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widened and there are many educational advantages. The salary she draws, while necessary and important, is not the biggest thing she gets out of her work.

There are a couple of very good correspondence schools giving courses in dressmaking, and many dressmaking establishments teach and pay a girl small wages while she is learning.

A most excellent bulletin, "Suggestions for Garment Making," has recently been published by the College of Agriculture, Urbana, Illinois. A limited number are usually sent to other states.

**OUR HEALTH TALK**

**Fifteen Health Rules for Farmer Folk**

[Prof. Irving Fisher of Yale University has summed up in fifteen simple rules what he terms the essentials to good health on the farm. We print two of these rules this week and others will appear in successive issues until the entire fifteen are published.]

**FOOD—RULE 9  
Eat Slowly**

**FOOD** should be well chewed. If swallowed half-chewed the stomach has more than its share to do. If it is necessary to force the food down, you have not chewed it enough. Liquids should not be used to wash down food but should be sipped slowly. Some of the most wholesome foods are fruits, boiled milk, sour milk, potatoes, bread, vegetables, and nuts, if they are well chewed. It is best not to use pepper, mustard, cat-sup, or other "hot" relishes at all.

**HABITS—RULE 10**

**Have Your Bowels Move at Least Once Each Day**

**GOOD** food must be eaten but the residue in the bowels must be disposed of. When the bowels move without effort it is easy to keep well. If possible the habit of moving the bowels thoroughly twice a day—after breakfast and after supper, should be established. Headache is often caused by sluggish bowels. Food is the natural laxative. Often the bowels do not move because not enough bulky food has been eaten. A few especially laxative foods are figs, fruits, bran, oil, vegetables, butter, cream, sugar, honey, syrups, and juices of fruits. Water drinking, especially before breakfast, is conducive to free movement. Drug laxatives should be used only upon the advice of a physician.

**QUESTIONS ANSWERED**

**"SHOULD** children be taken from school if other ones have colds? I believe mine is the only one there not sniffing and coughing."

It seems that doctors do not generally advise the taking of well children out of school where others have colds. They do advise these things:

1. That you keep your child well nourished and free from constipation.
2. That you permit your child to share her drinking cup with no one else, and that she not use pencil, towel or handkerchief that another child has used.
3. That she accept no bites of candy, apples or other food from other children.
4. That you help the teacher to instruct the children in the danger of spraying the air full of germs by coughing and sneezing into it; that if necessary, the Woman's Club or the trustees, provide little square clean muslin or paper to be burned after using.
5. That a jacketed stove be provided, if stoves are the means of heating.
6. That an open vessel of water be kept on the stove all the time.

"My hands perspire so that sewing is no pleasure to me."

A small box of talcum powder kept in the sewing bag and dusted on the hands when they become moist is a great help, especially when doing fine sewing. Any permanent relief from the perspiring is uncertain. The old method was to wet the hands with boric acid solution, but that helped only a limited number. A better treatment is to wet the hands with a mixture of two teaspoons of ordinary 40 per cent formaldehyde in a pint of water at night. This is apt to make the hands rough, so after drying them rub in some glycerine, to an ounce of which has been added twenty grains of salicylic acid. It can do no harm and frequently cures. An emery bag costs little and is useful for removing rust or roughness from needles.

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