

HOW TO CLIMB STAIRS. "Those stairs will be the death of

the way they do it.

you will agree that this is a common by a shaped band. spectacle. One woman I frequently see ascending stairs leans so far over that when she turns the spiral she invariably puts her hands on the upper ever be incased in anything lighter fabrics.

all the exhilaration and buoyancy of in white.

member you are lifting the weight of in every shade of brown, from chocoexercise.

service for you.

I have known medical authorities tints are safest. to recommend walking upstairs correctly as good extraise for reducing prominent abdomen and relieving in-

Therefore, the commonly conceived bugbear of some housekeepers may be her that friends come in seasons of to dry.-Chicago Record-Herald. come a boon. They ought to reach the sorrow and sickness for help and comtop of the stairs exhilirated, feeling fort; one soothing touch of her kindly the glow of healthful exercise.

MAKING BABY HARDY.

in every room where you carry the the dust in anguish. The husband patching. Join the edges together and baby. Normal temperature, as all comes home worn out with the prestiron them under a cloth until dry. know, is 68 or 70 degrees, but experi- sure of business and feeling irritable ence has proved that all babies cannot | with the world in general, but when he | lace work or embroidery, before doing at once be brought down to this de- enters the cozy sitting-room and sees the curtain up apply a piece of net gree, particularly a winter baby. It is the blaze of fire and meets his wife's as nearly like the material as possible, well to begin with 72 degrees, or even smiling face, he succumbs in a moment and imitate the embroidery or work 74 degrees, and slowly drop to 70 de- to the soothing influences which act as as closely as skill will permit in join-

their forefathers. But all healthy with her large trouble, finds a haven quality of the original dressing. The spiration. This of itself will give them a cold.

day of his birth, souse cold water on pared with hers.—New York News. his chest and head after bath. This will strengthen his chest, close the pores and prevent colds.

These remarks presuppose the healthy, properly fed baby. The baby that is not wall fed can never be toughened. He will not be a ball of fat, that you can roll about with more or less unconcern, but a sickly, puny little thing that must be watched at every turn. But the well-fed-that is equal, and can, therefore, be easily son. hardened.

greatest care. Have him always exquisite in his rosy loveliness, but see to it that that loveliness is firm, hard flesh that can endure all our sudden climatic changes. But the interiornever, never try to harden that. Guard his stomach against any change. Do not experiment with foods and sweetmeats and this and that change of diet .- New York Herald.

MOTHERS AND DAUGHTERS, To some minds it appears that the daughters are not always as careful of their parents as they should be. The modern mother seems to us in great danger of being abused. Once her daughter comes upon the stage in long skirts, the former abdicates. All the household shapes itself for the girl, and she takes this as her right. This good mother lets her lie abed in the morning, and then has a warm breakfast for her when she gets up. The mother stays home from the play in order that the daughter may go. She gives up society and makes over her old gowns so that the young woman may go out every night and have are exceedingly prominent among this more new frocks. When there are men callers in the evening, she cleverly or awkwardly (it depends on her training) effaces herself, and goes off to bed or to read alone in the kitchen. When effective garniture for a pale-tinted it comes to summer holidays, more than often it is the girl who goes to the mountains or sea shore, while the fashionable than those of dark fints. mother stays at home. Sometimes the White, pink, pale blue and yellow are young woman takes a money-getting the favored shades, and they are inposition, works during the day, plays variably on the picturesque order in the lady in the evening, and spends | design.

her salary on herself, while the mother stays closer at home than ever, and does the drudgery. If you will think over the women you know you will find that in all of these ways, or in several of them, the mother is the slave of the and cover it with a damp cloth. Then daughter .- Woman's Home Compan-

You have heard the expressentertainments are being liberally will cause it to wrinkle just as it does sion of such sentiment, if, indeed, you trimmed with fur; a bolero and yoke have not felt the probability of the with long ends is supplemented for same unvoiced prophecy, says Medical outdoors with a shoulder tipper of the same material heavily fringed and em-Girls complain to me of backache and broidered. Tartan, which is always drain, and weighting it down with a quickly say: "You know I have to go brought in every season, has taken no brick or rock, drop in about three up and downstairs so much this year." | stronger hold of fashions than it has ounces of sal-soda, then turn on the The flights which they refer to are in | done before, but there are a few gowns | hot water until the sink is nearly full. a town hall; the steps are high and the in the darker plaids trimmed with flights are long—yet some can climb bands of cloth of one of the shades and let the water run. By this simple them several times a day and not have and tiny gold tassels and gold galon a grumbling back or any other un- on the skirt, these often accompanied comfortable result. The secret lies in by black velvet coats made like a Scotch jacket, with a dark leather vest. A girl is putting a severe strain on A good many of the handsomest her back when she goes upstairs using gowns of this season are made with a heavy, flat-footed tramp. She is un- long coats. Some of the most useful comfortable, a heavy step jars her dresses of the moment for knockabout spine and head, and, to make the or- wear are plain serge skirts, with a deal as short as possible, she hurries, long sacque coat of the same, worn inand possibly runs. Naturally the body doors with a pretty blouse. Many of remonstrates at such unjust treatment. the long basques to the woolen gowns I have watched carefully the manner are cut to appear as part of the skirt which most people adopt, and think and not of the bodice, but united to it

ABOUT GLOVE-WEARING. in the way of gloves than a mouse Try another way if you want to feel colored tint, unless the wearer be all

an excellent exercise. Keep the weight | White gloves should never be worn well over the advanced foot, with the by anybody who is not wearing anchest the farthest point forward. To other distinctive touch of white on strike only the ball of the foot on the gown or hat. The contrast is too trimmings to the dressing table. stairs gives buoyancy of step to most crude. The woman with a large hand people, although some claim they can if it is well shaped, may wear white, place the whole foot lightly on the but not a pure white-rather the stairs and find it to be of good advant- "oyster" white, with black stitching Black gloves should only be worn with Be sure and take your time. Re- black gowns and coats. For your gown the body many times, and it is no light late down to the range of mastic and other clothes. No soda should ever pastel fines, you can have gloves to be used, and the water should be only The work the back has to do ought match. The same with grays. For to be no greater going up stairs cor- evening dresses it is harder to choose and rinsing. After rinsing, which rectly than when on a level. The legs | For pale pinks, blues, yellows, mauves, are the members of your bodily com- unless there is some particular lace few teaspoonfuls of household ammomunity which ought to perform that trimming or embroidery in white or nia, dry them out of doors in sun and

A SWEET MINDED WOMAN. that it is almost boundless. It is to shaken out well and rolled in a cloth hand works wonders in the feverish child; a few words let fall from her | they should be gone over carefully for lips in the ear of a sorrow-stricken | weak spots and tears. If you find a Watch the temperature of baby's sister do much to raise the load of rent it can be patched. the balm of Gilead to his wounded lng it to the fabric, A healthy baby is always a fat baby. spirits that are wearled with the stern Babies do not take after father or realities of life. The rough schoolboy mother or grandfather or grandmother | flies into a rage from the taunts of his in being thin. Children may, and cer- companions to find solace in his mothtainly do, follow in the foctstops of er's smile; the little one, full of grief, babies are fat babies. Therefore they of rest on its mother's breast. And so coarser the lace the more stiffening all feel the heat. Do not weaken them one might go on with instance after will be needed. For the purpose gum by keeping them in a constant per- instance of the influence that a sweetminded woman has in the social life with which she is connected. Beauty When bathing baby, from the very is an insignificant power when com-



FASHION NOTES

The box coats of corduroy with deep to say, the properly fed-baby will be fur collars are much the prettiest of fat and healthy, other things being the loose and flowing coats of the sea-

Soft bows of ribbon are used as sub-Toughen, then, the exterior of the stitutes for fancy buttons or cord ornababy all you can. Tend him with the ments on the latest shirt waists of broadcloth or similar material.

Dragon flies, butterflies and humming birds represent some new effects in hair ornaments that are pretty as

well as inexpensive. Black satin linings are used for colors as well as black.

Ribbon ends are again cut off diagonally. Dress elaboration is particularly

noticeable in sleeves. Deep, round collars are the height of vogue. Orsine is a lovely mull-like material

for waists. The white bellies of Siberian squirrels make warm muff linings.

Grass lining in white shows fine embroidery beautifully. So many of the long wraps have no standing collar that a season of boas and ruffs may be expected.

Camel's hair are the limit in rich, heavy dress materials. Stitched strapping fairly turns one little coat into a lattice effect.

Lace stocks are to be unlined Various attractive shades of brown season's most swagger millinery, and is a much later fashion than the gray,

favored for some seasons past. Beads of iridescent white make an house gown, the waist being almost Light tea gowns are much more

Household

FRESHENING CRAPE.

To renovate crape lay it on a table cass a hot fron over the cloth as closely as you can without actually touching it. This treatment will freshen up the A good many dresses for afternoon crape most beautifully, for the steam

Once a week I regularly flush the kitchen sink. I place a lid over the I then slip aside the weight and lid, and effective method all the accumulations in the pipes will be cut loose. and the drain will be sweet and clean During the hot months I follow the above directions with a flush of lime water-made by taking one pint of slaked lime and two gallons of cold water. I stir until dissolved, then pour in the drain .- Woman's Home Companion.

DIMITY FOR BEDROOMS.

For draperies in a bedroom nothing is prettier than the new dimities made after the old English ones. Besides dressing the window attractively they laundry particularly well, and are No unduly thick or fat hand should more durable than most light, soft

If a gay dimity is used in an ordi nary bedroom the whole effect will be transformed. To make an attractive room, however, beside the curtains at the windows the dimity should be used on the bed valance and canopy, and as

No poles are use with materials as toft as dimity, but it should be shirred on to a small brass rod.

HOW TO WASH STOCKINGS. Wash stockings in a tub by them selves, and do not soak them with moderately warm for both washing should be done in water containing a

ivory, the palest mushroom or mastic | air to prevent running, and press on the wrong side with a warm iron when dry. Silk stockings require several rinsings, and after pressing (not So great is the influence of a sweet | wringing) the water out of them and minded woman on those around her pulling them in shape, they should be

Before doing up your lace curtains | bouse .- Automobile Magazine. the rent should be moistened before J. H. ORVIS

If the tear has appeared among the

Home laundered lace curtains are often stiffened too much. This is a common fault with those of particularly fine texture, which should be starched only enough to give them the arabic or starch may be used. Certain housekeepers say that for particularly choice lace gelatin is best. If an old appearance is wanted the stiffening liquid may be tinted with saffron. Coffee and tea are sometimes used, but the former carries with it its odor. To get lace curtains straight and of even length, measure the depth from top window casing to floor and adjust the frames to this size. Then fit the wet curtains to the space.

RECIPES.

Mashed Potatoes.-Boil the potatoes in the usual way, then drain and dry them, break with a crusher, and beat up well with a fork until light and creamy; add a good size piece of butter, a little milk or cream, and some pepper and salt.

Oyster Sauce .- Put 2 ounces of butter into a saucepan; let it melt, then add a heaped tablespoonful flour, stir into a smooth paste, then mix it with rather less than one-half pint of milk and the liquor from a dozen oysters; let the sauce boil for a few minutes, stirring all the time to prevent its turning lumpy; beard the oysters and put them into the sauce, adding a little

sauce and pepper, Puffed Sweet Potatoes .- Select potatoes of uniform size, bake and cut them in half; also cut a slice from each end so they will stand upright. Scoop out the interior and mix with butter, pepper, salt and a little hot cream and beat until light. Then put back into the potato shells, heaping up lightly on top. Pour a little soft ened butter over the top, or brush with yolk of egg and set in the oven to re-

heat and brown nicely. Molasses Snaps .- Two cups of granulated sugar, half a cup of molasses, half a teaspoonful of cream of tartar and a level tablespoonful of buker. Cook all the ingredients except butter together until the mixture will crack when dropped in cold water. Do not be in a hurry to remove it from the fire, as it must be very hard. When almost done drop in the butter. Re move from the fire and drop from a spoon into a buttered platter or marble slab into small round cakes, or it may be poured out in a thin layer in a buttered tin and when cold broken into small pieces. If this is cooked long enough it will not get sticky or soft if kept for a week or two.

ON A BLOCKADE RUNNER.

Sir William Allan's Experience in the Civil War.

When fortunes were being made by British merchantmen running the blockade of Southern ports during the American Civil War, Sir William Allan, who had served in the engineer ing department of the British navy, signed as chief engineer on a merchant steamer. London M.A.P. repeats a personal reminiscence of Sir William, which gives a good glimpse of those exciting times.

After a successful run into the Sa vannah river, the blockade-runner tried a second time, and met with dis aster. One dark night, she was steal ing, with all lights masked, into Savannah, and ran plump into the arms of a Federal cruiser that was waiting for her in the darkness.

"Stop your engines or we shall sink you!" was the summons from the cruiser, which had suddenly unshrouded her lights and thrust out her guns close alongside.

"I stopped the engines," related Sir William, "and began to blow off steam. A boat from the Federal ship had come alongside, and suddenly an officer rushed into my engine room and put a revolver to my head. He was in a rage, and told me I had opened the valves and was trying to sink the steamer. I must close them

I asked him who he was, and he answered:

"'I'm the engineer of the steamer that has taken you.' "'I can't believe you are the engi-

neer.' I said, 'or you would have a spanner or an oil-can in your fist, in stead of fooling about with a pistol, and you would know that I am only blowing off a bit of steam."

At this cool reply the officer dropped his pistol, and the two were soon good

With Modern Improvements. "Naw," said the owner of the "opry" house, "our folks won't stand for another blamed Uncle Tom show this year!

"But they'll go broke to see mine, just the same," was the unabashed rejoinder of the U. T. manager. 'Why, I've got my show right up to the times, I tell yer."

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And as the owner had to admit he couldn't, that was why he took just one more U. T. show at the "opry"

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