

FOR HOME AND WOMEN

ITEMS OF INTEREST FOR MAIDS AND MATRONS.

Gown of Gray Foulard—Spring Model for Street Costume—Diet and Color—The Kind of Food to Eat for a Bright Complexion.

When You and I Were Young, Maggie
(Old Favorite Series.)
I wandered to-day to the hill, Maggie,
To watch the scene below;
The creek, and the creaking old mill,
Maggie,
As we used to long ago,
The green grove is gone from the hill,
Maggie,
Where first the daisies sprung,
The creaking old mill is still, Maggie,
Since you and I were young.

And now we are aged and gray, Maggie,
And the trials of life nearly done;
Let us sing of the days that are gone,
Maggie,
When you and I were young.
A city so silent and lone, Maggie,
Where the young, and the gay, and the best,
In polished white mansions of stone,
Maggie,
Have each found a place of rest,
Is built where the birds used to play,
Maggie,
And join in the songs that were sung;
For we sang as gay as they, Maggie,
When you and I were young.

They say I am feeble with age, Maggie,
My steps are less sprightly than then,
My face is a well-written page, Maggie,
But time alone was the pen.
They say we are aged and gray, Maggie,
As sprays by the white breakers flung;
But, to me, you're as fair as you were,
Maggie,
When you and I were young.

Diet and Color.

A bright complexion will go a great way toward beautifying a plain face. To secure it a perfect circulation of the blood is absolutely necessary, and to retain it a meat diet should be avoided. The roses must be painted in the cheeks, lips and chin by nature. Abundant exercise and an outdoor life are invaluable. Animal food is not conducive to a fine color. Meat once a day should be the limit. Meat broths, soup extracts and jellies are, on the other hand, very wholesome. Vegetables should form the diet, and as they are numerous no difficulty will be found in getting a change. Lettuce, one of the most valuable greens, contains a sufficient amount of opium to freshen the complexion by absorbing the impurities of the blood that otherwise would appear on the face in the form of pimples and eruptions. "The soups of the king," prepared for the dyspeptic Charles VI., are still favored by beauties in all countries. In this age they are known as "cream soups." All are white, or of a delicate tint and free from greasy or oily substances, the stock being extracts of some strong soup. Asparagus, beans, celery, cauliflower, tomato, cucumber, chickweed, crab and lobster are some of the fifteenth century soups that are considered favorable to beauty color. Soft-boiled eggs are among the best articles of food, and those hard boiled are among the worst. Candy, conserves, croquettes, doughnuts, crullers, patties and pastry are bad for the complexion, and so are all dishes that are cooked in butter or lard. Fried oysters are most injurious because indigestible. Brown beverages are said to make the skin dark, and the assertion does not seem improbable, for just as soon as children and schoolgirls exchange their milk mugs for wineglasses and coffee cups they begin to lose their peach blossom beauty. German ladies drink white wine and white beer, and the French beauties dilute their red wine for the preservation of their fine complexions. There is no danger of drinking too much cocoa, chocolate or coffee, half milk. Sweet milk, sour milk, and buttermilk are real beautifiers. There is nothing better than lemonade to clear the skin. Water is good all the time, provided it is not iced.

Cleaning Wall Paper.
Many housewives will be glad to hear of a means of cleaning wall paper without injury to its gloss or general effect. Take four ounces of pumice stone in fine powdered form and mix it with one quart of flour. When this has been thoroughly done with the hands, add enough water to knead the mass into a thick dough. Form the dough into several rolls about as long as the width of each strip of wall paper, and two inches in diameter. Wrap some white cotton cloth around each roll and stretch it in place; then boil about three-quarters of an hour. In that time the dough rolls are firm and the covering can be removed. Rub the soiled paper with these rolls. Not only will ordinary dirt spots be removed, but grease will be absorbed by them. After rubbing carefully dust the paper, and if more spots remain repeat the process.

To Beautify the Hand.
To increase the strength, symmetry and incidentally the beauty of the hand, devote ten minutes before you go to bed to muscle bending and stretching. Extend both arms at right angles to the body, the backs of the hands turned upward. In this position, the hand is to be bent upward, downward and sideways. With fingers first together and then extended and without moving the arm, bend the hands upward, from the wrist as far as possible, then back to the original position, then downward as far as possible. For the sideways movement, bend alternately toward the thumb side and the little finger side. Continue this swinging of the hands upward, downward and sideways for some minutes. Hand rotation next follows. In this the arms are held as for the bending and stretching exercises. With even and constant movement the hand performs all the previous motions, that is, from the bending position upward into the bending position sideways, downward, sideways in the opposite direction, and so

GOWN OF GRAY FOULARD.



Gown of gray foulard with a design in pink, blue and white. The skirt has groups of tucks commencing on each side of the front breadth, and a double box pleat in the back. The tucks are continued from the waist to the hem. The waist is curiously draped and has a little lace edged bolero and a yoke of white silk emboldered in white and spangled with steel.

on. First the fingers are held together and then extended. Finger bending and stretching comes next. With arms extended the fingers are slowly but vigorously bent enough to form a fist, and are then again opened forcibly. For finger spreading, hold the tips of the fingers apart, with arms extended as before, and perfectly straight. After the spread the fingers are brought together again, or are tightly clenched, this latter action increasing the effect of the exercise. Both the muscles of the hand and of the forearm are exercised by these movements, and after due time if there is not a noticeable gain in suppleness of wrist, contour of arm and shapeliness of the hand, there is only one reason for it—you are looking for results a little too soon.

Spring Model for Street Costume.



Made with box pleats stitched, short, loose bolero falling over vest of black and white striped satin; tucked gimp of white satin.

Variety in Dress.
Pretty women do not generally realize what an attraction there is in change. A dress that is becoming is worn again and again, and therefore loses its charm, whereas if it were contrasted with a different style it would keep its effect much longer. It is even a mistake to do one's hair always in the same way. A famous novelist in one of her books makes his heroine when at the zenith of her social success and happiness change the fashion of dressing her hair almost daily—not out of vanity, but by the instinct of coquetry. He knew that thereby she rendered herself more attractive. Even a pretty room looks better if the furniture is not always placed in the same position, and the ornaments are occasionally rearranged. Our eyes are like our palate in desiring change and variety. The most beautiful woman or the most delicious food becomes monotonous if always the same.

SCIENTIFIC TOPICS.

CURRENT NOTES OF DISCOVERY AND INVENTION.

Cause of Thunder a Mystery—Science Has Been Unable to Account for the Phenomenon—Harber's Scissors and Combs—Coach and Cradle.

What is the cause of thunder, meaning the cause of the noise? We do not know. The thunder, we know, is a result of the phenomenon we call "lightning," but just what it is has not been as yet adequately determined. The electric discharge produces a variety of effects, physiological, luminous, calorific, magnetic, mechanical and chemical, whose characteristics are more or less well recognized. It is fair to presume that we must hunt for the cause of the noise in the calorific, mechanical or chemical attributes. Most of the authorities in definition say thunder is the noise immediately following a flash of lightning, and is due to the disturbances of the air caused along its path by the discharge, and they let it go at that. It may be that the real explanation will be found partly in each of the calorific, mechanical and chemical actions. A mere disturbance of the air is hardly an adequate reason. We have too little evidence to go upon. The heating effects, so called, may have some bearing. We know the spark will inflame ether, alcohol and some of the hydrocarbon gases; yet it does not ignite gunpowder, except by the help of a wet string which becomes heated. A Leyden jar charged and discharged several times in rapid succession becomes heated. But does air? Mechanical effects are numerous and usually disastrous to any solid body not a good conductor. We are shown by Kinnersley's thermometer that some effect is produced on a body of water, but it is asserted not to be due to any increase of temperature in the air. The chemical effects are most varied. Priestly found a reduction of volume in moist air by passage of the spark (which may be significant) and that the air became acid. Cavendish found this was due to the formation of nitric acid by the chemical action of the discharge. Compound gases are readily decomposed, but air is not a compound gas; it is merely a mixture of oxygen and nitrogen, and neither of its constituents is combustible. One assists combustion of other bodies, while the other is inert in that sense. But we may get some light on the subject, yet from the indefatigable army of electrical investigators. Possibly the researches in the liquefaction of gases may help out. In a recent paper on the subject it is stated that ozone liquefies at atmospheric pressure at a temperature of 135.4 degrees Fahrenheit and that it is easily exploded. Now, it is well known that the electric discharge produces this so-called allotropic oxygen in great abundance. According to Priestly the electric discharge effects a reduction of volume in moist air, which would indicate ordinarily a fall of temperature. Moist air is the usual atmospheric condition during lightning flashes. Possibly the stream of innumerable sparks in a stroke of lightning produces a cumulative or intensive effect, first lowering the temperature, then forming ozone, then causing its liquefaction, and finally its explosion, or perhaps detonation, which expresses more accurately the terrifying crash following or accompanying a lightning stroke near at hand. This is a mere speculation, and I give it for what it is worth.—*Electrical Review.*

The Use of Peat.
The peat-bed is the embryo coal-field. If peat-beds could remain undisturbed, they would, in time, be transformed into mineral coal. They are composed of the roots of plants which grow very rapidly, interlacing and matting themselves until they are almost like a solid mass. These roots die out below, but the top layers are the crowns from which the new growth springs every year. Naturally, when they have remained for a long time unmolested, the layer of roots becomes enormously thick. Peat is used in almost all of the countries of Europe for fuel. Investigations by the department of state assure us that the cultivation of this plant and its utilization would be of the greatest advantage to the poor who have to depend upon coal for heating purposes. When peat is dug by those who understand its value, the top layer is taken off and carefully put aside. The root growth is then cut out and the sod is replaced and pressed down to be ready for growth the next season. It is often the case that under the top layers there will be found a quantity of root-stalks, leaves and sometimes trunks of trees. This becomes quite solid, and is called peat fiber. Below this there is a black, pitchy compound that in some instances, when it has long been in position, may be cut smoothly, showing a surface almost like wax. This is the most valuable part of the peat, and gives out a tremendous heat and a good deal of black smoke. Peat bogs must be drained and carefully managed in order to yield the best results. Peat is cut out in blocks, and is sometimes pressed or molded into shape.

OUR COOKING SCHOOL.

Cream Crullers.
One and one-half cups of sugar, two cups of cream, two eggs and two teaspoonfuls of baking powder. Mix in enough flour to roll out soft, cut in desired shapes and fry in very hot lard.

Leg of Mutton Stuffed.
Have a leg of mutton boned and fill the cavity with a force meat made of four ounces of finely minced suet, two of ham and six of bread crumbs. Season with thyme, marjoram, basil, chopped parsley, onion, salt, pepper and nutmeg. Bind with two well beaten eggs. Sew up the opening and bake, basting frequently.

Vanilla Tart.
Scald, blanch and dry and bruise very fine four ounces of almonds, with four ounces of sugar and half a vanilla bean. Rub through a sieve, and mix with an ounce of sifted flour. Butter and line with tart paste a dozen tart molds. Beat to a froth six whites of eggs, add the sifted almonds, mix carefully, and fill the prepared molds. Then cook in a moderately heated oven, sprinkle with powdered sugar, and serve on a folded napkin.

Tomato Sauce.
When fresh tomatoes are out of season, use canned. Put a can of tomatoes in a stew pan on a slow fire until cooked. Cut through one carrot, a small onion, one ounce of salt pork and one ounce of raw ham. Put these into a saucepan with one ounce of butter, stir on the fire until the butter turns clear. Add an ounce of flour and cook a little longer. Add the tomatoes and a pint of white broth, mix well, season with salt, pepper, a little parsley and a half a teaspoonful of sugar. Cover and boil slowly for forty minutes, stirring occasionally. Rub through a fine sieve, boil again, skim, and finish with one ounce of butter.

Timely Hints.
A little borax put in water in which scarlet napkins and red-bordered towels are to be washed will prevent them from fading.
A small basin of water put into the oven when meat is being cooked will prevent any disagreeable smell or smoke coming through the ventilator.
It is not so much what is thought and said that matters, but when, where and to whom it is uttered. Striking a light over a wet blanket is one thing, over a barrel of gunpowder is another.
No woman is ever too old to learn anything she wants to learn. At forty one's mind is clearer, brighter, quicker and more skillful than it was at twenty, unless the person slumps down and gives up through sheer laziness.
Turpentine, in which is dissolved as much camphor as it will take up, is pre-eminently the dressing for lacerations, bruises and cuts. Its antiseptic action is equal to that of carbolic acid; it speedily stops bleeding. Few, if any ulcers long resist its continued application.

Clear writers, like clear fountains, do not seem so deep as they are; the turbid look the most profound.—*Landor.*

red is thought to be one of the most admirable colors for coolness, and its soothing qualities to persons of extreme nervous susceptibilities. "It may be possible," says a writer on this subject, "that the Pompeiians painted their town red from motives more aesthetic and hygienic than we have been able to comprehend." It has long been held by persons of nervous temperaments that reflected lights are the most trying and exasperating of the minor annoyances of life. When we learn to select the right colors, we may remove from our way many causes of mental and nervous irritation.

Barber's Scissors and Combs.
A hair-cutting implement, combining the comb and scissors, is for the convenience of the barber, and it is claimed for this tool that it greatly facilitates the operation of cutting or trimming the hair, and furthermore,



cannot pull the hair, as do frequently the scissors and the clippers which it displaces. This device includes in its construction a pair of scissors, the lower blade being provided with a comb which in operation is next to the head. By its use the thorough distribution of the hair strands over the cutting edge is assured and the hair evenly cut. To sharpen or clean the blade, it is simply necessary to detach a screw and swing the comb outward the proper distance, so as to easily reach the blade with a whetstone or the like.

Coach and Cradle.
The essential features of the baby carriage and rocker are combined in the device patented not long ago by an inventor of Hawthorne, Nev. The mechanism consists of a spring motor properly encased to hide as well as protect its working parts. A large drum revolved by the spring is connected to the bottom of the coach by a shaft, which, as the drum turns, imparts a rocking motion to the body of the carriage. Means are provided for starting or stopping the machine at will.

Quinine and Malaria.
In an article by Dr. Monaco in the *Atti del Lincol* on the action of quinine on the parasite of malaria it is shown that certain strengths of the drug cause the expulsion of the parasites from the red blood corpuscles when in their second or adult stage. There seems to be still some doubt as to the exact dose of quinine which ought to be administered to effect cure of spring fever, and the amount seems to vary with the peculiarities of various patients. From these experiments, however, it would appear that the doses usually given are excessive, and that a more rational dose would lie between half a gramme and a gramme of the bisulphate of quinine. Too strong solutions seem to cause paralysis of the parasites and to prevent their expulsion from the blood corpuscles.

Anthropological Aspect of Primitive Mathematics.
In an article (*Die Mathematik der Oceanier*), in the *Naturwissenschaftliche Wochenschrift* Herr Frobenius gives lists of numerals from numerous localities and classifies them into groups which fall naturally into geographical districts. The group which has practically only two numerals lies to the south of Indonesia—i. e., part of New Guinea and Australia. That with five is found in the middle district—i. e., in portions of New Guinea—while that with ten numerals is characteristic of the northern district, whence it has spread into Micronesia, Melanesia, and Polynesia. Herr Frobenius notes the various exceptions and variations, as well as the way in which the numerals illustrate primitive addition, multiplication, and subtraction.

Aristotle noteth well "That the nature of everything is best seen in its smallest portions."—*Bacon.*

OUR BUDGET OF FUN.

SOME GOOD JOKES, ORIGINAL AND SELECTED.

A Variety of Quips, Gibes and Ironies, to Cause a Smile—Fidians and Jests from the Tide of Humor—Witty Sayings.

Information Wanted.
A small boy living in Mt. Salem, Mich., was asking his father questions the other night.
"Pa," said he, "what is dehorning?"
"Father—Why, it's cutting the horns off cattle."
"Boy (after reflecting)—Pa, what is detailing?"
"Father (growing irritated)—What in the world are you asking so many questions for?"
"Boy—Well, I saw in the paper the other day where Gen. Buller detailed a whole squad of his men.—*Detroit Free Press.*



Wanted It Removed.
Dentist—Do you want the tooth extracted?
Kai Somme—No, sah! no, sah! I wants it pulled out, sah! dat quick, too.
Likely to Get Even.
Old Friend—What became of that beautiful full-length portrait of yourself and your first husband?
Mrs. Twotimes—It is hidden away in the garret. My second husband has never seen it yet. I'm keeping it for a surprise.
"A surprise?"
"Yes. If he ever again gives me a shilling bottle of perfume for a birthday gift, I'll give him that painting for his next birthday present."—*Stray Stories.*

Recognized the Touch.
"What are you trying to play, Ethel?" called out her father from the next room.
"It's an exercise from my new instruction book, 'First Steps in Music,'" she answered.
"I thought you were playing with your feet," he said grimly; "don't stop so heavily on the keys, it disturbs my thought."—*Stray Stories.*

Incurable Fidelity.
Two old Scotch friends met and spoke of the days when they had been sweethearts. At last he said:
"Ah, Jennie, an' I hae na loved anybody since you. I hae never forgotten you."
"John," she replied, with a little moistening of the eyes, "You're just as big a leaver as ever, an' I believe ye jist the same."—*Answers.*

Indestructible.
Mrs. Newed (to market man)—I want a chicken that I can fry, or stew, or roast, or fix up any way I like.
Market Man—Sure, mum, here's one you can do anything you like wid, an' not hurt it.—*Baltimore American.*

A Reminder.
"It doesn't seem possible that we are married," he said.
"George, dear," replied the young wife, "here is a bill for a bonnet I got down town today."—*Philadelphia North American.*



Too One-Sided.
"Do you remember those happy days when everything was common between us, one sharing the purse of the other?"
"Yes. I was always the other."
Too Much for Him.
Little Timmidy—I—er—er—pwe—sume, Miss Van Swell, that you will appear in some stunning costume at the ball?
Miss Van Swell—Why, do you know, I have thought of absolutely nothing.
Little Timmidy—I—I—gug! g—g—(Faints).—*Puck.*
The Bargain Craze.
"Oh, George, elephants have dropped in price from \$10,000 each to \$1,500."
"Now, Clara, I warn you, if you buy one you needn't expect me to board it."—*Indianapolis Journal.*