

REST WEARY FEET

USE OF STOOLS A RELIEF FOR THE HOUSEWIFE.

Can Be Used to Advantage Without Delaying Work a Minute—High and Low Stools a Great Convenience.

Housewives can give their tired feet a rest without delaying their work one minute simply by judicious use of the high and low stool.

First the high stool. It should be cushioned and used often.

Just look at the hours that a woman stands at the stove stirring a saucepan or doing such little odd things around the cook stove. Is there any reason known to culinary science why such work should not be done with a long spoon from the comfortable height of the tall stool? The little girls in the cooking school are not required to stand at their work any more than are the scholars in the day school. They sit down to it, and the toll is lessened to a most appreciable extent by that restful position, and there is no damage done to the contents of the saucepan by reason of the stirring being carried on from a high stool instead of in the usual way of the housewife.

Dishwashing can be done as well from a high stool as while standing on one's tired feet.

Then that low stool! Its usefulness is so apparent that it is difficult to imagine any woman being without one and yet how few homes have such a thing for the purpose suggested!

Being light and easy to carry, it can be taken from room to room by the housewife and used for a rest when the tiresome work of straightening the lower drawers in the bureau has to be done or the books on the lower shelf of the book rack dusted, or the laundry sorted out, all of which operations require one to sit on the floor or else break one's back bending over. Avoid this sort of calisthenics when it is not necessary. Use a low stool and rest.

Another use for this little stool is when packing a suit case or trunk, work that will be frequently on the day's list during these months. Don't kneel on the floor for that kind of work. The hinges of the knees will get rusty soon enough without such unnecessary provocation. How restful it is to sit on one of these little bamboo seats when doing such work.

Then when it is necessary to reach up to clean the chandelier or hang a picture, the little bamboo friend comes in handy again, for it is just the right height to elevate one to the gas globe or the picture cord. Finally, don't overlook the fact that the little bamboo stool is a most useful and comfortable footstool when you are enjoying the luxury of rest time on the porch.

Branded Peaches Without Cooking.

Select large, perfect peaches, wipe with a rough towel to remove the fuzz, then pack in a stone crock. Cover with boiling water, so that all the fruit is immersed, then cover the mouth of the jar with a thick cloth so as to retain the steam. Let stand until the water is almost cold, take out the peaches and rub off the skin. Put a layer of the skinned peaches in the bottom of a jar and cover with a thick layer of the best granulated sugar. Add another layer of peaches, more sugar and so on until all the fruit is used, having the sugar for the last layer. Pour in a pint of brandy, close and seal the jar immediately and keep in a cool, dry, dark place. Another way of branding peaches is to can the peaches in the usual way, but fill in the last two inches of the jar with brandy.

Zimmet Kuchen.

Make a soft sponge of one quart of warm milk, one-half yeast cake and flour to make of the right consistency. Set to rise overnight. In the morning beat in three eggs, a cup of sugar, a large tablespoonful of butter, salt and cinnamon to taste and flour to make a dough that is not too stiff. Set to rise again until light, roll into a sheet an inch in thickness and place in a dripping pan to rise. Before putting into the oven brush the top with milk, sprinkle with sugar and cinnamon and bake to a nice brown in a moderate oven.

Walnut-Cake (Loaf).

Cream together half a cupful of butter and a cupful of sugar; add the well-beaten yolks of three eggs and beat well. Stir in alternately three cupfuls of sifted flour and one cupful of milk. Add one cupful of ground walnuts (these may be prepared by putting through a meat chopper), one teaspoonful of vanilla and the whipped whites of the eggs and beat for five minutes. Stir in two tablespoonfuls of baking powder, pour into a well-greased loaf pan and bake about three-quarters of an hour in a moderate oven.

Buttermilk Salmon.

Baked Can Salmon With Buttermilk.—One can salmon, two eggs, two tablespoonfuls melted butter or cottolene, one cup buttermilk with one-half teaspoonful soda stirred into it. Salt and pepper to taste; one-half cupful corn meal and two soda crackers crumbled down. Mix all together, put in greased pudding dish, and bake half an hour. This is a delicious dish and as light as a feather. Enough for five people.

TWO GOOD CAKE RECIPES

Striped Cakes and Small Cakes Good Enough to Tempt Most Jaded Appetite.

Striped Cake.—White Part.—One-half cupful butter, one cupful sugar, one-half cupful sweet milk, two cupfuls flour in which is sifted two teaspoonfuls baking powder, whites of three eggs.

Dark Part.—One cupful brown sugar, one tablespoonful molasses, one-half cupful butter, one-half cupful sour milk in which dissolve one-half teaspoonful soda, two cupfuls of flour, one tablespoonful of cinnamon and allspice. Drop a spoonful of each kind in a well greased cake dish, first the light part, then the dark, alternately. Try to drop it so that the cake shall be well streaked through, so that it has the appearance of a striped cake.

Small Cakes.—One pint of New Orleans molasses, one pound brown sugar, one tablespoon of melted butter, two tablespoons of soda, one-half cup of sour milk, one-half teaspoon each of cinnamon, cloves and allspice, one nutmeg, pinch of mace, and one grated orange and lemon; flour to make a stiff dough. Mix the ingredients the night before and in the morning roll out thin and cut in oblong; add more flour if needed, as some flour differs.



ALL AROUND THE HOUSE

If hooks for the bathroom, kitchen and pantry are dipped in enamel paint there will be no trouble from iron rust.

Having several pairs of shoes and never wearing the same pair more than one or two days at a time will rest the leather and make it last better.

Chamois leather should be washed, when necessary, in soapsuds, and rinsed in soapsuds—not in clean water. Treated thus it will keep its original softness.

Any dish that has held dough, milk, cream or eggs should be rinsed in cold water before being placed in hot water, as hot water tends to cook such things and make them more difficult to remove.

Small glasses filled with jelly will prove to be very acceptable gifts when Christmas time comes. When making your own supply of jelly fill a few little glasses of different flavors, put into a prettily trimmed basket or box will make a nice present for an invalid friend.

Save old kid gloves for ironing day. Sew a pad made from the left glove on to the palm of the right one, and you will find your hand is saved from becoming blistered, while the fingers and the back of the hand will be protected from the scorching heat, which is so damaging to the skin.

Helps for the Housekeeper.
Green blinds that have become faded may be renewed by rubbing them with a rag saturated with linseed oil.

To attain a good glaze on linen it is necessary for it to be damp, for the iron to be hot and for great pressure to be used.

To clean carved ivory make a paste of sawdust damped with water and a few drops of lemon juice; lay it thickly on the carving. Let this dry thoroughly, and then brush it off with a dry cloth.

When washing glassware do not put it in hot water bottom first, as it will be liable to crack from sudden expansion. Even delicate glass can be safely washed in very hot water if slipped in edgewise.

A Convenient Dryer.
As great a boon as women know a vacuum cleaner to be, comparatively few have learned to put it to personal use. When they buy one for their home use they revel over the clean house they will keep, with never a thought as to clean clothes and a clean scalp.

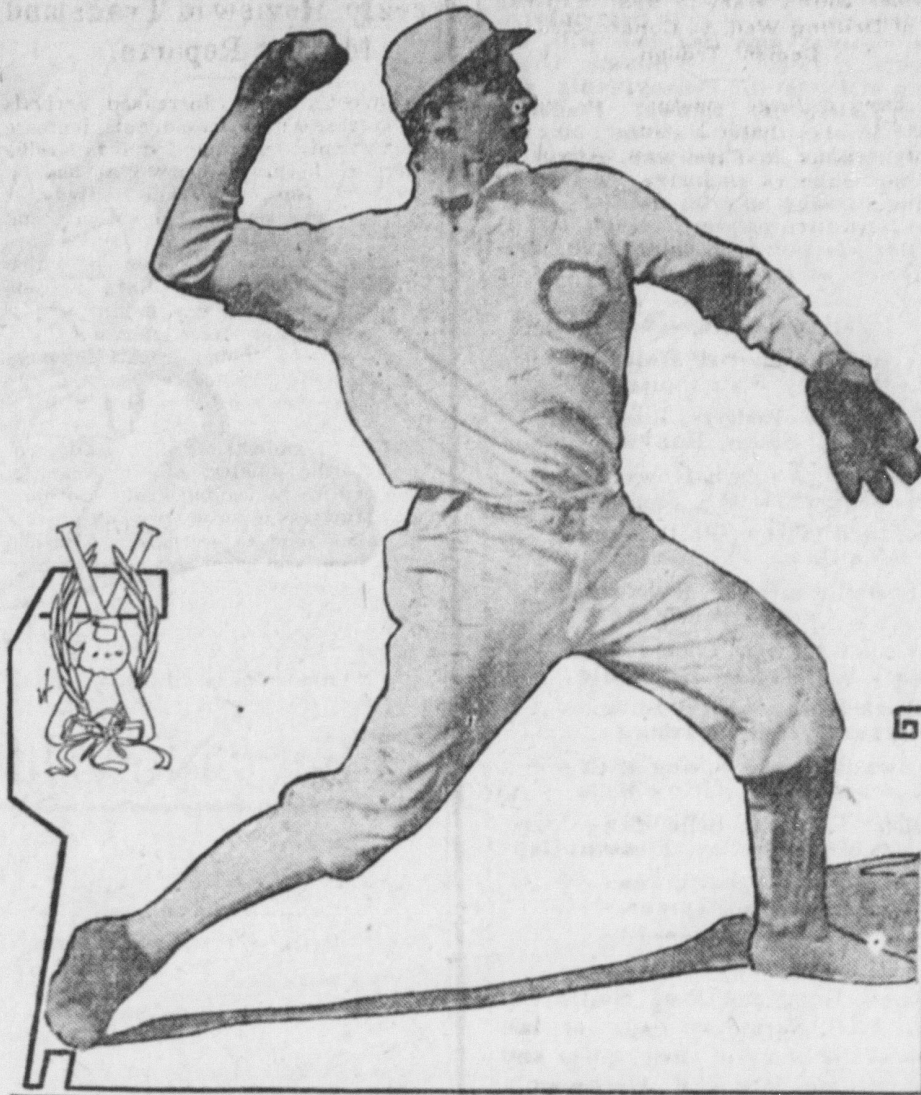
Instead of laboriously brushing your tailor suit with a whisk, stand in front of the vacuum cleaner and every particle of dust and dirt is lifted out in a few minutes. Nothing remains to do but wash off grease spots and pressing.

Shampoos are simplified by using the cleaner as a dryer. Put on the blower, sit in front of it, and the hair is dry in a surprisingly short time.

Blueberry Biscuit.
Add a cup of blueberries to the ordinary baking powder tea biscuit, made from a quart of flour, three heaping teaspoonfuls of baking powder, a large teaspoonful of butter, a little salt and two scant cups of sweet milk. Make the biscuit as soft as possible and with as little handling, and bake in a quick oven. These are delicious for luncheon or tea. The berries should be washed, dried and rolled in flour before adding them to the dough.

Carrot Conserve.
Wash and scrape half dozen firm carrots, put through meat chopper and cut as small as peas. Boil half hour in slightly salted water, then drain, and to each pint add two cups of light brown sugar and the juice and half the grated rind of one lemon. Cook slowly till clear, about 1½ hours. This is an agreeable novelty with a decided foreign flavor.

KNOCKS OUT LONG HOME RUN



Lee Tannehill.

During a recent game with Detroit, Lee Tannehill of the White Sox knocked out a home run hit with the bases full, tying the score. The ball was sent through an iron gate in the extreme corner of left field.

GIVE GIANTS HARD BATTLE

Jack Pfeister of Chicago and Salee of St. Louis Always Prove Stumbling Block.

How many times in the last four years has it been asserted that the Giants could not hit left-handed pitching, and how many managers have been stung by attempting to prove that theory? Perhaps it is difficult to believe, but it's a fact that the Giants now would rather see left-handers in the box against them than the good right-handers. That's because the batting order is now composed of men who can slug the southpaws, but which does not show at its best when trying to solve the curves of right-hand cross-fire experts. True, there are a few southpaws in the league who always give the Giants a hard battle—pitchers like Pfeister and Salee—but with the entire second section of the batting order composed of right-handed swingers the thing is evened up. The truth of the matter is that McGraw's right-handed batsmen are hitting left



Jack Pfeister.

handed pitching harder than his left-handed batsmen are hitting right-handed pitching. Merkle and Meyers have been driving in more runs than the first three lead-off men.

PLAYERS EAT FAR TOO MUCH

Overeating Has Done More Harm to Baseball Than Anything Else, Says Manager Griffith.

Every careful baseball manager watches his players closely in regard to what they eat. It's easy enough to tell when a player has been drinking, but it is hard for the managers to tell, unless they see them eating. Just when a player has overateen. All managers agree that overeating is a mighty bad thing for a ball play-

er and will do almost as much toward hurting his game as anything else he could do. Some players want to put on weight and think if they eat a whole lot they will gather in the desired few pounds. They might put on the weight, but with every ounce they put on they take so much off of their quickness.

Overeating has done more harm to the world in general, and ball players in particular, than almost anything else I know of," says Manager Griffith. "It isn't very often that you run across an athlete who doesn't know when to stop eating, but sometimes you do, and then you have to watch him like a hawk. It's a very bad habit."

NOT SPEEDY ON THE BASES

Manager Jennings Deplores Lack of Speed by Catchers in Getting Around Diamond.

Speaking of his regular backstop, Oscar Stange, Hughie Jennings remarked recently: "It's about the hardest task in baseball to get a catcher that can run the bases. Roger Bresnahan is the king of all catchers running the bases. But he learned to skip around the sacks before he became a catcher. Roger, you know, broke into baseball as a pitcher, then became an infielder and turned to catching when he went to work for John J. McGraw. I used to be a catcher myself, but I think the reason they make such poor base runners is because they do so much bending and squatting on their knees. This develops the muscles in their legs and shortens their stride when running. Just look 'em over and see if I'm not right. Few of them ever attempt to get up speed on the base lines. As a rule you have to bat 'em around the diamond, like pitchers."

AROUND THE BASES

Beck of Boston has made eight home runs, seven three-base hits and 16 doubles.

Umpire "Bill" Dineen says the White Sox baseball ground is improving and will in time be as good as any in the circuit.

Umpire Guthrie of the American association has resigned. The salary was not alluring enough to attract this gingery young arbiter. It is said Clarke Griffiths has been doing a little scouting for the Reds, and says that he found nothing that looked good to him in the Eastern league.

Jack Sparks, the Philadelphia pitcher, released by Manager Doolin recently, will finish the season with the Chattanooga team of the Southern league.

Jack Beckley, the old-time National league player, and later a valuable man in the American association, is a candidate for a position as umpire in that league.

Some one started the report that Barney Dreyfuss was after Kitty Bransfield again. Barney denies the story emphatically, for he once chased the Philadelphia first baseman off his team.

Tris Speaker, center fielder for the Boston American league club, made six hits the other day in two games against Cleveland. He got a triple and two doubles and scored two runs in each game.

Ill luck is certainly pursuing the White Sox this year. Among the men who have been out of the game for extended periods are Sullivan, the catcher; Zelder, Gandil, Walsh, Payne, and now Blackburn is injured.

HOW ST. LOUIS MANAGER WINS

Winning Teams Are Always Hustling for Every Little Point—Team Work Necessary.

BY JOHN O'CONNOR.

(Copyright, 1919, by Joseph B. Bowles.) Keeping every player on his toes every minute of every game is what wins—and this regardless of our own showing so far this season. Whenever players begin to touch their heels to the ground, either fielding, hitting or running the bases, they are getting ready to lose a lot of ball games.

All the winning teams I have played with, or managed, have been teams that kept hustling every minute for every point. The study of heel and toe was the most important. Persons outside the business do not realize the importance of this. A base runner, for instance, who moves off first with his heels down, loses nearly three feet in reaching second because he was not on his toes and jumping when he started. Inches count in modern baseball and men who lose feet are bad ball players no matter how good they are.

To win every man on a team, not only those on the field, but the coaches, must know what is to be done. In this experience and familiarity with each other's style of play helps a lot. If one man does not know the habits and style of the others he is likely to destroy all team work and ruin the best laid plans of the others.

It is the duty of a manager, as I see it, to try to keep up this enthusiasm provided he can force the pace of the men without damaging them otherwise. His position is a hard one. He must know his men intimately, and understand their temperaments. He must handle each man separately, yet avoid all favoritism and partiality. He must be strong enough to quell certain men, and support others. I am speaking of the duties of a manager impersonally. Every manager has the same things to contend with and his duties on the playing field really are the lightest of all.

If a man's heart is not in his work and if he lacks confidence in himself and his club he cannot win. What winning I have done in the past is due to this hustling, aggressive style of play which I learned chiefly under Tebeau and with the old Cleveland



Jack O'Connor.

team. Perhaps we carried aggressiveness to the extreme, but it won, and I would like to see more of it on these more recent teams. Good team work, aggressiveness, gameness and a little hitting ability will carry a team a long way and with good pitching will make it a winner.

TENNIS STARS ARE CRIPPLED

Physical Disabilities of Leading Players Worry Enthusiasts at Newport.

Tennis enthusiasts are wondering what the outcome will be of the thirtieth national tournament to be held at Newport, R. I., in view of the physical disabilities which have overtaken leading players.

William A. Larned, the national champion, hurt a tendon in his leg in the semi-final match for the Metropolitan championship lately and it is feared that this accident may seriously handicap him if he should have to play strenuously at Newport.

William J. Clothier, the ex-national champion, has just recovered from an attack of typhoid fever; Gustave F. Touchard, who began the season so brilliantly, is threatened with appendicitis and it is said that Maurice E. McLaughlin, the young and dashing California player, finds himself affected by the humid weather on the coast.

Johnson Has Slow Ball, Too. After owning the fastest pitched ball in captivity, says Detroit Times, Walter Johnson goes out and develops a slow thing that approaches the plate with all the unconcern of a stone rolling down hill and then wafes into airy nothingness like the money you bet on "also ran."

Willis and Mathewson Excel. Victor Willis who began with Boston in 1898, has pitched 242 winning games in the National league. Mathewson's mark is 250 odd.

MUNYON'S PAW-PAW LIVER PILLS

I want any person who suffers with biliousness, constipation, indigestion or any liver or blood ailment, to try my Paw-Paw Liver Pills. I guarantee they will purify the blood and put the liver and stomach into a beautiful condition and will positively cure biliousness and constipation, or I will refund your money.—Munyon's Homoeopathic Home Remedy Co., 53rd and Jefferson Sts., Phila., Pa.

LOTS OF THEM.



The Englishman—Your country is fine, old chap; but it's too deceedly new. Why, you haven't any fairy tales or—

The American—Haven't we? Well, you just come with me and look at some of the tablets on our monuments.

On Some Ministers.

The worst of these here shepherds is, my boy, that they reg'larly turns the heads of all the young ladies about here. Lord bless their little hearts, they think it's all right, and don't know no better; but they're the victims of gammon, Samivel, they're the victims of gammon. Nothin' else, and wot aggravates me, Samivel, is to see 'em awastin' all their time and labor in making clothes for copper-colored people as don't want 'em and taking no notice of flesh-colored Christians as do. If I'd my way, Samivel, I'd just stick some of these here lazy shepherds behind a heavy wheelbarrow, and run 'em up and down a 14-inch plank all day. That 'ud shake the nonsense out of 'em, if anythin' wuld.—Mr. Weller, Quoted by Charles Dickens.

Mrs. Wiggin's Idea of London.

During the recent visit of Mrs. Wiggin, the American author, in London, an interviewer called on her. With pencil poised, the interviewer asked: "And what do you think of London, Mrs. Wiggin?" "You remind me," answered the author cheerfully, "of the young lady who sat beside Dr. Gibbon at dinner. She turned to him after the soup."

"Do, dear Dr. Gibbon," she said, "tell me about the decline and fall of the Roman empire."

Faults in American Character.

In an address on botanical education in America, Prof. W. F. Gamong remarks that "disregard of particulars and a tendency to easy generalities are fundamental faults in American character," and he insists upon the necessity of laboratory and experimental work in all scientific study. Books "ease the wits," but independent observation is the source of sound knowledge in science.

Might Do It.

"Do you know anything that will kill potato bugs?" asked the young man with the yellow fingers. "Yes," said the old lady with theingham apron, crustily, "get 'em to smoke cigarettes!"—Yonkers Statesman.

And some people never appreciate a rose until they encounter the thorn.

Cut Out Breakfast Cooking

Easy to start the day cool and comfortable if

Post Toasties

are in the pantry ready to serve right from the package. No cooking required; just add some cream and a little sugar.

Especially pleasing these summer mornings with berries or fresh fruit.

One can feel cool in hot weather on proper food.

"The Memory Lingers"

POSTUM CEREAL CO., Ltd.
Battle Creek, Mich.