

Help for Good Housewives

WHEN washing greens, add borax to the water; it removes the dirt and insects and greatly improves the flavour.

IT is a good plan to fill valuable china vases with sand so that they will not be accidentally knocked off the shelf.

AFTER being fried, put some crisp strips of bacon through a mincer and keep in a tin or jar. These savoury bacon crumbs make a delicious addition to any kind of mince, rissoles or dishes of recooked meat.

POTATOES will not burst when baking if they are pricked before being put in the oven. To ensure that boiled potatoes are floury, do not add the salt to the water until they are nearly cooked.

IF you run short of darning wool, or can't get quite the right colour to go with the socks, use knitting wool and divide the strands.

NEW and bright ideas are always being developed by some keen people. The latest is that you will shortly be able to write letters in perfumed ink, the perfume to suite the spirit of the communications! And the colour, too. Now, what kind of perfume would you want to write to your most intense enemy?

WHEN a little tea is spilt on a tea-cloth and it is not possible to remove it and soak the affected part in milk, a good plan is to apply glycerine. It is not always easy to remove the cloth when visitors are present, but glycerine will save the situation and the stain will not cause any further trouble. Apply a fair quantity of the glycerine to the affected part by means of a pad of cotton-wool, and, when the cloth is removed, soak the stain thoroughly and leave it to dry overnight before washing.

UNCRUNSHABLE linens and cottons make admirable window hangings, original and economical.

VERY unusual and attractive are straight curtains of black trimmed with graduated bias bands of net decorated with bright metal studs.

WHEN mending a towel, darn it with white three-ply wool, and it will last for months.

BARBOLA toilet articles and ornaments are difficult to keep clean and free from dust owing to the innumerable nooks and crannies which cannot be dusted by hand. A good plan is to use an empty perfume spray for those unget-atable corners where dust has accumulated. It will be found that the current of air will blow away the dust.

SILVER is cleaned quickly if soaked first in potato water. Rub it with damp salt to remove stains, and soak it once a week in strong borax solution to keep it bright. The water used should be nearly boiling. Put away all spare silver, first wrapping it in linen and then in green baize.

TO wash dark sateens or cretones, add two tablespoonsful of salt to each gallon of cold water. This will set the colours and draw out the dressing. Wring out well, then wash in thick soap lather. Do not rub soap on the material. Rinse thoroughly, then put it through a thin glue size. Wring out and shake well. When nearly dry, pull well both ways. Do not iron.

WHEN storing blankets for the summer, wrap them in thick brown paper, having put in two camphor balls between each fold of each blanket.

BEFORE you wear new silk stockings try this plan. Add a small tablespoonful of salt to a pint of tepid water and allow it to dissolve. Place the stockings in the water, then squeeze out all superfluous water, and put them into a bowl containing soapsuds. Squeeze again and hang them up to dry by the toes. This treatment lengthens the fabric and "sets" the dye.

VERY old penetrating tea-stains must be removed with a bleach such as javelle-water solution. Soak the article in equal parts of javelle water and hot water until the stain disappears. Rinse thoroughly in several waters and finally in water to which a little ammonia has been added. Javelle water may be made or bought. To make it use the following: 1lb. of washing soda, 1lb. of chloride of lime, 1qt. of boiling water and 2qts. of cold water. Put the soda into an enamel bowl and add the boiling water. Mix the lime with the cold water. Mix the two solutions by stirring well. Let the mixture settle and clear. Bottle the clear liquid and keep it in a dark place. Should the solution turn pink from exposure, it has not in any way been harmed. If the tea-stains are only a few days old, they may be removed by soaking them in a borax solution made by dissolving a teaspoonful of borax in a cupful of water. After soaking in this solution for half an hour, rinse in the boiling water. Repeat if necessary. Sometimes boiling the articles in soap and water will be all that is necessary to remove tea-stains.

Don't Forget This When You Sneeze

THE old custom of saying "God bless you!" to anyone who sneezes is due to a legendary event in the days of Greek mythology.

A youth named Prometheus incurred the wrath of Jupiter. As a

punishment he was chained to a rock, where an eagle fed upon his liver every day, the destroyed part growing again in the night! After he had been there some time, Hercules came and killed the eagle, unchaining Prometheus at the same time. The reason Jupiter was so angry with this young man was because he had stolen some fire from Heaven, for the purpose of putting it up the nostrils of a man he had fashioned in mud, and so giving the image life. As the image came to life it sneezed, and that is how the custom started. In olden days, if someone sneezed when a man was getting up in the morning, he would promptly return to bed to escape the bad luck that he thought would happen to him during the day. According to the wise men of Ancient Greece, sneezing from noon to midnight is good, and from night to noon extremely bad.

Do You Suffer From Rheumatism?

HERE are a few rules for those who suffer from rheumatism.

In the summer wear light clothing so that when the cold weather arrives you will feel the benefit of the extra thickness. Consider your dwelling. What is the soil like, and does the mist lie thickly round your district in the evening? Do the walls sweat? Can you move to a higher situation, to a clearer atmosphere?

Do not coddle yourself, warm clothing can be overdone.

Get plenty of fresh air, play all the outdoor games you can. Perspire well and then come in and have a brisk rub down. Sun baths are good and sea-bathing is beneficial on warm days if you do not stay in too long.

Food should be varied. Meat should be taken in moderation. Brown bread, fresh fruit, or stewed fruits are worth the money as medicine as well as food. A tumbler of hot water should be taken at night, and plenty of water drunk during the day.

CHINESE lanterns, when used for a children's party, should have a quantity of salt packed round the candle-holder. The weight will be of assistance in keeping the lantern steady, and, in case of fire, would help to smother the flames.

"Egg-Xactly!"

"Egg-xactly!" said the grocer, when asked for a jar of OVOLINE, and only Ovoline. For the customer knew that Ovoline the original Paste Preservative never fails. OVOLINE is a skin preserver as well as an egg preserver. There is no dipping, no drying, no messing with liquids. Ovoline-preserved eggs can be fried, poached or boiled months later. 1/8 jar preserves 420 eggs.