

HOUSEHOLD WORK IS MADE EASIER

Ways and Means of Reducing
Washday Drudgery Needed
in Many Homes.

PROPER EQUIPMENT BIG HELP

Separate Laundry Room Takes Much
Confusion and Disagreeable Odors
Out of Kitchen—Portable
Bench is Handy.

Prepared by the United States Department
of Agriculture.

Washing and ironing are among the
hardest of the regular household tasks,
and ways of lessening the work are
much needed in many homes. The
ideal of every housekeeper would be
a separate room for her laundry, with
running water and modern labor-sav-
ing devices. These cannot be provided
in every home, but even where the
arrangement and equipment are neces-
sarily very simple it is often possible
to make minor changes or to plan the
work in such a way that it will take
less time and strength.

Kitchen Was Convenient.

In older days tubs and ironing boards
were brought into the kitchen because
water could be heated there most con-
veniently, and from this seems to have
developed the idea that the kitchen
is the place for the laundry. The odds



Tubs of Right Height Mean Fewer
Backaches on Washday.

and steam from laundry work, how-
ever, are disagreeable in a kitchen,
and the handling of soiled clothing in
any room in which food is prepared is
highly objectionable. If clothes must
be washed in the kitchen the prelimi-
nary sorting should be done in a room
next to the kitchen or in a basement
room directly below it, because this
makes it possible to use the same
chimney, and, if the house is equipped
with running water, the same water
pipes for both rooms. A basement
laundry generally means too many
stairs for the housewife, while a room
adjoining the kitchen may enable her
much more easily to carry on or to
do the work in both rooms at the same
time.

Worker Worthy of Good Tools.

Good equipment is as important as
right methods in laundry work. It can
decrease the labor, shorten the time,
and assist in producing better results.
Equipment need not be expensive, but
it should be chosen and placed from the
point of view of service and for the
comfort of the worker.

The working surface of nearly all
laundry equipment is usually set too
low, and the woman operating it is so
out of balance that she is soon fati-
gued. Little of the washing process
is done in the bottom of the tub, and
the working height is about half way
up the side. For the average worker
the top rim of the tub should be 50
inches from the floor; in all cases the
tubs should be placed so that the work-
er does not stoop from the shoulders
but bends at the hips, laundry special-
ists in the United States Department
of Agriculture say. A portable wash-
tub may be easily raised or lowered to
the right height. If the top of the
washboard is too high, it may be
lowered by cutting off part of the legs.
The ironing table or board should be
so low that the force from the shoulder
can be applied easily; 31 inches is a
good average height.

Where no special room is provided
for laundry and there are no set tubs,
a portable bench of the correct height
and size is convenient.

Many Kinds of Tubs.

A wooden tub is difficult to keep in
good condition. If kept dry it is likely
to shrink and fall apart; if kept moist
enough to prevent shrinking, it is likely
to become water-soaked and stinky,
and may have a disagreeable odor.
A portable, galvanized-iron tub is
fairly light, durable and easy to
keep clean, but may rust. A portable
tub is still lighter, is easily kept clean,
and is durable if left dry, but is more
expensive than an iron tub. Any port-
able tub may have a hot liquid blue
and a plug inverted so that water may
be drained from it without lifting the
tub. Hot and cold water can be piped

to a portable tub as well as to a more
expensive stationary one.

Wood, which is now little used, has
the same qualities for set tubs as for
portable ones. Soapstones and similar
materials are excellent for rollers, but
their dark color makes it more dif-
ficult to be sure that they are clean.
Porcelain or enameled iron tubs are
readily glazed and do not rust or ab-
sorb grease. Both white and yellow
porcelain tubs are on the market; the
latter are cheaper, but the rollers make
it hard to tell when the clothes are
white. A home laundry is often
equipped with two tubs, but when
there is no room for a second, a third
tub saves much handling of the clothes.

DARKENING EFFECTS OF DIFFERENT OILS

Three Types of Mixtures Made
Subject of Tests.

One Part Boiled Lined Oil to Three
Parts of Turpentine Were Found
to Be Most Satisfactory—
Retained High Gloss.

Prepared by the United States Department
of Agriculture.

A study of the comparative dark-
ening effects of different floor oils was
made under the direction of the United
States Department of Agriculture
over a period of six months. Three
types of mixtures were tested. The
first consisted of equal parts of ma-
jor or engine oil and kerosene; the
second was made up of one part
boiled lined oil to three parts of
turpentine; the third was a widely ad-
vertised commercial oil. Separate
mops, kept in separate wrappings,
were used for the tests, and mopping
was done about once a week. A typ-
ical commercial apartment was used
as the basis for the experiment.

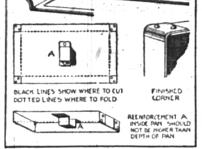
The floors, which were of pine, were
very old and dark from many coatings
of shellac and varnish. Before the
experiment was started they were
scrubbed with a strong solution of
washing soda until they were of a
light shade. After using different oils
in different rooms it was found that
the floor oil consisting of one part
boiled lined oil to three parts tur-
pentine was the most satisfactory. This
oil seemed to have a cleansing
effect on the floors to which it was
applied. It retained a high gloss and
did not darken to any extent the floor
on which it was used.

The commercial oil used in this ex-
periment darkened the floor to which
it was applied more than did the lin-
seed oil mixture, but retained more of
a gloss than the mixture of motor oil
and kerosene, which also darkened the
floors.

CONSERVING GAS IN KITCHEN

Device Shown in Illustration May Be
Used to Cover Two or Four
Burners of Range.

This gas-saving device may be made
to cover two or four burners of a gas-
plate or range. If the sheet metal



Making Two Burners Serve as Four.

available is not heavy enough to sup-
port the weight of the cooking utensils
without sagging, a re-enforcement
should be provided as shown, riveted
to the center of the pan. The drawings
are self explanatory.—L. C. in Popular
Science Monthly.

All Around the House

- Roof drippings are good shortening for pie crust.
- Fruites are most wholesome cooked without sugar.
- Insipid apple sauce is better for a little cinnamon.
- All dry cheese can be saved and used for grating.
- By greasing the inside rim the boiling cover of a pot will be avoided.
- Chloride of lime is available and inexpensive disinfectant in the household.
- To keep your stove looking nice rub over with a cloth moistened with vaseline.
- Wet your chopping board before putting in meat and it will prevent greasing it.
- When making fruit jellies add rather less liquid, as a firmer jelly is required to bear the weight of the fruit.
- Let ham soak overnight in milk. In the morning wipe the ham off and dry it or fry. Ham will be as tender as chicken.
- Never keep vinegar or yeast in stone crocks or jars. Their acid attacks the glazing, which is said to be poisonous. Glass for either is better.
- An easy way to remove wall paper is to brush it over with alum water, using an ordinary kaiser will come off. Let it dry and the paper will brush off with any trouble.

Borrow Sportswear Styles; New Styles in Millinery

THE arbiters of fashion are not those who design the clothes that pass in review each season, but those who approve them. The way of the producer would be a straight and easy path to success if he could make the right guess at least half of the time. His brain children have had their spring tryouts and he knows now which have survived.

Among the dependable things for summer wear, very simple sport suits are already a success. The word "sport" must be given a broad in-



RIVAL OF THE TAILORED SUIT

terpretation in connection with clothes this season for it embraces everyday street dress. As a rival of the tailored suit, sport suits like that shown here, or similar to it, enliven the streets and lend to their wearers at least the flavor of youth. At first glance it seems there is nothing to these suits—just a plain skirt and a jacket or smock or slip-over blouse—but there is in reality much to them. It lies in the choice of material, color, neck and sleeve styles and character of decoration. The suit pictured is made of gray homespun and embroidered at the neck and on the sleeves with blue and white chevron. It has three small pockets, one at each side of the blouse and one, still smaller, at the left of the bust. The narrow belt is made of the material. The skirt, as pictured, is shorter



FLOWERS AND FRUITS PREVAIL

than the mode dictates—eight inches from the floor is the limit set for brevity. But in some localities the younger women insist upon shorter skirts and go their independent way with the approval of a considerable number of people.

Fashion may decree simplicity in dresses and suits for spring and summer, but she is of a different mind about millinery. In every assembly of hats we find them elaborated in many ways; paying tribute to spring by wearing its blossoms and heralding the coming of summer by choosing its

A Taffeta Frock.

New jaunty ways to trim the spring taffeta frock are band effects of ribbon or velvet. Graduated black velvet or alternate narrow widths are pretty on blue taffeta, while colored ribbon, an inch or half-inch wide, in rich tints makes a stunning ornamental effect on brown. Skirts and bell sleeves are thus decorated.

Cushion Looks Better.

When making up a cushion, spread a thick sheet of wadding over it just

under the outside cover, tacking it down with a stitch at the corners and in the middle of the sides. The cushion feels softer than it otherwise would; moreover, the wadding shows up the work and makes even a plain cover look well.

Fringes.

Fringes is seen on many of the smartest of new frocks. Possibly its lasting vogue can be accounted for in the fact that it is the most dattering of trimmings, especially when it is long.

Important to all Women Readers of this Paper

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

You may suffer pain in the back, head-ache and loss of ambition.

Poor health makes you nervous, irritable and may be dependent; it makes any one but hundreds of women claim that Dr. Kilmor's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmor & Co., Binghamton, N. Y., you may receive sample size bottle by Parcel Post. You can purchase medium and large size bottles at all drug stores.—Advertisement.

Ignorant.

Husband—Did you ever notice, my dear, that a loud talker is generally an ignorant person?

Wife—Well, you needn't about so. I'm not deaf.

To Have a Clear Sweet Skin.

Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Advertisement.

Has Settled.

"Well, my brother has solved the long pending problem," "Huh?" "Got himself in jail!"—Louisville Courier-Journal.

If every one in the world would go to work, no plagues of strikes and unrest would vanish.

In Homes where there are children

SANITARY walls are essential. Germ laden walls may be the cause of much illness. Why take a risk when it is so easy to have Alabastine walls—beautiful, artistic and absolutely sanitary.

Alabastine

Instead of Kalsomine or Wall Paper

Alabastine, either in simple single colors or the many hued onyx effect so rich and so easily produced by the new Alabastine Opaline process, will give you walls which are germ proof—walls in harmony with your rugs and draperies—any tone or tint to please your taste or fancy.

To obtain Alabastine effects you must use genuine Alabastine. Be sure to look for the cross and circle printed in red on every package. And, be sure to ask your dealer or decorator to show samples of the truly beautiful Alabastine-Opaline Process.

The Alabastine Company
Grand Rapids, Mich.

Chesterfield

CIGARETTES

of Turkish and Domestic tobaccos—blended

"I like 'em"

"They Satisfy"

20 for 18c
10 for 9c
Vacuum tins
of 50 - 45c

Circumstantial, but Not Convincing.

The mother of two boys, aged respectively five and seven, had a hard question to settle the other day. The younger boy came to her, crying with exasperation, and said that he was "a nickel short."

"Well, what's the use of yelling about it?" said his older brother, who "wasn't eating candy." "You don't think I took it, do you?"

"I don't say you did," the little fellow replied, "but I'm a nickel short, and you're eating candy."—Youth's Companion.

It is hard to tell the difference between the fruits of victory and defeat by the taste.

"Nature is the art of God."—Sir Thomas Browne.

Thorns.

Luther Burbank brings out a thornless blackberry bush. What will the question to settle the other day. The younger boy came to her, crying with exasperation, and said that he was "a nickel short."

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His Wit Rewarded.

An honest rustic went into the shop of a quaker to buy a hat, for which 15 shillings were demanded. He offered 12.

"As I live," said the Quaker, "I cannot afford to sell it to thee at that price."

"As you live!" exclaimed the countryman. "Then live more moderately and be hanged to you."

"Friend," said the Quaker, "I have sold hats for 20 years, and my 'As I live' trick has never been found out till now; thou shalt have the hat for nothing."—Boston Transcript.

Money is the most important substitute for brains.

The wife of a careless man is almost a widow.

Mr. Jenkins Took a Cracked Club To Tame Lions

The exhibition ended rather badly. It very nearly was a big day for the lions and a sad day for Mr. Jenkins—all for want of proper care in getting ready.

Many a man who has business to do and a living to make and a job to fill is as careless how he feeds his body as Mr. Jenkins was in picking out a club.

Some foods are too heavy, some are too starchy, many lack necessary elements and so starve the body—and many load the system down with fermentation and auto-intoxication.

Grape-Nuts helps build health and strength. It contains the full richness of wheat and malted barley, including the vital mineral elements, without which the body cannot be fully sustained. Grape-Nuts digests quickly and wholesomely. Served with cream or good milk, it is a complete food—crisp and delicious.

Grape-Nuts is just the food for those who care to meet life's situations well prepared in health. Order Grape-Nuts from your grocer today. Try it with cream or milk for breakfast or lunch, or made into a delightful pudding for dinner.

Grape-Nuts—the Body Builder
"There's a Reason"
Made by Postum Cereal Co., Inc., Battle Creek, Mich.