first things a visitor will see, and your reputation as a housekeeper may be much influenced by its appearance.

TOILETS.

The great adjuncts to our health and comfort should be what they seldom are—pleasant places. It is generally because we do not start right. A toilet that is cleansed often is never hard to clean, and we strongly urge the housewife to see to this important item carefully. It will make her work easier and everybody's health better and comfort greater. As important as cleanliness in the toilet is ventilation. If possible, have ventilation direct from just below the seat. If near a window, this may be home-made, but still very effective. Even an old piece of hose or speaking tube run out of the window from under the seat is better than nothing. The room should be well aired, and, where possible, direct sunlight allowed in. The room may be kept sweet by saucers of chlorides or dry lime being always exposed to the air. Odors in a small compartment like this may be immediately relieved by twisting an old newspaper into a torch and waving it about as it burns.

VENTILATION.

This subject has been discussed more or less under the Health and Hygiene, and under the different rooms, but it is of such importance that we cannot impress it on our readers too strongly that fresh air is an absolute necessity if health is to be found or retained. The great modern scourge, consumption, could never have secured the awful foothold it has if proper ventilation had been given all homes, and there is no greater aid in curing it than fresh air. Always keep in mind the fact that heat rises, and that for most of the year the air in the house is warmer than that outside. On general principles, you should see that fresh air can get in at the bottom of your house or room, and the stale air out at the top. This rule must, of course, be varied to suit conditions. Do not allow strong drafts to strike anyone, and when the weather is cold, the fresh air should enter at a point where it will become warmed at least slightly before passing through the house. A careful adjustment of doors and windows will keep a constant current of air circulating through the house or room without chilling it or causing injurious drafts.

WALLPAPER CLEANING.

Take the centre of a loaf of bread two days old; it must neither be newer nor staler. With one of these pieces, after having blown off all the dust from the paper to be cleaned, by the means of a good pair of bellows, begin at the top of the room, holding the crust in the hand, and wiping lightly downward, about half a yard at each stroke, until the upper part of the hangings is completely cleaned all around. Then go around again, with the like sweeping stroke downward, always commencing each successive course a little higher than the upper stroke had extended, till the bottom be finished. This operation, if carefully performed, will frequently make a very old paper look almost equal to new. Great caution must be used not to rub the paper hard, not to attempt cleaning in the cross or horizontal way. The dirty part of the bread, too, must be each time cut away, and the pieces renewed as soon as it may become necessary.

WALLS.

These very important parts of our dwellings are neglected by probably two-thirds of our housekeepers, and yet, as to our health, they are of the greatest importance. Walls are never perfectly smooth, and if examined with a

microscope, they will be found to be covered and all the little roughness filled with germ-harboring dust. In spite of this, thousands of houses never have the walls touched except in housecleaning or paperhanging time. This is no doubt because the dust does not show until the coating becomes thick enough to chance the color. To clean the walls of a room, the floor should be thoroughly cleaned first; so that little dust will rise and settle on the walls again. Then take an atomizer filled with some germicide, and, after closing the room, blow this about until the air of the room is vaporized. Then take down the pictures and dust each one carefully with a clean cloth. Then wipe the walls, doing the ceiling first, and then the sides, from the top down. The floor should then be gently cleaned again, and the room well aired before rearranging.

WEIGHTS OF VEGETABLES AND GRAINS.

The following are the average number of pounds to a bushel:

Potatoes	60	Wheat	60
Turnips	56	Rye	56
Carrots	54	Barley	48
Lettuce	12	Malt	34
Beans	60	Buckwheat	48
Corn	56	Oats	32

WEIGHTS AND MEASURES.

The following tables will be found of great value in the household, either in purchasing or cooking, and their location in the book should be learned so that they may be readily referred to:

LONG MEASURE

12 inches	—	1 foot
3 feet	—	1 yard
5½ yards	—	1 rod
320 rods	—	1 mile

SQUARE MEASURE

144 square inches	—	1 square foot
9 square feet	—	1 square yard
30¼ square yards	—	1 square rod
160 square rods	—	1 acre
640 acres	—	1 square mile

CUBIC MEASURE

1728 cubic inches	—	1 cubic foot
27 cubic feet	—	1 cubic yard
128 cubic feet	—	1 cord of wood

SURVEYORS' MEASURE

625 square links	—	1 square rod
16 cubic rods	—	1 square chain
10 square chains	—	1 acre
640 acres	—	1 square mile
36 square miles	—	1 township

AVOIRDUPOIS WEIGHT

16 ounces	—	1 pound
100 pounds	—	1 hundredweight
20 hundredweight or 2000 pounds	—	1 ton

TROY WEIGHT

24 grains	—	1 pennyweight
20 pennyweight	—	1 ounce
12 ounces	—	1 pound

APOTHECARIES' WEIGHT

20 grains	—	1 scruple
3 scruples	—	1 dram
8 drams	—	1 ounce
12 ounces	—	1 pound

LIQUID MEASURE

4 gills	—	1 pint
2 pints	—	1 quart
4 quarts	—	1 gallon
31½ gallons	—	1 barrel

DRY MEASURE

2 pints	—	1 quart
8 quarts	—	1 peck
4 pecks	—	1 bushel

METRIC WEIGHTS

Pounds.		Kilos.
1	—	.4545
2	—	.9090
3	—	1.3635
4	—	1.8180
5	—	2.2725
6	—	2.7270
7	—	3.1615
8	—	3.6360
9	—	4.0905
10	—	4.5450
20	—	9.0600
30	—	13.6350
40	—	18.1800
50	—	22.7250
60	—	27.2700
70	—	31.8150
80	—	36.3600
90	—	40.9050
100	—	45.4500
200	—	90.9000
300	—	136.3500

400	—	181.8000
500	—	227.2500
600	—	272.7000
700	—	318.1500
800	—	363.6000
900	—	409.0500
1,000	—	454.5000
	1,000 kilos	— 1 metric ton.

METRIC MEASURES

		Centimeters.
1 inch	—	2.54
1 foot	—	30.48
1 yard	—	91.44
2 feet	—	61.00
3 feet	—	91.44
4 feet	—	122.00
5 feet	—	152.00
6 feet	—	182.88
7 feet	—	213.00
8 feet	—	243.84
9 feet	—	274.32
10 feet	—	304.80
11 feet	—	335.28
12 feet	—	365.76
13 feet	—	396.24
14 feet	—	426.72

PAPER MEASURE

24 sheets	—	1 quire
20 quires	—	1 ream
2 reams	—	1 bundle
5 bundles	—	1 bale

MISCELLANEOUS

The average weight of liquids is one pint to one pound.

A quintal of codfish weighs 100 pounds.

A barrel of flour weighs 196 pounds.

A barrel of pork or beef weighs 200 pounds.

A cubic foot of water contains $7\frac{1}{2}$ gallons and weighs $62\frac{1}{2}$ pounds.

WINDOWS.

CLEANING.—Of the foremost importance in the cleaning of windows is care for the person. Thousands of persons are killed or injured because proper precautions were not made for this hazardous undertaking. No person should ever take any risk that can be avoided, and persons who get dizzy or those with poor hearts should avoid it entirely, if possible. Secure a long-handled brush, and clean all the windows you can from the ground. By drawing both sashes to the centre, and reaching from top and bottom, most windows can be well cleaned without the body being outside at all. First wet the

windows thoroughly. Then rub with a wet rag to remove any dirt that sticks, and then flush again with plenty of water. When partly dry, rub briskly with a piece of chamois or flannel, and you will have a clear, clean glass. If the windows are particularly dirty, use soap, but never use sand soap or scratch at the window with sharp instruments, as they will mark the glass.

DECORATING.—The treatment of the windows may make or mar the outside appearance of the home. The color of the curtains should harmonize with the colors of the exterior, and should always be evenly drawn. Some very pretty effects are obtained by double curtains of contrasting colors, drawn evenly to different points. Lace curtains, well draped, add class to the appearance of the windows either by day or night. Flowers are always delightful in a window, and add an air of coziness, whether seen from inside or out.

WOODWORK.

Where painted wainscot or other woodwork requires cleaning, fuller's earth will be found cheap and useful, and on wood not painted it forms an excellent substitute for soap. Where extreme nicety is required, use a mixture of one pound of soft soap, two ounces of wood ash, one pint of lard, and one pint of table beer; simmer these substances over a slow fire, and let them be well mixed. The mode of application is to put a small quantity in flannel; rub it on the woodwork, wash it off with warm water and dry thoroughly with a linen cloth. This will clean painted woodwork without removing the paint.

Department of Children

INFANTS.

CARE.—Many young women allow a false modesty to bring them to wedlock, and even motherhood, in a state of profound ignorance. Nature made women to bear children, and it is in no sense immodest for her to prepare for such events. The care of children really begins before the birth. As soon as a woman knows her condition she should dress loosely and comfortably, and not prevent the natural growth of waist or breast. She should bathe freely in mild, warm water, spend as much time in the open air as possible, exercise moderately, keep herself busy, be cheerful, keep her bowels regular, and herself in good health and spirits. She should not try to hide what all good people consider the highest destiny of woman. She should avoid heavy foods, retire early, and avoid strains or bumps. The husband should be particularly kind and cheerful, as bitterness of the mother at this time will warp the nature of the child. It is well for the woman to interest herself in making a complete baby outfit of clothing, so there will be no worry on this point when she is sick. It is poor economy to have any but an excellent physician at this time. When the little one arrives, it must be kept warm and dry, and well fed. There are many theories as to proper feeding, but an infant should never be allowed to suffer from hunger. The baby should be taken out often for an airing, and should be well protected, as at this age it is particularly important that they be kept warm and dry. Babies should not be held or allowed to lie too long in one position, as it prevents development. During the first two or three weeks they should be allowed to lie on a bed, and only taken up to feed. Bathe them often in mild, warm water, dry thoroughly and dress them for comfort according to the season. Handle them carefully, as rough treatment, even though not intended, will be reflected in their entire life. Do not allow any drafts to blow on them. Keep them from extreme cold or heat—both are injurious. Let them rise early if they wake naturally, and sleep often during the day. Exercise them regularly, as much in the open air as possible, but do not allow them to get very tired.

Babies as well as older folks need water; do not fail to wet their lips often.

CLOTHING.—The clothing of infants must be governed largely by the circumstances of the parents, but much can be done by care as well as by expense. The poorest mother can always find a way to keep the infant warm and protect it from the weather, and care in changing often enough to keep it dry and clean will do more for its comfort than buying expensive garments. Flannels are excellent. The little one is particularly sensitive to disease, and the greatest care should be used in seeing that the clothing is clean, free from dust and well aired. Underclothing should be slightly warmed previous to putting it on. Clothing should be loose and free, and kept well aired.

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INFANTS' DISEASES.

The following treatments are for emergency only and do not in any wise warrant a parent in dispensing with the services of a physician. These home treatments will prove effective in most cases, but where the child's trouble does not respond to the treatment, a doctor should be immediately consulted. Where any strong or poisonous drugs are suggested, the greatest care must be used.

CHOLERA INFANTUM.

First treatment, mercury and chalk, quarter grain every hour. In the early stages of the disease, Ipecacuanha will often relieve it. Use warm poultices on abdomen, and give lime water and milk for vomiting. Crude Antimony when the mouth is dry, tongue coated, and stools slimy.

COLIC.

Use Asafetida, ten to fifteen drops every hour, or a teaspoonful of Chamomite tea every quarter hour. Inject thin starch with twenty-five drops of laudanum. Keep bowels open with castor oil. Mustard plaster and vinegar on the abdomen.

CONSTIPATION.—Make a tea of one teaspoonful of flaxseed and a cup of boiling water. Give two or three teaspoonfuls every hour until relieved.

CONVULSIONS.—Place the child in a warm bath, and place a cold, damp cloth on the head. Use laxatives, keep the bowels open, and the body warm. If caused by coming teeth, a physician should lance the gum to the tooth. If there seems to be worms, use a vermifuge. Diarrhoea. Give teaspoonful of castor oil with five or eight drops of laudanum, it cleans out and soothes the bowels. Then use a mild astringent, such as a good blackberry cordial, in teaspoonful doses until relieved.

SPASMS.—Give quarter of a five-grain tablet of Acetanilid every half hour until eased.

WORMS.—Make a paste of sugar and ground pumpkin seeds, dilute with milk and give two or three teaspoonfuls every two hours.

FOODS.

Nature usually furnishes the mother with the very best food that the infant can have, and when she has it, it is best for both herself and the baby that the mother's milk be used for several weeks. The baby should start nursing from five to seven hours after birth, and should be kept at it occasionally until the milk is well started. Then regular hours of feeding should be set, and not varied from unless convinced that it is actually very hungry. Two hours apart is good in most cases during the day time, and three to four hours during the night. It is not wise, as a rule, to awaken the baby to feed, unless it should remain asleep long past the feeding time. The mother should keep a plentiful supply of milk, by the use of good foods or even mild stimulants. In cases where the mother cannot supply proper milk, a wet-nurse may be employed, but the baby is so susceptible to influences that great care should be taken that she is of good disposition, clean, healthy, moral and efficient. The best results are usually obtained from one whose own baby is a week or so older than the one she is to feed.

If the mother's milk is of poor quality or small quantity certain of the regular nursings may be replaced by infant's food, modified milk, etc. If the mother has little or no milk, pure cow's milk should be used, first sterilized, and then modified to more closely take the place of the mother's milk. The milk of the mother varies with the age of the child, and therefore the cow's milk must be modified differently. During the first two weeks, three teaspoonfuls of milk sugar and one-third of an ounce of lime-water should be added to each pint of milk. As the child grows older, more milk sugar and lime-water should be added, until at the end of a year, twice the amount is added. Richer milk may also be used as the baby grows older. An occasional drink of barley water is also good. In spite of cases to the contrary, it is the general opinion of the best physicians that no prepared foods of course of feeding is really good if it altogether leaves out cow's milk in some form. It is of the greatest importance that the baby's food be perfectly clean and sterile. Breast or bottle should be washed with a solution of boric acid before using, and thoroughly cleansed afterward. Use only nipples that can be removed from the bottles and properly cleaned.

An excellent infant food can be made as follows: Dissolve four teaspoonfuls of milk sugar in seven ounces of water, add one ounce of milk, three of cream, and a half ounce of lime-water. Then place the container in water and boil the water, but not the food, for ten minutes. Place in a cool place until nursing time, then take a quarter or less of this and heat in a bottle in warm water to normal temperature.

The amount that a normal baby requires of a food like the above, at two-hour intervals, varies from an ounce when born to ten or more by the end of a year.

QUIETING.—The matter of quieting infants will, no doubt, remain a prolific source of argument until the end, but it is generally agreed that it is more a matter of keeping cool and using common sense than anything else. It is so natural for the mother's love to so distress her that she goes contrary to her best judgment in order to stop the crying. It is good for babies to cry some—it is Nature's method of exercising and developing the lungs. No baby should be allowed to cry from pain, but the cause should be determined as well as possible and the proper remedy applied. Babies are very apt to acquire the habit of crying from fright. Care should be used to keep them from getting nervous. Do not "Boo" at them or make sudden or loud noises to attract their attention. It is wrong to allow a baby to cry unattended. Go to it, find the cause, if possible, comfort it if frightened, treat it if ill, and only when you are sure it is purely a display of temper must it be shown that you refuse to do for it. Do all possible to make it strong: weak babies cry more than strong ones.

TEETHING.—The first or "baby" teeth make their appearance at about the sixth month if the child is normal and healthy, but later if in poor health. Teething is a trying ordeal for children, and they should be watched carefully and kept in the best condition possible. The first set are twenty in number, the first appearing in the front of the lower jaw, and others following until they are nearly three years old. If the suffering is intense, so that the child worries and becomes nervous, a firm rubbing of the gums over the coming tooth will often bring relief, although in some cases it is necessary to lance the gum and help the tooth out. As a rule opiates and soothing remedies do no permanent good, and often do harm.

CHILDREN.

CARE.—The care of children is a big investment of time and love and care by the parents, but one which is returned with a high rate of interest as the child develops into manhood or womanhood that makes them justly proud. It is a certainty that those children whose parents are least indulgent develop better, both in mind and body. Many a child goes through life badly handicapped by the misdirected love of parents who could afford indulgences that prevented proper development of their latent powers. It is so natural for most of us to imitate those we love that most parents talk to children in their own unintelligible jargon. While this is not necessarily vicious, development will be more rapid without it. Thousands of times daily the careful mother will see an opportunity to tell or show the child how to do things to develop its different faculties. This should be done in such a way that they will not realize they are being taught, and will naturally continue to develop without always having an example. Never wake children with sudden noise or rough touch. Do not take them suddenly from darkness into bright light. Let them have plenty of sleep, on mattresses, in well-ventilated rooms; lots of play and pleasure, much outdoor exercise, certain duties to perform regularly, and teach them to confide in you, for only in this way can you know what is best for them. Give them plenty to eat, at regular hours, but avoid rich and indigestible foods. Allow them no stimulants, such as tea, coffee or alcoholic beverages. Avoid highly spiced foods. With careful home training a normal child should be ready to enter school and do well at five to seven years old. Watch them carefully for signs of bad habits, and if you have their confidence, you can prevent their acquirement. On account of their imitative powers they should be kept away from evil influences, and the parents have a great responsibility in the example they set. Do not think that the child is too young to understand, for what it sees and hears even when very young has an influence on its life. Do not give way to a child which is wrong because it cries or makes a scene. This teaches them to do the same in every case, and they lose confidence in you, and think you do not mean what you say. Remember that a child, through ignorance, may do an evil act from a good motive, in which case it should be corrected, but not punished. The best authorities are agreed that whipping should be seldom if ever done, and where it is necessary, the child is usually punished for the fault of the parents in earlier training. Rewarding is far better than punishment, but this must be done with great care, or the child will think it must be paid for everything it does. Try to prevent boys from acquiring the tobacco habit. They are better off without it, and in no case should it be permitted until full growth is acquired. Don't forget that all the care you spend on the children comes back, not only in satisfaction with their development, but in improvement of yourself.

CLOTHING.—In the clothing of children, the first and most important consideration is health. The parents should protect the children properly, but not to such a degree that they become too tender to stand conditions that are likely to arise. The so-called "hardening" of children is a very dangerous process unless done with sufficient care, but when properly done is very desirable. This can only be accomplished by the greatest care and patience, and no set rule can be laid down for it, as every child is a law unto itself. The disposition as well as the constitution must be taken into consideration. Discomfort will spoil some temperaments. Anything but complete protection would be fatal to some. The condition of children at the time must be considered, too;

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what will do them good at one time will harm them at another. They should be protected from extreme cold by warm, snug-fitting clothes, and from extreme heat by light, loose clothing.

Where the parents can afford it, it is well to dress a child in a manner as nearly equal to its associates as possible. Some children are so constituted that they shrink from others who are dressed much better than they, and develop a shrinking disposition that is a serious handicap. On the other hand, a child who is dressed beyond its station in life is developing false ideas, and is apt to become foppish and unable to meet the strenuous conditions of an active life. Give them clothes to play in that they need not be afraid of spoiling.

CHILDREN'S DISEASES.

We wish to impress upon our readers that the following are simply hints and information that may prove valuable in the treatment of very slight cases, or in preliminary treatment. Do not try to "doctor" your own children. In this city good physicians are plentiful and their advice usually a good investment.

"It's better to be safe than sorry."

CHICKEN-POX.—This is a contagious disease, of a mild form, developing eruptions of the skin. It seldom occurs after the sixth year, and can only be had once in a lifetime. It usually develops about two weeks after exposure to it. It is sometimes preceded by chilliness, aching, slight fever, etc., but sometimes the spots are the first indication. Each spot comes to maturity, fills with liquid and dries up within two or three days. Others follow for several days and the child must not be allowed to scratch, or scars will result. This disease is sometimes mistaken for smallpox, but can be distinguished by the spots appearing more quickly and showing in different stages of development. Use plenty of cooling drinks, keep the bowels open, and give something to reduce the fever if high. The patient should be kept away from all other children, and everything well disinfected.

CROUP.—This disease is prevalent among children, but rare among adults. It may be repeated in the same patient. It is dangerous if not treated very promptly, but responds quickly to treatment, and is seldom fatal if taken in time. It is a disease of the larynx and vicinity, developing swellings in the throat, and a heavy mucous that in some cases becomes a membrane which will entirely stop breathing. It begins with an ordinary cold, accompanied by a cough and breathing of a peculiar character and sound. Syrup of ipecac or some emetic should be given at once, until free vomiting occurs. The feet should be soaked in hot water and rubbed well with flannels. Mustard plasters, or flannels wrung out of hot water and turpentine, should be applied to the outside of the throat. The bowels should be kept free with a mild laxative. After the vomiting, a few drops of kerosene oil on sugar will often bring prompt relief. The patient should be kept warm and dry, and in an even temperature for a few days, to prevent a recurrence. If croup does not respond quickly to care and home treatment, no time should be lost in securing a physician.

CONSTIPATION.—This disease is local in the lower intestines, but its causes may be serious and general, and a tendency to it should be cured, for if it becomes habitual, it takes long and tedious treatment to correct it. It may be caused by numerous conditions, such as improper eating, fevered condition, lack of exercise, etc., and is more common among females than males. When

the trouble occurs only occasionally, castor oil or other laxative is usually effective, but the cause should be corrected to prevent recurrence. When it has become chronic, laxatives must be used in connection with a course of diet and treatment. Drink cold water and eat oranges or laxative fruits in the morning, and exercise so that circulation is free and the muscles of the abdomen kept active.

CONVULSIONS.—If the children are young, the treatment should be like that given for infants, but stronger. If older, when the fits are more apt to be of an epileptic tendency, loosen all the clothing about the neck, see that they breathe fresh air, or relieve the spasm by placing the body in a warm mustard bath and then place an ice bag on the back of the neck. Children with a tendency to this disease should avoid rich or heavy foods, especially fatty meats.

DIARRHOEA.—The mere fact of frequent or liquid passages from the bowels does not indicate the presence of the disease. It may be merely Nature's method of expelling objectionable matter by the juices of the intestines. Diarrhoea is caused by cold, worry or bad physical condition, or may come from insufficient or improper foods, or many other causes. As a rule, this disease is a natural effort to get rid of something, and the passages should not be stopped too quickly. Take a dose of castor oil with from 5 to 12 drops of laudanum in it. If the stomach will not stand this, use a suppository. Follow this with ten drops of laudanum, three of spirits of camphor and eight of lavender, taken in a teaspoonful of sugar every hour or two until relieved. To prevent a recurrence, the diet should be reduced to tea, beef-tea, boiled milk, milk toast, rice, and tapioca, and great care should be taken to prevent taking cold.

DIPHTHERIA.—This disease is one that admits of no experimenting, and as soon as it is suspected, a physician should be summoned. It will be our aim to simply give some advice as to relief or treatment previous to the coming of the doctor. This disease is local in the membranes of the throat, but is accompanied by great weakness. It is seldom found in adults, and in the most common form, the first indications are prostration, a spasmodic cough, and difficulty in breathing. It usually develops within five days of exposure. When a child has been exposed to it, or develops a sore throat, with bad breath, it should be isolated at once, and disinfecting done to prevent possible spread. Any other children in the house should be prevented from going out among others until the case is diagnosed. In cases where this disease is suspected, it is well to us an atomizer to spray the throat with peroxide of hydrogen.

MEASLES.—This disease is very contagious, and may be taken from infected articles as well as from the patient direct. It develops in about two weeks after exposure, and usually starts with fever, headache, cold in the head and possible sickness of the stomach, with a cough. These conditions continue to increase for three or four days, when the spots appear on the face and neck, and later appear over the entire body. Although they sometimes come together in groups, they seldom cover the entire surface. The spots continue for only about a day before they begin to fade. The eyes are very sensitive to light, and often discharge freely. Measles are often mistaken for scarlet fever, but there is more catarrh and less sore throat, and the spots are less uniform. The patient should be isolated, liberal disinfecting done, no risk of cold should be taken, and the room should be darkened. Warm baths and hot drinks should be used to bring out the spots, which must appear before the patient can begin to recover. Bathe frequently with lukewarm water or alcohol,

exposing only part at a time, to reduce the fever and ease the irritation. Light, plain diet should be used for some time. White measles are not often fatal, but there are so many complications that may arise that it is best to consult a physician.

MUMPS.—This infectious disease is local in certain glands of the upper throat, and usually develops in about fifteen days after exposure to contagion. Unless complicated, it is seldom serious. There is slight fever, and a swelling of the glands, which may or may not be painful, but makes swallowing, eating and talking difficult. It may occur on one or both sides, but seldom attacks the same glands twice. It usually lasts less than ten days. Guard carefully against colds, and use liquid or soft diet. Keep the bowels open, use some fever mixture, and apply hot or cold treatment according to the inclinations of the patient.

NAUSEA.—Give warm water until the child vomits freely, and then apply a mustard plaster to the stomach for an hour or so. If the mustard is mixed with the white of an egg, no blister will be made.

SCARLET FEVER.—This is another disease of such dangerous character that no time should be lost in calling in a doctor if it is suspected. It is a very infectious disease, developing in about ten days after exposure, with fever, sore throat and eruptions. It appears very suddenly, with high fever, hard vomiting, chills, headache, swollen and rough tongue, or throat dry and inflamed. This is closely followed by a bright red rash, seen first on the chest, then rapidly covering the body with a fairly even coating of tiny red points. The glands of the neck swell, itching is persistent, and the passage from the mouth to the ear is liable to become diseased and cause deafness. It is a tremendous strain on the child's strength, but seldom comes twice. When its presence is suspected, rigid isolation and persistent fumigation should be insisted on, and the patient should be bathed in warm water to bring out the eruption. Keep an even temperature, as colds are very serious. Every article that has come in contact with the patient should be burned when the doctor assures you that there is no further danger of contagion arising from the patient.

SPASMS.—Strong, black coffee is good where the child is weak or nervous. If the child shows drowsiness, with spasmodic jerking of the limbs, chamomilla will be found good. If the child starts suddenly from sleep, give a teaspoonful of camphor solution in a glass of water. The camphor solution will be found good in most cases of spasms, from a number of causes.

WHOOPIING COUGH.—This is a contagious disease confined mostly to children, and is often serious in its complications and after-effects. It is a catarrhal condition of the air passages, accompanied by a peculiar cough, followed by the "whoop" from which it gets its name. It starts like an ordinary cough or cold, increasing until the child becomes blue in the face during the coughing spells. Heavy mucous is formed and the child often vomits and has bleeding of the nose. It seldom occurs twice in the same patient. The patient should be kept away from other children, but must have plenty of fresh air, and should be so protected against possible cold that plenty of outdoor exercise may be had. An old treatment which has proved good is sliced onions and garlic stewed in sweet oil, to which is added 10% each of spirits of camphor and pargoric. Give one spoonful of this three or four times daily. This disease may last for several weeks, and needs care to avoid colds and complications more than definite treatment.

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WORMS.—Children are liable to three kinds of worms. The tape worm, the round white worms of the intestines, and the little pin worms of the rectum. They are usually indicated by a general weakness and nervousness. The tape worm is a severe drain on the system, and the patient develops a ravenous appetite and still may lose flesh. The pin worms cause an intense itching, more noticeable at night. Nothing but liquid food and milk laxatives for twenty-four hours, followed by a vermifuge and a severe purgative, will usually remove them, but in the case of a tape worm it must be examined to see that the head is passed, for if it is not, a new body will grow on. To remove worms, peel and beat pumpkin seeds into sugar until a paste is formed. Dilute with milk, and drink freely on an empty stomach.

ENTERTAINMENT-PARTIES.—There are two kinds of parties for children that are desirable, those for pure recreation, and those for education and training. For children who are attending school, and whose minds are working hard on their studies, the parties should be such as relax the mental strain and afford them pure amusement. Give them free rein to cut up and do all the little foolish and hilarious things they want to, always keeping careful watch that their high spirits do not carry them to a point where their manners or moral tendencies may be affected wrongly. Encourage games of romp, for physical exercise is essential to balance the mental. Encourage music and singing; both are mental antidotes. When refreshments are served, they should be light, comparatively plain, and cooling. Do not give them such a banquet that it stands out in their memory as the most important event of the evening. While kissing games are not usually vicious, there are so many contagious diseases affecting the breath of children that they should be discouraged.

Where children are not studying too hard, or even occasionally for those who are students, it is well to have parties where everything done is of some educational value. The lessons learned under these pleasant conditions are seldom forgotten. Prizes (not necessarily of any great value) can be awarded, not as favors, but for meritorious work under strict rules of contest. Recitations, games of proverbs and quotations, music, spelling-bees, guessing matches, etc., all are valuable.

GAMES.—From the earliest, children should be allowed toys and games that amuse them provided they do not develop a tendency to extravagance. Many a child has been granted everything it wanted to play with, and has grown up feeling that its every wish must be granted, and being unhappy when denied. Endeavor to cultivate in the child a liking for such amusements as will be beneficial. This can readily be done by taking hearty part in them yourself. Probably the greatest evils to be guarded against are selfishness and rudeness, and they are hard to see until they have such a firm hold that the breaking is painful. Encourage games of physical exercise, especially out of doors. All contain some danger of minor physical mishap, but are more than made up for in general health. Avoid games of chance. Be sure to have rooms where children are gathered well ventilated, especially where the games are active.

HABITS.—Bad habits can only be prevented and overcome properly by the mother or caretaker deserving the absolute confidence of the child. Children acquire habits more readily than adults, but can be easily taught to overcome them. It is well to reason with children, explaining in plain words why you want them to do things. Sucking the thumbs, and biting the finger nails can be stopped by explanations that create a desire to stop, and by dip-

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ping the fingers in some lasting, bitter liquid that will prevent it when done unconsciously. Children should never be granted what has been refused. Continued coaxing or scenes of temper become fixed bad habits when successful. When children are inclined to stoop the shoulders, encourage deep breathing, keep the health good, and keep dwelling on the importance of an upright carriage. If necessary, use braces for a short time occasionally. Picking the nose is often a sign of worms. If so, remove them. The habit can only be overcome by continued talking and reproof whenever noticed. Never punish children in such a way that they will dread you. This will teach them to deceive in order to avoid punishment, when they may already be sorry for what they have done. Justice is the greatest thing in the world to most children. Probably the most serious habit of children is that of indulgence in immoral thoughts and self-abuse when the age of passion and sexual feelings is reached. A great proportion of this evil is caused by ignorance, giving the child opportunity to indulge in immoral speculations. A thorough knowledge of sexual matters should be given the children at this time, and great is the responsibility resting on those parents who neglect doing so.

HEALTH.—Regularity is probably the key note to the health of children. They have had no definite responsibility in life, and regularity is not natural to them, but must be compelled. Regularity should be enforced in rising in the morning, evacuation of the bowels, the kind of clothing worn, the time (and to some extent the quantity) of meals, work or play, in resting, in retiring, and in the hours of sleep. Guard them carefully against colds or contagion, keep the bowels moving freely, and allow them out of doors as much as possible, unless the weather or their own condition make it inadvisable. Give them plenty to eat, but guard against overeating. Give them good, strong foods, but prevent too great a proportion of rich or sweet foods. Keep the mind as well as the body active, yet prevent overstudy. Many a child's strength is being all used in growing, and even at the cost of a year lost from school, the health should be protected. Never allow children to sleep in a close room, even in winter. Pure air is an absolute necessity. Cover them warmly in bed, and give their bedroom plenty of air without direct drafts upon them. When a child shows indisposition or lack of energy, examine at once for an ailment, locate it and treat it, or send for a doctor. It is a child's nature to be energetic, and all their physical troubles are easier to correct before they have made much progress. Children should be hardened gradually to changes of atmosphere, but this must be done with great care, and better under the direction of your physician. Frequent bathing and absolute cleanliness are absolutely essential. Try to avoid nervousness.

MANAGEMENT.—The management of children should be carefully thought out and a general plan made even before the baby arrives. It is of the utmost importance that it begin at once, as the ease or trouble of managing the child in later years may depend largely on the earlier treatment. No one knows exactly how much a child understands of what is going on about it, and, not only does the child acquire the habit of expecting certain treatment, but the parents soon fasten upon themselves the habit of treating them in that way. Many very fine characters have been developed under a harsh and unyielding mastery of parents, but the child's nature becomes cold as well as correct. The true spirit of love and companionship is the best management, and the children will learn to do as you wish because it is their pleasure to please you, and they know it must be the right thing to do, or you would not ask it.

As much as possible, the management of children should be left in the hands of the parents. Too many persons trying to have a child learn their way will simply confuse it, and it is bound to come to the conclusion that some, if not all of them, are wrong. From the earliest age of reason, children should have some responsibility put upon them; some duty to perform, in which they can take pride. It is not kindness toward a child to indulge it, and firmness is a necessary part of love. Never deceive children. Be patient. Never allow temper to show when punishing children. Do not break promises to them, whether it be of reward or punishment.



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