

With the Long Bow

Chapters in Strange Ideas that Sometimes Get Possession of a Man and Incidents Illustrative of the Same—Showing that Everybody is a Little "Started" Somewhere, Except Us.

L. W. VAN DYKE of Denver, secretary of the National Savings & Loan company of that city, holds a place of the highest standing in the business world. Yet he has some ideas that give his associates cause for wonder.

In 1898 Van Dyke met in Denver Mrs. Anna Bell. An affection sprang up between the two and upon Mrs. Bell's return to her eastern home they corresponded until a letter from Van Dyke failed to deliver and the romance was interrupted. Five years later Mrs. Bell visited Denver again. Van Dyke saw her on the street, but feared to speak to her because of the estrangement. He was a firm believer in telepathy and began directing to her his own particular brand of wireless messages. The charm worked and in a few days later he saw her standing speechless in front of the office of the Savings and Loan association, of which he was then assistant secretary. He grabbed his coat and hat, ran out to meet her and they were married that night. So much for the astral.

Van Dyke was then head of the Astrological Brotherhood of Light. His marriage deprived him of the office. He was also a potatoarian. An agreement was made between him and his bride to the effect that she might eat animal food provided she prepared the food without using any animal products. Friends of the couple say, however, that he began to protest against the use of meat by his wife and the trouble they were married that night. So much for the astral. Van Dyke was then head of the Astrological Brotherhood of Light. His marriage deprived him of the office. He was also a potatoarian. An agreement was made between him and his bride to the effect that she might eat animal food provided she prepared the food without using any animal products. Friends of the couple say, however, that he began to protest against the use of meat by his wife and the trouble they were married that night. So much for the astral. Van Dyke was then head of the Astrological Brotherhood of Light. His marriage deprived him of the office. He was also a potatoarian. An agreement was made between him and his bride to the effect that she might eat animal food provided she prepared the food without using any animal products. Friends of the couple say, however, that he began to protest against the use of meat by his wife and the trouble they were married that night. So much for the astral.

Finally the strange astrological freaks of her husband became unbearable to the wife and she left for California and has remained there since. Van Dyke has now secured a divorce and married Miss P. May Ames of Port Huron, Mich. Whether life with P. May will be more harmonious than in the former case time will tell. Judging from her first initial P. May is also a vegetarian.

If your husband is rather commonplace and likes to sit around in his stocking feet, read the evening paper and comment sarcastically on the foolishness of the world therein exhibited, thank fortune that you are not wedded to a man who has ideas like P. May Ames' present husband and who spends his time straightening out planetary links, ironing the vibrations out of the astral, or trimming the astral lights. Just plain man is good enough.

There is no accounting for the strange ideas a man will get and harbor religiously thru a course of years. A hotel clerk tells of a lawyer who frequently visited his hostelry who had a nervous fright about the number 19. You'd naturally think of a man who is big enough to be corporation counsel for one of the largest cities in the west, as this man is, would forget it, but he does not. He was born on the 19th of the month, and that, he says, is the reason why he hates the number, which, he declares, has always been a real, live, sure-enough hoodoo to him.

One day when he arrived the hotel was nearly full and the only room that fitted his requirements was No. 19. When he was told the number of it he came near falling down. He took another room—one that didn't suit him at all.

When he went away the cashier put up a job on him and made his bill amount to an even \$19. It really amounted to \$19.50. He nearly had heart disease when he saw that bill. He gave a strange clutch at his forehead and turned chalky. He spent half an hour with the cashier trying to figure the bill either over or under the \$19, but the thing couldn't be done, and so he missed his train by going into the dining room and eating another dinner. That put his bill above the \$21 mark, and he went away with a satisfied smile, like a man who has beaten the game.

Almost every man living has his peculiarities and superstitions. I once knew a man who had an insuperable prejudice against paying a bill. He would work months to try to get the fellow out. It became a religion with him. He had every article and thing known to the Beater's profession down to an almost perfect science. I once tried to collect a bill of \$8 from him. I soon found I might as well have tried to make the sun stand still upon Gibeon. He sized me up the first time. The first three months I worked at him every other day, then my pride being aroused I went at him daily with flattery, abuse, threats, pleadings, sarcasm and jibes. I set others on his track, professional collectors who had been against everything. He wore them out. He was always polite and can see those gentlemen and apologetic sidewalkers yet. Finally I gave it up and got a little rest.

Speaking to the grocer about him once, a peculiar look came over the bogus butter man's face. All the grocers knew this best well. He practiced on them.

Not many years ago there was a man in business in this city who was convinced that the earth was flat.

THE DAY BEFORE AND THE DAY AFTER



What papa took home to the dear ones last night.



And what he will be bringing home to them tomorrow evening.

He could prove it to you. A person who had accepted the dogma of the rotundity of the footstool on high school evidence and who attempted to convince our friend of his error soon discovered that this party was turned and you were quickly floundering in an intellectual pitfall. You want to look out how you get into an argument with a man who knows just about what you are going to say and who has spent years forging counter arguments. He is dangerous.

How little is accomplished by argument anyhow! People argue as a rule not to ascertain truth, but to make their point. Did you ever argue out a point with your husband and have him finally give in gracefully and politely and acknowledge that he was entirely wrong?

A little boy who was greatly interested in the wild birds was presented with a book on that subject. In telling a neighbor about it he remarked that his father had just given him "a wild book on birds." This is a story that John Burroughs would appreciate.

THE social reformer, after ordering a soda, addressed the shabby individual at the bar, "Ah, my friend," he said, "are you not aware that strong drink biteth like a serpent, and stingeth like an adder?"

The other held up his glass to the light. "This don't, friend," he said. "This is only cheap, watered stuff. I can't afford to buy the kind you refer to."

A Woman Street Cleaner

MRS. PAUL'S WORK SCHEDULE

Rises at 5 o'clock. Breakfasts at 6. Leaves hotel at 6:30. Gets men out to work at 7. Drives all day until 4 inspecting her ward and overseeing the work of the street-cleaning brigade. Makes out a detailed report of the day's labors and expenses. At 4 o'clock presents report to department at city hall. Makes up pay roll. Later attends to official correspondence and makes calls relative to her work. In all, works from twelve to fourteen hours a day.

THERE is a woman in Chicago to whom success as a business woman is entirely out of the common that her name deserves a unique place in the history of feminine achievement. She is Mrs. Emergent Paul, the only official street overseer. Here is a strenuous life. Her laboring hours are longer than those of the busiest mother and housekeeper. Her duties are quite as exacting as those of the hardest working artist, actress, lawyer, or doctor. Her activities are public and domestic combined.

She is a housekeeper in the largest sense of the word. The city of Chicago is her field of action. The streets and walks and alleys and the floors she must keep brushed and dusted and scrubbed. Housecleaning day for her comes every day. The management of servants is to her a familiar problem. She directs a regiment of them—scavengers, brooms, drivers of street sweepers and street sprinklers—a vast cleaning brigade.

Municipal Housecleaner. At an hour when other Chicago women are sleeping peacefully or rubbing their eyes in dread of rising to prepare the early breakfast Mrs. Paul is up and at her post, directing the great army of workers who are to help clean up the city before the hurrying thousands begin their daily procession thru its thoroughfares.

"Ward superintendent" is the title by which this remarkable woman is officially known, but "municipal housecleaner" would fit her better. She is the real domestic element in the Chicago street-cleaning department. She has been the moving spirit in reforms that have revolutionized the city's sanitary conditions.

Altho limited in office to the supervision of but one ward at a time, her influence is omnipresent. The Nineteenth ward—the dirtiest, most neglected and most sorely in need—is her present charge, and Mrs. Paul does not quit before the difficult task confronting her. The true domestic spirit—the passion for cleaning and renovating—keeps her so enthusiastic she forgets to be dismayed.

Inspired by an Obituary. Mrs. Paul's own story of how she became a ward superintendent is one of the most interesting narratives I ever heard. She declares her success in life is all due to the reading of an obituary.

I was so roused and inspired by the story she told that I could not help wishing every indolent, simpering, self-bound man and woman in the land were there to witness the story of a life lifted completely from the depths of selfish sorrow to the heights of great usefulness and success.

Her Start in Chicago. "I came to Chicago. It was just after the world's fair and the committee known as the Municipal Order league, which had been active during the fair, was continuing its work and striving to extend its influence."

"This committee was composed of women whose object was to improve the sanitary conditions so dreadful at the close of the exposition. I joined the league and one day proposed to the women that we take active measures to secure the support of the mayor, John P. Hopkins, in our work of reform."

"Not long afterward the mayor granted us a hearing and agreed to assist us, appointing me an inspector. It was his remark on that occasion that acted as another spur to success. 'One reason I select Mrs. Paul,' he said, 'is that she will be able to endure defeat better than the rest of you.' That was the spark which set the tinder ablaze. Every bit of determination in my being seemed to rush up in a flame of protest. Defeat? For me? Never! I would as I had never willed in my life before that the thing I longed to do I would do. That was the beginning of my success."

What this success was all those who are familiar with municipal affairs in Chicago know. Several months after her appointment as inspector the Civic Federation was formed. It was composed of leading Chicago citizens, both men and women. They asked Mrs. Paul to take control of the sanitary work of the federation. She was given a horse and buggy and \$100 per month.



KEPT AN ALERT EYE ON DERELICT INSPECTORS

With an assistant, she made photographs of actual scenes showing the grossest violations. She kept an alert eye upon derelict inspectors who were drawing good salaries for doing nothing. She gathered a quantity of precious information of the most practical kind, and when the time came for her report it was brimful of incontrovertible facts and figures.

She read this report before a large audience gathered by the federation, and after she had finished she was cheered to the echo.

Then came the civil-service examinations. Mrs. Paul stood at the head of the list for inspectors. Later she took an examination for ward superintendent and passed with highest honors.

ITALIAN ITEMS. ABOUT 800,000 Italians raise silkworms. Over 8,000,000 acres of Italian land are devoted to the culture of the grape. Dago, as applied to an Italian, comes from Diego, a common name among the Spanish.

Salt, in Italy, must be bought in the tobacco shops, salt, like tobacco, being a government monopoly. The best briar-root for pipes comes from southern and western Italy. Ropes as big as a man's body, and hundreds of years old, are occasionally dug up in the Riviera country.

Maccaroni al sugo al burro (as the Italians cook it) is a delicious dish. The savory macaroni is served with a rich sauce of chopped meat, and over all grated cheese is sprinkled.

Curios and Oddities

CHICKEN CRAMMING MACHINE.

THE chicken was rather stringy and tough. "Chicken will continue to be stringy and tough," said the chicken farmer, "until the cramming machine is universally adopted."

"There is only one way—and it's a cruel way—to have perfectly tender and delicious chicken. That is to pen the birds up a month before killing time, give them no exercise, and feed them with a cramming machine."

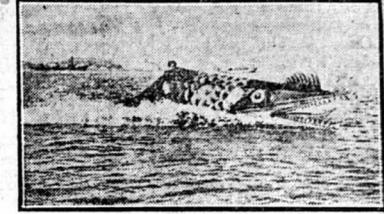
"This machine is mounted, usually, on a wheelbarrow. Its hopper contains the feed, a rich mixture of milk, fat and ground oats. Attached to the hopper are a flexible rubber tube and a hand-pump."

"The farmer, at feeding time, wheels the machine to the house where the chickens are confined, takes the birds up one by one, shoves the end of the tube three inches down the throat, and pumps in food until the crop is filled."

"The chickens squawk and struggle. They don't like to eat that way. In fact, they loathe the very sight of the cramming machine."

"But the main thing is that, thanks to their confinement and to the hated cramming machine, the birds eat the greatest possible amount of food and take the least possible amount of exercise, putting on healthy fat, and developing a tender, fine-grained flesh, in a manner impossible to the ordinary barnyard, hustling, strenuous chicken."

A MOTOR BOAT AS A MARINE MONSTER



The motor boat Togo took part recently in a native carnival at Roturua, Auckland, New Zealand, and, painted as here shown, caused considerable sensation. She is of 24-horsepower, has a speed of about eighteen miles an hour, and is twenty-seven feet long. On the occasion mentioned she took the first prize in two races; the second prize in three.—The Sketch.

YOU DIDN'T KNOW THIS.

"WHY," said a landsman, "are sailors' trousers so baggy at the bottom?" "They are baggy at the bottom," the mariner replied, "so that they will roll up above the knees conveniently and easily. Sailors are great deck washers, and in deck washing, it is necessary to have the legs bare to the knees. Trousers of ordinary cut, rolled above the knees, would cramp the flesh of the upper leg and impede the circulation; but sailor trousers may be taken by their wide bottoms and pulled in a stiff up to the hip. They fit the upper leg like a hip-boot."

"Sailor trousers, in a word, have so odd a shape because they are cut from the knee down to fit the leg from the knee up."

COMBINATION CUSHIONS AND LIFE PRESERVERS.

"THE life-preserver cushion," said a boat salesman, "has driven all others out of the market. Nobody now will buy any but the life-preserver kind. These cushions are pneumatic and strong. They make perfect life preservers. They have saved hundreds of lives."

"Take an average launch that is fitted with them, and imagine this launch wrecked. The wrecked launch overturns and sinks. The passengers fall screaming and struggling into the water. And at once unseen hands, so to speak, carefully and promptly place amid the frantic people a goodly number of strong and commodious life preservers, more than enough to sustain all hands twice over."

"In launches, canoes, skiffs and every kind of pleasure craft the pneumatic life-preserver cushion will be found this summer. Wherever it is found, boating will be robbed of nine-tenths of its danger."

THE TALKING CHICKENS

A BALIA woman has been much annoyed by the trespassing of a neighbor's chickens. The other day she tied with stout thread to large grain, corn cobs whereon was written: "Please pen us in better. We are spoiling Mrs. Dash's garden."

She scattered these contrivances over her lawn. The chickens, trespassing as usual, ate the corn, and from their mouths that night they spoke the woman's message to their shocked master. Thereafter they trespassed no more.

What the Market Affords

Mutton steak, 15 cents a pound. Cabbage, 8 cents a pound. Tomatoes, 25 cents a basket. Carrots, 3 bunches for 10 cents. Queen olives, 25 cents a quart. Pineapples, 12 1/2 and 15 cents each.

Stuffed tomatoes are delicious. To prepare them take twelve large, smooth tomatoes, one teaspoonful of salt, a little pepper, one tablespoonful of butter, one of sugar, one cupful of bread crumbs, one teaspoonful of onion juice. Arrange the tomatoes in a baking dish, cut a thin slice from the smooth end of each, with a small spoon scoop out as much of the pulp and juice as possible without injuring the shape. When all have been treated in this way, mix the pulp and juice with the other ingredients and fill the tomatoes with this mixture. Put the tomatoes in a double boiler, and cook until the mixture coats the spoon; strain this and beat until cold, and then add two cups of very fine, smooth pineapple pulp and a teaspoonful of almond extract and fold in a pint of cream, whipped stiff. Put in a mold and bury in ice and salt for four hours.

FROM ELIZABETH LEE. Style for a Waist. Dear Madam: Will you please to tell me how to make a waist? I will enclose sample of material. I have dark eyes, black hair, medium light skin, slender face, 35 years old. I am 5 feet tall, bust 32. Would a plain shirtwaist be pretty or would you make it with yoke of all-over lace? I want it for general wear. Also what kind of belts are suitable for white shirtwaists? Please answer immediately. —J. E. Velva, N. D.

The sample of pale tan pongee with its blue embroidered dot is decidedly stylish. You wish a separate waist, I suppose, and if so, then a plain tailored style will be smarter than any fancy effects. I should like the shoulders laid in quarter-inch tucks, divided into groups by a half-inch tuck, which will run to the waistline. Close down the front under a box pleat and trim both edges of this and the edge of the half-inch tucks with a narrow frill of pale blue washable ribbon. Trim the box-pleat with pale blue or gold buttons as liked best, and have full bishop sleeves buttoned to the arm with blue cuffs edged all around with the tiny frill. The belt I should like of blue kid closed with a gold buckle.

In regard to your second question, leather, kid and linen belts are correct if the white waist material is of a heavy nature, as madras, butchers' linen, or the general waisting. With lingerie waists ribbon belts, or those of white embroidered linen will be smart. —Elizabeth Lee.

LONG LOAVES OF BREAD. The largest loaves of bread are those of France and Italy. The "pipe" bread of Italy is baked in loaves two and three feet long, while in France the loaves are made in the shape of very long rolls four or five feet long, and in many cases six feet long. The bread of France is distributed almost exclusively by women, who go to the various bakerhouses by 5 in the morning and spend an hour polishing up the loaves. After the loaves are thoroughly cleaned of dust and grit, the "bread porter" proceeds on the round of her customers. Those who live in apartments and flats find their loaves leaning against the door.

THE girl who has pretty hands never cares for gloves. The girl who always agrees with you is a gay deceiver. The girl who always and every time sleeves buttoned to the arm while her letters may die happy—but she never will be a howling success on a love letter. Love is a dream, but marriage is the alarm clock. Love in a cottage is very well when there is a town house also.

Where Feminine Fancy Lights

OIL THE DOMESTIC WHEELS. Happiness—or the lack of it—in the family circle is built upon small things. A man who has recently secured a divorce on the grounds of desertion admitted that the real root of the evil was his wife's habit of talking to him before breakfast, when his nerve force was at a low ebb and he wanted to be "let alone."

Some of the happiest families are not those where money flows easily into the household coffers, but where small courtesies and little pleasures make up for the lack of luxuries, which the twentieth century man and woman has begun to consider essentials.

A mother whose children seldom fare far from home, and whose husband's love toward the return of his family circle at night with feelings of positive relief and pleasure, states that these are some of the rules on which their family congeniality and their pleasant relations are built.

"Be sparing of privacy not only of your mother and father, but your sisters and brothers. Never enter a room occupied by any other member of your family without first knocking at the door. 'Rise when your elders enter the room, whether they are members of the family or not. If you have the best chair or the most comfortable corner of the couch, offer it. You may not always be forced to relinquish the coveted corner, but the courtesy will be appreciated. 'Always rise when guests enter, whether they are your friends, your sister or your brother. You need not remain in the room after chatting a few moments, but show the guest and incidentally the member of your family circle the courtesy due them. 'A man or a boy should always draw out the chair of the woman or girl who is seated next to him. If the father is not present to perform this office, the son stands behind his mother's chair until she is seated. This little act of courtesy does not take more than a minute and starts the meal off in a pleasant spirit. 'Be on time to meals. This not only gives the meal a more dignified and cheerful air, but it smoothes the way of the servant whom your mother is trying tactfully to retain. It is just as easy to lay down the book at one page as another, and it is mighty hard to replace a competent servant. 'Do not allow all the dishes to gather around your plate at the table. If you are a boy see that your sister and your mother are served first. If you are a young girl, look well to the needs of your elders. 'Do not get to bed without saying a pleasant goodnight to the family gathered in sitting room or on the porch. Slinking off to bed with a sense of unaccountable injury toward anybody in particular or the world in general, is not conducive to peaceful sleep and a cheerful awakening. 'Do not be curious about the mail which comes for other members of your family. Mother will take time to read her own postal cards and sister does not like to be hailed with the shout, 'There's a letter from Harry on the hatchback. 'Do not start unpleasant topics at the table. If your mother forgot to send your suit to be pressed, or if your sister paid too much for her summer hat, discuss this in the privacy of his or her room, and select more general topics of conversation at the table. 'Never discuss the family finances before guests or in the presence of servants. 'Say good morning when you come down to breakfast, even if the whole world has turned indigo blue. A couple of 'good mornings' can pierce the thickest cloud. 'Dress every night for dinner. This does not mean to put on your evening clothes, but bring to the dinner table a presence which does not reflect, in dullness and untidiness, the routine of your day's work downtown. 'Be appreciative. If some member of the family has scored some small success, do not fail to notice it, and a little compliment to the growing lad who has a new suit or a fresh tie will make him more careful about his personal appearance. RETURN OF SANDALS. A shoe manufacturer looks in the future and sees everybody in sandals. 'We're going back to the days of Greece,' he says. 'In five years we won't be wearing anything but sandals, in summer time at least. Leather sandals for children were introduced by us several years ago. They sold like hot cakes last season, and they're going better now. We're turning them out as fast as our factory can be operated. And this year we're making a quantity of large sizes.' THE RAW EGG DIET. Believers in the raw egg diet contend that the egg should be eaten as soon after it is laid as possible. Several different methods of serving the eggs are in vogue, the most popular of which is in sherry wine or with vinegar. A very little of the wine or vinegar is required in a glass merely to give a zest to the flavor of the egg, says What-to-Eat. When served with vinegar a drop of the liquid is first poured into an empty wineglass. Into this the egg is broken. Then the top is covered with a sprinkling of salt and pepper. The egg is then swallowed whole. Persons who have not tried the diet will be surprised at the ease with which the egg slips down the throat as well as the pleasant taste it leaves in the mouth. It is declared that half of the benefit of the egg is lost when the yolk is broken in eating. The eggs should be eaten before meals, especially before breakfast, but not every day. An everyday diet is said to be dangerous because of the superabundance of sulphur it would produce in the system. It is advisable to discontinue the diet for as much as one or two weeks at a time and then to keep it up steadily for a few days or a week again. CONCERNING WOMEN. Out of the 400 manuscripts submitted to a New York publishing house during the past six months only three were accepted, one of which was written by a woman. A woman who lives in a small Connecticut town has invented an auger that will bore a square hole, which, according to carpenters, will make her fortune. Her name is Smith. The only woman licensed to drive a cab in Russia is an 18-year-old girl who lives in Moscow. Her father lost his life while trying to save that of a police sergeant, and the authorities transferred his license to his daughter in recognition of his bravery. In Serbia the dislike for fair hair is so acute that it extends even to the white hair of old age. No Serbian woman who respects herself would appear in public with white hair. Nor does she attempt to conceal the fact that she dyes it periodically. The custom has come down to her from time immemorial.

Treatment for Red, Rough and Oily Skin

By ELEANOR MORRIS.

Redness of the face may be caused by poor digestion, weakened blood vessels, overheated blood. Whatever the cause may be it should be sought for and speedily removed. The digestion should be carefully looked after; the circulation not restricted in any part of the body by the wearing of tight clothing; stimulate the weakened blood vessels by exercise, and a cold bath as a tonic. As an astringent lotion use the following: Tannic acid, 15 grains; camphor water, 5 ounces. This can be used several times a day, allowing it to dry on the face.

When the redness has been caused by heat, cold or wind, bathe the face with this lotion and it will be found most soothing: Lemon juice, one ounce; almond oil, one ounce; rose water, two ounces. After it has been absorbed by the skin dust with a little rice powder. When the skin is rough and small red spots appear on forehead, cheeks and around the nose, this can also be traced to indigestion. Avoid stimulating foods and liquids; soap must not be used to cleanse the face as the alkali irritates and causes inflammation; cleanse with a cold cream and massage for five minutes each day with this cream, which you will find healing and soothing: Spermaceti, one ounce; white wax, one ounce; oil of sweet almonds, one ounce; oil of olives, one ounce; oil of poppies, one ounce; melt all together in a double boiler, then beat until creamy. A red swollen nose is another result of a weak digestion. When the small veins are dilated the electric needle is the best means to use to cause contraction. The swelling and redness may be reduced by bathing in hot water; then apply this lotion, which can be used frequently during the day: Tannic acid, 15 grains; tincture of camphor, 5 ounces. Greasy or oily skin is caused by excessive secretions in the sebaceous glands. To overcome this difficulty it requires a great deal of patience and time. For the one so afflicted all rich and greasy food should be omitted from the diet; massage and steaming are the best weapons of defense. At least once a week the face should be thoroughly steamed and massaged; the daily plunge bath is absolutely necessary, and if it is possible a steam bath should be taken once a week. In this way the glands are forced to yield their secretions and gradually establish a normal condition. For daily use this lotion will be found very efficacious in correcting abnormal conditions: Rose water, 6 ounces; elderflower water, 2 ounces; simple tincture of benzoin, 1/2 ounce; tannic acid, 10 grains. When the skin has absorbed this lotion apply a little pure face powder. An excellent astringent and tonic in any part of the body is made from: Elderflower water, 6 ounces; eau de cologne, 1/2 ounce; tincture of benzoin, 1 ounce; cucumber juice, 1 ounce. If the cologne and cucumber juice are mixed, and the other ingredients then added, the lotion keeps much better.

CHILDREN AND DISEASE

It used to be considered as impossible for children to escape certain ailments—called children's diseases—as to avoid the teaching period. The intelligent mother of today recognizes the absurdity of this. She knows that a sound body is essential to perfect mental growth. So, instead of taking each attack as a matter of course, she uses every effort to avoid the slightest ailment. The best safeguards to the health of children are a suitable regimen, cleanliness, fresh air, pure water and a due allowance of sleep. To the child thus armed disease is not a frequent visitor. The old idea that disease must come has given place to the doctrine that sufficient knowledge and care will prevent almost any evil and this is no less true of disease than other things. HINTS FOR THE HOUSEKEEPER. If in cleaning house one finds grease spots on marble, it can be quickly removed by applying powdered magnesia. To frost a glass rub over carefully with a little muslin bag filled with fine sand and powdered glass and fine-stone grit and water. Then clean the glass thoroughly and moisten with hydrofluoric acid. When the glass is frosted to suit, wash with clean, cold water. Stitch together newspapers enough to entirely cover the springs of your bed and if there are slats, make a second paper sheet to put under the springs. It will keep out the dust and is easily replaced. To grease a griddle cut a small white turnip in half and rub the griddle with it. It causes no smoke, smell, taste or adhesion and will be found better than butter or grease. To clean bottles or glass jars, cut a small potato into dice and shake it in the bottle or jar half filled with cold water.