

FOR HOME AND WOMEN

ITEMS OF INTEREST FOR MAIDS AND MATRONS.

Blue and White Linen—Princess Petticoat—Care of the Feet—Ill Health Often Caused by a Disregard of the Comfort of the Feet.

In Retrospect.
 If Love's guitar strings never snapped,
 If hearts would stay in tune,
 If roguish Cupid never napped,
 If life were always June,
 We 'e'en might now be fitting up
 A cozy home for two—
 How nectar-sweet were Fortune's cup
 If Summer dreams came true.
 If all we pledged of love and trust,
 Nor forfeited and lost,
 Had still survived the hoary dust
 Of Autumn's early frost,
 If seaside romance thrived in town
 There'd be for me and you
 A jewel bright in Memory's crown—
 If Summer dreams came true.
 If June-tide buds of hope would blow
 When drouth was in the heart,
 If in life's river's ebb and flow
 Hearts drifted not apart,
 If man were less a changeling race
 We might wed those we woo,
 And turn to Fate a smiling face—
 If Summer dreams came true.
 —Roy Farrell Greene.

The Proper Care of the Feet.

Some women know by instinct how nearly the nerves of their feet are related to the nerves of their hearts, stomachs and brains, and Mme. Calve is one of them. When anxiety and hard work press upon her she puts off slippers and stockings. Letting her feet breathe is what she calls sitting a long hour wringing her pink toes delightedly in the sun or running up and down the room to stretch the soles. After this she lies down and has her maid gently chafe the bottoms of her feet till she drops into a deep sleep, whence she comes soothed and vigorous for any amount of work. On the care of the feet and their connection with health long chapters might be written. As a drawback to physical strength the constriction of the foot is next to that of the corset. How few of us unstockinged can show a handsome, well-developed, uncramped pedal extremity. Toes pressed together, joints deformed, aching corns and bunions, are external evidences of the tyranny of ridiculous fashions. Look at the gondola shaped, sharp pointed shoe, that is only second to the Chinese footgear which we hold in contempt! Nature revenges itself for such absurdity. Following an obstructed circulation are headaches, cold feet, palpitations, functional disturbances and a general letting down of the tone of the system. Any physician will assert that, with habitual cold feet, perfect health is impossible. Let us correct in our children the errors of ignorance through which we suffer. And what harm, in the privacy of home, can there be in the pattering of pretty little bare feet? If there is anything to be thankful for, it is that, in social evolution, common sense is rapidly breaking the chains of conventional foolishness. Wear the softest slippers always in the house. Go barefoot yourself, even, if your family will allow it. To wear a street shoe after you come inside your front door is to imprison your foot so much longer, and the more it is exposed to light and air the healthier and more comfortable it will be. Patent leathers are ruinous to the feet. Especially when they are built with high heels and narrow toes. The feet perspire, the heel throws the weight on the toes and the poor little things, all huddled up in a bunch, are utterly miserable and make you weak. Soak your feet in cold water, not ice cold, but coolish. Warm water draws the blood into the feet. You wish to reduce the inflammation and fever by driving it away. The chiropodists say there is nothing like cold water for sore, tired feet. Cold water, besides, toughens the skin rather than making it softer. After you have brushed your pedal extremities with a stiff flesh brush, cosmoline then comes into play, to be well rubbed into the callouses and joints. With this sort of treatment your feet are kept in such good condition that they are a positive joy, and that, you know, is worth living for.

For a Thin Neck.

A pretty way of treating the decolletage of evening gowns, if the wearer be too slender, is to edge the opening at the neck with a Vandyke lace, the points turning upward to the throat; the extreme edge of the points run through the neck to be just seen through the Vandykes. The effect is original and generally becoming, says the Pittsburgh Dispatch. A wide berth or shoulder flounce of rich lace is replacing many of the fussy chiffon frills on the better class of evening bodices. Tea gowns, blouses and evening gowns are beautified by collars of rich old lace, mull or embroidered crape.

Home Language Training.

Every fairly educated woman should be able to train her children in the correct use of the mother tongue. It is merely a question of inclination on her part. The miserable excuse for not making the effort is usually that the children "will learn all that after awhile in school." I wish to make it clear, writes Florence Hull Winterburn in the Woman's Home Companion, that they will never learn grammar so well in school and after six years as they can learn it at home before six. We need not make the little child's life a burden by descending hawk-like upon all his birdling ventures in speech. It is a natural tendency in early childhood to make all the verbs regular, and to invent adjectives. The three-year-old little one instinctively says "rolly" for slip-

PRINCESS PETTICOAT.



Princess petticoat of white brocade silk. It is slashed into points around the bottom that fall over a broad flounce of white gauze. The edges of the scallops are outlined with pale pink silk roses appliqued. Flat lacings of narrow pink ribbon unite the points.

pery, "fally" for unsafe, etc. These inventions ought to be treated indulgently, for they will speedily be outgrown. It is more important to extend their vocabulary by often using new terms in their presence than to clip their original variations. Not only should we use good English before our children, small and large, but we should inspire in them an ambition to achieve excellence by dropping now and then some general rule so simple that they can themselves apply it. Grammar may in this way take root in their understanding without the use of text books, and a saving of time be accomplished in the space devoted to school education.

Blue and White Linen.



Made with stitched bands of plain white linen; yoke and underskirt of blue dotted linen. Lace hat, with large bow of blue dotted ribbon.

To Wash Laces.

For washing white lace, prepare some soap lather and half fill a wide-mouthed bottle or jar with it; place the lace in it, and shake well, holding a clean cloth over the mouth of the jar to keep the water from escaping. As the water becomes dirty change it for fresh soapy water. When the lace is clean rinse in clear water, then dip in a mixture of dissolved gum arabic and water in the proportion of one teaspoonful to the half a pint; squeeze gently in the hands; pin out on a clean cloth, fastening the plain part of the lace first, afterward the points. Be careful to make the lace even while wet; then, when nearly dry, iron lightly on the wrong side over a thick ironing blanket or sheet. Common lace may be washed in lukewarm soap lather by squeezing with the hands, then starched in thin hot water starch. After starching roll it in a

cloth, and when it is nearly dry it may be ironed on the wrong side with a moderately hot iron. In coloring white or cream laces, if a deep yellow is desired, use yellow ochre or coffee. It is best first to test the shade on a small piece of muslin before putting the lace in. When using coffee great care must be taken to see that no grains are allowed to get on the lace, as that would make it spotted. It is a good plan to mix the coloring material with the starch to insure even coloring and yet not take the stiffness out. When black lace has lost its freshness wash it first in lukewarm water and a little melted soap. Then prepare a deep blue water and mix with it some gum arabic. The usual proportion is one tablespoonful of gum arabic to a pint of the water. Dip the lace in this mixture, squeeze lightly with the hands, and then pin the lace out on a clean piece of muslin to dry. When nearly dry iron on the wrong side. Another method is to dip the lace in a mixture of milk and water, squeeze well, then iron with a sheet of tissue paper over it. Black veils can be freshened in the same way as black lace.

OUR COOKING SCHOOL.

"Jumbalaya."

Wash one pound of rice and soak it an hour; cut up a cold roast chicken, or the remnants of a turkey, and a slice of ham, which fry in a tablespoonful of lard; stir in the rice and add slowly while stirring in a pint of hot water; cover your pot and set where it can cook slowly. The same dish is made with oysters or shrimps.

Broiled Chickens.

Split a pair of chickens down the back; wipe the inside, season with pepper and salt; prepare some beaten yolks of eggs and bread crumbs; dip the outside of the chickens in the batter; put them on a gridiron (nicely washed) on a light bed of coals. Lay the chickens on the gridiron with the inside down, broiling them twenty minutes; just before taking them from the fire add bits of butter. None but fine, plump chickens are worth broiling.

Clam Chowder.

Put fifty to one hundred small clams in boiling water. When their shells have opened, take them out, throwing the hard parts away. Make half a pint of gravy from thin-sliced salt pork. To this liquid in the pot add a layer of the clams; then a layer of biscuits soaked in milk or warm water; then another layer of clams and another of soaked biscuits; then more clams seasoned with pepper and mace. Now put in three or more onions sliced and boiled; also boiled potatoes peeled and cut very fine. Cover the whole with a nice paste and bake it in an iron oven.

SCIENTIFIC TOPICS.

CURRENT NOTES OF DISCOVERY AND INVENTION.

An Invalid Derry Cart—Novel Folding Bed—New Uses for the Roentgen Rays—The Speed of Cable Messages—Novel Life Preserver.

New Uses for the Roentgen Rays.

Dr. Neville Wood records in the London Lancet a case in which a considerable over-growth of hair on a woman's face was removed by applying the Roentgen rays. There were ten sittings per week of ten minutes each, the face and neck being protected with a lead-foil mask, except where the rays were intended to act. After fourteen exposures, it was noticed that the darker hairs had lost some of their luster, and in a week's time there was an obvious lessening in their number. The hairs became brittle and pale in color, with atrophic bulbs. There was a slight reddening of the skin during this period. After forty-five exposures, the whole of a very thick downy and hairy growth had disappeared, except nine hairs which remained at least a week after the total removal of the others. They were found, however, to be readily separated at the bulbs, being retained in position by a more superficial part of the root-sheath. After cessation of the treatment, only a few thick hairs had returned, and these were removed with the well known process of destroying them by the electric needle. Dr. Wood is of the opinion that the treatment is neither disfiguring nor painful, and thinks that about twenty will clear the ground for the use of the electric needle, and that between thirty or forty exposures will probably result in permanent baldness. The rays also promise to be of service as a curative agent in the treatment of certain diseases of the skin. It seems certain that cases of lupus are much benefited, if not cured, by being treated by periodic applications of the X rays, and the hope is also held out that obstinate cases of eczema, ringworm, etc., will prove amenable to the same treatment. At Copenhagen a number of cases of lupus have been successfully treated by exposure to sunshine, and as the Roentgen rays have an effect like sunshine on the skin, it is thought that they may prove equally efficacious.

The Speed of Cable Messages.

In operating long cables very delicate instruments are required, and the currents arriving at the receiving end are very feeble in comparison with those employed in land line signaling. The longer the cable, naturally, the feebler the impulses arriving at the receiving end. A short cable, a cable of under 1,000 miles being generally considered a short cable, gives a speed of signaling amply sufficient for all purposes, with a conductor weighing about 100 pounds to the mile, surrounded by an insulating envelope of gutta-percha weighing about an equal amount. When we come to a cable of about twice this length it is found necessary in order to get a practically unlimited speed, that is, a speed as high as the most expert operator can read it, to employ a core of 650 pounds of copper to the mile, insulated with 400 pounds of gutta-percha to the mile. These are the proportions of copper and gutta-percha in the 1894 Anglo-American Atlantic cable, which is considered the record Atlantic cable for speed of working and has been worked, by automatic transmission, at the rate of some forty-five words a minute. The type of cable proposed for the Vancouver-Fanning section of the British Pacific cable, as designed by Lord Kelvin, is to have a core of 552 pounds of copper and 368 pounds of gutta-percha to the mile and is calculated to give a speed of twelve words per minute over a length of 3,560 miles. It is not considered safe to adopt a much heavier core than this for the reason that the weight of the complete cable with a core that should weigh more than about half a ton to the nautical mile would be so great that picking it up for repairs from a depth of 3,000 fathoms would be an extremely difficult and hazardous operation.—Scribner's.

Novel Folding Bed.

Everyone knows how closely that old time, comfortable chair, which is



colloquially spoken of as a "sleepy hollow," comes to forming comfortable sleeping quarters, but it was the fertile imagination of an inventor of New York city that discovered that there lurked in it all the possibilities of the ideal folding bed. In the first place, such chairs are usually heavily and softly padded, so that disposes of the most troublesome feature, namely, the

stowage of the mattress. Then they are always large and roomy, and that gives great scope for working out a comfortable and capacious single bed. Next the draperies are usually heavy, and very extensive, and the upholstery need not be very elaborate, so that is still another advantage such a chair possesses for the transformation contemplated. This can very easily be done by arranging the arm pieces on hinges and brackets. One can be changed to a convenient angle for the pillow rest. The back is disposed of so as to form a continuation of the seat, and thus make the frame of the bed, while the other arm is disposed of in any manner convenient.

An Invalid Derry Cart.

A radical change in the character of the coach employed to take baby out for an airing has taken place within the last few years, and the great convenience of the Derry cart has suggested the possibility of constructing a folding invalid or infant's cart on the same principles. The illustration shows how this idea has been worked out by an inventor of Hamburg, Germany. There may be two wheels in front and two back, as shown, or the three-wheeled arrangement so popular for the up-to-date automobile may be used. The support for the patient is formed of canvas, which extends from the axle to the cross bar of the extension pieces that are used as handles for the patient's attendant. A foot-rest is provided with means for ad-



justing its height to accommodate the length of limb of the occupant. The peculiar construction of the frame and the canvas support adapt it to fold up into a very compact space, which is a great advantage compared with the ordinary invalid's chair, which is usually so unwieldy that it cannot be stored in a living room with any convenience.

Novel Life Preserver.

An improved or protected breeches buoy has been invented by Lieut. C. H. McLellan, inspector of the life-saving service on the Jersey coast. The favorite method of landing shipwrecked people when the wreck lies near enough to the beach to enable the surfmen to shoot a line over the vessel from the shore is the use of the breeches buoy, which is simply a big cork life-preserver, fitted with a short bar of canvas trousers or trunks. The shipwrecked person puts on this preserver and the buoy is hauled back and forth from the wreck by men on the beach by means of tackle. All objections to this old buoy will be overcome by the new and protected preserver, designed by Lieut. McLellan, which will soon be introduced all through the service. Surrounding the breeches, through which a person thrusts his legs, is a canvas bag. This affords an extra protection against the sea. There is a valve at the bottom, through which any water that comes over the buoy is automatically ejected. It is said that women show much less hesitancy in trusting themselves to the new-style buoy than to the old one.—New York Mail and Express.

Three Stars in One.

The North Star has recently attracted much attention from the fact that in September, 1899, Prof. W. W. Campbell of the Lick Observatory, Mount Hamilton, Cal., announced that it is really three stars, which appear as one. Even the big telescope, with its glass yard across, at his observatory, could not tell that, as the star is so far off; although the telescope can show a great deal of the form and surface markings of the sun, moon and planets, and help us to see millions of stars not visible to the unaided eye. Prof. Campbell attached to this telescope an instrument called the spectroscope, which analyzes the light itself, and tells what it is made of, and whether the star from which it comes is in motion or at rest, and whether coming towards us or going away. He found by careful study that Polaris is really three stars, though appearing to our eyes as only one, and that the three are revolving around one another, and that the group is approaching the earth at the rate of about seven miles a second.

An Electrical Range Finder.

The British war office has been testing a new electrical range-finder for the last two years. It was invented by an Australian, who says that it will give the range and bearing of a fixed or moving object, and at the same time will give information to any number of fortress guns attached by wire to the instrument, thus equaling 100 guns, for instance, to concentrate their fire simultaneously on a single ship.

Over 355,000 persons are employed in English collieries.

OUR BUDGET OF FUN.

SOME GOOD JOKES, ORIGINAL AND SELECTED.

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

Correct.
 A visitor at a western school the other day asked one of the lower grade classes this question: "What is the axis of the earth?"
 "An imaginary line passing from one pole to the other, on which the earth revolves," proudly answered a pupil.
 "Yes," said the examiner, well pleased, "and could you hang a bonnet on it?"
 "Yes, sir."
 "Indeed! And what kind of a bonnet?"
 "An imaginary bonnet, sir."
 The visitor asked no more questions that day.

When the Clock Strikes 11.
 "Why do you always start and turn pale when the clock strikes 11?"
 "That," she replied, "was the hour at which my first husband proposed to me. I remember it, because he fell upon his knees just as the clock began to strike, and he had to wait until it was through."
 "O," the second one said, "and I suppose you can't get over the old feeling you had then that he might change his mind before the clock gave him a chance to go ahead?"
 Yet people say they seem to be "such a happy couple."—Chicago Times-Herald.

Brutal Youth.
 "He's the most ungalant young man I ever saw," exclaimed Mrs. Fattenforty.
 "I don't see how you can say that. He gave you his seat in the car today," urged her husband.
 "Yes," she replied, "but when I politely protested, he cried: 'Really, I insist. I hate to see an old lady standing.'"—Philadelphia Press.

Merely as a Precaution.
 "Augustus, why do you drink that strong liquor?"
 "Through prudence, Aunt Minerva. I suppose you noticed the cherry on the bottom of my glass?"
 "I believe so."
 "Well, I love cherries, but they do not agree with me. That is why I take a little liquor as a safeguard."—Chicago News.

Fractional Praise.
 "Do you know, old fellow," said Poindexter to Trenchant Penn, "that last book of yours isn't half bad."
 "I'm so glad to hear you say so," replied the delighted author, "for you are a competent and candid critic."
 "No, it's not half bad," Poindexter went on. "It is three-quarters or seven-eighths bad."—Pittsburg Chronicle.

War Hinders Agriculture.
 "A war is a great hindrance to the development of a country," said one Boer.
 "Yes," answered the other. "If this promiscuous shooting continues it will take long, hard labor to get the bullets cleared out of the soil so that we can go ahead raising crops."—Washington Star.

A Simple Deduction.
 Super—Here's a nice letter for a man to receive! The scoundrel who wrote it calls me a blithering idiot! Teeple—What's his name?
 "That's just what I'd like to find out; but there's no signature."
 "Don't you recognize the writing? It must be somebody who knows you."—Life.

Crash!
 Mrs. Mouse—"Oh, dear! I've had such a start!"
 Mr. Mouse—"What's the matter?"
 Mrs. Mouse—"I met a great big horrid creature upstairs that jumped on a chair and waved her clothes at me and screamed so it frightened me almost to death!"—New York Press.

In a German Military School.



"Bravery is the chief virtue of a soldier. If a cannon ball blows your head off, even, you must bear this in mind, and not lose your head!"—Heitler Welt.

Positive Evidence.
 "Figley is very contrary, I understand."
 "Contrary? Why that fellow has to fast to get fat."—Judge.