A HEATHEN COMFORT.

The Pretty Japanese Beauties Do

Not Need Foreign Fashions.

MISSIONARIES FROM THE ORIENT

Are as Necessary for American Women as

Cur Workers There.

DIRECTIONS FOR MAKING A KIMONO

(WRITTEN FOR THE DISPATCH.1

In a few shops in this country, namely,

the real Japanese shops, not the sham ones,

where anything from a hat-rack to a tea-

cup that has lizards and a moon and a pa-

goda painted on it, is called Japanese-in

the real Japanese shops can be found for

sale the every day garment of the Japanese

women, the kimono. And if American

women had half a chance to buy and try

this graceful, deliciously comfortable house

robe, the cause of missions in Japan would

receive a decided check. No woman would

subscribe anything toward enlightening

these comfortable, artistic heathen on Eu-

The kimono is a loose, wide-sleeved robe,

made in a single piece and in any

kind of material from cotton creps to the

richest brocade. When worn it looks

like this, on the wearer. The one I know

An American in a Kimona

hest and love most is made of cotton crepe,

white with sprays of blue hawthorn all over

it. The making of one is fascinating, first, because you can't possibly see in putting it

together how it's ever going to come out, even a pagan gown like this kimono, and second, because there isn't any cutting or planning whatever and, if you make yours as the Japanese women do theirs, only the longest kind of basting stitches with stous thread

This is how you must set to work to make

Cut two pieces of cloth each 14 inches wide and 4 yards long. Now study the diagram carefully for a few minutes. Here are the two pieces laid side by side. Never mind the square ears at the side; they will be the sleeves when we get to them. Sew together the two sides marked B, D, for half the length of the strip. Then take the scissors, and at the point where you stopped sawing cut each breadth half way cross. This makes the neck when properly manipulated. Fold the triangular piece, lapel-wise underneath

the neck when properly manipulated. Fold the triangular piece, lapel-wise underneath, leaving a V-shaped opening for the neck.

Now double the entire piece of cloth and, joining the two points marked X to the two points marked Z, sew these side seams to within 20 fnones of the middle fold. Leave that space for the sleeve. Now take

ropean fashions and Worth gowns.

Contributions to the Culinary Art by the Boston Philanthropist, Edward Atkinson.

WHAT HE DID FOR A VILLAGE.

The Economical Appliance of Heat in the Kitchen One of the First Problems to Be Folved.

PEOPLE SLOW TO SEE GOOD THINGS.

Octave Thanet's Recipes for Vegetables and Emma P. Ewing's Points on Bread.

(WEITTEN FOR THE DISPATCH.) A series of articles dealing with the scientific phase of cooking has been secured by THE DISPATCH from Edward Atkinson, of the benefit of his many years of disinterested study. The first appears to-day. Of this article and its author Helen Watterson

writes as follows: No one in this country, no one in this whole world, probably, has given more years to the study of food from a scientific kinson, of Boston. Mr. Atkinson has sure- found. ly written more helpful lines for housekeepers than most housekeepers have ever read on all household matters put together. And as if that were not enough, some time ago Mr. Atkinson invented a cooker. And as if that were not enough, some time ago Mr. Atkinson invented a scientific cooker. Of this he says humorously that at first it was not a success because he made no attempt to make money out of it by patenting it. It appeared that nobody wanted an article that nobody else was trying to make money out of. Failing to get people to buy It for what it cost him, Mr. Atkinson



tried patenting it, and it now sells for a fair profit on what it cost to manufacture it, and the "science of victualing," as Mr. Atkinson calls it, gets the benefit, as every cent of profit from his cooker goes into the development of this subject.

In the first paper-which I have read with much pleasure-Mr. Atkinson tells how he -a busy man in active business-came to study this subject and how the invention of the cooker came about. It is amazing and not altogether amusing to see certain facts down here, as Mr. Atkinson sets them down, scientifically and logically. Two facts are of special importance. Mr. Atkinson says, in the first place, that we haven't yet found out how to get the maximum of heat out of the minimum of fuel; second, that we haven't found out how to duce the most nutritious and pleasing chemical results.

Now, in view of the fact that the human race has taken its ability to make a fire and cook its food so seriously as to make this ability the mark of differentation between the human race and animals, this is somewhat discouraging. It is, if all this be true, time we knew it and set about better wave-time we all knew what Mr. Atkinson has to tell us, and time we all put it into

COOKING IN A PINE BOX. Edward Atkinson's Novel Work With

Homely Materials-Couldn't Get Overworked Wives to Look at His Inventio -What a Coart of Oil Will Do. I WHITTEN FOR THE DISPATCH.

I was led to consider the right use of food many years ago when charged with the welfare of a village of some 2,500 people, who depended wholly for their subsistence upon the operation of a factory of which I was the treasurer. It was during a period when it had become necessary to work the mill only four days a week. At the end of the year in which I undertook to deal with the elements of living, many of the operatives assured me, through my agent, that they had been better off on four days' earnings than they ever had been before on six.

When affairs were restored to their normal condition I dropped the subject for a long time, until one day I was passing over a building which I was expected to insure when I witnessed, at 12 o'clock, noon, the opening of the dinner pails of the men who were building the factory. The display of cold victuals led me to determine that I fry as usual. would invent a cooking pail which the workmen might charge with food material when they left their houses and take to the place of work; by lighting a little lamp attached to it, at 12 o'clock they would find a hot dinner ready for them, wherever they might

That invention is completed, but is waiting for the further perfection of some of its details before being put into use. This work led me to deal with the right application of heat to food material. I then found out that while there were many treatises on the nutrition of beasts, and while one might find in many places the right instructions for feeding trotting horses, fattening hogs, putting meat on the boues of beef ers," or how to produce wool on the back of sheep, there was no popular treatise giving the right instructions for the nutri-tion of a man.

I found scientific treatises from which the

unlearned might gradually learn the function of food in the human system, but one might as well expect the high heat of fever to work the right assimilation of food material in the human body as to expect the high heat of a cooking stove, under ordinary conditions of use, to work the right prepar-ation of food for human consumption.

The problem presented was first to derive the heat from the fuel that could be completely consumed without the need of a strong draft through or over the oven. Materials which are subject to complete com-bustion are kerosene oil and illuminating

Imperfection of Coal Stoves,

Had Count Rumford been in possession of these materials he would have accomplished his whole purpose, and might have invented the appliances which I have now in part perfected and may soon complete. The imin which coal is burned is found not only in the strong draft necessary to light the coal, but also in the fact that after the coal is well

ginning, so as to seal up the juices within, but after that should be continued at a much lower degree until the whole joint or cut of meat be thoroughly cooked.

It stove makers would give the matter nore attention, it is conceivable that an iron stove might be made, in the use of which the heat could be regulated and adapted to each special purpose. The stove makers are, however, obliged to meet the demand for quick work, which is almost invariably bad work in cooking. Introducing Right Kind of Methods.

In dealing with the problem myself the first step was to find out a way to apply the heat to the food recentacle without any direct communication between the source of heat and inside of the receptacle, oven or vessel in which the food is placed. That is a very simple matter, if you only know how to do it. The ordinary stoves overcook or burn, dry up or dessicate, and, in the common practice, spoil most of the food that is cooked in them. The right kind of a stove stops the evaporation in great measure even of the water in the food. The right kind of heat in such a stove renders tough means tender, saves the flavors, and may be so up-

There are degrees of stupidity, but the maximum is seldom attained. There are, however, very great obstruc-tions in the way of introducing the right THE DISPATCH from Edward Atkinson, of method of gooking into the domestic Boston. In these he will give the public kitchen; notably the inertia of woman and the combined inertia and obstinacy of

plied as to make the maximum of stupidity necessary to work any injury to the food.

Cooking in a Pine Box.

My first undertaking was to put some heat into a pine box by way of a column of water, then put the food into the box in suitable cooking vessels and leave the heat to do its work. Pine wood is one of the and economic standpoint than Edward At-kinson, of Boston. Mr. Atkinson has sure-found. I devised a method of heating water with a kerosene oil lamp in a copper chamber corresponding to the water back of the common kitchen range. I put this heat into the pine box by way of some pipes, the box being lined with metal so as to prevent leaking. In this pine box I subjected several kinds of food to the simmering process I tried everything without failure, even when I dealt with an old goose warranted to be as tough as anything that could be found. I cooked it in such a tender and nutritions manner that it could not be carved, but had to be minced and served on

But then what? I attempted to give away this invention. I published it, nota- I seldom mix a batch of dough without disbly at a meeting of working men and women, where I recommended it to the 14-hour wives of the 8-hour men! But the men would not take it; they said that they did not want simmered food, that they would not eat "bone soup." No one else took up the invention, and it is now dead.

What One Lamp Can Do. The next problem was to try dry heat without any column of water, and to adapt it to the conditions of an oven in which many kinds of food could be cooked at the ame time. This, too, I have accomplished. I can cook a five-course dinner for ten peo-ple in one food receptacle with only one

The heat that may be derived from the top of the chimneyof a common central-duct lamp, which has a wick one and one-half inches in diameter and in which a quart of oil is consumed in eight hours, is sufficient to cook 50 pounds of bread, mean and vegetables in three charges in the eight hours. Meat, fish, fruit, vegetables, onions and custard pudding can all be cooked in the same oven at the same time.

EDWARD ATKINSON.

VEGETABLES IN NEW STYLES.

Octave Thanet Describes Some Masks for Prosaic Potatoes, Squashes, Turnips, Etc. -Recipes That Appear Fussy but Aren't -Tragedies of the Kitchen.

IWRITTEN FOR THE DISPATOR 1 I can remember a time when elegance in forms of serving vegetables took the one in-I can remember a time when elegance in variable form of the mashed. At dinners of state in modest households, dinners on high holidays, and at daily dinners in houses of the dish and sprinkled at the aper with usage until it is scientifically dem black pepper. The squash appeared in a twin dish, and, last of all came the mashed

Those veretables to which nature had denied the capacity to mash, were always stewed. Such are corn, beans, beets and peas. Elegance was lente to them by the round of black pepper in the middle of the surface. Only one vegetable asserted its right to more garbs than one-that was the sturdy onion. It was fried as well as boiled. But if it appeared on days of pomp, it must

And even to this day, in families of otherwise educated people, there is a clinging to a few forms of cooking vegetables. The turnip and the squash particularly remain mashed! And only mashed. Turnips, not-withstanding, are very good in two other ways—as croquettes and with a cream sauce.

Here are the recipes: Turnips a la Creme. Make a pint of white sauce out of any kind of stock or out of plain milk. Flavor with Worcestershire sauce. Boil four turnips and cut them in dice. Pour the sauce over

Turnip Croquettes.

Take a pint of mashed turnips, as dry as possible. Add one egg, white and yolk besten together. Salt and pepper. Shape and roll in egg and crumbs, and fry like all A simple variation of the mashed turnips is to scatter fine bread crumbs over the top and dot these with butter. It is very little to do, but it makes a difference of its own in both the appearance and taste of the

Points on the Squash.

Squash croquettes are exceptionally good. Take for these one pint of mashed and smooth squash, the Hubbard is the best squash; one tablespoonful of rich cream; salt and red pepper to taste; one egg, well beaten, white and yolk together. Roll and tree as usual.

In New Orleans, I once knew a shrewd housekeeper of French descent, who kept a fashionable boarding-house. That woman did more with vegetables than I have ever seen done before or since. We were continually praising a course, that when we came to think of it, was purely vegetable, and cheaply vegetable at that. In her home I first met baked squash. Nothing can be simpler than baked squash; but it is a pleas-

ant dish all the same. Baked Squash.

Wash well a squash, haive it and clean it, and cut it into thin slices. Lay these slices into a pan with a little butter on them, and hake them until they are tenders You see it is a far easier matter than to boil squasn or to steam it. If you like, you can get a glaze by sprinkling sugar over the pieces. They must not bake too quickly.

Squash Souffla, Try a squash souffle some time; it is not difficult, and it is "delicate feasting." To a pint of mashed squash take a tablespooning of melted butter and enough cream or milk to soften the squash; a half-cupful will do, usually. Salt, pepper, and add the whites of two eggs which have been beaten very stiff. Bake in quick oven, in a buttered baking dish. Half an hour should be long enough for the baking. for the baking.

Points on the Parsnip.

A parsnip souffle is nice, made almost exactly like aquash souffle, except that the yelks and whites of the eggs are beaten separately and the whites added last of all. Fried parsnips are familiar, but parsnips fried in batter are less familiar than the ordinary form. An old negro cook showed

Parsnips a la Aunt Cindy. Make any good fritter batter; slice steamed or boiled pars nins, in squares or short triangles, about a half inch thick. Dip them in the batter and fry in deep lard; drain and serve.

Baked onions are less common than the other primitive forms and they are very palatable. It is convenient to parboil them ignited it burns for hours at an increasing heat. This imperfection has not yet been bour in a good oven. Serve with salted and remedied. The reverse process is required, especially in dealing with meat, to which a high heat may be rightly applied at the be-

cookbook (the name of which wild horses shall not drag from me! such is my cspril de corps!) into the fire, because this cookbook commanded her to parboil stuffed onions before stuffing them. Of course, when, after the boiling, she came to try to hollow out a place for stuffing, the onion went all to pieces! Being a good cook she promptly baked the onions and roasted the cookbook. The moral of this tale is if you have to scoop any verstable scoop it in the raw scoop any vegetable, scoop it in the raw (which is Anglo-Saxon for au nature) whatever the cookbook may say! Neither is it wise to parboil the empty onion after it is scooped, because in that detenseless state it is likely, "not to put too fine a point on it," as Mr. Snagsby would say, to come in! Stuffed Onions.

To stuff onions, take any kind of chopped meat and rice sauce. Mix with this meat the raw onion that has been excavated, season, heat to boiling, and fill the shells. strew buttered bread crumbs on top and bake three quarters of an hour for large onions. Another stuffing, preferred by some is to fill the shells with bread crumbs and the raw onion, moistened slightly with cream, and to nour cream around the onions after they are baked.

In regard to fried onions I have longed

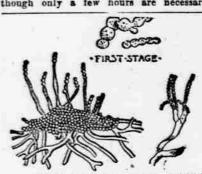
often to say a single word. That word is, fry! Fry, not stew, in lard or butter, is the rule of conduct for onions. Fried onions are crisp, sweet, tender, brown and unctu-ously savory. One may feel that regard for the feelings of others' demands that one abstain, but it is the fact that the feelings of others are in less danger from the thoroughly fried than from the sodden, half-stewed, half-fried onion of commerce. As a flavor, also, the best results are obtained by frying onions in butter, being careful not to brown the butter as well as the onion, and then straining the butter and so using it in the dish.

OCTAVE THANET.

MIXING DOUGH BY DAY. Mrs. Ewing Discusses a Question and

Gives a Bread Recipe. PWRITTEN FOR THE DISPATCH.1 I have made bread thousands of times and make it a great many times every year, but covering something connected with the subject of bread making of which I had no previous knowledge; consequently I am not prepared yet to answer with a complete "Does dough rise better in the daytime than it does at night?"

Most plants, perhaps all, struggle for light and grow more vigorously when they obtain it. Is there any reason why the yeast plant should differ from other plants in this respect? I know of none. And although only a few hours are necessary



SECOND-STAGE . FINAL STAGE

for the growth and development of the yeast plant, will it not be healthier and more vig-orous, and perform its functions better if its brief existence takes place under the most favorable conditions? And are not light and

I believe dough rises better and makes a finer-flavored and more nutritious bread when mixed by daylight than it does when holidays, and at daily dinners in houses of gentility, the turnip came on to the board smoothly rounded to a peak in the center of daylight, although it is contrary to general daylight, although it is contrary to general persist in demanding it beauty will be added that my belief is incorrect.

Washington's breakfast bread is the name

given in some sections of the country to the cake or bread known generally as Sally Lunn. On the eastern shore of Maryland you will hear it called "Federal bread." In some cookbooks you will find mention made of it under the title of "Washington's breakfast bread." The "Father of His Country" is said to have been especially fond of this bread, and during his administration it became such a fashionable bread for breakfast and tea that some facetious politician of the opposite party dubbed it Federal bread

This is a good recipe by which to make it. Stir a gill of liquid yeast or two half-ounce cakes of compound yeast and a teaounce cakes of compound yeast and a tea-spoonful of salt into a quart of luke-warm illk and water, mixed in equal propor-ions; then stir in sufficient flour to make a tions; then stir in sufficient flour to make a dough somewhat softer than ordinary bread. Add a tablespoonful of melted butter and three well-beaten eggs. Pour into a pan and let it rise six or eight hours, or until thoroughly light, then bake in an oven of the same temperature as for bread. When done, split in three or four layers, butter generously, replace so the loaf will assume its original shape, and serve warm in slices.

Emma Ewing.

SERVICEABLE AND BEAUTIFUL

ons for Making a Portiere That Will Be a Joy Almost Forever.

Of curtains and portieres we can scarcely have too many, and the one for which the illustration offers a design is haudsome enough to find a place in even the best equipped of homes. It is made of old rosecolored plantation cloth, in which as a background the decoration is applied in a deeper shade of the same color combined with gold. The curious, sprawling figures, which look more nearly like some curious form of jelly fish than any other natural



A Hint at Its Beauty.

form, are cut from plush one shade darker than the cioth, and are placed at intervals all over the hanging. Each is first basted firmly into place and is then made permanently fast with a coaching of heavy floss That is, the floss is carried round all the edges and is sewn down with the finest pos-sible gold thread, so that just tiny bits of brightness are visible here and these. The small circular center of each figure is either entirely filled with fancy stitches in gold or is darned with gold thread one way and silk the other, so that each figure has a different center, and each adds its bit of glinting gold to the whole effect. The lines which run here and there, and serve to connect the several figures as well as to give a graceful effect to the whole, are worked with twisted floss of the same shade as the plush, and have their outlines couched with gold.

WILL call on you with samples and fur-nish estimates on furniture reupholstery. HAUGH & KEENAN, 33 Water street.

BEAUTIES FOR SPRING.

ligh Novelty Round Walsts More Popular Than Ever-Applied Trimmings for Costumes - Some New Importation Stable Elements in Fushions-Furs Go ing Out. [WRITTEN FOR THE DISPATCH.]

Among the leading elements of the winter fashions some have gained in popularity and will strongly mark the spring modes, and others the warm weather will see modified. While the blouse a la Russie will be the high novelty, round waists are more popular than ever and nearly all dresses have helts. Seams are still in disfavor and the fabric is stretched over the fitted lining, with the fullness gathered or plaited in at the bottom.

Leading dressmakers continue to drape



the skirts of wool dresses up over the edges of the waist to form the one-piece effect of a princesse. The bell demi train will continue in vogue for all but house dresses, but in spite of the impressions given by fashion plates people who dress correctly-that is to say, wealthy women of refined tastes-wear only short skirts in the street. Some modistes make the short skirt of one straight piece, without gores, but most of them make use of the side gore. The skirt fullness at the top in front, which is usually disposed of by two short gores, may be gathered into the middle of the front instead, with very good effect when the waist also is gathered into the belt. The gathers above and below coinciding make a pleasing unity which is altogether wanting when there are gathers



Of Pale Blue Cashmere, to your gown, and the gown will be none

the less fashionable.

Neck bands continue high. The sleeve, with its reduction in height, has grown very long on the hand. As a result of this, the mousquetaire glove has been rendered nearly useless, and two button gloves have come

into vogue.

Applied trimmings are a great resource for costumes, and must continue to be so as long as gores and biases are in use. Passementeries and lace are in great vogue for trimmings. In using passementeric dis-crimination is needed. The designs are mostly unsuited to the definite purpose of ornamentation. They are made up of de-tached units which are best suited to allover use, and the strips may be taken apart



Mrs. Sloane's Black Silk

and the units joined together to cover a solid space, as the corner of a jacket, with rich effect. They are also effective above a border, as an accessory; but for the border itself, and for girdles and bands, it is difficult to find an appropriate pattern.

A girdle especially should be of such design as will carry the eye round and give an appearance of strength. The amateur with some knowledge of design may join together two or more narrow strips and per-haps add units ripped from another one, and so make a border or girdle that will have some character and individuality. There are art possibilities in this applique trimming, but the manufacturers are yet obiment because you may not join the pieces as true as a machine can. Signs upon it of hand work will only make it more inter-

Fur this season, in spite of much talk, has played a small part as an essential of dress. Its decorative quality as an accessory has been largely developed, but the woman who borders with it her ball gown is likely to go without it in the street. is likely to go without it in the street.

Round waists for demi-dress—visiting and theater—are elaborated by jacket fronts. Great variety is obtained in this way with the use of lace and of jetted guipire net. This fashion will last through the spring. Trimming laces are being imported in great quantities. There is a new black lace of wool and silk in coarse meshes looking as if crotched. It has a large, heavy pattern, some of which appears to be a silk cord appliqued on. It is called "punchinella" lace. The white to be used on spring gowns is the same coarse mesh of pure cotton that has been worn all winter on cleth dresses, under the name of point de chene. It is now rechristened point d'Ir-lande-a delicate attention of Germany, where it is made, to Erin.

A very charming dress of pale blue cashmere with black polka dots has a black lace, sleeveless jacket on the front, and lace



covering smoothly the round back. The belt is a twisted black ribbon, fastened with a rosette. The sleeves are mutton leg with their drooping fullness held up by a black ribbon tied round the upper arm.

The neck band is of gold galoon.

A black silk dress in Mrs. William D. Sloane's wardrobe has jacket fronts of black ground splendidly brocaded with pink and gold. They are as long as the round waist, with square corners, open over a Fedora front of white lace. Down each side is a row of gold colored, knob-shaped buttons of for failing in this duty she not only ignores crotched silk. There is a deep cuff of the brocade, and the rest of the garment is black. Around the back is tied with a rosette bow a ribbon in black and white blocks. The bonnet worn with this gown is of jet with ivory white strings.

A heliotrope silk has the round waist covered with jet, like a cuirass. The sleeves are full, that is to say a wrinkled mutton leg, and without trimming. As to jet, do not be tempted into buying this net with straggling patterns of jet on it. It is cheap, but it also looks cheap, and only vulgarizes the dress. Jet is so heavy that it needs a strong guipure background and to be elegant the ground should be thickly A crepon of dark blue has jacket fronts of

the same, lined with pale blue. On the vertical edges is a ruche of fringed silk with a row of passementerie inside. The fronts

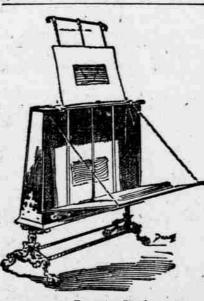


Ready for the Street. do not meet and this border passes round the neck. The front underneath is a cuirass effect of ecra, black and gold embroidery. With this rich front the sleeves are entirely plain, and their beauty should depend on the cut, on the grace with which the folds clothe or display the arm. The hat worn with this is a wide flange turban, with a knot of gold directly in front, and an aigrette of coques plumes.

ADA BACHE CONE.

A STAND FOR ENGRAVINGS Nest and Artistic and Worth a Place in

Any Elegant Parlor. IWRITTEN FOR THE DISPATCH. 1 Something very new and very handsome is the deep portfolio of pale red mahogany; very highly polished shown here. The feet rods, clamps and fittings are of lacquered brass, in wonderfully light and graceful lines. When the movable leaf lets down. an easel, also of brass rods, can be drawn up on top of the stationary side, where



sicture after picture may be placed and looked at without the fatigue or inconven-ience of holding it. The price, \$90, will seem cheap to any son of Midas who has ever bent him painfully over a collection of rare prints or etchings or sketches, displayed painfully on table or in the hand. painfully on table or in the hand.

Another stand, something smaller, wholly of etched brass, has no easel attachment, but spreads out into a desk tall enough to let you look at what it holds without damage to your amiability.

MORTALITY AMONG INFANTS.

gnorance of Their Care Is the Cause The Little Ones Have a Strong Hold on Life-Facts As to Diet and the Benefit

of Exercise. [WRITTEN FOR THE DISPATCH.1 The idea is prevalent that, owing to the

frailties of the age, the mortality during infancy and childhood must inevitably be greater than in later life. It is, however, accepted as a fact by sanitarians that among all born with sound constitutions, and entirely under favorable circumstances, the mortality during this period ought to be even less than at any other. Here in America one-fourth of all the

children die before they have reached the end of the fifth year, and of all who die under 5 years of age more than threefifths are less than 1 year old. Of the reasons which can be assigned for this appalling mortality the most pronounced is neglect on the part of parents, which must very largely be attributed to ignorance. And yet to acquire a good general knowledge of children's nature and needs ought not to be difficult in this "age of enlighten-

alt is very evident that this terrible sacrifice of the lives of infants will go on until parents, who alone can apply the remedy, have become educated up to their duty to their offspring.

The Feeding of Infants.

The subject of diet is the first to engage attention. Of the infants who die before they are 1 year old, nearly 40 per cent are arried off by diseases of the digestive organs. A companion fact is that these diseases are very generally caused by im-proper feeding. For obvious reasons, infants "brought up on the bottle" are by far the most frequent victims, but the diseases in question are by no means uncommon in gone; and if she is deserving of the name of mother, her mind can never be at rest, nor can she throw off her heavy burden of

within reason, without fear of harm. Of within reason, without fear of harm. Of course, there are some articles, such as rich pastries, highly seasoned dishes, fried fats, salt, pepper and vinegar in excess, and strong and indigestible condiments generally, that would be likely soon to upset her stomach; and indigestion in her means very likely a similar disturbance in her baby.

A Very Common Fault.

Mothers are proverbially inclined to in dulge in beverages that tend to vitiate instead of improve the secretion. Strong chocolate is one of these. As long as it is well borne on the stomach it is not, of course, likely to do harm, but as a rule it cannot be safely indulged in oftener than once daily and even then it must be week once daily, and even then it must be weak instead of strong, otherwise it will burden digestion. There are also many highly con-centrated liquid foods that they are liable to take whether or not they need them. None of these should be resorted to unless advised by the attending physician, and he is not likely to sanction their use unless the mother is "run down" and not sufficiently

well nourished.

Malt liquors are very often resorted to. Brewers' grains increase the flow of milk in cows, but such milk is poor, the relative quantity of certain constituents being con-siderably reduced, rendering it less nourishing and also more readily decomposed. Ale and beer have much the same effect upon the human animal—a fact that is generally reg-istered in the infants if these beverages are indulged in for several days continuously. Wines and stronger alcoholic liquors may whee and stronger accondic inquors may in some instances stimulate the secretion, but they give the food irritating properties, and children fed on it are never hardy nor well nourished, but are proverbially restless, peevish and irritable. When the supply is scanty, the remedy is a more nutritious and generous diet, and a greater free-dom in the use of bland liquids. Gruels made of the different meals are especially indicated, and even cows' milk, alone, has a marked effect.

The Importance of Exercise. Many mothers fail to take sufficient exercise, and especially in the open air, and indigestion is one of the common consequences of this fault. Exercise is imperatively required to keep the system from choking up with waste-the remnants of foods that are not assimilated, and the products of tissue changes that are constantly going on within the body. If this waste is allowed to accumulate, it soon chokes up the system and interferes with the important organs, which can no longer do their work easily and quickly as they ought. The digestive organs especially are unpleas-antly affected in this way, and when slug-gish and indolent they cannot properly dis-pose of nearly as much food as they might

were they vigorous and active.

Besides eliminating the waste matters from the system, exercise in a variety of other ways stimulates the different organs responsibility. And she who resorts to artificial foods, from an economic point of view, if from no other, is unfortunate, for



A CABINET FIREPLACE

Quite the newest pattern of fireplace is called the "Colonial," for the reason, possibly, that no colonial dame or 'squire ever saw its like. It is all in white wood, picked out faintly with gold, has a firm narrow shelf, with heavy mouldings under it, a straight face sometimes unornamented, sometimes cut into narrow panels and stiff, straight grena-dier-looking jambs. Generally the shelf is topped with a mirror, cut in there, a longish square in the middle and an upright oval at either end. Above it there is a narrower s helf, which, like the frame, is in white and gold. The fireplace and hearth are of plain

white encaustic tiles that can be scoured clean daily and will stand any amount of heat. aside from the expense of the food, there are the doctor's bills to consider, and they are likely to be large in every case in which the baby is watched with tender solicitude.

The infinite majority of mothers can nurse their infants if they choose to do so, but a mother who has a consumptive taint would be more likely to become consump-tive were she to nurse her infant. She

dency to that same dread malady. So with other physical imperfections. As for moral infirmities, all that are pronounced have a bad influence upon a nursing child.

would also transmit to the little one a ten

Mothers of Violent Tempers. In the case of a young mother of a frivelous nature, over-fond of society, and sure to be restive and unhappy under the restraint that she must necessarily bear if she nurses her baby, she ought to be allowed to entrust its nourishment to others. It would be an unpardonable sin for a tippling mother to nurse her little one. Women of violent tempers, and those who are unhappily married, or are deeply despondent from whatsoever cause, cannot properly nourish children. Moral affections, as fright, anger, grief, etc., have a marked influence upon the quantity and quality of the milk. Let a mother be for a few hours "out of sorts," and the night following her baby is likely to be restless and sleepless. In such instances, also, there is frequently colic and diarrhea. A violent fit of anger in the

mother may bring on convulsions in her babe, and cases are on record in which death even has been caused.

A sound mind is quite as essential in a nursing mother as a sound body. She who is mentally weak, even if the signs of aberration are the faintest, and scarcely more ration are the faintest, and scarcely more than bare suspicions, should not nurse her babe, for the duty would be too severe and tend to still further weaken her mind; moreover were the child to die the loss might induce insanity. Calmness and equanimity are high on the list of nursing mothers' essentials. It is apparent then that a certain proportion of mothers are absolutely disqualified, and the question of fitness is one that deserves the most careful consideration.

A Popular Delusion Dispelled, In consequence of absurd prejudices as to foods it is quite the rule, to find mothers making radical changes in their mauner of

living as soon as they begin nursing; and a common result is that in the course of four common result is that in the course of four or five months the supply becomes scanty or poor in quality, and mixed feeding or weaning in necessary. The only general rule that can be fixed for nursing mothers is, that the diet be of good quality, nourishing, fairly substantial, and moderate in quantity. Before going further than this in an attempt to establish a rule, the previous customs of each mother must be taken into consideration. If one has been a "meat eater," and never fond of vegetables, then a diet largely made up of them would not be appropriate for her. Nor should a vegetarian be made to live almost entirely upon flesh foods.

Bad Case of Mental Confusion.

"Did Harold call on you this morning, papa?"

"Yes; but I couldn't make much out of what he said. I understood him to say that he wanted to marry me, and that you had enough to support him, so I sent him home and told him to write it out."

should a vegetarian be made to 'live almost entirely upon fiesh foods.

As a matter of fact, proved by experiments, the food itself has little, if any, direct influence. That is, if a mother squeezes a bit of lemon upon her fried fish, or puts a little vinegar upon her salad, ner conscience librood whatever of her baby being affected by an occasional indulgence of this sort.

And she can est of vagetables and fruits.

the healthiest. But she, as well as the more fortunate that are not obliged to work, should be often in the open air. Frequent walks should be taken by all mothers.

They should not be long or fatiguing, but
moderate in extent, and in localities where
much that is pleasing and diverting is encountered. Among the theories prevalent with mothers is one that if they take cold or are feverish from other causes, their babies also become feverish. This is possible when the fever runs very high, but in mild attacks, and especially in those that last only a few days, the little ones are not likely to be affected. As for the influence of other diseases the advice of a physician is the only safe guide. Dr. FRANK.

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DR. FRANK.

SNAILS FOR CONSUMPTION.

Not a New Theory, as the Horrible Decotion Was Used in 1746.

Many of the alleged discoveries in medicine are after all little more than revivals of very old theories, says a St. Louis doctor in the Globe-Democrat. One of the latest fads for the treatment of consumption is the snail cure, which is said to have been tried and found successful. There is nothing new in this, for in an old medical work, published cure, which is said to have been tried and found successful. There is nothing new in this, for in an old medical work, published in 1746, copies of which are still to be found in several libraries, there is a long account of how a mixture of garden snails and earth worms will cure consumption, and from more recent books the fact can be gleaned that this very objectionable remedy has been popular in the South of England and in Wales for years, being regarded as in Wales for years, being regarded as the walst is a blue and white twisted girdle that goes with the kimono.

HELEN WATTERSON.

How to Cut It.

£ 19 11:

Only chemists can discover the

Ammonia Taint in Water

but any housekeeper can easily find out for herself whether she is using an

Ammonia Tainted Baking Powder

by boiling in a tin cup a heaping teaspoonful of the baking powder in one teaspoonful of hot water. The slightest odor of ammonia in the rising steam condemns the powder. Most baking powders contain ammonia, Cleveland's does not, not a particle-but test it, you will find

Cleveland's Baking Powder Stands all Tests.