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BUTTER PAPER

FOR SALE BY

The "Dispatch"

Household Hints

TO LAUNDRY WOMEN SUITS

Hints on Washing to Bring Out that
"Just Like New" Appearance.

A young woman who has had ex-
ceptional success in laundering linen
suits this summer says that one factor
in achieving the 'just like new' ap-
pearance is to avoid wringing or
twisting the garments before hanging
them out to dry. If you wring a linen
suit the material gets pulled awry,
and the garment needs considerable
manipulation to put it back in shape.
Of course, if it has been badly cut to
begin with, the first laundering is apt
to prove fatal to the 'hang' of it.

For washing linen suits, the best
quality of soap should be used, made
into a lather with soft water, but not
rubbed directly on the linen unless it
is very much soiled. Usually soaking
the garments in warm soapy
water 'or an hour or so will leave
them in a condition to be cleaned
without much rubbing. Colored linens
should not be soaked more than a few
minutes before washing, and no soap
should be rubbed on them. Rinse all
linens in several waters, then put
them through the stiffening water.
Some stiffening is necessary to give
the linen the appearance of freshness
which it has when it is new. On the
other hand the greatest care should
be taken not to have too much stiffen-
ing. There is wanted just enough to
give the linen body and yet not take
away from its suppleness.

To free from the water, fold the
garment and press it between the rol-
lers of a wringer, or fold and place
it in a sheet and twist the sheet from
each end. It requires two persons to
do this.

Partially dry the garments out of
doors in the air, but do not hang col-
ored linens where the sun will shine
on them. Iron before the linen has
become quite dry.

PRETTY FUR SCARF



It does not make any difference
whether muffs, scarfs and coats, this
season are of plain coon, muskrat or
skunk. Costly furs will still hold
their own, but the woman who cannot
wear these on account of their high
price, may be assured that she is just
as well dressed with a scarf of wolf,
coon or black martin around her neck
and carrying a muff to match.

Every Husband Knows.

According to a recent issue of Life
there are a few facts that every
husband knows. First:

That it isn't safe for him to invite
any old friend home to dinner with-
out arranging for the privilege a
week or so ahead.

That it is wonderful how even the
simplest gown has advanced in price,
compared with what it was last year.

That the day is coming when he will
rise up in his might and assert him-
self, not suddenly and undignifiedly,
but calmly and permanently.

That the household expenses could
easily be cut in half if he only had
the time to put his gigantic intellect
and business experience upon them.

That one and one make four or five.

That there is always one room in
the house that simply cannot wait any
longer to be decorated.

That the 'little affair' to which a
"few friends" are to be invited means
in the end about two weeks' hard
work, a house full of people, and an
expenditure of hundreds.

That his own ideas about disciplin-
ing children are always too
radical to be carried out.

That everybody works father.

Young Children's Teeth

"When a child has cut all his first
teeth and has reached the age of two
years, or thereabouts, it is time to
begin using a tooth-brush and a very
simple powder," says "Health." "The
cleansing of the teeth should be very
carefully superintended. The brush
should be soft and small, and as soon
as possible the child should be taught
exactly how to use it. The brush
should be worked up and down and
not crosswise, except very gently."
"When cavities occur in the first
teeth they should be filled by a
dentist, in order that they may be kept

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until the second teeth are quite ready
to take their place. If the temporary
tooth is allowed to decay until the
pulp is exposed, great pain is caused
and abscesses under the tooth cause a
flow of pus into the mouth, which
secretion is extremely unhealthy.
Have the little one's teeth filled while
the cavities are small and spare it
future suffering."

TRAINING THE CHILD

"Let The Punishment Fit the Crime"
I have had a large and varied ex-
perience in dealing with children,
both as a teacher and as a mother.
Two rules which I have followed
closely have been of inestimable value
to me. The first, some advice given
to me by an old gentleman who had
been a teacher in the early part of
the nineteenth century, was this:
"Be very careful what command you
give, but be sure if you give one that
your words are always obeyed. Be
gentle but firm."

Secondly, this motto has always
been my guide: "Let the punishment
fit the crime." A punishment a child
realizes that he deserves and feels as
a direct consequence of his actions is
always more effectual than one he
feels is an injustice to him. Vice
versa, the same system should be car-
ried out in regard to rewards for
good conduct. If he is angry let him
stay by himself until he is in a proper
state of mind to associate with other
people. If his behaviour away from
home has not been satisfactory, debar
him from going anywhere "until he
is sure that he can be a little gen-
tleman of whom his mother may be
proud." On the other hand, if his
manners are pleasing allow him some
special privilege, "because you were
so proud of him the last time he ac-
companied you," etc.

A child thus dealt with comes to
appreciate the fairness of those who
control him and realizes that he him-
self is responsible for the privileges
granted or denied him.

A woman has always been the bear-
er of burdens, and if she complains
she is treated worse than ever.

THE HEALTH ALPHABET

A is for Adenoids which no child
should own.
B is for right Breathing to give the
lungs tone.
C is for Cough, which we should not
neglect.
D is for the Dentist who finds tooth de-
fect.
E is for Evils of foul air and dirt.
F is for Fresh Air — too much cannot
hurt.
G is for Gardens where boys and girls
play.
H is for Hardness gained in that way.
I is for Infection from foul drinking
cups.
J is for Joy in the bubbling taps.
K is for Knowledge of rules of good
health.
L is for Lungs whose soundness is
wealth.
M is for Milk, it must be quite pure.
N is for Nurses, your health to insure.
O is for Oxygen, not found in a crowd.
P is for Pencil—in mouths not al-
lowed.
Q is for Quiet, which sick people need,
R is for Rest, as part of our creed.
S is for Sunshine, to drive away
away.
T is for Tooth Brush, used three times
a day.
U is for Useful Health rules in the
school.
V is the Value of learning these rules.
W is Worry, which always does harm.
X is for 'Xcess—indulge in no form.
Y is for Youth—the time to grow
strong.
Z is for Zest. Help the good work
along.

White Cake

Three eggs, one cup sugar, half cup
butter, two teaspoons cream of tartar,
one teaspoon soda, one cup sweet milk,
two cups flour, flavor to suit. Cream
butter, add well beaten eggs, stir in
milk. Sift sugar, flour, cream of tartar
and soda together twice, add to the
rest, beat well, and bake in moderate
oven.

FEEDING BRAINS

Why Studious Children Always Crave
Oatmeal

Nature gives oats more organic phos-
phorus than to any other grain she grows.
And phosphorus is the brain's main con-
stituent. Brains can't grow, brains can't
work without it.

Oats also contain more lecithin—the nerve
food—than any other grain. They form our
greatest energy food.

That's why growing children love oat-
meal. Some instinct within them calls for
these elements, and woe to the child who
doesn't get all it wants.

The right oats for food are the rich,
plump grains. In the choicest oats there
are but ten pounds to the bushel. In mak-
ing Quaker Oats these choice grains are se-
lected by 62 separate siftings.

Quaker Oats—just the cream of the oats
—costs but one-half cent per dish. One
dish is worth two dishes of common oat-
meal. Don't you think it would pay to
serve your children such oats?
Made in Canada.

Molasses Doughnuts

One cup brown sugar, half cup
molasses, 2 eggs, teaspoon cream
of tartar, half teaspoon soda, one
teaspoon vanilla or lemon, butter size
of walnut, half cup of milk, a little
salt, flour to stiffen. Cream sugar and
butter, add molasses. Stir with other
ingredients and add the eggs well
beaten last. Add flour and roll half-
inch thick, and fry in hot lard.

Mocoo Frosting.

Half pound frosting sugar, cold
strong coffee. Beat together until
thick enough to spread on cake.

Brown sugar Fudge

Half cup cream or milk, pound brown
sugar, butter size of an egg. Boil all
together until it hardens in water.
Beat well. Spread on deep cake tins
well buttered and let cool. Any kind
of nuts chopped fine, can be added if
desired.

A Fortune on Guinea Pigs
The Pasteur Institute, of France,
spends annually a sum of \$80,000 on
guinea pigs, but there is a dearth of
these little animals just now, hun-
dreds of small purveyors in the South
of France having decided to cease
raising the little unwilling martyrs
of science. Wherever the Institute
applied latterly, it was told that no
more guinea pigs were for sale. The
Institute has had to rely principally
on its own supply from its own
guinea-pig farm at Garches, but the
demand has been so great that the
numbers have diminished. Something
like 3,000 guinea pigs are kept on the
ground permanently for breeding pur-
poses.

A Black Outlook

"'Allo, Bill! You do look pale an'
thin, Bill. Wot's wrong Bill? Been
ill, Bill?"

Thus one jovial frequenter of the
gutter to a friend he had not seen for
weeks.

Bill passed a horny hand across his
weary brow.

"No," he answered, "I ain't been
ill—it's work! Work from ten in the
mornin' till nine at night, and only
one hour's rest. Think of it, mate —
just think of it!"

"And where are yer workin'? 'Ow
long 'ave yer been there?"

"I ain't been there yet," retorted
Bill, with a groan. "I begin ter-
morrow!"

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A Saving of 25 to 50 Per Cent
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See that Vertical Hot Blast Draft
Tube Feeding the Fuel with Hot Air
All the Time

THE QUEEN HEATER is more
of a heating machine than it is a
stove. It can be regulated like a
lamp. You can have your room
any temperature you wish. You
positively keep a slow fire burning
24 hours by putting in one large
stick or knot. Will heat a room
20 feet square in ten minutes in
cold weather, or no sale.

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opening of any kind. Will save
half the fuel of the average stove
Burns large knots, chunks, chips
and trash.

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world.

SITTING-ROOM STOVE—Be-
cause one fire can be run all winter

BEDROOM STOVE—The finest
thing in the world.

DINING-ROOM STOVE—Be-
cause you heat your room in ten
minutes.

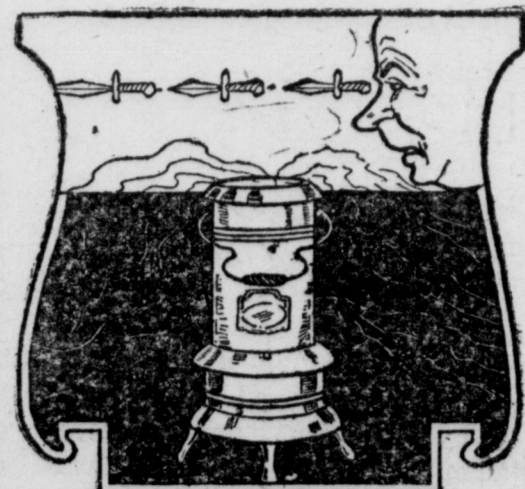
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in all sizes. Oil stoves, too, that
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