The foreign sailor is fast disappearing from the American Navy. "The Yankee sailor and the Southern sailor were what made our navy famous and feared in the early times. They will do it again if the occasion calls," boasts the Lewiston Journal.

Illinois is next to Pennsylvania in the production of coal. The mines are in the southern part of the State, and employ 35,000 men. New laborsaving methods are constantly being introduced, one of the latest being the cutting-machine, with which one man can do the work of fifteen.

The value of the goods produced or work done by convicts in the State prisons of the United States has fallen off more than \$5,000,000 in the ten years from 1885 to 1895. At the same time the number of prisoners has increased from 41,877 to 54,244. Combining these figures it appears that the productive value of the prisoners has fallen off almost forty per cent. This enormous diminution is almost wholly due to the passage of laws restricting convict labor or the sale of convict-made goods. These facts appear in a new bulletin of the labor

Speaking of Li Hung Chang's smoking, Dr. Irwin, who has been his physician for seventeen years, indignantly repels the charge that Li Hung scented up the saleon of the steamship St. Louis with the fumes of opium. "Li Hung Chang never smoked opium in his life," said Dr. Irwin. "He is strongly opposed to the practice, and will not permit those about him to indulge in it. Not one of his suite smokes opium. You may put my name to that assertion. The earl is very fond of his pipe or of a sigarette, but he never smokes anything but tobacco, and neither does any of his suite. The Chinese are a nation of tobacco smokers. Men, women and children all smoke pipes or cigarettes, and the earl does as his

people." It is a circumstance worthy of more than passing note, thinks the New York Tribune, that at a recent convention of teachers and educators in Buffalo an address on the subject of "Good Roads" was given by General Roy Stone, head of the Government department of road inquiry. General Stone is a recognized authority on this subject, and what he said was practical and timely. On reading the announcement of such an address the first question that will arise in many minds is, "What have the public schools of this country to do with good roads?" A little reflection will serve to show that the answer to the question should be, "A great deal." The most important step to be taken in the attainment of good roads in this country is the education of the people to their value and economic necessity. and it is plain that in this matter much can be done by those who have in their charge the training of the young. General Stone called upon the educators of the country to "preach the gospel of good roads," and further to teach a little roadbuilding in all the schools. It is a practical concern of everyday life, as he well remarked, and should interest parents as well as children, women as well as men. "You will need no textbooks," he said, "for no high-class technical knowledge is necessary to teach the rudiments of road construction and repair." Another practical suggestion was that the teachers could do much notually to improve the roads of the bountry. General Stone's belfer is that the great need of our country roads is daily care, for in the absence of care every defect grows by geometrical progression. His estimate is that \$40,000,000 is spent every year on road repairs, and yet the roads are made no better. So he recommends that road leagues be organized among the older schoolboys, that the few necessary tools be supplied by the township authorities, and that the boys be set at work as road repairers. The educational effect of this policy would undoubtedly be excellent; but the first thing te be done is to get good roads to be kept in repair. Boys cannot build roads that are smooth and permanent, though in many egions it would be possible to train

Sultan's Sanity Questioned,

them for the work proposed by Gen-

A German newspaper boldly asserts that the ruler of the Turkish Empire is a lunstic, and gives good and sufficient reason for its belief. During his fits of insanity his predominating passion is a frenzied hatred against the Armenians. So terrible have these fits become that the Sultan's attendants often dare not enter his cabinet. In fact, all their energies are required to dodge their infuriated monarch, who rushes from hall to hall talking to himself. A short time ago, it is added, the Sultan, in a fit of madness, shot a courtier who happened to make a motion with his arm and which the sovereign chose to consider suspicious. Sometimes, on the other hand, the Bultan has fits of uncontrollable merriment, particularly when he has reason to believe that the Powers cannot agree on measures against him.

A Trade in Frozen Flowers. Frozen Australian flowers may soon become quite common ornaments of London dinner tables. The Agricultural Department in Victoria is making experiment with a view to establishing regular floral traffic with Eng-

THE PHILIPPINES.

REVOLUTION IN SPAIN'S MOST IMPORTANT COLONY.

How the Spanish Possessions Have Dwindled Away-The Bold and Intrepld Malays-A Glance at Manilla.

CAIN, which, when the United States were born, was mistress of the seas, owner of one-hall the world, which poured gold en tribute in her lap, now lies humbled and decrepit, torn by internal dis sensions and engaged in a hopeless effort to retain as her subjects the few remaining colonies of her once enormous possessions.

Cuba has almost gained its inde-

Philippines which threatens to be readers of fiction. equally as successful, and the smolderbind her to Spain.

North America, nearly all of South America and the West Indies were a part of the rich colonies which paid tribute to Spain. To-day Cuba and Puerto Rico alone remain, two small islands with only 45,205 square miles of territory, and one of these islands has nearly won its freedom, while in a month or two Puerto Rico will attempt to obtain the right of self-government.

There were then also possessions in Asia and Africa, with innumerable islands that in every sea acknowledged allegiance to the Spanish throne. Together the area of the Empire was 17,-000,000 square miles, twice as great a territory as is ruled by the Czar of Russia, and six times as great as Rome ruled, while Great Britain's flag flies to-day over less than two-thirds as much ground.

From the magnificent Spanish Empire of a century ago more than one hundred different 'commonwealths ber less than 20,000, are called ne-have been carved. More are now be- gritoes, or little negroes.

The first of the colonies to emulate Cuba's example is the Philippine Islands, the largest and most important



of Spain's remaining possessions. Nearly three times as large as Cuba, 7,000,000 of her 10,000,000 colonial the Isla de Cuba, was ordered to the Asiatic islands and 2000 troops were insurrection are apparent in Bulacan, have been requested from Spain. shortly afterward. Twenty thousand have embarked and others are to follow.

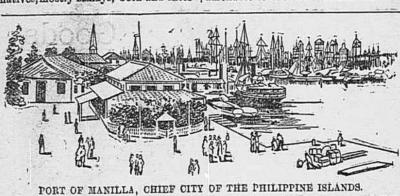
PUEBLO OF CIVILIZED NATIVES IN THE PHILIPPINES.

pelago there are 600 islands in a chain | into his hands.

fare than in Cuba, and the natives are | as Japan, and under her rule would be as brave and make excellent soldiers. as prosperous. They are within con-While in Cuba the Spaniards must tra- venient reach, and had not Russia verse marshes, in the Philippines they | checked the Mikado's progress as an must traverse the sea. In the archi- Asiatic power they might have fallen

which stretches nearly 1100 miles from | Should the revolution in the Philipnorth to south, and at the widest pines prove successful, similar atpoint is almost 700 miles in width. tempts would be made in Spain's other The Spanish soldier must journey from Asiatro island possessions. Cubaa island to island and conquer each one agents are said to have persuaded the in turn, a tedious undertaking, which | Philippines to revolt, and it is said would cost Spain hundreds of thou- they are already at work in the Salu. sands of soldiers, and the flower of Islands, Palvas, the Carolines and the her young manhood has already died Marianne Islands. These are smaller in Cuba. Each island is a mountain in extent, with an aggregate of 1930 fortress, which can be easily held sq are miles and 125,000 population. against attack. There are few By themselves they are powerless, but plains which furnish open ground for they would join the Philippine Rapub-

the employment of modern military lie. They are under the same admintary to pour out the tea for the coachman, are inhabited by similar races and the Queen took the cup away from her natives, mostly Malays, bold and inter- amenable to the same influences.



A POLICEWOMAN,

The Only One in the World Lives in

St. Paul.

The first woman to be made a mem-

ber of a police force, and the only one

in the world authorized to wear a

police star, lives at St. Pattl, Minn.

Her name is Mrs. Edwin T. Root, and

she has just been created a full-fiedged

officer of the law by the Mayor of St.

Paul. Mrs. Root may not walk a beat,

but no representative of the law in the

city has any more authority to strest

people than she. Hers is not a

as that of the man who wears blue and

brass and swings a club. The cause of

Mrs. Root's ambition is not a desire

for notoriety, but to enable her to

gaged in this work; but found herself

seriously handicapped by lack of

authority to investigate. So she

applied to the Mayor for the appoint-

Mrs. Root is President of the Ham-

line Woman's Christian Temperance

Union, which under her management

has doubled its membership since

1894 and became the largest organiza-

tion of its kind in the country. She

made persistent war on a saloon where

young girls were in the habit of

assembling, and after a great deal of

trcuble secured the proprietor's con-

viction. It was in connection with

her rescue work that she needed the

member of the police force

of St. Paul.)

police star: She is a slight, delicate-

looking woman; of medium height

and graceful demeanor. Dark brown

eyes look out beneath delicately

penciled eyebrows. She wears glasses

but they add to rather than detract

from her appearance. Her hair is a

golden brown and her age is forty-six.

VICTORIA'S PERSONAL COACHMAN.

Thomas Sands is a Great Favorite of

the Queen of England.

drives her at Windsor, Balmoral and

Osborne, and who likewise accom-

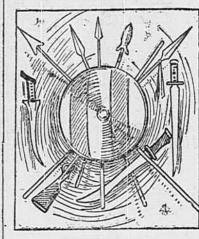
Victoria's personal coachman, who

ment she has received.

special" appointment, but the same

pid, the race which supplied the buccaneer of old with the Malay sailors pendence, there is an outbreak in the and fighters who are familiar to all

While retaining their fighting abiliing fires of patriotism in Puerto Rico ties, these descendants of pirates are which have flashed up now and again the most civilized men in the extreme threaten to burn the ties that loosely east. They still, however, affect the savage dress, except in the most pop-One hundred years ago, says the ulous districts, little clothing being Chicago Times-Herald, ten million worn beyond a loin cloth by the men square miles of American territory and a short skirt by the women. They yielded to Spain's dominion and toiled live in huts of pine branches and till and suffered that she might squander the land. Very few of the ancient race wealth on wanton luxuries. Half of survive, and they alone are unamen-



NATIVE WEAPONS.

able to civilization. These, who numgritoes, or little negroes. But the other 6,000,000 natives who

furnished the pirate captains with their crews were the most powerful savages in the world. They are physically brave and fear no consequences, when in battle fighting like the allconquering Arabs who fought under the standard of Mahomet. They need only good officers, in the opinion of military experts, to make them excellent troops. Their prowess was proved in the Tonquin war, when a contingent of Philippine troops rendered valuable service to the French. The necessary officers will be supplied by the Caucasians, who live in Manilla. These ere of Spanish, German and Mexican descent, with a sprinkling of English and Spaniards. Manilla has 200,000 population, of

which one third are Europeans. Very few of these are Spaniards or bound by any tie to the mother country. That they are ready to lead the natives has been shown by the fact that one of the first town to rebel was Manilla. This city is a strongly fortified town on the Island of Luzon, inclosed by a line of ramparts, and because of its strategetical importance was formerly regarded as the bulwark of Spanish power in the Eastern seas. The Governor-General, who is the ruler of the island, lives there, and receives reports from the forty-three governors and alcaldes who rule the other provinces. The town is divided by a river into two parts, on one side of which live the officials and on the other the merchants, between whom there is little friendship.

Philippine merchants suffer many hardships at the hands of their Spanish rulers, and, like other colonists, population live in the islands. The are overtaxed. Heavy import and exfirst news of the outbreak came on port duties averaging 100 per cent. of August 21, when a "conspiracy" to the cost are levied, and, in spite of obtain complete independence from the complaints of the traders, no relief the Spanish crown was discovered. has been granted. They believe that The news was cabled to Spain that if the Spanish restrictions on trade

4000 insurgents had already armed were removed Manilla would become themselves for the conflict. A warship, one of the greatest ports in the world. As a center of trade the city has every natural advantage, including a detailed. This was followed a week harbor large enough to accommodate later by an insurrection in Manilla, all the navies of the world. The Philipthe chief city of the islands. A state pines lie off southeastern Asia, and to of siege was proclaimed and another its other advantages is added the fact outbreak in the fortified town of that Manilla is in a commanding posi-Cavita, in the Island of Luzon, tion on the main routes of eastern naviwas averted. The insurgents, who gation. Travelers assert that the capihave constantly increased in numbers, | tal occupies the finest commercial posialso besieged the garrison of San Idro, tion of any city in the world, and unin the province of Nueva Eujs, but til 1811 it served as the chief interwere driven back. Meanwhile the mediate station for the trade between colonists, under a General named Gan- | Spain and her colonies. It is of great tollano, have made other successful importance to Spain, which has held sorties. Thousands of natives are it since 1521, when Magellan discovflocking to his standard, and signs of ered the islands. Only once, in 1762, did it pass out of her possession. Then Pampanga and Batangas. More troops | England held it, but surrendered it

Spain has often trembled lest she might lose the Philippines. Japan has The conditions in that country are recently regarded them with covetous even more favorable for guerrilla war- eyes. The islands are at least as large

the Continent, is an elderly man of the name of Thomas Sands, and is a great favorite of Her Majesty, in whose service he has been a long while. The Queen is exceedingly kind and considerate to him and greets him always with a friendly "good day." Frequently when the drives are long the Queen causes the carriage to be stopped and the tea equipage, which she generally carries about with her, is thereupon brewed by means of a sums not often exceeding half a crown to be extracted from the rumble. Tea spirit lamp, and in partaking of this gentle stimulant with her ladies in attendance, the Queen does not forget her coachman, but invariably makes a

THOMAS SANDS.

under the pretext that she did not know bow Thomas liked to have his tea sugared and creamed," and fixed it for him herself. Thomas is very fond of relating this story as an illustration of his mistress' kindness and consideration for her old servants: Both he and the state coachman are decorated with the silver medal conferred upon them by the Queen on the occasion of her jubilee, and they wear it on the left breast on the coat of their livery.

THE QUEER-LOOKING PANGOLIN.

Head Like a Rat, Tall Like a Beat and Claws Like a Lobster.

Dame Nature has devised many curious forms of mammalian life, but she surpassed herself when she designed the strange creature which has lately found a home in the London Zoological Gardens. It is unlike any other animal to be found at the Zoo. yet it has parts which remind one of several. Its general shape is that of a cross between an armadillo and a serpent. It has a head like a rat, claws like a bear, a tail not unlike that of a lobster and a general resemblance to a rigantic woodlonse:

The name of this new arrival is the pangolin, and it belongs to the family of dasypodidae, which includes, also, those other remarkable animals, the armadillo and the platypus. This is the first specimen which has been brought better aid young girls who have fallen into evil ways. She has long been ento the Zoological Gardens, and its treatment is therefore at present in the experimental stage. It is covered with bony plates, each having a keen edge; and this coat of mail serves not bily for purposes of defense, but for of-fense as well. For the animal can bring up its tail with a ferocious ferk; and as this part of its anatomy is studded, like the rest of its body, with razor edged plates, it constitutes a weapon by no means to be despised.

The pangolin's claws are large and powerful, and are designed to tear lown the great nests of the termites, or white ants, for let it be known that the popular name of this freak of nature is the Scaly Ant Eater. Sir. Emerson Tennant found the animal in Ceylon, where it represents the only example of edentates; or toothless mammal, in the island. But if it lacks teeth it has a long. glutinous tongue; with which it can slay its thousands. The creature is seldom still; but occupies its time in moving forward and backward-that is, literally tail foremost-and its scales are so horny that they rustle and crackle against each other with a noise that can be heard many yards away from the cage. Sir Emerson Tennant says that the

word pangolin is indicative of the faculty which the creature has "for rolling itself up into a compact ball, by bending its head toward its stomsch, arching its back into a circle, and securing all by a powerful hold of its mail covered tail. When at liberty they burrow in the dry ground to a depth of seven or eight feet, where they reside in pairs, and produce an-nually two or three young. "Of two specimens which I kept alive at different times," he continues, "one from the vicinity of Candy, about two feet in length, was a gentle and affectionate creature, which, after wandering over the house in search of ants, would attract attention to its wants by climbing upon my knee and laying hold of my leg by its prehensile tail. The other, more than double that length, was caught in the jungle near Chilaw,



and brought to me in Colombo. I had always understood that the pangolin was unable to climb trees, but the last one mentioned ascended a tree in my garden in search of ants, and this it effected by means of its hooked feet, aided by an oblique grasp of the tail. The ants it seized by extending its round and glutinous tongue slong their tracks. Generally speaking they were quiet during the day, and grew restless as evening and night approached.

Anti-Pyrine as a Poison.

The British Medical Journal does great service in calling attention to the dangers which attend the administration of anti-pyrine by amateurs. It describes a case in which a dose of ten grains produced very alarming effects. Anti-pyrine is undoubtedly a dangerous drug, which has a very severe effect upon the heart's action, and the careless way in which the ordinary amateur prescribes it for himself and his friends without the slightest compunctions, is an ever increasing source of danger. Anti-pyrine should, in the light of recent discoveries, be panies her during her annual visits to scheduled as a poison, for to some people it is nothing short of a poison, and we are inclined to think with the writer of the article in question that it should only be dispensed after the order of a duly qualified medical officer has been obtained.

By the death of Mrs. Mary Amos-a woman who moved in humble circumstances-a remarkable English missionary collector has passed away. In she raised over £10,000 for the Wesleyan Missionary Society.

In every school in Paris there is a point of pouring out a cup for him, restaurant where free meals are served too. On one occasion, when her to the children who are too poor to daughter, the widowed Empress of pay for them.

A LIVELY POLITICAL DISCUSSION.



FASHION FANCIES.

FEMININE GARMENTS FOR IN-DOOR AND OUTDOOR WEAR.

Double-Breasted Cape of Scotch Tweed-Handsome Waist of Green Berege-Misses' Combing Sacque.

make this cape for a lady having a

thirty-six inch bust measure, one and

one-quarter yards of material fifty-

LADIES' WAIST OF GREEN BEREGE.

antumn-leaf-red velvet dots is the ma-

terial illustrated in the handsome

waist which is made to match the

skirt, and prettily decorated with barbs

of lace passementerie and edging to

match. The crush collar and belt with

band and underfacing of red velvet,

rosettes of net and foliage green, vel-

vet flowers. The full fronts and back

of waist are arranged over glove-fitted

linings that close in centre-front, the

full right front lapping over the clos-

ing and being secured invisibly under

the lace passementeric on the left lin-

ing. The fashionable sleeves are grace-

fully disposed over smooth fixed lin-

ings, the full tops being shirred in

centre and caught up with barbs of

Foliage green berege sprinkled with

York Modes.

are the red and dark blue coats and those in varying shades of brown. And all of the coats are much trimmed. Braiding has never been as fashionable as it is this season. The best effects are obtained when the braiding is done over sitk. Jet is used as a trimming on the elaborate coats. and also feathers. Then velvet and fur are both introduced in many novel

As for the collars, they are re nark-THE serviceable and protective able creations in themselves. They double-breasted cape de-picted in the first large en-shapes.

graving is made in heavy A typical coat of the season for tall, Scotch tweed and trimmed with wide slender women is a loose coat of dark A typical coat of the season for tall, Hercules braid. The cape, of becom- blue kersey cloth, trimmed with a ing length, is circular in shape with a black and gold braid. The braiding



centre back seam fendering the adforms a voke in the back and outlines justment smooth fitting across the the shape of the figure in the front, shoulders with the lower edge falling Revers of Persian lamb begin at the in soft, graceful folds. Wide lapels bottom of the coat, very narrow, but turn back from the fronts at the top, broading as they reach the shoulders. and the closing is effected in double- There is a high Persian lamb collar breasted fashion with coat hooks and and deep, flaring cuffs of the fur, eyes, handsome buttons supplying the which are cut in points and edged decoration. The neck is completed with the braid. Odd-looking jeweled with a storm collar that may be rolled buttons are used as ornaments. back in coat style, and finished with A fashionable little coat, much less regular tailor stitching. The mode is expensive than the one just mentioned, particularly adapted for general or is made of dark red melton cloth, every-day wear, the over-lapping trimmed with black braid. The front front providing additional warmth. of the coat forms a box plait and the When lined throughout or made in back is tight fitting.

he regulation heavy cloaking, the A box coat, severely plain with the cape may be safely worn in midwinter. exception of its rows of stitching, is The coat collar should have an inter- much in favor for ordinary wear. lining of light weight canvas in its But all the new coats are not loose natural color, "tan," and the cape an fitting. Many of them oling closely to interlining of light weight crinoline the figure. Some women will wear when made in the lighter cloths. To nothing else. -- New York Journal.

MISSES' COMBING SACQUE.

four inches wide is required. - New This practical garment is made of French flannel in turquoise blue with trimmings of ecru lace and insertion.



passementerie from the shoulder. The Gathers at the neck dispose the fulwrists are bell shape and faced inside ness at either side while the closing is with leaf-red velvet, bows being placed in centre with buttons and button just above the flare. This is a stylish holes. The seamless back, smooth fitmodel for separate waists of silk or the ting across the shoulders, has the fulfine smooth woolen fabrics introduced ness drawn well to the centre at the for autumn that bid fair to outshine waist line by three rows of shirring. the silk waists of last season. Any pre- Ribbon ties fastened at either end are ferred style of trimming can be used, carried forward to terminate in the splendid garniture forming a promi- centre front by pretty bows and ends, nent feature of the waists this season. thus holding the fulness of the fronts



LADIES' WAIST OF GREEN BEREGE.

To make the waist for a lady in the in position. The sleeves, of moderate medium size will require two and one- fulness, are gathered top and bottom,

THE SEASON'S NEW COATS. nearer the shoulder. The loose front is most in vogue,

high in favor.

kersey or melton cloth. Then there wide material.

quarter yards of forty-four inch wide finishing at the wrists with narrow bands of insertion edged with lac . The handsome sailor collar falls deeply in back and front, flaring a little in Coat sleeves are smaller than last the centre, and is trimmed with inyear, and have the fulness drawn sertion and lace edging. Charming negliges can be fashioned after this design in light tones of any pretty but and the back, called the empire, which in less expensive flannellettes which hangs much like a watteau plait, is are used for more serviceable wear in deep red, pink or blue. A simple The black coat, unless in velvet, will finish may be given in feather stitchbe but little worn. Coats in decided ing. To make this combing sacque colors are the fashion. Many of the for a miss fourteen years of age it will new coats are of manve or dark green | require three yards of forty-four inch

******* MOTHERS READ THIS.

Remedy.

For Flatulent Colic, Diarrhosa, Dysen tery, Nausea, Coughs, Cholera In fantum, Teething Children, Cholera Morbus, Unnatural Drains from the Bowels, Pains, Griping, Loss of Appetite, Indigestion and all Diseases of the Stomach and Bowels.

PITT'S CARMINATIVE

Sessessessess

the critical period of teething, and is recommended by physicians as the friend of Mothers, Adults and Children. It is pleasant to the taste, and never fails to give satisfaction. A few doses will demonstrate its superlative virtues. Price, 25 cts. per bottle. For sale by druggists.

HOUSEHOLD AFFAIRS.

TO KEEP THE FURNITURE FRESH. An excellent furniture polish may be made by thoroughly mixing one part of raw linseed oil with two of turpentine. Apply vigorously with a piece of soft flannel after the furniture has been carefully dusted. -Ladies' Home Journal.

TO SCATTER ANTS.

It is said that when you are molested by ants they may be destroyed by taking a quarter of a pound of flour of brimstone and two of ounces of potash, putting them in an iron or earthen ash and standing it over the fire until they are dissolved and mixed together. When cold rub the mixture into a powder, put a little of the powder in water and sprinkle it around. The ants will leave and not return.

PROBLEM OF WEIGHING EASILY SOLVED. Those who would like to test some new recipe not infrequently find themselves perplexed to accurately do the measuring and weighing required. The following schedule of equivalents will in such cases be found very help-

Wheat flour, one pound is one quart; Indian meal, one pound two ounces are one quart; butter, when soft, one pound is one quart; loaf sugar, when broken, one pound is one quart; ten eggs are one pound; flour, four pecks are one bushel; sixteen large teaspoonfuls are one pint; eight large teaspoonfuls are one gill; four large teaspoonfuls are half a gill; four gills are one pint; two pints are one quart; four marts are one gallon; one commonsized tumbler holds half a pint; a common-sized wine glass holds half a gill; a teacup holds one gill; a large wine glass holds one gill; a tablespoonful is half an ounce; ten drops are equal to one teaspoonful; four teaspoonfuls are

equal to one tablespoonful. THE PASSING OF THE PIANO LAMP. Something to be a cause for thankfulness is the reaction from the piano lamp craze. Those who encumbered long, parrow rooms with a full half dozen of these awkward furnishings-

and many were guilty-had something to answer for in educing sotto voce profenity from much enduring men. Not that the craze has subsided; it is only lessened. One piano lamp is useful; but to multiply them and stand them about as if they had walked out to take their places in a waltz, or to see how many intruders into a half darkened room they could trip up in a day, is rather too much. Then, their pagoda tops of monstrous girth deluged the room with boistrous color and put everything else out of countenance. If anything, they are more perverse and ungainly than the corner The banquet famp modestly rears its

light at the right place upon a table or plane, and may be clothed in a manner at once simple yet distingue. With a standard of Japanese bronze or terra cotta, and a delicate shade, the banquet lamp is beautiful. But a new horror threatens us-that is a tall candlestick, generally made of enameled wood and profusely decorated in colors, often of the Dresden style. It is made to stand either on the floor or the table. - Hester M. Poole, in Household News.

BECIPES.

Baked Pears-Pare and core five large, sweet pears without dividing; place them in a baking dish and fill each pear with a teaspoonful of sugar; add a little water and bake until perfectly tender. Serve with sweet eream.

Codfish Salad-Salt codfish salad is very nice for luncheon in hot weather. Soak about a pound of fish over night, boil and set away to become cold; just before serving time flake the fish, removing all the bones and skin; arrange on a bed of tender lettuce and pour over a mayonnaise

Almond Cake-Cream one-half cup of butter, add gradually one cup of sugar and one small half-teaspoonful of almond extract; mix and sift one cup of flour, one-half a cup of cornstarch and one level teaspoonful of baking powder; add alternately with one-half cup of milk to the first mixture; beat the whites of three eggs until stiff; and and stir in carefully. Bake in a moderate oven.

Hygienic Muffins-Grease the muffin rings and put them in an oven to get very hot. Put two cups of icewater and one teaspoonful of salt in a large bowl; take three and onehalf cups of Graham flour: take it up by handfuls, holding it high over the bowl, which should stand in a current of air, and sprinkle slowly into the ice-water, beating all the while; then pour into the very hot rings, put at once into a very hot oven and bake about thirty-five minutes.

Baked Bananas-Strip off one-third of the skin of each banana, and with a spoon loosen the remainder from the fruit; arrange in a baking dish the stripped sides uppermost; on each lay one-half of a teaspoonful of butter in bits and sprinkle with one teaspoonful of sugar and one-half of a teaspoonful of lemon juice. Bake twenty minutes in a hot oven. The banaras may be entirely stripped, if desired, but the skin contains considerable pectin, which it is well to have

THE first savings bank in the United States was called "The Savings Fund Society of Philadelphia."