

**To Clean Carpets**—One pound 20 Mule Team Borax, 6 bars Ivory soap, 2 teaspoons fullers earth. Dissolve in 2 gallons rain water brought to boiling point, but do not boil. Put all into 7 gallons water and when cold add 2 ounces chloroform. Stir thoroughly, let stand 24 hours before using.—W. E. Marling.

### HOUSEKEEPERS' HELPFUL STANDARD

With wisdom fraught, not such as books, but such as patience taught.

- 4 saltspoonfuls of liquid equal 1 teaspoonful.
- 4 teaspoonfuls of liquid equal 1 tablespoonful.
- 3 teaspoonfuls of dry material equal 1 tablespoonful.
- 4 tablespoonfuls of liquid equal 1 wineglass, 1 gill or  $\frac{1}{4}$  cupful.
- 16 tablespoonfuls of liquid equal 1 cupful.
- 8 heaping tablespoonfuls of dry material equal 1 cupful.
- 2 gills equal 1 cupful or  $\frac{1}{2}$  pint.
- 4 cupfuls of liquid equal 1 quart.
- 4 cupfuls of flour equal 1 quart.
- 2 cupfuls of solid butter equal 1 pound.
- 2 cupfuls of granulated sugar equal 1 pound.
- 1 pint of milk or water equals 1 pound.
- 1 pint of chopped meat solidly packed equals 1 pound.
- Butter the size of an egg,  $\frac{1}{4}$  of a cupful.
- 1 teaspoonful Wyandotte soda to one pint of sour milk.
- 1 teaspoonful of Wyandotte soda to 1 cupful of molasses.
- 1 teaspoonful of salt to 1 quart of soup stock.
- 1 teaspoonful of salt to 2 quarts of flour.
- A "speck" of cayenne pepper is what can be taken upon the point of a penknife.
- A pinch of salt, or spice, is about a saltspoonful.
- This seasoning is for moderate tastes.

### WEIGHTS AND MEASURES

1 quart flour weighs.....	1 lb.
1 quart Indian meal weighs .....	1 lb. 2 oz.
1 quart soft butter weighs .....	1 lb. 1 oz.
1 quart lump sugar weighs .....	1 lb.
1 quart powdered sugar weighs .....	1 lb. 1 oz.
1 quart best brown sugar weighs .....	1 lb. 2 oz.
10 eggs average .....	1 lb.
2 cups sifted flour weighs .....	1 lb.
1 pint sifted flour weighs .....	1 lb.
2 tablespoonfuls of liquid weighs .....	1 oz.
1 gill weighs .....	4 oz.
1 pint weighs .....	16 oz.

## HELPFUL SUGGESTIONS

"Take care and ponder what you find below,  
For there are rules all housekeepers should know."

Bread should not be covered when taken from the oven, but should be turned from the tins, raised on one side and allowed to cool.

Dry left-over slices of bread and use in casserole dishes.

The best ingredients are always the cheapest in cooking.

When butter is too hard to cream easily, heat the bowl slightly instead of warming the butter.

When baking custards, set a small pan of water in the oven at the same time.

The colder the eggs the quicker they will froth. A pinch of salt helps.

To relieve a burn dip the burned part in vinegar.

Salt and vinegar will remove stains from discolored cups.

A grain of salt will often make cream whip.

A damp cloth dipped in salt will remove egg stains from silver.

Dampen clothes to be ironed with warm water.

Keep flowers fresh by adding a pinch of salt or soda to the water.

Use lard for greasing cooking pans.

Use pastry flour for cakes and bread flour for bread.

Lemons will keep for weeks if kept covered with water.

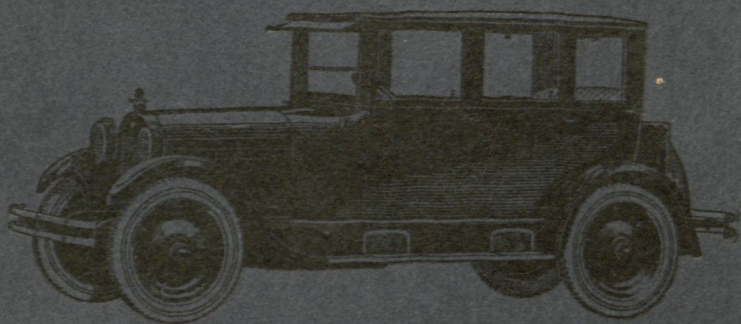
To take iron rust out of linen, rub with lemon juice, lay in sun for several hours, then wash.

To take out berry stains pour boiling water through the stained spots.

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### This Book is Ended

Its merits none can excel,  
A glance of the eye its virtues will tell,  
If more you'd know, as we said before,  
Just ask the Benevolent Committee as of yore.



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