



**LIKE NOBODY'S BUSINESS**

In the winter time, when everybody gets up late and hurries away to school or work and leaves last night's pajamas and yesterday's clothing lying on the floor or hanging in the bathroom; or when they all come home and deposit school books, mittens, galoshes, letters and what-have-you on every table and chair and shelf—then the home looks "like nobody's business," unless Mother makes it her business to be the patient goat and pick up after everybody.

But is it fair—I ask you—to convert Mother into everybody's valet? Is that recognizing her as the "queen of the home?" Queen of hearts she may be, but no use treating her like the deuce.

Wouldn't it be much more fair and square for each member of the family to pick up after himself. Try to teach each one to put away a thing he has used, when he is through using it. Yes, it will be a job, and it may be as much work as picking up after him. But it is the right principle and will help to train the young folks to make somebody's good wife or husband, in the years to come.

**DRESS ARCHITECTURE**

No woman looks her best by chance. It requires study to acquire the clothes which will bring out one's best points and put the dimmers on one's weak ones. Garments and accessories should not be purchased hit and miss. A systematic plan should be mapped out semi-annually to make one's wardrobe harmonious and such as will enhance one's good appearance. It is just as necessary to ideal dressing as the blue print is to housebuilding.

When the vernal and autumnal equinox rides toward the zenith, consider that the time to take an inventory of your clothes closet and map out what you will need for the next two seasons. Divide the contents of that closet into two groups, the things which will not do and the things which will. Send the first pile to the charity organization and send the second to the dry cleaner or the seamstress to be put in perfect condition. Then make a list of what you need to complete your outfit.

It is a good thing to build your wardrobe around your coat. Hat dresses, hose, gloves should seem to make a complete costume with it. This may seem rather difficult if the coat is fur or a color to which you do not like to limit yourself—but only in this way can you get the smart ensemble effect. Hose and gloves this season incline to a sunburn shade, even when worn with gray, black or white.

With a navy coat, wear navy dresses, light blue; or bars, checks or figures in which blue predominates. With the black coat, black, white and gray are first choice, but almost any other color may be worn with black. With a brown coat, any shade of brown, tan rust, or red is good. Green goes well with brown, for variety.

**NUTS AS FOOD**

Valuable nutrients are nuts. We should include more of them in the diet. They contain the same body building elements as meat, and can

serve as substitutes. They are fattening and should be avoided by one who is trying to reduce. Nuts should be eaten as a part of the meal and not between meals. The eating of nuts is good for the teeth, both because they require chewing, and also because they are a bone building food.

To incorporate nuts into the diet, add them to breads, puddings, salads, candies, cakes and cookies, or to almost any other dish, where they will not offend the taste. Peanut butter, and shredded cocoanut are easily handled foods and should be a fixture on the cupboard shelves, and frequently resorted to. One caution: Nuts are subject to spoilage through insect life and becoming rancid so do not stock up too heavily on them at one time.

**CARROTS IN SALAD**

Raw carrots, grated, are delicious in any salad.—The chief objection to eating raw carrots is that it takes so long to chew them but, with the new modern grater, made especially for vegetables, it is easy to prepare them so that they may be eaten with less difficulty. They have a taste like orange when added to a salad and there is nothing so healthful and rich in vitamins as raw carrots.

A salad which is almost a meal may be made by adding chopped nuts or grated cheese to raw carrots. Add enough mayonnaise dressing to hold them together. Serve on a lettuce leaf, with whipped cream, flavored with the mayonnaise, on top. Crisp carrots should be used for the salad. Large ones will do if they are tender. Scrape them and then grate them. Green peppers, chopped, or pickles or olives may be added to this salad for variety.

**BABY'S TEMPERATURE**

Most mothers make the mistake of keeping their babies too warm. They think of the infant as such a delicate little creature and they almost smother it in wool blankets. They forget that baby has an excellent heating plant inside of him and his heart pumps red blood through his veins much more rapidly than yours does through yours.

When a baby's skin feels cold as a frog, baby is comfortable. Like a little fish, he likes to be cool and it hardens him and makes his resistance to cold greater. Neither babies nor adults should be subject to sudden changes of temperature nor permitted to lie in a damp room nor in a draft. Given an even temperature and moderately dry air, baby will thrive best if the thermometer hovers around sixty-five degrees.

The result of keeping baby too warm is skin troubles and lung and bronchial diseases, running ears and pneumonia.

**CARE OF TEAKETTLE**

If you use hard water, lime is likely to precipitate and form a thick, grayish deposit on the inside of it. This will sometimes chip off and appear in water you are pouring from the teakettle or it may make such a heavy interlining that it will hinder the heating of water. It is better to keep the inside of the kettle free



**How to Play BRIDGE**

Series 1929-30 by Wynne Ferguson

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**ARTICLE No. 20**

One of the most popular forms of indoor amusements is the Auction Bridge problem. You will see interested players in the theatres, subway trains, at the seashore and other Summer resorts, poring over some double dummy Bridge problem. Just to be in the fashion this article will deal entirely with such problems.

The first problem is one for you to think over during the coming week.

Talk it over with your friends and remember that the correct solution must be one that is good against any defense. Don't make the mistake of figuring out a way to make the requisite number of tricks when your solution is possible only because of the bad play of the adversaries. Such a solution is not a correct one. A correct solution must be one that is possible against any or the best defense.

**Problem No. 19**

Hearts—Q, 6, 5  
Clubs—none  
Diamonds—A, K, 7, 6  
Spades—Q, 4

Hearts—K  
Clubs—Q, 7, 6, 5  
Diamonds—4, 3  
Spades—10, 9

: Y :  
: A B :  
: Z :

Hearts—A, J, 4, 3  
Clubs—10, 9  
Diamonds—8, 5  
Spades—J

Hearts—10, 9, 8, 7  
Clubs—K, 8, 3, 2  
Diamonds—9  
Spades—none

Diamonds are trumps and Z is in the lead. How can Y Z win eight of the nine tricks against any possible defense? Solution in the next article. The following problem was given in the preceding article. The solution is given here. If you haven't already tried to solve it, do so now before you read the solution.

**Answer to Problem No. 18**

Hearts—K, J, 9  
Clubs—4, 3  
Diamonds—K, 10  
Spades—none

Hearts—Q, 10, 8, 7  
Clubs—10, 8, 6  
Diamonds—none  
Spades—none

: Y :  
: A B :  
: Z :

Hearts—none  
Clubs—J, 9, 5, 2  
Diamonds—Q, 7  
Spades—A

Hearts—6  
Clubs—K, Q, 7  
Diamonds—6, 4  
Spades—K

If spades are trumps and Z is in the lead, how can Y Z win six of the seven tricks against any defense?

**Solution:** Z should lead the king of spades. A can safely discard the seven of hearts, Y must discard the ten of diamonds and B is forced to win the trick with the ace of spades. B now has the choice of two leads: (1) the deuce of clubs; (2) the nine of diamonds.

(1) Suppose B leads the deuce of clubs. Z should win the trick with the queen of clubs, all following suit. Z should now lead the six of hearts, A should play the eight, and Y should win the trick with the nine. B is forced to discard. He cannot discard a diamond or Y's king of diamonds and Z's six of diamonds will win two tricks. B is forced, therefore, to discard the five of clubs. Y should now lead the king of hearts and B again is forced to discard. He still cannot discard a diamond for the same reason given in the preceding trick; so he is forced to discard the nine of clubs. Z should then discard the four of diamonds and A follows suit. Y should now lead the king of diamonds. B and Z follow suit and A is forced to discard. He cannot discard the queen of hearts or Y's jack of hearts will be good; therefore he is forced to discard the eight of clubs. Y now leads the four of clubs and Z must win the next two tricks with the king and seven of clubs.

(2) Suppose at trick two B leads the

nine of diamonds. Z follows suit and A is forced to discard. He cannot discard another heart or all of Y's hearts will be good; so he is forced to discard the six of clubs. Y wins the trick with the king of diamonds. Y should now lead the ten of clubs and win the trick in Z's hand with the queen, all following suit. Z should now lead the six of hearts. A should play the eight and Y should win the trick with the nine. B is thus forced to discard. He cannot discard the queen of diamonds or Z's six of diamonds will be good; so he is forced to discard the five of clubs. Y should now play the king of hearts and B is again forced to discard. He cannot discard the queen of diamonds or Z's six of diamonds will be good; so he is forced to discard the nine of clubs. Z should discard the six of diamonds and A follows suit. Y should now lead the four of clubs and Z must win the next two tricks with the king and seven of clubs.

Thus in both cases, Y Z win six of the seven tricks against any defense. It is a pretty problem in the forcing of discards. Both A and B are forced to discard clubs and thus enable Y Z to make three club tricks when only two tricks in that suit appear to be winners. The forcing of discards is one of the most common ways that good players adopt to win tricks that the average player would lose. Study this problem and the methods adopted very carefully. It will well repay you.

from the coating of lime. To do this, wash the inside of the kettle once a week in hot, soapy water. To clean the kettle when the coating has become heavy, use a flat chip of wood and scrape the inside of the kettle with it.

**PANCAKES**

In a hotel, they bring your pancakes covered with a dish with a hole in the top, to keep them from getting cold. A steamer or strainer or sieve makes a good substitute for this cover in the home. Before you begin making pancakes, warm a dish to hold them and also the strainer to cover them. Put the cakes quickly into the dish and cover quickly. The perforated pan-shaped cover will permit enough steam to escape that the cakes will not become soggy, but it will re-

tain enough heat to keep them delicious.

**HOUSECLEANING**

To avoid the semi-annual upheavals of housecleaning, set aside a regular time each week when you will do some special housecleaning job and thus keep the house clean all the time, or rather in the process of continual cleaning, in homeopathic doses. This method will distribute the work and give you the satisfaction of feeling that the house is more livable from day to day.

**CRANBERRY JELLY**

Cook one pound of cranberries on one cup of water until tender. Put through a sieve; add two cups sugar and cook for five minutes, then pour into molds.

**True Tales Of Africa, A Land Of Paradoxes**

PART VIII

By the time we had reached Lamu the weather had quieted down. We went into the harbor to within a mile of the shore. There was no dock, we went down into native rowboats and so to the shallow water. There the boats were grounded and we were carried the remaining twenty yards on the backs of the boat boys. Men, women and all were carried thus. You can well imagine some dignified Government Official—they are officials there and not servants—bestraddle the neck of a naked nigger as he flounders along in water up to his arm pits. The most ridiculous sight is the dear, fat old lady that knows the boat boy is going to fall.

You can picture this dear, fat old lady hanging on for dear life to the matted wool of an African's head and talking frantically to him in English, of which he understands not a word. Her fat legs are sticking straight out in front of him at an angle to each other of about ninety degrees—and every once in a while dipping down in the sea water, accompanied by an appropriate scream and more vituperation as to the imbecility of the diminutive nigger struggling gloriously to reach dry land. To a lot of shows that are not half so comical admission is charged.

In the city of Lamu—which consists of native wattle and daub huts and a few corrugated iron "Dukas" (stores) run by East Indians, a native market and the customs house and the Europeans' quarters set up on a corral hillock—we found ourselves in an unadulterated African atmosphere for the first time. Naked natives, all very noisy and argumentative, bartering and trading. They sold and bought everything up and down from virgin girls to goats including "Wembe," "Mahinde," "Mboga," "Pelepele," "Tembo," "Sali," "Kikapoos," "Kibus," "Mahuti." Which being interpreted is: beer grain, corn, salad, pepper, beer, honey, baskets, earthen bowls. A great many other things were offered and bought and sold.

The women, I noticed were very erect in their bearing. On inquiry, I found that this is due to the fact that they are continually carrying large loads on their heads. The man, lordly master of the household, carries no loads—except when he hires out to the white for that particular purpose. More about this load carrying by the ladies of the land as we go along.

All along the Benadir coast there are ancient shrines. These were built by the Portuguese and the Goanese that made up the soldiers of Vasco de Gama's hordes that marched thru this country long, long ago. In Milton's "Paradise Lost" you will find numerous references to this desolate bit of God's creation. To think of those old soldiers marching thru the sultry heat and rough country in full marching order, which in those days meant brass helmets and armor! The whole suit is said to have weighed 60 pounds. This besides his rifle, food and so on.

It was at Lamu, years afterward, that we were to hear for the first time that the world was at war. There is a story with that, we will give at the proper time. One other thing that seemed so awkward and sluggish to us at Lamu was the camel drawn sim sim mills. Sim sim is a native bean that is very rich in oil and the natives make quite a trade out of exporting it to "civilized" (Continued on page four)

**DO YOU KNOW WHY --- A Watch Always Stops At The Wrong Time?**

Drawn for this paper By Fisher

