People Should Know a Poor Cut of Good Beef Is Better Than a Good Cut of Poor Beet

MAKING THE DOLLARS REACH.

The Use of Soup Is Recommended Both From a Health Standpoint and That of Economy.

PREPARING CHESTNUTS FOR PABLE.

Various Receipes That Will Help the Enterprising Housekeeper in Her Work

Mrs. Will H. Low, who will contribute from time to time receipes for French cooking for this department, regrets that Americans do not know how to use all that is entable in an animal. "When one thinks," she writes, "of the waste which must result from the American way of buying mest, it makes one wish to remedy the evil, for I then pound them in a mortar with four earnestly believe that it is a great disadvantage to poor consumers.

"I will explain what I mean. Have you ever noticed the butchers' shops where the eggs.

When deviled almonds cannot be had for When deviled almonds cannot be had for warnared is anpoorer classes are served? Have you noticed the low prices of the meat, and the quality of it? In France the poorest people can deal at the same buscner's shop as the nuts and scald them to remove the outer buscner buscn millionaire. The millionaire buys the choice cuts, while the other buys inferior pieces, but both ear the same quality of add a sprinkle of salt and a suspension of A Poor Cut of a Good Beef.

"In this country (excepting the Germans, most of the French and Italians) everybody wants the best pieces. The mason who works for \$1 50 a day must have his

porter house steak as well as the rich banker. But the mason cannot afford the price asked for the best, the consequence is that he gets poor meat. If he understood that a first-class cut of third quality beef is not as wholesome and nutritions as a lower priced piece of a first-slass animal, it would be advantageous to his health and his purse to buy a good round steak instead of a poor

"I am told by one of the trade that most butchers of the city of New York do not even pretend to keep anything but what are considered the best pieces, of various qualities according to the butcher's patronage. As a rule it is next to impossible to find good meat in the country. There are exceptions in few villages, near the great cities, for instance where many very rich people live, but then you pay at least one-third more for it than you would in the

Mrs. Low also regrets that Americans do not eat more soup. On this subject she writes the THE DISPATCH as follows: Economy Dictates Soups.

Soup is a good, nutritious and digestible food, and most economical. This is one of the secrets of French people in the way of economy for the table; every family there eats soup at least once a day. Where a large family will need five pounds of meat for dinner, it will be reduced to half the quantity if soup is served first.

Let us speak first about the French national dish pot-an-feu, beef soup, or bouil-lon. To begin, choose a good butcher; this is the first necessary thing. There are sev-eral pieces of beef which make good bouil-lon. Here they are in order of quality and price: The lower round, which is the most juicy and the least fat, the shoulder, the plate, and the shin. Although the plate will not make as good bouillon as the round, there is a great deal in its favor. It makes good bouillon and it is the only piece of meat I know that will be juicy still and re-tain some flavor after boiling four or five on the table either warm or cold and it can be made over in many different ways. People in France serve any piece of meat they have used to make the bouillon, but I must admit that its quality is doubtful.

The Proportions for Bouillon. Buy one pound of mest to each quart of portion of three pounds of beef, which will give bouillon for three times, at least, to a small family of three or four persons; two medium-sized carrots, three large leeks, one edium-sized turnip, 10 or 12 sprigs of parsley, one or two colory leaves. Scrape the carrots, peel the turnip, cut off the heads of the leeks and take off the bad leaves, then out them crosswise in the pari where the white part joins the green; wash them all In at least two water, opening the green leaves to cleanse from earth. When well cleaned set them away on a dish to be used

The meat must be put in a thick iron kettle, tinned or enameled inside, with cold water and about a tablespoonful of salt, no pepper. When the skum begins to rise, watch enrefully, as it must be well skimmed before it boils it you do not want a muddy bouillon. Skim about every two minutes (by the way, the fire must not be too hot or the water will boil too quickly and the akum would have no chance to rise). When it boils, put in an onion in which you have stuck four cloves, then make a little bundle of the green leaves of the leeks, the parsley eelery; tie these together with white thread or twine and put them together with the carrots and turnip. The white part of the leeks is also tied in a bundle and put i only 23% hours before the end of the cooking, as it does not take as long to cook as the other vegetables.

Requires Five Hours Over Fire.

Let simmer for about five hours, and if you want to color your beniilon, put in about a teaspoonful of Parisian essence. When done, strain the bouillon into an earthen vessel, let it get cold and then set it in a cool place. There is an idea here that bouillon is not good the day it is made on account of its being greasy; in France it is considered the best that day, and unless it is too greasy I think myself that a little fat improves it. Indeed, borillon without eyes (as we say in France), is considered poor, and it was an habitue of a third-class restaurant in Paris who said, referring to the pot-an-feu served there, that faudrait etre bon maître d'armes pour liu crever un oeil" (It would be necessary to be a good fencing master to put one of its

This is the simplest way French people serve the bouillon, and thus prepared it takes the name of croute au pot. You have already browned one or two pieces of bread in the even, which you break in smail pieces in the tureen and on them you pour bouillon, taken with a small dipper directly from the pot, holding at the same time over the tureen a little strainer in which your bouillon passes. Serve on a plate the car-rois, the turnip and the white of leeks which you will have united, and pass around the table for those who like to eat vegetables with their soup. If the beef is served afterward, the vegetable can be left on the table, as they are good eaten with it. One last bit of advice: Do not use the pot in which you make your bouillon for anything else.

THE CHESTNUT AS A FOOD

The Practical Culinary Uses to Which This Edible May Be Put. Thomas J. Murrey, the well-known eaterer of New York, sends THE DIS-

PATCH the following letter: "If the struggle for existence has not knocked all the love of nature out of his soul, the small boy, when he arrives at man's estate, cannot pass a chestnut-laden fruit stand without the sight bringing back those happiest days of his life. On the corner of almost every city street, a smoking charcoal chestnut range, presided over by a ragged Italian, may be met with man's estate, cannot pass a chestnut-laden fruit stand without the sight bringing back those happiest days of his life. On the corner

Scapless hands build the little charcoal fire and handle the so-called reasted fruit. A pocketknife used for cutting tobacco makes the cross incision on the outer skin, and when innocence buys the fruit and wonders how the nuts became impregnated with the flavor of salt mackerel, he never fancies that the vender has cooked his breakfast in the dish in which he cooked his wares. Notwithstanding these minor drawbacks,

which may be overcome by not patroniz-ing street-venders, the American sweet chestnut presents many delightful culinary possibilities which should be better known. They are smaller than the coarse European chestnut, and for this reason are more troublesome to prepare for the table; but they are so superior in quality and flavor

they are so superior in quality and flavor that they are much to be preferred.

To begin with, either variety of the chestnut, when reduced to flour, may be converted into bread, cakes, puddings, dumplings, ice cream, conserves, purce for soup, stuffing, and a hundred other tempting forms. Whole, they are made into bon-bons, glaces, etc. Boiled in beef broth that may be served as a reactible contribution. they may be served as a vegetable separately, or as a garnish to meat, poultry,

game, etc.
As cold weather approaches, perhaps the American housewife may be more interested in knowing how to prepare a chestnut stuffing for poultry, milk pigs, fresh hams, etc., than other more pretentious products. Here is the formula. Roast a pint of chestnut and need off the cutter and inner skin. nuts and peel off the outer and inner skin; weigh them and simmer half a pound of them for 20 minutes in as much veal gravy ounces of butter, three ounces of bread crumbs, a trifle of grated lemon peel, and powdered mace, salt and a pinch of cayenne; bind the mixture with the yolks of three

NO NEED OF THE KNIFR.

It Is Now Almost Banished From the Table-The Force of Habit-Good Living and Beauty-Useful Bints and Becipes.

[WEITTEN FOR THE DISPATCH.! The custom of eating most cooked food at table with the fork has so far progressed that now at formal dinners and party suppers the knife is frequently dispensed with except for fruit; and this, as the event shows, without for the most part any serious inconvenience. When the caterer or the cook understands his business in this particular and has his meats duly prepared in such a manner as to allow of their separation into particles small enough to admit of their being carried to the mouth, there is little need for the knife. These observations apply only to those occasions which on all sides are taken to be formal, and to those persons who habitually or even occasionally are expected to conform to strict usage. Of course, no one could be so ungenerous as to infer that the writer would be so finical as to ad-vocate the abandonment of the table knife or to infringe on its well established and useful use. We all admit that a great deal of formality could be dispensed with with-out loss, and that a great many habits which have been acquired by persistence and care are useless, but however much we may thus philosophize none of us has fortitude enough to innovate against the obliga-

tions of the social rules which bind us. And after all no less an authority than Emerson has said that the most ultra demands of fashion are founded on common sense. This does seem somewhat obscure, but he logically makes it quite plain, and this is the more remarkable because his prejudices such as they were, would cerrectness of such an averment. But this thing of fork-lore is worth considering. The Effects of Habit.

Custom and habit work wonderful results. soup by the use of his chopsticks with greater rapidity than a European will with a spoon. Sir Edwin Arnold, the poet, lately a resident of Japan, is reported as having avowed that when the art of using chopsticks has been acquired they are preferable to our own method. We may not be surprised to learn from his indorsewater, and besides have the butcher give you a good juicy bone. Let us take a pro-

Dr. Holbrook, editor of the Herald of Health, advises the formation of "Eat-Your Food-Slow-Societies," each member to be fined when caught eating rapidly. He thinks such societies are much needed, and that they might be formed at every table They would serve to call attention to the subject, and, finally, to aid in forming cor-rect habits of cating. We are all familiar with the statement be "makes in regard to Mr. Gladstone, who is so impressed with the importance of perfect mastication that he makes a practice himself and has taught his family to do the same of chewing thor-

oughly every mouthful of food taken. Mr. Gladstone has dwelt so on the import-ance of this rule that it has become notorious; and we see at recurrent intervals the announcement of this personal characteristic made in various ways-sometimes that he takes 16 and sometimes that he takes 32 distinct chews to each several bite. But it is conceded that the splendid health of this

an advanced age is largely owing to his extreme care in eating. Brillat-Savarin, "the high priest of gastronomy," the cotemporary of Talleyrand, another worthy gastronome, savs: "The love of good living is in some sort instinctive in women, because it is favorable. stinctive in women, because it is favorable

Good Living and Beauty.

It has been proved, by a series of rigor ously exact observations, that by a succu-tent, delicate and choice regimen, the ex-ternal appearances of age are kept away for a long time. It gives more brilliancy to the eye, more freshness to the skin, more support to the muscles; and, as it is certain in physiology that wrinkles, those formidable enemies of beauty, are caused by the depression of muscle, it is equally true that, other things being equal, those who understand eating are comparatively four years younger than those ignorant of that science. Painters and sculptors are deeply penetrated with this truth, for in representing those who practice abstinence by choice or duty, such as misers or anchorites, they always give them the pallor of disease, the leanness of misery, and the wrinkles of decrepitude.

The subject of cookery has received a large share of attention in all ages of which memorials have been retained. Dr. John son thought the matter of writing a cook book was far above the capacity of the ordinary woman; and Boswell, with his accustomed modesty, says the doctor seriously entertained the notion of writing one him-

Ruskin, the greatest art critic of modern times, and who ranks rightly as one of the masters of the English language, in his work called , 'Praeterita," stops in his acnote a remembrance of his father's house and kitchen and cook. "I have never," says he, "seen a fillet of veal rightly roasted, nor a Yorkshire pudding rightly basted, since Mary Stone left us to be married in 1836."

When tired and exhausted break a fresh

egg into a cnp of tea-not too strong. Beat well and mix with a glass of hot sweet milk

Chestnuts Iced.

Select fine chestnuts, remove the first skin, boil them in water, and when tender, remove the second skin and dry them in cloth; boil a pound of white sugar, with a little water to prevent it from burning, and

GOWNS FOR THE WINTER.

The Edict Has Gone Forth and Wor kind Will Be Pleased With It-Rough Cheviots and Tweeds-An Ideal Street Gown-A Turkish-Looking Fabrio-Cut ting a Bodice,

[WEITTEN POR THE DISPATCE. HE settled winter styles begin at length 0

to appear out of the demi-season's uncer tainties. We can now speak with absolute certainty of materials and cut of garments to be worn all the season with the knowledge that they will remain in By all odds, the most beautiful dress

fabrics of the season

are those prepared for the street. It fairly makes one happy to see the rough cheviots and tweeds of North Britain clothed with dyes that approach the splendor of Cashmera. The vigor of Scotland appears in them, mingled with the fire of the south. These textures, so thick and warm and at the same time soft and clinging, are the perfection of winter fabrica Their colors are rich, yet low toned and harmonious; an artist's brush seems to have laid them on. The salesmen call them "mixed effects."

Very Pleasing Color Effects, They have, for the most part, grounds in stripes, or broken spaces, of natural brown and gray, which being of the same tone, that is to say, without contrast of light and dark, make artistic backgrounds for parroy lines of pure color, and flaky dots of many hues, which all combine into an agreeable color composition. The way these grounds are keyed in hue to orange, or to red, or to whatever colors are spread over them, so

that instead of being crude they are glow-ing, makes one take heart to believe that we



figures, zigzags and lightning effects, but the variety is great and these can be avoided. The winter cheviots and camel's hair are in simple colors mixed with white in the weaving, and are plain or in broken figures of self color. These white mixtures are more becoming than dark solid colors. They run through shades enough, from greenish gray to red, to satisfy the most exacting complexion. The prices for the 46-inch width, run from \$1 50 up to \$2 50 and \$3.00. A very good one may be had for the first price, and though the more expensive ones will be richer, it is well enough for persons with small pocketbooks to remember that additional to remember that additional expense in quality will not give one iota more style.

Gown for Fifth Avenue. For an ideal street gown take of loosely woven cheviot, or camel's hair, seven yards; of velvet, a yard and quarter, of lining silk, three yards; of taffeta silk, for underskirt, three yards, of thieta silk, for underskirt, eight yards, Choose a dressmaker whose specialty is fitting, or else choose a tailor, for the style of this gown depends en irely on its cut. Let her make for the bodice a jacket reaching nearly half way to the knees, fitted in front without darts by means of the under-arm seam, falling open



Hat for a Camel's Hair Suit. down the front, with rounded corners, like a man's cutaway coat. It may have revers, and one button and button-hole, though there is more beauty when the outline falls in a straight line from the neck. The shoulders and under-arm seams are sewed over onto the back in the welt. Line the jacket with silk of the same color, and interline for winter. Put one row of stitching

terline for winter. Put one row of stitching round the edge of the jacket.

Make the sleeves loose at the shoulders where they join the coat. In cutting them see that the cloth of both upper and under sides runs straight at the hand and bias at the top. This is an important point which even reputable dressmakers often overlook. On the texture being diagonal depends the beauty of the full, gathered top, which top continues to be made. Do not exaggerate the fullness or you will vulgarize the garment. Finish the wrist with a blind hem. A Fifth avenue model has the wrist lapped over and furnished with three buttons.

Important About the Vest. The velvet vest is slightly pointed, and extends five inches below the waist. It is extends five inches below the waist. It is fitted with darts and a seam down the mid-dle of the front, and opens along the line of the first left dart. All these seams are turned open underneath, and there is a row of stitching close to each side of the seam, which gives the vest a look of having been melded onto the figure. It is fastened with small, flat, smoked pearl buttons. This vest is a separate garment, the front being placed on a lining, as is a man's vest. A

winter. Fit the skirt as carefully as the waist.



In Red Splashed With Orange. and stitched down on the outside, as are the

side seams of the jacket. It is closed in the front side seam, with three buttons and but-tonholes, which are hidden by the jacket. Hem it at bottom with a blind stitch This gown is entirely without trimming, and its plainness is the great feature of its style. If you add to the gown a coque's feather boa and a rimless turban of felt, having a roll of velvet about its edge, knotted in feature. ted in front, and some loops, or wings be-hind, you will have a costume which for style will not be exceeded through the

The skirt must be demi-train, with a very full back. The underskirt, however, clears the ground. It is separate from the outside skirt, except at the belt, and this is to be noted, as it is the sign of the radical change in the character of skirts. Many dressmakers use taffeta silk for the under-skirt, and, ruffling it, make it serve for a

In Orange and Old Blue. Camel's hairs are in the same mixed effects of the cheviots, though some of them have more color in the grounds. A notably rich one of red splashed with orange, in rich low tones, is covered with markings of old blue. This Turkish looking fabric has been made into a very chic and Frenchy gown as follows: The skirt is slashed to the waist and falls apart slightly to disclose an underbreadth of old blue silk. The waist is round and falls apart in front, The waist is round and raiss apart in front, like a slash, to dispose a crimped chemisette of old blue silk. It meets at the throat and has a high rolling collar, lined with the silk. The sleeves are Bishop, straight and full and gathered loosely an inch and a half from the wrist, and push hash at will ever a class sleeve of and push back at will over a close sleeve of the old blue silk.

The waist is finished with a leather belt eolored old blue, and having a buckle of eolored enamels set in silver. The shirt and front of the waist are bordered with a two-inch width of old blue velvet edged with a narrow galoon of irridescent beads.

ADA RACHE COMB. ADA BACHE CONR.

WHY YOUR BODICE SITS AWRY.

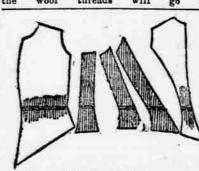
Most Women is Here Explained,



PWRITTEN FOR THE DISPATCH.

toward the left hip, and the side-forms are apparently trying to climb to my arm-pits. I assure you I am quite desperate over such manifestations of textile total deprayity. From the looks anybody would say I cut the thing out on Friday."

"You did worse," said the other, eyeing the garment critically; "you cut each piece of the threads run the worney way. Let me



The Way to Cut A.

straight around your waist as the belt tape does. That puts the warp perpendicular and gives almost a perfect bias on the seams in the back. Look at your back forms
You cut them, did you not, out of any piece
that was big enough? In each the threads
run differently, and all ways but the right

"Then in fitting you gave no thought to symmetry or proportion. Like these dress-makers, in fine, you took in your seams in any way that promised to make a smooth, tight fit. By consequence, your back forms are hardly an inch wide in the armhole. In a well cut bodies they are as wide there as at the waist line. The swell of bust and shoul-ders is accommodated by the back and front

figures.
"When stuff is cut on the cross you should be as careful to have a true bias around the waist, and up the fronts and the back seams. Another thing, if you want your gown to sit smooth over the shoulder, before basting it up stretch each front piece as much as as you can half way from the neck to the arm-hole, and hold the back full to it for the same distance. Never mind the apparent pucker. Pressing will banish it and



The Way Not to Old I give you an easy seam that will hug the curve of the shoulder almost as a man's coat

TRAINING A BEAUTY.

The Young Girl Should Go Through Begu lar Military Set-Ups-Dancing Is an Instinet—Men Should Be Easily Beaten at the Game of Football by Women-Learning to Kick.

[WRITTEN FOR THE DISPATCH.] Awkward beauty wakens the pity of gods and men. The latter have been known to desert stolid perfection of color and features for grace with lesser personal attraction. Grace comes of two things—proportions of limb and good nervous control. Both symmetry and control are gained by training. The defects of stature and of limb are overcome by exercise with greater ease than by mechanical appliances in most cases. You may take a bow-legged lad and oblige him to wear steel braces which cripple him year or two in remedying the deformity, or you may put him under strict drill, which will turn him out in the same time

straight as a model. In one case the steel force coerces the limb, in the other nerve force does it. High shoulders, irregular hips, rounded spine and awkarregular hips, rounded spine and awk-ward figure are better cured by the military drill than by any braces or apparatus what-ever. You will find the proof of this among the West Point cadets, who are straight, clean limbed and well proportioned almost without exception. They are not chosen for physical perfection, and only the drill-master knows what unpromising material he works up into the carriers "becoming an he works up into the carriage "becoming an officer and a gentleman. A Drillmaster for Girls.

What is true of boys is just as true of girls. The drillmaster, a soldier of experi-ence, was and is attached to every high class finishing school for English girls. Fanny Kemble tells us her French dancing lessons failed to give her a good carriage or teach her to hold herself upright. She stooped, slouched and poked one hip up and one shoulder down, which greatly afflicted her parents. Among other devices for improvement she was made to wear "a hideous engine of torture of the back-board species, of steel covered with red morocco. strapped around her waist and shoulders, a steel rod at the top supporting a steel collar

to hold her chin up.

The ease and grace with which this horrithe ease and grace with which this horri-ble machine was to impart was hardly per-ceptible after considerable endurance of it, and she was placed under the training of a sergeant of the Royal Foot Guards, who sergeant of the Royal Foot Guards, who taught young ladies to walk and carry themselves well. "Thanks to his instructions," she says, "I remained endowed with a flat back, well placed shoulders, erect head, upright carriage and resolute step, the drill being that daily given the awkward squads of the British forces. Of all women of our century Mrs. Kemble best illustrated the balanced high mental and physical gifts. No one else leaves the impression of intense, abounding vitality like hers, which showed itself in her passion for activity of all kinds. She could not exist without long daily horseback rides or walks. She must be house in the open six and cavally finite pains. be hours in the open air, and cared equally for dancing as the sheer poetry of move-ment. She could repeat from memory whole dances after Ellsler.

Dancing Is an Instinct. Many another staid woman of middle age can sympathize in this outbreak of physical delight, for the passion of dancing is instinct is healthy blood and is warm in Puritan vie co-pity that ashes are laid upon its fires! There is more in the exercise of dancing to music than mere amusement, or rather it is a favorite amusement because it so combines the stimulus of music and its nervous influence with lively and gentle movement, which stirs every fibre of the body. It is worth something for a woman bred to restrained and conventional gestures to hold her arms up and out, as she is obliged to in round dances, and move in time to quick music, setting her blood flowing through her veins, and, so to speak,

erating her poor little brains.

The ideal of the woman who has taught herself to walk is a figure erect as a dart, herself to walk is a figure erect as a dart, carried without any perceptible motion, in the straightest line between two points. Her shoulders, her hips are carried still and as little play allowed any limb as suffices to get over the ground. It is more pleasing than the walk which kicks up the skirts behind or strides with a fencing step, bending the knee prominently at each forward move, but it is neither natural nor graceful. To walk well, one must first stand well. Perhaps as good practice as any for this is to balance a large tea tray loaded with several wooden things which will not break as they fall, and play image boy for 15 minutes at a time. It would be well if the contents were plaster and dinner dethe contents were plaster and dinner depending on their safety, for a steady carriage would sooner be the result. The two hands may be used at first to steady the tray, as the pose gives freedom to the arms, but the balance must come from the neck, which can be trained to look around and turn with a load on the head as surely as a good rider keeps her seat. Carrying burdens on the head gives a noble development of the bust. The shoulders, elbows and hips fall into place and learn to stay there.

Playing Outdoor Games to Win. The next point to gain is freedom of limb and movement. If our girls played quoits like the Greek girls of old, as youths play, to win, not to be looked at, there would be no need of teaching what the baby learns as he leaves his cradle. I have had the privilegg the past season of overlooking the games of a lawn tennis club on grounds adjoining, and I am constrained to admit that the boys playing alone were much more interesting and graceful in their postures the teresting and graceful in their postures than the girls, who always seemed to feel that they were being looked at rather than the

They seemed afraid of stretching an arm or taking a step too wide for conventional proprieties, to move too fast or stoop for a ball, if any one could be cajoled into picking it up for them. The exception was a lassic with bright coloring and fresh vitality, who ran after balls and threw them with all her wight, flung herself after them and sprang to catch them on her racket with the same unconsciousness and real beauty of mation you will see in a true anticour. The motion you will see in a true antique. The Greek athlete or the maiden were not thinking whether they were playing in good form or not. They threw to hit the mark with least waste of effort, and, so moving, so in-stinct, were supremely graceful, and models for all time. They are the least conscious of figures, and a girl of to-day would be horrified at the idea of throwing her arms out to their full length or springing in yardwide steps in her game on the lawn like her Greek forerunner in marble. Her movements are in a circle bounded by the diameter of her hips. A Girl Kicking a Football.

She can't throw a ball forsooth, because her should re are not as square as those of her brother. She cannot kick a football, though I should like to know why she should not excel in kicking, as her hips are much wider and stronger in proportion than a man's. It may not seem essential that she should be a kicker; but the fact is she cannot be thoroughly graceful without learning to kick. She needs that strength, that pro ulsion from hips and knee which forwards the ball, to lend buoyancy to her walk walk and her dancing. One last word. Kicking is the exercise of all others which

Kicking is the exercise of all others which gives strength and mobility to the organs on whose good condition all her health and happiness depends through life.

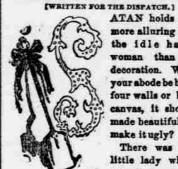
It is abject cruelty to turn a girl from easy, petted maidenhood to housekeeping and cares of a tamily. She may learn the routine very quickly, but she cannot teach her muscles to do easily and without strain what they have not been used to do from childhood. If I had a girl to bring up she should pass most of her year in the counshould pass most of her year in the country, where she should be taught to throw herself over a fence with as neat disposal No use to deny the fact that Salvation of drapery and easy grace as a good rider takes it on horseback. She should run up hill and down by degrees till she could be reasonably angel.

of ability to run for a train without danger of dropping dead with heart complaint. Women cannot take as much exercise as girls unless they have been accustomed to it. One can sit on a chair and sway the trunk forward and back or sideways, and get shoulder exercise in plenty without tir-ing the weaker muscles of the hips by standing through it all. You will get much better exercise and development by throw-ing a quoit or a nine-ball than by the idle

DECORATING THE HOME.

see-sawing of calisthenic or Swedish train-

common Sense Should Preside at Every Invention-The Fancy Worker Must Remember That Simplicity and Truth Are Necessary in Art-Some Incongruous Conceptions-Hints for the Beautiful,



ATAN holds out no more alluring bait for the idle hand of woman than house decoration. Whether your abode be between four walls or beneath canvas, it should be made beautiful Why make it ugly? There was once a

SHIRLEY DARK

little lady who had taken lessons in painting. She bedizzened her drawing room with cross-eyed cats on plates and

groups of daisies, symmetrical as toothpicks. It occurred to her that a snow scene would best display her talent. Her idea evolved thus: Snow-snow shovel-snow scene painted on snow shovel. Two days later her visitors beheld beside the fireplace the decorated implement—a white satin bow streaming from the handle, and a landscape glittering with diamond dust and white enamel depicted on its blade. This same apostle of the beautiful sent her physician a boot-jack, painted yellow. Up "for ard," as the sailors say, were the inevitable sunflowers, and where his foot should have fitted, a large satin bow. This fantasy moved the doctor, whose recording angel until now had closed his book, for lack of occupation, to

exclaim "Decorative Hades!"

Is it for decorative purposes that your rooms are filled with antagonistic lamps or overloaded with chins, whose instability freezes ones blood with dread of a catastro-phe? Why are those treacherous rugs for-ever sliding over polished floors and lying in wait for man? Even if the wicked stand in slippery places, why not spare the one

A great oculist has said: "Modern houses A great occilist has said: "Modern houses and their insane draperies are responsible for modern eyes. People live like moles and wonder that they see no better than a mole." Is it on mathetic grounds that you shut sunlight from your dwellings with infinite pains and hideous materials? The variegated shoestrings that dangle in doorways, catching one's bonnet and scratching the polish off one's none, are at least free the polish off one's nose, are at least free from this defect.

Don't imagine that you add to the level! ness of life by pinning up defunct birds and other mortuary emblems indoors. Sooner or later the fate befalls them, described by a young woman to her friend, as follows: "You know that white dove we had fastened to the parlor curtains? I cleaned house the other day and took it down. It was so dirty I couldn't stand it. First I dusted it and then I washed it, but it wasn't fit to be seen, so I took it out to Woodlawn and laid it on mother's grave!"

One word in conclusion. If you wish to beautify your home think of the effect you seek. Ask yourself: "Why do I put this color here? What reason is there for the shape of that chair?" If you can't give a reason for the faith that is in you, change the faith. Study the laws of harmony and proportion. Don't attempt contrasts, which are difficult to practiced artists. Cultivate common sense. Art is the most sensible thing in this world. Simplicity and truth are its exponents and reason is its hand-

MARY ELIZABETH RUCKLAND.

THE PAPER ON THE WALLS.

Some Suggestions as to Harmony Whit Carpets and Woodwork. [WEITTEN FOR THE DISPATCH.] O THE average house



teeper one of the most distressing ac companiments of house or flat moving is the matter of wall decoration. If your carpets are figured us plain cartridge pape on the walls; if on the other hand the carpet

s of a solid color with rugs scantily used. the paper must have a small vine or a sim pie diaper pattern. With the walls papered with copper-pink in any desired tint, paint the woodwork in the next darker shade. Then around the walls, about 341/2 inches from the floor put a narrow wooden molding painted the same color as the woodwork,

edges, is charming and gives a most refined air to the room.

The little guest chamber shall have a white dado with light China-blue cartridge paper above, or blue and white paper n a small pattern, if preferred. The dining room is best in cream color, both in walls and ceiling, particularly if it is not well lighted. Paper the walls in the bedroom with a warm ochre. Paint the woodwork with a neutral tint of brown that will harmonize but not match; treat the walls in the same way, as to molding and walls in the same way, as to molding and picture rail, as the sitting room. The walls of the kitchen and bath room need only painting. Either chrome-yellow or light olive is good for the kitchen as neither shows smoke. DORA WHEELER.

A SIMPLE GRASS MAT SEAT.

How to Make a Parlor Ornament That Will Please Eye and Rest Body. [WRITTEN FOR THE DISPATCH.]

To make this pretty seat, get a butter or lard tub and, after cleaning and sandpapering, cover the side with lined surah or silesia, gathering or tacking the fullness on the upper and lower edges. Cover the fastening with fine hemp rope



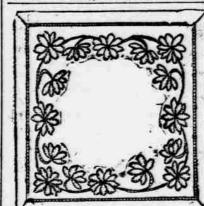
in a sort of chain-stitch. The tassels are made of bits of rope rather more than twice the length of the distance from the top of the seat to the floor. Untwist the bit and pass it through the upper chain, fasten each by a sailor knot, or a "half-

hitch" as they call it and tack it in place. The top is covered by a grass mat fastened on with with double tacks or matting tacks.

BEAUTY IN TABLE COVERS. Dream of Loveliness for a Young Girl's



first drawn or stamped, and is then couched on all its outlines with floss, like that which finishes the hem. The cloth is sweet and pure in tone and of eminently serviceable material,

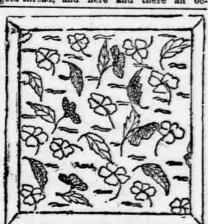


For a Young Girl's Room,

and its very simplicity recommends it to the highest taste. It is well suited to any room of dainty coloring, but, as its tin s are peculiarly suggestive of youth, it belongs, by natural selection, to the room of a

maiden fair.

A second cover, at once elegant and easy of execution, is made of satin brocade. That is, of brocade of satin figures in the background of silk of the same . Each figure is outlined with fine gold thread, and here and there an oc



In Brocade SUL

asional one is darned, fish-scaled or filled with some other fancy stitch worked in gold. The edge is finished with a band of velvet, one shade darker than the silk, and the whole is lined with ordinary cotton flannel. The effect of tiny line of gold is to give great brilliancy to the cover, and, as the work is simplicity itself, it can safely be undertaken by the least expert of needle-

A SHADE OF PALMLEAF PARK

Pretty Designs for the Ball Lamp IWRITTEN FOR THE DISPATOR 1 A soft lined lamp shade is made of four mall palm-leaf fans. Cut off the handles and tie them together in shape slightly overlapping each other with



narrow satin ribbon or gold tinsel cord. Hang a few bangles or small shells on the lower edges. Gilding in very small quantity looks pretty, but soon becomes tar-

A SALAD MADE OF APPLES.

The Achievement of a Staten Island Woma

in the Way of Novelty. Something new for the table is contributed by Hattie Wilton. She got it from a Staten Island woman, as she says below: A few days ago a clever woman gave a goodby luncheon at her country home in Staten Island before she closed it for her return to the city. Now, this woman has never quite invented a new animal or a new fruit, but she has invented new methods of using these things which as nearly approach orig-inal creation as even that clever woman will The last achievement was offered at her

good-by luncheon. It was an apple salad, and this is how she made it: She used for the basis solid tart apples, pared and cut into small bits. With this she mixed an the basis solid tart apples, pared mixed an equal quantity of celery, cut in bits of the same size. After thoroughly mixing, she dressed them in the salad bowl with a simple mayonnaise made as follows: Into the yolk of one egg previously beaten, a sufficient quantity of salad oil was slowly dropped to make a thick cream, which was then thinned to the proper consistency by vinegar, added as carefully. Add pepper vinegar, added as carefully. Add pepper winegar, added as carefully added as car

GIRLS WHO-SUCCEED

A Newspaper Woman Who Has Won Fame Gives Some Advice.

LEAVING THE PATERNAL ROOF.

Difference Between Wounded Feelings and Wounded Vanity.

EXPRESSING TASTES AND OPINIONS

[WRITTEN FOR THE DISPATCE.]

Most earnest girls nowadays come into maturity with a real longing for work There are reposeful, middle-aged people, to be sure, who firmly believe that this is a mischievous and misplaced activity, and that it is going to work out all kinds of destruction if the race of women take to other things than domestic and polite accomplishments. Be that as it will; it doesn't pay to argue about what we shall never live to prove. Here you are, hundreds of you, girls who honestly want to work and who are honestly averse to housework. It also happens to be true that women, like men, work for wages, and that the wages a girl gets for housework, even in her father's house, are not such as encourage you to adopt housework

as a profession. And so it happens that

you are thinking to-day about a wage-earn-

ing business outside your home, more than you are thinking about a husband. The first thing you've got to know is what you can do best. To find that out, consult your taste. If you think it would be beautiful to trim hats or make gowns, say so and stick to it. Then go to the best milliner or dressmaker in your town and ask her to let you come into her shop and learn. She won't pay you at first, but your father has fed you for several years, and can probably

discharge that paternal duty for a few months longer.
Disdaining Modest Beginnings. If you are bookish and the law or mediine attracts you, go to the office of your father's lawyer or physician and borrow his

simplest book and study it. In any case don't disdain the modest beginning that lies nearest your hand; you are not ready for wider fields yet. And when you've settled upon a work, don't play with it; learn to treat it just as seriously as your big brother or your father treats his.

And so as your diligence and knowledge grow together you will perhaps come to a point where you must leave your father's roof in order to finish your preparation for work or to widen your competence and so

increase your wages. You must leave your small town for a city or the small city for a larger one. Before this can be considered for a moment one of two things is imperative: either you must have the certainty—
not the mere possibility—of something to
work at that will give you a modest living,
or else you must have money enough in reserve to pay your way for a year shead. There is no compromising with this. 'Never leave your father's home on any other con-

Doesn't Hurt to Get Discouraged. With this provision made, go into your work with the whole of you. Take care of your health, and, for the rest, give your mind and body to your duties. You will get discouraged in every fiber of your tired body, but it will only do you good. The man or woman who doesn't get discouraged often and often, seeing his ultimate reach beyond his daily grasp, doesn't see far enough ahead ever to succeed. So be

sure that you will get discouraged, and getting discouraged, encourage yourself because of that very thing. You will probably be thrown much among men. Learn not to expect parlor etiquette in business places. You are not there to in. in business places. You are not there to interpret the amenities of life to a lot of busymen, but to do your work competently and go your way sensibly. They may be as kindly intentioned as your own brothers, but they are too busy to assure you of their distinguished consideration. If they treat you brusquely, directly and frankly, they're paying you the compliment of treating you like a sensible woman. You will have to keep your tastes, opinions and purposes thoroughly to yourself. One young woman in newswaper work in New York had what she called "conscientious scruples" against certain "conscientious scruples" against certain kinds of newspaper necessities and she wanted to argue them out with every editor she talked to. She failed in her work and it served her right; not because she had "conscientious scruples," but because she aired them where she had no business to.

Don't Look for the Disagreeable.

Neither have your tastes any more place in your work. You will have to learn to de what you are told to do, and reflect that if what you are told to do, and renect that if you find the task insuperably objectionable, you have the largest liberty to give some one else the opportunity of trying it. Above all, don't always be looking for things to hurt your feelings. They'll come sometimes, and bruise you in every fiber till you'll want to put your head down in your mother's lap and cry like a little girl. But you must learn to distinguish between wounded feelings and wounded vanity. A woman cries nine times out of wounded vanity and once out of the wounded soul that calls for divinest soothing to heal. Let

that calls for divinest soothing to heal. Let your vanity smart all it will; it's good for most of us, for vanity is a kind of "proud flesh" of the soul that has to be treated with caustic to keep it from becoming an excrescence that will disfigure.

Another thing you will have to learn is to keep your word; to go where you'll say you'll go, and come when you say you'll come, and let the heavens drop if they will. But they won't—except in blessing on your head.

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