GOSSIP ABOUT FASHIONS.

The Latest Millinery From Paris Is De cidedly Fantastic-Costumes for the Sea shore, for Garden Parties and for Driving-New Ideas in Veils.



in the Pall Mall Budget, One I saw was of Tuscan straw, with a square and perfectly flat front, Itwas trimmed with a pert stand-up how and a cluster of pink roses. Another model resembled a wall pocket. It had diamond - shaped sides composed of straw, which came low down over the hair, and a full

adorned with a smid ovals bunch of pink blossoms. "Tom Tug" is the name bodice, with fullness drawn of the newest sailor hat. It is oval in darts, has a shape, and has a shallow crown bound by yoke-like cola band of ribbon and ornamented on one side with a French bow.

Large Leghorn hats, suitable for wearing at garden parties are mostly trimmed with resettes of filmy soft stuffd bunbunches of

I saw several charming hats. A hat of black lace straw, with a crown of Cairo gold, was adorned with trails of pink and yellow the top. The ses and a bow of black lace. I can't say that I admire the enormous ribbon bows and the bunches of nodding feathers that constitute the trimming of many of the French hats. Wings are much used in son-junction with flowers. A dark chip hat garinned with a wreath of yellow blossoms, Pink grosgrain was flanked on either side with a green wing. I should probably like the mixture of black and gold better if I saw less of it. Black and Gold Is Popular.

Almost half the bonnets made seemed to trimined with black and gold. They ave a smart appearance, and look well with any dress. Flower bonnets are the rage for sunsy weather. A hat bonnet with only a ribbon bandeau by way of a crown was com-posed of cornflowers, and had a green rib-bon bow at the back. Grapes, currants, and ries are a good deal worn. I saw a bonet trimmed with tinsel passementerie, embroidered with beetles' wings. There is literally no limit in the choice of trimmings. The French milliners are indeed wonderful people. A pretty out-door hat is shown at the beginning of this article. Of course one needs a parasol to match it.

The distinctive characteristic of the charm-

ing driving costume shown in this column lies in the elegant simplicity of



Driving Toilet. great fulness made utting the seams bias below the waist The sleeves, broad at the top other than high, taper to the wrist and have eep culls. The graceful skirt is much wider than those lately worn. The front is gathered at the top instead of being shaped cling tightly in the inartistic way with which we are familiar. The sides fold forward on the front and are edged with trimming, while the back has its fullness laid in ample soft folds that widen as they sweep

Will Be Seen at Newport. The picturesque mantelet is a novel shape l'arisiennes when driving in the Bois, and recently imported here to com-plete Newport costumes. The lovely cress is of emerald green velvet lined with tose-colored plush, and trimmed with passegold and jet. It has a yokebelow the throat and decorated with long oints of jet passementerie. Similar manties are of black velvet, with collar and lin pinkish mauve satin bordered with jet galloon, and others are of cham silk-rose changing to green-brocaded with spots of green velvet; the lining of the latter is of old-rose satin, and the trimming, gold galloon studded with jet A breadth of velvet or silk gathered on one selvage forms the full cape, and is shaped by a single seam taken bias down the middle.

A senside dress of Scotch wool has a beige colored ground barred with rough lines of red and brown, says

pleated at the top, then lifted in small paniers to meet the back breadth, which is also bias, and chemisette of cream de soie. Cream lace the shoulders border the opening of the corsage, and large silver buttons are set below. ored silk edge the with three narrow folds of silk at the wrist. Draped col-lar of mousseline

de soie with lace above. Small toque of gold lace bordered with brown velvet, trimmed with tufts of pink roses. Pink parasol with white chiffon ruffle.

The Latest Thing in Veils. There are any number of novelties in veils in London. Some are patterned at intervals with butterflies, some with bees, and some with flies. They require to be put on very carefully and securely pinned to the hat, so that there is no chance of their getting askew. A lady came into a restaurant the other day with a fly on the tip of her the other day with a fly on the tip of her nose. It was discovered at once and caused a considerable amount of giggling among a party of girls at one end of the room. A rather pretty veil for a blonde to wear is powdered with little turquoise spots. Russian net flecked with gold goes nicely with a black and gold bonnet. Chenille spots are wonderfully becoming, but they are counted old style now. The hunting crop and V patterns are both novel. Colored veils are seldom worn. They are so very

The costume shown herewith is just the thing for a garden party. It is from Harper Bazar. The ma-

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ored veils are seldom worn. They are so very

terial is pink foulard, with intricate patcrown made of colored ribbon, with black down without chiffonwrought

with gold and the top. The Pink grosgrain ribbon edged with satin folof the waist and side. The hat of cactus straw has flaring van-

and garniture of pink blossoms. White kid A graceful gown of hyacinth blue crepon has the front en princess, with vest drapery of cream and gold guipure lace. The coat has jacket fronts with revers wrought in eyelets, through which gold braid is drawn. The sleeves and skirt are bordered with braid. A quaint hat of straw and gold braid is trimmed with tea-roses. Pearl-co

ored gloves, and blue parasol.

A charming house gown is A charming house gown is of tan-colored crepon with embroidered border in Oriental colors. The coat, of three-quarter length, has a pointed girdle lapped in front made of pink bengaline richly wrought to match the border. A deep plastron is of pink chiffon. A pink sash embroidered and fringed with gold falls low on the right of the skirt. The sleeves round open to dis close an embroidered border.

Novelties in Notepaper. Azure blue, rose-pink, mauve and pale green are the favorite colors for the moment in notepaper, says a Lonon correspondent. A pretty paper in the first color is stamped with an initial letter in silver, and has a with an initial letter in silver, and has a peculiar shaped envelope modeled on the new American purse. The "Jockey" is a paper with a cream ground and a bold pattern consisting of slanting stripes in such colors as red, yellow and blue. Dim floral designs take very well. Some paper in pretty neutral shades is strewn with little pink and yellow blossoms. The "Soleii" or pink and yellow blossoms. The "Soleil" is novel as regards shape, the sheets being about three times as long as broad. It is delicately tinted paper, stamped with the figure of the sun in gold. The "Autrefois" is in soft shades of pink and blue, with gold lines to write on, and an ornamental device

in the left corner.

In menus the choice is even more varied. They are made in all manner of attractive shapes. The iris and the water lily are perhaps the most popular designs. When modeled in natural tints they are extremely pretty. The newest things in card-shape menus have Dresden china decorations Others are ornamented with little Wattes figures, harlequins, sea views, landscapes, sporting scenes, and so forth, done in water colors. The favorite menu for a sporting dinner is a horseshoe. It is generally a
white card, with a border of crimped tissue
paper. The newest receptacles for ice are
made of straw decorated with knots of col-

ored ribbon. The photographoscope is just out. It is very ingeniously constructed, and is just about double the size of an ordinary cabinet sized frame. If I describe it as a panorama in miniature you will perhaps be able to see in your mind's eve what it really is. Almost any number of photographs may be placed in the frame. By simply turning a knob at the side the pictures appear one after the other in endless succession, the one in view falling back and making way for another at every revolution of the handle. The frame is made of carved or inlaid wood, and is handsome enough to put on a drawing room table. It was designed by the inventors to supersede the album.

Women to Be More Beautiful.

The love of the beauty of the female ser by the opposite sex is proved not only by choice being more largely determined by that than by any other element; it is proved the Season. The front of the skirt also by the sedulous care with which men of also by the sedulous care with which men of civilized races guard their women against the hardships which are prejudicial to beauty, says Dr. John V. Shoemaker in "Heredity, Health and Beauty." The men of the higher races have, from the earliest times, followed beauty in the other sex, and that say has complexed to hung from one cor-ner, the opposite corner at the foot being slightly always been for those individuals of the rounded. Three bins folds of silk trim the foot. A deeply pointed corsage is also bias, and opens on a chemistra of corsage in the same of those individuals of the opposite sex whose beauty was greatest, the wooing and wedding, but in the inheritance, in ever increasingly greater degree, by female offspring of those physical attributes which made the mothers attractive.

which made the mothers attractive.

The dissonance produced by the absence of beauty—producing conditions, when the forces just described are in abeyance, is exhibited by the characteristics of strongminded women. Sexual selections has generally stood them aside from relation to posterity. It follows that, if the character of the higher race does not change, and the physical conditions on earth do not change, and it is impossible that they will change for at least some millions of years, the beauty of women will go on increasing for a

beauty of women will go on increasing for a long time to come.

Summing up all the agencies at work among the higher races as fruitful of increasing female beauty, we may well assume

fits further great development. These influences are men's devotion to it, women's
lessened labor and care, their higher education and their social development. These
conditions must produce in return romantio
love, vigor of bedy and maintenance of
youthful appearance, ability of expression
and the intellectual and spiritual graces of
the countenance; all of which, in the aggregate, will mean increased beauty for the
future.

COOKING A CHICKEN.

Should Go on the Fire Imme After Killing-Dishes for the Heate Term-Ideas for New Dishes-Hints for

Travelers who have made the tour of the Continent, and who have carried with them discriminating appetites, are profuse in their praise of the manner in which the Austrian cooks at the Vienna hotels serve chicken, where, they say, it is always tender, juicy and richly flavored. And the reason is because the flowls are not killed until ordered. But that there is a vast difference in the taste, the flavor and the palatableness of chicken as it comes variously from different cooks is a matter well known. The manner of killing fowl as known. The manner of killing fowl as practiced among the orthodox of the Hebrew faith has much to recommend it from a sanitary point of view. The obligation of the Israelite to open the veins of the fowl to let it bleed to death before it is cooked is a part of the ritual law laid down by Moses in which the eating of the blood of any animal was prohibited under penalty of death. death.

It has been learned that letting the fowl remain for some time after it has been killed before cooking has the effect of mak-ing the muscles rigid and the flesh conse-quently tough. This knowledge was well known to the colored cooks of the South, and was part of the secret of their success in the preparation of fried chicken, one of the standing and most famous of the dishes of the old plantation aristocracy in the days of slavery. Young chickens, therefore, should not be killed until immediately before they are wanted. They should be plucked and drawn quickly as possible before the flesh becomes cold, and not a moment should be lost in getting them into the frying pan. I append some recipes:

Broiled Spring Chicken. Split the chickens in two, clean carefully, dry with a cloth and finiten with a hatchet or cleaver. Broil over a moderate fire. When well browned on both sides, serve them on a not plate. Season with salt, pepper, butter, the juice of half a lemon and a little minced parsley. Serve with fried potatoes.

Fried Chicken. Cut up the chickens, season with salt and pepper, roll in flour and fry in hot lard. When the whole are fried, pour off the lard and put in a quarter of a pound of butter, one teacupful of cream, a little flour and some scalded parsley, chopped fine.

Minced Chicken and Poached Eggs.

Cut up all the white meat of a reasted or boiled fowl into mince or shreds, and put these into a small stew pan with a gravy speonful of Bechamel sauce; when about to serve, warm the mince, dish it up and place poached eggs around it with a crouton of bread in between each egg—surrounded by a little white sauce.

Fried Chicken, Southern Way. Slice and cut into dice about half a pound of salt pork. Flour the chicken and fry in the pork fat. Dissolve a heaping tablespoonful of flour with a little cold milk. Add to it gradually half a pint of boiled milk. Season with butter, salt and pepper. Simmer until thick, Place chicken on warm dish, pour sauce around it.

Steamed Chicken. Take a chicken, plump and tender, split down the back, place in a deep bowl or dish, breast downward. Season the upper part with salt, pepper and butter, set in steamer and keep closely covered for an hour, or until quite tender. Remove from the dish, lay in bake-pan, breast up, season, dredge lightly with flour and bake light brown, basting often with a little melted butter. Make sauce from the drippings in the dish.

With the advent of real hot weather the following hot weather dishes will be found

Cold Compote Wash strawberries and raspberries in cold water, drain dry, and place them on a dish. Pour boiling common syrup or boiling cur-rantjelly all over. Serve when cold. (ag.

Iced Coffee.

Blackberry Bread. Take slices of sweet, stale bread, b

lightly and remove crust. Arrange in the bottom of a desert dish and pour in hot stewed blackberries, sweetened to taste, Strawberries, raspberries and cherries may be served in the same way. With the fruit season at hand the following recipes may not come amiss: Four-Fruit Jelly.

A very fine jelly is made by taking equal quantities of ripe strawberries, raspberries, currants and red cherries; all should be fully ripe and the cherries must be stoned, taking care to preserve the juice that escapes in stoning, and add it to the rest. Mix the fruit together, put it into a jelly bag and squeeze it thoroughly. Strain again, measure the juice, and to every pint allow a pound of loaf sugar. Boil for 30 minutes, skimming frequently, and if it congeals readily it is done.

Cherry Jelly. To four pounds of cherries add one pound of redcurrants. Put these fruits into a kettle, place over the fire and reduce to a mash. Stir constantly with a wooden spoon, press through a fine sieve and filter through a jelly bag. To each pound of fruit add from three-quarters to one pound of sugar as taste requires. Place again on fire and boil to a jelly. Remove scum, fill glasses, and tie up when cold with brandied paper.

Current Jam. Currant Jam.

Take fine, ripe currants, pick them over carefully, remove stems, and for every pound of fruit allow the same quantity of sugar. Put into a preserving kettle, have the fire slow until the sugar is dissolved, stirring occasionally. Increase the heat, boil ten minutes, pour into glasses and seal

Remove all the rind from perfectly sound pineapples, grate them and allow a pound of sugar to a pound of pulp. Simmer gently for 30 minutes, and ceal while hot.

Crab-Apple Jelly. Crab-Apple Jelly.

Cut the apples to pieces without paring or removing seeds—the latter impart a pleasant flavor to the fruit. Put into a stone jar, set in a pot of hot water, and let boil for eight or nine hours. Squeeze out the juice next morning, re-strain without squeezing, allow pound for pint, and boil to jelly.

I append some recipes for frugal dishest Utilizing Stale Bread. A good way to utilize stale bread is to moisten it (cut in small pieces) with a very little hot water. Season with minced onion, sweet herbs, salt, pepper and butter. Add a beaten egg and bake in a covered dish for one hour. Remove cover, brown, and serve with gravy. The bread thus prepared may also be fried in cakes, or it may be used for

For Cakes and Puddings. Add to the fleft over syrup of canned fruits quarter of a pound of sugar to a pint of syrup. Boll until it thickens a little and then bottle. This is very good to use on cakes and puddings.

Bread Sauce. Crumble stale bread very fine, set it on the fire in a saucepan, with as much sweet milk as will make it thick. Put in a slice of onion and stir it till the bread is soaked and the sauce is smooth. Season.

Hints for the Home. Is the kitchen use the finest and mos

elicate butter-especially for pastry. In cooking dry vegetables put them into old water and bring them slowly to the boiling point. Fresh and green vegetables are plunged into saited, boiling water. In making omelets break the eggs separa tely and beat until the last moment before putting into the pan.

Bur fat is preferred by some of the best sooks to all other frying mediums. It is sufficiently heated when the smoke arises from the center. It should not boil. SAUCES spoil by standing. They should be prepared last and served hot.

ELLIGE SERENA.

Rev. Adam Baker's Cure for Dys We used Chamberlain's Colic, Cholera and Diarrhoes Remedy for dysentery and diarrhoes, and will say that it proved itself to be an excellent medicine.

REV. ADAM BAKKE.

Wen Shady Grove, Franklin county, Pa.

AT A COUNTRY HOME

The Most Charming Place to Give the Invited Guest Pleasure.

HOW ENGLISH WOMEN - MANAGE.

Ashaded Veranda Is a Delightful Rock to Take the Breakfast.

[WEITTEN FOR THE DISPATOR.] The poets have been in the habit of praising a country life since the days of Homer, but the Americans have not as a people appreciated its joys. As soon as a country man was able to do it he moved to mind a thing of recent growth. Perhaps our climate has much to do with this. People bred in the country feared to meet that long, cold winter of the North, which even to the well-to-do was filled with suffering. Who does not remember the ice in the pitcher of a morning, which must be

broken before even faces were washed. Therefore, the furnace-heated city house the companionship, the bustle, the stir and convenience of a city, have been, naturally enough, preferred to the loneliness of the country. As Hawthorne once said, Americans were not sufficiently civilized to live in the country. When he went to England and saw a different order of things he understood why. England, a small place with 2,000 years of civilization, with admirable roads, with landed estates, with a mild winter, with a taste for sport, with dogs, horses and well trained servants, was a very different place.

Some Difficulties in the Way.

It may be years before we make our country life as agreeable as it is in England. We have got to conquer climate first. But the love of country life is growing in America. Those so fortunate as to be able to live in a climate like that of Southern California can certainly quote Horace with sympathy. Those who live so near to a great city as to command at once city con-veniences and country air and freedom, are among the fortunate of the earth. And to hundreds, thousands of such, in our delightfully prosperous new country, the art of entertaining in a country house assumes a new interest

And no better model for a hostess can be found than an Englishwoman. There is when she receives her guests a quiet cordialwhen she receives her guests a quiet cordiality, a sense of pleasurable expectancy, an inbred ease, grace, suavity, composure and respect for her visitors, which seems to come naturally to a well-bred English woman, that is to say, to the best types of the highest class. To be sure, they have had vast experience in the art of entertaining; they have learned this useful accomplishment from a long line of well-trained predecessors. They have no domestic cares to worry them. At the head of her own house an Englishwoman is as near perfection as a human being can be. There her own house an Englishwoman is as near perfection as a human being can be. There is the great advantage of the English climate to begin with. It is less exciting than ours. The nervous woman is almost unknown. Their ability to take exercise, the moist and soft air, their good appetite and healthy digestion place them in a physical condition almost always denied to

As a hostess, the Englishwoman is sure to mold her house to look like home. She has soft low couches for those who like them, high backed tall chairs for the tall, low chairs for the lowly. She has her bookcases and pretty china scattered everywhere, she has work-baskets and writing tables and particularly wild ones, which look as if she had tossed them in the vases herself. Her house looks cheerlul and "culti-

Vated."

I use the word advisedly, for all taste must be cultivated. A state apartment in an old English grand house can be inexpressibly dreary. High ceilings, stiff old girandoles, pictures of ancestors, miles of mirrors and the Laccoon or specimens of Grecian art, which no one cares for except in the Vatican, the ceramis and historical n the Vatican, the ceramie and historical horrors of some old collector, who had no taste, are enough to frighten a visitor. But when a young or an exper-ienced English hostess has smiled on such a house, there will be some delightful lumber strewn around, no end of pretty brackets and baskets and curtains and screens, and couches piled high with cushscreens, and couches piled high with cushions, and then the quaint carvings, the rather affected riches, the mantel piece nearly up to the ceiling, as in Hogarth's picture, all these become humanized by her ouch. The spirit of a hostess should aim at the combination of use and beauty. Some finer spirits command both, as Michael An-gelo, who hung the dome at Florence, high in air, made a thing of beauty, which is a coy forever, but did not forget to build under it a convenient church as well.

They Never Entertain. As for the bedrooms in an English country house, they transcend description, they are the very apotheosis of comfort. The dinners are excellent, the breakfast and dinners are excellent, the breakfast and lunch comfortable, informal and easy, the horses are at your disposition, the lawn and gardens are yours for a stroll, the chapel lies near at hand where you can study architecture and ancient brass. There are pleasant people in the house, you are let alone, you are not being "entertained," that most dreadful of sensations that somebody has you on his mind and must show you photographs and lift off your ennut.

nui:

But English people will tell you that house parties are dull, not that all are, but some are. No doubt the jaded senses lose the power of being pleased. A visit to an English house to an American who brings with her a fresh sense of enjoyment, and who remembers the limitations of a new country, one who loves antiquity, history, old pictures, and all that time can do, one who is hungry for Old World refinements, to such a one a visit to an English country house is delightful; to a worn-out English set whose business it has been for a quarter of a century to go from one house to another no doubt it is dull. Some unusual distracno doubt it is dull. Some unusual distrac-tion is craved. "To relieve the monotony and silence and the dull, depressing cloud which sometimes settles on the most admir-ably arranged English dinner party, eyen an American savage would be welcomed," says a modern novel writer.

American Beauties in England.

How much more, then, is a pretty young woman who, with a true enthusiasm and a wild liberty, has found her opportunity and uses it, plays the banjo, tells fortunes by the hand, has no fear of rank, is in her set a glacier of freshness, with a heart of fire, like Roman punch. How much more glady is a young American woman welc in such a house, and how soon her head is turned. She is popular until she carries off the eldest son and then she is severely criticised, and by her spoiled caprices be-comes a heroine for Ouida to rejoice in and

but the glory is departing from many a stately English country house. Fortune is failing them; they are many of them to rent. Rich Americans are buying their old pictures—the Gainsborough, the Joshus Reynolds, the Rembrandts, which have been the pride of English country houses, are coming down charmed by the silver mu-sic of the almighty dollar. The old fairy tale is coming true. Even the furnitur dances. So we have the money and we have the vivacity, according to even our severest critics. We have now to cultivate the re-pose of an English hostess if we would make our country beases as agreeable as

she does. We cannot improvise the antiquity or the old chapel, or the brasses; we cannot make our roads as fine as those which enable an English 'house party' to drive 16 miles to a dinner; in fact, we must admit that they have been 900 years making a lawn even. But we must try to do things our own way and use our own advantages so that we can make our crossis comfortable. that we can make our guests comfortable

Autumn the Best in America. The American autumn is the mest glorious of seasons for entertaining in a country house. Nature hangs our hillsides then with a tapestry that has no equal even at Windsor. The weather, that article which in America is apt to be so good, that if it is bad we apologize for it, is more apt to be good in October, makes the duties of a hostess easy in October, for nature helps to entertain anybody. It is to be feared that we have not yet learned to be guests; trusting to that boundless American hospitality which has been apt to say: "Come when you pleasement stay as long as you can," we decline an invitation for the 6th, saying we can come on the 9th. The American autumn is the most glori IDEAS IN THE WAY OF AMUSEMENTS

can come on the 9th.

This cannot be done when people begin to the largest city near him, presumably New York, or perhaps Paris. The city people give house parties. We must go on the 6th or not at all. We should also define the limits of a visit as in England one is asked were content formerly to give their children six weeks of country air, and old New Yorkers did not move out of the then small city, even in the hot months. The idea of going to the country to live, for pleasure, a place in which to spend one's money and to entertain, has been to the average American mind a thing of recent growth. Perhaps our climate has much to do with this. People bred in the country feared to meet that lone, cold winter of the North, which the spend of the country feared to meet that lone, cold winter of the North, which

Good Service Indispe

No lady should attempt to entertain the country who has not a good cook and one or two attending maids who can wait well and perform other duties about the house. With these three and with a good deal of knowledge herself, a hostess can be a country to the street of the stree make a country house attractive. The din-ing room should be the most agreeable room in the house, shaded in the morning and cool in the afternoon, a large room with hard wood floor and mats, if possible, as these are clean and cool. these are clean and cool.

If possible a round table or an oval, set in

If possible a round table or an oval, set in a bay window. If not possible, try the portice for out-of-door dining and breakfasting in warm weather. The tablecloth should be of snowy damask, and the chairs easy cane, cheap articles, both cleaner and cooler than heavily upholstered things. A wide veranda shaded with vines is the most agreeable of places for a supmary breakfast or able of places for a summer breakfast or lunch. If there are long windows into the dining room the servant can use the dining room for her reserves of knives, forks and spoons. Maid servants should be taught by the mistress how to carve, in order to save time and trouble. Soup for a country dinner should be clear boulllon or creme d'asparger, or mutton or chicken broth, as heavy soups are unseasonable in summer. In very parger, or mutton or chicken broth, as neavy soups are unseasonable in summer. In very hot weather iced bouillon is preferred by many. A country hostess should have cold ham, cold tongue, and all sorts of salads, as a reserve, in case the cook leaves, as she generally does, just as the company is expected.

The Virtue of Fresh Vegetables. And a garden full of fresh vegetables should be the belonging of every country house. A clear soup, a slice of fresh broiled salmon, a bit of spring lamb with mint sauce, fresh peas, a salad of lettuce or cold potatoes sliced with a bit of onion, a custard, cold and well flavored, a bit of cheese, a oup of coffee, is a good dinner. So is a steak well broiled, with a baked potato,

a saled, and the rest of it.

A famous epicure said that all he asked was a bit of broiled salt pork and fresh vegetables, with five strawberries. Most hostesses in the country can give this and

The service is the thing. There must b everyone very comfortable. It is not in good taste to make an ostentatious display of silver or expensive china in a country house. At Newport, and in many a fine e elsewhere, the ovulent make a bon that they use plated ware, so that burglars will not break through and steal. Nowadays the china and glass is so very pretty, and so very cheap, that it can be bought and used and left in the house all winter without much sich.

out much risk. Guesta Should Have Their Own Time It is well to have very easy laws about breakfast, and allow a guest to descend when he wishes. I' possible give your guest an opportunity to breakfast in his room. So many people nowadays want simply a cup of tea, and to wait until noon before eating a heavy meal, so many desire to ent steaks, chops, toast, eggs, hot cakes and coffee at 9 o'clock, that it is difficult for a hostess to know what to do. Her best plan, erhaps, is to have an elastic hour, and le her people come down when they feel like it. In England the maid enters with tea, excellent black tea, a toasted mufin and two boiled eggs at 8 o'clock, a pitcher of hot water for the washstand and a bath. No one is obliged to appear until luncheon, nor even then if indisposed to do so. But dinner at whatever hour is a formal

meal; and everyone should come freshly dressed and in good form, as the English The Arab law of hospitality should be printed over every lintel in a country house: "Welcome the coming, speed the parting guest." "He who tastes my salt is sacred, neither I nor my household shall attack him, nor shall one word be said attack him, nor shall one word be said. against him, Bring corn, wine and fruit for the passing stranger. Give the one who departs from thy tents the fastest horse. Let him who would go from thee take the fleet dromedary, reserve the lame one for thyself."

If these momentous hints were carried out in America and if these children of the desert, with their grave faces, composed manners and noble creed, could be literally obeyed we fear country house visiting would me almost too popular.

Suggestions for a Ball.

A sort of Druidical procession might be mprovised to help along this ball, so that he hostess would amuse her company for a week with the preparations. First get a week with the preparations. First get a negro fiddler to head it, dressed like Brown ing's "Pied Piper" in gay colors and playing his fiddle. Then have a procession of chil dren dressed in any gay costume.

Then "two milk-white oxen garlanded" with wreaths of flowers and ribbons driven

with wreaths of howers and ribbons driven by a boy in Swiss costume, then a goat cart with the baby, driving two goats, also gar-landed. Then a lovely Alderney cow, also decorated, accompanied by a milkmaid, carrying a milking stool, and then another long line of children, then the youths and maids, bearing the decorations for the ball-room. Let all these parade the village street and wind up at the ballroom, where the cow can be milked, and a surprise of ice cream and cake given to the children.

This is a Sunday school picnic and a ballroom decoration, all in one, and the country
lady who can give it will have earned the

gratitude of neighbors and friends. It has been done. cyster stew, the icecream, the good home-made cake, coffee and tea, these are within the reach of every country housekeeper, and are in their way unrivaled. Of course she can add chicken salad, boned turkey, pate de foie gras, if she wishes. And she can have punch, hot or cold, and let her not, if it is in winter, forget the coachmen outside.

M. E. W. SHERWOOD.

A Dunkard Minister's Opinion. Rev. Jacob Conner, a well-ambard, man Baptist (commonly called Dunkard) minister of Royer's Ford, Montgomery Rev. Jacob Conner, a well-known Gercounty, Pa, says: "I have used Chamber-lain's Colic, Cholera and Diarrhoea Remedy for diarrhoea, colic and cramp in the stom-

soh. I have never used any medicine with better or more satisfactory results. I con-sider it one of the best ever used in our family."

HOT WATER AND MEAT

Will Make the Corpulent Lose in Flesh and Gain in Health.

EXPERIENCE OF CELIA LOGAN.

Throw Physic to the Dogs and Then Rely Upon a Resolute Will.

DETAILS OF AN UNFAILING CURE

[WRITTEN FOR THE DISPATCH.] The chief of my many physical derangenents was the accumulation of fat around the heart, which was slowly compressing that organ and threatening to squeeze out its life, as the wall closed about the doomed man in the "Iron Shroud." That which happened to me may happen to any other person suffering from surplusage of adipose; but, unlike me, he or she may not have the good fortune to be warned in time for re-covery, for sudden death from "heart fail-

ent in the curative system to which I now submitted myself, and are to be found outlined in the following instructions, which, by the kindness of Dr. Salisbury, I am per-

mitted to make public:

Drink a pint of hot water at about 1100 Fahrenheit, one and a half to two hours before each meal and half an hour before retiring. From 5 to 15 minutes should be taken for drinking the water, so as not to distend the stomach to an uncomfortable degree.

Like Washing Out a Sewer The object of the hot water is to wash from the stomach the slimy mucus, alcoholic and sour yeasts and bile before cating and sleeping. The water should be drank long enough before each meal to allow it time to get out of the stomach before the food enters. When thirsty between two food enters. When thirsty, between two hours after a meal and one hour before the next, drink hot water, clear tes, lemon water or crust coffee. Take no other drink

in bed, or, if up, to lie down for a while after taking it.

The food should be either the muscle pulp The food should be either the muscle pulp of beef, broiled beefsteak free from fat, roast beef, broiled lamb or mutton or roast lamb or mutton. For side dishes, oysters, raw, broiled or roasted in the shell, broiled or boiled fish, chicken, game and turkey, broiled or roasted. All fat should be avoided, except a little butter. Balt and pepper and Worcestershire, Chutney or Halford sauce may be moderately indulged in with the meats. All meats should be in with the meats. All meats should be fairly well cooked. Very rare meats are harder to digest, the muscular fibers passing through the bowels often undigested. Celery is admissable. Avoid all other foods and condiments.

The Weight Easily Regulated.

By persisting in this plan of alimentation By persisting in this plan of alimentation the adipose tissue will rapidly disappear and the loss in weight will be from ten to thirty pounds per month, according to the degree of fatness, the rigidity of diet and the exercise and mental condition of the patient. If the loss of weight becomes too rapid and the shrinkage in bulk so fast that the skip does were the same with its which the skip does with the skip does with its which the skip does with the skip does wi The service is the thing. There must be nothing neglected, nothing at all slovenly. Carafes of ice water, a silver dish for ice, a pair of ice tongs, should be put on the table for summer, with cream and fresh butter, and then with a patent icecream freezer in the kitchen closet, with a knowledge of the delicately-flavored things which can be made from gelatine, corn starch and eggs, a country hostess can reasonably succeed with the skin does not keep pace with it and begins to hang in folds and wrinkles, a little of the fat-forming food, such as bread, toast, rice, cracked wheat and potatoes may be used. Usually, a shrinkage of from ten to fifteen pounds a month is about right.

When the desired weight and bulk is reached, increase the proportion of fat form-

Often. however, this pro varied either way under the guidance of good judgment.

The meals should be taken at regular in-

tervals, and it is better to eat alone, or only with those who are living on the same diet. All temptation should as much as possible be removed from the patient. If three meals a day are not sufficient to satisfy hunger the patient may be allowed a nice piece of broiled steak between breakfast and dinner and dinner and supper. These extra meals should be taken at fixed and regular intervals.

A Resolute Will Necessary. Here is a real cure for the corpulent with-Here is a real cure for the corpulent without the use of medicine or the expense of a
physician. All that it requires is the resolute will to adhere to that which I admi' is
very hard fare. I lost 30 pounds in six
months, and found that I had not merely
disappointed those physicians who said I
must die, but that I had lost along with my pains and ever present peril my cumbersome bulk, and had begun to feel better than I had within the previous decade at least.

Those who are obliged to be out attendi

to business cannot, of course, take the 11 and 4 o'clock draughts, but the early merning pint can be taken before getting up, and as this is the most important pint of all and as this is the most important pint of all it should never be neglected. It is also easy to arrange to drink the hot water before re-tiring, which is the second time in importance. These two pints will suffice for those who cannot take the others. The diet, however, is a different matter, depending en-tirely upon the individual will.

tirely upon the individual will.

Those who are not following the Salisbury system for the recovery of health, but simply for the reduction of weight, should adhere as strictly as possible to the diet until they have lost at least 20 pounds, or as many as they desire to be rid of. After that they may advance to what is called the "two-thirds diet," that is, two mouthfuls of animal to one of vegetable food. I append the directions for the "two-thirds or normal diet." as prepared by Dr. J. H. Salisbury. diet," as prepared by Dr. J. H. Salisbury for the instruction of patients:

Measure the Food by the Eva. Let all meals consist of two-thirds animal food and one-third vegetable food. The

proportions are by bulk, to be measured by the eye, broiled steak and ordinary baked potato being the best data for making al-lowances for articles having lesser density lowances for articles having lesser density or more water. What I mean is that you could take, for example, without exceeding the one-third, a larger apparent bulk of boiled rice than you could of baked potato, on account of the separation of the rice grains and the water they have absorbed.

Chew vegetable food thoroughly. If it can be chewed until it is so that it disappears, as it were, down the throat withoutany special effort to swallow, it will be perfectly masticated. Eat always at the same time. Do not drink more than six ounces. fectly masticated. Eat always at the same time. Do not drink more than six ounces of liquid at a meal. The principal thirst should be slaked between meals, about an hour before meal times. Do not eat or drink anything cold if it can be avoided. If obliged to take something cold warm it, if possible, in the mouth by chewing or holding it there. Do not eat manufactured sugar or products thereof, nor any dish or holding it there. Do not eat manufactured sugar or products thereof, nor any dish or article prepared with the same. Do not drink choke damp, i. e., liquids having carbonic acid in them, as soda, ginger ale, champagne, etc. Eat and drink nothing the composition of which is doubtful or unknown, or which is known to disagree with you. Avoid malt liquors, an occasional you. Avoid malt liquors. An occasional glass of good, sound, still wine may be taken if it agrees, or some well-diluted distaken if it agrees, or some well-diluted dis-tilled liquor of best quality. But it must not be a daily practice. Smoking, not so exceed one cigar right after each meal, is permitted if it does not disagree. Soups, pies, puddings, pastry, preserves, candies, sweetmeats, cakes, nuts, raisins and dates should be avoided. An occasional fig is al-lowed if it agrees. lowed if it agrees.

Lemon Juice Instead of Vinegan No condiments allowed excepting mit, black pepper (use a French table pepper mill), lemen juice (fresh) and mustard and horseradish freshly prepared with lemon juice. A little genuine cayenne occasionally, especially if one has a little cold in the head. Vinegar must be banished. Use fresh lemon juice in all cases where vinegar was formerly employed. Raw vegetables, as lettuce, endive, radish, etc., should be avoided, with the sole exception of celery, which is permitted in moderation.

The pips, seeds, cores and rinds of fruits

The pips, seeds, cores and rinds of fruits and vegetables and the fat, cartilage, sinew and tendon of animal food and things hard and tendon of animal food and things hard and indigestible in general are forbidden. Oatmeal and all other products of oats, and all products of maize, or Indian corn, must be avoided. Wheaten bread and boiled rice should constitute about all your grain food. Fresh fruit is recommended, but strawberries, grapes and pineapples should be eaten very maringly especially strawber-esten very maringly especially strawbereaten very sparingly, especially strawber-ries. When the rind of fruit is eaten or ries. When the rind of fruit is eaten or goes into the mouth it should first be well washed. Live principally on roast or broiled meat, fish, poultry and game, boiled rice, wheaten bread, potatoes baked in their jackets, butter, hot water, tea and coffee. Eschew the fatter, oily kinds, such as geese, ducks, salmon, eels. No pork. Eat nothing fried, no sauces, stuffing or dressing. Avoid meats and fish that have been salted or smoked, excepting, perhaps, good dried codfish well soaked out. A soft boiled or posched egg now and then but not as a good fortune to be warned in time for recovery, for sudden death from "heart failure" is liable to be the fate of any and every
too corpulent person.

The means by which I was literally
snatched from the grave are so simple as
hardly to gain credence. They were inherent in the curative system to which I now

are dried codfish well soaked out. A soft boiled
or peached egg now and then, but not as a
regular thing. The watery, ligneous and
nitrogenous vegetables are allowed in small
proportion once in awhile. They can easily
be dispensed with, being, with the exception of beans and peas, mostly for flavor
only. They are dear food considering the
small nutrition derived. Such as have pe-

culiar specific properties, as asparagus, spinach, onions, had better be avoided. The Wrinkles Are Not Permanent.

Many persons, especially women, dislike the change made in their looks by the re-duction of fat. The face becomes drawn and haggard, and the lower portions about the chin hang flabbily and in wrinkles. This lasts but a short time with the Salisbury diet, in consequence of the nutriment afforded by the meat. Hot water is the natural scavenger of the body; those who persevere in drinking it will find not merely the promised reduction of obesity, but a surprising clearness of the complexion and a feeling of general rejuvenation, a light-ness of body and elasticity of motion which they have not had since losing their slender

professionals and traveling salesmen who Professionals and traveling salesmen who are continually on the road may urge that they cannot take the hot water because they cannot get it even at first-class hotels. But nearly all bedrooms are supplied with gas, upon which the water can be heated in five minutes. One should carry a tin teapot or thin Japanese copper kettle holding one pint, either of which can be bought for 25 cents, and a brass or tin support to screw on the gas jet, which may cost from 15 to 50 cents, according to style. The water should always be brought to a boil before using, and sipped when sufficiently cool. The boiling is advisable as a means for fendering innocuous any organic matter or animalculæ the water may contain, and to know for a certainty that it has reached a proper temperature.

Cold Water Is Injurious.

It should never be taken less than an hour

It should never be taken less than an hou previous to eating, or with food, or shortly after meals, as such imbibition would retard or impede digestion by diluting or weakening the gastric juice. Nor must the patient fall into the error of supposing that cold water will be as efficacious as hot, and thereby save the trouble of heating it. Cold water drunk in excess is liable to produce weight and discomfort, colic and pain. It does not act on the liver as hot water does. It depresses vitality, and the heat of the body is lowered in the endeavor to raise the temperature of the fluid to that of the blood, and this causes injurious expenditure of

nerve force. The water should not be merely tepid as that is liable to cause nausea and besides effect nothing. Take the water as hot as you can—the hotter the better. If you cannot get down a whole pint at once, take as much as you can. You will find that the repugnance to its insipidity is soon over-come, and that you can take the prescribed quantity without discomfort. It affords an immediate relief for flatulency, usually one reached, increase the proportion of fat forming food just sufficiently to maintain the bulk and weight of the body as desired.

Usually two parts of meat and one of vegetable food, by bulk, will be about right.

Some however this reproportion may be about right. away its inspidity and do no narm; a small dose of bicarbonate of soda taken with it will give instant relief from sour stomach or "heart burn." Those things, however, trench upon the province of medical treatment—where I do not propose to go. Never put sugar in your hot water, for it will do ou far more harm-even a very little of it than the hot water can do good. It is hardly necessary to say that the water

hould be pure. The Symptoms of Improve Here are a few things which will soon be oticeable to anyone who follows the Salis-

ury system: Increased appetite.
Improved digestion.
Absence of discomfort after eating.
First loss of flesh, afterward (partial)

are cured. Perspiration starts freely after drinking

The skin becomes healthy and clear, Iced water and stimulants are not cared

If obliged to eat hurriedly (in traveling, for instance) confine yourself to animal food, which does not need much, if any, mastication. Aliments not mentioned in the ard are not required and are likely to be of a character to make them undesirable as regular articles of food. If taken at all hey should be taken only casually and at hong intervals. One can eat or drink lmost anything once in a while in moderation without bad consequences. It is the daily habit which does the mischief.

Avoid "made" dishes. A man should know what he eats and drinks. How can he know the components of sauces, sausage made dishes, soups, stews, gelatines, etc.
If the two-thirds diet does not reduce corpu lence rapidly enough, gradually augment the proportions of animal food, coming down by degrees to all animal food if suf-ficient progress seems impossible without so

How to Select the Foods

In the various and generous viands plaupon the American table it is difficult to determine just what is and what is not fat forming food. Many who are not yet corpu-lent, but show a tendency to become so, would be glad to know exactly what they

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may eat without danger of increasing their weight. I give a dietary card which will revent obesity, as well as aid in its reduc-

ALLOWED AD LIBITUM-Rosst and broiled venison, beef, mutton, lamb, fish, oysters, poultry and winged game (prefer the dark meat); baked and boiled fish (except the oily kinds). The meats should be cooked "medium rare," and their fat, sinew and cartilage discarded. (Fish should be partaken of guardedly—not for the reason that it makes fat, but because it is

otherwise injurious to many persons).

ALLOWED IN MODERATION—Fresh butter, boiled rice and potatoes, cracked wheat, table celery; ripe, sound apples, pears, peaches, raspberries, blackberries and oranges; baked apples, and, as seasoning, lemon juice, horse-radish and mustard (if freshly mixed with lemon juice), black pepper, salt, Worcestershire sauce (a dish), olive oil, potatoes baked in their jackets, thoroughly baked wheaten bread. Remember, if those things are indulged in, that their total must not exceed one-third, in bulk, of the food total.

ALLOWED OCCASIONALLY-Soft boiled or poached eggs, clean sound figs, dates and stewed prunes. With eggs confine yourself to the "whites." The yellows are two-

thirds oil.
To BE CAREFULLY AVOIDED-Animal food-Pork, veal, salted or smoked meats and fish, fat, milk, cream, melted or cooked, or raneld butter or cheese, all foods and dishes prepared or seasoned with any of the foregoing, soups, stews, shell fish (excepting oysters), the oilier kinds of fish and nog systers), the other kinds of iss and poultry, such as salmon, eels, tame ducks and geese. Vegetable food—Uncooked vege-tables; hot breads, all products and prepara-tions of osts and Indian corn, such as oatmeal, hominy and corn bread; pan and griddle cakes, fritters, crullers, pies, puddings, pastry, cake, candies, beans, green corn, ersckers, nuts, pickles, manufactured sugar, molasses, syrups, vinegar (substitute lemon juce), jams, jellies, preserves, strawberries, grapes, pineapples, bananas, all foods and dishes prepared or seasoned with any of the foregoing. Generally-Every-thing fried, all seed or chilled foods, the cartilage tendon, gristle, skin and fat of meas and fish, the peel, core and seed of apples,

pears, etc., all sauces, spices and condiments not permitted in this card.

Quench the thirst by drinking, about one hour before meals and retiring, all the water that the body craves—drink nothing else between meals.

ALLOWED AT MEALS-Still dry wine and water (half water), beef tea, water with or without a little lemon juice or good whisky or brandy or gin, clear tes or coffee. Tes
and coffee may be sweetened; lemon juice
may preferably be added to tea. Not more
than half a pint of liquid must be taken at any meal, and the less you take the better. Do without drinking at meals if you can,

TO BE CAREFULLY AVOIDED-Sweet wines, all sparkling or effervescing bever-ages, such as champagne, soda water and gingerale; all fermented, undistilled liquors, such as ale, beer, cider, etc.; liquors, cor-dials; distilled liquors unless diluted one part of spirits to at least four of water, loed water, all iced or chilled drinks. Smoking allowed if it agrees, but one good eigar at the end of each meal is the limit.

Once a Drinker, Always One. The night and morning pints will be taken, when practicable, all one's life, sim-ply for the slightly stimulative and exhiba-rating sense of internal clearness they im-part and the heathfulness they insure. But part and the heathfulness they insure. But it need not be feared that temporary occurtion—as during travel, or even protracted continuance of conditions incompatible with the habit—will cause a recurrence to corpulence, if the limitations of diet are nably well adhered to. This I affir not from my personal experience, since I have not yet had to forego my accustomed draughts, but from the assurances of others

who have experienced the benefits of the Effete matter and injurious tions having been expelled from the system, feeble and worthless tissue replaced by that which is strong and sound, semi-paralyzed organs waked to full vitality, and the will itself stimulated and inspired with new energy by the training undergone, health will have been so fully re-established as an will have been so inly re-established as an inherent attribute of being, that only through persistently reckless disregard of prudential considerations can fit and disease again enter into possession.

Salisbury patients generally agree that gain seldom exceeds ten pounds.

CELIA LOGATE She Astonished the Professor A young lady from Saxony, Miss Louise Muller, of Hirschfelde, has won the large

prize offered by the University of Zurich for the best paper on the "Anatomy of plants." The Zurich professors pronounce the work of the unknown author a most thorough and complete treatise, and they were astonished to find that it had emanated

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