



MISS JANE ADDAMS.

Her Fame as a Social Reformer Extends Round the World.

Since the fame of Hull House, generally known as the most successful of all social settlements, has extended from Chicago throughout the civilized world, a great deal has been said and written about its founder and head, Miss Jane Addams.

Comparatively few, however, know that in Philadelphia Miss Addams found most of that practical teaching which has enabled her to do so great a work among Chicago's poor.

Miss Addams was twenty-eight years old when she came to Philadelphia and had already decided upon her life work.

After graduation from a western college—Miss Addams is a native of Ill.



MISS JANE ADDAMS.

nols—she traveled in Europe with her warm friend and schoolmate, Miss Ellen Starr. They visited most of the cities of the continent, and in each they made a special study of the condition of districts stricken by poverty.

When they sailed for home they had made up their minds to introduce the social settlement idea in the west and devote their lives to the work. From this incentive Hull House came into being, founded by Miss Addams and Miss Starr.

Before entering upon the great work of her life, however, Miss Addams decided to make a sojourn to Philadelphia in order to study the conditions and charitable work which she should do in Chicago.

The next year, in 1889, the social settlement of Hull House was opened in the Nineteenth ward of Chicago, said to be the worst municipal district in the world.

In it are massed people of nearly every country on the globe, most of whom live in squalor and depravity. Fifty thousand men, women and children call the ward home.

In any event, the district was bad enough to suit Miss Addams and Miss Starr, and there they have been working ever since and with a success that is remarkable.

How far famed Hull House really is may be judged from a single incident. At the time of the Paris exposition Miss Addams was in France trying to obtain information as to the status of social settlements in Europe.

One day she was talking with a celebrated sociologist, but the word "settlement" seemed unknown to him. As clearly as she could she explained its spirit and aims, and then he understood.

"Oh, yes," he exclaimed, "certainly. Madam means a Hull House."—Philadelphia North American.

Helps For the Cook.

Many steps can be saved the cook, whether she happens to combine with that important office the duties of the family mother or whether she happens to be paid for her services, if only the kitchen be fitted up with conveniences of various kinds for her special use. These cost little to provide, and a handy man in the house may put them up himself.

Right over the range or just at one side of it may be placed a hanging cupboard that will save many unnecessary trips backward and forward from the shelves of the regular kitchen closet. This small cupboard may be of any size commensurate with the wall space, but should be divided into half by a shelf which is at least six inches deep. Now, the lower half can be divided again in half, leaving one tall compartment for vinegar and other bottles and a group of four square spaces to be used for smaller jars, bottles and such things. The upper half of the cupboard can be divided into as many or as few compartments as will suit individual convenience.

There is no door to this hanging cupboard. It must be left open so that everything upon its shelves is within easy and quick reach of the cook. Here she will have before her and ready for instant use vinegar, bicarbonate of soda, sugar, salt, nutmeg, spices, including black pepper and paprika, onion juice, garlic, cloves and all the small essentials to good flavoring which may be needed at short notice.

Instead of having to cross the floor to open a closet door and take down what she wants, then recrossing to the range, these things will be right at her hand.

A Book Rack.

No room looks quite comfortable without books. If a bookcase or shelf is not desirable at least have a book

rack on the table to hold half a dozen volumes. One can be had easily. Three pieces of wood are needed. To make a good sized rack the longest may be two feet in length, six inches in width and an inch thick. The end pieces, which are to be nailed upright, are the same width and thickness and six inches long. They may be rounded or finished at the top in any way desired.

Tapestry, cretonne, chintz, satin, damask or leather may be used to cover the wood, whichever will best match the furnishings of the room. A pretty rack is covered with scarlet chintz in Japanese pattern and has pasted on the outside of each end a Japanese figure in relief, such as one buys at oriental shops.

Covered with dainty chintz and filled with books, such a rack will make a spare room take on a cheerful, home-like air.

Marinating Steak.

A correspondent asks for directions for marinating round steak to make it tender. Equal quantities of salad oil and vinegar, or, better still, lemon juice, makes a good marinade. Two tablespoonfuls each of the oil and the vinegar well mixed and seasoned is poured into a platter, and the steak is turned several times in the mixture. Leave it to soak for at least six hours. The French make a very elaborate marinade, which gives the meat a delicious flavor. Finely slice a white onion and place it in the dish with several slices of lemon, a bay leaf, a few whole peppers, two cloves, a bit of mace and a sprig of parsley pulled apart with the fingers. Add the oil and vinegar and stir well together.—New York Post.

Enlarged Pores.

For enlarged pores a hot face bath at night is first necessary, always followed by a cold plunge. A few drops of benzoin in the water will aid a cure, and should the face require cleansing during the day some astringent lotion should be used, such as the following: One-half pint of lilac flower water, four ounces of alcohol, two and a half ounces of glycerin, two ounces of sweet almonds (powdered), and one-quarter ounce salicylic acid. Add almonds to perfumed water and shake vigorously. Then add glycerin and the other ingredients and agitate thoroughly. Apply during the day and at night with a soft cloth.

Position in Bed.

Do you ache in the morning? If that is the case the chances are that it is due to a habit of lying in bed in a wrong position. The only position for resting is that which relieves the muscles and joints. This is the one called "extension." Very few persons realize that to rest thoroughly the muscles should be relaxed. Another mistake is to have the bed hard. If it causes aching be very sure that you need to have it softer. Do not make a martyr of yourself for the opinions set forth by some spectacled professor. He will not bear your aches and pains.

Candlesticks and Lamps.

Candlesticks and lamps made of glass after the old models are very welcome after the long period we had to endure the china and gilt banquet lamp with ballet girl skirt shade. When fitted with empire shades to match the color scheme of a room they look extremely well. The glass candlesticks are especially good for table decoration and when surmounted by a colored shade make a table very attractive.

Liquid Rouge.

A vegetable liquid rouge is made of one-half ounce of Brazil dust and six gills of water. Let the two boil for five minutes in an earthen vessel (not metal) and strain. When cold add three drams of isinglass, one-half ounce of powdered alum, one dram of cochineal and one and one-half drams of borax. Bring all the mixture to a boil again and let simmer gently for five minutes. Then strain through a very fine cloth.

Harmonious Coloring.

Harmonious coloring does not necessarily imply a room where everything matches. The monotonous rooms of twenty years ago are no longer considered good style. A room is far more satisfactory when it does not proclaim its color, when walls, rugs, furniture, pictures and small articles make a satisfactory whole and no one part is unduly prominent.

Tablecloths.

Linon tablecloths keep white much better if instead of being washed with the other clothes they are rubbed through, scalded and put into the sudsy water before other pieces. Linon irons more easily if well shaken free of wrinkles before being hung on the line.

The Finest Virtue.

The time to teach truthfulness is childhood. And the way to teach it is never, never, never to make your child for an instant afraid to tell the truth about anything whatever—anything he does, anything he thinks.—Saturday Evening Post.

Cucumber is one of nature's cosmetics. Try using a slice of cucumber instead of soap for washing your face. Don't throw away the rind. Boil it and use the water for washing your face.

Zealous young housekeepers sometimes make the mistake of cleaning paint with sand soap. Don't. It only scratches the paint. The other soap will do the work.

Clean out closets and bureaus with turpentine water and use generous proportions of the turpentine. It's a prevention against moths.

If you put matting down be sure the floors are thoroughly dry before it is laid.

An Animal Story For Little Folks  
The Frogs' Contest

There was once a grand contest announced for all the young frogs in Marsh's pond. The oldest bullfrog was coming to decide the matter. Young Peter Frog had always been good from the time he was a polliwog, and he made up his mind to win the prize and wear the medal. For weeks the other frogs were practicing diving off a log, and it was very much the way they had always played before the contest was announced. Peter Frog refused to join them. He carried a toadstool for an umbrella, so afraid was he that a



THE OLDEST FROG.

drop of water might spot his carefully rubbed green coat, and he stood far away from the happy, splashing young frogs for fear they should spatter mud on him.

And Peter Frog felt very superior to the other frogs, and he went home with a nice little roll of music under his arm which a linnnet had written out for him on a leaf, intending to practice bird songs, while all the other frogs were bellowing and shouting in chorus. At last the day of the contest came. The oldest bullfrog announced that there would be diving, swimming and shouting contests. Peter Frog was his own nephew, and he had hoped that Peter might win the prize. "Get in there! Why don't you jump in?" he shouted, as Peter stood about with his toadstool umbrella over him and his little roll of music under his arm.

"I'm afraid I'll soil my clothes," replied Peter. "I'm afraid I'll drown. I don't like the water—nasty wet stuff! But I can sing a song just like a linnnet," and he swelled with pride.

"A song! Sing like a linnnet!" boomed the old bullfrog. "Well, who ever heard the like of that? You're a disgrace to your name, Peter. You may leave the pond and live with the birds."

I have no idea which frog won that contest—perhaps they all did—but Peter is living with the birds to this day, and if you ever meet a delicate little frog with a toadstool held over him for an umbrella and chirping as nearly like a bird as he can you will know it's Peter.—Worcester Post.

The airship looks down on the automobile, but the auto doesn't get sour about it.

A THOROUGH BORE.

The Woman With a Grievance That Is Constantly Alred.

It is an easier matter than most women realize to become a thoroughgoing bore. We have all met such a woman. She will recite for hours at a stretch the troubles, real and imaginary, which she experiences with her husband, children and servants. She will expound upon her own ailments and worry you with a long story of her pains and aches.

The grievances which such a woman has to tell you are inexhaustible. No matter how earnestly she may work for the good of others, she is always sure that no one appreciates her efforts.

The truth of the matter is that she really does nothing at all without largely advertising the fact, and nobody can appreciate self praise.

The pleasant woman will not worry her husband about what she "loves" and he dislikes, or with music for which he has no ear.

She will not nag because their baby carriage is not quite so nice as the one their neighbor has.

She will not constantly fret over the fact that her friend is better dressed than she is.—Woman's Life.

AN ERECT FORM.

Severe Training That Gave One Girl a Queenly Carriage.

Nothing is so conducive to health, grace and beauty as the carriage of the body. An erect figure is an essential to perfect health and symmetry of form. A woman of fifty with the step and bearing of a queen once said that as a child she had shown a decided tendency to stoop. Her mother talked and pleaded in vain. At last her father took things into his own hands. "If I may be allowed to do it in my own way," he declared, "I will teach her to carry her shoulders back and her head up." After that the father met his daughter every day on the front veranda and insisted on her walking the length of the garden with a pail of water in each of her hands and a book placed on her head. At first it was a difficult task, but each time the book fell the penalty was another walk to the gate and back. Four times a day for six months this promenade was taken. It was a severe training, but it resulted in a queenly carriage.

Cleaning Carpets on the Floor.

Directions for cleaning carpets on the floor are given in the House Beautiful. The same method might be used to clean rugs: "Make a suds with a good white soap and hot water and add fuller's earth to this until it is of the consistency of thin cream. Have plenty of clean drying cloths, a small scrubbing brush, a large sponge and a pail of fresh water. Put some of the cleaning mixture in a bowl and dip the brush into it. Brush a small piece of the carpet with this, then wash with the sponge and cold water. Dry as much as possible with the sponge and finally rub with dry cloths. Continue this until certain all the carpet is cleaned and then let dry."

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SYMPTOMS THAT INVITE GERMS.  
Little Ailments that Should be Looked After if One Wants to Keep Well.

Anyone who has any of the many symptoms caused by poor digestion should take special care to avoid conditions where disease germs are likely to be present. Any of the following symptoms are good evidence of stomach troubles:

Acidly Spitting up of food	Nausea	Loss of flesh	Vertigo or dizziness
Colic	Gripes	Heartburn	Drowsiness
Heaviness at stomach	Coated tongue		
Sediment in urine	Sour taste in mouth		
Night sweats	Diarrhoea		
Headache	Nervousness		
	Sick headache		

These little ailments, which indicate a weak stomach and imperfect digestion, should be looked after by the use of Mi-o-na, if one wants to keep well. A tablet of this remarkable remedy, taken before each meal, will so strengthen the stomach and digestive organs that natural weight will be restored and perfect health and strength regained.  
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