## IN JULY.

Now the palm leaf fan's a quiver, Though its breath provokes no shiver And to mountain, lake or river

You must hie;
For, the situation sizing
$U_{p}$, the mercury is rising,
In July.
Men of corpulence are mopping Men of corpulence are mopping $\quad$ deer and thus deprive the calves of Heads, where Father Time's been lopping their food.
"I''1 By the bye;
"Is't hot enough?" friends mutter, And the answer's drowned you utter 'Neath the soda fountain's sputter In July.

Though no coal man now deceives you, With his weights the iceman grieves you, You could place the sphere he leaves you In your eye;
And there comes at each day's end, oh, The mosquito's shrill crescendo, And his pointed inuendo,

## In July.

MILKING REINDEER.
The Cowe Are Firet Lass-ed and Then Tied to Treee.
"The Peop'e of tha Reindeer" is the titie under which Jonas Standing describes in the August Century a visit to a Lapland camp. A picturesque account is given of the milking of the reindeer:
Placing ourselves on both sides of the entrance to the enclosure, at some dis. tance, we stopped to wait for the herd. Looking in the direction from which the barking was beard, we observed on the summit of the nearest monntain. ridge, against the horizon, something like a moving thicket, carried, as it were, by a swift current down the mountain-side. Soon we distinguished the graceful forms of hundreds of reindeers, as they, with e'astics motions, leaping and bounding, came tearing down toward the camp, the doge stretching like ropss along the ground on each side of the herd to keep it together. We crouched behind stones and bushes so as not to frighten the half-wild animals. With a good deal of running, gesturing, and sbouting, the herd was finally brought into the inclosura, only a few of the wilde.t animale escaping over the fell, past some of the little children. Rushing into the inclosure in an unbroken stream of more than a thousand animale, the herd did not oesee running. -the reindeer is always on the move but continued in a circle against the sun; if it runs with it, it is a sign of disease of the brain. In the midet of the reindeer, leaping, bounding, and butting in a friendly way, while giving out their peculiar grunting sound, the picturesque figures of our Lapponian friends were seen, surrounded by s thicket of horns. Our hostess, having hung her baby to a birch in the middle of the inclosure, stood, like a number of other women, mostly girls, with a wooden acoop in her hand, ready to milk the first of the female reindeer caught; while at the outakirts of the enclosure stood a number of children with large pails to receive the milk from the scoope, the smaller children either running about playing outside the camp, or giving salt and angelica to some of the tamest animals. The most important actors on the scene, however, were the men moving about slowly in the midat of the herd, holding the lasso behind their back in the right hand, and looking sharply at the running animals. As quick as lightning a lasso whizzed through the air, the frightened animale recoiling and then increasing their
speed. When the lasso hit the mark, apeed. When the lasso hit the mark,
the cow was hauled in and tied to a the cow was hauled in and tied to a
birch while the milking was done. So they kept on for nearly two hours. The quantity of nilk yielded by each animal
ie very small, at the most about a teacupful, but it is of very high nutritive quality. The milking, which is by no means regular, is done, if possible, once a day. In winter time there is of course no milking. To prevent the calves from sucking their mothers, pieces of bone are tied into their mouths, or the udders are besmeared with tar. Some of the Laps consider it sinful to milk the reindeer and thus deprive the calves of
their food.

## Advice to an mride.

A. L. wants to know what will soften and smooth the elbows which are rough and hard. What exerclee could a girl of eighteen take? She teaches school from $9 \mathrm{a} . \mathrm{m}$. to $4 \mathrm{p} . \mathrm{m}$. She has an hour recess at noon at the school. She rises at six, cleans up the house and gets the small children ready for school, waik
to school in ten minutes (three-quar. ters of a mile), sits in the school room until 12 m .. has her hour, then teaches till four, comes home and sews until $8: 30 \mathrm{p} . \mathrm{m}$. and retires at nine. She lives in the country. What will be a suitable toilet for an April bride (the latter part) to be married in? Also, two other nice but not expensive costumes, and how should they be made? The bride is a blonde, tall and full figure lives in the country; in the south: will be married at high noon with very few friends present. She is a school teacher and can't afford anything very expensive. She and her husband will begin housekeeping at once. You will greatly oblige me by answering these questions. Answer: The Ledger hopes that the bride-to-be is the writer of the sensible, practical letier that accompanies these inquiries. If so, the future husband will please accept congratulations. As to exercise, it would seem that there was less need of that than of rest and time to think and to enjoy a (ew of the pleasures of life. All work and no play makes Jack a dull boy, and it makes Gill grow old and lose her freshness and youthful grece and attractiveness, something which she should guard with the utmost care and watchfulness. It goes soon enough at the best. Perhaps deep and judicious breathing would be about the best posible exercise. Make the clothing perfectly loose, undoing all fastenings: hen fill the lungs as full as possible, hold the breath an instant, then let the air out slowly. Repeat this ten or wenty times, and go through this exercise half a dozen tinees every day. Swinging the arms and bending the body are also excellent, but must not be verdone. As to dresses, why not wear traveling dress, something that will be pretty and suitable afterward for best wear. If white is desired, you might get a nun's veiling or an India silk. Make the dress up simply, and rim with a very ittie very good lace or with accordion plaited silk mull or chiffon. Make the dress high in the neck and with a perfectly plain skirt nd sleeves either in leg-o-mutton styl with full puifs to the elbows, and long loves. Every lady should have a black ress. If you hir or a Priestley clair black came it made with plain skirt and one of the new short basque jack and one of the is shorl a fitted wais wis, which style is really a itted wais on sleeves and a fancy collar would onake a fice For a third dress ge make plain skirt and some fancy plain. Or you might get a pretty ligh alk and a black satin skirt, with fancy waists. As the elbows does not the teacher lean with her elbows on the leack? Stop this habit, and bathe the elbows in hot water half a dozen time during the week, or oftener, if possible and all will come right. A little cold and an may be beneflicial,-New York Ledger.

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