crown, and is lined with some milliner's fabric of green. Under its edge are sewed white lilacs, which fall over and cover the two larger fillets. At the back is a knot of

purple lilacs made by cutting one spray in two, with a bunch of green stems standing

upward, and black satin strings. At the front of the small fillet is a bunch of black

tips, with a little knot of velvet at its base.

Flowers will be used in profusion on the spring bonnets, but an occasional bunch of blue violets is about all that is seen of them yet. Instead of the drooping lilaes on this bonnet a similar effect is produced by over-

bonnet a similar effect is produced by over-lapping velvet ribbon ends, doubled and cut to wedge-like points, as shown in the

Midway between the small and the

rimmed bonnet the toque or turban still holds a place. One made of strung jet has two views of it given. An elegant toque bonnet imported for spring has its sides jetted and it is covered with a bed of violets

The Tam bonnets have endless variations.

Two views of a jet one are here given, as a

suggestion to the amateur who would try her hand at stringing jet. The crown and

they should be lined, and with some gauzy

Other Fashionable Designs.

fabric of plush.

Which Has Gained a Foothold in America to the Great Benefit of Systematic Charity.

THE PROTESTANT SISTERS WORK.

Characteristics of the Philadelphia Mother-House and Other Centers of Activity.

HISTORY OF A RAPID DEVELOPMENT.

Qualifications of Candidates, Their Rules of Conduct and Costumes.



NE of the noteworthy features of the woman's century is the revival in several Protestant denominations of the ancient Order of Deaconesses. The Protestant deaconess works in similar fields

sister; but takes upon herself no vows of the trained nurse or professional teacher in of sickness. that she does out of love and from religious motives what they do for hire or for personal advancement. Deriving her support, usually, from the church in connection with which her work is done, she is thereby relieved from all worldly care and solicitude, and free to devote her time and energies to her chosen vocation.

The Lutheran Church has taken the lead in this revival of woman's early work in the congregation, and Kaiseswerth, Germany, is the principal seat of the order. Thence it has extended to other countries and among other denominations notably the Episco palian (which also has the more rigidly organized Sisterhood of St. John), the Methodist, Presbyterian and even the Baptist. Philadelphia was one of the first American cities to welcome this Sisterhood, and the Mary J. Drexel Home and Philadelphia Motherhouse of Deaconesses is the first and probably the finest institution of its kind on the Western Continent. The Drexel Institution of Philadelphia.

This home is an offshoot of the German Hospital and was erected in 1866 by John D. Lankenau, son-in-law of the late F. M. Drezel, in memory of his deceased wife, Mary Johanna, who died in 1873. Beneath the roof of this beautiful building are gathered under one management four different institutions-a Home for the Aged, for which the building was originally designed, the Motherhouse of Deaconesses, a school for girls and a children's hospital.

Of the older probationers and Auxiliary

Sisters two or three occupy one room, while those who have recently entered the house are placed in two dormitories on the second and third floors, each of which accommodates nine. On the second floor are the sewing room and the sitting room of the Sisters, the latter containing a fine plane. There are 35 Sisters here in all, comprising 15 deaconesses, 14 help-Sisters and six pro-bationers, nearly all of German birth or parentage and members of the Evangelical atheran Church. Their garb is a neat,



Drexel Home and Motherhouse.

close-fitting dress of slate blue cotton, manufactured in Germany and very durable, dark apron, white collar and the Kaiserswerth cap which is the distinctive feature of the uniform. The dress of the Sister Superior is black and she wears in addition a black cape reaching to the elbows. The institution, which was incorporated in De-cember, 1887, is in the hands of a close cororation of nine members, who constitute the Board of Directors, four of whom, besides the rector, must be clergymen belonging to the ministerium of Pennsylvania.

The Candidates for Admission.

Only Lutheran women-widows without children or unmarried women-between the ages of 18 and 40, of unblemished reputa-tion and good health, are received as candidates. Prior to admission on trial every candidate must forward to the rector a certificate of baptism, the written consent of parents or guardians, certificate of pastor as to her Christian character, physician's certificate of health, testimony from the family in which she may have been em-ployed and a short sketch of her life written by herself. Among the probationers, if acceptable, she remains at least a year, wears the appointed dress furnished by the institute and receives practical and theoretical instruction. From the category of probationers the approved pass into that of help or sub-Sisters, in which they remain for two or three years when they are ordained desconesses with imposition of hands ne-cording to the form used in Kniserswerth, No yows are taken nor any salaries paid. Every Sister enjoys a beautiful and permanent home, receives sufficient pocket money and after ordination is entitled to the privacy of her own bedroom. She is permitted to leave the establishment once a year for rest or recreation, and in time of sickness as well of age is tenderly cared for in the

The Three Other Features The old people's home under the care of these Sisters is in the west wing of the building. Membership is limited to German residents of Philadelphia who are members of some Protestant confession, over 60 years of age and incapable of self-support. There are 36 inmates, most of whom are women. They have their own dining room on the second floor, while on the third floor is a pleasant smoking room for the old gentlemen, some eight or nine in number. The school for girls which was opened last year is a branch of the Deaconess Insti-

tute its object being to train and educate young girls, and especially the daughters of Lutheran clergymen, in the work of the female diaconate, and so gain some of them for the calling. Pupils are admitted at the age of 10 years. There are 37.at present in the school, which has accommodations for the school, which has accommodations for 50 and is under the immediate control of the rector, the Rev. A. Cordes, of Hamburg. United States Consul Charles H. Meyer is chairman of the School Committee.

The Children's Hospital occupies the first floor of the west wing, with accommodations for between 50 and 60 children. Two hundred and thirty-two patients were received during the past year, 40 being ac-eident cases, while in the Children's Dispensary adjoining 1,324 general and 221 special cases were treated.

The German Hospital is oldest buildoriginally intended for German immigrants, many of whom reached this port in a very many of whom reached this port in a very destitute condition. In 1881 the co-operation of the church was secured by a change in the charter, and the way was opened for the deaconesses. Four of the sisters are

the introduction of deaconesses from Germany, where they had already proved their value and efficiency in similar work.

An Importation of Sisters.

After several ineffectual attempts had been made to induce Kaiserswerth or some other large Motherhouse in Germany to give up a few Sisters to the American work, a correspondence was opened through Consul Meyer with a small community at Iserlohn, which resulted in bringing the Iohn, which resulted in bringing the Superior and six Sisters over here in the spring of 1884. These pioncers in the deaconess work in Philadelphia were Sister Superior Marie Krueger and Sisters Friederike Wurzler, Wilhelmine Dittmann, Marianne Kraetzer, Magdlaine Von Bracht, Alma Kohmann and Pauline Loeschmann.

The hospital has beds for 150 patients, but has frequently been obliged to make room for many more. Eighteen Sisters are employed as nurses under the immediate charge of Sister Emma, while Sister Wanda Von Oerizen, the present Superior, has the general care and supervision. This hospital was one of the first to admit a female practitioner-Dr. Marie L. Bauer-on equal terms with other members of the staff. Two-thirds of the nationts are men, and the male wards are always full. Among the donations received during the past year is one of 500 marks from Emperor William II.

Not only are the deaconesses employed in the hospital and other institutions con-nected with the Drexel Home, but also in parochial work among the sick and needy. The parish Sister is called by the congregation, lives in its midst, stands under the pastor's authority, and works hand in hand with the Woman's Aid Society among the poor, the sick and the neglected. The exand after similar ways with her Catholic penses of her board and lodging are defrayed by the Deaconess Association of the parish, sister; but takes upon herself no vows of which likewise pays \$100 annually to the cellbacy, and is in no sense a recluse or a Motherhouse, the Sister receiving thence nun. She differs, on the other hand, from her clothing, pocket money and care in case

Healthfulness of the Calling.

The Deaconess House at Kaiserswerth, the one longest in existence states in its fortieth annual report: "It must not be supposed that the deaconess' calling, labor-ious as it is, tends to shorten life. Fortyone sisters are now lying in our graveyard. Only seven of these, who brought with them the seeds of consumption, died before their 30th year. Two lived to be 80. The aver-



Lutheran Deaconesses in Costume. age age of the 41 was 40 years," The Deaconess House at Stuttgart, after an experience of 25 years, states that of 232 sisters, only 25 have died, and the House at Altoons established 14 years ago and having 56 Sisters, has not been called upon to mourn a single death. A review in 1876 of 40 years' experience shows that of 940 consecrated Sisters 418 left the institution for various reasons. Seventy of them returned to their parents and 129 were married.

The Day Nursery on Cayuga avenue, Germantown, is one of the most interesting features of the deaconess work in Philadelphia. It was opened last year for the care of children between the ages of four months and four years whose mothers are obliged to earn their living away from home. Interest to earn their living away from home. Interest probationer admitted. Sister Elizabeth being called away to establish a second Home in Minnespolis. received, I was told. A fee of 10 cents a day is charged for each child for whom food, care and necessary clothing are provided during the hours of the mother's absence The nursery is a large, pleasant room, where I found, one morning, nine little ones, ranging in age from six months to six years. Four babies, two of them girls, were seated in high chairs all in a row, while five ones, all boys, were gathered around a low, round table.

The Little Folks at Dinner.

At about 11:30 the deaconess in charge, whom the little ones all address as "Sister brought up the dinner, which consisted of cabbage and potatoes for the five little fel-lows at the table who could help themselves, and mashed potatoes and eggs for the bables in the high chairs, followed by corn starch pudding for all but the youngest, who was comforted by a nursing bottle of milk. The children were, most of them, chubby and healthy looking, while several had beautiful eyes and were quite pretty. None of them understood German, so the deaconess had to coax and comfort them in her broken

After eating and drinking to their evident satisfaction, the youngsters were taken into the adjoining dressing and bathrooms, where they were washed and tended by the motherly hands of the deaconess. A basket and box full of playthings had been brought out of the corner for the five older boys, who, seated around their treasures on the soft rugs that covered the middle of the painted floor, were busily enjoying them-selves when I came away after an hour's amused contemplation of their pranks. The work of establishing a Home for Methodist Deaconesses in Philadelphia was undertaken in 1889 by the Women's Home



Methodist Deaconesses in Costume

Conference. The Home, which was dedicated February 20 of last year, is at present in a rented house on North Sixteenth street. and has no income but voluntary contribu The rooms are furnished by the different M. E. churches of the city; there are no severe restrictions, and the six sisters here at present, including the Superintend-ent, Mrs. E. V. Price, form a pleasant fam-

ily circle. Work of Methodist Desconesses Their mornings are devoted to study and their afternoons to practical work. Each has one afternoon a week to herself. Some of the sisters pay their own expenses, while others receive their board and a monthly allowance for clothing. The street garb con-sists of a black dress, long black cloak and small, close-fitting black bonnet with broad white strings. The house dress is plain and first and is still the principal field of the deaconess' work in Philadelphia. It was neat, but has no distinguishing features. Two classes of deaconesses are to be trained to the deaconesses are

now doing parish work for the churches; one of them has lately had charge of six or eight industrial schools. The Italian Mission and the Home for Immigrant Women



Sister Superior Drexel Home, must be members of the M. E. Church, between 23 and 40 years of age, and must pos-sess the rudiments of a common school edu-cation as well as a physician's certificate of good health. All applicants are received on three months' trial, and must serve on probation for not less than two years before being fully qualified for the office of deaconess. No vow is required, and any one is at liberty to relinquish her position at any time. Ladies whose home ties do not allow them to enter fully upon this work can give a portion of their time, their labor or their means to it and be known as associates. No salaries are paid and none may solicit money unless duly authorized. All donations and noney received where service is rendered are paid into the treasury of the Home. There are in this country 22 homes for Methodist deaconesses, seven being under the supervision of the Woman's Home Missionary Society. The Lucy Webb Hayes Memoria! Home at Washington, D. C., is the national home and training school for

these deaconesses. Norwegian and Episcopal Houses. Through the efforts of the Swedish Nor-wegian Consul in New York, Mr. C. Bors, and the Seaman's Missionary in Brooklyn, Mr. Carlen Hansen, the first Scandinavian deaconess house in America was established in Brooklyn. Sister Elizabeth Fedde arrived here in 1883, forestalling the Phila-delphia Sisters by one year. In 1885 a two-Home in Minnes enced deaconesses arrived from Norway in the spring of 1889 and took charge of the work in Brooklyn. A hospital with beds for 33 patients and a deaconess house at 441 Fourth avenue have been built at a cost of \$15,000. The property is owned by the Nor weginn Aid Society, with Consul Bors as its esident. The institution is Lutheran, but without official connection with any church body. The Sisters wear the prescribed dress and have six probationers. They devote themselves to the care of destitute Norwegians in New York, Brooklyn and vicinity

ogether with hospital and Sunday school work in the institution. New York and Philadelphia have each an Episcopal deaconess house, both established last year. Deaconess Homes, Lutheran, Methodist and of other denominations, have also been established in Boston, Syracuse, Buffalo, Detroit, Chicago, Cincinnati, Omaha, Denver and elsewhere, and the order seems to be rapidly gaining in num-

ALTONA A. CHAPMAN.

### WHALEBONING A BODICK

A Secret of the Dressmaker That Will Re-Joice the Woman Who Sews. Said one woman to another: "How is it that your gowns never drag and wrinkle at

the waist, nor get shiny along the seams, as mine do, while they are good otherwise?" The answer was laconic. "It's all in the bones. Not one person in fifty knows how to put them in properly. But therein lies half the secret of tailor-made elegance. It was my dressmaker who made me so wise. Her inside finish rose to the rank of high art. To begin with, she chose soft, firm lining-silk or cotton-allowed generous seams which, after fitting, she cut to a uniform breadth of three-quarters of an inch. and notched to within a quarter inch of the seam side. Then they were thickly overhemmed with fine neat stitches, using silk thread, the color of the stuff. Binding she

voted clumsy and destructive to a perfect

fit. It certainly does take away all elasticity from the edges.

"Boning, though, was the most difficult point. She would have nothing but the very best whalebone, which comes in two-yard lengths and is tough and pliant. This she soaked in tepid water for 12 hours before putting in. Then you could sew through and through it at each end, and all along its length without either breaking a needle, losing your amiability or splitting the whalebone. The casings were of silk stay-tape, sewed on quite full, and held so that the seam came exactly under the middle of it. At top a finger-length was left loose. Beginning at the back seam she cut a bone long enough to reach from two inches below the waist-line to the level of the lower shoulder blades. This was pushed into the case and sewed through and through at the bottom. Then pressing it so that it took almost a crescent shape, she sewed it through and through at intervals of two inches, all the way to the top of the two inches, all the way to the top of the casing. Then it was sewed extra fast, leaving about three inches of its length loose from the bodice. Over this the loose end of stay-tape was neatly sewed. All the other seams were treated the same way. The bone in each had three inches free at the top. When all were in, the waist almost trood alone. Upon featuring it the carrier is the carrier of the carrier in the

stood alone. Upon fastening it, the curves took the shape of the body, without being the least in evidence. And the fit they gave was a joy forever-never a wrinkle, a

Firs—All fits stopped free by Dr. Kline's Great Nerve Hestorer. Ko fits after first day's use. Mar-velous cures. Treatise and \$2.00 trial bottle free to Fit cases. Dr. Kline, 331 Arch st., Phila., Pa. 8u WE pack, haul, store, ship, alter, repair, efinish and reupholster furniture.

HAUGH & KEENAN, 33 Water street.

FASHIONABLE BONNETS.

w York Can Make Them Now as Well as Paris-Who the Designers Are-Many Colors and High Prices to Reign-The Materials. [WRITTEN FOR THE DISPATCH.]



Tis claimed with show of reason that as elegant bonnets are made to-day in New York as in Paris. We bave the same materials, the same workwomen, and-within limitsas exacting a public. Our skilled bonnet makers are Parisiennes trained in Paris workshops. They are ably seconded by Irish women, who by descent possess the purely ar-

tistic temperament. Moreover, there is found here and there, in charge of our important establishments, American women of education, refinement and character, who are studying their subject with seriousness. Between them all the American bonnet is in good hands. It is said that the spring bonnets will

mingle many colors, as none but the most "Frenchy" bonnets have ever done before. By this we are to understand that where we have been content with one, or at most two, have been content with one, or at most two, very raw tints, we shall have such a mingling as will constitute color in the true sense of the word. This will, it is prophesied, make the best bonnets higher in price than ever, because only a milliner with art knowledge, or with true art instituts, will be able to produce these color based with a such chill and shifter is reasonable. harmonies, and such skill and ability is rare and costly. Requires the Exercise of Taste.

Such an outlook adds another to the many reasons why women in general should learn something about the cround princi ples of decorative art. On this line it will learn something about the ground principles of decorative art. On this line it will be but too easy for ignorant milliners to produce crude results, and one should be able at least to tell whether the motley she wears makes a fright of her or not.

However these things may be there is no doubt that the bonnet shapes of the coming

However these things may be there is no doubt that the bonnet shapes of the coming tween them and the hair, but for elegance season have been to an extent dictated by taste and a knowledge of forms. It would taste and a knowledge of forms. It would be early to talk of spring headwear were it not that the reflex influence of it is immense on the bonnets being 'made and worn at the present. But in order to buy or make a bonnet intelligently late in the season it is necessary to look forward and understand the important elements of the coming season. This is what the leading milliners do, and this is the knowledge the amateur must have if she will make her own chapean. must have if she will make her own chapeau successfully. The Two Styles of Forms.



face, an effort so becoming to some and so liked by youthful faces. The first are very small. They are slightly neaked small. They are slightly peaked, man-darin fashion, a little back of the center, or else they are of three fillets of graduated size, tied together at the back. The second has for its motive the Tam O'Shanter. Its crown is low and flat and is properly not a The inside edge of this piece is raised, giving a slope to the outline. Fill in the back crown at all, since it does not set down onto the head. It is more correctly a knot or center, from which the brim issues and falls in a charming succession of flops and flares round the face. The width of the rim is from 21/4 to 4 inches, and it narrows toward the back, where it is usually turned

ap against the crown. These forms in their best estate are elementary and good. If we sought proto-types we might fancy for one a plantain leaf with its stem curled up at the back, and from the other a single piece of fabric tied up in the middle, to make it fall over and protect the eyes. If only the milliner would be content. If she would not build them up out of recognition with her picots and her pompons.

The Material of the Bonnets Spring will see these shapes made up in fancy straws of yellow, white, gold and silver, the importations showing a great excess of such braids over the plain ones. At present the materials are velvet, ribbon, lace and jet. Jet is on nearly all dress bon-nets and will be a chief feature in the spring. Frames made of wire strung with jet beads and nail heads are now popular



and will form largely the demi season wear The prices for these range from a dollar and a half upward. They need very little trimming-some thin black texture laid underneath, a rosette, a bunch of tips and ends. One of the best things about them and other bounets of the moment is that they can be made almost as easily by the amateur as by the professional. The jet frames themselves can be made at home, with a little ingenuity

A characteristic jet bonnet of the small type has black illusion pressed under for a lining and gathered into a ruffle, which projects round the edges. At the back is a pompon of black tips, with a bow of violet ribbon at its base. In front 18 a tiny bow of black velvet ribbon that may be ex-changed for a bunch of blue violets. Vio-lets are much used on black hats. The strings are of black satin. Character would be added to this bonnet if the outlining wire, instead of being jetted, should be wound with black velvet ribbon.

A Very Sensible Model. Of the fillet framework and its fashion-able treatment, we have a good model in a choice pattern bonnet prepared for spring. The fillets are wound with black velvet ribbon. The smallest one is utilized for a

the back carry up the height. Face the rim an inch deep with black velvet, and over it fit an open-work jet piece made on wires, nearly three inches deep.



with a knot of the crape and a loop or two of black velvet ribbon. Add strings of

Bonnet strings have been narrow for some time, but broad streamers will be on spring bonnets and hats, both large and small. They reach below the waist and part way down are caught together with a rosette. Jet ornaments will be very much used. As they also are made on wire there is no reason why a woman with a little knowl-edge of design should not make her own.

A PACT ABOUT REAL LACK

The New York Appraisers Say It Must Have the Bexagonal Mesh. A curious question has been settled by

the Board of Appraisers of the Custom House in New York. The question is as to what constitutes lace. This is the decision they set down by the light of which any voman will be able to tell at once whether she has true lace in her possession or not.

The one characteristic of lace that distinguishes it from all other fabrics lies not in that may be of silk or of linen or of cotton. Neither does it lie in the decorations that are wrought upon it because the same needle-work is often put upon other fabrics. But the one characteristic of lace—the real laceness, so to speak, lies in the way in which the net itself is woven. "The hexagonal mesh," says the report of the authorities, "is the essential feature, as it is the distinguishing characteristic of lace, the process of its formation being akin to knitting, as it is the antithesis of weaving."
This makes lace of all the nets used for

gowns or trimmings, if they have the open work structure. Chiffon is not lace, but fish net and Brussels net are. Tulle is lace, but are properly lace veils, except the grena-dines, which are not, no matter how heavily they may be edged.

FOR sprains Salvation Oil is the best, 25

FOR HEALTH AND COMFORT.

hirley Dare's Answers to Questions on Hygiene-Danger in a Fimply Nose-Helen Watterson's Suggestions-Cooking for the Sick-Old Age. Among the questions sent by readers of and names to a more or less marked de-

ing she has deemed worthy of attention: Lilith-She is not 22, and is troubled with inflammation in the nose, showing itself in disagreeable little pimples in each corner and on the tip.

The pimply noses, when the rest of the face is perfectly clear, mean mischief, internal inflammation and depravity of blood. One does not feel like passing such things lightly after seeing women with the end of the nose eaten off by uleers which began have taken this case seriously if I had not lately twice seen such instances in welldressed, well-appearing, middle-aged women, going about with a bit of white rag on the nose illy concealing the ravages of disease. The time to insure against such miseries is in early life, and Lilith is fortunate that the vexatious little pimple on her nose has called attention to a state of things which fiddlefaddle clubs women adore, where they attend to every subject but the indispensable one of hygiene. They would find no subject so absorbing if once rightly entered upon. It is not possible to advise with mere mention of a single symptom. Probably the first thing needed is dosage with Epsom salts in hot water every morning for a week the food to be extrals covered brown. a week, the food to be cereals, coarse brown bread, fresh lean meats, (not pork, which may account for the pimples alone), no salt meat or fish, and plenty of vegetables which contain sulphur, turnips, fresh cabbage (uncooked), cresses, cauliflower, with mustard and horseradish as relishes. Baths twice a week or oftener, hot fomentations to the regions of the hips, front and back, and warm dressing for the lower limbs from the hips down are indicated, to avoid congestions. It has lately come to light that much of the backache and inflammation which reflects upon the face among women is caused by nether garments which shrink,

leaving a sensitive part of the back ill-pro-tected. Lumbago, spine trouble, chronic colds and a number of others are traced to this defect.

Daisy B.—She is too stout, although she usually takes but two meals a day and does not eat very much then. She desires to know the best diet, and whether lear meat is fattening.

supplying the nervous stimulation they need. Leave out the cereals, rice and pota-toes as regular articles of food, and take green vegetables, saiads and fruits with the crust of brend. Coarse graham brend, from which no part of the wheat has been bolted or removed, is an indispensable corrective for stout people, but it should be hardbaked or toasted. Spiced food may be indulged in by such persons more freely than by others. Milk is forbidden, coffee and ten are allowed but not cocoa of chocolate. All fermented liquors must be let alone strictly, and the brend for corpulents is better made with baking powder than yeast. Well ventilated, sunny rooms with good fires and dry cellars and air oxydize tissue so that it is used up, instead of clogging the body. Hot ammonia baths—one teaspoonful of liquid ammonia to twelve quarts of water—cleause and stimulate; and once in a month or six weeks an old-fashioned dose should be taken of cream and tartar and compound powder of jalap, which is much kinder to corpulence than the obesity waters, so much advertised.

Theika—Please tell me how to cure red, weak looking evelids and an overly sensitive lachrymal duct.

too, sparing her old mistress physical exertion, she prevents much wear and tear, and so prolongs her life.

Then, too, the maid affords the old mistress a great deal of society; for age is not so fastidious as youth, and the busy chatting that may be heard going on when they are together shows how useful the younger person is in that respect and how much pleasure she gives. And as age is apt to be garrulous and in that respect tiresome, this maid acts as a breakwater against any tor-

It is out of the question to risk advice on such slight particulars. The age and tem-perament of the person, general condition, the use of the eyes, the duration of the trouble should all be considered. It it is a transient inflammation apply rose water, with borax the size of a common solved in a half pint; keep the lids wet as often and as long as possible. An old remedy for inflamed lids is the pulp of a tender apple with resewater; this is bound on the eyes with old linen. Another quaint method was to cut a thick paring of juicy apple and bind the cut side on the lid. Red eyelids and watery eyes, from impurity of blood, call for alterative medicines and horough treatment.

Odds and Ends of Hygiene. Under the heading "Bodity Comforts," Helen Watterson writes to THE DISPATCH

as follows: You who are so fortunate as to have as late in the winter as this some rich eider, well preserved in casks or demijohns, are counseled, when drinking it, to try the single addition to its fruity body that will improve it, namely, fresh Apollmaris water. The better way is not to pour the water into a glass until it is about a third full, and then pour the cider into that and stir it a moment before drinking so as to get the carbonic acid gas quite through the body of the cider. Not only is cider mixed thus with Apollinaris more healthful, but it is as leasant as champagne, with none of its un-

pleasant after effects.

A little cold sometimes settles in a single sensitive tooth, resulting in an inflamma-tion which causes extreme tenderness and pain. This is particularly liable to happen to a tooth in which the nerve has been destroyed and is the usual cause of the ulcera-tion that results often in the loss of the tooth. If, when the first soreness comes, the following course is pursued, the effect is often magical: Dip a small camel's hair brush into a tincture of iodine and paint the gum lightly all about the root of the tooth. Keep out of the cold and draughts, and in six to ten hours paint again. But the like-lihood is that before that time comes the soreness will quite have disappeared.

The reason why vomiting in infants is so easily accomplished, while the same act in an adult is accompanied with so much pain and difficulty, lies in the difference in the shape of the stomach in each case. The human stomach, as is well known, is a coninuation of the muscular tube called the esophagus. Now a baby's stomach is little more than a slight distention of this tube, with the axis of the stomach nearly in the same line as the axis of the esophagus. Any contraction of the muxcles of a baby's stomach, therefore, will push the contents back into the esophagus without pain. With adults this is not so, because with growth the shape of the stomach has greatly changed. It is pear-shaped when full grown, a body convex in outline and lying lengthwise across the body, with the esophagus opening out of it at the upper end of the less curved side. To get the contents of the full-grown stomach back into the œsophagus is, therefore, not an easy matter, and a much more violent action of the muscles is necessary to accom-plish it. This it is that makes the pain and discomfort attendant upon vomiting in an adult, while a baby, bless its tube-shaped little stomach, can part with its

shaped little stomach, can part with its food without pain.

Many persons find that they can't eat English walnuts without following discomfort, and as English walnuts are very good eating indeed, these persons are divided between lamentation if they eat them, and lamentation if they don't. An English physician (who should certainly be an authority on English walnuts) says that the indigestible part of the kernel lies, not in the meat, but in the thin skin that surin the meat, but in the thin skin that sur-rounds it. If this is removed people can eat them freely without distress. The pro-cess of blanching, which means simply

plunging them into boiling water for a few minutes, will loosen the skins so that they may easily be slipped off. If to these planched meats a pinch of salt be added the

minimum of danger is increased with the maximum of comfort because the nuts really are improved in the process.

B. W. Riebardson, the eminent authority, has been making a study of the effect of the odor of flower. odor of flowers upon the human system. The most curious effect is that the heavy odor of lilies, Mr. Richardson says, are most unhappy. "I have never known a single instance," he testifies, "in which the odor of lilies did not produce depression and pouses to a more or less marked de-

Cooking for the Sick On-s.

A lady physician writes THE DISPATCH as follows:

There should be in every house a pair of small porcelain-lined kettles sacredly kept for sickroom cookery. While a broth might be made in the gruel kettle, a delicate porridge would take to itself the slightest of meat flavors and odors. The "burning down" of food and the "chipping" of the lining, accidents which sooner or later befall with a little pimple. Possibly I should not kettles in constant use, make them wholly unfit for sickroom service. A fresh rinsing with boiling water immediately at the moment of rinsing should always be given. The rims, bails and ears of these kettles should receive the closest of scrutiny: the brush should be vigorously applied at every washing, and the drying cloth be immacu-late. In a fine house, where the crystal and silver shone like sunshine, I once saw a gray shred of dishcloth clinging about the ear of

called attention to a state of things which a saucepan in which sago was cooking for a might develop in rodunt ulcer or worse. fastidious invalid. She must begin at once to study health as she would English literature in one of the of cold water to a pound of meat, which should have the bone crushed but not re-moved. Bring it to a quick boil in order to throw up the scum. Skim very clean; then set where it will only barely bubble for three hours. Then strain the broth away from the meat, which should be found "cooked to rags." Wash the kettle and return the broth to it, and add sait delieately, as the taste of a person in illness is usually for more sensitive to seasonings than when in health. Let it come to the boiling point and strain again. If the condition of the patient demands it, take off the fine particles of fat by laying a fresh blotting paper or a folded napkin upon the surface for two or three seconds. Serve in a warmed bowl. For gruel bring a pint of water to a sharp

boil. Meanwhile be stirring two table-spoonfuls of either oat or yellow cornmeal vigorously in half a pint of cold water. Let this settle for half a minute, then dip off the liquid and add it to the boiling water, stirring well as you do it. Take care that none of the solid particles go in. Add a very little salt. Boil for ten minutes and serve hot.

A Comfort to Old Age.

The following comes to THE DISPATCH rom Margaret Ford: There are few things that give an elderly Lymphatic persons, slow, pallid, unen-ergetic, tend to fatness whether they eat less or more, above starvation point. Lean meat and fish are the best food for them, as whenever the circumstances of a family make it possible it is a wise plan to allow the old mother, grandmother or aunt this luxury; and sometimes it is wise to do so even at the cost of considerable pinching in

other matters.
With age there always comes an amount of weakness that causes a thousand things to be felt as difficult and almost impossible efforts, but which with a maid at command would at once be accomplished and yield their full amount of pleasure.

This maid runs the desired errand, does

the little shopping, takes on herself the litting, the managing, the fetching and carrying. She reads the daily paper or the new book, fills the gaps of a life where sunny rooms with good fires and dry cellars are very necessary to stoutish persons who fatten like Strasbourg geese in close, dull air and grow dropsical in damp houses. Sun and air oxydize tissue so that it is used up, instead of clogging the body. Hot ammonia laths, and transported of liquid ammonia laths.

> rent of talk for the rest of the household It is not the household, however, but the old member of it that is to be considered, the experiment, will find that it is fertile in happiness.

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KITCHEN CHEMISTRY. Scientific Explanation of the Action of Soap Upon Grease.

THE KIND OF CLOTHS TO USE.

Hot Water and Sunshine as Exterminators of the Microbes.

THE BREEDING GROUNDS OF GERMS

[WRITTEN FOR THE DISPATCH.]

Every cloth used in the kitchen should be neatly hemmed and have a tape loop for hanging it up. Dish towels must be of lines, but for dish cloths nothing is better than cheese cloth, four thicknesses quilted together. This material is also good for dusting cloths. For the cleaning of paint and floor use a heavier linen, but of good absorbing quality. Several sets of these cloths should be kept on hand in a special drawer; this is a necessary step toward good housekeeping. Servants, like children, are easily made orderly if order is made easy.

When a cleaning cloth has been used it must be itself cleaned—but how?

A rinse and a squeeze is not enough. Kitchen dirt is always largely mixed with grease, and grease must come in contact with a substance of alkaline nature-as soap, soda or ammonia-before it is removable by water. To be sure, the chemist uses benzine, alcohol, chloroform or ether to dissolve fats, but for us of the kitchen these agents are both too expensive and too dangerous. We, too, however, are chemical manipulators, and in nothing more surely than in the processes of cleansing.

The Re-Agents of the Kitchen. Our grandmothers kept things sweet and wholesome on the farm with soft soap and lve, and for us the hard soan of commerce performs the same work. With all the researches of the laboratories and the boards of health, soap, hot water and sunshine still hold their place in the front rank as cleaning agents, and the finest chemical tests have their rival in a good nose. To understand just how soap acts on grease, is to know what was a mystery to even the scientists a half century ago. Like many other homely processes, it is by no means simple, but the main points in it we can readily understand.

Let us half fill two classes with hot water and pour into each a few drops of any kind of oil. We shall see that the oil swims on the surface and does not mix. Now into one of the glasses drop a teaspoonful of soap shavings and stir it till it dissolves. Soap shavings am stir it till it dissolves. Soap does not, however, really dissolve in water as salt does; the water is more or less tur-bid, for the soap, giving off some of its al-kali to the water, becomes itself a less solu-ble soap. The freed alkali unites with some of the fat to form a new seap, which, to-gether with the less soluble soap above menloned, serves to envelop the minute parti cles into which we have broken the fat by

beating.

This condition of the oil, in which each minute globule is coated with a film of soap, is called an emulsion; and the oil is in exactly the same state that we find the fat globules of new milk, only that the coating then is easein. We know how easily milk, when spilled on a fabric, can be washed out, leaving no stain of fat, and so with this oil and soap mixture, but if either this or the milk be allowed to dry into the fabric each particle of fat will lose its protecting envel-ope and remain as grease. Hence the importance of rinsing out the scapy wate from a cloth that has been washed in it. The soap holds grease and dirt in the form of an emulsion, and all will go together with rinsing; but if allowed to dry into the cloth we shall keep both soap and dirt, as

the dingy hard surface of the cloth will bear witness. Sodn, or sal-sods, as a cleansing agent, needs a word of explanation. Here we have the alkali only, which, as soon as it is dissolved, unites with part of the grease and forms a soap which then acts as soap on the rest of the grease. Dissolve a little soda in hot water and add oil, as we did to the soap solution. On shaking it well, we have a liquid so closely resembling milk in ap-pearance that placed side by side we could not tell one from the other. If we pour this out we shall find no greasy deposit on the side of the glass; every microscopic globule has been safely coated with the

soap, and so carried off by the water. Killing Off the Microbes,

It is best, however, to use our alkali to the form of soap already made; it is in a milder and less corrosive form, and it is more under our control, being dissolved on a little at a time as we need it. Sal-soda is very useful for rougher cleaning, and to precipitate the lime of hard water. Hot water is the natural co-worker with

scap in these deansing processes. It not only increases the solubility of the scap but tall man's head, kills these ever-present microbes whose is of camins wood —a lovely lightish brown in color —with dial figures inlaid in Dry they must be when they are put away; for warmth and moisture being provided, the microbes always ready in the air will grow. Gangrene in the mop will not bring sorrow to the family if it only stays in the

mop, but these germs have a way of spreading and it is a very troublesome way.

The closed cupboard under the sink possesses all the qualifications for a first-class breeding ground for bacteria; and since to keep it as it should be kept is too much to expect of human nature, at any rate of hur ried, overworked human nature, it should be banished from the kitchen. If, as we have said, the kitchen cloths are really cloths and not "rags," they will be treated with more respect, and if kept clean and duly hung in place, they are not unsightly.

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