

O ENRICH the mind. purify the heart, to keep the tangue still and the arm active, to cat slowly and sleep quictly, this is true philosophy."

Outing Days.

This is the time of the year when we look forward to outings of all kinds. There is no normal individual who does not need an occasional break from the steady routine of life. To the busy housewife this is just as important as it is to the business man.

To get back to nature and through her "Look up to nature's God is needful to give us a new hold on life and a larger outlook." We need occasionwhat a big thing an earnest purposeful life is. In the hurry and bustle of our daily life we are so much with people and become so a part of all that individuality suffers. Those truly great people who have done noble things in life have been much alone. The hurly burly of every day may be educative in certain ways, but never does much in the development of the individuality which counts.

So the getting away from all these distractions into the quiet, restful country even for a day will have its effect.

The people who live in the country where there are plenty of trees and grass, need to be especially thankful for there are tens of thousands of children in our land that do not know the feeling of grass under the feet, and are like the child who had her first sight of the country and couldn't realize that she might walk and sit all together over a flame until a drop on the grass; but petted it with her hands as if it were something alive. In our city parks in many cities now we see the children allowed to play on the grass, so they get a little of Mother Nature and know how to appreciate her.

To many people the idea of a picnic is a burden and the discomforts of a few bugs take away all their enjoyment. In preparing for a day's outing, a few sandwiches and a little fruit with a pail for making coffee or a bottle of lemon juice for lemonade are quite sufficient for a hearty meal, and the pleasure is not spolled by being overtaxed before starting by elaborate preparation.

Save the paper boxes that crackers of all kinds come in, wrap the sandwiches in the waxed paper and they keep moist much better.

E THAT holds fast to golden And lives contentedly between The little and the great, Feels not the wants that pinch the poor, Nor plagues that haunt the rich man's

Embittering all his state."

Fillings for Cakes.

The different combinations that are used for cake fillings are legion. Fruits, nuts and frostings, with cooked mixtures of many kinds give a sufficient variety to satisfy the ordinary taste.

One of the nicest of these fillings is made by adding chopped nuts and ally to change our viewpoint and learn raisins to a boiled frosting. A few figs and bits of dates added to a bolled frosting makes a change which is very good.

> An especially rich and delicious filling is made by cooking together one cupful of cream and a cupful of brown sugar, adding a cup of bickory nuts at the last, stirring until smooth. Spread between the layers of and cover the top with the filling.

> A good filling, nice for a simple cake for children is the cooked cream filling made by adding a little flour and butter to a custard mixture of one egg and a cupful of milk, flavor as desired, but add more sugar than for an ordinary custard.

A delicious caramel loing for a cake is made with one and three-fourths cups of brown sugar, one-half cup of milk and a tablespoonful of butter, melt the butter and sugar, stirring constantly over hot water, then boil on a cold plate will not stick to the finger. Spread quickly before it hardens, adding the vanilla at the last. When frosting seems too hard to

add to a cake or gets rough before it is well covered, add a teaspoonful of hot water to it, stirring it in well.

Chocolate fillings are always popular for cakes, as most people are fond of chocolate. Make a filling of two cupfuls of sugar, one-half cup of milk, two ounces of chocolate and a tablespoonful of butter. Melt in a dish then stir constantly over the heat. When cool enough to spread add a

teaspoonful of vanilla. To test this try on a cool dish as for the caramel filling.





UST for the heads of youth and the Grand Prix, where millinery and loveliness, one of that small com- horses triumph-but mostly millinery. pany of designers who make Paris It would surely hold its own in any the top o' the world (in millinery), meeting of those who make dress a has given to us these three things of study and vie with one another in disbeauty for the summer girl. They play. Happy the bride or bridesmaid look so simple! And they are in real- who may indulge herself in its counity only broad-brimmed leghorn and terpart. It is a hat for high occasion. hemp shapes with plumes and ribbon, There are four long, but not heavy, or flowers and ribbon, for garniture. plumes, more like a soft mass of snow But their simplicity is only seeming. It is the result of a deep study of is almost no curl in the long fibers. lines by a gifted artist. It is like Such a hat never was and never will the simplicity of a perfectly plain and be out of style. perfectly fitted, tailored coat, a thing difficult of achievement.

These broad brims, droop and lift, flowing about the face and head in crown. Fuor long plumes are mounted lines that make us wonder and envy, at the right under a bow that is more not at their own sweet will, but by than large. They fall completely over the careful calculation of the mind that planned them. They are, indeed, fitted to the face and head. They compel us to note how they silhouette an exquisite profile, or point to the fine line of the eyebrows, or play up the depth of the eyes or veil half the pretty face in mystery.

On the broad brimmed leghorn with black velvet facing, a mass of dell- head. It is the modeling of the brims cate tulle roses and a curious lily in that gives each hat its individuality black velvet are banked against the and makes each extraordinary. As crown. The brim, drooping gradually studies in midsummer high art millin-Than youth itself, though in at the left, is so wide that it throws ery they must interest everyone. the entire profile, including the beau-Those who would like fac-similes "f tiful throat, and the neck, into high any one of these must consider whethrelief. The girl who chooses this must | er their features are of the same class possess a profile worth while, be- or not, and remember that the rest cause it will stand out like a stone of the tollette must play up to the hat. cameo, with such a hat for a back- Such millinery is immensely useful ground The hemp hat covered with oddly gestions, which we will do well to mounted uncurled ostrich plumes is follow-some of them at a discreet of a sort to carry off the honors at | distance.

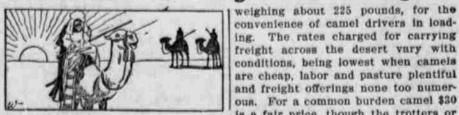
than anything else in nature. There

The third hat is more distinctly of the season. It has a bell-like brina with irregular edge and a fairly tall the crown, to the left brim. One half the face is in shadow from the sharp droop of the brim. This hat is almost universally becoming.

All these hats are set on the head in the proper position. It will be noticed that the pose is dignified-not rakish. The crowns are posed as they should be, directly on top of the



Camels Are the Freight Cars of Bagdad



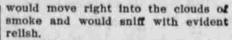
WASHINGTON-Some of the weekly swift messenger camels are worth consular and trade reports re- more. A young camel can sometimes ceived in Washington from represent- be had about Bagdad for as little as atives of the United tates in foreign three or four dollars. lands tell of interesting things in other countries. Among those recent- rying purposes the Mesopotamian ly received was a report on the use Arabs depend on the camel for milk. of camels as freighters. According to this report nearly 90,000 camels loused hide and in times of famine are used in the villayet of Bagdad as its brittle, strong tasting flesh is eaten. beasts of burden and with donkeys Congensed milk, made by boiling they form the only means of carrying fresh camel milk until evaporation goods to the inland points.

Camel caravans go in "strings," is prized among the desert nomads. seven camels to the string, with two By rubbing this substance between men in charge. For a camel 450 the hands it reduces to powder and pounds is a good load, the nack being when mixed with warm water it divided into halves. A burdened makes a refreshing drink highly escamel travels two miles an hour; on teemed among the desert folk. long trips across the desert 12 miles a day is an average march, though eleventh or twelfth month. When a swift messengers, like the mounted camel caravan is on the march the dromedary posts from Bagdad to Mossoul and Damascus, make forty, fifty the back of the mother animals, since and even more miles at a stretch.

they cannot endure the fatigue of a Freight between Bagdad and inland long march. Valuable dogs and Arab points in Mesopotamia is commonly desert hounds, called "slugeys," also packed in pairs of bales, each bale ride in the same way.

NONE

"Don't Smoke," Moral in Monkeys' Death



Besides its use for riding and car-

Shoes are made from its tough, cal-

leaves only a hard chalky substance,

Camel calves are weaned in their

very young camels are often tied upon

One day Yeoman Miller was writing a letter and had just lighted his pipe. The bugle called "collision quarters," and he dropped his pipe and started to the station on the run. Miller, returning to his "ditty box," which had been doing duty as a writing doek, was surprised to find the pipe almost empty. It was full when he went to quarters. He took a look about and saw all the men had their pipes. When he looked at the monkey it did not look at him in the eye as it usually did, but turned its head in a guilty manner. Yeoman Miller examined the pipe and found the marks of little sharp teeth on the reed stem.

Next day, after catching the monkey smoking his pipe again, Yeoman Miller decided that "Chico" had to have a pipe, and so he made him one from an ivory nut, with a reed stem. Some of the young apprentices thought it was cute to see "Chico" smoke cigarettes, and they taught him the use of the "coffin nail." From then



"C HICO," the cigarette-smoking orangoutang, which died on the United States cruiser Wilmington from the tobacco heart, is held by Yeoman Harvey L. Miller of the navy department to be the nearest "almost human" creature he has seen in his wide travels in the navy.

"Chico" was four months old, and stood two feet nine in his bare feet. as all true soldiers are measured, when he came into the navy. He was purchased by Yeoman Miller at Tamatave, Madagascar, for two francs. The small animal looked and acted intelligent from the beginning, and soon had captivated the sailors and men-ofwar's-men by his funny actions.

"Chico's" end was due to tobacco. One of the greatest pleasures of the until his death he was rarely seen

YSPEPSIA is the stronghold of depravity. An abused and impaired stomach is but another name for the collpse of faith.

"A plece of undigested meat in the of a man, will cause more trouble than all the cattle on a thousand

Picnic Ideas.

Plan to have a little picnic every week during the warm weather, if you kinds, whose properties are cooling to can't do any better, have it on the the blood and furnish it with necesporch or in the back yard; it is a sary material. change and rest. Many people have a screened porch and use it for a di- known to have medicinal value and ning room all through the summer should be often on our tables. weather.

Don't cumber the picnic basket with berry dishes as the wooden or paper the heavy desserts of rich pastry. plates are so light and cheap that one just the thing for such occasions. Car- dessert could be prepared. ry silver that is not so choice, that if a piece were lost the day would be dish for a luncheon. To three or four spolled of its full measure of enjoy- cooked potatoes sliced, add one ment.

Sandwiches were especially invent- ery, half a cup of almonds, blanched ed for lunches, and nothing is more and shredded, a cucumber chopped. wich, for it has no filling, may be also food value. made of whole wheat bread in which | Another sweet salad liked by many Lasty sandwich.

There are fillings of all kinds, tracts from the delicate flavor of the chopped olives, grated choese, sea- melon. Lemon juice seems to have soned with sweet red peppers, chopped, green peppers with mayon- of fruits if a little is used. naise, lettuce, cucumber, meats of all kinds, and then the sweet sandwiches which the children all cry for, made of larity, served either in apple cups or grated maple sugar, honey, or simply on lettuce leaves. brown sugar with a few chopped nuts, makes a very good filling. These are always buttered as are most sandwiches before putting on the filling.

Russell Sandwiches.

Take an equal amount of cold boiled chicken and boiled tongue, the meat of a dozen olives and six hard cooked eggs; mix all together and chop them as fine as possible. When about the consistency of powder add mayonnaise to make a paste, and spread on buttered bread.

French Terms Used In Cookery. Au lait means with milk. Coffee au lait, coffee with milk.

Au gratin means with crumbs. Dishes finished with buttered crumbs. Coffee noir, black coffee.

of stone ware.

MALTAL T

The sky is filled with stars, insiviable by day.'

Salads.

During the warm weather with so many crisp, green vegetables in our markets, salads form a large part of our food. Sliced cucumbers and tomatoes with lettuce and French dressing are always cooling and refreshing.

Salads contain salts of different

Green onlons, celery and lettuce are

The fruit salads make delicious desserts and much more wholesome than

Pineapple and strawberries make a may throw them away after using. Pa- delicious combination, if served with per napkins will save work and are sponge cake or cookles. No better

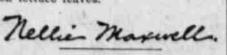
Potato salad may make the main minced green onion, a cupful of cel-

appropriate for the picnic. They may With a boiled dressing this makes a be made of white, graham, rye, brown very fine salad. The nuts may be or whole wheat bread. A candwich omitted if expense is to be an item, which is not strictly speaking, a sand- but they add greatly to the flavor and

a cupful of nut meats of walnuts has is fresh muskmelon cut in cubes with been added when mixing. Cut in a little lemon julce and sugar added. slices and buttered, it makes a most Some like a grating of nutmeg over the melon, but too much flavor de-

the power of intensifying the flavora

The apple, celery and nut salad with dressing never loses its popu-



Ham Sandwiches,

Chop cold boiled ham very fine, fat and lean together, and to every cupful allow one tablespoonful of melted butter, the yolks of two hard bolled eggs, one teaspoonful of lemon juice, one-quarter teaspoonful of dry mustard and one-quarter teaspoonful of paprika or white pepper. Pound all to a paste.

Liver and Bacon.

A new way of preparing liver and bacon is to scald the liver, peel off all able. Gloves, like stockings, should be outside skin, place in a baking pan, lay strips of bacon over each slice, and bake in oulte a hot oven. The bacon bastes the meat and it is sweet, in condition and always ready for use. A casserole. A covered baking dish | tender, and julcy. And it also does away with spattering the stove.

It is trimmed on each side of the

tront with a band of embroidery in

The full front is of white silk voile;

the collarette and sleeve ruffles are of

Take Good Care of Your Gloves.

dirt and germs are worn with the

washed when solled, wears as well as

any other, and is much more comfort-

mended the moment they begin to

show wear; in fact, every garment re-

-The Delineator.

colors, bordered with rolls of liberty.

lace.

for it is brimming over with good sug-JULIA BOTTOMLEY.

PRETTY FOULARD WAIST | SUMMER BEDROOM IN COLORS

Soft Shade of Green One of the Most Appropriate That Can Be Devised.

A beautiful green room of a summer cottage has been produced with green woodwork in one of the restful sage-green tints, the walls papered in a plain cartridge paper, with a frieze of stray vines, all in different shades of the same cool color. The wicker furniture is finished in a forest green stain and the carpet is covered with a green and white rug of fine, jointless matting. Sheer white mull curtains hang at the windows with straight-falling draperies of liberty silk of the same color over them. A white porcelain bedroom candlestick four feet high stands at the head of the bed. It is a straight column resting to his parent. on a square block base, the fluted finish outlined in green. It holds a large green wax candle, at the side of which is a little holder for a bex of matches. Other fittings of the room carry out the green and white scheme, and as the apartment faces the south. the effect has been to temper its high This simple waist is of dotted

light and contribute a restfully subloulard, white ground, with blue dots, dued tone.

Black Jewelry to the Fore. Black jewelry is threatening a return to extensive vogue. Whenever any calamity abroad brings a prominent part of the populace into mourning black jewelry is sure to come around again. Persons who remem-Gloves are another item about ber the death of the prince consort which many do not concern themtell interesting tales of the extent to selves sufficiently. A solled glove which the craze went at that time. looks as badly as a solled collar, yet Everybody wore black ornaments, and no one would think of wearing the jet. Jet is already in high esteem latter, whereas gloves that reek with with the powers that direct the wardrobe and has been for a year or more. greatest disregard for appearances but the manufacturers are getting and hygiene. Fastidious women find ready for a still greater demand for the chamois glove a delightful substi- it than they have seen for two generatute for the regular kid, as it can be tions at least.

Salt For Freckles.

If you are troubled with freckles try putting a teaspoonful of salt in a basin of water and bathing the face with it. quires constant inspection to keep it Do this occasionally and see how quickly they will fade.

sailors is to smoke, and, it is said, the without one. ones that do not are either saving up to buy a library or else it is a case of recruiting officer, as he espled a new "my wife won't let me." Chico" soon recruit concealing a "home-made" beformed the habit of snuggling up hind his chair, after hearing the tale against Yeoman Miller when he was of "Chico," "or you will meet the same reading or smoking. The monkey fate as he."

YOUTH in Washington is carry-

A ing around in his inside pocket a

piece of paper upon which this is in-

The youth is the son of-well, of

parts. The useful father has just

occasioning much heartache and worry

car. The rain became a downpour.

"For taxacab hire, \$189.90."

scribed:

man.

FOR

HEVINGS

SAKE

"Be careful, young man," said the

Youth Suffers From Too Much Credit

The cab took them home. "Just charge it to me," said the careless youth

"Identification card, sir," said the chauffeur.

"What's that?"

"Our company always issues identification cards to its patrons."

"Well, I haven't one. Come to the office tomorrow and I'll pay you."

The youth scraped together the necessary 70 cents before the chauffeur appeared next day.

"By the way," he said, after he had course the conventions prohibit the paid, "tell your people to send me one use of names-but he is the son of a of those identification cards, will man useful to the nation in these you?"

In due time the card came. Bills about enough funds decently to keep were to be rendered at the end of up his end. The son perforce insists each month, according to the polite upon extending his allowance. He note which accompanied the card. has to come to dad every so often. Forthwith the street cars lost one who had been a regular patron. Hence, the piece of paper, with the "For The other night the son was caught | taxicab hire, \$189.90."

in the rain. He had taken a young It is more than likely that walking woman and her mother to the theater will be good for him for some time and they were hastening to a street to come; and it is more than likely. too, that one of those who idly fish "I'll call a cab," said the young in the Potomac may drag up on his book a certain card of identification.

Laundry Day for Uncle Sam's Money

ted by him, along with others of different makes, for trial. It is now being demonstrated in the bureau.

The machine now in use takes bills and spreads them on a screen. This screen is revolved rapidly through a solution of soap and water, which takes off the grime. The next diso takes them through a strong solution UNCLE SAM now has a wash day. It of a disinfectant, which removes the isn't a laundry for solled clothing, germs, A third disc removes the but for good United States paper traces of the other two waters and money. When some of the bills find sends the bill out onto a plat ready for the "plater." The "plater" is the same graving and printing in Washington roller used to press new money. It whence they came bright, crisp and is this machine that gives new money new, a credit to the engraving art, its crispness. After the washed-out they are really and truly in the "flithy bills are run through the "plater" they are comparatively new-the ink colors Now your wise old Uncle Samuel having been brought out again and the

It is Mr. Ralph's idea that the life of a banknote will be extended about Director J. D. Ralph is on the job sixty per cent. by the new method.

WE 21 WASHIN'

their way back to the bureau of enlucre" class.

> proposes to wash the bills and use dirt removed. them over again instead of destroying them as has been the custom.

watching with interest the renovator The machine which he wants will of dirty bills do its duty. The ma- cost between \$800 and \$1,000. It will chine on trial is one invented by save from \$500,000 to \$1,000,000 an-Frank B. Churchill and was submit. nually.