

SUMMER TRAVELING THINGS

How the Migratory Woman May Be Both Comfortable and Attractive.

GOWNS AND WRAPS DESIGNED FOR TRAINS

Material and Modes that Defy Dirt and Are Convenient for All Occasions When on the Road.

Summer traveling gowns are essentially practical and serviceable at the same time they are elegant and smart.

The one real novelty of the season is taffeta made on a new method by which the other departments are variations rather than anything essentially new.

As a rule, colors are black, dark blue, gray, brown or tan—these being most serviceable as well as generally becoming.

There is nothing so demure as a hat and unsightly. There are no flowers to fade and lose their beauty.

Turbans are admirable when becoming and are to be seen in tempting light-brown, with a polka dot of white, and at the left side is a chou of the same with white wings.

Some of the smartest of the Paris-made train gowns are finished with a Louis XV coat, with basque rappee, that is, with rather long basque added separately.

The smocked pearl buttons which were to be seen on some of the fine pique shirts, are now being used in season.

French models are being made in a more practical and serviceable manner, and are truly fascinating, but less costly substitutes are offered by the score.

Canvas in soft biscuit color is charmingly made over rose-pink silk and trimmed with cream lace.

A black and white silk barege is made up over white liberty satin.

Very little hand-made white ties made by designers, are finished with hemstitching, ticks and embroidery.

High up on the Laramie range there is a little station called Sherman—a mere watering place for trains on the Union Pacific railway.

Near by is a gigantic pyramid of stone, sixty feet high and sixty feet square at the base, which was set up by the railway as a monument to Oakes Ames and Oliver Ames.

In the later '80s there arrived at Sherman a shabby person of melancholy aspect, who put up a "shack" western for shanty—not far from the monument.

He was prospecting, and he continued to prospect for three years without accomplishing any results, so far as could be observed.

Mohair, lightweight wool and linen duck are less novel, but hold their popularity in spite of changes in the silk.

For the former colors are preferably gray, tan, brown and mixtures. Linen is at its best in the natural color, but brown, dark blue and black with white dots and stripes are added to the list.

For the silk, styles are severe and the Eton leads all other coats, although many make the modified blouse form.

The washable materials are deliciously cool and the fact that they can be laundered makes them a luxury for short trips, but real journeys are rendered more satisfactory by the wool, mohair and taffeta.

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The neck is finished with a sailor collar of tuckered linen batiste and the cuffs of the bishop sleeves are of the same material.

Another quite different, but equally practical, is of heavy linen in the natural color, made with the Empire yoke, and is trimmed only with the Empire bands of the same.

Hats Without Feathers. Hats are simple in the extreme. Short-braced sailors and turbans have the most extended vogue.

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received from him a communication demanding the immediate removal of the monument from the premises, which he claimed as his under the homestead law.

The matter was regarded in a humorous light at first, but subsequent proceedings developed the fact that the squatter had what lawyers call a "case."

The stranger, it seems, had located on a section of land which did not belong to the Union Pacific—the same section on which the monument had, by an inadvertence, been placed.

He knew very well what he was about, and the upshot of the affair was that the railway had to pay \$500 for the squatter's tract, in order to make its title good.

The monument, by the way, is distant only about 100 yards from the station, and it is a favorite trick of experienced persons to induce green travelers to attempt to run to the pyramid and back during the two minutes of the train's wait.

In nine cases out of ten they fall on the way back, bleeding at the nose, the air being so rarefied at that elevation of 5,300 feet as to forbid such exercise.

More at Home in the Water Than Any Child Living. If Elaine Golding, the 7-year-old daughter of Mr. and Mrs. Stephen C. Golding, has a rival among girls of her age as a swimmer, diver and general adept in aquatic sports, the Brooklyn Eagle, that rival is not known at Bath Beach.

With the cherub still on her own powers, but it is believed that before long Elaine will be crowding her big sisters and even her brother for their honors.

The Goldings have a cottage at Bath Beach, on Benson avenue, at Bay Twenty-third street. They are among the earliest to arrive at the beach and the latest to leave, and every day finds the entire family having all kinds of fun in the water at the foot of De Bruyn's lane.

The Captain's pier, as it is called, is the point from which they do their high diving, and it is from this point that their performances are watched by many spectators.

Some of these spectators will remember one of the features of this daily gambol three or four years ago. This was the appearance in the water of Mrs. Golding, with a chubby, pink-faced cherub hanging about her neck, "pick-a-pack" fashion.

With the cherub still on her back, Mrs. Golding would wade out until the water rose about shoulder high and then she would swim, with the little one half in the water and half on her shoulders, out to the float.

One day, when she was about to be lifted up to the float by her mother, who would then move back a little and call out: "Now jump, baby; jump, Elaine!" Whereupon the cherub would jump off the float, striking the water with a tremendous splash.

It was to be caught by the skillful mother and put back on the float. This performance would be repeated several times every afternoon, and it was thus that little Elaine learned that most important lesson of the swimmer—not to be afraid of the water.

Elaine is now a stout little miss of 7 years, as brown as a berry in summer and the picture of health the year round—as indeed, are all of the Goldings. She has yellow hair and blue eyes, full of fun and ready for a romp at all times.

Elaine's mother, however, are of the kind which few children of her age can indulge much less enjoy. For it is at Bath Beach that she has her "no-nonsense" day.

It is a kind of fun that she enjoys with all her heart. She has mastered the overhead English racing stroke, as it is called, a style of swimming which is used in races, and is considered the most effective stroke that has yet been devised.

Lyons, on her side, with one little arm describing an arc above her head as she reaches forward, while the other follows it, once the hand is well dipped and the stroke has begun, she can pull her way through the water at an astonishing rate of speed, swimming not only rapidly, but with ease and grace.

Nor is she less skillful and courageous in diving, floating and doing all the other tricks known to swimmers. She likes nothing better than the plunge from the bathing pavilion on the Captain's pier, which is fully twenty feet above the water, and not one of the family makes the dive more gracefully and confidently than she.

In fact, the other members of the family have learned by experience that it is not safe to "dare" Elaine to do anything in the way of swimming or diving, for it is known that she will not "take a dare."

Table and Kitchen

Practical Suggestions About Food and the Preparations of It.

Daily Menu. THURSDAY. BREAKFAST. Prune Toast. Whipped Cream. Broiled Bacon. Potatoes Hashed in Cream. White Muffins. Coffee.

LUNCH. Potato and Lamb Turnovers. Apparatagus Salad. Cake. Tea. DINNER. Beef Broth. Cheese Sauce. Macaroni and Tomatoes. Fruit Salad. Coffee.

FRIDAY. BREAKFAST. Fruit. Cream. Eggs a la Buckingham. Coffee. LUNCH. Potato Scotch. Coffee. Broiled Shad Roe. Sauce Tartare. Water. Cold Spiced Potatoes. Cheese.

SATURDAY. BREAKFAST. Fruit. Cream. Eggs a la Buckingham. Coffee. LUNCH. Potato Scotch. Coffee. Broiled Shad Roe. Sauce Tartare. Water. Cold Spiced Potatoes. Cheese.

SUNDAY. BREAKFAST. Fruit. Cream. Eggs a la Buckingham. Coffee. LUNCH. Potato Scotch. Coffee. Broiled Shad Roe. Sauce Tartare. Water. Cold Spiced Potatoes. Cheese.

DINNER. Cold Soup. Planked Shad. Mashed Potatoes. New Bean. Cold Slaw. Strawberry Croquettes. Hard Sauce. Coffee.

BRANDED LARD. Mashed Potatoes. Caramel Custard. Coffee. Hamburg Steak. Swiss Salad. Hot Rolls. Stewed Fruit. Cereal. Coffee.

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wholesome, and under the manipulation of an untrained cook were made the agent to create the common complaint, indigestion.

In this age of specialties, however, even pie-making has been reduced to a science, and in such establishments as we have mentioned the work is entrusted to experts only; consequently the "factory pie," if it be constructed according to these scientific principles, and only good and wholesome materials used, is less dangerous to the health of the consumer than a home-made article, greasy, sodden and pale.

There is no reason why the home cook should not excel the manufacturer, and there are certain kinds of pies that the fastidious eater, as well as he who regards health as paramount to mere eating, will wisely insist on having made at home, or forego the pleasure of eating them.

There is in the minds of most Americans, whatever their sentiments regarding the eating of pastry in general, a weakness for at least one kind of pie. Doubtless the greatest favorite is the fresh cherry pie, such as mother used to make; particularly if that blessed mother lived in the country where the fruit grew luscious and plentiful.

Wholesome Pie. To many this term will seem a misnomer and we admit that there is reason for skepticism in many cases, but why condemn pie without a hearing, more than the white potato, the steak? In fact any other food article that is commonly and daily consumed. Any one of these may be had cooking made as unwholesome and hurtful to good digestion as the tabooed pie. Even more so in fact, for though the pie crust may be made of not too digestible materials, if fruits enter into the combination the gastric juices have an ally that will assist in disposing of the unwelcome visitor. All foods composed of inferior and badly cooked materials are a menace to health, whether it be pie or potatoes, so whether you regard pie in the light of a luxury and only for an occasional indulgence, or consider it a convenient and satisfying food for a midday lunch, it must be made of wholesome materials and with due regard to its digestibility.

Do not make the mistake of considering a pie crust made with too little shortening as healthier than a crust that is light, tender and flaky, for the crust that is tough and heavy must be hurtful.

What Materials to Use. The secret of good pie crust, tender, flaky and digestible, is so simple that it is not secret at all, but depends on materials selected as much as their putting together and baking. Flour and shortening being the two principal factors they must be of the best. We do not mean that they must necessarily be expensive, but the best adapted for the purpose. You cannot use "any flour" or one you select as specially recommended for breadmaking only and expect to have a tender, flaky crust; neither can you use animal fats and expect to have a perfectly digestible pastry. But you are not obliged to purchase a four and shortening for the special purpose of making pastry, for if you make a wise selection you can obtain both these materials so prepared as to be suitable for general cooking and baking, and while having the best, because the most wholesome, you have, at the same time, the most economical, an obvious fact to all housewives who know anything of the nature of the various food products on the market.

The flour should be thoroughly sifted before measuring and then sifted again with

the salt. A small quantity of baking powder is sometimes used, principally in what are called raised crusts for meat pies and in plain pie crusts when it must be made as quickly as possible and sufficient time cannot be given to roll and fold the paste. The shortening and the water must be as cold as possible and the mixing done with a spatula or flexible knife, the hands must never be used. In summer time use the coolest place in the house for making your pies, not only to insure success in the work, but coolness for yourself.

If possible, let all paste stand in a cool place for several hours after it is made and if slowly covered it will be greatly improved by keeping it in the refrigerator for several days. This is a great saving of time for the busy housewife, as she can make up sufficient quantity when time will allow to last for several days, and in warm weather, when fresh fruit pies are possible, they should be eaten in a very short time after being made and not allowed to stand until the juices soak into the crust. In making even the plainest crust you will obtain better results by mixing part of the shortening in the flour and when the paste is mixed cutting it into equal parts, rolling out, spreading with the remainder of the shortening over each piece, dredging with flour, then laying one piece of paste on top of the other and rolling out from you to a thin sheet, folding in the sides and ends, and rolling again. It is the folding and rolling lightly which gives the flakiness to the crust and makes it more digestible. The paste must be soft enough to roll out without much pressure or you will press out the air enclosed in the layers of paste.

Filling the Crusts. As you put the paste in the pie plates set them in a cool place until ready to fill, do not let them stand until the filling is added, before going into the oven unless you wish to have a sodden crust. Before filling the bottom crust brush with the white of egg and sprinkle with a little flour and sugar. For fresh fruit pies dredge the top of the fruit with flour after adding sugar, this will prevent the lower crust from being soggy and the juices from running out.

Do not grease pie plates. This has a tendency to make the crust heavy and soggy and there is no necessity for greasing them before going into the oven unless you wish to have a sodden crust. Before filling the bottom crust brush with the white of egg and sprinkle with a little flour and sugar. For fresh fruit pies dredge the top of the fruit with flour after adding sugar, this will prevent the lower crust from being soggy and the juices from running out.

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