

**Care of the Floors.**  
 Women have long been instructed that rugs and bare floors are sanitary essentials in housekeeping. While this statement is undoubtedly true in many cases, it still admits of qualifications. In houses where rooms have well made hard wood floors the arrangement proves satisfactory, though all women admit that it increases the household work. Good floors, however, are still the exception more than the rule. When a housekeeper attempts to stain and oil margins that are made of uneven, loosely put together boards, she finds that she has undertaken a considerable burden. Such floors rarely look well. They need the most constant care to be even of tolerable appearance. Wiping over once a day by no means keeps them in condition, particularly if, as is probable, the house in general be poorly built, with dust to rise from the cellar and enter through the windows by many cracks and ill joined corners. More than one housekeeper testifies that under such conditions they have gone back to fitted carpets. These, it may be added, can be hygienically cared for by following the approved method of sweeping them. This is to brush the dust from the corners and use a carpet sweeper to take it from the main space of the carpet, afterward wiping it over with a clean damp, not wet cloth. Another point urged for the rug system which experience does not bear out is its economy. Few maids can adequately clean the heavy rugs with which many apartments are strewn. They demand outside service about as frequently as does the fitted carpet. A New York woman who occupied a handsome up town apartment paid \$2 a week throughout the year to have her rugs properly cleaned every Friday morning. It will be the wise housekeeper who will study the limitations of her residence before she decides in favor of bare floors.—New York Post.

**Rising From a Chair Gracefully.**  
 Some one suggests that few women cultivate a graceful manner of rising from a chair. Probably nine women out of ten in rising from a seat shift their weight from one foot to another in the act of rising and start off upon the wrong foot. The proper way is to rest the weight upon one foot while still sitting, holding the other lightly upon the floor. Now rise by pressing down hard upon the foot that has previously been bearing the weight, stand erect and still for a mere second to get poise and start off lightly upon the free foot. If there is to be a turn in the walk, stop, with all the weight upon the foot that is in advance, rest only the toe of the rear foot upon the ground, then turn entirely upon the balls of the feet, with the heels scarcely touching the floor.

A turn like this is as rare as it is graceful, yet it can be acquired in half an hour's practice. A perfectly graceful woman is graceful in everything she does—in the pose of her head, the unfolding of her hands, in her walk, in the way she rises and sits. As to the last little can be said, and a pretty way is easily demonstrated. What not to do is to fall heavily upon a seat like a badly jointed doll without nerves. A sensitive woman feels her way daintily, unbending with a smooth, slow motion till she appears to have settled down safely. Such a one will know how to rise also, and can make the difficult transition between the chair and the doorway without one of those awkward jerks and starts that render half of feminine creation laughing stocks upon public thoroughfares, and especially in public conveyances.—Exchange.

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**Children and Their Teeth.**  
 Why are children's teeth neglected as we see them every day? The first set of dentals which come to a youngster are particularly apt to be undervalued. It's a real mistake to neglect these on the supposition that they are unimportant because temporary. The character of permanent teeth is largely determined by the character of the earlier arrivals, which are intended to remain in good condition until the second set are in readiness to take up the work.  
 About the fifth or sixth year a child's first permanent molars make their appearance. These are never replaced and should have immediate attention and care, being very liable to decay. There are four of these molars—one on each side of the upper and lower jaws. Loss of them will throw other teeth out of place and alter more or less the plan of the mouth.  
 Every child should be taught to keep his teeth in good condition, the mouth fresh and sweet. Dental floss silk should be used religiously night and morning. Brushing the teeth and rinsing are necessary after each meal. Any one of the various good dental powders on the market should be used in the night and morning brushing.  
 Castile soap rubbed upon the brush twice a day refreshes wonderfully.  
 If any liquid medicine containing iron, acid, etc., is taken into the mouth, brush the teeth afterward and rinse well. Lukewarm water only should be employed in washing the teeth. Both very hot and very cold fluids are injurious.  
 If at any time the mouth becomes acid and the enamel of the teeth shows signs of wearing away rinse with water containing a little bicarbonate of soda.

**A Help to Homemaking.**  
 "Each housekeeper and homemaker can add her efforts to the progress of the age in the right direction" is a solution given by Lydia Hoyt Farmer for the complexities of our domestic life in an article on "Domestic Science Clubs" in The Woman's Home Companion. "Women of the present day may help to clear the way by promoting every enterprise which shall encourage skilled labor in domestic departments, such as kitchen gardens for the children of the laboring classes, who are to grow up into the servants of the next generation; also training schools for domestic labor, where young girls shall be taught thoroughly all the departments of housework and cookery. Thus doing, the time will come when no servant will be hired without a diploma from some training school and a girl will as much expect to fit herself for housemaid or cook as for dressmaker or any trade."  
 "The art of selection is the art of true living. A woman can accomplish little

whose life is a series of crises, a kaleidoscope rush, a glimpse of dissolving views." It is this want of selection which makes of too many persons mental dudes, attired in the outward adornments of a smattering of fashionable information, but in reality not possessed of any practically useful ideas. After a proper selection comes economy of time. The investment of time must be as wisely undertaken by women as are paying financial investments by men. Then comes system. Actions must be governed by plans fully marked out, not left for the haphazard moment to suggest."

**Children's Parties.**  
 A word of warning on the subject of children's parties may not be amiss. It is impossible not to recognize that the so called pleasure of a children's party involves a large measure of excitement both before and after the event, so that, apart from the exposure to the chances of chill and improper food and drink on the occasion, there is an amount of wear and tear and waste attending these parties which ought to be estimated, and the estimate can scarcely be a low one. It may seem ungracious to strive to put a limit on the pleasures of the young, but it must not be forgotten that early youth is the period of growth and development and that anything and everything that causes special waste of organized material without a compensatory stimulus to nutrition ought to be avoided.  
 Turning from the physical dangers to the mental and nerve injuries inflicted upon the growing organism, these are certainly not to be disregarded. Excitement rages in the little brain from the moment the invitation has been received until after the evening. Sleep is disturbed by dreams, and afterward the excitement does not subside until days have elapsed. All the amusements of young children should be unexciting and as free as possible from harmful influences.—New York Ledger.

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