THE SUBURBAN CITIZEN,

WASHINGTON, D. C.

A Journal devoted to the Interests of the Residents of the Suburbs of Washington.

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WASHINGTON, D. C.

A Chicago woman has undertaken to solve the "servant question" by having two gangs of servants, who divide the work between them, each doing eight hours work. Those people who have so much trouble with their servants now will perhaps find double trouble in dealing with twice the number. Moreover the question of wages come in. Undoubtedly the servants will not want to take less, and it is not supposable that the average family can afford to double its appropriation for outside help. In hotels and large establishments the plan may work.

It has long been known that ozone is the active agent by which bleaching is effected in the open air, but for many years, owing to the difficulty of producing ozone in quantities, attempts to bleach mechanically by this agent proved unsuccessful. More recently, thanks to electricity, the trick has been done. There are now several ozone generators on the market, and a big plant for the bleaching of yarns entirely by means of ozone has recently been established at Greiffenberg, in Silesia. It takes a little longer to bleach cotton by ozone than it does by means of chlorine, but the former method precludes the possibility of the cotton fibre being damaged in the process, while, remarks the Dry Goods Economist, cotton goods are frequently tendered in the process of bleaching now usually employed.

"The Reformation of Youth" was among the topics discussed recently by legal and medical officials at a general debate in Chicago on "Society and its Relations to Criminals and Crimes." Speaking on the subject, Superintendent Terrance of the Illinois State Reformatory is quoted as saying that he was inclined to discard the theory of hereditary crime, and regard environment as the greater cause and source of criminal conduct. He thought an administration of the law of kindness would be more effective than a rigorous enforcement of the penal code. He made a distinction between the delinquent boy and the dependent one, as to treatment and care, arguing that the latter should not be brought into contact with the former, and should be placed within a different environment. These remarks emphasize the advisability and desirability of preventing as well as punishing crime.

HOUSEHOLD MATTERS.

How to Clean Marble.

The best way to clean marble is to mix two parts of powdered whiting with one of powdered bluing and half a pint of soapsuds, and heat it to the boiling point; while still hot apply with a soft cloth to the discolored marble and allow it to remain there until quite dry, then wash off with hot water in which a little salts of lemon has been dissolved. Dry with a piece of soft flannel.—Ladies' Home Journal.

The Use of Hot-Water Bags.

A hint in the use of hot-water bags is gained from a trained nurse. Very little water is used, not more than a coffeecupful in a three-pint bag, but it is very hot. Before the stopper is screwed in, the air is pressed out of the bag by a quick smoothing of the hand toward the opening; in this way the weight is considerably lessened. This particular nurse in attending a pneumonia patient kept in use during the severity of the attack six of the bags, three of them upon the patient at one time. During periods of the critical two or three days, the bags were changed every fifteen minutes, but so light were they that their weight did not in the least inconvenience the sufferer.

The Practical Picture Hanger.

The practical housekeeper of to-day who has a number of fine pictures to hang saves time and trouble and secures better results by calling in the practical picture hanger. This man has come to be a necessary adjunct of all well-regulated art establishments. His ability to sound a wall or drive a nail with precision is but a minor feature of his calling. The day has passed when pictures are hung by rule and method, just so many feet from the floor, and each equi-distant from its neighbor. Picture hanging nowadays is an art that requires judicious treatment in order not to spoil the effect of work artistically conceived. As to the hanging of pictures in general, it is considered best nowadays, says an authority in picture hanging, to hang black and white independently, and so with colored pictures. Paintings, of course, require the most careful consideration in the hanging, and even the professional makes mistakes at times. The pictures must be hung according to the lighting of the room. In some rooms the window arrangements are such that it is next to impossible to hang a painting so as to get an effective lighting by day, and in others the artificial lighting arrangements are such that at night the painting ceases to be a picture and becomes a blur. To obviate these difficulties a trained and artistic eye is a necessity. In general, declares this same man, the old rules about hanging certain kinds of pictures in designated places have died out. For instance, the old-time fruit and game piece, without which no well-regulated dining room was formerly complete, has been relegated to comparative obscurity. In its place has come the print suggestive of merriment and good cheer.

Recipes.

Molasses Cake—One cup of molasses, one-half cup sugar, one-half cup butter or lard, one teaspoonful of soda dissolved in one-third cup of buttermilk or hot water, two eggs and one teaspoonful of ginger. Flour enough to make stiff batter; bake in moderate oven.

Battered Spaghetti—Boil one-half pound spaghetti twenty minutes in salted water, then dip in cold water to separate it. Place it at once in the oven, in a hot dish, and pour evenly over it two tablespoonfuls of hot butter, in which has been delicately browned a tablespoonful of fine bread crumbs.

Creamed "Krout"—Boil one quart of "krout" in two quarts of water for one hour; then put it in a colander to drain. In a saucepan cream two tablespoonfuls each of butter and flour, then add one pint of milk or water, and lastly the drained "krout." Stir constantly until it commences to boil; then serve.

Fried Cabbage—Chop cold boiled cabbage and drain very dry, stirring in a little melted butter, pepper and salt with three or four tablespoonfuls of cream. Heat all in a buttered frying pan, stirring until smoking hot, and then let mixture stand just long enough to brown slightly on the under side. This dish is improved by the addition of a couple of beaten eggs.

Scalloped Veal—Veal is nice scalloped with macaroni or spaghetti. To make the white sauce, melt a tablespoonful of butter in a saucepan, and cook one tablespoonful of flour in it for three minutes without browning. Add one teacup of milk, and cook until thickened. A bay leaf may be cooked with the milk and removed when it is done. This gives a pleasant flavor to some dishes.

Lemon Jelly for Pies—Beat the yolks of two eggs and one-half cupful of sugar to a cream, add the juice and grated rind of one lemon and a cupful of water and set on the stove to boil. Thicken with one tablespoonful of cornstarch moistened in a little water. Use only one crust, and when the pies are baked cover with a frosting made of the beaten whites of the eggs and two tablespoonfuls of powdered sugar. Bake in a quick oven until a light brown.

Virginia Peanut Soup—Roast and shell sufficient peanuts to measure three cups. Pound them to a paste, adding a level teaspoon of salt. Place this paste in a saucepan and add, very gradually, two quarts of boiling water. Season with a dusting each of black and red pepper and simmer until it thickens. Just before serving add a pint of oysters and a saltspoon of celery seed and cook until the oysters ruffle. Crisp crackers should accompany the soup.

WOMAN ON THE BIKE

Some Rules That the Fair Sex Should Follow in Riding.

One of the first requisites, whether the rider be delicate or strong, is moderation. Riding for speed subverts the very end of the exercise—it is like rowing or running or doing anything else for speed, it finally conquers the conqueror—and the most sickening, harrowing sight is the continuous race. The association of wheelmen should do all in their power to suppress these public exhibitions of human idiocy. Another essential, especially for women, is an appropriate dress, and there is no law against a gentleman also being appropriately dressed. I never could understand why it was necessary that a man should wear the garb of a circus clown in order to ride a wheel. In the past year or two the women have come nobly to the rescue in the matter of genteel dress. The short hair, the bloomer, and the chewing gum have well nigh disappeared. The plain cloth, medium length, medium width gown is no hindrance, and has the further advantage and economy of being a good rainy day gown for walking. Another essential is to learn how to ride. Many are riding without this knowledge. There are few mechanical principles to be observed. One is to have the gearing so arranged as to have the pedals on a level with the foot when the foot is extended. Another is to have the saddle so placed as to bring the weight of the body directly over the pedal when the latter is at its lowest point. Still another is to lower the handle bars sufficiently to allow the body to bend forward slightly from the hips—not stooping from the shoulders, thereby compressing the lungs. Nearly all beginners bend the spine backward from the hips. As a rule, young children, if the gearing is correct, take the normal position. Finally the rider should sit, as in a chair, upon the bones or tuberosities of the pelvis, and should, on no account, allow the weight of the body to rest upon the tissues situated between these bony prominences. Indeed, the danger of serious injury resulting to children and adults from riding a saddle constructed in ignorance of correct anatomical principles is so great that it is always wise to refer the saddle question to a competent physician. Besides the very important question of saddle is that of the wheel itself. It must be thoroughly well made, of the best material, and it must not be too light. Too light a wheel gains no momentum to speak of, while the jarring and vibration are very disagreeable, if not injurious. There must be a certain weight and solidity. Finally, the wheel by its economy of money and time permits the rider to avail himself of new scenes and places, giving pleasurable sensations, the absence of which in exercise for the sake of health alone is the reason why health seldom responds to the call of such perfunctory exercise. The heart is not in it.—Leslie's Weekly.

THE LATE DR. KEELEY.

The late Dr. Leslie E. Keeley was a native of St. Lawrence county, N. Y., where he was born sixty-eight years ago. He went through the civil war as an army surgeon and then settled down to the practice of medicine in the little town of Dwight, Ill. According to his own story, he devoted all his energies to the study of drunkenness as a disease, and after numerous experiments devised what he termed a cure. He opened a sanitarium at Dwight and patients soon began flocking to it. Controversies raged about his cure. Many physicians scoffed at it. But the remarkable faith shown in him by a large majority who had taken his cure soon brought about a change in public opinion concerning him, and he became an object of respectful professional consideration notwithstanding that his treatment was

DR. LESLIE E. KEELEY.

in part secret, in violation of the code of medical ethics.

The "graduates" of his institute formed a Keeley association and held reunions, publicly proclaiming to the world their victories over the demon of intemperance through the gold cure. Some famous men were among them. Branch institutions were established, and their members increased rapidly all over the country. It long since became apparent that in the gold cure Dr. Keeley had struck a gold mine. His estate was valued at $1,000,000.

A BUSINESS POINTER.

Several Washington merchants are afraid to invite the trade of suburban people for fear it might offend some of their city customers who don't consider it "the proper thing" to be seen in a store with country people. They want the cash of country people when the same can be secured without any outward sign of a desire to reach out for it. One of the largest hardware firms in the city recently refused to advertise in the columns of the CITIZEN and gave the following reason: "We're not out after suburban business for the reason that we consider the trade of the people of Virginia and Maryland not particularly desirable." Gustave Hartig, the hardware man of 509 and 511 H Street, N. E., is of a different opinion. He wants the trade of country people and he is getting it. When you deal with him you are dealing with a square business man and a friend. Dec. 10-4t

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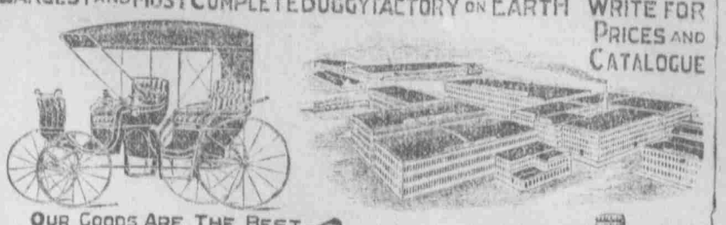

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This shows the machine closed to be used as a center table, stand or desk.

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