

WHAT TO WEAR AND HOW TO WEAR IT.

Our Special Correspondent Writes Entertainingly to Women.

FROM THE METROPOLIS

What to Wear When Yachting is a Serious Question to Women of Fashion—Simple and Jaunty For Mid-Season Wear—A Flowered Silk With Embroidered Flit.

BY JULES THEROW.

The striped linens are carrying all before them just as the striped cloths did. In fact one cannot get away from striped effects no matter what material may be selected for a gown, for they are the design ideal for all smart fabrics.

There are divers ways of employing stripes in self-decorative schemes but none more attractive than the idea exploited in the accompanying illustration. The skirt and jacket are of different design. Broad bias folds of brown and white linen trim the skirt, forming a large diamond in the front. The waist line is elevated and the skirt hung from a belt

the sport has grown so popular during the past few years that it constitutes one of society's principal pastimes in summer. The blouse shirt and plain skirt of former years has given way to a dressier costume which follows the lines prevailing in street and house gowns. The lovely white and black suit pictures is carried out in two materials the skirt being of soft French flannel



DRESSY YACHTING COSTUMES.

with a silk finish and the coat of heavy black taffetas, stitched with bands of white silk braided with narrow black silk soutache. The skirt is very close-fitting, extending above the waistline and finished at the top with bands of its own material stitched in girdle effect. A soft white linen blouse is worn under the coat, which has a collar of plain white taffetas.

The second costume in palest biscuit color mohair is trimmed with sea-green pongee with large polka dots of white silk. The skirt has a narrow tuck about the knees, piped with green silk, which gives it the effect of being made in two parts. The blouse, joined to it, with a bolt of the same material, is laid in small plaits and cut in one with the sleeves. A deep turn-over collar is faced with green pongee and the sleeves are finished with cuffs of the same material.

Fragments of Useful Information.

- Do you know— That you can make a faded dress perfectly white by washing it in boiling water?
- That salt dissolved in alcohol will often remove grease spots from clothing?
- That two potatoes grated in a basin of warm water give better results than soap in washing delicate flannel or woollen goods, ribbons, etc?
- That linen blinds can be cleaned by being laid flat and rubbed with powdered bathbrick?
- That piano keys can be cleaned as can any old ivory, by being rubbed with muslin dipped in alcohol?
- That a little thin, cold starch rubbed over windows and mirrors and then wiped off with a soft cloth is an easy way of producing most shining results?
- That a spoonful of mustard in a gallon of water will kill insects in the earth? This is good for potted plants?
- That a few drops of essence of sassafras will keep flies away?
- That cloves or salt sprinkled on a pantry shelf will rid it of ants?
- That you can remove the odor of fresh paint from a room by leaving there a pail of water into which several onions have been sliced?

Scraps.

- Egg Stains—To remove egg stains from silver, rub the stained part briskly with table salt, then wash in warm soapsuds.
- To whiten clothes, put one teaspoonful of borax in the last rinse water. Powder the borax, so that it will dissolve easily.
- For settling coffee—When eggs are high, one may be economical in this way: Break an egg in a jelly glass, fill it with granulated sugar, mix, then cover closely. Use one-half teaspoonful to a pot of coffee. This keeps any length of time.
- Apple Jelly—When making apple jelly, try putting a drop of oil of cinnamon in it. It improves the flavor.

Canned Tomato Recipes.

- Stock tomato soup.—Take any sort of meat soup and add half a can of stewed and well-seasoned tomatoes; strain, and serve with croutons.
- Tomato toast.—Stew down a can of tomatoes till thick, with a tablespoonful of chopped onion, a tablespoonful of chopped parsley, salt, and pepper; when the juice is somewhat absorbed pour over slices of buttered toast and serve at once. Do not strain.
- Tomatoes au gratin.—Take a can of tomatoes, add salt and pepper and a teaspoonful of minced onion; put them into a deep baking-dish in layers with soft bread crumbs, and put bits of butter on these; repeat till the dish is full, with crumbs on top, and bake till brown.

Promoting Flower Culture.

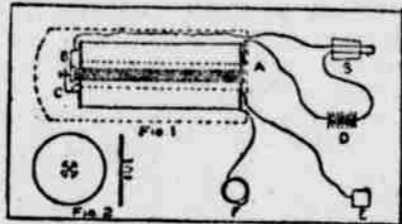
Flower culture has reached the point among the women in the fashionable Lenox colony where plans have been made for a show upon a large scale.

HERE IS A THRILLER

How to Give an Electric Shock While Shaking Hands.

To receive an electric shock while shaking hands is quite a mystery to your friends. This may be accomplished with the aid of a small induction coil that can be constructed at home. The core, A, Fig. 1, is constructed in the usual manner with small soft iron wire to make a bundle about three-sixteenths of an inch in diameter and about two inches long. The coil ends are made from cardboard about one inch in diameter with three-sixteenths-inch hole in the center. When cutting the hole, cut it as shown in Fig. 2, so as to leave four small pieces that can be bent out, leaving the projections as shown. After wrapping three or four turns of paper around the bundle of wires the cardboard ends are put on with the projections inside, so the coils of wire will hold them in place. About 70 turns of No. 24 double-covered magnet wire is first placed on the core for the primary and then 1,500 turns of No. 32 or 34 double-covered wire is wrapped on top, of the primary for the secondary. Sufficient length of wire must be left outside from each end of the vibrator directly opposite the end of the core. A small screw is fitted in the end of the support, C, for adjustment, which should be tipped with platinum placed where the screw will touch the vibrator, B.

One of the primary wires is connected to a flash lamp battery, D. The other primary wire is connected to a switch, S, which in turn is connected to the other terminal of the battery. The switch, S, may be made from a three-eighths-inch cork with the wires put through about three-sixteenths-inch apart and allow them to project about one-half inch. The plate E is cut about one-half inch square from a piece of copper and is



Details of Induction Coil.

fastened to the heel of one shoe and connected with a wire from the secondary coil, which must be concealed inside of the trouser leg. The other secondary wire is connected through the coat sleeve to a finger ring, F. The vibrator screw must be properly adjusted. When the vibrator is not working the armature should be about one-sixteenth-inch from the core and directly opposite.

Marriage in Southern Nigeria.

Among all tribes in Southern Nigeria polygamy is the rule, the reason given by the natives being that it is impossible for one woman to do all the work of the house, look after the children, prepare and cook the food, fetch the daily supply of water (often an arduous job), cultivate the plantation and go to market. And the reason is that the African is an exceedingly hungry person. It is their custom to eat several times a day when at home, and the men spend most of their day sitting in the palaver house, or market place, while the women bring the food all day long. One wife could not possibly do this. Besides, the African lady encourages it, for she says: "The more wives the less work." Among the Ahiaras, Onichas, Obuwus and the lower class of pagan tribes in the interior there is very little form of marriage. As soon as a man has the means he pays the parents what they want in the shape of goats, cows, beads, money, and takes the girl. There is no ceremony at all. The more wives he has indicates a richer man and that he will be better looked after. If of course they can manage to seize a woman from the neighboring tribe while she is fetching water or working on her farm so much the cheaper. With this method in vogue for centuries no wonder that it is as much as a native's life is worth to go out of his own village and that the country is so backward.

A Real Snake Story.

An old hen with a large family of small chickens was recently given an empty barrel turned down on its side for a coop on the writer's premises. One day recently the hen gave the signal of distress used by all good granagers, and the barrel was quickly surrounded by the fighting members of the household. A large snake was found in the barrel and quickly lynched. Several bunches were noticed on the reptile's body, and he was ripped up the back with a pair of shears, and seven chickens were found gasping for breath. They lived.

A CHEMICAL FACTORY

The Chemical Products of the Human Body.

In the presence of the great nervous system physicians are now like prospectors in the Klondike region. A few fine nuggets have already been collected which prove that they come from rich veins in the mountains around, and no one knows how soon some vein in them may be struck which, followed up, will yield much gold. A specimen of these golden additions to our knowledge is the fact that, among many other things, the Sympathetic actually makes drugs, or true medicine, whose presence in the blood is essential to life.

One of these is now sold over the counter like any other drug. The origin of it is from a twig of the renal (kidney) sympathetic plexus becoming at a certain early stage of development rolled on itself like a ball of twine. In time it breaks off from its parent stem, and, being enclosed in a capsule, adheres to the top of the kidney as a separate gland called the adrenal gland. These adrenals add an internal secretion to the blood whose active principle has been found to be a definite chemical substance, only 1-800 of a grain of which will unaccountably raise the pressure of a man's blood in all the arteries of his body. This adrenalin, as it is called, is a new medicine with many valuable properties, but it is itself of such purely chemical composition that substances like it can now be made artificially, like artificial indigo.

About two table-spoonfuls of a bitter salt like Epsom salts is daily manufactured by the liver, and then can be extracted from the bile. The bases of this salt, called taurin, was fifty-two years ago supposed by the eminent English chemist, Benze Jones, to be like a veritable animal quinine, because he found that the taurin of the guinea pig gave both all the different chemical reactions of quinine and its spectroscopic lines as well. This substance, therefore, he regarded as our natural protective agent against invasions of the blood by micro-organisms. Since then this theory has been considerably modified by the discovery of numerous other drugs manufactured in the body which, because they can combine with acids and form salts, are called alkaloids, some of them, however, being powerful poisons. It is now, generally agreed among physiological chemists that we daily manufacture enough poison in our alimentary canal to kill us before the day is over were it not that these poisons are neutralized by the liver and other organs before they can enter the blood and thus reach the brain and other vital parts of the nervous system.

Magic and Poison Rings.

The ring began when man thrust his finger through a hole in a pretty shell, and later learned to make rings of jet. The ring is very magical. Lord Ruthven, who helped to kill Riccio, gave Queen Mary a ring which was soveran against poison, and she generously replied with the present of her father's wonderful jewelled dagger, of French work, no longer in existence. Whether Ruthven toiled with this magnificent weapon in the affair of Riccio or used a cheaper article is uncertain. At all events, Mary based on the ring that was an antidote to poison a charge of sorcery against Ruthven. The Judges of Jeanne d'Arc regarded with much suspicion her little ring of base metal, a gift from her parents, inscribed with the sacred names Jesus Maria.

It was usual to touch the relics of saints with rings; Jeanne d'Arc said that her ring had touched the body of St. Catherine, whether she meant of the actual saint or a relic of the saint, brought from Sinal to Fierbois. The ring might contain a relic, or, later, a miniature. I fear that I do not believe in the virtues or vices of poison rings. Our ancestors practically knew no poison but arsenic, and Carthaginian science can scarcely have enabled Hannibal to poison himself with a drug contained under the stone of a ring.

White Lettuce and Green Cabbage.

"There is a curious difference," says a gentleman of St. Louis who spent a large part of the year in England, "between the English and ourselves in the way of growing cabbage and lettuce for the table. With us the cabbage is encouraged to form a head, and when the leaves show a disposition to spread the gardeners sometimes tie a string around the clump to make the leaves grow together. In England, on the other hand, the efforts of the growers are directed toward keeping cabbage green, and they pull the leaves apart so as to expose all portions to the light and give them a dark, rich color.

"We like our lettuce green, but the English want theirs headed up and bleached, so as to have it as white as our cabbage, in other words, they simply reverse our practice, and instead of white cabbage and green lettuce they like green cabbage and white lettuce. Of course it is only a matter of taste, but still the difference is rather curious."

How Mary Stuart Looked.

How did that fascinating witch of all time, Mary Stuart, really look? Andrew Lang thinks he knows. In the London Academy he says: "Mary was a tall, lithe beauty, with a bright pallor of complexion, very delicate, thin arched eyebrows, wide apart, red hazel eyes, long and narrow, with heavy white eyelids, a subtle mouth with delicate curves, a beautiful chin, and a rather long, straight nose."

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

The Kind You Have Always Bought

In Use For Over 30 Years.

THE CENTAUR COMPANY, 27 MURRAY ST., N. Y. CITY.

BIG OFFER

To All Our Subscribers

The Great

AMERICAN FARMER

Indianapolis, Indiana.

The Leading Agricultural Journal of the Nation. Edited by an Able Corps of Writers.

The American Farmer is the only Literary Farm Journal published. It fills a position of its own and has taken the leading place in the homes of rural people in every section of the United States. It gives the farmer and his family something to think about aside from the humdrum of routine duties.

Every Issue Contains an Original Poem by SOLON GOODE

WE MAKE THE EXCEPTIONAL OFFER OF
Two for the Price of One: THE COLUMBIAN
The Oldest County Paper and THE AMERICAN FARMER
BOTH ONE YEAR FOR \$1.00

This unparalleled offer is made to all new subscribers, and all old ones who pay all arrears and renew within thirty days. Sample copies free. Address:

THE COLUMBIAN, Bloomsburg, Pa.

There are some women who seem to be perennially youthful. The grown daughters are companions as well as children, and the color in the mother's cheeks, the brightness in her eyes, the roundness of her form, all speak of abounding health. What is her secret? She is at the middle age of life when so many women are worn, wasted and faded, and yet time has only ripened her charms. The secret of this marvellous health and beauty may be told in the brief phrase, Dr. Pierce's Favorite Prescription. The general health of woman is so intimately related to the local health of the delicate womanly organs, that where these are diseased, the whole body must suffer. "Favorite Prescription" dries the debilitating drains, heals ulceration and inflammation, cures female weakness and imparts to the delicate female organs natural vigor and vitality. Women who have lost their health and their beauty have been made "robust and racy checked" by the use of this marvellous medicine.

Envelopes 75,000 Envelopes carried in stock at the COLUMBIAN Office. The line includes drug envelopes, pay, coin, baronial, commercial sizes, number 6 6 1/2, 6 3/4, 9, 10 and 11, catalog, &c. Prices range from \$1.50 per 1000 printed, up to \$5.00. Largest stock in the country to select from.

NO FALSE PRETENSE has marked the career of Ely's Cream Balm. Being entirely harmless, it is not responsible like the catarrh snuffs and powders, for minds shattered by cocaine. The great virtue of Ely's Cream Balm is that it speedily and completely overcomes nasal catarrh and has fever. Back of this statement is the testimony of thousands and a reputation of many years' success. All druggists, 50c., or mailed by Ely Bros., 56 Warren Street, New York.

The Cynical Bachelor rises to remark that a man never fully realizes that life is full of contradictions until he gets married.

Trespass Notices.

Card signs "No Trespassing" for sale at this office. They are printed in accordance with the late act of 1903. Price 5 cents each. tf

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Chas. H. Fletcher*