Traveling Gowns. Traveling gowns this year will be made of either mohair or pongee; the pongee are the newer. The dark colored pongees are the best, although the natural ecru color, for those women who can wear it, is always smart and attractive. Mohair, with a dot or hair line is much smarter than the plain color, and blue is considered smarter than black. These gowns are made with short skirts, not like rainyday or golf skirts, but distinctly short enough to clear the ground. The jackets are usually quite short, have tails at the back cut off square, and long pointed fronts. They are simply made, and trimmed with bands of taffeta, or oddly enough, with bands of cloth, A long traveling cloak is one of the features of the season to quote the manufacturers. It covers up the entire

gown.-Harper's Bazar.

Women Should Not Fuss. The best-bred women do not fuss. They take their gowns and their furniture, their jewels and their children as matters of course. They are unconscious of their veils and their gloves and they expect every one else to be equally so. It they see an intimate friends wearing a handsome gown they refer to it admiringly but they also preface their comment with an apology. Their differences with their husbands are not aired neither the domestic upheavals caused by the desertion of the cook on wash morning. The repose of well-bred women is not the quiet of weakness, it is the calm of trained facilities balanced so nicely that an earthquake may cause a change of color but will not bring forth a loud cry. Well-bred women are a boon to the human race. They help the social and professional world to maintain a high standard both of morals and hehavior.

The French Heel Popular. From gloves to shoes is a natural transition after looking in at the window of a fashionable shop where the dress for both extremities are displayed together. 'Tis sad but very true, that the French heel is as firmly fixed in popular esteem as ever. The fluffy girl, and lots of other girls, who ought to reason better, wear heels of abnormal height and of perilous slenderness. The efforts of the shoemakers to establish the Cuban heel have up to this time met with little encouragement. With nine-tenths of the women it is the French heel or the perfectly flat masculine heel, and what your truly smart woman wears, when shopping or calling, is a pair of thinnest, shiniest Oxford ties, laced with broad black ribbons that tie in flaring bows over her insteps, mounted on Po:apadour heels of the most exaggerated type and put on over the most delicate laced hose.—Chicago Record-Herald.

Some Belt Arrangements.

All sorts of full arrangements are to be seen for belts made of the materials of the gowns with which they are worn. In silk gowns there wil be fulled pieces of the silk aro ...d the waist, shaped a little in front, with a bone nerhans and made to form a little point, and wider in front than at the sides, where there is only the material. In the back it is fastened with a couple of frills, which stand out, are boned, and make the belt as wide as in the front. Or the belt is simple, pulled down a little in the front, and fastens there with a little shirred frill, one side lapping over the other, sometimes exactly in the entre, and again a little to one s.de.

There are narrow, stitched, fitted bodice-like belts, though narrow, and some of these are laced through eyelet holes in the back. Or a little soft silk | and aquarelles were allowed to hang belt will be boned only at the sides, being a little wider there than in the back or front, where are the folds of the material only. Similar soft folds of silk finish the necks of some light gowns, simple fulled pieces finished in two frills standing out a little at the back, where the ends are hooked together.-New York Times.

Improvement of English Women. Lady Jeune contributes an . teresting article to Ladies' Field on English women abroad.

She says: "In former times it used to be said there was no mistaking an English woman abroad, for she was always badly dressed, ugly and illmannered. In short, she was a sort of traveling porcupine, a byword and a laughing stock to all who saw her. It is a relief now to find how completely all this has changed. When ones goes abroad, one has no cause to feel ashamed of English men or women. Very many more travel now than formerly, but the change which has come over them is indescripable. When a tidily dressed, well turned out woman appears, one knows she's English. She's better dressed, in the first instance, than the American woman, being more quietly and suitably attired. She is quieter in her manners and talk, and, allowing her and insular projudice, one may say she is prettier and more ladylke. She doesn't give the impression that all creation was made for her instead of her being but an atom in the general scheme. She bears favorable comparison with French, American, Italian or Austrian women, and the 'style Anglais' is an unmistakable sign."

Lady Jeune ascribes the improvement in the appearance and manners of the English women one meets traveling to the revival of athletics .-Women's Ben. Two.

Jewels and Baubles.

The favorite design for the little fancy slides for catching up the loose. straggling hairs at the nape of the neck is two small caduceus wings, set with diamonds or pearls.

Buckles of blond tortoise-shell are worn in the hair. They are mounted on a comb. The edge of the buckle, which is long and pent in shape, are powdered with diamond dust.

An ornament for hair or corsage is a peacock feather, with an antique cameo encircled with brilliants, for the eye. The father proper is in transparent enamels, rc.leving by fine, sparkling lines of diamond;

Lorgnettes are short and delicately fine rather than big and showy as they have been of late. The case into which the glasses fit when the lorgnette is closed, serves as handle as well, and is small and unobtrusive. though of beautiful workmanship

Perfume balls, which are the favorite charms for neckchains or bracelets. are often in the shape of an almond. a pear or an apple, incrusted with diamonds. Some of these "pomanders" are of filigree, others resemble tea | de chine or kindred fabric.

balls and are perforated to allow the sponge inside to "exhale" its perfume through the tiny holes.

An exquisite jewel is in the form of a swarm of dragon flies with outspread wings. The wings are of transparent enamel, touched with brilliant colors, such as these airy creatures show when darting about in the sunlight. The bodies are of green cannel, the eyes are small rubies. The ornament is a half-diadem, to be worn very far forward on the brow. It can be taken apart and the individual flies worn separately, making ravishly pretty brooches or coiffure pins.-New York Commercial Advertiser.

A Model Nursery. Every baby in the land ought to be deeply interested to learn that at the national congress of mothers held in Washington, recently, one of the notable features was a model nursery designed to instruct mothers how to care

offsprings. Babies vet to appear among mankind are cautioned to choose mothers who will give them nurseries like the model exhibited here. It was pronounced a success by every member of the Mothers' Congress.

in an up-to-date way for their tender

Mrs. Dubois, wife of Senator Dubois, of Idaho, is sponsor for the model nursery, and has taken a deep interest in all its workings, going so far as to lend her baby girl, 22 months old, to illustrate how the model nursery operates Elizabeth Dupois the baby, is a vigorous youngster and seemed to rather enjoy the attention she received. She did her best to prove her mamma the greatest model nursery managed ever. Other babies were also introduced to the luxuries of the

Mrs. Dubois, in furnishing her model nursery, used only such articles of furniture and dress as had been tested by experienced mothers and found to be the best for the health and comfort of the babies in which they were personally interested. There were a baby basket and a layette especially dssigned to make the first month of a baby's life one for the child to look back upon in future years lith keenest joy. This model wardrobe for newly arrived infants did not include band or bandage of any kind, and all the clothing was constructed so as to hang gracefully from the shoulders. The dresses were just sufficiently long to cover the Labies' feet, and none of them had court trains.

"The ...and which rocks the cradle' may have ruled the world in a less enlightened age, but it didn't do any rocking in the model nursery. There was no cradle and nary a rocker. The crib was on good, solid legs, and had a not particularly soft mattress. Model nursery habies don't use soft mattresses, and they scorn pillows. They just lie flat and sleep. The more they sleep the better the mothers (and fathers) are pleased-especially along about three a. m. Little Elizabeth Dubois, during the first year of her life, slept 20 hours out of every 24, and took pride in it.

In the model nursery was a little wire inclosure, or baby corral, so to speak, fitted up with cushions and playthings. The idea was to put the baby into the corral, say "There you are!" and leave it to amuse itself, or sleep, in its judgment it thought best. The consensus of opinion of the mothers was that the less a baby is handled and dandled the better.

Then there was a steaming tent for croup-for even the modelest kind of a model baby has croup sometimesand there were obther contraptions for treating ailing babies without the use of medicine. No sick babies were exhibited, bu ...e mothers who were experienced until in saving that every baby with ordinary common sense preferred to get along without taking medicine.

Baby's aesthetic tastes were consulted also in fitting up the model nursery, and only the best engravings on the walls. There were growing plants in the windows and a singing bird and a globe of goldfish. The baby was to be encouraged to feed the goldfish daily, of course, avoiding giving them shoe buttons, safety pins and other articles which might ruin the

pistcatorial digestion. The whole scheme of the model nurserv was to make the babies comfortable, happy and healthy. No baby in a model nursery must be forced, or even led, but must be free to paddle its own canoe, as it were, along the lines of least resistance.

The model, nursery was voted an enormous success and showed to crowded houses from the start.-New York World.



Sailor collars are as good as ever. Wool embroidery shows well on filet

Every sort of crepe is the top of the vogue. Seams are herring-bone stitched to-

gether. Smart little pointed straps are dec-

White linen and pique drossses are to be features. Ribbon embroidery is one of the

pretty "latests." The smartest linen dresses have parasols to match.

No woman is old enough to wear a bonnet these days. Cut jet again sparkles on any wear

from hats to boots. Cloth or silk appliques adorn the latests in lace robes. Baroque-headed hat pins make an

artistic hat ornament. Tiny crochet buttons are almost as plenty as French dots.

Round pearls figure as berries in a silt-adorned shell comb.

Paris muslin is a cross between organdie and finest batiste. Embroideries come for the narrow

louis XV waistcoat effects. Buttons with dangling pendants are more for ornament than use.

Little tucks in sun-ray effect are here and there on fine frocks. Heavily shirred hip parts for skirts

are only for the very slender. Black and ecru lace appliques are a stunning feature of some gowns. Black and white hats (just a touch

of black) make ideal summer head-In case of black footgear the black and white polka dot stocking makes

a pleasing link. A cluster of fine tucks is the best trimming for a flarin flounce of crepe

ISLAND OF ST. VINCENT.

THE BRITISH POSSESSION DEVASTA-TED BY A VOLCANO. It is Divided by a Mountain Ridge - Its

Population Almost Wholly Rural -

Kingston the Capital and Trading Cen-

tre-Previous Outbreak of La Soufriere. From the information received it would seem that the present volcanic eruption on the island of St. Vincent is almost exactly a counterpart of that of 1812, heretofore the greatest event in the history of the island, the next in importance to it and in havoc wrought being the terric hurricane which on the 11th of September, 1898, swept from Barbadoes across the Windward Islands, making St. Vincent its chief victim, although our own

Porto Rico suffered severely. A ridge of mountains crosses the island, dividing it into eastern and western parts. Kingstown, the capital, a town of 8,000 inhabitants, is on the southward side and stretching along the shores of a beautiful bay, with mountains gradually rising behind it in the form of a vast ampaitheatre. Three streets, broad and lined with good houses, run parallel to the waterfront. There are many other interesting highways, some of which lead back to the foothills, from which good roads ascend the moun-

The majority of the houses have red tile roofing and a goodly number of them are of stone, one story high, with thick walls after the Spanish style-the same types of houses that were in St. Pierre and which are not unlike the old Roman houses which in all stages of ruin and semi-preservation are found in Pompeii to this

Behind the great mass of the houses of the town looms the governor's residence and the buildings of the botanical gardens overlooking the town.

Kingstown is the trading center and the one town of importance in the island. It contains the churches and chapels of five Protestant denominations and a number of excellent schools. Away from Kingstown the population is almost wholly rural, occupying scattered villages which consist of negro huis clustering around a few substantial buildings or of cabins grouped about old plantation buildings somewhat after the ante-bellum fashion in our own Southern states.

The entire population of the island is about 45,000, of whom 30,000 are Africans and about 3,000 Europeans, the rest being made up of Asiatics with a sprinkling of mixed Caribs. The negroes in many cases are land owners, and arrow root, since the decay of the sugar industry now all but extinct, is the chief export.

In an island only eighteen miles long by eleven broad there is not room for any distinctly marked mountain range. The whole of St. Vincent in fact is a fantastic jumble of hills, culminating in the volcanic ridge which runs lengthwise of the oval shaped island. Beautiful valleys at various points, in fact, intersect this ridge. The culminating peak of the great volcanic mass, for St. Vincent is nothing more, is the Morne Garou, of which La Soufriere is a sort of lofty excresence in the northwest and flanking the main peak at some distance away.

It may be said that all of the volcanic mountains in this part of the West Indies have what the people call a "soufriere"-a "sulphur pit." or "sul phur crater"-the name coming, as in the case of past disturbances of Mont Pelee, Martinique, from the strong stench of sulphuretted hydrogen which issues from them when the volcano becomes agitated.

In 1812 it was La Soufriere adjacent to the Morne Garou which broke loose on the island of St. Vincent and it is the same Soufriere which now has devastated the island and is bombarding Kingstown with rocks, lava and ashes

The old crater of Morne Garou has long been extinct, and, like the old crater of Mont Pelce, near St. Pierre, it had far down in its depths, surrounded by sheer cliffs from 500 to 800 feet high, a lake,

Glimpses of the lake of Morne Garon were difficult to get owing to the thick verdure growing about the dangerous edges of the precipices, but those who have seen it describe it as a beautiful sheet of deep blue wa-

Despatches from Barbadoes, 100 miles to the east of St. Vincent, stated that the explosions and mighty volcanic cannonading at St. Vincent were distinctly heard there, that the sky was black with the great mass of smoke and dust hanging overhead and the entire surface of the Barbadoes was covered with a thick coating of

asnes This is precisely a repetition of what happened at the time of the terrible St. Vincent eruption in 1812. What amazed people then was that this smoke and the great dense clouds of ashes and impalpable dust should be borne so far seaward in the very teeth of the strong trade winds which blow toward the southwest. The explanation of this phenomenon was then, as it is now, that the force of the explosion, from the volcano hurled the smoke and litter miles high into the air until they were way above the trade winds and there met the reverse air currents going in the opposite di-

rection. Barbadoes is totally dissimilar in its natural features to any of the volcanic chain of the Caribbean Islands. It resembles a pear in outline, with the narrow end pointing to the north, and is slightly concave on the east. In configuration the island is elevated, and yet not mountainous, the highest point, near the center, Mount Hillaby, being 1,100 feet, from which the land descends in a series of low terraces on all sides to the sea.

The aspect of the country is that of a beautiful rural landscape interspersed with groups of neat houses and plantations surrounded by gardens and trees and dotted here and there with windmills, which resemble those that are so marked a feature of the landscape of Holland.

The whole area of the island is occupied and of its total acreage of 106,470 every foot is under cultivation except 6,470 acres occupied by towns. cliffs and highways. Almost its sole industry is sugar cane growing, and it has been said that if Cuba were as closely cultivated as Barbadoes it would produce enough sugar to supply the entire world.

The only foreign trip George Washington ever made was to Barbadoes, when he went there with his brother. Lawrence, and among other adventures caught the smallpox.-New York Sun.

Rad Reginnings. A bad beginning makes a good ending-sometimes, but more often it makes a very quick ending.-Syracuse Herald,

SCHOOL SAVINGS BANKS. An Institution That Possesses Many

Virtues. All persons, especially parents, who have the good of the coming generation at heart will, no doubt, be interested in what Mrs. S. L. Oberholtzer has to say on the subject of school savings banks. Mrs. Oberholtzer, who is well known among the local women workers, has devoted several years to the study of that institution, and has traveled considerably to promote its progress, her addresses being invariably received with favor. After a most interesting interview with Mrs. Oberholtzer one can but marvel that this admirable idea is not in opera-

tion in every school in our country. "Inclination and genius are inherited, but character and fortune are made," says Mrs. Oberholtzer. "The subject of school savings banks is one of great national interest, because as we develop in thrift and individuality the wealth and strength of the nation increases. In Lurope it is admittedly one of the best educational factors of the age, but here in our own city. though Superintendent Brooks has expressed himself in favor of it, there are enough dissenting voices to hinder

The school savings banks system, which was introduced into tais country by Professor F. H. Thiry, in 1885, is now in operation in more than 800 public schools in the United States, while the total savings of these young depositors have amounted to \$900,000. These schools are scattered through 20 different states. The work was first taken up in Long Island City, N. Y., public schools in 1885, and ever since 1889 (by this time it had proved its worth) the system has gained impetus and advocates. It is in operation in 160 Pennsylvania schools. Those pioneer children of Long Island City have saved and deposited since 1885. \$119.880. At instance, nearer at hand is our neighboring Chester, where, with a school population of 5000, there has been deposited since

1890, \$63,516. To Montgomery county, however, belongs the honor of adopting the system in this state. Mrs. Oberholtzer, then a resident of Norristown, became interested and made an address before the Teachers' Institute in the fall of 1889. A resolution was passed to adopt the system in the schools at the option of the districts of the Norristown and Pottstown public schools, and the children of Norristown have, since January, 1900, deposited \$87,237, the school children of Pottstown following with \$67,647. These few figures will give one an idea of the money which may be saved instead of trittered away on cheap candies, disgusting gum and other stupid or harm-

ful temptations. It is all very simple. The teacher is provided with the roll books and the copyright cards. She calls the roll every Monday morning from this roll book, which is conveniently arranged, with a date for each Monday in the school year, and places the amount of the scholar's deposit, be it one or ten cents, opposite his or her name. The amount is also credited on the copyright card, which is then handed back to the pupil, who keeps it as a memorandum and receipt. This card is brought to school every Monday morning, when a deposit is made.

After the roll-call the teacher counts the money, and sends it in a sealed envelope to the principal of the school, collections from all the rooms to the bank co-operating. At first the amount is accredited as a general school fund. When a deposit reaches \$1 the depositor is individualized and receives a bank book, and once the sum of \$3 is deposited it draws three percent interest.

On the last Friday of each month the children are given their bank books to take home, so that they may compare them with the cards. Many parents themselves open bank accounts. Camden's public school scholars, 499 in number, have deposited \$65,284 since 1895.

Figure to yoursen just how well it would be for the average youth or maiden, upon being graduated, to have a few hundred dollars in bank. It would in some instances open the way to further study; it would give the budding merchant a needed lift; to others it would be the nucleus of a home and independent old age. But, best of all, it is a remedy against pauperism, and acts as a preventive to crime and intemperance. It fosters thrift, economy, industry, self-dependence, and produces self-respecting citizens. No matter what the home condition, a child sees a way "to more content and less contention" in this saving of pennies that the dollars may have the chance to look after themselves. In case of sickness, too, or other misfertune, it is convenient to have a reserve fund to draw upon .-Fhiladelphia Record.

The Bairpin in Science. A scientific writer in American Medicine pays a glowing tribute to the hairpin. He finds that it is of almost inestimable value to the surgeon, who can use it "to pin bandages, to remove foreign bodies from any natural passage, as a curette for scraping away soft material, to compress a blood vessel in controlling a hemorrhage, and to close a wound." In addition to these uses the gentleman has used the hairpin to probe wounds and to wire bones together in cases of fracture. But it is not in surgery only that the hairpin is useful. It may take the place of a suspender button or help out when an automobile breaks down. Perhaps if the truth were known many a locomotive has been held together, at a pinch, by a hairpin, and we are not surprised that the writer for American Medicine suggests that it would always be well for man to carry a supply of hairpins in his pocket. Such a practice would undoubtedly have important advantages, but there is a better and more pleasant plan. If it could be so arranged that a man might always have at least one companionable lady near him the highest usefulness of hairpin might be developed. e, after all, but bunglers when Me deavor to use this delicate in-For the best results from n, therefore, it is cheerfully the h

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ded that the lady be taken

The Empress of Japan takes a great interest in all that concerns the nation. from the rice crops upward. Her Majesty is said to have a special talent for literature, and writes beautiful poetry. A poem of hers, set to music. is sung in the schools all over the land. She is an adapt performer on the koto, a kind of large zither. It is an instrument which is much played and very popular in Japan.

London Bridge, when widened, will be lighted from the centre, and not from the sides.

THE FLOUR WAS TOUGH. Mrs. Youngbride-I've come to complain of that flour you sent me. Grocer-What was the matter with

Mrs. Youngbride-It was tough. made a pie with it and it was as much as my husband could do to cut it .-Philadelphia Press.

THE CURIOUS PAIR.

Mrs. Rubba-I wonder why that woman keeps watching me so? Mr. Rubba-Perhaps she's trying to find out why you are staring at her .--Philadelphia Press.

Ladies Can Wear Shoes One size smaller after using Allen's Foot Ease, a powder for the feet. It makes tight or new shoes easy. Cures swollen, hot, sweating, aching feet, ingrowing nails, corns and bunions. At all druggists and shoe stores, 25c. Trial package Fare by mail. Address Alien S. Olmsted, Le Roy, N. Y.

When a man starts a conversation by saying he's a friend of yours look out for impertinent remarks. J. S. Parker, Fredonia, N.Y., says: "Shall not call on you for the \$100 reward, for I be-ieve Hall's Catarrh Cure will cure any case of catarrh. Was very bad." Write him for

particulars. Sold by Druggists, 75c. The only way some people could take a tumble to themselves would be to walk in their sleep.

FITS permanently cured. No fits or nervous-ness after first day suse of Dr. Kline's Great Nerve Restorer. \$2trial bottle and treatisefree Dr. R.H. KLINE, Ltd., 981 Arch St., Phila., Pa. The cook book is generally pretty heavy

Summer Tours By Land and Sea-Excursion Tickets at Very Low Bates. Central of Georgia Railway and connections are now selling Summer Tourist Tickets from all coupon stations to New York, Boston, Philadelphia and Baltimore via Savannah and Steamship lines. Tickets include meals and stateroom earth aboard ship; much less than all rail. For full particulars, berth reservations, etc., apply to our nearest railroad agent. F. J. Robinson, A. st. Gen'l. Pass. Agent, Savannah, Ga.: J. C. Haile, Gen'l. Pass. Agent, Savannah, Ga.

People ought to air their opinions to keep them from getting musty.

KIDNEY TROUBLES.

Mrs. Louise M. Gibson Says That This Fatal Disease is Easily Cured by Lydia E. Pinkham's Vegetable Com-

DEAR MRS. PINKHAM: - I felt very discouraged two years ago, I had suffered so long with kidney troubles and other complications, and had taken so much medicine without relief that I began to think there was no hope for mc. Life looked so good to me, but what is life without health? I wanted to be well.



MRS. LOUISE M. GIBSON. "Lydia E. Pinkham's Vege-table Compound cared me and made write you this, and gladly thank you; six bottles was all I took, together with your Pills. My headache and backache and kidney trouble went, never to return : the burning sensation I had left altogether: my general health was so improved I felt as young and light and happy as at twenty."
-Mrs. Louise Gusson, 4013 Langley Ave., Chicago, I'l .- \$2900 forfelt If above ostimonial is not generica.

If you feel that there is anything at

all unusual or puzzling about your case, or if you wish confidential advice of the most experienced, write to Mrs. Pinkham, Lynn, Mass., and you will be advised free of charge. Lydin E. Pinkham's Vegetable Compound has cared and is caring thousands of cases of femula traphla.

YOU'VE A FAMILY? Then are information will be of many dell'are to the control of the control of



LIBBY'S Natural Flavor Food Products

are U. S. Government Inspected. The wholerom near and goodness of every article is preserved; its preparation for your convenience, is the hand key-opening cans. A supply on your pantry cheir pose and goodness of every article is preserved in its preparation for your convenience, is the handy key-opening caus. A supply on your pentry shelves enables you to have always at hand the essentials te the very hest meds. The little book, "How to Make Good Things to Eat," tells all about them-sent free. Libby's Atlas of the World, mailed free for 10 cents postage. LIBBY, McNEILL & LIBBY, CHICAGO.

I use Ripans Tabules for periodic headaches, always with quick relief. Only last evening a lady asked me what I thought good for pain in the stomach from eating rich food, and I gave her a Ripans Tabule. To-day she tells me she has bought a package, the one I gave her helped her so much.

At druggists. The Five-Cent packet is enough for an ordinary occasion. The family bottle, 60 cents, contains a supply for a year.



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Removing Grease Spot. the An obstinate grease spot on kitchen floor may be removed by spreading on the boards a hot solution of Fuller's earth and soda. Allow it to stand for some hours, that absorbtion may takê blace. If, as soon as not grease is spilled on the floor cold water is thrown over it to congeal it quickly, it can hearly all be removed by scraping with a knife.

Restoring Scorched Linen. Here is a formula that it is said will restore scorched linen. Peel and slice two onions and extract the juice by squeezing or pounding. Then cut up half an ounce of white soap and add wo ounces of Fuller's earth; mix with them the onion's juice and half a pint of vinegar. Boil this composition well, and spread it when cool over the scorched part of the linen, leaving it to dry thereon. Afterward wash out the linen.

Dust and German Cleanliness and health go hand in and, whether cleanliness and godliness do or not. The way to keep a kitchen clean is to keep it free from disease germs; that is, to keep our food which is cooked in the kitchen free from unwholesome elements, which cause it to spoil and to be unwholesome when

eaten. The clothes we wear should be brushed free from dust, because the air is full of impure germs. Those who wore in dirty, dusty factories or other places like them should have their clothes beaten every day after they come home. Grease spots should be carefully cleaned off working clothes, because such grease spots hold dust, and may become culture places for impurities received from the air. If proper precautions are exercised and the house is kept as clean as it is possible to keep it the health of the inmates will

There is a great difference between a thing being scientifically clean and clean in the ordinary understanding of the term. A house filled with the germs of tuberculosis may be clean to all appearances, and one which has just been disinfected scientifically may have indelible stains of previous wear. and tear on the walls and carpets; yet one is a wholesome dwelling and the other is not clean .- New York Tribune.

Ways to Cook Beef. Food that is wholesome and well cooked is a boon. Beef, properly server, is one of the most desirable meats. Here are some recipes for preparing it in different forms:

Baked Bullock's Heart-Wash and wipe the heart, cut it into four pieces. Season these with pepper and salt, chopped thyme and lay leaves, eight onions cut in slices, two ounces of dripping and four parsnips, also cut in slices. Place these in an earthen jar with a pint of water, put on the lid and bake in the oven two to three

Ragout of Beef-Melt and brown thoroughly half an ounce of butter. Add to it one ounce of flour, stir till brown and perfectly smooth. Pour in slowly half a pint of stock, the same quantity of boiled and drained Spanish s. Oli untii the car then add about a pound of cold roast heef cut into nice neat slices. Cook slowly till the beef is heated through. Remove the slices carefully and arrange on a dish so that one slice overlaps the other. Pour the sauce over all, garnish with chopped gherkins, decorate the center of the dish with

horseradish and serve very hot. Fillet of Beef-Proc re two pounds of nice fillet of beef and cut into neat round slices half an inch thick. Sprinkle with pepper and salt; also cut the fat off the beef into nice pieces. Heat two ounces of butter in a frying pan and fry the fillets for five or seven minutes, then brush over each with glaze. Place a border of mashed potatoes on a dish, lay the fillets on it with alternate slices of baked tomato and the fried beef fat. Also have a piece of maitre de'hot-1 butter on each fillet. Fill the center with nicely cooked vegetables and pour round a little

good beef gravy. A HOUSEHOLD RECIPES

Hot Bananas-Put four tablespoonfuls of sugar, four tablespoonfuls of orange juice into a saucepan; stir in six peeled bananas; cook five minutes and serve with lady fingers or sponge cake. Walnut Cream Salad-Roll small balls of cream cheese, on each press

two halves of an English walnut. Lay

on lettuce and serve with French dressing and thin bread and cutter which has been put in the oven and crisped. This is decidedly odd and also delicious. French Lamb Chops-Prepare chops by rolling them in melted butter; season with salt and pepper. Dressing: One cup bread and one cup milk cooked to a paste; add to this a large table-

dressing, then egg and bread crumbs. Fry in hot oil or grease. Escalloped Asparagus-rill a baking dish with alter ate layers of boiled asparagus and chopped ha a soiled eggs, sprinkle the eggs with a season ing of salt, pepper and grated cheese; have a layer of asparagus on top. Make a well-seasoned cream sauce and pour over the whole, letting it soak through to the bottom. Cover the top with bread crumbs and a ·light sprinkling of grated cheese and bake in the oven

speonful of chopped roasted almonds,

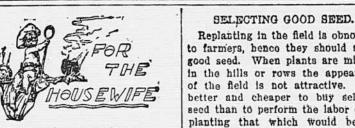
mushrooms, ham and parsiey, one-half

teaspoon of salt and one-quarter of

pepper. Broil chops, roll them in

until a light brown. Lemon Fruit Jelly-G: .- half box gelatin soaked for one-half hour in onehalf cup cold water. Pour two and one-half cups boiling water over gelatin; add three quarters cup lemon juice and one and one-quarter cups angar. Put mold on ice add four tablespoonfuls of liquid, let it stand until it begins to form, then add a few slices of bananas, walnuts and cherries. Add liquid and fruit alternately until mold is filled. Serve with whipped cream Delicious.

Fricasee of Beans-Put a pint of haricot beans to soak over night in cold water; in the morning drain, cover with two quarts of soft water. As son as they boil set where they will simmer for two hours or until they are tender. Put two ounces of butter in a saucepan, with a tablespoonful of minced parsley and the juice of one lemon; when quite melted add the beans; stir them about for a few minutes and then serve with a border of plain boiled rice.



Replanting in the field is obnoxious to farmers, hence they should select good seed. When plants are missing in the hills or rows the appearance of the field is not attractive. It is better and cheaper to buy selected seed than to perform the labor of replanting that which would be unnecessary, and which could be prevented by making a proper beginning. The failure to properly prepare the ground, too little care given the covering of the seeds and economizing in the use of seeds are also causes of loss.

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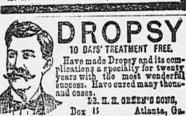
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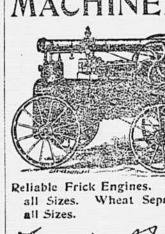
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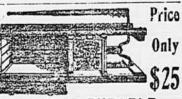
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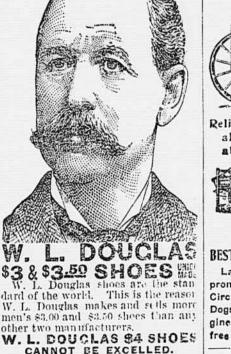
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