the National Museum.

Relies of Grant and Washington Over Which Guards Preside,

A PEATHER CLOAK OF GREAT VALUE

WASHINGTON, November 1 .- Uncle

Sam has some of the finest jewels in the

United States. Stored away in his National

Museum at Washington are bushels of gold,

quarts of precious stones, dozens of beautiful

pearls and china and cut glass which are

SOME DAZZLING BEAUTIES.

There was no provision as to what should

be done with them, and they lay unseen in

the vaults for years. Among them are two large pearls as big as pigeon's eggs.

These are unset and are as pretty as when they came from the head of an oyster many generations ago. Besides them are 150 small pearls, each as big around as a mar-

rowfat pes and each having a hole pierced through it. They were evidently intended

for a necklace. On another pad there are 130 diamonds received at the same time.

These are not large, but they are very pure and white, and they look like big dewdrops

Near by is a wonderful cat's eye ring which weighs, I should judge, at least two ounces. This came from Siam, and it is set

in the purest gold of exquisite workman-manship. Among the other cat's eyes shown is a yellow cat's eye from Ceylon and a val-

native Indian necklace made of cat's eve

beads. There are all sorts of cat's eyes from all parts of the world, and one of the

BARE AMERICAN STONES.

beautiful comes from Rhode Island.

The United Statee is fast becoming a land

of precious stones. Diamonds have been found in Georgia. Pearls are now being

picked up in Wisconsin, and Uncle Sam is making arrangements for an invoice of some

of them for his collection. There are some

beautiful turquoises in the cases which were brought by Major Powell from New Mexico,

and these are quite as fine as the blue tur-

quoises which the Government has from Persia. Of less expensive stones the beryls

as big as your fist and which shines like a

There is an amethyst which is wonder-

fully beautiful. It was found in North

MODELS OF FAMOUS SPARKLERS.

The models of all the great diamonds of

of two carats each, are very fine, and another which Prof. Dana bought in Peru is over an

inch long. New Nexico furnishes the finest

garnets in the world in point of color, and it

made of precious stones, carved out so naturally, that one would mistake them for the

original. There are red raspberries and luscious black cherries, strawberries and

currants, resting on leaves of green serpent-ine which are more natural in their appear-

ance than the famed cow of Sculptor Myron,

which was so lifelike that it imposed upon a

living calf. In another quarter of the museum Uncle Sam keeps his gold in the

rough. Under glass cases there are great lumps of quartz with the gold shining out in

the far West are well illustrated, and in

NUGGETS OF GOLD

are seen. In a great safe of steel, behind

glass doors, there are dozens of little boxes

containing gold dust, and other boxes on which there are nuggets of pure gold of all sizes from the head of a pin to the size of

your fist. On a shelf over all are two round

pieces of gold as thick as your wrist and about two, inches long. They came from the

vaults of the Treasury, and no one knows

how they ever got there.

The most valuable of the jewels of Uncle

Sam, however, are those which are found in

the relies of our great men near the entrance

to the Museum. These are worth tens of thousands of dollars in the intrinsic value

of the gold and jewels of which they are

made up, to say nothing of their workman-ship. There are swords by the dozens set

with diamons, guns inlaid with precious stones, and canes which have heads of gold

in which are imbedded jewels which would

shine at any White House reception. These

jewels are so valuable that a guard is de-tailed to watch them night and day. Each

THE GRANT COLLECTION.

The Grant collection is alone worth a for-

tune. In one case there is a complete col-lection of gold and silver coins of Japan,

except one in the Japanese treasury. Some of the gold coins are a quarter of an inch

In another case there are balf a dozen

Siam gave to Grant, and there are six pieces

of costly jude stone given him by one of the

at New York has a solid gold head, representing the Goddess of Liberty, which has

two rubies, two diamonds and two sapphires set in it. The sword of Chattanooga has 14

diamonds embedded in it, and many of the

archs are of gold set with diamonds. One of the medals which are in the collection

contain \$600 worth of gold, and as big

FREEDOMS OF CITIES.

of the capital on one side and of the London

around as the bottom of a tin cup.

gifts which he received

ease has a burglar alarm.

collection.

less delicate veins. The mines of

United States.

some of the specimens

ems to be the precious stone region of the

green cat's eye from Bavaria, and a

as they shine out upon the blue velvet.

articles of carved gold.

CORRESPONDENCE OF THE DISPATCH



SITTING FOR A PHOTOGRAPH.

Clara Belle Gives Away Some Secrets That the Beauties May be Glad to Know-One | the club met on Thursday nights, called for of the McAllister Set's Fads-Fooled by a a cocktails.

CORRESPONDENCE OF THE DISPATCH. NEW YORK, November 1.

do. First, choose an artistic photographer. No matter how much you know about what you want and what to wear, there are matters of view and light and shade for which you must depend absolutely upon him. But he will not be able to advise you how to "make up" your face, and will probably sweepingly object to any of it. That is where he is mistaken. If he were wise he would know how to pose a girl, and then

with a bit of white and a bit of black chalk make her lovely for that view. Several of the New York photographers do this for actresses, and it is from a well-known comedlenne that I get the information which I am writing out. The stock pose into which photographers, on general principals, put victims over whom they don't intend to bother, is "threequarters," which is an abomination to most faces. There is small chance for expression; the eye gets no show at all, and the contour cept in children and child-beauties, is betrayed. You will find they have a rooted

features begins to wander around your face. Extending the Eye Lashes.

never been able to discover why. I suppose

there is a tendency to raise one eyebrow

higher than the other, or look cross-eved;

though, and stop, if the picture of your

New, in painting a face for photography, according to the expert authority which I am quoting to you, the eyes can salely be made up a great deal. Put black under the eve, only don't let it be just one heavy A little sweet-faced, tender-eyed girl, with the lashes as much as they will stand-only | Harlem train on Sixth avenue at 6 o'clock don't let them be lumpy. Increase the ap- one night, and wedged herself in among the parent length and sweep of the upper lid, crowd that was packed into the aisle of the a line continuing the line of the lashes, and | box under her arm showed her to be a shop a parallel one continuing the line of the girl on her way home to supper, and her crease that shows above when the eye is pretty, innocent looks interested many of open. Draw these only as long as can be done without their showing as lines.

The actress showed to me a clever picture

in which the effect of very long lashes is given lines-presumably shadows thrown by said lashes—painted above the eye, just under the eyebrows. Use red very carefully. Your lips probably need painting into an improvement upon their own shape. Do it softly, and with very faint red. Bed takes Look carefully, and you will trace a hard line about the lips of many actress photographs. Sometimes you don't need to look carefully. If you want a dimple to show specially, you can beighten its light and shade a little; but unless your photographer poses you so that the device does not betray itself the effect will be a tailure.

A Smile That Kills.

Having thus accentuated your face, don't disturb its arrangement by a smile, or smirk, or any other grimace of expression, when the lens is opened on you. Otherwise art and nature will make a hopeless mess of your features. But if you have planned an expression in harmony with the make up, save it till the last moment. The operator is bound to grip the back of your neck with his monkey-wrench, and if you hang on to your joyful smile all through that ordeal you will get something demoniac and wild photographed to send to your friends. New dresses look stiffer in a photograph

than they do on you. Some little old wreck that fits, and in which you feel quite at home, will secure a better picture often than your Sunday best. Your bair must be carefally arranged, for details come out with startling fidelity. A stray lock that would never be noticed behind your shell-like ear in real life, spoils all the effect of your picture. The part of your hair must be true. even a "tangle-head" must be tousled with discretion, and with an eye to the view the eamera will get of it. Beware of full length pictures. Remember what a guy you and nearly every other girl was in the graduating dress. Think of the bride pictures you have seen, and pause. Unless a dress is draped very closely either in straight lines or clinging close to the figure itself; unless the train comes from just the right place, and is posed to perfection by the photog-rapher; unless all furniture is removed, you will probably come out squatty.

Latest Fifth Avenue Fad.

A frequent change of eccentricity seems to be requisite to feminine Fifth avenue happiness. Sweitzer kase saudwiches and beer are the latest whim in McAllister's set. Before "Mac," as his familiars call him, brought out his book and thus went into the business of a fashionable Turveydrop, he had talked it up to all his friends, and had said he intended to print a full account of his ideas about eating. One night he was dilating on this subject at a house when a young man present asked him if he intended recommending Swiss cheese sandwiches and beer to his

Naturally enough, this annoyed McAllister, but the young man went on to say that he had a sincere admiration for Swiss heese and beer, and he really believed they should be introduced to the attention o society. Instantly the hostess suggested the wisdom of forming a party to go out in search of sandwiches and and beer; and, as the young man knew a most respectable resort where the best of both was obtainable. a merry crowd soon started forth. The general agreement was that it was awfully jolly to partake of such refreshment in such unconventional style, and from that evening a sandwich and beer club went into exis

It's a Regular Craze.

So firmly has the passion taken hold of a number of the young women that they eat a very light dinner on the nights of the club

meetings in order to do full justice to the cheese suppers. One married beauty, upon reaching the delightful little room where

"I do love cheese sandwiches so," said she, "and I am going to drink cocktails so forcibly, after repeated blunders, that legal as to get awfully hungry. I want to eat papers must be copied with ablolute accu-

carry the suggestion of vulgarity. These were thoroughbred young women going for a very quiet drive.

Not the Proper Caper. At 4 o'clock in the afternoon, while the park was crowded with equipages, another finely appointed mail phaeton drawn by an irreproachable team of bay horses, and containing two young women whose attire was in good taste in spite of its smartness, rolled swiftly along in the parade and attracted marked attention from all sides. There was a clean and extremely elegant groom behind the young women, and to the casual gaze the entire arrangement, girls included, was as dainty and proper as the corresponding one of the morning. Yet a great difference was there, nevertheless, though not apparent.

The afternoon girls were of the stripe that is not in the least thoroughbred. The unmistakable proof of this was to be found in the fact that they drove in such style after midof the cheek, which is seldom beautiful ex- day. Custom dictates with absolute particularity the rules in the matters of walking and driving in New York. A young woman may be as horsey and showy as she chooses when she goes into the park in the morning, but when the afternoon drive is progressing she must either recline in a victoria or be driven out in a cart accompanied by a gentleman. She cannot by any possi-bility drive her own horses at this latter time without being looked upon as "fast" by every one that is informed in the etiquette of the subject.

Angelic at a Distance

But let us not be too severe on the rich girls. Poor ones are subjects for satire, too. black line. Shadow it out softly, Blacken an older and plainer companion, got into a by which the size of the eye is judged, with | car. Her attire and the little tin lunch

the stern business men who saw her. One gentleman is particular called the attention of his companion to her fine eyes, and observed that her face was a perfect in-dex of the purity in her soul. The movement of the crowd soon brought the pretty girl quite near to where the gentleman was standing, and he leaned toward her in order to hear what she was saying to her friend. He thought to hear words of youthful simplicity, and his heart was warm with appreciation of such cleanness of heart in one whose environment could not be of the best. As he listened to eatch the subject of the girl's remarks the following words, spoken in a metallic voice, came from her

A Lofty Ideal Crushed. "Say, Maggie, I like to strike a crowded car like this when I go home nights, because you get a chance to cuddle up to a good looking feller."

The soft-hearted gentleman started back as though he had been struck in the face. As he did so those young, innocent eyes were turned into his, and he edged away from the girl in despair. She was wonder-dering why that nice looking "leller" made a point of avoiding her. She had thought she was encouraging him coquettishly, and not a bit of wickedness was in her unre-

And why shouldn't all girls, rich and and why shouldn't all girls, rich and poor alike, believe they are objects of interest to the men who eye them at every step—even on rainy days? A man who paints great pictures said to me that the only artistic figure a modern woman ever publicly cuts is on rainy days, when she catches up the skirt of her dress and flutters across the wet pavements. Her poise, and the accidental lines of her skirts, make of her a thing that can well be studied for its unique and excellent beauty. In pleasant weather she is straight and dreary, but when she attempts to get across a public puddle without spotting the ruffles of her skirt, she begins to live, like a bird on the wing. But it is to be feared that all observers are not so artistically actuated.

CLARA BELLE The English Ulster.



WOMEN IN BUSINESS. UNCLE SAM'S JEWELS

Some of the Faults Busy Men Find With the Fair Workers.

New York Times. A man complaining of the rudeness of a roman employed in one of the central telephone offices and others whom he encounters in shops brings out with fresh force the fact that the surliness and impertinence of some women in business situations are often very troublesome and offensive to men. There are unmannerly and cross men in such situations, too; but there is a certain quality about feminine impertinence that is some-times encountered which is more galling and exasperating, and the fact that it can-not be resented in the same way as a man's might be makes it the harder to put up

A lawyer who has employed women sten-

ographers and type rriters said recently that he had decided not to use their services any more. "I find it hard to get them to come down to solid business and avoid nonsense. They are liable to become offended because people coming in on business are not nice in their manners. I can't insist that everybody who comes into my office shall study the rules of etiquette before presenting himself. I found nearly all of them hypersensitive if fault was found with their work, one particularly peryons young woman bursting particularly nervous young woman bursting into tears when I reminded her somewhat and wondered how well the actresses manage to look when the eye of the mera is focused them? Well, I tell you how to as well as they vhotographer.

The tight tailor-made gowns of the mild do croches work during a lull in the work instead of showing a common-sense desire to find some way of using the time for the benefit of the office. And some object to smoking—not verbally, perhaps, but choke, an anil phaeton sped at a lively gait behind a fine pair of dapple gray horses over the broad and smooth road leading from Fith avenue into Central Park. It was 11 o'clock in the morning. Behind the girls sat as in the best of taste, as fashion now decrees it. The tight tailor-made gowns of the law obstographer.

The No.

Too them will do croches work during a lull in the work instead of showing a common-sense desire to find some way of using the time for the benefit of the office. And some object to smoking—not verbally, perhaps, but choke, an a special not like it, and all these things, small in rules of our Government he was not able to themselves, combine to stand in the way of keep and had to hand over to the Treasury



GEMS OF THE SULTAN.

Order of the Shefekat Given to Mrs. So Cox and Mrs. Minister Straus. WHITTEN FOR THE DISPATCH.

The order of the Shefekat, which the Sultan gave to Mrs. S. S. Cox, is kept in the National Museum at Washington. It is a star bigger around than a trade dollar, which sparkles with more than a hundred diamonds. These diamonds are set in gold on a brown gold and green enamel. The star has five points and there are 26 diamonds on each point. It has a beautiful ribbon sash connected with it, and it was given to Mrs. Cox one night at the Sultan's palace when she went there with her husband to dinner and ate Turkish viands served up by a French cook on gold plates. She thought, I am told, that she was to have it forever, but it seems that His Majesty only lends such presents for life, and that when she dies it is to be sent back to him. The wife of Minister Straus was presented with this same order, and I suppose that she will have to return it in the distant fu-

The Sultan has in his treasure chamber at Constantinople room after room packed full of gold and precious stones. There is a bedset with pearls of at! shapes and sizes. and there are at least two bushels of handmirrors whose frames blaze with diamonds, which have been used by the ladies of the harem. One of the biggest emeralds in the world is in the Sultan's vaults, and, though his whole country is bankrupt, he has more than \$1,000,000 tied up in useless trinkets.

A Sealskin Reefer.



FANCIES FOR THE FAIR.

Eggnogg is the fashionable drink next to

THE chrysanthemum is the flower of fashion and society just at present. TASTE in hosiery is rather running riot among bright colors just now.

MISS S. L. DAY is one of the chemists of the Massachusetts State Board of Health, Her specialty is water analysis. A VERY pretty breastpin has a center of yel-

low sapphire, set about with small diamonds on an open-work piece of white enameled gold. This breastpin is worth \$150. THE dates of New York's famous Patriarch balls for the coming winter season have just

been announced. These affairs will occur De-cember 8, January 5 and February 9. NERVOUS prostration is no longer the fashionable disease. It is dyspepsia, and Princess Maud, of Wales, has it. Her distinguished papa ordered her to Vichy for treatment, and now everyhody has dyspepsia, and everybody is drinking vichy.

DR. JULIA BINK is the first woman to be honored by the British Medical Society. Miss Bink contributed some valuable papers to the cause of medicine, and the society recently voted to allow her \$100 to pay for the publica-tion of a pamphlet on "The Nutrition of the Muscles."

PORTIERE is a French word, and there is nothing about it which should confuse one; but take notice, among the retailers particularly, and you will find in a day's trip of the trade that views vary, all the way from porcheer to portiur. The best rules of orthoepy give the pronunciation portear, with the last syllable taking the "a" as in the word fat, and not the ai as in fair.

Don't call it your parlor any more. A parlor is a room appropriated to the common meeting and entertainment of the family. It's neither more nor less than a living room, although its meaning has been perverted in England and America, and it is commonly applied to the apartment which should be termed the drawing room. In France the parior is called the petit salon, to distinguish it from the drawing room, which is called salon.

ceived at Ayr, Scotland, is as big as a cigar box, and is of solid gold. The city of Glasgow gave him a still bigger one, beautifully chased, and the gold box which he received MRS. KENDAL pays this graceful tribute to Mrs. Cleveland: "She is one of the most charm-ing women I have ever seen—a combination, as from the city of London is a wonder of ar-tistic workmanship, dearing the engraving it were, of the aristocratic graces of Lady Dudiey and the gentle manners of the Princess of Wales. It is very wonderful how, coming direct from school, she held her own at the White House. It is still more wonderful how, having left the White House, she maintains her sway over the affections of the people." Guild Hall on the other.

Then there is wonderfully beautiful cigar case of pure gold from the King of Siam, a model of the table on which Lee's surrender

was signed of solid gold, and a solid gold invitation card as big as a postal card and about four times as thick, which was sent to Grant in a solid silver envelope, inviting him to a masked ball at San Francisco. Millions in Gold and Gems Packed in The Washington relies have only a few silver articles, but they contain many fine pieces of china and cut glass. The punch bowl is as big as a half-bushel. Some of the plates were given by Lafayette to Mrs. Washington, and the museum has lately received from the family of Lewis Washington, and the maseum has lately received from the family of Lewis Washington and the museum has lately received from the family of Lewis Washington a number of the state of th RARE STONES FOUND IN AMERICA.

ton a number of autograph letters which have never been published. A LETTER FROM WASHINGTON. His camp plates are also here, and there is a letter in Washington's handwriting in which he invites some ladies to dine with him from these plates. It is dated at West Point, and shows that Washington, though he appreciated the good things of this life and liked to eat his dinner off of fine linen, and liked to drink his wine out of cut glass, could get along with ham and greens, and had the happy faculty of making the best of things. This letter reads:

Since our arrival at this happy spot we have had a ham and sometimes a shoulder of bacon to grace the head of the table, a piece of roast beef adorns the foot, and a small dish of greens or beans, almost imperceptible, decorates the center when the cook has a mind to cut a worth their weight in gold. It takes four large cases to contain the uncut gems belonging to our Governmental uncle and the largest parlor in the United States would be center when the cook has a mind to cut a figure, and this, I presume, he will attempt to do to-morrow. Of late he had the surprising luck to discover that apples will make pies, and it's a question that, amid his efforts, we don't get one of apples instead of having both of beef. We have two beefsteak pies or dishes of crabs in addition on each side of the center dish, dividing the space and reducing the distance between dish and dish to about any feet, which, without them, would be 12 feet apart. If the ladies can put up with such an entertainment and will submit to partake of it on plate once tin, but now iron—become so by the labor of scouring—I shall be happy to see them. crowded with the cases which contain his The gems are kept in three plate glass cases laid on blue velvet pads, and it dazzles one's eyes to look at them. Many of them come from America, some are from India and some have strange histories connected with them. The jewels which lay so long in the Treasury Department at Washington are among them. Prof. Clarke had these removed to the Museum not long ago. Among them are the jewels which the Sul-tan of Museat in Arabia gave to President Van Buran, but which according to the A MILLION DOLLAR CLOAK.

There are a vast number of fine dresses rom all parts of the world in the National Museum and the most extraordinary article Museum, and the most extraordinary article of this kind is the \$1,000,000 feather cape. This comes from the Sandwich Islands, and is made up of red and yellow feathers so fastened together that they overlap each other and form a smooth surface. These feathers shine like the finest of floss silk, and the red feathers are far prettier than the yellow ones. It is the yellow feathers, however, that are expensive. They are about an inch long, and are worth in the country in which they are found, 50 cents apiece.

They were in times past taken for taxes by the Hawaiian kings. They are taken from a little bird known as the Uho, which are very rare and very shy, and very diffi-cult to capture. Each bird has two of these yellow feathers under his wing, and the birds are caught in traps and the feathers are pulled out and they are then freed. There is a letter in the museum from the Prince of the Sandwich Islands who states that it took more than 100 years to make this coat, and the authorities of the museum say that it is worth more than the finest diamonds in the English regalia.

HISTORY OF THE CLOAK. This cloak belonged to a chief of the Sandwich Islands, who rebelled when slavery was abolished there in 1819. He owned this cloak, and when he was killed in battle it came into the hauds of the King, who gave it to Commodore Aulick in 1841. It still belongs to this man's grandchildren, but it is deposited in the museum for exhibition. In another case there are two other capes of hese same feathers, and in another part of the museum there are some fine specimens of cashmere shawls.
One of these is about 10 feet long and 5

feet wide, and it was given by the Imaum of Muscat to the wife of Lieutenant Shields in 1840. It is wonderfully beautiful. It is made entirely with the needle, and must are very beautiful and there is a piece of have taken years in its manufacture. The aqua marine from Portland, Me., which is esthetic dress of 1882 sent here by some dress reformers at that time is a fine costume of terra cotta satin lined with white hmere. It is the same dress as that worn the ladies of to-day. It is hard to appreciate the size of the

Carolina and is supposed to have been used by the men of pre-historic times. It was originally in the shape of a turtle, but Prof. Clarke tells me that it was spoiled in the cutting. There are also oriental amethysts and the amethysts from Brazil show all the National Museum. It is growing faster than Jonah's gourd, and it is now one of the best organized museums in the world. It surpasses any other museum in the line of and the amethysts from Brazil show all the Indian antiquities and matters connected changes of that stone from a light pink to a with America. MISS GRUNDY, JR.

A PRETTY CURTAIN.

the world are here, and there are emeralds | Burlaps Can be Put to a Very Acceptable Use if You Only Know How.

from New Mexico and from South America. Four long bottle green Brazilian emeralds, A curtain from the once friendless material known as burlaps, says the St. Louis Republic, requires only a little skill in needlework. It should be cut sufficiently long to allow of a fall over fully half a yard deep. In this extra length is to be a A curious stone exhibit has just been re-ceived from Siberia. It is a bowl of fruit knotted a deep fringe as the design shows.

The border is simple, and in the loosely woven burlaps, very easily made; its effect will be greatly enhanced if it be lined with brown denim. The fringe should be made of brown hammock cord with a knotted

heading and long full tassels.

The body of the curtain can be left plain, but will be so much handsomer if decorated that it is well worth the extra trouble. A simple and suitable form of decoration conventional figures cut from brown denim and sown here and there over the surface of the curtain. The best finish for their edges cording with some of the cord used for the fringe.

PICTURE OF HELEN GLADSTONE.

an American Lady Sends Back Good Impressions of the Ex-Premier's Daughter. A private letter from an American lady who is residing in England contains this sketch of Helen Gladstone, daughter of the which has a wonderful numismatic value, as it is the only complete set in existence, ex-premier of Britain: "Miss Gladstone is an exceedingly original person. In looks she resembles her father, and she has, I fancy, his vitality. She is always laughing, joking, telling stories. She keeps the high table in a roar. Indeed, whenever I thick and as big around as the top of a din-ner pail. Seven of them cost \$5,000, and there are perhaps a hundred coins in the hear a commotion I turn to see if Miss Glad-stone is not about, and she generally is. She is utterly regardless of dress, comes down to 7 o'clock dinner in a gingham, and large elephant tusks which the King of for lunches and garden parties gets herself up to look like the strong-minded, practical Princes of China. All of the swords pre-sented to him are here, and many of these have diamonds set in their handles. The sword given to Grant by the Sanitary Fair wife of a country minister.

"She seems frank, sympathetic, kindly and has great magnetism," continues the writer. "Streams of power flow out of her eyes. It amuses me to think what a shock she would be to many Boston people. If she were in-troduced as 'Miss Brown, of Chicago,' they would pronounce her 'shocking,' 'the typics Western woman, a person who must be sat upon and silenced at all costs. But her big nature and splendid vitality would drown their little criticisms, and when they found her to be Miss Gladstone they would pro-nounce her 'a glorious creature.'"

Billy Florence's Latest.

The gold articles in this collection would fill a peck measure, and every city seems to New York Morning Journal.] have given Grant a gold box containing the paper in which the freedom of the town was presented to him. The box which he re-Last Friday afternoou Comedian W. H Crane rushed down Broadway on a run. "What's the matter?" asked Genera George Sheridan, trying to stop him.
"Come on, you're just the man I want. Billy Florence has just telephoned me that he has a new fish story, and that it is not a

ADD 20 drops of Angostura Bitters every glass of impure water you drink.

true one. I am looking for an insanity ex

POISON ALL AROUND.

Deadly Germs That Lurk in the Cars.

VICIOUS COMPOUNDS IN TIN CANS.

Churches and Theaters.

Plea for the Old Iron Teakettle and Silver Table Ware.

CAUSE AND CURE OF HEART FAILURE

I WRITTEN FOR THE DISPATCE. ! The common health is the common wealth. Yet taxes, tariffs and trusts together cannot waste the income of our families as recklessly as public and private ignorance waste

Let anyone try to regain health who has lost it and he will declare it easier to make a fortune than to get back health. And the man or woman who is considered perfectly healthy does not enjoy health as the old phrase describes it. The brightness, alertness, the sensibility to pleasure in every sense does not follow. The very sense of life in a really healthy person or in one who knows healthy moments is a pleasure not to e described. It is one of those things not lawful for tongues to utter. Add why is it not enduring—our constant posse which no man can rob us?

ONE OF LIFE'S SHADOWS. Just now the unspoken fear of many lives is the very real fact of heart failure. This is the very real fact of heart failure. This is no imaginary evil. The heart is a very strong muscle, a force pump, with a great nerve supply of this force. But when some blight passes upon the entire nervous system, brains, stomach, sacral nerves, and their joint failure involves the nerves of the

their joint failure involves the nerves of the heart, it is a serious bankruptey.

Too many know the symptoms of this condition to need more than brief count of them. The chief is the constant debility and the faintness which follows every disturbing change. Discomforts, trifling in partial health, are unbearable, producing breathlessness, slight vertigo and sinking of the price the pulse. A room too warm, a walk of a few blocks in the hot sun, a chill in a cold car or fireless room, waiting a little too long for breakfast, a stinted or innutritious meal, depressing news, and, most of all, impure air, produce that loss of strength one feels from a sudden blow, the sense of the left side of the chest being empty, the laboring pulse. sleepiness, exhaustion which does not pass off for days.

SYMPTOMS OF HEART FAILURE. Instead of the heart having a reserve of strength to meet these failures of supply to other organs every such draft tells on its own peculiar fund. In sudden emergency of fire, accident or alarm the healthy heart stimulates the whole body, throws a double supply of blood to the organs, and courage or indignation make one twice the man he In failure of the heart every affront, loss

or affliction comes to prostration, nerveless-ness and loss of strength without insensibilsult of a political enemy, the loss by a busi-ness rival, the strain of travel and irregular, insufficient food for a few days are enough to turn the balance for invalidism and death. to turn the balance for invalidism and death. How quickly lung or bowel disorder takes them off before danger is suspected by friends! Brain workers, journalists, lawyers, business men, who carry the greatest loads of all vocations, and women without settled income who must plan and strive endlessly for a little, are especially in danger of such endings, for their brains rob the heart continually. heart continually.

HEART WEAKNESS CURABLE. Now, how are we to counteract this de-pression? The medicine for the heart, of all other organs, is rest-mental and bodily. This does not mean doing nothing at all, but not overdoing; least of all, not giving it anything in the way of physical ill being to overcome. This must be provided for at all points. Food may be delicate and plentiful, air and sunshine generously admitted, baths and massage do their utmost, and chilly sleep for want of some extra blankets, or dull days with a poor fire will not display the circulation that the other in the content in its alloy.

DEATH IN CAN AND POT.

But we are running twice the risk in the firm cans which furnish half the family living. The trouble is not more from acid fruit and tomatoes than from the lead coating of arsenical compound inherent in its alloy.

air, while they take little rest and next to metal is exidation, which leaves no traces in no sunshine or any cheerful stimulus of food plainly to be tasted. no sunshine or any cheeriui stimulus of pleasure. Of course, the result is unsatisfactory. There is room in the world for a dains the perpetual polishing of silver, cutnew profession. If there were a class of lery and cooking utensils. It is a precausagacious educated men or women to go tion for health. Bright spoons, shining about and teach people in their own houses and on their own grounds what is essential safety of food. It is no imagination that for health, what is unwise in their daily practice and point out the risks to be avoided in the future, such wise men would be worth heavier fee than was ever yet paid physician for cure after the evil had been done. ALWAYS KEEP WARM.

The first necessity to restore an impaired heart, or weakness of any kind, he would say is warmth. With all worship of pure air, whose value is not to be overrated, the prime necessity for human existence is warmth-warm clothing, warm houses, warm beds, warm offices and warm railway cars and waiting rooms. With the arrears of last winter's disease to make up the coming winter, the present autumn calls for plenty of flannel and fire. This subject demands an article for itself. So instinctive is the demand for heat that it hardly needs the discussion which must be given to pure air, which the general ill health makes at present of more than ordinary vital importance. Nothing more seriously affects a disabled heart than impurity of the atmos-phere. A sleeper will often awake and remain sleepless hours, because the air in the room has become vitlated. Open the windows, air the room thoroughly and set the ventilation right, and he drops into an unbroken slumber.
In public halls and vehicles the oppres

sion of foul air, is insupportable, and amounts to direct poisoning of the enfeebled organ. A heart seriously weakened, if kept in pure, warm air, fed with delicate, nourishing food and kept from fatigue and mental strain, will regain strength as naturally as we get rest from sleep. It has great recuperative powers. But a half hour in recuperative powers. But a half hour in caster stands which abound in fancy stores, the mephitic air of a traveling car or a It had been filled with salt for some weeks, public hall does more to make recovery im-possible than almost any other cause men-tioned.

tioned.

By scientific test and measurement Dr.
Nichols, of Boston, found more carbonic
acid gas, one of the deadliest poisons to
breathe, in a horse car full of passengers
than there was in the better ventilated
Berkeley street sewer. That this is true no
person of keen sense has any manner of
doubt. Though not over strong, I have been
compelled the last year, over and over, to compelled the last year, over and over, to ride on the platform of the street cars rather than encounter the air within, a few instants of which brought on dizziness and faintness unbearable.

PERILS OF TRAVEL.

How many persons is the cars are there whose breath you would care to take once in passing? Yet by the daily practice of car management in cool or rainy weather we are compelled to breathe over and over the emissions of foul proleaned stomach. emissions of foul, uncleansed stomachs, of tuberculous lungs, of catarrhal membranes and whatever canker or unwholesome sore exists in the mouth and air passages. Is it any wonder that the full concentration sends the head swimming and the heart swooning with the mephitic gases? Besides, the clean but deadly carbonic acid respired air contains specific animal putridity and a quality of narcotic porson which is anything but

How much good does it do a man with enteebled heart to ride half an hour morning and atternoon in such atmosphere? Is it what a physician would recommend to strengthen the falling heartbeat? Is it not rather a daily administering of malignant poison, which can have no other effect than serve their families. Shibley Dans.

steady lowering of already lessened vitality with accumulating force. The ventilation of cars should not be left to the feelings of a brakeman, whose only idea is to keep them warm enough. Neither are the ideas of a colored porter, who can sleep in a bunk with the soiled clothes next the heater in complete comfort, fit to regulate things for the comfort of sensitive men and women.

TAKING COLD EASILY.

The opposition party, who growl at pure air because they take cold easily, have only to be reminded that it is always possible for the few who are sensitive to fresh air to make themselves perfectly comfortable by extra wraps and not force a whole company to breathe the excrement of each others lungs, germs of diphtheria and consumption among them, to suit their own feelings.

A chilly, coughing person should always carry a traveling plaid to wrap round head and shoulders when a gasping company need a change of air. It might improve his own health to take a safe whiff of it, but he has no right to poison others wholesale to suit his infirmities. The prospect of traveling next winter has an added horror in the proposed adoption of dotable are windows. proposed adoption of double car windows, which will make ventilation impossible. The little traps at the top of the door do just about one-quarter of the work needed when the autocratic brakeman or porter allows them open at all. If the brains of men were not addied by foul air and impure food from infancy they would have long since solved the question of safe, efficient car heating and ventilation combined.

ILL-VENTILATED CHURCHES,

Next to public conveyances the churches and theaters are the worst ventilated. I have in mind one bright June morning this year, when I went to a church whose invitation to "Turn aside and rest awhile" had attracted me, on a week day. The air of the congregation, devont and orderly, was congenial, the service every way attractive; but the air of the building, drawn from the sub-cellar mostly, was too much for a well-worked brain to endure, and a splitting headache sent me out at close of lessons. A walk in the fresh air relieved it, and I turned into a Fifth avenue church, hoping to get the benefit of the last half of a ser-

It is a church of great respectability and wealth, which prints its musical programme weekly, as for a Chickering Hall concert. But whether the aroms which filled its aisles this Sunday was dead rat or dead Christian in its vaults, it was anything but the odor of sanctity. I did want to hear the closing numbers of its music, but I went out in a state of ocean passenger three hours out. The obtuseness of the senses in excel-lent, stailled, broadclothed pew owners with genuine old family catarrhal tendencies is something to marvel at. Churches ought to be open daily, if only to get the musty smell out—the odor a little boy described as

"a prayer meeting smell," considering peculiar to the place. OFFENSES OF THEATERS.

As for theaters and lecture rooms, the less said the better. They mostly have ventilat-ing fans, but use them intermittently, and unless one does not mind breathing sewer air through the acts they are good places to stay away from. I can read Shakespeare at home and write lectures not much duller than the average, and I had rather live like Thoreau by Walden Pond with pure literature on the shelves and pure air by the fire-place than sit, as I did at the best theater in New York the last time, wondering whether I could last out the act without falling off the seat in the mephitic vapor which dimmed the sight. The fresh air draught was set going between the acts, but why couldn't it be kept in moderate play not to allow bad air to accumulate enough to make the gas dim?

This will serve for a specimen of what we suffer for want of good air. When it comes to the question of what we take into our mouths and digestions the risks are more apparent. Our grandmothers gave up using britannia teapots and German silver spoons as antimonial colles were too frequent from their use. More than one case of suspected poisoning which came to trial and conviction was due to the use of a britannia teapot

so disorder the circulation that the other | ing of inferior tin, such as furnishes the cares go for nothing as far as positive gain | cheap kitchenware not sold by the five-cent s concerned.

It takes an all-round intelligence to secure by its dullness after short use, which no the common health. Most people take the polishing will banish for more than a few one chance of it that pours out of a medidays. The old-fashioned brightness of tin, cine bottle. Others add to this care about which was the pride of the Ritchen, was a food and buths, and half care about pure safe thing for health. All darkening of

steel knives and saucepans are essential to rejects the taste of fish eaten with a steel knife, the action of fish juices on steel being instant and unqualified. Nor is it imagination that finds the taste of fresh water from a cup of impure tin uppleasant.

POISON IN THE BEER MUG. A German savant lately discussed at length in scientific journals the question of the best drinking cup for beer, and measured by infinitesimals the fraction of lead dissolved in a tall schoppen of beer of ordinary cheap tin. Comparing its effect with that of other materials, he concluded the best drinking cups were silver, gilt lined; next to this glass, and then pure tin, which is less soluble in its contents than lead tin.

The trace of any metal which leaves a taste in the mouth is certainly one which must have its effect on the system. All nousekeepers know that it is impossible to make good coffee in a pot with the tin worn off. It is difficult to find a good teakettle in any shape with thick, pure tin living and no copper visible. The old iron teakettle is vastly safer than one with a copper bottom. and the agate or white enameled ware is far better than inferior tin. Fireproof stone-ware is better for most cooking than metal of any kind.

SOLID SILVER FOR CASTER TOPS, It was a sale sanitary measure, unknown as such, that led families a generation past to insist on solid silver for good housekeep-ing. The cheap, worn plate seen on most tables is no less dangerous than the bad tin fruit can, while the plated caster bottle menaces life. I learned this in taking off the screw top of one of those pretty plated in daily use, and the inside of the top was a collection of green salt covered with verdigris from the metal. No wonder persons using it had been troubled with symptoms of gastritis.

Whatever you go without in the way of w natever you go without in the way of art furnishings, as you value health have at least solid silver teaspoons to go round, pure silver easter tops, whether you can afford a stand or not, and silver salt spoons and butter knife. Don't trust plated ware a day after the plate is worn. It is not safe to use for sensitive stomachs, and those which are attentions to be it will become so by its not sensitive to begin will become so by its

WHERE TO KEEP MILK.

To keep the condition of a household safe, happy and healthy requires large intelli-gence and unceasing care. Keep the family milk in a damp, undrained, ill-ventilated cellar, with a few rotting boards or vegetables in some corner, or a cesspool just outside the cellar wall or within six feet of it, where the air can back through soil and wall, and tyrotoxicon's deadly germs de-

velop in 24 hours.

An ill-kept refrigerator or closet with moldy fragments of food in its vicinity is just as unsale for milk and butter or meat. Eggs shipped in musty hay or oats absorb the germs and taste, but looking fair many persons will eat them in omelets never persons will eat them in omelets never knowing the difference. But their systems know in time. The beef that comes purple with overheating or corroding in loul ears is not a subject I care to think about, but I see it on the stalls of good butchers bought

LOW-PRICED LU

Delicate Dishes That Can From the Head of a (

A DAINTY THAT GOES A-1

Ellice Serena Gives Some Direction Preparation.

RECIPE FOR MOCK TUR.

[WRITTEN FOR THE DISPATCE.] In glancing through an old-fash ook book, which bears upon its title p the printer's date, 1792, I learn the "well regulated" families at that I'T calf's head was regarded as a most de ches dish; and one, too, which was evide jittl demand on festal or extraordinary occa im In its elaborate make-up quite a number rich and rare ingredients entered, ar q was placed before the guests with variate attractive garnlshments.

At the present time, however, it may be admitted that calf's head is not held in such high esteem-but this assuredly is not because it is undeserved. The truth is that in this case, as in many others, its lack of appreciation is no evidence against its worth as an article of food. As such it is rich in gelatine, is very nutritious, and is inexpensive. From it may be made many dishes which are delicate, palatable and at-

NO DEMAND FOR THEM.

Speaking of this subject lately, a butcher said there was such little demand for calves heads that he frequently threw them into the refuse heap, unless he found a customer willing to carry them away as a gift. Many families whose means are necessarily limited pay out from 25 to 75 cents daily for the payout from 25 to 75 cents daily for the frequently is tough and far steak which frequently is tough and far from choice, when for the smaller of these sums one of the finest call's heads can be bought, and from it may be made a splendid soup and several excellent dishes, The edible parts of the call's head are

various, both in quality and kind. The part regarded with special favor is the throat sweethread. Some good meat of a more substantial kind is found on the under part of the lower jaw; the fat about the ear the eye part are considered delicious. The tongue is the epicure's choice of all tongues. From the call's head is made mock turtle soup, which many maintain to be the finest soup made. It is distinctively an English soup; and as it is made in England, by their best cooks, only the skin of the head, with the fat adhering to it, is used. From it we also have mock terrapin stew, an excellent disb.

SELECTING THE HEAD. In selecting a calf's head examine it closely for the signs which indicate freshness and maturity. The eyes should be full and bright, the skin white and firmly attached to the head. The bumps or sem-blance of horns should be prominent. Reject the head that is yellowish in appearance or slimy to the touch, conditions which plainly tell us that the animal was killed too soon, and that it is therefore unwholesome food.

In ordering a calf's head, direct the

butcher to clean it with the skin left on, and the teeth left out. It should be sawed or the teeth left out. It should be sawed or split in two pieces, or a hole should be cut in the top of the head so that the brains may be removed. If the boad is cleaned at home sprinkle it with powdered rosin and immerse for five minutes in boiling water, when in the words of the old cook book, the hair will "flip off." Scrape it well and cover with plenty of cold salted water and soak from two to eight hours if the weather is warm. If the weather is cold 24 hours are required. During the soaking process change the water frequently to draw out the blood and to whiten the meat. In whatever way calf's head is to be served it must first be thoroughly cleaned, well soaked, and unless baked, bolled until tender. It is sometimes parboiled before baking, but this is not necessary.

BOILED CALF'S HEAD. If the calf's head is to be boiled whole re-move the brain by carefully cutting a hole in the top of the head. Lay it aside to soak in cold water, with a

Lay it aside to soak in cold water, with a little vinegar, until ready to use.

Put the head to boil entirely covered with cold water, adding salt when it is almost done. To give flavor to the meat a bunch of sweet herbs is necessary—with two or three slices of lemon, a clove or two, a few peppercorns, a small minced onion, and a gill of vinegar.

The tongue should be cut out when the head is put to boil and cooked with it and the seasonings until tender.

ngs until tender. Remove the skin, slice when cold, or serve warm with sauce.

A caif's head is usually boiled about two hours, and the bones should be removed be serving.

If not served warm let stand in the broth until ready to use.

An excellent soup is made from this broth—which should always be strained.

Boiled calf's head is usually served with brain

BRAIN SAUCE. Mash the brains, add half a pint of drawn butter, two hard-boiled eggs chopped fine, a spoonful of bread crumbs, a zill of cream, salt and pepper and such herbs as may be desired. FRIED CALF'S HEAD.

Cut cold boiled calf's head in pieces about two inches square, dip in beaten egg, roll in bread crumbs and fry brown. Put on a warm platter and add lemon juice. BROILED CALF'S HEAD.

Cut the meat from the head in half a dozen good-sized pieces, glaze with beaten egg, roll in bread crumbs, broll to a rich brown. Serve with butter sauce. CALF'S HEAD SALADS.

Cut the best and leanest of the meat from the head, when cold; place on a meat board and with a sharp knife cut in pieces about half an inch square.

Add the tongue chopped, in pieces of the same size, and serve with salad dressing. Meats for salads should never be minced, or cut too fine.
Pour on the dressing, quite cold, just before

serving, and mix or toss, with a fork, lightly as possible. The daintiest way to serve salad is mercely to pour a little dressing on each dish as it is served, and to allow the guest to do the ESCALOPED CALF'S HEAD.

Cut the meat in small pieces, place in a baking dish in layers, with bread crumbs and a
thinly sliced onion between.

Add seasoning and pour in a cupful of stock,
mash the brains, spread on top and cover
with bread crumbs, dotted with butter.
Sprinkle with sait and pepper.
Take from the even when brown. MOCK TURTLE SOUP.

MOCK TURTLE SOUP.

Take a head with the skin on, soak it well in salt and water. Put to boil in fresh cold water and cook until quite tender; take it out, strip off the meat, cut in small plees, return to the soup-pot with some rich yeal stock, a minced onion, a bunch of sweet herbs, two cloves, a bit of mace, salt and pepper to taste, and a level tablespoonful of browned flour and a teaspoonful of butter creamed together.

Boil for ten minutes three or four eggs, throw into cold water, and when cool crumite the yelks into the soup tureen, cut in a few thin slices of lemon and pour in the soup.

A good substitute for turtle fat is fresh fat pork cooked with call's head-about two pounds is required. The veal stock is not necessary when the pork is used.

SCRAMBLED BRAINS.

SCRAMBLED BRAINS, Soak the brains of two calves' heads for one hour in cold salted water, remove the skin and bloody fibers; divide the brains in four pieces, and tie each piece loosely in coarse muslin; plunge into bolling water and cook for 20 minutes; cut them in small pieces and beat in four eggs, the yelks and whites beaten separately.

Put a lump of butter in the frying pan with a little minced parsley or powdered sage.

Turn in the mixture and toss about until quite lot.

Carefully remove the brains from the head, and put them, with the head, to soak in cold safted water for two hours, changing the water

coessionally.

Take out the tongue, cover with boiling water and cook until almost tender, when the brains (tied in muslin) may be added, and boiled for 20 minutes.

Boil or steam the head for half an hour, sprinkle with salt and pepper, cut over it small pieces of butter and strew with seasoned bread crumbs.

crumbs.

Lay it in a baking pan, pour in some hot water, with a lump of butter added, and baste frequently requently.

Is the oven be moderate and regular.

Serve with brain sauce. Ellice Serena.

MOTHERS, do not be without Shiloh's Cure in

your house. It will cure croup and whooping cough. Sold by Jos. Fleming & Son. 12 Mar-