"Moth Miller" Hat

Photo, Copyright, by Underwood & Underwood, N. Y.

The trimming of the hat in the photograph is a replica of a moth miller. Fashionable milliners in New York now are trimming summer hats with representatives of the butterfly class. The hat is most effective when worn with a tailored gown or shirtwaist suit.

EMBELLISH THE FIRST MEAL

Exceedingly Dainty Are the Breakfast Sets Offered in the Stores Just Now.

Exceedingly dainty breakfast sets include a cloth and small napkins of linen damask bordered with an English chintz flower design in green and red, green and pink or green and yellow and are hemstitched bordered Another is of linen crash embroidered in crossstitch and a third of pineapple patterned linen is edged with hand-crochetting. New designs for table cloths include Belgian double damask with borders for square and round tables which begin at the center and widen to the edge; Irish linen with pin dots with scroll borders, clover leaves, shamrocks and lilies, and hemstitched plain linens with filet lace monograms in one corner.

Show towels are of pure heavy Irish linen deeply embroidered in floral pattern along one end of damask with deep borders in filet medallions and of huckaback with hemstitched damask ends and side borders. Guest towels of 15 by 24 inch dimensions match the materials and decorations of the show towels and are always laid out in company with them.

MODISH MILLINERY

The Picture Hat in Its Beplumed Perfection.

Boots for Tramping.

Such boots as are to be dedicated to tramping should be scrubbed well with English harness soap and then treated to two coats of a good waterproofing oil. This will keep them soft, no matter how often they are soaked. These little attentions bestowed on well-built shoes will do much toward keeping their wearers well shod and will save many dollars.

When it comes to buying it must be remembered that summer means loose shoes or else discomfort. A ready-made shoe should be bought either a trifle wider than the size usually worn or else a half size longer. This will be found a great saving on the stockings, too.

CARE OF CHILDREN'S CLOTHES

Little Things Most Mothers Know and That All Should Have Full Knowledge Of.

Mothers should learn how to distinguish materials which fade, shrink, spot or go to pieces.

Get samples and test the goods before buying.

Try the threads with the match test; wool may be recognized by the bad odor, there being none from cotton.

Boil the sample in a five per cent. solution of caustic potash for 15 minutes.

The caustic potash destroys the wool and leaves the cotton.

All wool goods disappear entirely under this test.

Samples put in sunlight show the value of the different colors.

Brown in a woolen material will fade, but will hold its color better in cotton.

Green, unless in fine goods, is risky.

Beware of lavender or light blue.

Black in cotton shows the starch and often fades.

Dark blue changes little in woolen materials or ginghams.

Red is good in wool.

Deep pink is the best color, as it fades evenly.

OUTFIT FOR READING IN BED

Russian Blouse Gown and Cap Go With This Somewhat Reprehensible Habit.

To read while in bed is most reprehensible, but if you persist in the practice be sure to have the proper outfit—a Russian blouse reading gown and a curl paper covering cap. The gown, which reaches almost to the knees, is a front closing blouse with elbow length cut-in-one sleeves and rounded-out neck which is finished with a broad collarette of side plaited white maline. You may make the blouse of pale-toned wool, satin or messaline, and embroider or applique it with birds and butterflies or of a flowered thin silk lined with lightweight flannel. Just above the normal waist line draw in the fulness with a rope of silk cordage. The cap of silk matching the grounding of the gown is merely a circular piece fulled on to a narrow ribbon, over which is placed a wide frill of plaited maline, and at one side, usually above the left ear tip, may be placed a big bow of black velvet ribbon.

Pocket Inside Pocket.

Inside the pocket of the housekeeper's aprons make a tiny pocket with flap to button over the top. In this she can keep her dimes and nickels. They will not fall out if the apron is thrown down carelessly and a trip is often saved to another part of the house when change is wanted.

Modish Finish for Collar.

A row of black fringe an inch and a half in depth makes a very modish finish when run around the extreme top of a white lace or net collar. If another row of deeper fringe is attached to the bottom edge of the collar, resting on the throat, it is liked all the more.

The KITCHEN CABINET

IN THIS world it is not what we take up but what we give up that makes us rich. —H. W. Beecher.

Some people are always grumbling because roses have thorns. I am thankful that thorns have roses.

HELPFUL HINTS.

In hot weather when stamps stick together, do not try to steam them or soak them apart, but run a hot iron over the bunch and they will separate easily without losing the mucilage.

A small vial or soda mint bottle with a screw top is an excellent holder for needles, especially in a damp climate, as the needles will not rust. Another bottle in the work basket to drop broken needles in, may prevent a serious accident.

Another convenient thing in a work basket is a cork decorated or otherwise, to protect the point of the scissors.

Never sew lace with silk, as the stitches are very noticeable. This is true no matter how coarse the lace. A cream colored thread for cream lace or a white for white is best.

Give away the old garments; do not store them for the moths and rust to destroy.

Little duties, even for the small child, are great helps in the household, and trains them early in taking responsibility.

If your sheets are too short and pull out from the foot, make three button holes in the foot of each sheet and sew buttons on the mattress to correspond with the holes, then button down and there will be no further trouble.

Have you had any good old-fashioned salt pork with "milk gravy," as our grandmothers used to call it, served on your table lately? With baked potatoes it is a meal relished by many.

Custards are so easy to prepare and so wholesome for desserts that we should have them at least once a week on our tables.

Now that eggs are plentiful, omelets are a good breakfast and luncheon dish.

For painful and swollen feet, bathe in hot soda or salt water and rest with the feet elevated higher than the head for five or ten minutes; the relief will be soon felt.

Surgeon's adhesive plaster is a great help to keep corns amiable. Put on fresh plasters daily and the corns will not get hard and painful.

COME forth into the light of things, let nature be your teacher. —Wordsworth.

To make work happy and rest fruitful, is the aim of art. —William Morris.

DISHES FOR THE VEGETARIAN.

For the increasing number of those who are eschewing meat for one reason or another, and who are studying food values, in order to choose intelligently when arranging menus, the following suggestions may prove helpful:

It is never wise to make a radical change all at once in one's diet; but bring it about by degrees. There are many foods of high value in proteid that are not nearly as expensive as meat. Among the foods that may take the place of meat in the diet are nuts, cheese, macaroni, rice, beans, peas, oatmeal, entire wheat and graham, as well as the whole kernel of wheat cooked until tender. These foods save the meat bills.

Here are a few menus that will be suggestive: Breakfast—Fruit, cereal, corn cakes, maple sirup and coffee. Dinner—Baked beans, brown bread, apple and celery salad, coffee suffle and coffee. When a green salad is used a custard for dessert will supply the food value needed.

Mock Fowl.—To a cupful of bread crumbs add a cup of water and stir over the fire until boiling hot. Take from the heat and add three hard-cooked eggs, chopped fine, a cup of pecan meats or hickory nut meats, a cup of cold boiled rice, a teaspoon and a half of salt, half a tablespoonful of grated onion and the same amount of powdered sage. Mix well and stir in two well-beaten eggs, mold into the form of a fowl, reserving a portion for the wings and legs, stick in a piece of macaroni for the bone and press them against the body of the fowl. Form the wings and press them against the body. Brush with butter and sprinkle with bread crumbs and bake in a quick oven, basting two or three times with melted butter. Serve with apple or gooseberry sauce.

Another dinner menu for the meatless eater is peanut soup, potatoes, egg salad, string beans, stewed figs and cup cakes. Another—Cream of tomato soup, pea timbales, potatoes or rice, fruit salad and graham pudding.

Scalloped Cheese.—Cheese in different forms is an excellent substitute for meat. Butter a baking dish, put in a layer of bread cut in squares, add a layer of cheese cut small, dust with salt and pepper, add more bread, using half a loaf to a cup of cheese. Beat two eggs light, add a pint of milk and bake half an hour in a moderate oven. Pour into a buttered baking dish and bake a half hour in a slow oven.

Cheese Salad.—Take two cream cheeses, soften with cream, and add a half cup of grated American cheese. Soak three-fourths of a tablespoon of gelatine in a tablespoonful of cold water, add a tablespoonful of boiling water and set the dish over hot water until the gelatine is dissolved. Add salt and paprika, the cheese, and a cup of cream whipped. Turn into a mold and garnish with red peppers and asparagus tips. Serve with French dressing.

Cheese well seasoned, and mixed with cream to soften, then fill in the hollows in stalks of tender celery, is a most dainty way of serving it.

Cheese sprinkled over creamed toast adds to the food value and also flavor.

Nellie Maxwell.

IN LIFE'S small things be resolute and great.
To keep thy muscles trained know'st thou when fate
Thy measure takes or when she's say to thee:
"I find thee worthy, do this thing for me."
—Emerson.

MEAT SUBSTITUTES.

For those who are living without meat it is necessary to study foods in order to supply the needed protein from other sources.

The following dishes may prove suggestive:

Peanut Loaf.—Soak a quart of fine bread crumbs in milk; mix with it a cup of shelled or salted peanuts finely ground; add an egg well beaten and salt and pepper to taste. It should be about the consistency of a meat loaf and should bake as long—about three-quarters of an hour—in a moderate oven. Serve with tomato sauce. Cook a pint of tomatoes with half an onion, four cloves, a piece of bay leaf, parsley and a blade of mace. When well cooked strain. Put two tablespoonfuls of butter in a sauce pan and add a slice of onion; brown and add two tablespoonfuls of flour. When smooth add the tomato, season with salt and pepper.

Pea Timbales.—Cook a can of new peas, until tender, then mash them through a colander and beat the pulp to a paste. To this add two well-beaten eggs, two tablespoonfuls of melted butter and onion juice, pepper and salt to season acceptably. When well mixed place in buttered molds and bake until done.

Peas on Toast.—Heat the peas, if canned, until well cooked, season and add a little white sauce made of butter two tablespoonfuls, and flour the same, cooked together, and a cup of cream added. Pour this over well-buttered toast and a simple dish will be ready which takes but a few minutes to prepare.

Asparagus prepared in the same manner and a few hard-cooked eggs chopped and added is a most nourishing dish.

The various nut dishes and nut breads supply a fair amount of valuable food in place of meat when used simply or in combination with other foods.

IF YOU can't be a lighthouse, be a candle.

One better not know so much than to know so much that ain't so. —Josh Billings.

CHEESE DISHES.

Cheese is very acceptable in an endless variety of combinations, as sandwiches. A sandwich is prepared thus: Cream two tablespoonfuls of butter, add half a cup of grated American cheese, two tablespoonfuls of anchovy essence, one-fourth of a teaspoon of paprika and mustard, and one-half cup of olives chopped. Season with salt and spread between thin slices of bread.

Cheese Squares.—Prepare a pie crust, roll out and spread thinly with soft butter and sprinkle little dots of cheese no larger than a pea all over it; then lay over this another sheet of crust, press slightly, then cut in two-inch squares and bake. Prick with a fork before baking.

Cheese Balls.—Roll seasoned cream cheese into balls and roll in chopped nuts or parsley or in paprika to serve with the salad at dinner.

Cheese Souffle.—Melt two tablespoonfuls of butter, add one and a half tablespoonfuls of flour, and when well mixed add a half cupful of milk. Season with salt, cayenne to taste and add a cup of chopped cheese; stir over the heat until the cheese melts, remove and cool and add the yolks of three eggs well beaten, and fold in carefully the stiffly beaten whites. Pour into a buttered baking dish and bake a half hour in a slow oven.

Cheese Salad.—Take two cream cheeses, soften with cream, and add a half cup of grated American cheese. Soak three-fourths of a tablespoon of gelatine in a tablespoonful of cold water, add a tablespoonful of boiling water and set the dish over hot water until the gelatine is dissolved. Add salt and paprika, the cheese, and a cup of cream whipped. Turn into a mold and garnish with red peppers and asparagus tips. Serve with French dressing.

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Nellie Maxwell.

Just Try It.

Set about doing good to somebody; put on your hat, and go visit the sick and the poor; inquire into their wants and minister to them. Seek out the desolate and oppressed. I have often tried this medicine, and always find it the best antidote for a heavy heart.—John Howard.

ECONOMCAL SOUL WAS THIS

Hebrew's Attempt to Save Fare Probably Went Astray, but the Idea Was a Brilliant One.

Arthur W. Marks of Washington tells this story to illustrate the talent of the Hebrew race for economy.

A little Hebrew got on a train in New York to go to Philadelphia, but had no ticket. In the car with him were the members of several theatrical companies and he noticed that, when the conductor asked them for their tickets they would reply:

"Company."

"What company?" the conductor would ask; and the actors would reply by announcing the title of the theatrical company under whose name all their transportation had been paid for.

"Give me your ticket," the conductor finally reached the Hebrew.

"Comp'ny," said the little fellow, looking carelessly out of the window.

"What company?" asked the conductor.

Said the Hebrew: "The Pittsburgh Cloding company."—Popular Magazine.

Poor Girls.

Mrs. Willis—What do you think of that Highupp girl marrying Mr. Bullion?

Mrs. Gillis—Isn't it awful the way some girls sell themselves for money?

Mrs. Willis—And did you hear about Miss Munney marrying that chauffeur?

Mrs. Gillis—Yes. Isn't that about the worst case of infatuation you ever heard of?

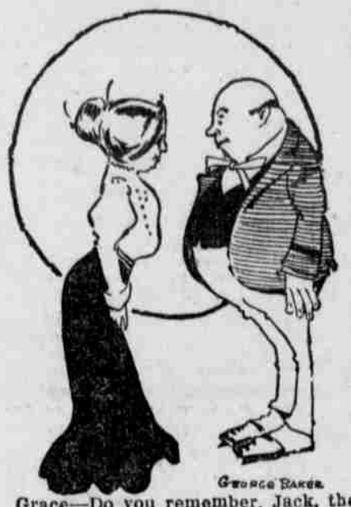
Got a New Wife.

"Wombat is working like a horse. He used to be rather lazy. Why the change?"

"He's under a new management. His latest wife needs a lot of expensive things."

Pessimists may be men who are disappointed in themselves.

THE ONLY TIME.



Grace—Do you remember, Jack, the night you proposed to me I hung my head and said nothing?

Jack—Do I remember it? Well, I should rather say I did. It was the last time I saw you act so.

Goodness does not certainly make men happy than happiness makes them good.—Landor.

Keep your fears to yourself, but share your courage with others.—R. L. Stevenson.

The man with an imagination is always on the ragged edge of making his mark.

Always meet people with a smile—if it's your treat.