



FOR COMFORT AND BEAUTY.

Shirley Dare's Gowning of Mid-Summer Fashion Here From Business Abroad and at Home—The Proper Dressing and Household Decorations and Home Hints.

THE CHANGE WE NEED.

A Good, Wholesome Philosophy Dictates the Summer Outing.

RESTING AT HOME ISN'T A SUCCESS.

Busy Men and Women Can't Enjoy Idleness, So They'd Better Fly.

THE SEA MAKES EVERYBODY YOUNG.

It looks as if people do not go to the seaside to kill time, but to make the most of it; and it is extraordinary what things are done there for pleasure, that they could not be induced to do at home.

PERFUME THE AIR.

Spraying the air with a small quantity of perfumed spirit not only scents the air, but is very grateful to sick persons and relieves even the dying.

A POINT FROM PORTUGAL.

Besides the matter mentioned in the Portuguese water cooler, commended by Minister George B. Loring, to do away with the use of ice water, which is really injurious to the health, it is proposed to do away with the use of naturally cooled water, fashion and these picturesque coolers will.

EVERYTHING IN A CHANGE.

Such a change is fully warranted in the one word, change, and such a change, as such a change is ever made. Every living creature requires change, and in it there is to be found a better tonic than has ever been botanically or chemically produced.

THE STAY-AT-HOME-POLICY.

Suppose, Mr. Man-of-the-house, you decide to spend your vacation in the "summerside" and you are surrounded by your own family, including your wife, your children, your rest, and allow nothing from the outside world to worry you.

THE DARKER SIDE OF IT.

Mothers, do you think such a line of action possible even if it could be found enjoyable? You know it is not and you know, too, about what would be heard from the smoker under the trees when the other English women are present.

ENGLISH WOMEN'S CORNS.

They have no Larger Feet Than American Women, but Suffer More.

ONE GETS A DOUBLE CHANGE.

These two weeks from home would mean several in the main, since for sometime after your return, home would be a new place, and never seemed so desirable before, and never were you and John so well liked with each other, nor so well satisfied that your children were growing up so nicely.

hall, was lifted and stowed away, together with furniture, pictures and bric-a-brac—all familiar objects. The entire place was rearranged, repainted and repaired, until one would know his or her room except from its location.

When shall we all have learned that doing the same thing every day within the same environment is irksome, that the occupation ever so trifling that it is routine more than labor performed that wears out body and soul; and that doing nothing is not restful.

THE ROUTINE THAT KILLS.

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GRABS FOR THE COMPLEXION.

Crabbing is the sport of the hour into which people throw themselves with the most zest. It is a game of chance, and your vacation home, you can leave Highgate in the morning and return in the afternoon in a few hours with baskets well filled with crabbing, creeping prey, which you will deposit in the large kettle Captain Higbee has made for you.

CELESTIAL TRUMPETS.

A Most Beautiful Fabric Miss Blaisland Brought From Japan.

Miss Elizabeth Blaisland, during trip round the world last spring, picked up in Japan one of the most exquisite fabrics ever brought to this country.

A WONDERFUL BABOON.

Endowed With Almost Human Intelligence and Expert in Many Things.

Jack the Baboon, so well known to all who have ever had occasion to pass through the Uttenhage (Cape Colony) Railway station, has a story in the Colonies and India, to that nature from which no baboon ever returns, much to the regret of the country side.

MEASURING OCEAN SPEED.

English Naval Vessels Are Sprung Over a Measured Mile in Tests.

The speed of English naval vessels is generally determined by a run over a measured mile. This is as if a sprint runner were allowed to take a flying start and as if the speed of the vessel were measured by the time it took to run the mile.

LARGE FAMILIES IN FRANCE.

There are 148,500 That Have Seven or More Children Each and Average Eight.

According to a return presented to the Chamber by the Minister of Finance, there are 148,500 families, each with seven or more children, which have claimed exemption from certain taxes recently voted by the French Parliament.

THE FEATHER BOA FAD.

The Princess of Wales has succeeded in making feather boas very fashionable. They are much affected by the smart people in the park; and they are also worn by the masses.

Antoinette was Louis' wife and responsible for the dainty style associated with his name. Last week a man went into a Pittsburgh shop and said he wished a few odd pieces of furniture for a popudor room.

CASH WON'T DO IT.

A Little Money and Good Taste Will Make a Home Look Better Than Vast Wealth and No Taste.

NOVELTIES IN HOUSE DECORATION.

It is the other day a decorator who had recently left the employ of a large furniture and upholstery store, and his artistic soul was racked by virtuous indignation.

ONE OF MADAME POMPADOUR'S CHAIRS.

Brackets and tints were mingled with the gold, and hand-painting was liberally introduced on panels in the woodwork.

FRUIT.

Hot apple sauce. Rolls, bread and butter. Cold sliced chicken. Tomato salad (Mayonnaise). Peaches and cream. Cakes. Chocolate.

CHICKEN RESOLVES.

Cut the meat from the chicken which furnished the soup stock and chop fine. Add a cupful of mashed potatoes, beaten light, with one egg, pepper and salt; moisten with some of the soup stock and beat in a pan with a little melted butter.

ORANGE SNOW.

One cupful of gelatine soaked in cold water one night. Five or six large, sweet oranges and the grated peel of one, with the soaked gelatine.

SPONGE DROPS.

Beat a stiff froth the whites of three eggs. To the beaten yolks add one cupful of sugar. Stir into this one heaping cupful of sifted flour, in which one teaspoonful of cream tartar has been mixed.

THE STOMACH AT THE BANQUET.

In dietetics there are two systems, as they may be called, which obtain among those who concern themselves about it. Each of these systems has its advocates, and the relative merits of each have been ably presented.

THE LATER IDEA.

But with the 100 years since his time great changes have taken place in customs and in habits; and while an unmodified diet may be the best for many people, yet the better opinion seems to be that a mixed diet is most in the long run.

BILLS OF FARE FOR A JULY DAY.

Herbert Spencer—a great authority—writes so well to this point that his words may be repeated. In his "Essay on Physical Education," he says that the diet established by numerous experiments, that there is scarcely any one food, however good, which supplies in due proportions or right forms all the elements required for carrying on the vital processes in a normal manner; from whence it is to be inferred that frequent change of food is desirable to balance or to supply all the elements.

SPENCER AND MODERN SCIENTISTS DO NOT AGREE WITH FRANKLIN.

Dr. Franklin, whose opinion on all practical questions was held for a long time as oracular, declared that an unmodified diet was one of the first essentials for those who on account of their health were obliged to observe a regimen, or rule in their food and drink.

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