## TWENTY CENTS EACH

An Allegheny Woman Who Kept Her Family of Five for a Dollar a Day.

HER FIGURES FOR IT.

Bills of Fare and What They Cost During Last September.

A BIG BOOM FOR MATRIMONY.

family of five, consisting of two males and three females. Three are blessed with good appetites, two are rather dainty. I keep no servant, therefore do my own cooking.

I put up fruit in the summer, keeping an account of the cost of it. The cost of all I divided by the number of pints I canned, making each pint cost 7 cents. Whenever I open a can, I add the cost of it to the monthly expenses.

### The Fare for a Month.

Below I give the bill of fare for the month of September, 1891; after that will give the cost and quantity of provisions bought for that month. I will also note al! guests entertained during the month and the absence of any of the family. It is to be understood we have sugar, cream and butter each meal; also home-made light bread. I buy enough milk each day to get all the cream we need. I. Breakfast (at this time one of the fam-

1. Breakfast (at this time one of the family is absent, leaving but four in lamily), hot baseuit, tomato preserves, coffee; lunch, cold biscuit, boiled ham, cherry pie; dinner, fried ham, stewed corn, fried potatoes, hot retils, pench cobblet, tea.

2. Breakfast, warmed rolls, preserves, coffee, milt; lunch, chip beef, light bread, cold peach cobblet; dinner, pork chops, stewed corn, fried potatoes, sliced cucumbers, cake preserves with cream, tea.

3. Breakfast, cornmeal cakes, syrup, preserves, cake, coffee, milk; lunch, cold fried ham, chip beef, cake; dinner, fried ham, sweet potatoes, sliced tomatoes, cucumbers, pickles, tomato preserves, tea.

pickies, tomato preserves, ten.

4 Breakfast, corn cakes, syrup, coffee cake, coffee; lunch, cold ham, bread, coffee cake; dinner, boiled ham, corn on ear, boiled potatoes, sticed tomatoes and cucumbers, smearcase, pickles, hot rolls, tea.

5 Breakast, corn cakes, syrup, cold boiled ham, coffee; lunch, bread, boiled ham, coffee cake; dinner, fried beefsteak with gravy, boiled potatoes, corn on ear, sliced tomatoes, pickles, tea. pickles, tomato preserves, tea-

6 Breakfast, corn cakes, syrup, coffee; unch, bread, peaches and cream; dinner, solled eggs, hot biscuit, pickles, cup cake,

pesches and cream, tea.

The sixth was Sanday. That night the absent member returned, bringing a visitor, making the family six in number. For a Family of Six

For a Family of Six

7. Breakfast, batter cakes, syrup, tomato preserves, peaches, coffee; lunch, fried eggs, cold biscuit, peach pie, preserves, cup cake, rea; dinner, boiled beef with dumplings and gravy, boiled potatoes, butter beans with corn, hot bicuit, cup cake, tea.

8. Breakfast, hot biscuit, syrup, fried eggs, peach preserves, coffee, milk; lunch, cold biscuit, cold sliced beef, peach pie, cup cake, tea; dinner, fried veal cutlets with gravy, cold butter beans with corn, cucumbers and tomatoes, sweet potatoes, fried potatoes, hot rolls, peach preserves with cream, tea. omatoes, sweet potatoes, fried potatoes, hot colls, peach preserves with cream, tea.

5. Breakfast, corn and flour cakes, syrup,

6. Breakfast, corn and flour cakes, syrup,

9. Breakfast, corn and flour cases, syrup, preserves, coffee, milk: lunch, eggs, cup cake, preserves, tea: dinner, boiled beef with gravy, stewed corn, sweet potatoes, preserves with cream, tea.

18. Breakfast, eggs, hot rolls, cold sliced beef, coffee: lunch, cold beef, cold rolls, preserves, tea: dinner, boiled bacon and caberyes, tea: dinner, boiled bacon and caberyes. serves, tea; dinner, boiled bucon and bage, cold beel, cold rolls, corn bread, pota-Breakfast, corn and flour cakes, syrup, cold beef, coffee, milk; lunch (two guests for lunch), tried chicken, mashed potatoes, sweet potatoes, sliced tomatoes, pickles, for lunch), tried chicken, mashed potatoes, sweet potatoes, siliced tomatoes, pickles, amearcase, peaches and cream, angel cake, coffee; dinner, cold chicken, hash, mashed potatoes, sweet potatoes, siliced tomatoes, corn hread, pickles, smearcase, peaches and cream, angel cake, ton the state of the stat

angel cake, tea. cream, angel cake, tea.

12 Breaklast, corn cakes, syrup, fried bacon, preserves, pickles, coffee; lunch, cold bacon, preserves, pickles, tea; dinner, boiled egrs, stewed corn, sweet potatoes, boiled brish potatoes, cucumbers, pickles, preserves,

The Sunday Bills of Fare. 13. Sunday, breakfast, fried bacon, hot bis-

cuit, syrup, coffee; dinner, broiled steak, fried bacon, cold biscuit, corn on ear, boiled potatoes, cucumbers, pickles, apple pie, jelly

14. Breakfast, hot biscuits, eggs, preserves, coffee; funch, cold biscuit, apple jelly, apple pie, angel and jelly cake, tea; dinner, boiled eggs, sweet potatoes, corn, cucumbers, fried potatoes, hot biscuit, apple jelly, jelly cake, tea.

15. Breakfast, batter cakes, coffee cake, army peach marginaled apple jelly coffee.

syrup, peach marmalade, appie jelly, coffee; lunch, cold biscult, bacon, jelly, coffee cake, tea; dinner, broiled steak, fried bacon, hot rolls, sweet potatoes, boiled potatoes, pickles,

rolls, sweet potatoes, boiled potatoes, pickles, stewed pears, apple jelly, tea.

16. Breakfast, coffee cake, syrup, marmalade, coffee, milk: lunch, coffee cake, preserves, pears, tea; dinner, broiled ham, stewed pears, jelly, pickles, apple ple, tea.

17. Breakfast, hot biscuit, corn cakes, syrup, coffee cake, jelly, coffee; lunch, cold hiscuit, coffee cake, jelly, coffee; lunch, cold hiscuit, coffee cake, jelly, stewed pears, tea; dinner, tried ham, boiled potatoes, boiled onions, pickles, jelly, apple sauce, stewed pears, apple and cream pie, tea.

18. Breakfast, steamed bread, apple sauce, pears, coffee, milk; lunch, cold tried ham, grapes and peaches, chocolate cake, coffee; dinner (three guests for dinner), smothered

grapes and peaches, chocolate cake, coffee; dinner (three guests for dinner), smothered chickens, mashed potatoes, stewed corn, sliced tomatoes, apple sauce, chocolate cake, peaches and grapes, coffee.

19. Break'ast, hot biscuit, syrup, apple sauce, coffee; lunen, cold boiled ham, eggs, cold biscuit, apple pie, chocolate cake, grapes and peaches, ten; dinner, fried oys-ters, hot rolls, baked corn, mashed potatoes, cake, fruit, apple butter, cider, ten.

cake, fruit, apple butter, cider, ter cake, fruit, apple butter, cider, tea.

26. Sunday, breakfast, corn cakes, syrup,
apple butter, chocolate cake, pears, coffee;
dinner, broiled ham, mashed potatoes, cold
haked corn, silced tomatoes, apple butter,
pickles, grape and apple pie, cake, grapea,
cocolate, cider.

21. Breakfast, hot rolls, apple butter, jelly,
coffee; lunch, eggs, apple butter, tea; dinner,
fried ham and bacon, scrambled eggs, baked
potatoes, sliced tomatoes, apple butter,
grape pie, tea.

Down to Five Again.

22. Breakfast, corn and flour cakes, syrup, coffee; lunch, eggs, bacon, grape pie, tea: (our guest who came the 7th left the 22d); dinner, fried steak with gravy, hot biscuit, sweet potutoes, apple joily, sliced tomatoes, tea. 23 Breakfast, hot rolls, syrup, jelly, coffee;

and many other foods which furnish nitro-gen, using rice as we use bread and potatoes. Very little attention is given in the Northern United States to dried peas and beans except in getting up the noted New England dainty, baked beans. Dried split peas, or whole peas, should be cooked at a moderate heat for a very long time. In the 23 Breakfast, hot rolls, syrup, jelly, coffee; unch, cold steak, cold rolls, hard boiled eggs, doughnuts; dinner, fried flank steak with gravy, fried tomatoes, boiled potatoes, apple sauce, doughnuts, tea.

24 Breakfast, fried ham, apple sauce, doughnuts, coffee; lunch, cold ham, apple sauce, doughnuts, pears; dinner, fried ham, baked potatoes, sliced tomatoes, apple sauce, doughnuts, tea.

doughnuts, tea.

25. Breakfast, fried steak with gravy, corn cakes, syrup, coffee: lunch, cold beer steak, cold eggs, apple sauce, doughnuts; dinner, fried oysters, crackers, white beans, sliced night; in the morning it is strained and dealt with according to regular recipes. The straining is essential in order to remove a considerable amount of cellulose or woody antoes, apple sauce, doughnuts, tea. 26. Breakfast, not rolls, syrup, apple jelly, fee: lunch, cold ham, apple sauce, pears, ughnuts; dinner, fried ham, boiled pota-

tea. 27. Sunday, breakfast, ham, eggs, fried potatoes, pear preserves, coffee: dinner, fried ham, sweet potatoes, boiled Irish potatoes, sliced cucumbers, tomato preserves,

es, cucumbers, apple jelly, pear preserves,

eggs, tomato preserves: dinner, scrambled eggs, hot rolls, boiled potatoes, pickles, cream pie, tea.

29. Breakfast, corn cakes, syrup, cherry preserves, coffee; lunch, bread, cherry preserves, coffee; lunch, bread, cherry preserves, coream pie, tea.

30. Breakfast, bread, sausage, coffee; lunch, coid sausage, tomato preserves, custard pie; dinner, beef soup, crackers, boiled beef, boiled potatoes, grapes, tea.

Where the Maney West.

Where the Money Went. Below is the provision bought for Sepember and the cost of it:

8-Peaches, 30; sugar, 25; vegetables and meat, 33; milk, 50 \*\*Segretables\*\*
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Total for month .....

-Beans and Peas.

The expenses were \$1 16 over the allow-ance of \$1 per day, which was caused by

ance of \$1 per day, which the guests that were entertained.

ECONOMY.

THE VEGETARIAN DIET.

t Is More Expensive Than the Meat Diet-

Best Way to Prepare Vegetables-Sur-

prises Caused by Retaining the Flavors

[WRITTEN FOR THE DISPATCH.]

The cost of a strictly vegetable diet, which would include butter, milk and eggs,

would be greater in this country than the

cost of an ordinary diet including meat.

How far this may be changed by the intro-

duction of cooked cheese in connection with a vegetarian diet one cannot yet state, and

it is not my purpose to deal with this ques-

wheat, which are eaten in the shape of mush or porridge, may be dealt with in either one of two ways: First, by long application of heat below the boiling point.

When treated in this way the fine flavors of each specific grain are retained, and the

cooked product is in very digestible condition, unless it is hastily swallowed. Starchy foods should be eaten slowly. If swallowed rapidly or bolted in the customary way they may not prove to be as digestible or nu-

tritious as one had a right to expect. Oatmeni Over a Quick Fire.

Oatmeal may be cooked over a quick fire

in only water enough to swell the grain. Rice may also be cooked very quickly in

boiling water for a short time; the proportion of water should be so great as to give

each grain room to swell separately. In

dealing with the grains it is a matter of taste or convenience which plan of cooking is employed, but the cooking must be thorough.

The roots containing cellulose, especially potatoes, customarily require a higher de-

ly palatable; otherwise it cloys. Boiling Inside the Oven.

Boiling can be more conveniently and readily accomplished on a kerosene oil or

be cooked in the oven, in vegetable dishes-china, porcelain or stoneware—open or cov-ered. The watery kinds require very little water. The drier kinds may have a little

water added. The steam generated at the higher heat to which the outside of the ves-

sel is subjected raises the temperature with-in the covered vessel only to about the boil-ing point; and while the vessel may not be

steam tight lest it burst, yet it may be suf

ficiently tight to retain the aromatic oils which should not be carried off, thus assur-

ing the full flavor, whatever it may be.
One lady, who had thus cooked them in

the oven, informed me that she had then "for the first time tasted many kinds of

vegetable which she had been eating all her life." In the rice-fed nations very large

quantities of leguminous plants or the pea and bean order are consumed with the rice; they furnish nitrogen, in which rice is de-ficient. Full nutrition and strength could not be attained on a diet consisting wholly

sume large quantities of beans, and bean oil is the principle oil of China. The bean meal left after the oil is expressed is used

to feed the stock and also as a fertilizer.
The cotton seed meal of our own country is also put to the same use. The Chinese have

New England kitchen pea soup is made which possesses an entirely different flavor

from the ordinary pea soup. The soup is being subjected to the heat of a lamp al

fibre which is separated by the long process of cooking; this being removed, leaves the soup in a much more nutritious and digesti-

Uses of Peas and Beans.

of rice. Rice is almost wholly starch. How Chinamen Get Nitrogen. The Chinese not only produce but con-

tion, but rather to treat of the preparation of grain, roots and other vegetables which enter into the customary supply of food. Grains like oatmeal, cornmeal and cracked

and in the very coldest parts of India as well.
Certain bushy beans are grown as a food
crop with the India cotton—sometimes
planted around the field for its protection,
sometimes in alternate rows. Of these varieties of bean and pea there appears to be
very little knowledge in this country.

Much greater attention might also be given
to the consumption of cheese in this country.
It may take the place of meat of which we
are westeful in a greater or less measure. are wasteful in a greater or less measure. Skim-milk cheese properly cooked with the addition of a little bicarbonate of soda may be made into the most appetizing and very digestible compounds. EDWARD ATKINSON. ers, 10: ergs, 20, venst, 2 178
27—Ergs, 40: bacon, 35: 5 pounds lard, 50: mert, 18: syrup, 25; sausage, 15. 184
30—Ergs, 20; head cheese, 15. 33 A DINNER TO A DIPLOMAT,

To Which Senators Furnished the Choice Their States Afford. PWRITTEN FOR THE DISPATCH. A little dinner was to be given at Chamberlain's. one winter's day, in Washington, in honor of a young diplomat who had been at the Capital but a short time.

"It must be a fine affair," said the Senator from Kentucky. "I've a notion to furnish a Kentucky 'south-down mutton myself!" "Suppose we ask Vest to send some of his favorite sausage," proposed another.
"Kentucky sausage, too! Well!" laughed

Senator Jones, of Nevada, who is one of the epicures, "Blackburn's Kentucky spareribs, and Beck's mutton, and Vest's sausage; it might be called a Kentucky set-The dinner came off in due course of time.

In their dress suits the gentlemen took their seats at the table. Flowers were plentiful in handsome vases and bowls. Ferns and in handsome vases and bowls. Ferns and mosses grew out of a rocky cave of glittering ice in the center of the well-laid table. Scarlet lobsters and pale, pink shrimps reposed in curly lettuce and pounded ice. Lynn Haven ovsters came on, roasted in their shells. Chespeake Bay contributed her most expensive delicacies, such as diamond heat toward and cannot head don't a back done.

was delicious. Champagne and wines were getting low in the handsome glasses. Con-serves, glaces and bon-bons were brought in. They lingered a little over their coffee. "We've never before had a dinner a Chamberlain's without a Mahone ham! Chamberlain's without a Mahone ham!"
said one. "I, too, miss Billy Mahone and
his Virginia hams," said another.
"The Mahone ham?" repeated a third
guest, a stranger, too, inquiringly.
"Why, General Billy Mahone lives in
Virginia, near Smithfield, where his wonderful pigs are raised and the hams cured.
Last winter you couldn't buy one for \$50.

gree of heat than either meat or grain in order to bake them thoroughly. The scien-Only one grocer in Washington had 100 or so for sale tor special dinners!"

The modest diplomat ventured to inter-rogate the Senator nearest him: "Why do

you think the animals so rare? So-so costly?"

The Senator replied: "You see, the hams are very small and delicate; not large and fat like coarse Western meat! They are beets and parsnips may rightly be boiled, even though the process deprives them of their very decided flavor. They have so

fat like coarse Western meat! They are cured with great care by old servants of the Mahones (used to be slaves and understand their business), and—"
"But," asked another guest, "why are they better than any other pigs?"
"Peanuts, sir! peanuts! not allowed to eat anything else, makes most delicious meat!"

The diplomat wrote home of this dinner Washington. They give fine dinners in Washington. They treat you like one Prince. They eat everything out of the waters near to the capital, and everything on the land. All the small beasts at Monsieur Chamberlain's were dee-lee-cious! gas stove than in any other kind of oven. But beets, carrots and parsnips, as well as other roots may be cooked in the oven for a long time very slowly in closed vessels, sublong time very slowly in closed vessels, sub-jected to the same degree of heat that is re-quired in roasting meat from 300 to 350 de-grees Fahrenheit. Green vegetables, peas, beans and the like, are very deliciously cooked in this way. They retain a very much finer flavor than when subjected to One fine animal was forgotten by a wealthy Senator. He was flamed Peanuts and lives in Virginia, near to the place where King George sent people the customary heat of the iron stove in an open vessel or when boiled. When the heat is properly regulated all kinds of fruit and vegetables may

ART IN WOMEN'S DRESS.

The Secret Is That the Figure Must Be Draped-The Ancient Greek Costumes-Designs From Great Painters-A Tennis

[WRITTEN FOR THE DISPATCH.1 "But, my dear girl." said a well-known artist the other day, "don't you understand that I am not complaining because there is fashion? Fashion is the search for novelty, for surprise, for relief from the ennui of reiteration. Art, whether it be on canvas, or in books, or in music, is doing the same thing-finding new effects. It is the essence of art to manage this element of surprise. But art looks for new ways of tell-



ing the old story of beauty. Now, fashionby which, of course, you will understand that I mean fashion in the dress of womenkind-seems most of the time to be thinking not at all about beauty. Every essential element of the Greek costume could be toes, sliced cucumbers, tomato preserves, tes, milk.

28. Breakfast, hot biscuit, syrup, tomato preserves, coffee; lunch, ham, hard-boiled use of rice and the leguminous plants of the opportunities in summer and fall dresses.

TABLE, THE BOUDOIR, HOME DECORATIONS AND

pea and bean varieties. Rice constitutes the starchy element of food among a greater number of people than derive their subsistence from other grains. There are more than 300 varieties of rice. Some of them require no irrigation and contain more nitrogen than the swamp or Carolina rice to which we are accustomed. There is a variety of rice growing upon the Himalaya Mountains which sprouts in the spring through the snow, and there is mountain rice in Japan which matures in a very cold it might be made ravishing. I offer you without cost a hint that Worth would rice in Japan which matures in a very cold



Julia Marlowe as Viola. Minerva of the Vatican. Then there is the Agrippini and other Roman figures. I would not blame you for passing some of the Italian designs of the sixteenth and earlier centuries.

earlier centuries.

"When it comes to paintings you have a multitude of suggestions. Even the early Italian painters, with their frequent reiterations, will teach many a good thing in drapery, while you may actually go among the Dutch painters for some exquisiteideals. Then you have charming suggestions from Watteau if you keep in mind that he yielded a good deal to fashions and laced his figures. Take that 'Bust of a Girl,' by Watteau, in the Louvre. The sleeve is a masterpiece of drapery, and what a rebuke to the sleeve of your modern gowns, bunched at the their shells. Chespeake Bay contributed her most expensive delicacies, such as diamond-back terrapin and canvas-back ducks. Virginia boasted of her deviled crabs, and the historic Potomac was wondrously represented.

The young diplomat was astonished at the fabulous tales of these gentlemen. "Our state! Our river! Our bay!" What a country this must be!

Meanwhile, he ate industriously, and praised each new dish the most. He became satisfied that he had reached the center of America, and that all the markets of the world must be supplied from the rich lands of Kentucky, Virginia and Maryland. The dinner was drawing to a close. The courses were served well and everything was delicious. Champague and wines were

"The same with gloves. The 'sausage look' has been advisedly used in speaking of the fashionable woman's gloved hand. The ugliness here is primarily the result of



From a Sketch by Kaemmerer. the notion that a hand is pretty because it is small! Go to art, thou glove-wearer, for a rebuke. Yes, the glove should drape the hand. With the pressure they bear, gloves should fit snugly, but they should not defer to a commendation that a small foot is pretty. It a foot is small enough to look weak it is not beautiful. And here comes the main argument against a small wasts. The waist is the zone of the body, the point at which its strength and its draperies are bound up. A waist should look strong. Does a sheaf of wheat look weak where the binders hold it? Look at any beautiful figure among the Greek and Roman creations! A fashionable girl with her small waist looks sometimes as if she might drop in two. might drop in two.
"The artist, Kaemmerer, has made some

very clever drawings in the style of the em-pire gowns. These designs are exquisitely pire gowns. These designs are exquisitely simple, but so far as the waist is concerned you may be sure they would be charged with illustrating 'no shape.' The French are prodigal in costumes. A great many of these, I must contess, are simply realistic adaptations of fashionable ideas. But a great many of them are delightfully catchy. Have you seen Julia Marlowe as Viola? Why is it not a good out-door costume? You could play tennis in it, and you could climb could play tennis in it, and you could climb mountains in it. You would declare you had never been so comfortable before in all your life. Do you know, I think that if you would only let yourselves act on the inner impulse you would be all right."

A HOUSEHOLD ASSISTANT

Prescribed by Emma P. Ewing Famou With All Chautauquans.

Emma P. Ewing sends THE DISPATCH the following: An excellent article is Lavelle water for removing stains and grease and for various other cleaning purposes. It is can easily be prepared in the household for about a quarter of the price a druggist would

This is the way to make it: Dissolve a pound of ordinary washing soda in a gallon of rain water and boil ten minutes; then add a pound of chloride of lime and stir the mixture well. Let it settle: pour off the clear liquid, put it in a jug or bottle and cork tightly till wanted. Add more water to the settlings and use it for scrubbing floors, unpainted shelves, tables, etc. It makes them surprisingly white.

WE pack, haul, ship, alter, repair, refinish and reupholster furniture. HAUGH & KEENAN, 33 Water st.

THE GOWNS FOR OLD AGE.

eauty of Texture Must Replace Beauty of Youth-Fashion Plates to Be Discarded-Simplicity Does Not Mean Ugilness-Some Charming Designs,

[WRITTEN FOR THE DISPATCH.] The pattern books do not say how grandma should dress. The field is, therefore, open to exploit individual opinion, Perhaps their neglect signifies that fashion has released her from obligation. If so, happy grandma! There is compensation in being

The ideal aged lady, to my thinking, should rejoice in her freedom and wear beautiful things only. Because the beauty of youth was gone she should devote herself to the wonderful resources that dress has for beauty, which the requirements of fashion do not permit other people to use. Youth's attractions are not the only ones. With all the distilled knowledge of a lifetime, my lady should develop the graces of texture—the beauty of satin folds, with the sheen of their high lights and the mystery of their shadows, and should press to her service the rich magnificence of brocade. She should wear the precious gems of the family, not vulgarly, as most people wear gems, but legitimately, when jewels are needed for fastenings, and because they record sentiments dearer to her than to those younger of the family. But if there were no gems or no purse to buy richness, at least the cheap fabrics may be made beautiful by the laws of art for form. Color on the old should grow subdued, and take beautiful things only. Because the beauty



The Waist Should Be Roomy.

on a soft blending like that in ancient tapestry. However, it is monsense to talk about color, and since we none of us understand it, we are wise to tone down the dress of age into gray and black.

Beauty of dress should take the place of lost physical beauty. But what kind of dress. Not fashionable dress—not at all—the latest cut in biases and the newest fripperies on a woman who is old are glaring incongruities. Why? Because they are artificial and speak of vain ends—of the emulation of other people in inconsequential things. The old, if she is to continue interesting, must have dignity, serenity and mental charms the result of knowledge. I agree that the dress should be simple, but true simplicity does not mean ugliness and meagerness. It means a unity and harmony of merk shoulder extends a soft cord is knotted around the waist and holds up a handkerchief bag.

The dressmaker would call this gown rank heresy, and perhaps the old lady who wore tight stays in her youth will agree with here. She says that the proper dress is a long pointed basque and a good skirt demitrained. It should be high in the neck and long on the hands, and should have a large and convenient pocket. The princesse, she says, is a good model, and also the Louise Quinze jacket.

A princesse folded over in surplice fashion for a slender woman is of soft, wavy crepon, with sleeves, neck and petticoat of velvet. One of the illustrations shows a rich cape of lace and velvet, with yoke of passementeric. For shoulder wrappings white Canton crape shawls at \$5, and colored Chuddah ones are \$2 and \$3. Half-length capes gathered at the neck, with yoke of passementeric and senter to talk about the dress hander would call this gown rank heresy, and perhaps the old lady who wore tight stays in her youth will agree with heresy, and perhaps the old lady who were tight stays in her youth will agree with here. She says that the proper dress is a long pointed basque and a good skirt demitrained. It should be high in the neck and

own dress and occasionally dress well. A charming illustrative picture appeared on Fifth avenue the other day. It was Mrs. Dr. Marcy getting out of her carriage to make a social call. • Mrs. Marcy was once a make a social call. Mrs. Marcy was once a great belle. That was 60 years ago. She was 80 when she stepped from her carriage last week, and this is what she wore. A bounct or black lace that fell round her face in a ruffle and was caught and fastened on top with a knotting of velvet strands of several colors mingled subtly with Parisian skill; and a scarlet cloak that fell to her feet. All old women are not passe.

Perhaps the old ledies are themselves re Perhaps the old ladies are themselves re sponsible for the gored skirt and fitted basque. But these are a mistake. These



forms, so trying on a perfect young form, on the old merely show off defects. An old lady's dress should not, by copying the young, provoke invidious contrasts. Ah, you say, but she wants to make believe she is young. But how much better it would be to be beautifully old than artificially young. Drop the idea of youth, Madam, and culti-

The Sleeveless Jacket.

Drop the idea of youth, Madam, and cultivate the one of beauty.

Biases are for the purpose of narrowing the waist below the bust, but if the bust is gone, and the abdomen grown large they are an absurbity, and if such waist is tight and short it only exaggerates these defects. The waist should not decrease, but grow larger as it decends, and it should be long enough to reach the widest part of the profile. This will allow the skirt to fall straight, whereas, with the other waist, the skirt desribes a curve and falls in at the feet.

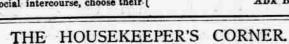
feet.

The whole dress should have amplitude, full waist, full sleeves. The sleeves by falling in wrinkled or twisted folds will add the flexibility and grace lost by the arms. The drooping shoulders should have high sleeve borders, and the neck lace boas. A dress illustrating this idea is of a light weight soft silk, with a brocaded leaf, and trimmed at neck, sleeves and shoulders with fringed silk ruchings. The waist and skirt are plaited and sewed together, and a soft cord is knotted around the waist and holds up a handkerchief bag.

meagerness. It means a unity and harmony of parts whose result is beauty.

All old women do not narrow their world to the fireside and leave their grandchildren to the fireside and th to select their gowns. Many keep up to the end active social intercourse, choose their.

ADA BACHE-CON ADA BACHE-CONE





The corners of a room are always a problem, but a housekeeper's corner will give a comfortable, home-like look to the common living room, and at the same time the real rest and convenience, it will prove to the housekeeper, is not to be estimated by anyone except the woman who, though virtually at the head of a complicated husiness, has no frequently kept on sale by druggists, but it conveniences for carrying on that very essential part—the housekeeping department. Too

conveniences for carrying on that very essential part—the housekeeping department. Too often her bills, receipts and account books are stowed away in various receptacles all over the house because there is no one place where she can keep them altogether.

The "housekeeper's corner" requires but little space and is easily constructed. In the first place there is a three-cornered table made, at a slight cost by a carpenter, of plain deal; it can then be stained and varnished at home. The table is covered on top with dark red enamel cloth, which is tacked down over the edges with rather small carpet tacks, except across the front, where brass headed tacks are used. There is a drawer with lock and key; and the screwing on of the pretty handles of the drawer, which are bought at the hardware store, is part of the homework.

A small, three-cornered inexpensive set of bric-a-brac shelves which can be used or bought, is set upon the table, fitting closely back against the wall. A slender brass rold is fastened across the edge of the second shelf upon which is hung, with small brass rings, the little silk curtain which conceals the lower shelf. Within this curtain recess is kept, writing pads of various sizes, with envelopes to match, for orders, business notes, etc.; also a mucilage bottle and a paper of pins. The second shelf holds order and account books, and the third various cook books. Penn, ink, blotting paper and a spike for holding bills are a necessary part of the table furniture, while a good-sized, generous waste-paper lasses in the paper of pins and the paper of pins are a necessary part of the table furniture, while a good-sized, generous waste-paper lasses the pins and the paper of pins and the paper of pins and paper of pins an

# The Wolf in Sheep's Clothing

The poisonous flavoring extracts in the market are one of the wolves in sheep's clothing which ruin the stomach, causing dyspepsia and blood diseases before the consumers have discovered their true character. The only safety the public has is to buy only such goods as are well known to be of the finest grade and purest quality.

### Dr. Price's Delicious Flavoring Extracts

are just what they purport to be containing no poisonous oils or ethers which are used in making the cheap extracts. Dr. Price's Vanilla, Lemon, Orange, etc., are made from the true fruit.

### THE LADY AND THE HORSE.

cints of the Animal Best Suited for Equestriennes-Gaits He Must Have-The Saddle and the Costume-The Whip and the Spur.

[WRITTEN FOR THE DISPATCH.] When I was a boy at school in Berlin, I companied one of my schoolmates to his home in Silesia. My friend's grandmother, a fine old lady of 70, told me that when she was young—late in the last century—she rode astride and not a sidesaddle; and showed me a charming painting of herself on horseback. I remember only the pretty flowing lines of her costume. Whether it was a divided skirt or loose trousers she wore I cannot say. But the whole dress was graceful and modest, as the lady's seat

was unquestionably more safe and comforta-

handily. Added to these gaits there should handly. Added to these gaits there another be a quick response to the rein and leg, so that he may be guided with ease. It matters little whether a lady habitually rides with two hands or one; her brack must guide by the neck or bit at will.

The Highly Accomplished Horse.

With the above qualities you have a clever lady's hack; but you by no means have an accomplished one. To call your nag accomplished he must have at least one nag accomplished he must have at least one more gait, as well as a finer education. The gallop is not a gait for the road. The most available other gait is a running walk or rack. When the roads are muddy and one does not want a splashing the trot and canter will not avail you, and a walk, even if lively, does not suffice. If you and your companion have a couple of good rackers they will get over the ground at six miles an hour without mud and with an ease of which the owner of a horse which only trots has never conceived.

has never conceived.

To these gaits add a few accomplishments,



ble. This was long after the era of the sidesaddle, but the country districts of Silesia were so far away from the capitals that the fads of the day did not really overturn an-

cient customs. There is no question that a woman would ride in a well made Somerset saddle to better advantage than on a sidesaddle. There is also no question that she will continue to ride on the sidesaddle for yet a long period. It is difficult to get so settled a habit as the sidesaddle changed. There is a certain limit to the ambitious strides of women toward the manly in their sports and exer-cise, which even this age of innovation will not overstep.

A Woman Depends on Girths. So far as a woman's seat on a sidesaddle with a third pommel is concerned, it is as safe as a man's, as long as her girths hold her saddle in place and her horse does not come down. When her saddle turns or her horse falls, it is much more awkward than for a man. A woman always rides the saddle and not the horse. Her dependence is exclusively on girths. A man can ride a clean, easy jumper over a respectable ob-stacle with girths broken. It is much more important to have a perfect horse for a woman than for a man. A man may risk a dangerous brute if he will; not so a woman.

A lady's horse should not exceed 15½ hands. The tall horses ridden by many hands. The tall horses ridden by many women are not appropriate; nor are the gaits of a taller horse as good. The hunter is not referred to. If a lady wishes to ride to hounds, or to look like riding to cover every time she goes into the park, she may mount as rangy a steed as she likes. But if she desires to do her road riding on a horse fit to be called a park hack, and for comfort, not show, she will find safety, ease and pleasure nine times out of ten in a horse under 15 two rather than over. Very few taller horses have the quick, springy gait essential to the perfect hack, though they may gallop and imp to perfection. The lady's horse must have irreproachable manmay gallop and jump to perfection. The lady's horse must have irreproachable manners. Some women like to look as if they were riding a horse difficult to manage, so that all may wonder at their skill, but this is the worst of bad form. However spirited a lady's horse may be, he must be tractable and must appear as well as be absolutely under control under all conditions. If an accident to saddle or bridle happens, he must stand in his tracks at the word.

A Good Watker Is Desirable, There must not only be ease but variety of gait. A never varying trot may look horsey, but a beast with only one gait is not a saddle horse. A good walk, trot and canter may suffice, but they alone are not perfection. The walk is the most important of all gaits, because it is the gait one rides the most. Only people who rarely ride go "galloperavering" over the road. The walking gait should be quick, springy and at least four miles an hour. A horse that walks two may do for a buggy, but he is no saddle horse. This fact is well understood by the Southerners, whose walkers are astonishing in their randity, both in the square and the running walk.

Next to the walk comes the trot. On our hard city roads it is the gaft which best saves the horses' legs and feet. A lady's nag must trot so easily as barely to raise her from the saddle. To see a man putting six inches between himself and the saddle at each rise is bad enough; in an equestrienne it is unpardonable. A woman should never mount so rough-gaited a beast. The fetlocks should be slanting so as to give well at each hoof beat, and the step must not be too long. There must not only be ease but variety

at each hoof beat, and the step must not be

The lady's back must take the canter readily on the slightest intimation, and with either shoulder leading; must be able to vary his speed between a ten-mile gait and one no faster than a walk; must not look like a rocking horse, though he must be as easy; and must canter well-gathered and

such as change of stride in the canter, the shifting of croup and forehand at will, the immediate change from any one to any other gait at call, and you have a nag worth

Nor is this paragon unattainable. So soon as the rider knows as much as such a horse does, there are plenty to be had at no ex-travagant price. What makes so many poor saddle beasts is the fact that most people ride an unvarying trot. A horse has no chance to learn, and if he has been well taught he is soon spotled.

The Costume for Riding.

A lady's dress is very important. Union undergarments and bicycle tigh's will save much chafing. A leg boot, or better, a well-laced, very high boot is convenient. The skirt must be perfect in cut. The short habit of to-day is not graceful, but very sensible, and it must hook up so as to be out of the way in walking. The body must be plain and fit well. A small collar, tan gloves and a Derby hat complete the costume, or a tall hat for a good rider. The costume, or a tall hat for a good rider. The down. The less noticeable the woman's

dress, the more perfect.

The sidesaddle should be specially fitted to the horse. No crupper or breast-plate should be needed. The girths should be wide and the saddle should be put on a half hour before the ride begins, so as to have the girths tightened at the last moment, and should be left on after the ride, with girths loosened, to let the heated skin dry slowly under it. The flatter the saddle the better the third pommel or leaping-horn is essen-tial to safety, and it should be adjustable. A buckskin saddle lends more "glue" to the lady's seat; but pigskin is handsomer and rain does not affect it. The closer the saddle to the horse the better.

The modern French tree is admirable.
The bridleshould be plain; the bits such as best suit the horse's mouth. A horse that needs a martingale is usually not suited for a woman's hack; but there are exceptions.

A whip is preterable to a crop. A spur may be used by an expert equestrienne; but it needs experience to use it to any advan-tage, and a good lady's back will mind the heel as well as the spur.

T. A. Dodge, Colorel U. S. A.

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